

How To Get Your Ex-Boyfriend Back

Contributed by Michelle Jordan
Wednesday, 12 September 2007
Last Updated Wednesday, 10 October 2007

If you are wondering how to get your ex boyfriend back then most likely you have recently broke up with love of your life and nothing else interests you right now. Well I have some good news for you because it is possible to get him back just needs some effort involved and not just taking some actions but also some changes in your emotional world which might be the hardest part.

First you need to understand that right after breakup you have to avoid any contact with your ex boyfriend because right now you are vulnerable and might do something that will take him away even more from you. Also at this time he is associating with you some negative emotions he experienced in your relationship which actually lead to this breakup and any contact with him will be reminding him of these feelings and increase the negativity.

Next you need to change and not just physically but also emotionally. For physical appearance you can try visiting some fitness center and join some program to get you in better shape. This especially will help those who have some extra weight or simply are not happy with their looks. After few weeks of shaping up you will not just look better but what's more important will feel better about yourself and with this will increase your confidence and posture. Quite often people underestimate importance of these things but in reality just these two can make men fall to your feet.

Improving your looks will of course help you also changing emotionally and as I mentioned first it will be your confidence. But to improve it further and with that make your mind more prepared for makeup with your ex boyfriend you need to get out and enjoy yourself. You can simply join your friends and have fun at night club or visit some festivities like beach party or concert of famous group. This might sound quite easy but in reality this is one of most important steps you will have to make and possibly hardest to overcome in your current state of mind because if you just go out right away most of the time you will be thinking about your breakup and have other related negative thoughts and feelings. This will make this time wasted as nobody will want to meet with you or have a conversation with depressed person. But meeting new people and making new friends is quite essential part of improving your life and preparing for your makeup with ex boyfriend.

One of most important things you will have to learn in your mission on how to get your ex boyfriend back will be forgetting about him and everything that is related to him for some time. Put all the things that might remind about him away from your sight or short reach. Get an interesting book to read or find some activity which will take up most of your time and give you less time to think about him. After few days you will realize that you think less and less about him which will allow taking those steps I mentioned previously without any distracting negative thoughts on your mind.

Now after few months that allowed you to become both physically and emotionally different person you are ready to contact him or even better setup an accidental meeting by help of his friends and it is much better if this happens during some party or similar situation where you are not alone but with your friends. First this will allow him to learn about physical changes of your looks and make him wonder if he really made right decision before breaking up with you. Then he will be ready to initiate contact and willing to chat with

you and find out more about what happened since he broke up with you. Now emotional changes will help you because you will be feeling more confident and prepared to face him without any negative feelings which will allow him to again enjoy your company and even further question his decision of breakup. Don't push him but let him pursue you for another meeting which might even be a private one and possibly even a date which of course will lead to another chance for your relationship but remember that you will have to keep your behaviour on same level you raised it so that this relationship doesn't fade out again and cause another breakup.

To learn more about how to change yourself physically and emotionally for such makeup with your lover and succeed in this mission on how to get your ex boyfriend back I strongly recommend this great resource called "Win Back Love" that will also help you understand where you went wrong in your relationship, learn what mistakes you should avoid in future and even improve your awareness to identify possible problems in your relationship.

If you are looking for more ways to get your ex back then visit [Win Back Love](#)