

MAKE UP
DON'T
BREAK UP

Dr. Love's Five-Step
Plan for Reconciling
With Your Ex

Jamie Turndorf, Ph.D.

Author of The Critically Acclaimed
TILL DEATH DO US PART
(UNLESS I KILL YOU FIRST)

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by Jamie Turndorf, Ph.D.

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INTRODUCTION

If you're reading this book, I know you're suffering deep pain over being separated from the love of your life. I want to assure you that you're not alone. I am here to guide you out of the desert of despair and back into the light of love.

In case you don't already know me, let me introduce you to your guide out of the Sahara of Sorrow! My name is Dr. Jamie Turndorf and, yes, I'm a real doctor with a Ph.D. in Psychology. I am known worldwide as Dr. Love through my books, radio, TV and of course, my award winning websites, drlove.com and askdrlove.com. Over the past 30 years, I've helped millions of people just like you save their relationships.

Make Up Don't Break Up presents my proven Make Up Method, which is the result of nearly 30 years of research with real couples that I've worked with through my websites and at my Center for Emotional Communication. My method has helped hundreds of thousands of couples (gay and straight) go from break-up to make-up. (You can also use my method to settle arguments with friends and family members too!)

In my previous book, ***Till Death Do Us Part (Unless I Kill You First): A Step-by-Step Guide for Resolving Relationship Conflict***, I outlined my proven conflict resolution method. This book was endorsed by #1 NY Times Bestselling authors John Gray (author of ***Men are From Mars, Women are From Venus***), John Bradshaw (creator

of Inner Child Healing and author of *Homecoming*) and deceased Harvard Professor of Psychiatry, John Mack, MD.

My method has also been featured on top national TV like CNN, Inside Edition, Later Today, Fox News and in top magazines like Cosmopolitan, Glamour, New Woman, American Woman, Men's Health, and many more.

But enough about me! Let's get back to you...

If you're like most people, your break up didn't come out of nowhere.

Maybe you've been fighting for a long time and one of you simply couldn't take it any more...

Or maybe you separated after a prolonged cold war in which you gradually drifted apart...

Or perhaps your relationship came to a screeching halt when you found out that your ex was cheating on you...

Or possibly, you had no clue there was a problem until your ex simply walked out the door.

No matter what the particular circumstances of your break up, my Make Up Method is the most thorough, authoritative handbook on the market, a complete blueprint containing all the tools you need to reconcile with your ex.

By the way, if you are the one who left and you've decided you want your ex back, my method will also show you the winning way to re-approach your ex so that he/she will feel compelled to resume your relationship.

The first step of my five-step make up program consists of understanding why your relationship derailed. In this step, I describe the **Relationship Essential Nutrients** that all relationships need to survive. With this understanding, you will

know exactly what you need to do and say to your ex in order to motivate him/her to come back to you and stay for a lifetime.

The second step explains why giving yourself and your ex some space is vital to getting back together. You cannot reconcile until the dust has settled.

The third step, *Lick Your Wounds*, explains how to heal your body, mind and soul from the injury you suffered from the break up. The healing steps I outline will increase what I call your **Personal Net Worth**. Completing this step will make you a healthier and more desirable person, which will improve your chances of reconciling with your ex.

In the next step, *Taking Stock*, I guide you to evaluate yourself, your ex and your relationship. This evaluation will give you a clear understanding of your own role in the break up and what you need to improve within yourself. In this step, I also help you to examine your ex's role in the break up and whether he/she is ready for a relationship.

Lastly, I help you make a complete assessment of your relationship, including studying your level of compatibility and examining whether your ex is truly an ideal partner for you. This information will be essential in helping you insure that getting back together is the right decision. If you do decide to reconcile, the knowledge gained in this step will help you and your ex not fall into the same traps in the future.

Last, but not least, step five guides you, step-by-step, on how to handle the reconciliation process, from initial contact to the finish line.

So without further ado, let's roll up our sleeves and get down to the business of getting you and your ex back together!

STEP ONE: WHERE DID WE GO WRONG?

WHERE DID WE GO WRONG?

In this first step, I provide a general overview that explains why your relationship fell apart. When you understand what was missing in the relationship, you will realize how simple it is to reignite your love and make your relationship even stronger than it was before the break up.

In subsequent chapters, I offer step-by-step instructions that will help you to draw your ex back into your loving arms.

How Did You End Up Here?

Before I lay out the steps you need to take to reconcile with your ex, it's vital to understand why your relationship unraveled in the first place.

What I'm about to say may sound overly simplistic, but I promise you, it's true: The simple truth is that your relationship fell apart because both you and your ex failed to meet each other's needs.

In reality, all humans are nearly identical when it comes to what they need to be happy in a relationship. The good news is these needs are not complicated.

When you understand these universal needs, you will instantly grasp what was missing for your ex, and what you need to do to bring your ex back and motivate him/her to stay with you forever.

So what is this universal, driving need that all living creatures share?

The need is simple: Seek pleasure and avoid pain.

In relationship terms this means that we are all drawn to people who trigger pleasurable, positive feelings in us; people who make us feel good when we're around them. In fact, research out of the University of Washington's Love Lab

yielded the finding that for a relationship to survive couples must maintain what's called the "Five to One Ratio." Simply put, each and every day couples must offer five positive communications for every one negative communication. If couples don't keep this up, according to statistics, their relationship will be dead in five years.

To cut to the chase, if you want to get your ex back and you want to motivate him/her to stay with you forever, you must do three things:

- 1) Heal the emotional damage you suffered from the break up and boost positive feelings within yourself.
- 2) Rekindle your ex's positive feelings for you.
- 3) Re-establish trust by proving that you aren't on your best behavior just to win him/her back; you have really grown and changed, meaning the positive feelings are here to stay!

Since you've been in trouble for a while, we both know that you're facing an uphill battle. But don't worry. I'll show you how to tip the scales from negative back to positive. I know how to get you there.

RELATIONSHIP ESSENTIAL NUTRIENTS

Positive feelings flow (or are reignited) when couples provide each other with what I call **Relationship Essential Nutrients**.

Think about the human body: it thrives when it is fed essential nutrients and dies when deprived of these nutrients. A relationship is no different. If it is not constantly being fed its own essential nutrients, it, too, disintegrates. When these essential nutrients are missing, or are not delivered at the right frequency, conflict and fighting overtake the relationship. It's not long before the relationship falls apart.

Once you realize what these **Relationship Essential Nutrients** are, you will quickly see what's been missing in your relationship all along. Provide these ingredients and your ex will have the right feelings about you, the relationship and about him or herself in the relationship. It is these positive feelings that will make your ex want to come back to you and stay forever.

RELATIONSHIP ESSENTIAL NUTRIENTS FOR A MAN

It's important to realize that what a man needs from a relationship is very different from what a woman needs.

Let's start with what a man needs from his partner.

Give Him Two "A"s

Men are raised to make things happen, to act and produce. When a man loves a woman, he is wired to move heaven and earth to make her happy.

In turn, a man needs to feel that his woman values what he DOES for her. In short, men need to be "A"dmired and "A"ppreciated for their strength, power, achievements, as well as their efforts to protect and provide for their women and offspring. These are the two "A"s.

Most relationships go sour for men because women nag and complain about what their man is NOT doing right. In no time, a guy feels useless as a man, which causes him to give up on his partner and find another woman who does value him. Since couples tend to shower each other with praise during the honeymoon phase, it is easy for a man to feel seduced by the rewards of another new relationship in which he feels unconditionally appreciated. When a man gets appreciation from his partner, he doesn't need to go looking elsewhere for it.

To have a happy relationship or marriage, the savvy woman knows that she must directly state what she wants and what pleases her rather than complain after the fact over what she didn't get.

Now I know my women readers may be thinking: "If a man loves me, he should know what I want without my having to tell him!"

I'm here to tell you that nothing could be farther from the truth!

Let me explain. Many people come to adult relationships dragging unhealed wounds from childhood. One common wound comes from having been raised by a mother who wasn't properly "attuned" to your needs when you were very young, a mom who wasn't sensitive enough to know what you needed when you were too young to speak your needs. If mom didn't sense and meet your needs way back when, you will come to adulthood expecting your partner to guess your needs and fill in the missing blanks within yourself.

This wound is one of the many possible reasons why a woman might expect her man to read her mind and guess what she wants (or she may state the opposite of what she wants, expecting her partner to guess what she really means). She is looking for her partner to mother her the way her own mother should have.

Now hear me and hear me good. Men are not wired to be mind readers. No man on earth can be expected to make up for missing mothering. For one thing, they don't have breasts (not unless they eat too much chicken!). Expecting them to pick up where mother failed is just a formula for failure.

You must get it through your head that expecting a man to mind read is just not part of the job description.

So if a woman wants a relationship that works, she must directly state what she wants.

But there's more. Remember we're talking about creating a positive feeling in a man by giving him the **Relationship Essential Nutrients** that he needs.

Well, when a woman says what she wants and her man responds to her needs, he must receive positive feedback from his woman (remember the two A's": admiration and appreciation).

The smart woman knows that she must encourage a man to continue doing what works for her by *verbally* acknowledging and appreciating his efforts (women need the same consideration, of course!). This is simple conditioning. Think of Pavlov's dogs. Pavlov blew the whistle when he served food to his dogs. Soon the dogs associated the whistle with food and, in no time, they salivated in anticipation of a feeding. It didn't take long for the dogs to salivate at the mere sound of the whistle, even when no food was offered.

People are no different from dogs. When you feed (meaning praise) a behavior that you like, the person you praise is motivated to continue that behavior, since the behavior is associated with pleasure.

I know my women readers may be thinking at this point. Why should I have to reward him for doing what he's supposed to do? Well think about how a baby learns to walk. He's supposed to walk, true, but he'll never learn how to walk if his parents don't praise his efforts with smiles and cheers.

Grownups are no different.

Since all humans seek praise, when a woman offers adequate admiration and appreciation, she is fueling a man to continue doing what she likes. In fact, the praise that a woman offers her man is actually a gift that she gives to herself!

The point is, men will go to the ends of the earth and slay countless dragons to please the women they love. So long as a man feels that he is pleasing his woman, he'll never stop. When praise stops, a man loses all motivation to continue trying. What's the point of making any effort if his efforts only fall on deaf ears or blind eyes!

Can you see the vicious cycle that occurs in many distressed relationships? A woman doesn't say what she wants. Then she nags and complains when her guy doesn't read her mind. He then feels hurt, angry and unmotivated to do for her. In turn, she becomes angrier and nags and complains even more, which makes him feel still more demoralized and unmotivated. Finally, he stops trying all together, which fuels a downward spiral that ends in more fighting, cheating and break-ups.

In addition to admiration and appreciation, what else does a man need?

Variety!

Like all male animals, human males are biologically programmed to impregnate as many healthy females as possible in order to produce the largest amount of offspring. This wiring insures the survival of the species. In short, men are built for variety not monogamy.

Choosing one woman goes against a man's biological programming. When a man does choose to settle down, or chooses to come back to a relationship, he must feel that his woman is so amazing that she possesses all the best aspects of every woman rolled into one. When he gets this feeling, he doesn't need multiple women because he feels that all women are embodied in the one woman he loves. When a woman is unpredictable, funny, and keeps her man guessing, she is actually fueling his need for excitement and variety.

When the craving for variety is satisfied within the relationship, most "normal" men are content to remain in a monogamous relationship (excluding the players, Don Juan's, Casanovas and commitment and intimacy phobics who can't be faithful due to their own emotional problems, buried rage toward women or hidden homosexuality).

In addition to variety, men are also wired to choose the most desirable, healthy and attractive females, to insure sturdy offspring. This explains why in both the animal and human kingdoms males compete against other males for the best

females. In fact, men are wired to fight to the death in order to win a desirable female from other males who are also competing for her hand or rump!

Men are also drawn to a woman who conveys that she's smart and resourceful. On a primitive biological level men know that these traits, when passed on, insure the best off spring.

To recap: Men are wired to move mountains and slay dragons (remember, it's all about actions) in order to win desirable females away from other competing males. In turn, it's the woman's job to: 1) praise her man's efforts and 2) let him know that she's worth making all these efforts for! More on this second point in a moment.

RELATIONSHIP ESSENTIAL NUTRIENTS FOR WOMEN

Now that we know what the Essential Nutrients for men are, it's time to discuss what women need to be happy in relationships.

If men are wired to be protectors and providers, a woman is biologically programmed to find a mate who will provide and protect her and her offspring. Yes, it's that simple for a woman.

Don't be fooled; even if a woman earns a good living and doesn't need a man to take care of her financially, her biological programming doesn't know this. According to research, even wealthy women choose life partners who are even more financially successful than they are. Women have a biologically programmed need to feel safe, protected and secure. This need is fueled by a primitive, biologically-based, survival of the species imperative to choose men who will never abandon their women and offspring.

The need to be sure that a man will never abandon her and her offspring explains why a woman requires *frequent* reassurances in words and actions of her man's devotion. I call this Emotional Providing. A woman needs to feel that she is first in her man's world, that he listens to her, takes her feelings to heart and shows her

in words and deeds that he values her above all others, all of which provide a deep feeling of security that he'll never leave.

Knowing what your ex needs to come back and stay is vital. But even more vital is *conveying* the message to your ex that you've got the goods; that you know what he/she needs and you're ready, willing and able to give it.

Let's start with the way a woman lets her ex know that she can provide his Relationship Essential Nutrients.

In addition to giving him admiration and appreciation, a woman needs to let her man know that she is exciting, smart, resourceful, healthy, attractive and desirable.

Now think about what you have been doing since the break up!

If you're like most women, you've probably resorted to begging, pleading, chasing, phoning, paging, texting, emailing or even stalking in order to try to get your ex back.

Think about it. Does this behavior provide the two A's? Does it convey that you are exciting, smart, resourceful, healthy, attractive and desirable to other men?

Of course not!

You need to know that a woman who is aware that she is worth fighting for would never stoop to pleading, begging, chasing or stalking her ex. Doing so says that she is desperate, undesirable and definitely not worth keeping. If a woman triggers this switch in a man's brain, he will turn off to her forever.

To convey the right message, a woman must know on a deep internal level that she's desirable and wanted by other men.

This is easier said than done!

After a break-up, your self-esteem is likely lower than pond scum. So a woman must first provide herself with what I call **Personal Essential Nutrients** and build her own self-esteem. These **Personal Essential Nutrients** will raise your **Personal Net Worth**.

When self-esteem is up, when a woman knows that she's top drawer, she doesn't need to say a word. She simply radiates confidence, not arrogance. It is clear that she is choosy and selective. This is not about playing games to make a man jealous; it's about a woman possessing a deep feeling of confidence, of knowing that she can choose from among many suitors; in short, a woman needs to know her **Personal Net Worth**. I'll be showing how to create this feeling of confidence, the kind of confidence that will give you the best shot at getting your ex back.

When a woman feels this confidence, her ex will magically get the message. Confidence is the fuel that motivates a man to win back his woman's hand and keep it.

So, as you can see, we're back to where we started. A woman's job is to inspire a man to do what he's wired to do: to engage in various acts designed to win her and keep her. When he acts, it is the woman's job to admire and appreciate his efforts so that he will continue fighting to keep her for life.

IF YOU'RE A MAN AND YOUR EX WALKED OUT ON YOU...

Since men are wired to act, I'm sure that you didn't take your ex's breaking up with you lying down. Being a man you've probably gone into high gear and have actively pursued, phoned, paged, texted, emailed and perhaps even followed or stalked your ex in order to get her to change her mind.

It's vital that you stop this at once!

Remember the **Relationship Essential Nutrients** that a woman requires from you. She needs to know that you're strong and capable of protecting and providing for

her and her offspring. In short, you need to be confident and on top of your game to be attractive to her.

All forms of pursuit that you've been engaging in convey desperation and weakness, not strength. In addition, such impulsive behavior can be frightening to a woman because it indicates that you may no longer be in control and might possibly be dangerous. If you continue acting this way, you will drive your ex away from you permanently.

I understand that the break up has caused has plunged your self-esteem right into the toilet. So before you'll be ready to approach your ex, we need to help you feel better about yourself.

In a future chapter, I will also show my male readers how to raise their **Personal Net Worth**. With this guidance, you will be able to effortlessly convey to your ex that you are strong, powerful and capable of being an attentive, loving provider and protector, all of which will give you the best shot at winning your ex back!

FEELINGS ARE KING

In this introduction, I've given you a general overview of how **Relationship Essential Nutrients** are linked to relationship success.

Unlike other writing on this topic, this book isn't focused on memorizing behavioral tricks, phrases or expressions. Tricks and techniques alone will never do the job. You will simply come off as an actor reading lines, a mere puppet on a string.

Moreover, these gimmicks will only produce temporary results, but never create a truly lasting relationship.

To get your ex back, you must tap in to the most essential ingredient of all: feelings. You came together because of strong positive feelings for each other. It is your strong feelings, properly channeled, that can reignite the flame of love

that still burns beneath the smoldering ashes of anger and hurt. It is only this flame that will bring you both back together.

No techniques, strategies or memorized lines will have any positive effect on rekindling your love and reconciling you with your ex if your words and actions aren't backed by the "right" feelings. Because feelings are infectious, if you give your ex the right feelings about you, your relationship and about him or herself in the relationship, you will trigger the "right" feelings toward you.

Positive feelings are like sparks that can rekindle your love and also the glue that binds you together for life.

While all might seem lost at the moment, consider the possibility that your love is not gone but merely buried by emotional debris. The only way to revive the relationship is to resuscitate your loving feelings.

In a future chapter, I will show you how to rekindle these feelings in your ex. But before you can re-approach your ex and re-ignite positive feelings, you need to let the dust settle for your ex. While the dust is settling, we'll use that time to heal you from the blow of the break-up *and* raise your **Personal Net Worth**.

SUMMARY

In this step, I explained that all humans seek pleasure and avoid pain. For a relationship to survive and thrive, every day couples must maintain a 5 to 1 ratio of positive to negative communications. Positive feelings are the glue that unites couples for life.

To reconcile, it is necessary to rekindle positive feelings. To do this, you need to give your ex **Relationship Essential Nutrients** and vice versa.

Relationship Essential Nutrients for a man are appreciation and admiration. A man also needs a sense of variety and excitement, as well as the feeling that his

woman is healthy, fertile, intelligent and resourceful; in short, a prize that other men want.

The Relationship Essential Nutrients for a woman consist of satisfying her basic need to feel safe, protected and provided for.

Providing these vital nutrients will fuel your reconciliation and keep your relationship humming forever.

STEP TWO: LETTING THE DUST SETTLE

Before attempting reconciliation it's vital that you retreat to separate corners and prepare for your comeback.

In this chapter, I discuss the reasons why your ex needs time and why you do to.

I know being separated from your beloved makes you feel frantic, like you have to hurry and get your ex back before it's too late.

But wait!

Neither you nor your ex is ready for contact let alone reconciliation.

First let's talk about your ex's need for some breathing room.

Your ex left for a reason. He or she has been unhappy with the relationship for some time. That's why your ex left in the first place! Even though the break-up may have occurred abruptly, you need to realize that, for your ex, it was a long time coming; the split did not materialize out of nowhere.

It's important for you to remember that your ex isn't in the same headspace that you're in. You've been left and you want him or her back. But he or she left because the relationship wasn't working for him or her. The last thing your ex wants right now is to come back home.

This last statement is all the more true if you are the one who left, but have had a change of heart. You now have even more of an uphill battle of regaining trust and rekindling feelings of love.

As much as you want to get your ex back, you need to consider what happens when you try to change someone's mind: The walls get taller and thicker. The resistance grows stronger.

As Ignatius of Loyola, the famous mystic and founder of the Jesuit Order, said regarding influencing others: "You should enter through their door but have them leave through yours."

Or to quote the popular phrase, "If you can't beat 'em, join 'em." To dissolve your ex's resistance to reconciling, you must put your foot on his/her side of the emotional fence. Don't try to talk your ex out of his/her anger, doubts, fears and disappointments. You need to get inside your ex's heart and head and truly understand where he or she is coming from.

Joining the resistance is the first step toward dissolving the wall that separates you now.

At this point, the only appropriate communication is a *one-time* handwritten note, email or voicemail message (yes, I mean call when you know that you can't talk live!) that you have been thinking it over and you're beginning to realize why he/she was so unhappy and felt that breaking up was the only answer. That's it. Hang up, put a sock in it, click "off," shut up. You get the point.

If you are the one who did the leaving, your version of the message should be some version of: "I am sorry I was not able to meet your needs," or "I understand better why I was not able to meet your needs."

This message is going to percolate in your ex's mind and heart and begin the healing process for him or her. Yes, I do mean that your ex needs to heal too. It's important for you to keep in mind that your ex is hurting as well. If he/she left you, then in his/her mind you did a lot of things wrong. Up to this point your ex hasn't felt that you truly understood his/her feelings. If your ex had felt understood by you, truly understood, he/she wouldn't have left in the first place. The way to change that perception is to show that you're now aware of and concerned about his or her feelings.

In the case where you initiated the breakup, making this statement will be even more intriguing, since in your ex's mind, he or she somehow let *you* down. Now you're turning the tables and saying that you feel you let him or her down and were not able to meet *his/her* needs. Of course, this has to be sincere, so think about whether or not this is true. I bet if you look closely enough, you will find that no matter how much your ex let you down, you let him or her down as well to some degree. Remember what I said in the beginning: relationships fail because both parties are not meeting each other's needs.

It is also true that sometimes people will break off a relationship because they don't know how to give or relate to another person and don't have the emotional ability to meet their partners' needs. This in turn makes them feel inadequate, and they terminate the relationship because it is not making them feel good about themselves.

And, it is also true that sometimes you simply cannot provide for another person's needs either because you're incompatible, or because the other person demands too much or has issues that need to be satisfied in an unhealthy manner. We cover these possibilities in later steps of the program and help you determine whether or not this relationship really is good or right for either of you.

Keep in mind that we're talking about emotional reality here. Relationships are a court of love, not a court of law. Feelings aren't facts, nor are they wrong or right. They simply are what they are. They need to be understood, not disputed.

One of the most difficult things for couples to realize is that if they want to reconcile and live in harmony, they must simply understand each other's emotional reality. That's why when you say that you understand why your ex left, or admit to not having been able to meet your ex's needs, you are showing that you finally have begun to understand his/her emotional reality.

The message also shows that you're willing to take ownership for your part in the problems. Your statement is like a major Band-Aid for your ex. You are exerting no pressure to reconcile; you're just offering a gift with no strings. You're

delivering an intriguing promise, dangling the edge of an olive branch, showing him/her a glimpse of the new you that is soon to make a full debut.

Speaking of the new you, now let's talk about why you're not ready to attempt reconciliation with your ex.

Simply put, before you can even think about getting back with your ex, you need to work on yourself first! Working on yourself requires that you remain in solitude.

Your first bit of self-work consists of calming down. You need to chill-out, look before you leap, and not go off half-cocked because doing so will lead you to commit every imaginable mistake.

You must accept that you don't know what you're doing when it comes to reconciling (if you did, your attempts to make up and get back together would have already worked)!

You need to accept that whatever you're inclined to do will likely be wrong and backfire. And make no mistake; backfired attempts at reconciliation are deadly to your relationship. Think of your relationship like a rubber band. Each failed attempt at reconciliation stretches the band more and more. Eventually the band snaps, never to be put back together again.

At this point you have to gear yourself up and find the resolve and discipline to see my program through, because you still have a few more steps ahead in which you aren't taking direct action towards your ex and attempting a make up.

In short, it's imperative that you restrain yourself from doing anything your emotions tell you to do. Don't call, text, email, write letters, write poems, follow, drive by your ex's apartment or house or through his/her neighborhood or past his/her workplace, show up unannounced, hang around places your ex goes, talk behind your ex's back to family and friends, start partying excessively, date

someone to make your ex jealous, sit around the house moping and looking at pictures, and so on.

You need to face the fact that you are too emotionally overwrought to see clearly at this point. You are blind. Now's the time to give up any preconceived ideas about what you should do and how this should go; to not act and instead prepare to get to work and follow my program.

Speaking of emotions, you need to face the fact that neither you nor your ex has been handling emotions properly. If you contact your ex now, you will both fall back into all the same old and very dysfunctional patterns. Doing so will mean digging a grave for your relationship.

In the steps to come, I will be showing you how to listen and communicate so your feelings don't run away with you. But for now, I just want you to realize that you need to learn the proper way to handle your feelings and channel them into constructive communications.

Above all, you are going to need to learn how to properly handle your angry feelings. You're not alone. Most relationships fall apart because couples "act out" their anger in various dysfunctional ways, such as using hostile words (sarcasm, threats, yelling, name calling) or hostile behavior (slamming doors, pushing, shoving, etc.).

Know that there is a sick kind of satisfaction that we humans get when we dump anger on somebody else, especially a loved one who has really hurt and angered us!

Getting your emotional rocks off may make you feel better in the moment, but that's why your relationship ended up on the rocks!

Why?

Emotional venting has a negative effect on the partner who is being dumped on. The dumpee stores up resentment and pays you back in spades.

So remember, whatever you say or do in the heat of the moment boomerangs back on you. And, if you hurt your partner you are ultimately hurting yourself!

So if outright venting and subtle paybacks aren't the answer, then what can be done with all the anger?

Now I'm really going to throw you a curve ball.

Contrary to what most couples therapists will tell you, angry feelings must never ever be "expressed." This is why most marriage counselling makes matters worse; precisely because most therapists invite couples to take turns dumping on each other!

I will be instructing you to do the opposite, that is, to never again deliver raw, angry emotions in pure form to your partner.

Don't believe that you can't help yourself. You can. Be both know that you can control yourself when it comes to your boss or superior. You don't tell your boss what a loser he or she is, because you know you'd lose your job. Obviously you can choose to control yourself if you want to. You need to tell yourself that you want to control yourself especially when it comes to your ex. Remember, if you don't control yourself at home, you won't lose your job, you'll lose your relationship.

In future steps, I will guide you to only say what you know will be helpful, beneficial and constructive to your partner and the relationship (which is synonymous with being helpful and constructive to yourself since, as I said, everything you say and do boomerangs back on you!)

I like to use the image of a sieve when talking about angry emotions. I am going to show you how to filter your raw emotions through the sieve of your intellect. What passes through the sieve will be transformed and detoxified so that it's fit for human consumption.

Do this and you will actually help the entire human race evolve. Your relationship will become yet another pebble in the universal pond. How you behave in your relationship will be model for other people on how we are all supposed to behave when we're angry. Think of how the world would be if everyone followed this principle!

As you can see, until you are skilled at properly handling your anger, you are far from ready to approach your ex.

Now, I want you to turn to yourself, chill out and heal.

The more healed you are the more attractive you will be to your ex. Let's face it; wounded pups aren't that attractive. Nor is desperation, insecurity, begging, pleading, following, and generally pushing too hard and too fast.

Using my method, you will become a magnet that naturally draws your ex back as opposed to trying to change your ex's mind and make something happen by brute will. You know how effective that's going to be!

SUMMARY

In this step, I explained why it's necessary that you take a Time Out from your ex, to give him/her a chance to lick his/her own wounds and to give yourself a chance to heal and learn the skills you need to reconcile and make your relationship stronger and better than it was before the break up.

STEP THREE: LICK YOUR WOUNDS

During this phase of self-repair, we are focusing on three things:

- 1) Healing your Wounds.
- 2) Giving yourself **Personal Essential Nutrients**.
- 3) Raising **Your Personal Net Worth**.

SELF REPAIR

I know the break-up has left you with many invisible scars. Now we are going to heal you, so that you are truly ready to approach your ex and request reconciliation.

All the healing steps I will share with you will raise your **Personal Net Worth**. The goal here is first and foremost about you. We want you to feel better about yourself.

Feeling better about yourself is valuable in its own right. But, there is a side benefit to your own self-healing: you will become more attractive to your ex! Keep remembering as you self-care that you are actually helping your relationship.

Why?

People who love themselves are more attractive to others. In doing so, you will increase your chances of getting your ex back.

But, here's the paradox. You must not have any agendas as you engage in this self-care. Do it for yourself and let go of any expectations of outcome. Paradoxically, the more you surrender and detach from the outcome and the

healthier you get, the more you increase your chances of getting back with your ex.

Healing The Soul

When you're physically ill, it's time to be still and rest. Similarly, when you're emotionally upset or sick at heart, you need to sit still and do nothing. This is your time for healing.

No Action

During times of pain, it's normal for people to go into action. An unconscious way to discharge painful feelings is to engage in various actions, which include: eating, drinking, drugging, slashing photos, excessive spending, or love terrorism—calling, emailing, texting and stalking. But these actions are only a temporary fix, like a drug. In the long run these actions make the problem worse. While the action may temporarily release the emotional pressure, giving in to these urges will increase your chances of ending up permanently separated or divorced.

If You Can't Act, What Can You Do?

When you're feeling like you can't tolerate the painful feelings, force yourself to sit still and do nothing. Sit on your hands if you must. Break every finger of both hands if you have to. But don't call, email, text or send out smoke signals such as calling mutual friends and family members, hoping that the message will get back to your ex. Also resist begging, pleading and convincing behaviors. These are all turn offs.

Lie Still And Hold Your Heart

So what *can* you do when you're going out of your skin with hurt, jealousy, despair, longing, emptiness, sadness or anger?

Lie on your left side in a fetal position and hold your heart, literally. As you hold your broken heart, say aloud to yourself, nurturing, sweet, maternal words of comfort.

But don't lie down for more than a few minutes. Don't stay in bed. Don't watch hours of TV. Don't spend hours paging through your photo albums.

After you've held your heart, get up and do something self-nurturing like taking a bubble bath or giving yourself a pedicure.

If You're Still Having A Meltdown, Breathe

If you still find yourself overcome with pain, crying your eyes out, imagining your ex stepping out with someone else, panicking that you're going to be alone for the rest of your life... breathe deeply.

Bringing more oxygen to your brain is often sufficient to calm the spirit. Breathing can also stop a full-blown panic attack dead in its tracks.

If You're Still Freaking Out, Give Yourself A Talking To!

Speak to yourself in a loving, nurturing voice, uttering affirming statements.

Remind yourself that no feeling lasts forever. The acute pain will subside in a few minutes.

It's also important to know that emotional meltdowns are always preceded by upsetting thoughts.

In the following section, I list the most common upsetting thoughts and "antidotes" to those thoughts. Remember, feelings aren't facts. Don't believe everything you think. Especially during times of duress, our thoughts tend to be crazy and untrue!

Say the following antidotes aloud to burn them into your brain.

For example:

Thought: I'll never feel better.

Antidote: No feeling lasts forever. Feelings fluctuate.

Thought: I'll die without him/her.

Antidote: I lived before he or she came into my life. I'm alive now even though we're apart and I'll continue to live.

Thought: My life isn't worth living without him/her.

Antidote: I had a reason to live before my ex and I will again.

Thought: My ex will forget me.

Antidote: If we are meant to be together, absence will make him or her miss me. Like the lyrics of that old country and Western song, how can I miss you when you're never gone! You fell in love with each other for a reason. If your relationship is meant to be, when the dust settles, your ex should want to re-experience the positive aspects of your life together. What's more, the new people that he/she meets will pale when compared to all the history you have together and the good times you shared.

HEALING YOUR BODY

A break up alters brain chemistry. Endorphins, serotonin, dopamine and gaba levels dip following a break up. When this happens your mood goes into the toilet or on a rollercoaster ride.

To combat these chemical imbalances, the brain triggers food cravings.

Sugary and white foods like (white breads, white pastas and white potatoes) and fatty foods temporarily alter brain chemistry, but in the long run these foods just cause more cravings and mood swings.

To rebalance brain chemistry, eat foods that trigger proper brain chemistry. These include:

Foods high in essential fatty acids (EFAs) such as fish, eggs, seeds, nuts (almonds are especially good) and nut butters (again, almond is top choice).

Turkey is high in L-Tryptophan, which triggers relaxation.

Vegetables and fruits are essential.

Sprouted grain breads. Ezekial bread is a healthy complex carbohydrate that is even superior to whole wheat bread made from flour.

If the above isn't sufficient, you might consider herbal supplements. If you are feeling anxious, gaba can be obtained in health food stores. If you are feeling depressed, 5-HTP or St. John's Wort are the remedies of choice.

Magnesium, calcium, valerian root and kava kava are natural tranquilizers that also assist sleep.

Sleeping 8 hours is necessary. Herbal sleep combination remedies are available in health food stores.

Other natural ways to boost brain chemicals include:

Endorphin and serotonin levels increase when you heat the body: try daily sauna or steam therapy.

Sweating through aerobic activity (walking, biking, hiking, jogging or running) for 30 minutes a day.

Body building and/or self-defense training. This also helps you feel more powerful and empowered.

Yoga, Meditation, Qi Gong: Once considered strange and far-out practices, modern science now verifies their numerous physical and mental health benefits. Not to mention these practices can curtail the moping impulse by getting you out of the house and around people doing a positive activity. If this sort of thing is really foreign or odd to you, that may be all the more reason to do it and break out of your own ruts. You may be pleasantly surprised.

Nowadays it's common to find classes at your local gym or health spa, but you can also check your local health food store, bulletin boards, and local events listings in newspapers and on the Web. Curious? Just Google it!

Prayer: The act of prayer reconnects you to the source of love. When you're feeling lonely and desperate, it is so healing to be held by the loving arms of God, the saints and loved ones in spirit. Prayer also realigns your consciousness, helping you cultivate an attitude of surrender and acceptance, which brings peace to your heart and helps heal your pain.

Progressive Relaxation: Guided Imagery is a good way to place yourself in a state of relaxation. Picture yourself on a beach, swinging on a porch swing or floating on a raft. Choose whatever image soothes you.

Deep Breathing automatically triggers relaxation. Breath counting stops the brain from obsessing. Count each breath, saying silently, inhale one, exhale one. Try to make it to five without any thoughts intruding. When a thought intrudes, start again at one. This is also an Asian technique for curing insomnia, which often follows a break-up.

Hot baths also alter brain chemistry. Before bedtime, heating the body lowers core temperature, which triggers the sleep response.

Aromatherapy also alters brain chemistry: chamomile and lavender are soothing.

Also try: Herbal teas. Warm milk, especially at bedtime. Sunlight triggers an increase in serotonin and endorphin production, so stop moping around in the dark and get outside into the light. Tapping the upper lip triggers the relaxation response.

Fats: The brain needs fats to work correctly. EFAs are called essential fatty acids because they are essential to your health. The body doesn't produce them so you need to ingest them in the form of olive oil, olives, nuts, fatty fish like salmon and sardines, and avocados.

The body also needs some saturated fat each day in order to work properly. Unless you belong to the small minority of the population that is "fat sensitive," your brain needs some whole milk cheese, half and half, butter and cream!

Water

Don't forget that the body is largely composed of water. Crying is dehydrating. Stress is dehydrating. In order to work correctly, the brain and every system of your body needs water. Drink half your body weight in ounces of pure non-chlorinated, filtered or reverse osmosis water. Water also cleanses the organs of emotional and chemical toxins.

Exercise

Shaking your booty is vital to lifting your mood. A half hour of aerobics (walking, jogging, running, cycling) and high intensity strength training are vital. As you tone your body, your self-esteem will rise.

Makeover

Change your hairstyle or color. Buy some new clothing, change your color palate, whiten your teeth or get a facial.

Cleanse

Consider undertaking a cleansing diet or bowel detoxification. Emotional toxins are stored in the body and cleansing is a good way to clean the slate in preparation for your starting over with your ex. Cleansing also clears the skin and gives you a youthful glow.

Get A Life

Remember the activities and hobbies you loved as a kid? Resume those activities now. Recapture your youth. Finding more joy is good for you. And when you "get a life" you will be amazed to discover that you are suddenly attractive and desirable to others, including your ex.

Surround Yourself

Spend time with warm and loving family and friends and with children and pets. Generally place yourself in positive, nurturing environments that are good for the soul and that are going to validate your self-worth and soothe your aching heart. Avoid negative people and situations at all costs. And that means avoiding your ex, too, as well as avoiding situations that bring back memories or inspire reminiscing and melancholy.

The above list of self-healing techniques should have you feeling much stronger within a week or so.

NOW MAKE LOVE WHEREVER YOU GO!

Now that you've become more skilled at loving yourself, it's time to open your heart to love in all forms. Pour love onto others and you will find that love returns to you in abundance. Smile at strangers...flirt with the doorman.

Now is a good time to do some very casual dating for fun. You may be thinking: "I'm not ready to date. I want to get back with my ex."

Don't think of dating as a prelude to establishing a new relationship. We both know you're not ready to begin a new relationship. You also know that rebound affairs don't work. And we certainly don't want to use a new relationship as a payback.

The purpose of dating at this point is to remind yourself that you are desirable and attractive. Think of dating as medicine to boost your confidence and raise your **Personal Net Worth**.

Also think of dating as a way to diminish the needy, hungry, desperate feelings. Dating will help you see that you have options. Your ex is not the only game in town.

Curing the needy, desperate feeling is vital. You won't be ready to approach your ex until the desperate, hungry feelings are extinguished! So use dating as a steppingstone to get you there. But by no means should you think of dating as a game designed to make your ex jealous. Your ex will feel played and manipulated by you and that game will backfire.

Date to boost your self-love. Energetically your ex will sense the increase in your **Personal Net Worth**. Your ex will know that you feel desirable without your saying a word. Remember, thoughts and feelings are transmitted energetically. For example, think about what happens when you're stopped at a red light. You look over at the driver of the neighboring car. The driver senses the energetic frequency of your gaze and looks back at you. The same thing will happen with your ex. The boost to your self-esteem will reverberate into the universe. Your ex will simply know that you are a hot ticket.

When you are desired by other eligible singles, you will suddenly become more desirable to your ex. We humans always want what we can't have or what other people want. I'll never forget the time I was shopping in an enormous antiques store. I selected an object for purchase. I asked my husband to watch it. He looked away for one moment and another shopper grabbed *that* item. She simply had to buy it because I wanted it! The unavailable or forbidden fruit is always sweeter.

Similarly, we are attracted to those people who are attractive to others. Dating simply helps raise your **Personal Net Worth**.

Remember to "energetically date" everyone who crosses your path. Make love with everyone you meet. Smile. Flirt. Have fun. This positive feedback will further boost your self-esteem.

Repeat your new mantra aloud: "I am attractive to so many people."

Feeling better about yourself and dissolving the delusion that your ex is the only game in town are your two goals.

Consider posting an online profile at a dating site. Getting flirts and interest notifications also boost your self-esteem. Try speed dating and supper clubs. While you're not ready for a relationship, you can still socialize and have fun.

If you discover your ex is dating, just redouble your own self-holding techniques and keep on putting yourself out there.

TO FURTHER ELEVATE YOUR PERSONAL NET WORTH

Volunteer. Research shows that volunteering boosts self-esteem. Donate time to a homeless shelter or soup kitchen, read to the blind, become a Big Brother or Big Sister, visit the elderly or shut-ins, etc.

Stroke a domestic animal each day. Pets are now used in nursing homes to help the sick and elderly feel better. Scientific research has shown numerous health benefits from exposure to and interaction with animals.

If you need additional help to stabilize your mood and boost your self-esteem, consider the talking cure in the form of individual or group therapy.

In this step, I showed you how to heal yourself body, mind and spirit. You should be feeling stronger and more self-confident. You should also be feeling that you are capable of living without your ex.

Now that you're feeling more balanced and your **Personal Net Worth** is soaring, we're nearly ready to reconcile. But first, we need to take just one more step.

STEP FOUR: TAKING STOCK

Congratulations! You're feeling stronger and your head is clearer. You've healed a great deal and you have raised your **Personal Net Worth**.

Now it's time to take stock!

In this step, you are going to take stock of your relationship. By this I mean it's time to assess yourself and your relationship, to confirm that you and your ex are truly meant to be together.

First, let's make sure that you don't want to get back with your ex for the wrong reasons: These include:

- 1) If you were the one who was dumped, you might want to get your ex back so you can be the one to dump him/her. (If this is your real reason for getting back together, then you need to follow my **Draining Raw Rage** technique, which is offered later in this chapter. Until your rage is dissolved, your wish to get back at your ex will never end. Simply put, you won't know whether you want to get back with your ex for the right reasons until your rage and wish for revenge is resolved!
- 2) You want your ex back because you're afraid of being alone. (This is a sign that you haven't sufficiently raised your **Personal Net Worth**.) If this is your reason for getting back together, go back and redo the last step. Until you have completely extinguished all sense of neediness, you aren't ready to approach your ex.
- 3) You want to get back with your ex because you don't want to feel like a loser or failure. If this is the way you feel, follow all the steps in this chapter, paying particular attention to the steps in which you will be assessing your ex's role in the break-up. If you discover that your ex has baggage that truly interferes with his/her ability to form a healthy relationship, for example if your ex was: uncontrollably verbally or physically abusive; a gambler or excessive spender; chronically unfaithful; addicted to substances and not willing to get help; able but

unwilling to work, etc., then you should be able to move on and let go knowing that the break-up wasn't a sign that you're a failure; it takes two to tango.

Once you are clear that you are not motivated to reconcile for all the wrong reasons, it's time to assess your own role in the break up, your ex's baggage, and the relationship itself.

First let's assess your own role in the break-up. This is your chance to become aware of your own weak links, those aspects of yourself that got in the way of your relationship.

My purpose is to help you to grow past your issues so you can return to the relationship in a more aware and refurbished state; having what it takes to make the relationship work this time around.

Let's look more closely at your own issues, to see what may have interfered with your relationship.

Use **Your Personality Profile** to identify your old wounds and see how they affected your functioning in the relationship. **Your Personality Profile** is a free bonus that's included with your **Relationship Rescue Kit**.

Also check your **Relationship IQ**, which is another free bonus with your Kit. This test will help you determine if you are aware of the ideal ways to handle common relationship roadblocks.

NOW LET'S HAVE A CLOSER LOOK AT YOUR EX'S BAGGAGE

I know you want your ex back. I also know that you know you can live just fine without your ex!

So now's the time to take a really honest look at your ex. The last thing you want to be doing is working to get your ex back only to discover that he/she is too damaged to be in a relationship!

Use my **Is He/She Ready for Love?** test, included as a free bonus with your Kit, to determine if your ex has serious emotional baggage that interfered with your relationship. If he/she does, you are going to be headed for the same problems if and when you get back together, unless your ex is willing to work on resolving his/her issues.

NEXT LET'S CHECK OUT YOUR RELATIONSHIP

Now we are going to see whether your relationship has a solid future. It is my hope that you will be confirmed in the fact that you and your ex are, indeed, right for each other. This knowledge will: 1) give you even greater confidence that you are meant to pursue reconciliation; and 2) enable you to discuss, when the time comes, your thorough understanding of the relationship problems.

As you know, there are many reasons why a relationship unravels. As you've discovered in the last section, break ups often result from the baggage each individual brings to the relationship.

Problems can also arise because the relationship itself isn't a good "fit."

To look at how compatible you are as a couple, and whether your ex is an ideal partner for you, use my **Are We Compatible?** test, which is included with your kit.

Last but not least, use my **Create a Mate** guide, also included with your kit, to study if your ex is truly the ideal partner for you.

* * *

After completing all these assessments, you now have a clearer picture on the issues that you both brought to the relationship. You also know the degree to which you're compatible.

What if you've discovered that your ex is too damaged to maintain a relationship (and knowing your ex, you are sure that he/she has no intention of growing and changing) yet you still want to reconcile?

Or what if you've found out that you aren't compatible with each other, yet you still find yourself wanting to reconcile.

Not being able to let go of the wrong partner/wrong relationship is a sign that you're trying to heal a childhood wound through the relationship with your ex.

If this is the case, read over the results of **Your Personality Profile**. My book, ***Till Death Do Us Part (Unless I Kill You First)***, will also further help you identify and heal the wound inside yourself that is blocking you from letting go and moving on.

* * *

At this point, I'm assuming that you are feeling confident that your ex is the right partner for you.

You are almost ready to approach your ex and begin the reconciliation process. But there's just one more thing you need to do:

You need to insure that you have fully cooled your jets. Cooling your jets means resolving your anger toward your ex.

I know that having been dumped makes you feel wronged, violated and angry. When you feel angry, there's a natural urge to engage in finger pointing, blaming and even paybacks.

You're certainly free to do this. BUT know that doing so will deliver a deathblow to your relationship. You can continue licking your wounds and hang on to feeling wronged and victimized, but this won't encourage you to make up.

If you want to have your ex back, you'll need to let go of your anger.

DEALING WITH INFIDELITY

How To Let Go Of Anger If You've Been Cheated On

I know it's especially hard to let go of your anger if you were on the receiving end of infidelity.

I'm not disputing the fact that your ex behaved wrongly by cheating.

I'm not disputing the fact that your ex should have handled his/her discontent in a more direct and mature way. Your partner "acted out" his/her hurt and anger toward you by cheating, which is the ultimate punishment.

He/she should have had the guts to come and talk about the problems, rather than treating you in this most painful way.

Your own maturity in the way you handle your ex's infidelity from now on should ultimately invite your ex to take responsibility for his/her own errors and also encourage your ex to communicate needs and discontent in a more appropriate way in the future.

Now that we've acknowledged your ex's wrongdoing, I'm going to ask you to continue traveling down the path of maturity. I'm going to suggest that you do the hardest thing you've ever done in your life.

I'm going to ask you to examine your own role in the break up.

To find the courage to look at what you did to push your partner away from you.

You've already shown the strength to review yourself using **Your Personality Profile**. You have a good sense of your issues and problems.

Now go a step farther...

You're strong enough now to review your role in the unraveling of the relationship. The following questions are going to be hard to ask yourself. But if you want to make up, you have to ask these questions and come up with honest answers.

Write down what you did that pushed your ex away from you.

Write down what you didn't do that pushed your ex away.

Write down the ways that you failed to meet your ex's needs.

Remind yourself that while it was wrong for your ex to cheat, you may have disappointed your partner in some very important ways. Granted, your partner wasn't mature enough to talk to you about his/her feelings, but nevertheless you let you may have let your ex down in some way.

Admitting your own role in the break up will help dissolve a lot of your anger, and it will keep you from feeling victimized and/or inclined to play the role of victim. Having a clear understanding of your role in the break up will also be invaluable when it comes to reconciling with your ex and forging a new and stronger bond.

To fully purge yourself of any residual anger, use my **Draining Off Raw Rage** technique. To do this, get a journal and say all the angry things that you want to say to your ex (speak aloud as you write). If you were dumped, write down all the mean things you want to say, but don't say them to your ex; just vent on the page. When you are done, burn the pages and let go of the anger.

What To Do If You're The Cheater

If you cheated, and now want your ex back, you have to admit that cheating is a sign that you have been very angry at your ex. Cheating is the ultimate f.u. Own

your anger, list all the things that your ex did wrong and didn't do right. Get it out of you and onto the page.

Say all your angry statements aloud as you write. When you are done writing, burn the pages and let the anger go.

DIGGING UP LOVE

At this point, the final exercise is to fully revive your loving feelings toward your ex. No doubt during this whole process you've had loving feelings on some level, but now they should be much clearer, healthier and more realistic.

When couples break up, studies show that when asked to recall positive memories about their partner and/or the relationship, their minds draw a blank. It's as though the mind has pulled the plug; forgetting all the good times makes it easier to walk away. That's the mindset of the person who does the walking out. It's easier to walk away when you can't recall the good times.

Naturally the person who's been dropped recalls all the good times and suffers. **Digging up Love** is easier in this case.

Oftentimes, the person who has been left turns the hurt to rage. In this case **Digging up Love** can be hard. If you've completed the former exercise and purged yourself of your anger, **Digging Up Love** should come easier to you now.

As the dust settles, and the pain and angry feelings diminish, you should be able to recall the positive things that attracted you to your ex. Write these things down. Reread them as needed.

Now you should be ready to Make-Up!

SUMMARY

In this step, we examined your own issues and whether they interfered with your relationship. If any wounds were detected on your end, you should now be in the process of healing them, so they won't bite your relationship in the butt this next time around.

We also looked at your ex's issues, to insure that he/she is truly ready for a relationship. If you discovered that your ex isn't "relationship" material or that you aren't compatible, the healing, strength and knowledge you've achieved in the previous and current steps should enable you to move on with confidence.

In the event that you are choosing to proceed with reconciliation, you have also learned how to drain any residual resentment and access your loving feelings. With all these tasks behind you, you are now ready to reconcile.

STEP FIVE: THE MAKE UP

How To Know When It's Time To Attempt Reconciliation

When it comes to reconciling, we cannot calendar when it's time. Feelings must be your gauge.

Here are some clues that say you're ready:

If your **Personal Net Worth** is up, it's time.

If your anger is truly drained, it's time.

If you know that you can live without your ex, that is when you no longer feel needy or desperate, you know it's time.

What I'm talking about in the last sentence is a paradoxical, Zen-like odd sort of detachment: being able to "hold" the duality of wanting your ex back but being willing to accept that you might not get back together. In other words, you're whistling a love song while at the same time singing the tune, "I'll get along without you very well." These lyrics don't mean you don't want your ex back, but you must feel that you can get along very well without him/her. This doesn't mean that you are catatonic and don't care anymore. Your heart is filled with love. At the same time, you are strong enough to live without him or her.

Do One Final Scan of Your Feelings

How else can you know you're ready to approach your ex?

Are you ready to be positive and constructive?

Do you have the urge to blame your ex? Do you feel an urge to rub his/her nose in it for failing you, leaving or cheating?

Do you want to lay a guilt trip? Play martyr?

If you still feel like blaming your ex, you're not yet ready to approach him/her. Go back and again **Drain off Raw Rage** and **Dig up Love**.

If you're still angry, then we need to realize that your ex's cheating has ripped off the scab of earlier wounds and opened up pain associated with abandonment on the part of previous lovers, spouses or even your parents. It's time to do some serious Inner Child Healing.

To get started in your healing process, re-read the results of **Your Personality Profile**. It will guide you on how to begin healing these early wounds. Because old wounds have a habit of fueling the current fire, healing these earlier wounds is the key to letting go of your anger toward your ex.

If you need further assistance, I thoroughly outline how to identify and heal childhood wounds in ***Till Death Do Us Part (Unless I Kill You First)***.

Also try the following exercise: Get a piece of paper and identify all your childhood wounds. Describe each wound in detail, name the person or persons who did you wrong. Next, for each wound, describe the type of treatment you wished you had received.

Finally, become a loving parent to yourself and give yourself that very treatment. Like a loving and attentive parent, check in with yourself every fifteen minutes and make sure that you are comfortable. If you are not, adjust your surroundings so that you are. Talk lovingly to yourself, consciously speak to your inner child, listen and respond to the needs that arise from this young and wounded part of yourself. Lastly, remember to surround yourself with people who are warm and supportive of you.

As you continue re-parenting the wounded part of yourself, you will become more and more healed, which will not only help you let go of any lingering anger

toward your ex but also enable you to reestablish your relationship on healthier ground.

This is also a good time to make note of how your wounds may have contributed to your relationship problems. This information will come in handy during the reconciliation process.

INFIDELITY: REBUILDING TRUST IF YOU WERE CHEATED ON

If you were cheated on, and your ex wants to try again, you are naturally feeling out of control. You risk opening your heart and getting it crushed all over again.

Understanding all the factors that led to the break-up and learning how to handle your issues more effectively is your greatest insurance against future infidelity. As you and your partner interact in a better way, your trust will gradually come back. Don't force yourself to let down your guard until you feel ready.

If You Left Or Cheated And Want To Get Back With Your Ex

If you left or cheated, you probably did so because you felt wronged, let down or deprived by your ex.

Clearly you still love your ex otherwise you wouldn't want to get back with him/her.

At this point, the anger that fueled your leaving or cheating has probably faded. Now you're likely feeling guilty over having walked or cheated.

Beware of guilt; it often morphs into anger.

In your anger, you may be feeling inclined to blame your ex by saying something to justify your actions. Something like, "I wouldn't have left (or cheated) if you had done x, y or z."

It doesn't take a rocket scientist to realize that this approach is going to get your head (or other even more vital body parts) chopped off!

You'll know when you're ready to approach your ex when you are prepared to take responsibility for your cheating. If needed, study again **Your Personality Profile** and consider your role in the relationship problems.

How did you help your ex to not meet your needs? Did you expect your ex to mind read? Did you push away your ex's attempts at caring for you?

When you're ready to admit your wrongs; when you no longer feel the urge to say "I only left or cheated on you because you did x, y or z," then you're ready to approach your ex.

If You Did The Cheating and Need To Win Back Your Ex's Trust

As Ricky used to say in I Love Lucy, "Lucy, you got some splainin' to do." By this I mean to trust you your ex needs to know that you are going to handle your feelings very differently from here on in. You are going to commit to learning to discuss your issues with your ex, and resolve them rather than brushing your feelings of resentment under the emotional rug, all of which is infidelity bait. You will show your commitment to change the way you operate by the way you behave during the reconciliation process. Your changes will help rebuild your ex's trust in you.

* * *

NOW YOU'RE READY TO APPROACH YOUR EX

For your first approach, I recommend a phone call. Make the call short and sweet.

Phone your ex at a time when you know that he/she is likely to be free and relaxed.

Tell your ex that you have been thinking of him or her.

Then say that you were remembering one of his/her positive qualities (state that quality now).

Or share a memory of a great time you had together.

Or mention something particularly wonderful that he or she did for you in the past.

If you can, be funny or share a laugh that shows you aren't on the warpath, which instantly breaks the ice and creates positive feelings.

Deliver your communication as a gift with no strings attached. Think of kissing a dove and then setting it free.

After you've chatted briefly and it's gone well, say, "I have something nice to share with you. I'd rather tell you in person."

If you sense that your ex is feeling threatened, perhaps anticipating a fight or reaming out, just say, "Don't worry. What I want to share is all good."

In addition to being non-threatening, the last communication also creates a sense of mystery. All humans are intrigued by mysteries.

Next, suggest you meet for coffee or a quick snack.

Your ex may say yes right out. Great. Set the date (make it for only an hour or two, no more, so you don't get overwhelmed by your first encounter). Then, end the call saying you're looking forward to the meeting.

If your ex waffles, you might use humor, which is completely disarming. The humor also shows you're on your ex's side. You might say something playful like:

"Don't worry. I won't bite!" "Or have no fear. I pawned all my weapons and promise I won't deprive you of vital bodily parts."

If your ex refuses your offer, resist the urge to fall into old traps--begging, pleading, getting angry, etc.

You might say instead, "You have good reason to be reluctant. If you change your mind, you know where to find me."

This response says: 1) You respect your ex's feelings; 2) You're not hungry or desperate, both of which are not appealing; 3) You're willing to accept responsibility for your part in the break up; all of which conveys the reassuring message to your ex that life will be different with you this time around. Your ex may need time to digest all this, and may think it over and contact you later on.

If you don't hear back, then you are being told either that he/she is not willing to reconcile just yet; or that he/she isn't willing to reconcile at all. But we don't know yet if the door is closed permanently. We'll deal with this possibility a little later on.

What If You Get Your Ex's Voicemail?

If you get his/her voicemail, it's best not to leave a message and wait to talk in person. In the age of Caller ID, your ex will probably see that you called. Not leaving a message will be intriguing and create a sense of mystery. Not leaving a message also shows that you're not desperate. You can wait. This makes you all the more attractive and appealing.

To further prove you're not hungry or desperate, wait a couple of days and call again.

If you know for sure that your ex has Caller ID (meaning he/she knows that you've called and still your ex hasn't reached out to you), then your ex is either not yet

ready for reconciliation or he/she does not want to reconcile. Live your life, keep boosting your **Personal Net Worth** and wait until your heart tells you to try again.

If you know for sure that your ex does not have Caller ID, then you can call again a few days later until you reach him or her in person.

What If Your Ex Refuses to Take Your Calls?

If you've tried for several weeks and you haven't managed to reach your ex at home, then you can leave a message.

If your ex doesn't respond to your message, you can call one more time and use the speech that I provide below regarding how to handle Cold Feet.

If you leave this message and your ex still doesn't respond, then I'm very sorry, but it would seem that your ex is not *yet* ready to reconcile or, worse, is simply not willing to do so.

At this point, redouble your efforts to hold your own heart, continue your self-growth and get on with your life.

You can try to re-approach again in a few months. If you still receive no response, then it's time to accept that the relationship is over.

How To Know For Sure That Your Ex Isn't Willing To Reconcile

If you still love your ex and want him/her back, it's natural for you to hold on to the hope that your ex will come around. In order to spare yourself pain, it's only natural to tell yourself stories, ignore obvious signs that he/she has moved on in order to fool yourself into believing there is hope when, in fact, there is none. As painful as facing the truth is, it's better for you to rip off the Band-Aid of denial and bear the pain of the truth once and for all. Hanging on when there is no hope is not healthy for you and will cause you even more pain in the long run.

In the next section, I provide a list of signs that your ex has moved on. The presence of any one of these signs is sufficient indication that your ex is not willing to come back.

Your ex never responded to your initial messages;

Your ex didn't respond to the speech I provide below regarding Cold Feet;

Your ex has made no move to contact you;

Your ex was cold, detached, impersonal or aloof on those occasions when you accidentally ran into him/her person;

Your ex has applied for a job-relocation;

Your ex is planning to move from the area or has already moved;

Your ex has been seriously dating someone else for a few months or more.

If you answered true to any of the above list, then I'm afraid it's truly time to say goodbye to your ex and grieve the loss.

To help yourself heal, please continue to engage in all the self- healing suggestions I provided to you before and hold your heart now more than ever.

Also make sure to study the results of **Your Personality Profile** and read ***Till Death Do Us Part***, both of which will help you heal your wounds so that you will be in a better place to choose a more correct partner for yourself next time around.

Lastly, make sure to use my **Create a Mate** to help you define the kind of person who is a better partner for you.

* * *

BEWARE OF FIGHT TRAPS

Now let's assume that you're on track for getting together.

A word to the wise...I know you've done a great deal of work on re-inventing and improving yourself. But keep in mind that it's human nature to fall into old habits. This means that when you see your ex for the first time, you will need to beware of the tendency to resort to familiar patterns of interaction and communication.

The most dangerous thing you can do is to resort to what I call Fight Traps, which are those faulty fighting tactics that most people use.

For a full discussion of Fight Traps, read my book, ***Till Death Do Us Part (Unless I Kill You First)***. The important thing to remember at this point is that Fight Traps always fuel the fire. If you want to reconcile and establish a lasting and satisfying relationship, you will need to identify and eliminate all your Fight Traps.

Fight Traps fall into two categories: Open and Secret Warfare. In the next section, I give you an overview of the various Fight Traps.

OPEN WARFARE FIGHT TRAPS

Counterblaming: This Trap consists of turning the blame back on each other.

Verbal Attacking: This Trap consists of name-calling, insults and putdowns.

Scorekeeping: In this Trap, the scorekeeper will compare his/her actions with those of his/her partner, cite the number of times that the other did or didn't do something...or the number of times that he or she himself did do something.

Winners/Losers: In this Trap, one partner insists on wielding power over the other and proving that he/she won.

I'm Right/You're Wrong: Similar to Winners/Losers, with this Trap one partner is

bent on proving that he/she is right.

Character Assassination: This Trap consists of attacking your partner's character trait(s) by saying for example, "You're lazy. You're weak."

Globalizing (You Always/You Never): In this Trap, one or both partners make global, blanket statements about the other's behavior.

Kitchen Sinking: In this Trap, one or both partners throw everything that's bugging them into one discussion, like piling a mass of dirty dishes into the sink.

Throwing Oil on the Fire: With this Trap, partners say or do something to inflame the other person, thereby heating the argument further.

Fighting Dirty or Hitting Below the Belt: With this Trap, partners kick each other when they're down and play on each other's weaknesses.

Ancient History: In this Trap, partners bash each other by bringing up past experiences.

Exploding: This Trap consists of going out of control verbally or physically.

Me Big Chief, You Little Indian: In this Trap, partners use Power Plays to get even with each other.

One-Upmanship: With this Trap, partners try to win arguments by vying for the upper hand.

Recruiting Allies: In this Trap, partners use friends or family members to fortify their positions.

FIGHT TRAPS: SECRET WARFARE

Guilt Tripping: Guilt tripping can be done overtly or covertly via body language

and vocal cues such as sighs and moans.

Silent Treatment: In this Trap, one or both partners punish each other with silence.

Withholding: This Trap consists of expressing anger by avoiding, delaying, "forgetting" or simply not doing what your partner wishes or what you've agreed upon doing.

Silent Sabotage: This Trap is a combination of Silent Treatment and Withholding.

I Told You So: With this Trap, one or both partners blame each other after the fact for not having done what the other thinks should have been done.

Sarcasm: This Trap consists of feigning agreement that isn't meant.

Ambusher: With this Trap, a person figuratively hides in the bushes and then pounces on his/her partner with an unexpected attack.

Indirect Digs: This Trap is comprised of dropping nasty remarks, often in front of others.

Nagging, Whining, and Complaining: The Three Scrooges: This Trap consists of what I consider three relationship deadly sins, all of which destroy relationships.

I encourage you to identify and eliminate all your Fight Traps before your first meeting. When you see your ex, make sure to watch yourself like a hawk, so your Fight Traps don't creep back on the scene.

Likewise, become clear on all the Fight Traps that your ex uses. This way, you will see them coming before it's too late. And, if your ex begins to resort to his/her old Fight Traps, side step the trap, don't take the bait. Instead, calmly state that you don't want to fight with him or her.

YOUR FIRST MEETING

Now that your Fight Traps are under wraps, let's focus on the steps to follow for your first meeting:

- 1) Be your best self, not the person you were when the relationship was failing.
- 2) Be happy and stay positive.
- 3) Look your best.
- 4) Above all, lobotomize your brain, meaning do everything in your power to drop the past and *live in the now*.

Make it a point to not discuss your issues or problems during the first meeting. I'm not saying that we will never discuss your issues. That is entirely unrealistic. What went wrong wasn't resolved and remains a splinter in both your souls.

Moreover, both of you will feel more comfortable in getting back together if you feel confident that you can handle your issues more effectively in the future. So, don't worry; we will discuss how to handle ancient history. But for now, put your past issues in your psychological bottom drawer. No agendas. No discussions of what went wrong. Just be totally in the now and have fun.

Focus instead on helping your ex recall why you got together in the first place. In short, we want to fuel positive feelings.

Help your ex **Dig Up Love** by reminiscing about some of the fun times you had when you first fell in love. The positive history you have is a magnet that will draw your ex back. No new relationship with someone else can hold a candle to all the good times you both amassed together.

After you've melted the ice and things are moving along nicely, use the following trick to take your reconnection to the next level:

To rekindle the sweet, loving feelings of the good old days, use a familiar gesture of affection. Doing so will open the pathway in your ex's brain that stores positive associations and feelings for you. This will help your ex wipe the slate clean of negative associations he/she has built up in recent years. A gesture like brushing back hair from his/her forehead or an affectionate tap on the sleeve is just what the doctor ordered. You know what you used to do in the good old days. Do it again now. Doing so will trigger a floodgate of positive feelings. Since humans want to repeat a positive experience, your ex will want to see you again.

BEWARE OF DANGER ZONES

If your ex wants to talk about what went wrong. Do the following:

Listen and then thank him/her for sharing.

Then say that since you had only scheduled a short amount of time for your *first* meeting, you can't stay and talk now. Reassure your ex that you do want to hear all about his/her feelings the *next* time you meet. Note that you're dangling a carrot, suggesting a next meeting and offering a future reward by promising to set aside enough time to hear him/her and truly understand what didn't work for him/her. But for today, you just want to keep it light and enjoy his/her company.

Why?

Even though it might seem to make sense, the worst thing you can do at this point is to start a discussion about what went wrong or who did what. It's the worst time because everyone is still raw, and it's not likely this discussion will go well and more likely that it will just degrade into an argument.

Besides, it's just a bummer of a topic, a sure fire way to bring the mood down. What you are trying to do is rekindle the positive emotions, not the negative

ones. You also don't want to remind your ex of what you did wrong through some self-flagellating confession. Nor do you want to recite a list of your own grievances.

If your ex tries to dredge up the past, say, "I know, but why go over that now? I just want to remember what was good about being with you. If we start going over old business now it will just ruin both our days."

Other General Notes About The First Meeting

Don't put pressure on your ex to schedule another meeting. If your ex asks to do so, then by all means go ahead and set up another meeting.

If your ex prefers, encourage him/her to call you to set the next date. Letting your ex make the next move shows that you're not hungry or desperate and helps him/her feel in control.

If your ex doesn't ask for another get together, just end the meeting saying you had a great time. Remember, the bigger your push, the bigger the push-back. Don't push your luck, and be grateful you got this far.

What To Do After The First Meeting?

Wait to see if your ex contacts you. If he or she does, then the reconciliation is proceeding without a hitch.

If a week has passed and you haven't heard from your ex, then it's fair to assume that your ex has cold feet.

How To Handle Cold Feet On The Part Of Your Ex

Be aware, even if your first meeting was positive, your ex is probably feeling afraid to start over with you.

Your ex is likely thinking:

Our meeting was nice but that doesn't mean we should try again.

What's changed?

What will be different this time?

We'll only be back to square one again in no time.

Your response to your ex's cold feet should be the following:

The following statement is appropriate to use in dealing with an ex who is avoiding seeing you in the first place (just omit the first sentence that refers to having had a nice time together at your first meeting) as well as the ex who is resisting seeing you again after the initial meeting.

Say: "I had such a nice time with you. But I sense you may have cold feet. Given the problems we've had, you might be thinking what's going to be different this time around. Right?"

Wait for your ex's answer.

If he/she says that you're right, say that you understand the cold feet. Reassure your ex that you are not asking him/her to let down his/her guard and trust you.

Then let your ex know that you've used your time apart to reflect on where you went wrong in the relationship. You've realized the mistakes you've made. Add that you'd like to share all that you've figured out in person.

Notice there's nothing hungry or desperate here. You're just offering an olive branch, delivered as a tantalizing teaser. No blame is being cast on him/her; you're taking the heat off his/her ego. You're giving your ex a way to come back and still save face.

This approach will go a long way toward rebuilding trust and instilling a sense of confidence that you've really changed and that your relationship will be different this time around.

Believe me, if the relationship isn't totally over in your ex's mind, your ex will want to hear more about what you're going to share regarding your own role in your relationship problems!

How To Handle Cold Feet If You Cheated

Say and do everything discussed above but add that:

You made a terrible mistake.

Admit that your cheating was wrong and selfish.

Say that you are aware that you must handle your feelings differently in the future.

If you've made discoveries about yourself and the causes of your infidelity that can be traced to childhood or family issues, say so; but don't go into minute details at this point. Don't turn the talk into a therapy session. The one thing to keep in mind is that the partner who was cheated on has sustained a terrible blow, and certainly takes the cheating extremely personally, perhaps even to the point of blaming him or herself.

The intention here is take the blame from your ex, make it clear it was not his/her fault, but your own. Your job is to take responsibility for what you've done while stating that you now understand how to prevent the same mistake in the future. The biggest obstacle you have now is overcoming betrayed trust and getting your ex to believe in you again.

The above message shows how much you've changed, how willing you are to

listen, be non-defensive, own your own part of the problems and reconcile. Don't just parrot my words. Mean them!

With that kind of offer, your ex will want to meet you for another get together, that is, if your ex hasn't totally given up on your relationship.

SECOND MEETING

By all means, arrange a fun location for your second date.

Remember, we want to trigger a flood of positive feelings. Make sure to have fun together before you talk, to create a deeper well of positive feelings.

After you've broken the ice and are enjoying your time, say in a very light and easy tone that you haven't forgotten that he/she wanted to talk more with you (if, in fact, your ex did try to discuss your issues during your first meeting and you promised to postpone talking until your second get together). Say you're ready whenever he/she is.

The offer may be all your ex needs to feel that you care about his/her feelings. Maybe he/she won't ask to talk now. If he/she doesn't, just enjoy your time together.

If your ex didn't ask to talk about your issues during your first meeting, you can still say that you are ready to discuss your role in the problems you had whenever he/she wants.

If your ex does want to discuss your issues, it's vital that you **ONLY** talk about your mistakes and failings. **DO NOT** fall into any of the Fight Traps that involve blaming or pointing the finger at your ex.

If you are the one who left, make sure to take full responsibility for your own limitations, for escaping rather than discussing your issues in a mature fashion.

If Your Ex Asks to Talk About Why He/She Left

Your role is to:

1) Listen and Understand. I want to point out to you that listening to your ex's feelings is healing on a very deep level.

According to research, humans bond to each other when they feel safe. Safety comes from feeling that you can open your heart and soul and feel completely accepted, not judged.

The way to give your ex this deep feeling of safety is to listen and understand!

You must resist the urge to defend, argue, justify yourself or counterblame. Just listen and understand.

Believe it or not, most conflicts can be resolved by good listening. In fact, when a person feels truly heard and understood, he/she is generally able to let go of the issue.

Since your ex certainly didn't feel heard by you and vice versa, your listening now will do wonders for repairing the prior damage and building a solid bridge back to each other.

YOUR CRASH COURSE ON LISTENING

What is listening?

Listening is actually an active process in which you CONVEY that you have heard and understood what your ex has said.

If you just sit there like an inanimate recording instrument, you may be listening

and understanding, but your partner will have no way of knowing this.

The only way your partner will ever know that you are hearing and understanding is by your CONVEYING this message.

How do you convey that you are hearing and understanding?

That's easy!

Now I'm going to show you how to convey that you have heard and understood your partner, using both verbal and non-verbal messages.

Non-Verbal Listening

Let's start with non-verbal messages that show you're listening and understanding.

Non-verbal listening and understanding is conveyed by:

Looking your partner in the eye.

An open and receptive body language.

Nodding

Making sounds like "uh, uh."

Verbal Listening

There are also five basic skills for verbally conveying that you have heard and understood your partner:

Mirroring; Restating; Asking for More; Questioning to Clarify; and Staying on the Same Emotional Level.

Mirroring is nothing more than reflecting back exactly what the other person has said. This technique shows that a person is listening.

Restating is a form of Mirroring in which the speaker's message is *reworded slightly*.

Asking for More is a technique in which the listener draws out additional information.

Questioning to Clarify insures that the listener has thoroughly understood the speaker. This questioning process serves two purposes: it clears up any confusion that may exist, and it shows that the listener is actively listening.

Staying on the Same Emotional Level helps the speaker feel psychologically held, heard, and understood.

Let's start with Mirroring.

Mirroring

Exercise

Choose a subject that is bothering you, but make sure to avoid your hot topics. We don't want intense emotions to interfere with learning the technique. Now, *coolly* discuss one feeling that has been aroused in you as a result of your conflictual issue. It is your partner's job to mirror back the feeling that you

present. When his/her Mirroring is accurate, you will say, "Yes." If his Mirroring is inaccurate, try again until he succeeds. Then, move on to your next feeling. It is a good idea for the listener who is Mirroring to use a questioning vocal inflection. In this way, he/she leaves room for you, the speaker, to clarify in the event of misunderstanding. Use the following dialogue between Amy and Ken as an example of how Mirroring works.

Amy: I can't believe that my boss didn't say hello to me today.

Ken: You can't believe that he didn't say hello?

Amy: Yes. And it really hurt my feelings.

Ken: Your feelings were really hurt?

Amy: Yes. And I even felt a little nervous that my job may be on the line.

Ken: You're worried that your job may be on the line?

Amy: Yes.

You get the idea. This exercise is driving home a technique that good listeners use automatically. Whenever a person's words are mirrored back, it creates the feeling of being truly heard.

Restating

In the next exercise, Mirroring is elaborated upon through Restating. Restating is an excellent skill because the speaker knows that someone is making an attempt to understand, rather than just mimicking, which, if used to excess, can make the speaker feel like she is talking with Polly the parrot.

Example

Amy: I can't believe that my boss didn't say hello to me today.

Ken: You were surprised, weren't you?

Amy: Yes. And it really hurt my feelings.

Ken: Besides surprised, you felt hurt too?

Amy: Yes. And, I even felt a little nervous that my job may be on the

line.

Ken: So, you were surprised, hurt, and nervous all at the same time?

Joan: Yes.

Asking For More

Asking for More information serves a clarifying function and conveys that someone is making an active attempt to understand. This technique is achieved by combining interested body language (raised eyebrows, wide eyes, and nods) with words like "And?" or "And then what happened?" The following passage shows how it works. The best way to teach your partner this technique is for you to demonstrate it for him/her.

Example

Liz: You know my sister was really nasty today.

Gene: What did she do this time?

Liz: It was the tone of her voice. She was really snotty.

Gene (leaning closer, eyes widening): What did she say?

Liz: She told me that because I hadn't been working for a while, that I wouldn't understand the competitiveness in her office.

Gene: And what did you say?

Liz: I told her that I was offended....

Gene: And then what happened?...

I think you can see how effective this technique is in conveying interest in all the details of a mate's communication.

Questioning to Clarify

Researchers have found that happily married couples live in harmony because the men in these relationships possess excellent encoding skills—meaning that they accurately interpret what their partners say. Make no mistake, good encoders are not psychics by birth. In fact, these men probably are as much in the dark as distressed boyfriends and husbands when it comes to understanding what their

partners mean when they speak. So how does a man in a happy relationship manage to interpret his partner properly? It happens through a questioning process. Developing this skill takes practice, but it's worth the effort to learn this essential listening skill. The following dialogue shows how Questioning to Clarify looks.

Example

Pauline: You know, I can't believe that you had to be late for dinner so many times this week!
Tim: Are you saying that you're angry with me about it?
Pauline: Well, I am angry, but I don't think that I'm angry with you.
Tim: Well, then who are you angry with?
Pauline: I'm pissed with that job of yours.
Tim: That job is putting food on table!
Pauline: I think that you're feeling attacked by me.
Tim: Yeah. I was starting to get a little hot.
Pauline: Let me start over. I appreciate what a good provider you are. I'm just annoyed that your boss makes you work late so often.
Tim: So, you're pissed at my boss?
Pauline: Yes. And, I wanted you to just understand that when you're not here I really miss you.
Tim: So, you miss me, eh?
Pauline: That's it, mainly. And, I hope that boss hires the assistant he promised soon.
Tim: I miss you too, you know. Anything else?
Pauline: Come home earlier as soon as you can!
Tim: You know that I will. And, I understand how hard it is on you and the kids.

Questioning to Clarify—The Five Questions

To develop the Questioning to Clarify skill, deliver a feeling statement and have your mate ask five clarifying questions. For example:

Opening statement: I was really upset today.

Question #1: Did I do something? (Questioning rather than jumping to conclusions)

Clarifying statement: Not at all.

Question #2: If it wasn't me, then who upset you?

Clarifying statement: I really need a few minutes to calm down.

Question #3: Are you telling me to leave you alone? (Not jumping to conclusions. Checking before acting upon a potentially wrong interpretation)

Clarifying statement: No, don't go. Maybe you could give me a hug and comfort me.

Question #4: Sure. When you say "and comfort me"...was there something besides the hug that would comfort you?

Clarifying Statement: Yeah, a massage would be nice after a hug.

Question #5: A massage and a hug and that's it?

Clarifying statement: That would be great.

Had the husband in the above example not asked the five clarifying questions, he could have easily misinterpreted his wife's communication. What's worse, misinterpretations often turn to disaster, because many husbands act upon their false assumptions. I can't stress enough the relationship-saving importance of learning the Questioning to Clarify process along with the Five Questions techniques.

Looping Back Until Consensus is Reached

If the Questioning to Clarify process were to be diagrammed it would appear as large loops, and loops within loops. The loops indicate questions, clarification, restatements, and more requests for clarification. This process is continued until "perceptual consensus" otherwise known as a meeting of the minds is reached. Here is an example of Looping Back:

Example

"I'm really sick of these family vacations."

"Are you saying that you don't want to vacation with my family anymore?"

"I wouldn't go that far. It would be nice if we didn't vacation with your family every summer."

"So you don't want to vacation with them every summer?"

"Right. Maybe every other summer would be better."

"So it sounds like every other summer would suit you. But, I'm wondering...since you said, 'Maybe,' are you not entirely sure?"

"It's true. I'm not sure. If it's OK with you, can we leave it open and talk about it when next summer rolls around?"

"O.K. We'll discuss it next summer."

Staying on the Same Emotional Level

Staying on the Same Emotional Level is a vital listening skill. Men especially have the tendency to go into fix it mode, rushing to offer solutions rather than listening and understanding the feelings.

Women can easily fall into fix it mode as well, simply because feelings can be overwhelming and hard to "sit" with. By rushing in with solutions, we are unconsciously escaping feelings.

I often tell couples, the best way to get on top of feelings is to own them and work them through by talking them out. Rushing in with solutions only buries the feelings in a shallow grave; they will resurrect again at a later time.

Before speaking, it's good to remind each other to stay on the emotional level. Do this BEFORE you begin speaking. By alerting your partner before the discussion begins, you will help to abort the natural tendency to shift the conversation away from feelings and onto solutions. It is preferable to put your partner in the right frame of mind before the talk begins, rather than wait until he/she fails. Reproaching him/her for failure to stay on your level is the best way to trigger defensiveness, which will make it impossible for your ex to listen to you in any form.

Staying on the Same Emotional Level means that, for the duration of your listening process, you consciously become the Siamese twin of your mate. As a twin, you don't try to pull left or right; to do so would create psychological injury similar to the tearing that would occur if you tried to pull the twins apart.

If you are having trouble understanding how your ex feels about the issue he/she is presenting, I will offer you two techniques that can really help.

The first is for you to focus off of the content of the argument and just focus on the feeling that your ex is having. Focus on understanding the feeling. Don't worry about the details of what triggered it. Surely whatever the feeling is, you can relate to that. If needed, think of an example from your own life in which you felt the same feeling. That will help you get on the same page and more easily listen and understand.

When it comes to listening and understanding each other's feelings, keep in mind that most couples find it rather easy to go to the angry place. When you're angry, you feel strong and powerful. But anger is rarely the primary emotion. When you scratch beneath the surface of the anger, you will find fear, sadness and hurt. Because most people resist facing these weak feelings, they automatically convert them into anger, which is a smoke screen for the more vulnerable feelings of hurt, fear and sadness.

If you are going to feel truly heard and understood by each other, you need to be talking about what is really going on. To do this you must help each other distill the feeling of anger down to the true primary emotion and then listen and understand that. For example, you might say, "I hear how angry you are at me. I'm thinking you are also feeling very hurt by what I said or did..."

Switch Roles

Another technique to help you listen and truly understand each other is to switch roles. With this technique, you actually play your ex's part. You step into your ex's skin and state exactly what he/she feels. Doing will really help you listen and understand each other.

Listening as I instructed you to do will show your ex that you've truly seen the light. It shows your ex that you've changed and that he/she can feel confident in resuming a relationship with you. Thanks to your excellent listening skills, you will give your ex the feeling that life with you will be different this time around. This is all your ex truly needs to start over with you.

Remember your ex is meeting with you because hope springs eternal. He or she fell in love with you way back when and he/she hopes to rekindle that love. Doing what I suggest will feed the spark of hope that brought your ex to this meeting and do wonders for reigniting the flame.

Take Responsibility For Your Part Of The Problems

In addition to listening and understanding, your ex will feel even safer to come back if you now share your understanding of your part in your problems as a couple and take full responsibility for your mistakes.

If you're strong enough, invite your ex to tell you where you went wrong. Even if he or she left or cheated on you, remember, he cheated because he felt wronged by you. Give him or her a chance to share the gripes and unmet needs that led to the cheating and/or break up.

Here's the catch, since you've grown so much, you may actually be more mature and evolved emotionally at this point than your ex is! So don't make the mistake of forcing your ex to listen and understand your beefs or accept responsibility for his/her mistakes with you. Just be a grown-up and talk about yourself. Just show that you've turned over a new leaf. Your mature behavior can set the tone that will guide your ex to follow suit in his/her own time.

Your goal for now is to simply provide a safety zone and rebuild your ex's trust.

If Your Ex Is Skeptical

Your ex may say that you don't sound like yourself. He/she may not believe the changes will last. Understand the skepticism. Say that you're not asking him/her to let down the guard or trust you. Just suggest that he/she watch and discover that you're different over time.

* * *

If you've gotten this far, you are well on your way to a permanent reconciliation.

But don't stop now!

Beware of the danger of succumbing to a false sense of security. In many ways you may feel like newlyweds all over again. It's easy to become blind drunk by your rekindled love.

For now, let's breathe a sigh of relief and bask in what I am hoping will soon be

the joy of a permanent reunion with your love.

Enjoy your reconciliation! But don't bury your head in the sand. Know that the issues that troubled you are going to come up again. Your reconciliation is still in a tender, embryonic stage.

Summary

In this chapter, you have learned the basic steps you need to take in order to reconcile.

The most important thing to remember is:

Your ex's willingness to make up will be directly linked to your exhibiting a true, heart felt willingness to take responsibility for your role in the problems as well as your exhibiting a genuine capacity to listen non-defensively and truly understand your ex's thoughts and feelings.

CONCLUSION

In this book, I've shared my proven Make Up Method. You've learned all about **Relationship Essential Nutrients**, you've healed yourself and raised your **Personal Net Worth**, you've taken stock in your relationship and have a clear picture of your mutual roles in the break up. You've also learned how to reconcile.

Congratulations. You are well on your way to a permanent truce. Now you must beware of the danger of falling back into old patterns.

Since conflict is inevitable, this time around it's vital that you learn how to properly see all your conflicts through to resolution.

You need to be expert at handling every imaginable derailment that arises. You need to be armed before the arrows start flying.

If you haven't already done so, now is the time for you to get and read my book ***Till Death Do Us Part (Unless I Kill You First)***.

This book will put essential techniques at your fingertips, so that you know how to apply appropriate First Aid as needed.

For example, it will show you:

- How to get a discussion back on track once it starts to heat up. And how to do this before it's too late to salvage the discussion.
- How to recognize signs of ANS arousal, a biochemical imbalance that causes men to flee and withdraw, which creates further fighting.
- How to administer First Aid to stop ANS arousal dead in its tracks.
- How to get a discussion that's derailing back on the rails.
- How to know when you need to abort a discussion for a later time.
- How to reapproach your partner so that you can resume an aborted discussion.
- How to not fall into the same trap that made your discussion fail the last time around.
- How to know when emotional understanding is all that's needed.
- How to know when you need to negotiate a contract for behavioral change, and so much more.
- I'm happy that you are reunited. I've enjoyed the journey with you so far. Now, please join me in taking the next step, so that we can insure your love lasts a lifetime! I wish you every happiness.