

The Top 25 Break Up Mistakes

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Okay, you've gone through a break up.

But who has ever learnt how to act throughout a break up?

No-one teaches that stuff at school and because of that more often than not mistakes are made that often ring the permanent end of the relationship when it's possible that if done the right way reconciliation could have been the end result.

So here are my top 25 mistakes that are usually made after a break up.

Mistake #1 - Allowing Your Ex To Totally Control Your Life

You and your ex may not even be aware that they are doing this or that you are actually allowing your ex to do this but after your break up your gut reaction is to totally analyse virtually every facet of your relationship and your break up to the verge of driving yourself nuts.

That's not going to achieve anything and will only keep you stuck in the healing process.

Mistake #2 - Staying Friends With Your Ex

Many brokenhearted people stay friends with the ex for one sole reason - in the hope that one day they'll realize that they're really meant to be together.

WRONG. Once you get set in the friend trap it's very hard to get out of and it's not something I recommend.

Mistake #3 - Bombarding Your Ex With Text Messages

Basically you're not leaving your ex alone because you're not wanting them to get on with their life without you.

This is one of the worst things you can do because often all it does is ensure that they've made the right decision not being with you right now.

Mistake #5 -Firing Off Angry Emails To Your Ex

As above, when you make this mistake you are venting on your ex angry at the pain that they've caused you.

THIS IS A NO-NO because all it will do is drive potentially a permanent wedge between you and will ensure your ex moves on real fast.

Mistake #6 -Firing Off Desperate Emails To Your Ex

This mistake is different to the one in #5 because rather than being angry you're being desperate. You're acting pretty wimpy trying to get your ex to understand how much they've broken your heart and how much you need them in your life.

When you behave in this way you're acting high maintenance and also way too desperate and that is NOT going to be attractive to your ex!

Mistake #7 -Ringing Your Ex Around The Clock

Let's face it, you're not ringing them up with good intentions - you're ringing them up because you want to know where they are, are they home, who are they with, is someone at home with them?

This kind of harassing behaviour could end up with you being served with an AVO so hold off, this is not the way to get your ex's attention!

Mistake #8 -Stalking Your Ex Regularly At Places Where They Hang Out

Right, all of a sudden you have this insane desire to just be wherever your ex goes -- because if you aren't there how are they ever going to think about you now that you are no longer together, right??

WRONG! Not only will this not look like a coincidence but it will really put your ex off, it will put your friends off and your ex's friends off and you could end up with a nice little visit from a policeman!

Mistake #9 - Lending Your Ex Money

So you're throwing good money after bad at your ex because you believe this way you'll be able to stay in contact with your ex and they'll "owe you".

WRONG AGAIN. You're setting yourself for not only an emotional fall but a financial fall here....Once your ex knows they can come to you as their automatic ATM they'll be feeding you with lies and crap to make you feel that you're special to them.....but there will always be a BUT!

Mistake #10 -Staying Friends With Your Ex's Family

While there's nothing wrong with being on friendly terms with your ex's family, if you suddenly start hanging out with them in the hope of accidentally bumping into your ex then that's not a good thing.

Mistake #11 -Trying To Make Your Ex Jealous

The key to making someone jealous is NOT making it obvious. However, many people unfortunately aren't very good at this and make it real clear when they have their cousin's best friend from interstate playing their instant love interest when they come into town on a quick visit.

You'll actually have much better luck by moving on with your life and not being afraid to meet new people.

Mistake #12 -Having Sex With Your Ex

Yep, I had a fellow email me recently saying we've just broken up and we're seeing each other tomorrow to have sex, is that okay?

Why would you think that's okay?

I mean, if you want to be your ex's boyfriend or girlfriend you have got to stop acting like their girlfriend or boyfriend when you're no longer in a relationship with them -- otherwise what incentive will they ever have to get back together with you.

Mistake #13 - Constantly Asking Your Ex For A Second Chance

You can't cope without your ex, that's clear, but you don't need to make it constantly obvious to your ex all the time.

While that will certainly stroke their ego it will also drive them probably totally crazy so lay low and you'll achieve much better results.

Mistake #14 -Bad Mouthing Your Ex to Your Family And Friends

Unless you plan on never getting back together with your ex don't talk badly about him or her to everyone close to you. And definitely don't reveal some juicy tidbits that your ex would die if she knew you'd told them.

You've got to think of the big picture here....Your ex will never come back to you unless she's 100 percent comfortable in doing so.

Mistake #15 - Bad Mouthing Your Ex To Their Family And Friends

It applies even more so to the friends and family of your ex. Don't ever think for a moment that they'll keep their conversations with your ex private from them.

If you bad mouth her you're going to not only get your ex's hackles off side but

also those of their friends and family!

Mistake #16 -Throwing Pity Parties

Another desperate effort to get back together - making your ex feel so sorry for you....some people even dare to say that they'll kill themselves if they don't get back together with you.

Not only is that blackmail that's totally childish and an unfair kind of pressure to put onto your ex -- and your relationship, even if you got back together, would have low chances of success!

Mistake #17 - Driving Your Friends And Family Insane By Always Talking About Your Ex

Okay this is going to hurt a little but you did have a life before your ex - and guess what -- you managed to actually carry some interesting conversations before you met your ex. So don't drive your friends and family totally nuts and isolate yourselves from people who really care about you.

Mistake #18 - Coming Across As Needy And Clingy To Your Ex

This may be your gut reaction but all this behaviour is going to do is reinforce your ex's desire not to be with you because you're so high maintenance.

Mistake #19 -Giving Threats And Ultimatums

You're desperate and totally acting irrationally and all you want is your pain to go away so you'll do just about anything to get your ex back.

Dishing out threats and ultimatums isn't going to bring you a happy ending so behave with self-dignity instead and you'll be amazed at the difference.

Mistake #20 -Being Vengeful

You're angry and you want them to HURT so you're gonna pay them back, right??

WRONG! You've got to think long term here.....that is going to not only infuriate your ex but everyone they know and could also land you in a lot of trouble with the law!

Mistake #21 -Making False Promises That You'll Change

Okay, we all have some little things that we could probably improve about ourselves and some of these may be quite realistic....however, others don't even bother.

While it's possible to spruce yourself up a little there's no use pretending to be someone you're not because your armour will come off when you least expect it and you'll be on your own again anyway.

Mistake #22 -Blogging About Your Break up On Social Networking Sites Like Twitter, Facebook and MySpace

It's easy to write bad things about someone when you're not looking at them face to face.

But in this age of web 2.0 you've got to realize that some things must be private for everyone's benefit....So be careful about what you say about your ex on social sites - you could even be liable for defamation if you're not careful - so instead control your emotions and go out with friends.

Mistake #23 - Not Changing all Your Internet Passwords That Your Ex May Have Known

You shared everything with your ex...you may have even shared your banking information, your internet passwords to certain sites and many private things you wouldn't dare share with anyone else.

So if you have or even if you're not sure you may be better advised to create new logins/passwords/pin numbers to ensure your long term identity and safety.

Mistake #24 - Trying To Get Over Your Break Up On Your Own

One of the reasons why people get "stuck" so long suffering from a break up is that they try and do it all on their own.

People just aren't taught as a young person how to do this and that's why it's always advisable to get some help from a helpful third party who knows what you're going through.


Mistake #25 - Trying to Get Your Ex Back On Your Own


As above, getting over your break up is only one part of your hurdle. You've got to process it, heal from it, and move on and only then can you pave the way to get your ex back in your life in a way that you have the best chance at


reconciliation.


If you're really broken hearted without your ex and are desperate for a second chance than don't risk it all on a wing and a prayer....there's genuine help, support and advice available if you know where to look!


When You Download The Ex Back System To Your PC Right Now You'll Get These Benefits Almost Straight Away:


-  It is universal and works for men and women/husbands and wives, **regardless of who broke it off and why**


-  How to increase your chances of getting back together from the moment you break up - Page 8


-  How to ensure that your ex will never get back together with you (this is what everyone does when they broke up and these strategies are what you need to avoid or **stop doing right now**) - Page 10


-  Why the staying friends approach never works - Page 14












-  How to **stop driving your ex into the arms of other people** (not to mention destroying any respect they have left for you) - Page 15

-  What to say and do with a simple old fashioned letter that can *fix every mistake you've made to date* - Page 17

-  The one thing you need to do today to lay the foundation for future reconciliation - Page 19

-  Simple strategies to make yourself infinitely more attractive to your ex (you'll catch their eye every single time with this method and *they won't be able to stop thinking about you*) - Page 20

-  Reverse psychology secrets to **make your ex obsess about YOU** instead of the other way round (this takes little effort on your part but gives maximum results) - Page 20

-  What you can do today to stop being an emotional train wreck and emotionally healing as quickly as possible so that you're ready to be reconciled as soon as possible) - Page 22
-  How to demonstrate to your ex that you're ready for a second chance (**you can do this within 24 hours from now**) - Page 24
-  How to capture their attention and keep it (making them beg YOU for a second chance) - Page 24
-  How your ex will be able to keep tabs on everything you do (*they'll become fixated on what you're doing in your life even if you have no contact with them*) - Page 28
-  The most powerful way to not only recover from your break up but also **heal after a bad breakup** - Page 32
-  *How to become the sexiest person on the planet in the eyes of your ex (even if you're carrying an extra 20 pounds and have really let yourself go)* - Page 33
-  Knowing the one time slot you have of trying to reconnect with your ex (winning your ex back after a failed reconnect attempt is virtually impossible) - Page 40
-  How to avoid the Unreturned Communication Trap and **have your ex looking forward to regularly catching up with you** - Page 41
-  The best way to instigate your first contact with your ex - how to let "fate" lend a hand and help you reconnect with your ex (this one will have your ex thinking about you on a constant basis) - Page 49
-  The topics to avoid when talking with your ex to *avoid driving them away for good* (most people get this wrong and totally mess up their chance of getting back together) - Page 52
-  You've set the stage for your first contact...you need to understand **the**

best time and place to meet your ex (plus the kind of places to avoid) - Page 53



A sneaky technique to ensure your ex contacts YOU to set up dates - Page 54



How to get your ex *eagerly awaiting your next meeting* (without you doing a thing) - Page 56



How to *gently nudge* your ex from being just friends **to wanting to date you again** - Page 57



The best second date location and the places to avoid (by now *your ex will be thinking about the prospect of reconciliation without you saying a word*) - Page 60



The BIG date (**you're only three dates away from being reconciled with your ex**) - Page 62



The *most important factor* of your BIG date (if you get this wrong you'll ruin the date and destroy your chances of getting back together) - Page 62



The Straight In The Eye Technique that convinces them to want to get back together with you for good - Page 63



The Push The Envelope technique that works when you need to be more pushy than usual - Page 65



How to make sure your relationship stands the test of time AFTER you get back together (you don't want to ruin your second chance to only bust up over something stupid in the near future) - Page 67



One of you cheated? How to **wipe the slate clean** and *increase your chances of staying together regardless of who wronged who* - Page 69



Is your ex dating someone else? How to *sweep in and reverse the*

break up (in fact, it's actually to YOUR advantage if they're already in another relationship) - Page 73

And a hell of a lot more.



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- 4. You'll Learn How To Heal Quickly From Your Breakup** - the sooner you can heal the sooner you'll be able to use the "system" to a second chance romance with your ex....

5. You'll Learn How To Build Your Self-Esteem & Self Worth - Your breakup has totally destroyed the way you feel about yourself and your self-worth. In order to be of value to others (especially your ex) you have to act in a dignified manner with self-respect (The Ex Back System will help you achieve that).

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