

**EX
BACK**



GODDESS

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Introduction

*If you want to succeed you should strike out on new paths,
rather than travel the worn paths of accepted success.*

J.D. Rockefeller



1.1 What this guide is

If you just bought this system, you already have a rough idea of what its purpose might be - getting your old boyfriend back, of course.

But that's just scratching the surface. While the Ex Back Goddess does offer a step-by-step plan on how to win a man's heart and make him really, really mad about you, it aims to do more than just that. I'll get to it in a second.

Imagine you would very much enjoy driving a Ferrari. Owning a Ferrari. Let's just say someone gives you the means to get one. You do wind up with a Ferrari that you own and can drive - but if a part breaks down, you can't fix it. You don't afford fixing a Ferrari. So you don't afford owning one.

What does that have to do with relationships?

Look at it this way - the Ferrari is your relationship with your ex. You want it, you liked it, but unless you can "afford" it - that is, being able to fix it when it has problems, care for it and make it run on the long-term, you shouldn't have it.

This is where the Ex Back Goddess system comes in. In a broader sense, the program is split in two, just like the name: one part deals with your becoming a Goddess, the other with a clear plan on getting your ex back.



Important

The main purpose of this course is for you to become a **Goddess**.

Before I tell you what exactly this Goddess is, and why it is important you become one, let me tell you for whom this guide was created.



1.2 Whom it's for

WOMEN.

Not all women, though, but ambitious women who want to become **REAL women**. The type of powerful females that get what they want no matter what it takes. This guide is made for those that want to be better today than they were yesterday.

Those that keep on fighting for what they want, regardless of what others say.

For the gentle, the strong, the feminine.

It's more about the mindset than anything else. If you're really determined, if you WANT to achieve your goals and you know you deserve to, if you don't quit easily, this guide is for you.



Goddess' Takeaway

*The Ex Back Goddess system will take you through all the steps required to go from Woman to **Wonder Woman**.*

You already have what it takes. The fact that you've bought this course and dedicated yourself to the program says it all.

Think of this guide like your very own magic wand. You have the magic inside yourself, but to use it, you need the proper way to channel your energy.

1.3 What you'll learn

Everything your mother never told you about being a woman.

The information in this book is usually acquired in a lifetime's worth of... well... living. Take the "Becoming a Goddess" chapter, for example - that alone would take years to know how to do on your own. What the section does is take the guesswork out of experience.



In the chapter about Cultivating Your Mind there are a lot of tips and tricks on how to convince anyone of pretty much anything you want. It's based on scientific data, backed up by a lot of testing - everything you see in this guide, I've tested. So you can just pick it up and use it.

You will learn how to control your emotions. How people think and how you can... **influence** them. How to be more likeable and how to make men want you for who you are, not just your body. And once that's over with and you ascend to Goddess status, you'll be given all the tools you need to make your ex welcome you back.

The plan can help you get him back even if he says he hates you or just doesn't love you anymore - whatever you do, don't despair and don't give up. It all depends on how well you apply the techniques described in this book, so take some time to understand how to use them.



A FAIR WARNING

Do **NOT** jump on the first man that tells you you're pretty, fun or smart. Not if you still want your ex back. You'll most likely be in a rebound relationship, and those generally end up miserably, leaving you with a world of pain on your hands. Not something to look forward to... So do yourself a favor and avoid the walk of shame.

1.4 What is an Ex Back Goddess?

An **irresistible** woman, simply put.

A woman that knows how to get what she likes and wants. A confident woman. A woman emotionally strong and highly empathetic. The woman that can reverse a break-up on her own terms.

I can't really tell you more without spilling the beans, so you'll just have to read the whole guide to figure out what a Goddess is. Try to write down all her qualities - they're usually marked with "A Goddess is" or "A Goddess does".



1.5 The “Limited Contact Rule”

I bet you’ve already heard of this “Limited Contact” or even “No Contact” rule - it simply says you should interact less with your ex, for at least 30 days.

But do you know why?

It’s about **3** things:

1. It helps you clear your mind, find out if he’s worth it AND work on yourself (so that you can easily get him back)
2. It reverses the roles between chaser and chased

See, right now, especially if you’ve been texting/calling him a lot (it’s ok, we all do it), HE feels chased. So the spotlight’s on him. HE is the important one. By ignoring him, that feeling will begin to fade.

And, suddenly, he’s thinking about you more than you seem (to him) to be thinking of him. That alone is enough to get him calling. Because attention is addictive - the more you have, the more you want. Once you’re cut off and don’t get it anymore, you try to come up with ways to get that back.

Answer me this - aren’t you wondering, now, what the third thing is and why I didn’t write it down next to the other two?

That’s exactly what not talking to him does. As you’re reading this, you’re probably thinking “Ok, got it, now just tell me what the third thing is, already!”.

It shows him you can move on. And, if he doesn’t do something about it, he could lose you. So, one extra reason for him to want you back.

By the end of this course (it is a course, after all), he’ll want you because:

- 1) *You’re strong, confident and independent*
- 2) *You can offer him the kind of attention he wants (more on that in the Understanding Men chapter)*
- 3) *You know exactly what hot buttons to push (that he likes being pushed)*
- 4) *He’s afraid to lose you*
- 5) *You seem to know exactly what to say, when he wants it the most (and you will, trust me)*



Important

Starting today, for the next 30 days you must **NOT** contact your ex unless it's really important (family or really urgent issues, you're in jail and so on). Think of it this way – each text or call that isn't drawing him closer is pushing him further away.

The countdown starts today and it doesn't matter if you two haven't spoken since yesterday or the last contact was 2 months ago.

In other words, it's 30 days from when you got the program and started using it, not from when you last talked to your ex. If you contact your ex during these 30 days - you **MUST** start again from the beginning (another 30 days) - so be careful. You'd only be fooling yourself.

Now, most women I've talked to ask me "But what if he asks me out all of a sudden" – that's tricky. Normally, you should tell him you need some time to think about what happened between the two of you and that you don't want to make things even worse. However, you know your guy better than anyone else – if he's really nice and apologizes from the bottom of his heart, you should accept his invitation.

But you should never say "YES" from the get-go. Instead, postpone it for a week. Tell him you're really busy for a couple of days and that maybe you could get together in a week or so. Ask him to give you a buzz if he doesn't hear from you until (7th day from the time of his call/text).

If he calls you again, agree to go out with him, but keep it really short – 30 minutes tops (have a friend call you, so that you can excuse yourself). Refer to "The First Date" chapter in this book for a quick fix. And, at all costs, keep your cool.

Another thing I get asked a lot about is "What should I do if we live together?". Isolate yourself in your room. If you can, go home only when you need to sleep or take a shower. Go to museums, a library, go to a café and have a cup of tea, you pick. Leave and experience interesting stuff. It will help you later on. If you have kids and you have to interact, only do it when the kids are around. Avoid one-on-one moments with him.



Starting today you apply the “Limited Contact” Rule. The next 30 days are dedicated to you and only you. Afterwards, you’ll know what to do.

Here’s a list of guidelines you have to respect in order to maintain the effectiveness of the Limited Contact Rule.

Limited Contact Guidelines

- *You can’t contact him*
- *If he contacts you keep it short, distant and try to finish the conversation fast*
- *Don’t stalk him (seriously, you’re only hurting yourself and making it hard for the system to do its magic)*
- *Don’t dig into his life. Let him have some privacy and space (no Google, Facebook or other social networks stalking allowed)*
- *Distract yourself by working hard on becoming a Goddess*
- *Don’t take this rule to an extreme. If you have kids, interact but keep it a minimum as possible. You are the one that should end the conversation at all times*
- *If you still have to live together - act like a respectful roommate while establishing a separate life from him. Treat him more like an acquaintance, not an ex*

So there you have it. Onto the first step of your journey - understanding what types of love are out there...





Love. All Kinds Of It

Immature love says: 'I love you because I need you.'
Mature love says 'I need you because I love you.'

Erich Fromm



2.1 Types of love. Love vs Sexual Desire

Before I show you how to reveal your inner Goddess, we should take a step back and look at all of this in a detached way. It's important that you read carefully from here on - what you're about to discover might stir you up. Moreover, reading this will help you calm down and defocus from your grief. This is an important step to take.

So silence your phone, disconnect from the internet, play some soothing music and just read.

You'd think love is love. You either feel it or you don't, right?

Well... not really. Different people share different kinds of love. Some last, some don't - it really depends on them and how they got together in the first place.

A Goddess has to know these things. Deep down, you've known them all along. But they have lain dormant in you.

Some theories suggest that love inevitably declines over time in marriage or after having children. Others say love evolves from "intense longing and desire" into a sort of deep friendship - though not necessarily involving the sexual desire or the attraction it once depended upon.

There's a good reason for this, actually - if you look at it from an evolutionary point of view, the first phase of the relationship has a lot to do with reproduction. You NEED to find someone with whom to have a baby. Unga boonga!

The second phase is what we, as adults take into our lives from our childhood. Long-term love is about companionship because it's the same stuff that makes parents love the baby. This makes sense - once you HAVE a baby, it's better off with two parents. So you grow attached to your partner in order to increase the baby's chances of survival.



Stages of love

That being said, there are 5 love styles, depending on when they're most likely to hit you AND how hard they do. They often evolve from one to another, in the order they're listed below:

1. **Mania** (or obsession) being most characteristic of adolescents
2. **Eros** (romantic love) around early adulthood
3. **Storge** (akin to companionate love)
4. **Pragma** (pragmatic love) in the middle years
5. **Agape** (all-giving love) in the later stages of life.

The above sound harsh. They seem to take all the magic out of love, don't they?

Truth is, they don't. The magic is still there. As you're about to find out, love has so many facets and quirks, no amount of cold science can reduce it to a mere concoction of hormones and hard facts.

There is one more kind of love we haven't talked about yet... the one thing a Goddess has to stay away from.

It's called **limerence** and it's the only kind of love you **DON'T** want to experience. But, before we get to that, let's see how you can increase romantic love. This is just a quick preview of what you'll be doing if you choose to follow the tips in this book - but it should be enough to get your engine revved up.

How to increase romantic love

There's a theory called "the self-expansion model". It might be a bit tough to swallow, so let's see if we can explain it with a story.

John and Jessica have been together for about 3-4 years; they've had their ups and downs, but they're still going strong. They have a lot of things in common, but even more things that set them apart. He enjoys going to the gym, she loves baking cookies.

But they didn't use to. He hated the gym. She couldn't cook a can of soup. They've taken on these hobbies a while after getting into the relationship. And they both love each other for it.



Jessica's wondering how much weight she could lose if she went to Pilates and John can't take his mind off those protein-cookie recipes he's read about online.

They're slowly including each other's passions in their own self.

Thing is, not everyone does what John and Jessica did, in the example above. For most people, the discovery part takes place only in the beginning of the relationship. That's why it's all so wonderful and nice - you enjoy it because you have something new to learn. You grow. However, that usually fades away. Couples don't invest much in themselves as separate individuals, routine kicks in and you can at best hope for a boring marriage.

Apart from trying new things and growing as a person, one other thing you can do to promote passion is increase your intimacy level. And this is as simple as holding hands and talking about your beliefs and feelings.

Romantic love is a simple way of telling if a long-term relationship will be stable or littered with fights. Associate it with fun activities, add sexual interest and you have a recipe for a happy relationship.

Note that sexual desire is just a part of love. Here's how they differ.

2.2 Love vs. Sexual Desire

Remember when talked about the two kinds of love - the one that lasts and the one that's very intense and then fades away? Sexual desire usually leads to the latter. But it's not necessarily involved in igniting that long-lasting relationship everyone yearns for.

In fact, you can fall in love with someone without wanting to grind against their genitals. And it goes the other way around too.

Sexual desire objectifies. As the joke goes, you don't want to have sex with someone because of their personality. On the other hand, **romantic love personifies.** It builds up to a deeper need of understanding your partner, of relating to their wants, needs and issues.

Passionate love is a lot more rewarding on the short-term. As you'll see in the next chapter, that happens because of its almost drug-like toll it takes on you.

There's one question that still remains - ok, so why do we fall in love with those to whom we find sexually attractive?



Society.

Yup, you read that right. You fall in love with the one you're sexually attracted to because of how the ones around you act - you've been taught to do so, because it is "the right way" to do it. So... is that it?

No. There is another explanation.

Experimental research suggest that you're bound to develop feelings for those with which you keep close contact (both emotionally AND physically), for a prolonged period of time. Basically, the more you see and talk to a person, the more you touch them, the more you like each other.

Finally, let's take a look at the only kind of love you really want to stay away from. **Limerence**.

2.3 The Bad Kind of Love (Limerence)

Did he call me? Better check my phone. No... he didn't.

Why didn't he call me? Did I say anything wrong? Maybe he doesn't love me anymore...

But I love him so much! How can he do this, after all... ah, look - he texted me.

Yaaaaay!

Oh, just an "ok". What the hell is that supposed to mean? I worked my ass off to write that message for him. Oh, maybe he'd prefer my calling.

I'll call him now!

But wait, what do I say? Better write this down... I wonder if he's thinking of me.

I should really get back to work now... but what if he feels ignored because I didn't call? Oh dear...

As you can tell from the above, limerence is about being obsessed. About *insecurities, intensity and the unknown*. What's worse, if the person you're



fawning over doesn't reciprocate, you end up even more... **limerent**. And it can easily evolve into anxiety or, worse, depression.

Now, if the above sounds a lot like the early stages of love, that's because they're basically the same. It's infatuation at its purest. However, over time, love and limerence exist independently.



Goddess' Takeaway

*What you should note is that **limerence is involuntary**. You don't choose to be obsessed with someone, you don't get to pick the irrational and abundant thoughts - you don't have a say in being emotionally dependent on the object of your limerence. It sort of happens, sadly.*

As stated before, limerence and the early stages of love are the same. The main difference is the fact that, while in a love relationship, the intensity of feelings tones down. Not so with limerence. You grow more and more obsessed with the other person (**limerent-object, LO**) to the point where you can't do anything without at least thinking about them. It's a psychological disaster.

The following lines are pretty hard to swallow, so take your time reading. Don't skim.

It has three main components:

- 1) *Initiating Force* – prolonged desire to be loved by the other
- 2) *Driving Forces* – obsessing about the other, rehearsing and replaying events concerning him, being too sensitive to what he says or does, over analyzing his behavior, strong fear that you'll be rejected
- 3) *Resultant Forces* – mood swings, ecstasy followed by depression/anxiety, general clumsiness

1) Initiating Force

More often than not, limerence is triggered by acute longing for emotional reciprocation. Simply put, unrequited love.



2) Driving Forces

Uncertainty. Fear of rejection.

These are the two most powerful driving forces behind limerence. However, if there's no doubt concerning the status of the relationship between the two, limerence dissipates. Otherwise, the **limerent individual (L)** will keep trying to find "hidden clues or cues" in the possible partner's behavior, over analyzing it and trying to get them to "see that they're truly in love".

Uncertainty and fear of rejection boost each other continuously to the point where L cannot control their behavior, thoughts, feelings, or finds it very hard to do so.

3) Resultant Forces

Dependence.

L's mood becomes dependent on LO. They'll go from ecstasy to depression in a very erratic manner. L loses control and wants it to stop - but they can't. As stated above, limerence is involuntary so it leads to a feeling of helplessness. L can get panic attacks and anxiety issues - becoming clumsy, awkward, and somewhat socially inept. L is going to try to overcompensate that in relation to LO, but fail to do so. And it gets worse.

4) Symptoms

Here are a few symptoms that a limerent individual might exhibit:

- Obsessing about LO
 - Thinking about him more than about anything or anyone else...
 - ...without being able to help it
 - Being so distracted by thoughts about him that you can't do anything else
 - Over analyzing his behavior
- Replay and rehearsal
 - Being too sensitive about what he says or does
 - Recalling times when you were with him, obsessively
 - Making "plans" about what you'd do if it happened to cross his path or if you were at the same event/party/etc.
 - Daydreaming (a lot) about how he'd love you back
 - Being very hopeful that the above will happen, even though you don't have any real reasons to feel that way



- Anxiety and self-consciousness
 - Putting on a show for him, trying to look your best (at all times, at the cost of just being YOU)
 - Sweating, panting, panic attacks; maybe fainting
 - Pain in the chest or gut, when he seems to be rejecting you
 - Clumsiness / shyness around him (more than around others)
 - Strong, prolonged fear of being rejected by him
- Emotional dependence
 - Strong, persistent desire he'll feel the same
 - Strong feeling of sadness when he seems to reject you
 - Feelings of ecstasy when he seems to love you back
 - Not being able to feel anything about anything else
- Not being able to do anything because you're constantly obsessing over him

In a way, it's a lot like drug-abuse, in the sense that the person you're obsessed with soothes you when they're there, but their absence (or rejection) causes pain. And not just emotional but, as shown above, physical pain. There's no point in getting into details now, but certain brain-mechanisms that control the way we feel pain overlap when it comes to emotional pain. That's why it hurts physically.

Limerence usually lasts up to four years. This is when most couples divorce, because they weren't able to turn that initial momentum of passion into an enduring companionship.

There are three ways one can get rid of limerence:

- 1) Stop all contact with LO. This is the most efficient way of doing it, but also the most painful.
- 2) The second way is consummating the relationship. That is, get into the relationship, find out they're not the ideal partner you thought, fall out of love
- 3) Transfer limerence (fall head over heels) to another person (which is really not healthy)



Instead of a conclusion

Younger, more impulsive people tend to go for the short-term relationship. This might be due to a troubled childhood, caused by receiving low levels of empathy and emotional stability. Yes, mommy and daddy not loving them turned them insensitive.

More mature, less impulsive people are more inclined to opt for the long-term relationship.

So, in the end, it boils down to age, personality type and upbringing.

These can all be compensated, but we'll talk about that later. Before we do that, let's see what a break-up does to you, why it hurts and how it hurts.

Now, you probably know all of this because you've experienced it first-hand. However, if you want to be able to do something about it, you need to keep your cool, be patient and continue reading. It's important to be aware of what's happening to you - you're preparing for the therapeutic part of this book, so patience is something you really have to have pinned down.





The Science of a Break-up

*When you break up, your whole identity is shattered.
It's like death.*

Dennis Quaid



3.1 Why Break-ups Hurt

Break-ups (scientifically called romantic rejections) can hurt pretty badly.

But do you know how badly?

If you've ever gotten drunk, you probably know how awful a hangover can be. Well, a break-up is pretty similar. The pain just lasts longer. And it can induce anxiety disorders and depression - that's one of the reasons for which this book aims to help you control your emotions. Once you get down the depression road, the emotional roller-coaster that comes up can prove quite difficult to manage.

Generally speaking, a break-up has two phases: "protest" and "despair".

During a protest phase, you constantly try to get them back - non-stop texting (text terrorism), calling, emailing and such. If that fails, desperation sets in. And there's usually no going back after that. That is why you should really take your time and calm down.



Important

This is one of the main reasons behind the 30 days Limited Contact we talked about in the beginning. It gives you enough time to work on yourself and heal your wounds.

"Addiction" to the rejecting romantic partner

Hi, Jeff? Do you think we could talk?

Jeff, this is Alex, do you have a moment?

Hi, Alex again. Please call me when you can.

Alex here... I really miss you; can we sit down and talk things through?

Hey, just letting you know I've been thinking about you lately and I'd really love to grab a cup of coffee, if you have the time...



Alex couldn't imagine life without her Jeff. He was everything to her. He wanted him back more than anything, but... she was trying too hard. She couldn't stop thinking of him...

Studies show that you get "addicted" to the one you broke up with. And contacting them only makes the feeling stronger, so you end up obsessing over where they are, what they do and what they think of you - keep this in mind.

People want what they can't have. You're going to have to use this later on, when we get to turning the break-up into a hook-up.

But, before we do that, you need to stop calling him. Wait at least 30 days before trying anything. (Yes, I'm really insisting with this rule)

Why It Physically hurts

About social pain

Your skin hurts. Your muscles hurt. Even your insides can hurt - and they're all tied to a specific pain network in your body. Recent studies show that the same pain network is involved in processing social pain (social exclusion (i.e. ostracism), bereavement, negative social comparison etc.)

So someone that's giving you the "silent treatment" is passively hurting your body. Weird, right?

From emotional to physical pain

It gets weirder. If you just suspect that your relationship with someone is threatened (you "feel" a break-up coming on), your body aches.

Ok, so what's the good news? There has to be some good news, right?

Right. Well, because emotional and physical pain have a lot in common, the same things that alleviate one kind of pain work on the other as well.

Simply put - to fix a broken heart you can aim to fix a hurting muscle. More on that in the following chapters.

And the other way round - social support tends to decrease physical pain. That's why mom's kisses always made the pain go away.



3.2 What a Break-up does to You

Apart from the pain itself, a break-up changes the way people see you. And the way you see other people.

But let's not get hasty. Let's first see why we tend to mold our perceptions based on other people's opinions.

Choosing someone for a partner is complicated. Apart from the things you can see - age, height, eye-color etc, you also have to take into consideration their personality. Their values. In a sense, the way they think and behave.

More often than not, that's tricky. So we base our opinions on what they say about themselves AND what others have said about them. Or done to them.

So, having that in mind, it's easy to see why the ending of a relationship has a lot of information to offer to the new partner.

- Who broke up with whom?
- Why?
- How long did it last?
- Whose idea was to begin the relationship?
- What's the relationship between the two exes now?

Using social information

The questions above are the main reason for which gossips spread. It's easier to judge someone based on pre-made opinions than from your own - that takes time and a lot of effort.

The point I'm trying to make is that the way you handle a break-up can have a big impact on your next relationship.

Scientific data shows that women tend to find men more attractive if they find out they had rejected their previous partners. But they want them less as a boyfriend (so basically they just go for the humping). Men, on the other side, don't care. They tend not to evaluate women based on past relationships.



However, if you choose NOT to talk about your last break-up when asked, you will be considered less attractive. It happens because your possible partner doesn't know what to expect.





Becoming a Goddess

*The simplest and most basic meaning of the symbol
of the Goddess is the acknowledgment of
the legitimacy of female power
as a beneficent and independent power.*

C.P. Christ



4.1 Gain Control of your Human Form

That which Hurts the Heart, Fixes it

Before ascending to the Goddess status, you need to gain control of your Human Form. This can be done in a variety of ways, but the simplest way is by working on your self-esteem.

The Goddess says “He who hurts less has more success” - you will be initiated in the arts of self-healing. But, before we do that, you must understand what is in need of healing.

Your heart is influenced by your self-esteem - the thing that says how you see yourself and how you see others. There are four possible positions you can take, according to transactional psychology.

The Four Ways of the Heart

I’m ok, you’re ok. The True Way of The Goddess - you like yourself and you accept others. This translates to high levels of confidence and sociability.

I’m ok, you’re not ok. You perceive others as damaged or flawed. But you’re good. This usually is a means to hide a personal weakness. You’re not very likeable if you are like this (arrogant).

I’m not ok, you’re ok. You have really low self-esteem. You’re most likely to accept abuse (of any kind), believing that you deserve it.

I’m not ok, you’re not ok. People like this tend to be solitary, apathetic, cold and/or reluctant when it comes to dealing with others.





Important

It is important that you pick the True Way of The Goddess as your path. If you are now wandering on any of the other three, read on. Your true self will be revealed to you during the reading of my teachings.

The Bad Ways of the Broken Heart

Most hearts suffer when torn from their halves. Yours does now, as did mine, once. And, if you are like I used to be, you're probably asking your friends for help. Complaining. Begging for their sympathy. You shouldn't feel bad about doing it - but you might want to stop, after you finish reading this chapter.

Scientists call it (complaining to your friends) **co-rumination**. It does a lot of things, none of which actually help you on the long term.

Co-rumination gets you down. It depletes you of willpower and worsens your sadness. Because of it, negative thoughts seep into your day-to-day life - and they prevent you from gaining control of your Human Form. Which, in turn, prevents you from ascending. And, ultimately, getting your man back...

A Goddess is defined by high levels of self-esteem - something co-rumination dramatically lowers. It does so by poisoning your soul, making you hold yourself responsible for everything that has happened and hurting your friends. It poisons their souls as well, by making them feel guilty for not being able to help.

Hurting others is not the Goddess' way.

Why we do it

Because we believe it helps. Because we think that the sadness is out of our control (it totally is) and because it's easier than just facing the truth.

That's what we think.

A Goddess knows we do it because we miss the attention. The love. And we're trying to find a replacement. Something to make the pain go away.



How to stop it. What would a Goddess do?

Meditate. Pray.

One of the best things you can do is try to meditate each time you feel like complaining to someone about your problem.



Goddess' Takeaway:

Pick a comfy spot and focus on your breathing - count up to 37, then back down. Listen to your breathing.

Lie down, face up, on a mat or some blankets. Focus on the color of your ceiling. Close your eyes and don't forget to take deep breaths. Say the numbers out loud, in a whispering voice.

A Goddess' voice is her strongest medicine.

What Depression is and How to Overcome it

Right now, you're probably sad. Really disappointed and miserable. If you were to feel like this for more than a couple of weeks, you might be depressed (and you should get in touch with a doctor).

Check the symptoms below to find out if you're heading towards a depression. There are actionable tips and tricks at the end of this chapter, so pay close attention and take notes.

Symptoms of depression

☺ **You stop liking what you used to enjoy**

Moreover, you're unable to complete daily tasks without breaking down (including going to school, work or shopping).

☺ **You keep worrying and thinking negative thoughts**

Everything seems bleak. You lose faith in a better future and can only think of bad outcomes.

☺ **You're irritable, agitated and always tired**



Everyone is getting on your nerves. Including yourself - because you don't have the energy to do anything. You tend to lose sleep or not rest properly.

☺ **You feel hopeless**

You start believing there's no way out. That you're stuck in reverse and can't get out of this mood.

Again, even though all of the above might apply, if it's because of your break-up, you're probably not depressed. And as long as you do the things you're about to read below, you will not become depressed. And will put you on the right track to get your ex back.

The Goddess Way of Overcoming Depression

Depending on what symptoms you've identified in yourself (check above, if you forgot to), here's what you could do to make your ascendance easier and drive away the pain.

You stop liking what you used to enjoy

The Goddess Thrives In Merry-Making

- Make a list of stuff you need to do - plan your day. Now underline all the things you enjoy or used to enjoy doing.
- Plan to involve yourself in something fun - like reading or dancing. Try to increase the time you spend on this, from day to day.
- Think about your finished tasks, once you're done with them. Focus on what you liked about them. You can even start a journal where you write that down (you should, it helps)
- Motivate yourself daily. One thing you can try is watching motivational videos like this one: <http://maximizelove.com/dream-video/>

You keep worrying and thinking negative thoughts

The Goddess focuses on the positive

- Try to be aware of your negative thoughts. Are they realistic? Are there any other ways you could assess a problem, but from a positive



perspective? Write down three positive things about each negative thought.

- Don't talk about your negative thoughts. Each time you feel like ranting, say something nice to someone. They'll do the same for you and you'll feel much better.
- Plan, plan, plan. Keep your mind busy or you'll slowly drift into negative thinking.
- Try to think positively. Make a list of your skills, talents, achievements; try to focus on the beautiful things around you and think of when you used to be happy (childhood memories work best)
- Establish a "worry time" routine. Allow yourself just 15 minutes daily to worry about your problems and feel bad. Once those are up, get up and retrace all of the above.
- Start a journal. Write down your thoughts and try to fix the negative ones (find positive alternatives). For example, if you're thinking "I'm lost without him" you can write "I have great friends" next to it.
- Don't make any big decisions. Wait until you're better.

You're irritable, agitated and always tired

The Goddess Meditates and Accepts Problems

- Tell close people you're most likely to be very irritable. Show them how they can support you (or tell them you need space) - there's no need to hurt people
- When feel irritable or agitated, stop, drop and roll. Well, something like that - try to calm down and figure out why you're acting like that. If it's because of negative thinking, you know what to do (see above). If you're just tired, take a break. Have a piece of chocolate. Pace your workload or take some time off.
- Meditate. Set time aside to relax. Take a pillow, place it on the ground. Sit on it, focus on the sound of your breathing and count to 37. Then count down from that.
- Be active. Go out with friends or go to the gym. Running works best (run until you're a puddle of sweat - more on this, later).



Sleeping problems

The Goddess Plans Her Slumber

- Try to get up at the same time, each morning. Regardless of how tired you are.
- Don't day-sleep and avoid evening-napping
- Drink no more than 4 cups of tea or coffee. And no tea after 4pm.
- Waking up during the night? If you can't fall asleep within 30 minutes, go to another room and listen to some music or try to meditate.

Hopelessness

If you can't shake off feeling hopeless, talk to a close friend or a doctor. This could get serious. A Goddess is not afraid to ask for help.

- Try not to be alone - it will make you feel better
- Remember that these feelings will pass.

The Goddess Path to Pain Ending

A Goddess' Pen Drives Away Her Pain

You've probably read a lot of sad poems. Or a lot of novels covering the loss of dear ones.

Writing about your sadness actually helps you feel better. Here's what you need to do: **dedicate around 15-30 minutes each day to writing about the positive aspects of the break-up** - why you're much better off without some of the things you two used to do (maybe he snored and you couldn't sleep), why breaking up gave you time to think things through... why you know have more time for yourself.

Try to find good things in why you broke up, the break-up itself and the time right after it (maybe you made a friend in someone who was there for you).

Here's a quick example:

As much as I liked being with him, I'm glad we took time off. He kept asking for more and more and, frankly, I enjoy the extra



*time for myself. And I can grab a cup of coffee at Starbucks from time to time without hearing him at the back of my head
“Caffeine is baaaad” - who cares, I like the taste. God, that nutmeg latte was awesome yesterday. And the barista was kinda cute, too. I wonder if he’s single... mmm-hmmm.*

Think positively and try to be successful in other areas of life

A Goddess will turn the bad feelings into mental energy. She will use it to motivate herself to become better and to think happy thoughts. She will make a list of the things she likes most about herself.

In other words, you should try to get better in the positive areas of your life each and every day.

Let’s say you like your sense of humor - get into a comedy club or just do some reading and work-out your funny-muscle.



Goddess’ Takeaway:

The basic rule of the thumb here is to take something you’re already good at and improve it.

This will do 2 things:

- 1) Make you look more successful, so when you approach your ex he’ll be more attracted to you*
- 2) Increase your self-esteem, which will in turn drive away the pain AND give you more confidence. Thus increasing the chances of getting back with him.*



4.2 Improve your Body

Exercise the pain off

Remember when I told you physical and emotional pain are linked? Exercise can make you feel better. So much better that it's more efficient than taking antidepressants or painkillers!

The best part?

Any kind of working-out goes. Want to walk? Go for a stroll.

Like jogging? Run to your heart's desire.

Are you a gym-rat? Well, push those barbells to the sky!

The secret to all of this is, of course, turning it into a habit.

The Goddess Way of Forming Habits

1. The Road to Heaven is Made for the Small of Foot

A Goddess does not need outside help to do the things she knows are good for her. She KNOWS how to set goals and tasks. A Goddess has small feet - she takes small steps, and a lot of them, to get where she wants.

She might say "I'll be able to run a marathon by this time, next year". And she will. But she'll start by running just 10 minutes a day. Then, after a couple of weeks, she'll run 15 minutes.

That's why a Goddess has small feet - because she takes things slowly and steadily.

2. The River is One Drop Pushing another Drop, Pushing another Drop ...

A Goddess' Step is like water - it flows freely, from one stone to another. A Goddess uses her previous step to make the next one.



She will make a list of what she's already doing and add another step to that. She might say "I want to run a marathon by this time, next year". And she will. But she'll start by running each morning, just after she had her coffee.

3. It is the Foot that Runs, not the Shoe

A Goddess will live a life of simple choices. She knows making too many choices is dangerous for her willpower.

She might say "I will choose to run every morning, after coffee". And she will. But she'll first make sure she doesn't have to pick the coffee each morning, nor the clothes, nor the music. Those are all mundane things for which a Goddess does not have time. They will not be changed from day to day.

4. A Dream is a Phantasy that Can Become

A Goddess sees how small steps make the long road. She knows thinking about how great the finish line is will make her fail.

She might say "I'll run a marathon by this time, next year". And she will. But she'll focus on making tomorrow better. On running one extra minute. Waking up one minute earlier. She knows this is the way to succeed.

5. The Flag Will Burn if Colors don't Run

A Goddess will pay attention to her stride. She knows if her shoe is too tight or the air too cold.

She might say "I'll run every day, until this time, next year". And she will. But she'll make sure her shoes fit, her clothes keep her warm or cool enough. She will pay attention to the little things that make the run unpleasant and remove them.

6. Greatness Can Come In Numbers

A Goddess thrives along people. She knows success can be shared and multiplied.

She might say "I'll run at least 10 minutes every morning after coffee, until this time, next year to prepare for the marathon". And she will. But she'll ask a friend to join her in her quest. To aid her mood and motivate her.



7. *Your soul is a seed only you can plant*

A Goddess nurtures her soul. She knows that what she does affects her first, and others second.

She might say “I’ll run at least 10 minutes with my friend every morning after coffee, until this time next year to prepare for the marathon”. And she will. But she will only do this for herself.

If you’d like something a bit easier to follow, check out this free running-workout sheet.

Week	Monday	Tuesday		Wednesday	Thursday		Friday	Saturday		Sunday	
		Walk	Run		Walk	Run		Walk	Run	Walk	Run
1	Rest	10		Rest	11		Rest	8		37	
2	Rest	14		Rest	16		Rest	9		52	
3	Rest	20		Rest	22		Rest	12		72	
4	Rest	26		Rest	28		Rest	12		90	
5	Rest	30		Rest	30		Rest	30		120	
6	Rest	20		Rest	26		Rest	20		86	
7	Rest	27	3	Rest	26	4	Rest	30		81	9
8	Rest	24	6	Rest	22	8	Rest	24	6	95	25
9	Rest	19	11	Rest	18	12	Rest	22	8	79	41
10	Rest	14	16	Rest	12	18	Rest	20	10	62	58
11	Rest	8	22	Rest	6	24	Rest	18	12	42	78
12	Rest	2	28	Rest		30	Rest	16	14	22	96
13	Rest	10	20	Rest	4	26	Rest	12	18	28	82
14	Rest	5	25	Rest		30	Rest	10	20		120
15	Rest		30	Rest		30	Rest	10	20		60
16	Rest	10	20	Rest		10	Rest	10	10		Race 10k

*All values are in minutes walking and running

Source & more information here: <http://maximizelove.com/running-training/>



4.3 Cultivate your Mind

Become more persuasive

You already have what it takes to attract any guy - the inner Goddess just needs to be let to shine. You're self-confident, strong, and emotionally stable. You know who you are and what you want. So the logical next step is to prepare yourself for getting him back.

Step 1. Become an Influencer – show people your Inner Goddess

Ok, this one sounds easy - and actually is pretty straightforward, if you think of it. Here are the six strategies you can use to be more liked and a hell of a lot more seductive:

- 1. Use Personal Motivation** – Figure out what he wants from a relationship and hint that you can give him that (example: If he wants an exciting relationship, tell him you wanted to go skydiving but never got the chance)
- 2. Use your personal abilities** – Pick something you're great at and use it whenever you have to give out an example (Example: If you can draw really well and you two end up talking about feelings, tell him what you felt one time when you were drawing a portrait or something; focus on some details and tell a nice story; don't lie/ make one up)
- 3. Use peer pressure** - ask him about his life; about his friends; he will ask you the same (more about that, later). When he does, talk about how you have such faith in X, how Y really appreciated something you did and so on. Try to show him people like you a lot.
- 4. Use your social skills** – show support; be open and, if he complains about something in his life, try to comfort him
- 5. Reward Him** – encourage positive behavior; whenever he pays you a compliment, smile and say thanks, or say something nice about him (don't flatter, be honest)



Step 2. Know his type, act accordingly

The following should be taken with a grain of salt. If you believe you know better, follow your gut. Keep in mind nobody is a perfect type - we are mixed parts of all the types below - depending on what you feel dominant, you can act accordingly.

Print the worksheets below (3 pages) and fill them in according to what you know about your ex.



Types of People - Worksheets

<i>The “Enjoyer”</i>	<i>The “Thriller”</i>
<ul style="list-style-type: none"> <input type="checkbox"/> Fat body <input type="checkbox"/> Small hands, head and feet <input type="checkbox"/> Round face <input type="checkbox"/> Doesn't move much (he prefers not to exercise) <input type="checkbox"/> He waddles when he walks <input type="checkbox"/> Only wears comfy clothes <input type="checkbox"/> Hates the cold weather <input type="checkbox"/> Doesn't take anything too seriously and is a great storyteller <input type="checkbox"/> Doesn't share much of his problems <input type="checkbox"/> He enjoys eating. A lot. <input type="checkbox"/> He's the life of the party - no, really - as soon as he arrives, everyone starts enjoying themselves a lot more (it's because of their stories!) <input type="checkbox"/> He's complacent - if he can do something the easy way, he will; and he likes people that are like that, too <input type="checkbox"/> He can't hold grudges <input type="checkbox"/> He's not into deep talks (philosophy or politics? Neah!) <input type="checkbox"/> He loves talking about his food <input type="checkbox"/> He loves comfort and he's a good provider <input type="checkbox"/> He's not a hard worker and doesn't want to reform anything <input type="checkbox"/> He's very likeable 	<ul style="list-style-type: none"> <input type="checkbox"/> He enjoys working out <input type="checkbox"/> He has a red face and a high chest <input type="checkbox"/> He blushes easily (out of embarrassment or rage) <input type="checkbox"/> He has a long waist... <input type="checkbox"/> And a face shaped like a kite (wide forehead, wider face through the cheekbones, narrow jaw) <input type="checkbox"/> He has a big nose... <input type="checkbox"/> And beautiful feet <input type="checkbox"/> His movements are highly energetic (springy, yet gracious step) <input type="checkbox"/> Doesn't like heat <input type="checkbox"/> Very temperamental (he'll tell you if he doesn't like you)... <input type="checkbox"/> But his temper subsides quickly <input type="checkbox"/> He needs approval <input type="checkbox"/> He's made for the public life (would be a great star) <input type="checkbox"/> He knows how to dress <input type="checkbox"/> He can think on his feet <input type="checkbox"/> He acts impulsively, so he's unpredictable (this tendency makes him usually unhappy, because he tries a lot of stuff - so he fails a lot as well) <input type="checkbox"/> He gets easily excited <input type="checkbox"/> He enjoys fine foods (quality, not quantity)
Total: _____	Total: _____
<p><i>How a Goddess Would Approach Him:</i></p> <p>Get him out to lunch. Pick a restaurant with comfy chairs (or let him pick one). Try to keep conversations short and DO NOT talk about your troubles. Instead, choose positive personal events or things, and stay away from hard topics (like politics). Shows and restaurants are always welcome in terms of discussion subjects.</p> <p>If you wanna go for a walk, keep it short.</p>	<p><i>How a Goddess Would Approach Him:</i></p> <p>Take him to somewhere pretty and let him talk. Respond to him, sure, but he should do more of the talking - he'll love that.</p>

The "Worker"

These people are very easy to spot - their muscles are highly developed. They're the buffed up, lean, mean, working out machines.

- His body is pretty solid, with strong shoulders
- He's not one to compromise
- He's made of squares - just like the Enjoyer is made of circles
- He's pretty short and stout
- His arms are a bit longer than you'd find normal for his body-type
- He has an average head - not too small, not too big
- He has a thick neck, square face and jaw
- His movements are powerful - he seems to be stomping when walking
- He's loud. Very loud.
- He hates not doing anything. He can't sit still.
- He is rarely unemployed
- And is a simple soul - he says what he thinks and dresses plainly
- He's extremely practical
- He'll never back away from a fight
- And has a thing for efficiency
- He's a protector (fending off people that attack the underdog) and very aggressive
- But also extremely generous...
- Though it'll take him a while to forgive you

Total: _____

How a Goddess Would Approach Him:

Be straightforward and honest. Don't try to impress him, just be yourself.

The "Stayer"

Think bones. Not big-bones, that's the fatty Enjoyer. Nope. Think "The Machinist".

- Ankles. Wrists. Knuckles. Elbows - if they're prominent, he's an osseous guy. A Stayer.
- He looks very stable, rigid
- He looks powerful (he is pretty big)...
- And rugged - impassive, a bit untamed
- He is built to endure the hardest of conditions. Nothing makes him back away
- He probably won't tell you much about his feelings, ambitions or opinions
- He plays by the book - everything is to be done at its own time
- Changes only if he has to (clothes and opinions included)
- The least impulsive type - his temper is under his complete control
- He doesn't forgive and he doesn't forget
- He finds it hard to fit in. So he has few friends, but is loyal to them
- Single-minded - his attitude towards something tends to stay the same
- He specializes easily - he does one thing, and is great at that; but sucks at pretty much everything else
- He loves responsibility
- He'll do exactly the thing you tell him not to do
- He doesn't speak much
- He's a hoarder
- He pays attention to his spending

Total: _____

How a Goddess Would Approach Him:

Let him have his way. Try to persuade him it was his idea anyway. Don't boast and don't talk too much.

The “Thinker”

If you know Megamind (the cartoon), yeah. That’s the guy. Just not evil.

- He has a large head and a small body
- He eats light lunches - a lot of them - or he forgets to eat
- Has a triangular head and face or has delicate hands
- He plans a lot. He day-dreams. He’s a dreamer
- He’s not really practical
- He’s a misfit and a visionary
- Thinking is for him what food is for the Enjoyer
- He has a frail body and doesn’t do well with sports because of that
- He’s clumsy
- He dislikes being around a lot of people. He prefers his books
- He ignores the ignorant but loves intellectuals
- He doesn’t like to be in the spotlight
- And doesn’t care about money so he’s often poor
- He doesn’t care about what clothes he wears
- He can be absent-minded
- He’s better at writing than talking
- Loves reading and accumulating knowledge
- He’s mature for his years
- Liked by teachers/ professors
- Loses track of time
- He doesn’t care about his surroundings
- He enjoys mental games (like chess)
- He dislikes violence (or overly sexual things)

Total: _____

How a Goddess Would Approach Him:

Invite him somewhere where there aren’t many people and try to talk about things like astronomy, physics, philosophy or other subjects he might be into - aim for the heavy stuff.

Last notes:

As a general rule of the thumb - what you should do is use the provided worksheet and check all the characteristics your guy has. He’ll probably score higher in one or two types - use that to decide how to best approach him.

Step 3 - A Goddess knows how to handle a difficult conversation

There are conversations you like having and conversations... you hate. This is where a Goddess excels - she does not fear difficult discussions, she prepares for them.

You see, there are two basic types of topics that might arise:

1. “What happened”

2. “How I/you feel”

Best thing you can do is try to come up with a discussion plan before you meet him. There are different strategies you can use depending on the discussion - type, and we’ll go through all of them.

Just make sure you have a PLAN, not a SPEECH. If you try to memorize your lines, he won’t like it. Worse, he might feel offended. And that’s not something you want.

I’ll give you the basics. The magic happens once you start playing it in your head. When you try to see for yourself what could make or break the conversation.

Ok, so let’s see what you should do.

Case 1 - “What happened?”



Goddess’ Takeaway

A Goddess does not blame.

If you don’t blame him for the break up, then kudos to you.

However, there might be things you held against him that lead to the break up.

For example:

- He’s too selfish - he doesn’t / didn’t do something you wanted (“I’ve always tried talking about my feelings, but he didn’t care much about that.”)
- He’s naive - he can never get down to earth; he believes anything he can think up flies.



- He's too controlling - you feel like you always do things his way, like you don't even have a say in it
- You can't reason with him - he flat out refuses to take your advice

So, if any of these things sound familiar to you, stop, take a deep breath and figure out **what you could say WITHOUT accusing him**.

Find an example of something you've always wanted to do (and did while broken up), and talk about how happy that made you. It should be something he knows.

For example: say you've always wanted to go skating, but he's too selfish and never took you. You went all by yourself. It was awesome. Make THAT the center-point of your story. And say nothing at all about him not wanting to go with you. Don't even bring it up. Just think about what you felt when you were skating and leave it at that. Smile and show you're ok.

What this does is help you defocus from what you think he did wrong. You won't get aggressive. And there's another trick to it - happiness is contagious. Smile at someone for long enough and they'll start smiling back. Keep a happy face and you WILL feel happier.

A Goddess Distances herself from the Problem

Think back about your misdoings. Do they fit the things described above?

Let's say they do - try to move the problem AWAY from you. He might be inclined to accuse you (you'll be able to tell by his attitude - aggressive behavior is a dead give-away). Let him do it and use some verbal-judo on him - first of all, take a step back and allow him to think he "won": apologize.

Next, agree that the problem was real (if it was) or show empathy ("I understand why you'd be bothered by that - in fact, if I were in your shoes, I'd probably be too") and then give the final blow: **Offer a Solution**. It should go like this: *"I'm sorry I made you feel that way. I understand now why you felt that, and I do agree it was a problem. But I believe we can fix it - WHAT IF WE"* - and you state the solution.

The "What If" and "We" combination of words is extremely powerful. It does two things - one, it forces him to imagine a solution AND it shows you're willing to work on it, if he is. It offers a compromise without making you look like the better person.





Goddess' Takeaway

A Goddess shows empathy.

This is way less problematic than the "What Happened". So it should be easier for you to handle it.

You'll get to use your emotional control skills once more. Detach from your feelings - you know what you felt like. Instead, ask him more about what HE felt like. Try to understand him. Put yourself in his shoes.

And for each bad thing he talks about, try to name three good things you shared (in the same conversation, but not one after another; and don't say they were good, just talk about them). You'd be amazed how efficient that is.

For example, if he says you were too selfish, accept it (as shown above) and ask him more about it. Compliment him on how romantic he was. Tell him you regret being selfish because you really liked your dinner-dates with him, how dancing together has always been a lot of fun... if you know there was something he really loved about the relationship, say you miss that! Refrain from talking about sex.

Below is a worksheet that will help you flesh out your "Difficult Discussion Plan".



Instructions: on the first column write 3 negative things he may say regarding you or how you behaved in the relationship. Then, on the second column write for each one of these - 3 positive and relevant things which turn around the negative side.

Example:

Negative: “Kate, you were too jealous!”

Positives:

1. “I understand why you’d say that. You’re right and I apologize for my maybe a bit too emotional reactions. I know I can be a little exaggerated from time to time. But that’s because I love you.”
2. “Remember that time when I was soooo jealous on Sarah just because she asked for your jacket once? Well, that was just because it was the same jacket you gently put on me when we were kissing in the rain last summer. I know it’s just an object but I just wanted that moment between the two of us to last forever :)”
3. “You were so romantic that time when we were sitting on the couch just cuddling and having a good time... and then you told me how I’m the only woman in your life. I guess I was scared of losing that. Therefore – the jealousy”



Difficult Discussion Plan - Worksheet

<i>Negative things he might say</i>	<i>Positive things to counter-balance</i>

Step 4 – The Goddess’ Tools to Influence People

There are several secret techniques you can use if you want to convince someone to do something. I’ll list them below so you can just pick them up and use them.

1) A Goddess doesn’t punish. She REWARDS

This is something you can also use on the long-term. Instead of trying to make him NOT do this or that, try to get him to do the opposite and reward him for it.

Example:

Mary and John just started going out again. John tends to be pretty loud - something Mary doesn’t particularly enjoy. Usually, she would ask him to stop.

But she knows better. You see, John loves chocolate. So Mary bought herself chocolate lipstick.

Each time he speaks softly, or not that loud, she waits for him to finish and gives him a little kiss.

What this does is reward his speaking softly when he’s with her. So he can still be loud when she’s not around. It takes a bit of practice to get him there, but hey - who doesn’t like kisses?

You can do it even simpler than that. Thank him whenever he does something you like instead of something you don’t.

2) A Goddess will get to people’s most primal desires

Now, most guys will want admiration. Sex is just one of the ways you can show your admiration towards him.

Keep that in mind and show him you can give him just that. Flatter him in front of people. Of friends. Even when you’re alone, show your appreciation for the things you really like about him (and you know he likes too - like his sports-savviness, or physique, or intellect - whatever floats his boat).

Talk to him in terms of what he wants.

3) A Goddess will call people by their name

This is pretty straightforward. Use his name because people are so used to theirs, hearing it instantly draws and captures their attention.



4) A Goddess' smile is a powerful tool

It's the easiest, most efficient way of defusing conflict. Nobody can be mad at you for long if you're smiling (just don't be creepy.).

5) A Goddess listens

It will make him feel better about himself. And he'll secretly like you a lot for it.

6) A Goddess compliments. She makes people feel important

He'll instantly open up to you. Ask for his help; ask for small favors (like opening a door). Just don't overdo it.

7) A Goddess never argues

That's it. Just don't.

8) A Goddess builds on "yes" - The Bread-Crumbs Technique

Start a discussion with common ground. Once you get him to agree with you on lots of common things, begin talking differences. He'll be a lot more willing to compromise.

Example:

John and Mary have been talking about getting back together. It's their first date and things are a bit awkward. Mary remembers they both like table-tennis, so she goes straight to that - they talk about the championships. One thing leads to another and they're discussing favorite dishes (having been together for a while, she knows what they both like).

She decides it's time to test him. He hates white wine. She likes it. Smiling, she asks "John, do you think we could order a glass of white wine?" - she only wants one for herself, but asks him to order it. He's not feeling any pressure and, being in a good mood, he says:

"Sure. I'll have one too. Live a little, right?"



9) A Goddess begins with something nice

Whatever you do, when you first meet him, greet him. Say something nice, like how his shirt fits him well or how his haircut is a killer. Pay an honest compliment. It's an ice-breaker and a heart-warmer.

10) A Goddess doesn't order. She Guides

Don't tell him what to do. Suggest things and let him suggest the conclusions.

Example:

Mary wants John to finally commit. But she can't just ask for that, he would probably say no. What she does is way sneakier...

He sleeps at her place often - so she gets him a toothbrush.

After a month or so, she asks him whether he'd like to have a change of clothes at her place, in case he ever needs them. He likes the idea.

After another two or three weeks, they go out together and shop for food. They cook together.

It's been three months since getting the toothbrush. John politely asks her if he could move in. The rent would be cheaper and they'd have more time for each other.

She "agrees". John has no clue this was her idea all along.

Step 5 – A game of give and take. Learn to negotiate & encourage him to approach you

There are basically two main approaches:

1. Imposing your point of view (hard negotiation)
2. Trying to avoid confrontation (soft negotiation)

A Goddess will **NOT** use any of the two.

Forget about them, they're what everybody does. Instead, try to change the game. Figure out what your ex's expectation might be, what his approach (of



the two above) he's most likely to employ and shift him to a "principled" negotiation.

Here's what you have to keep in mind – the 4 principles that will help you win him over:

1. **People** – Human beings don't communicate clearly and they mix their egos with their positions. Attack the problem, not the person.
2. **Interests** – what does he seem to want from the relationship? Try to hint that that's what he's going to get from you. (if, of course, you really agree to it)
3. **Options** - remember the mental preparing for a difficult conversation? Try to have scenarios on the ready. And do not ever take decisions on the spot. It's much better to think them over.
4. **Criteria** - try to shift the way you talk from "what I want" and "what you want" towards "what would be best" or "what that couple we both like would do" - in other words, detach your personal feelings from the discussion.

You should also have a backup solution.

Think of what you'd rather have, if a compromise is out of the question. Maybe you'd accept to remain friends (though DON'T accept to be sex-buddies).

It's all up to you. The main point here is that you should know what your best worst-case scenario is and stick with that if all else fails.

Keep in mind, it should be something he would agree to do. So if you'd be ok with just being friends, figure out if that's something he would accept as well.

The Goddess of Negotiation Martial Arts

On the next page you'll find a simple plan you can use if things go from bad to worse.



If things go bad...

Suppose he wants it his way or none at all.

Instead of fighting, ask him why.

Pay attention to the details, accept it as an option and find out more by talking to him.

Once you have a clear picture of what he wants, think about it - is it what you want? Is there any way you could get what you want from him, while also letting him have his way? The solution lies within the answers to these questions.

Another thing he might do is attack your ideas.

Welcome criticism. It will throw him back. Ask for suggestions and improvements.

Let him work on your ideas, cooperate with him until he gets so used to them, he accepts them. This wears him out.

If he personally attacks you (calling you selfish, for instance), don't fight back. Instead, let him blow off steam and discover why he thinks that.

And what it would take for him to change his mind.

A Goddess never approaches. She becomes approachable

It's a known fact that guys are afraid of approaching women. Especially if they have a history together. A man will never fear approaching a Goddess. Why? Because once he discovers her, he'll risk anything (even he's ego) to get her attention.

BUT - you have to show him you're approachable.

Here's how to do it - men usually have good self-esteem. Most of them like feeling like they're "the man".



That right there is probably the most useful tip in this book. Because it gives you the power to control any guy.

How?

Self-esteem requires validation. You get that when people pay compliments, indeed. You can and should use that.

But you feel way better about yourself when people show you they value you without saying it. And the simplest way to do that - they ask for your opinion. If you want a guy to feel reaaally good about himself, ask for his opinion in a field he believes he's supposed to master.

Another thing about men - they're socially inclined to protect. Of course, there are exceptions to any rule, but ask the most frail of men to help you with a chair and he'll do it. Even if it costs him his spine. He will because society has taught us to assume certain parts. And that's his. He may be weak, but he wants to prove he's stronger than you. Play on that. Ask for help. **Be the damsel in distress from time to time.**

Step 6 – Learn how to convince him

I've shown you what a Goddess does to subtly influence people. But, sometimes, it takes a bit more than influence. Sometimes, you need an extra ace up your sleeve.

This is where the magic starts. Let's first sum up what we've been through up to now. It's important you have everything memorized and understood. Otherwise, this won't work. It only seems easy, but unless you've prepared properly, there are lots of things that can go wrong.

For instance – I expected this paragraph to be much longer. So the list would fit on the same page. Well guess what... I was wrong!

So here we go... on the next page.





REQUIREMENTS

- ✓ *Be in control of your emotions*
- ✓ *Be independent*
- ✓ *Know exactly what you want and need*
- ✓ *Be empathetic and likeable.*
- ✓ *Don't argue - instead, focus on problem-solving*
- ✓ *Be assertive, not aggressive*
- ✓ *Don't fish for compliments, but be generous with them*
- ✓ *Use his name*
- ✓ *Tell him what he needs to hear*
- ✓ *Listen more than you talk*
- ✓ *Adjust your message according to what he needs*
- ✓ *Make him feel important*
- ✓ *And say what you feel without hurting him*

So that's that. Those are the building blocks that you're going to use.

What I'm about to show you next is the cornerstone of every successful woman you've ever heard of. Marilyn Monroe, Cleopatra, Mata Hari - and even Oprah or Beyoncé. All Goddesses in their own right.

There are 7 principles that you can use to get exactly what you want. From anyone. Including your ex.



1. The contrast principle

What it does: makes things seem more valuable than they are.

Why it works: it modifies the context. Sets a different scene.

How to do it: When you want him to do you a small favor (like going to see a movie with friends, together), ask for a bigger one that he'll refuse (going to see a movie and getting drinks afterwards). Then, when he refuses, ask for the small one. Or you could do the opposite - if he did something nice for you, promise a small reward and give him a bigger one (e.g: If he says yes to the movie in the example above, promise him a soda and get him nachos as well.)

2. The rule of reciprocation

What it does: makes the other person want to do something nice for you.

Why it works: we've been raised to repay those who help us. And to believe that if they did help, they want what's best for us, so we like them.

How to do it: Do him a favor. Maybe pick up the check or something like that. Or help him out with some project he has (maybe he's into DIY). Once that's done, he's hooked. Wait for at least a week or so, then ask for a favor - it could be anything from going out again to going shopping.

3. Consistency

What it does: gets him to commit to something.

Why it works: this plays on a very powerful psychological hardwiring. You tend to do what you do. Sounds weird, but let me explain: let's say you like steak. And you also like cheese. And you always eat that. If someone were to come to you with steak, cheese and wine, saying that you should have the wine because it goes with both, you'll say yes. And not because you like wine. You can even hate it. But because you like those two things and you're expected to like the third (the wine), you will have it.

The psychological trick is consistency - your behavior says something about you. It shapes who you are. And you'd do anything not to contradict that.

How to do it:

- Have him write down what you'd like him to do (it uses more than one sense - touch, hearing and sight, so it's way more powerful) - for



instance, use the reciprocation technique above by writing a letter to him and asking for a reply by letter. Handwritten.

- ☛ Have him say it in public. That is, with at least one other person present. That's easy to do, once you've started dating again and going out with friends.
- ☛ Make him work for it. Simply put, don't just give in - play a bit hard to get. Accept 1 out of three things he asks you to do. Delay the others (don't refuse unless they're wrong or cause you pain)

4. Social proof

What it does: make you seem more attractive.

Why it works: we tend to conform to what other people think. Have it this way - if all of your friends bought an iPhone, you'd like one too.

How to do it: Always be with friends. Post pictures on Facebook, Twitter or Instagram with you having fun with people. People laughing and enjoying your being there. Pay compliments to them, and they'll do the same. Your ex will probably just see a bunch of pictures of you, with happy people around that keep saying nice things about you.

5. Liking

What it does: makes you more convincing... sort of.

Why it works: we want to please the people we like.

How to do it: Use everything you know to get him to like you (compliments usually work wonders here). That's pretty much it, actually. The more he likes you, the more he'll be willing to do what you want.

6. Authority

What it does: gets him to listen to what you have to say

Why it works: we're trained to listen to those that are better prepared than we are (and it all starts in kindergarten). Just that we forget that if someone's good at something, they're not good at everything. That's why if Beyoncé told you to wear a special kind of perfume, you'd believe her. Despite her not knowing anything about perfume or dating (she's Beyoncé, after all; she doesn't need to).

How to do it: you're probably good at something. Like really good. Talk about that topic as often as possible, without being annoying. Build his trust in your



expertise. And then use that in your advantage. Say you're great at bargaining - you can convince anyone that they should drop the price. Before you want to ask him to do something, tell a story about a successful haggle. And then ask. He'll believe you have the upper hand and give in.

7. Scarcity

What it does: makes him want you more.

Why it works: we want what we can't have.

How to do it: remember how much you wanted him after breaking-up? How available was he then? Probably not much. By limiting your availability, you're building tension. He'll want you more because he's having less. That's why the Limited Contact rule works.



4.4 Rediscover your Soul

A Goddess is Firm - How to be Assertive

A true Goddess is strong, yet gentle. She knows what she wants, but cares for what others need. Here's what a Goddess is like:



WHAT A GODDESS IS LIKE

- | | |
|-------------------------|------------------------|
| ✓ <i>self-confident</i> | ✓ <i>firm</i> |
| ✓ <i>bold</i> | ✓ <i>emphatic</i> |
| ✓ <i>decisive</i> | ✓ <i>authoritative</i> |
| ✓ <i>assured</i> | ✓ <i>strong-willed</i> |
| ✓ <i>self-assured</i> | ✓ <i>forceful</i> |
| ✓ <i>self-possessed</i> | ✓ <i>insistent</i> |
| ✓ <i>forthright</i> | ✓ <i>determined</i> |
| | ✓ <i>feisty</i> |

So, basically, the complete opposite of a pushover. A strong woman.

Don't mistake it for aggressive behavior - you're supposed to be composed, not ready to drop f-bombs or prepared to pick a fight. Remember, a Goddess is gentle.

It might sound confusing at first, but don't worry. Here's what you need to do in order to be assertive:



Be direct

A Goddess will say what she wants, what she believes, without stepping on toes.

Easier said than done? Not really. Easy to do as well.

**Goddess' Takeaway:**

Here's a quick way to remember what to do. It's called the "**OR So**" Technique.

And it stands for **Opinion** (yours), **Reason** (also yours), **Solution** (again, yours).

It doesn't really matter in what order you use the three elements above, as long as they're all there. But that's easier to remember.

A Goddess would say to the man she wants back: *"I believe your generous-side is your most attractive side, despite your not displaying it as much. I know it might come off as a weakness in some people's eyes, but it doesn't have to - you can inspire other guys to be just as generous, by acting all cool about it: <<It's really awesome when you get home knowing you fed a poor person. Social service can be fun >>"*

A Goddess will turn his urgent request into a delayed favor. If he asks you to go out with him next Monday because otherwise he can't make the time, say this: *"I'd really love to, but this is on too short notice. Maybe we could work something out."* and ask how you could meet otherwise. Be willing to go a bit out of your way, but not when he wants you to ("next Monday").



The Goddess Way to Prepare for a Good Answer

You're not always prepared for a tough question. But that doesn't mean you can't work it out as you go.

- **Repeat the question...** in your own words. Rephrase it so that they have to think harder about what they actually meant. Should buy you a couple of minutes. And it shows preoccupation.
- **Ask the person asking what they think first.** Aka "what's your two cents?". This is particularly useful when you don't want to risk upsetting your ex. Find out what his opinion is and then give your own. This way, you can use the "**OR So**" Technique on him.
- **Ask.** Dig for the answer he wants by asking background details about his question."

Emotional Intelligence. The Way to Your Soul

It's a known fact that when it comes to emotions, women are a lot more intelligent than men. That's why they tend to have stronger relationships, but also why emotional loss hurts a lot more.

A Goddess is more emotionally intelligent than any other woman. And she hurts as much as a man. That's one of the reasons she is a Goddess.

What is emotional intelligence?

A lot of things - Emotional intelligence (EQ) allows you to identify, use, understand, and manage emotions; it can help you reduce stress, communicate better, it is the basis of empathy and it makes it easier to defuse conflictual situations.

In short, it's THE thing that allows you to understand people (relate) and respond to their emotions the right way.



It has four attributes:

1. **Self-awareness** – You know what you feel like, how your emotions influence you; you also know what your strengths and weaknesses are
2. **Self-management** – you have emotional control - meaning you can keep negative reactions to a minimum and promote positive behavior; it allows you to adapt to a lot of different situations
3. **Social awareness** – This allows you to relate and understand the emotions, issues, needs, and concerns of other people. It’s because of this you can sense nuances in language (“I like you” and “I like you” can mean two different things, depending on how it’s said). It’s also the thing that you use to tell who in a group is the leader
4. **Relationship management** – This is the big thing - the one tool you use to shape relationships (through communication, influence and persuasion)

Why is emotional intelligence (EQ) so important?

Because, ultimately, it’s the one thing that allows you to deal with people. And that’s what gets you a nice job, a nice group of friends and the man of your dreams. It’s the most important thing a Goddess has over a normal woman.

Become a Goddess by Raising your Emotional Intelligence

Think of it this way - wouldn’t it be awesome if you could keep your cool regardless of the situation? Wouldn’t it be great if right now, despite your being hurt, you could actually stop from being sad because you’d know how to cheer yourself up?

That’s the purpose of this section. Pay close attention to the next five mantras. You’ll have to practice a lot - this will help you use them without thinking. Greatly improving your speed and efficiency. Focus on nailing the first two - they’ll make the next three way easier to pick up.

So, what are the 5 mantras you need to know and use?

1. ***Stress-reduction***
2. ***Emotion-management***
3. ***Nonverbal communication connection***
4. ***Humor and play challenge-dealing***
5. ***Positive conflict-defusing***



The 5 Emotional Mantras of Becoming a Goddess

1. Stress-reduction

*“Through pain and pen I guess
How to relieve the stress”*

What it does: Boosts self-confidence and increases persuasiveness.

How to do it in 3 steps:

1. ***Become aware you're stressed*** - take notes of how you feel when you're stressed (body hurts/ tenses up, hands clenched, changes in breathing)
2. ***Know what your stress response is*** - Do you get angry? Agitated? Quiet down - shut up, go away and focus on controlled breathing. Do you become depressed? Withdrawn? Then try to stimulate yourself - joke, force yourself to take some kind of action (e.g.: ask questions)
3. ***Find the techniques that work for you*** - The one-size-fits-all rule is this - try to engage at least one of your senses (sight, sound, smell, taste, and touch). For instance, maybe soothing images work best - or relaxing music. Maybe all you need is a hug.

2. Emotion-management

*“Of what I do I have a notion-
I use it to control emotion”*

What it does: Allows you to better express yourself. You become more likeable.

How to do it - find out how you get along with your emotions:

- ***Do they flow?*** (can you “see” the chain of emotions and feel how they change intensity?)
- ***Do you get physical sensations along with your emotions?*** (chest and stomach area)
- ***Are your emotions*** (anger, sadness, fear, joy etc.) accompanied by subtle facial expressions?
- ***Do you get feelings so intense*** that everyone's attention (including yours) is drawn to them?



- **Do you pay attention to your emotions?** Do they influence your decisions?

As soon as you'll be able to become fully aware of your emotions (and answer to the questions above), it only takes practice in choosing what to do: express your emotions or not.

3. Nonverbal communication connection

*"I speak to peasants and to lords -
I talk a lot, but use no words."*

What it does: Allows you to better understand the person you're talking to.

A great man once said "Everything is communication". Awkward silences, long pauses, the way you sit, the gestures you make - the way you look at people, everything tells a story. It conveys a message. It supplements your verbal message. You can induce fear, respect, you can even seduce without speaking a single word.

How to improve it:

- **Pay attention to whom you speak** - not giving them your full attention will lead to missed cues, gestures and subtle hints that are really important if you want to figure out what they mean
- **Look them in the eye** - it shows you're interested in what they have to say and allows you to better assess their point of view
- **Be on the lookout for nonverbal messages/ signals** - both the one you're sending and the ones you're receiving from the one you're talking to

4. Humor and play challenge-dealing

*"I have no fear, I play and jest -
It's just a challenge, like the rest."*

What it does: Relieves pressure.

Laughing and making fun of hardships can improve your decision-making, make tough things easier to say, relaxes you (and the one you're talking to) and boosts creativity.

How to do it:



It's never too late to develop and embrace your playful, humorous side.

- **Play and joke more often.** Practice makes perfect
- **Get involved in activities** that require loosening up (like playing board games)
- **Positive-gossiping** - talk about the nice things X or Y did

5. Positive conflict-defusing

*“No claws, no maim, no teeth, no bite -
Let's solve the problem. Let's not fight!”*

What it does: Makes disagreements less violent and promotes healthy relationships.

Tips for resolving conflict in a trust-building way:

- **Focus on the present.** Let go of past hurts and resentments.
- **Don't argue unless you really have to** - it rarely helps
- **Learn to forgive** - keeping grudges only makes you sad and bitter
- **Stop arguing.** Can't solve it? Disengage from the conflict



4.5 Being a Single Goddess

*“Walk not the path of others, but your own.
Only thus will you find real happiness.”*

Whether you still want your ex back or you're ready to move on, you need the right mindset. A good man will fall a lot easier for an independent woman than for someone looking for happiness outside themselves.

It might sound harsh, but it's actually a good thing. It shows you've moved on with your life and are ready to start over. And, in the end, that's what you were looking for - a fresh start.

By ascending to Goddess status, this should come easy to you. By now, you're on the path to becoming a strong-willed, emotionally-in-control woman. You'll know what you want, what you need. If that's not a recipe for happiness, then what is?

The reason I'm telling you this is simple - if you're having a hard time adjusting to being happy on your own, independent of anyone else, dating again will be difficult. And not just dating - all your effort towards becoming a Goddess will have been in vain.

There are several steps to gaining the Single Goddess Mindset, and it all begins with... **YOU**.

Step 1: Who Am I?

Take some days off work, if you can. Go out of town, all by yourself, in a quiet place. You may want to “forget” packing your phone.

This is a trip to self-discovery. Often, that can only be done by trying out new things, instead of the old ones you're used to. Experience one new thing each week - have a dish you've never had before, or a drink, or read a book you wouldn't normally read. Your true self lies beyond your comfort zone.

Another thing you can (and totally should) do is an “I like about myself” list. It's a simple sheet of paper, split in two. On the left, you write things you like



about your body, on the left - things you like about your personality and mind. Try to write at least 15 things on each side. Read one of them each day, out loud, just after brushing your teeth and doing your make-up.

Step 2: Give it time

Try to give yourself some space. Don't date for a while, after your break-up. This does two things:

1. It helps you grow as an independent person
2. It saves you the pain of a failed rebound relationship (they usually fail, and you don't need the extra pain)

Step 3: Invest In Yourself

Retrace your steps through chapter 4 - Becoming a Goddess. Work on improving yourself. On make yourself happy, without needing someone else to make you happy.

Step 4: Make two new friends

With each break-up you tend to lose a few friends. But, more than that, you need people that don't know you yet.

Why?

Because, when we meet someone new, we show them our good side. This will force you to focus and talk about what you like about yourself.

Step 5: Start Dating Again. Take it slowly.

You already have everything you need to start dating again (it's all about YOU and your self-esteem - work on that and you should be fine).

Remember, show that you're approachable - more details on how to do that in chapter 4.3 Cultivate your Mind (look for "A Goddess never approaches. She becomes approachable").



Once you do get a date, refer back to the next chapter on understanding men. This will help you find out if you got a guy that's worth at least a second date or just a one-night stand.

It's important that you get back in the dating game because it will allow you to test your new skills WITHOUT hurting your chances of getting back with your ex. Think of it like training. Moreover, you'll be able to tell if you still want him back or not - if he is worth it or if there are better guys out there.

Do not judge your date in comparison to your ex. Judge him for who he is, what his strong points and faults are - use the methods described in the previous chapter to analyze his wants, needs and typical behavior.

I know this may seem a bit counter-intuitive (to date other men when all you want is to get your ex back) but trust me on this one. Just go out, meet new guys and just have fun.

4.6 A Goddess' Secret to Understanding Men

Congratulations once again for ascending to Goddess status! Consider this chapter, and the next one, as the final steps toward getting your ex back.

As a Goddess, you now know why people act in a certain way and how they can be persuaded to listen to you.

What if I told you there's something you can do to supercharge your persuasion-techniques?

As you might have guessed, it has to do with understanding men. Take what you've already learned about people in general, mix it with the information below and you'll be able to read any guy like an open book.

What Men Like

Men just love being admired. But not for about anything, mind you.

Here's an example: let's say you're with a guy, cooking something he caught in the woods. He makes a huge mess, but cleans up afterwards. You're thankful for the food, and would like to pay him a compliment.



What do you think he'd appreciate more - complimenting him for doing the dishes and cleaning up the mess or for catching the bird/animal?

If you chose the latter, congrats! You're 100% accurate.

See, men do love compliments - as long as they're about their masculine qualities.

Here are some examples of things any man wants you to admire:



What a Man wants to be Admired for:

1. His superior strength
2. His mannish value
3. His sense of honor and duty in male subjects
4. His leadership qualities
5. His sexual ability
6. His determination and power
7. His loyalty to a cause
8. His mental capacity or intelligence
9. His constancy and firmness
10. His clever tactics in the male world
11. His exploits, successes and achievements
12. His decisive skills and his judgments and decisions
13. The nobility of his ideals, norms and aspirations

So, is that it? Well... no.



How Men and Women are Different

There are some key differences between men and women. And you should take them into account. Here are the most important ones.

1. Men are more visual

Men are more visual, and they understand visual cues better than women. That's why a man will prefer to read a map instead of instructions on how to get somewhere. They will insist they have to see a problem in order to fix it.

You can use this to your advantage - if you want to grab his attention, give him something to look at or stir his imagination.

2. Men communicate differently

Research has shown that men and women bond with friends in different ways. While women bond with each other by sharing secrets, guys do that through shared activities and interests.

So it's a question of do instead of say.

Another thing you should know is that they make much less eye contact in a conversation. Their eyes will wander and you might begin to think they're not listening. They are, just that not the same way you do. Once you start talking about a topic or a problem you have, their brains go into problem-solving mode.

However, if you want him listening, just say it from the start. His brain is more adapted to taking commands so, as long as you ask politely, he'll be happy to oblige.

3. Men are just big kids

Men love to play, they love anything that involves kicking things and they love to see fights. It's their way to escape from reality, to bond and to feel safe. That doesn't make them immature. It just makes them more playful.

If you want to reach out to his inner-child, get him to play with you. Video games work just fine, if you're not the sporty-type.

4. Men don't take hints

Be direct. Guys don't score well on emotional intelligence tests, which means nuances and nonverbal cues are wasted on them.



5. Men are scared of things going too fast

Men do want to commit, they might not dream about the wedding day, but deep down they want a family. They just don't want to feel like they're being rushed. Remember when I told you that suggesting is what you should do, and drawing conclusions should be the guy's job (even though you're leading him to it)? That's the kind of persuasive approach you should take.

6. He's hornier than you

But that doesn't mean he wants more sex. He's just more... expressive about it. Show a bit of empathy, flirt when he looks "ready to rumble" and he'll love every second of it. Just don't trick him into thinking he's going to get some, if you're not going to have sex with him.

That pretty much leads us to what guys fear the most. There are a lot of things, but mind the following two and you should be out of the woods.

The Secret Fears Men Don't Talk About

What you're about to read is something guys will never talk about openly. They're not proud about it. And they believe it will make them look weak. Which brings us to...

GUY FEAR #1: "Other men will think I'm weak"

Here's what a guy believes to be expected from him: get a respectable paycheck, make women feel secure, (not think about sex so much), beat out the other guys, support the winning team, be tough, overcome all the obstacles in their way, scare away the bad guys, and never show fatigue, fear, or ANYthing except sheer strength and confidence.

Oh, and don't forget - be romantic.

It's a lot to live up to. It's impossible to live up to, actually. Most guys will meet some of the requirements above, but not most of them.

Deep down, though, they feel like they should. And, if they don't, they believe they'll be publicly shamed or despised by other men.

Not by you. By "the guys".

So, where do you fit in all of this?

The secret here is to help him show he's strong. Ask him to fix that old piece of furniture. Or to repair your computer. Ask his opinion on stuff that really matters to you.

GUY FEAR #2: "My sexual desires are NOT okay"

Ok, so guys are more expressive about their horniness. We just talked about that.

What if I told you you're not the only one scared of it? It scares them too.

You see, deep down, they're terrified that they want sex too much, or in the wrong way, or with the wrong people.

So he has to fight that. Each. Day.

What YOU can do to help him (once you two... you know)

Indulge him with his sexual fantasies (if you can) or at least talk about them. What this does is help him open up. Just make sure you don't mock him - some of them might be crazy.

Moreover, if he gets to see his fantasies come to life, you'll become THE woman he wants to sleep with every time. Why? Because you've given him what he wants.

So you get both emotional and physical attraction on your side.



4.7 Ascending to Goddess Status

*Out of the night that covers me,
Black as the Pit from pole to pole,
I thank whatever gods may be
For my unconquerable soul.*

*In the fell clutch of circumstance
I have not winced nor cried aloud.
Under the bludgeonings of chance
My head is bloody, but unbowed.*

*Beyond this place of wrath and tears
Looms but the Horror of the shade,
And yet the menace of the years
Finds, and shall find, me unafraid.*

*It matters not how strait the gate,
How charged with punishments the
scroll,
I am the master of my fate:
I am the captain of my soul.*

Invictus

by William Ernest Henley

There are no better words to express what you've gone through than the ones on the left.

As a Goddess, you are now in complete control of your emotions.

You know more about how to convince people than they know themselves. And you know how to make them like you. How to appreciate your words even though they might be harsh.

A Goddess in spirit. Congratulations for your courage to invest in yourself. To pace yourself. To relearn how great you are - and why you deserve to be loved.

What follows is one of the many paths you will take in your existence. (love, life and any obstacles you might encounter)

There is one more step, though.

To fully ascend to Goddess Status, you have to make sure all you've learned becomes a habit. Something that comes naturally, that doesn't involve much thinking.

We went through a lot of condensed and valuable information up till now. Reading it just once won't help you much. That's why there are 2 things you need to do:



Important

- 1) Read everything, up to this chapter, every Sunday (for 4 weeks)
- 2) Print 30 copies of the **Goddess Daily Ritual Worksheet** below and use one each day during the Limited Contact Period



The Goddess' Daily Ritual Worksheet

Make sure you do this every day. All the items on the list are mandatory - for each day when you skip an item, add one day to the no-contact rule. That means that if you skip 3 days, you need to stay out of touch with your ex for 33 days.

- Look in a mirror. Smile.
- Name one thing you like about yourself. Outloud. (You can do this at home if you're shy)
- Read something funny - laugh
- Work-out - run, go to the gym, jump rope, whatever you like. Just work-out.
- Use the "OR so" persuasion technique (State your opinion, give a reason and offer a solution)
- "Read" someone's body language. Try to figure out what it means (and, if you're close friends, ask them to see if you were right)
- Meditate - Pick a comfy spot and focus on your breathing - count up to 37, then back down. Listen to your breathing.
- Do something fun
- Have your daily dose of motivation
- Set 15 minutes for "worry time" - no more
- Talk to a friend about something new or interesting - or about them
- Persuade someone (to get you coffee, to save you a spot at the cinema, to lend you something etc)
- Be nice to someone
- If it's Saturday, go out and try to get a date; if it's Sunday, do something you've never done/read, eat or listen to something new



The Tipping Point

*When we are no longer able to change a situation
we are challenged to change ourselves.*

V.E. Frankle



5.1 Knowing if he's the one

A Goddess knows patience. And, now that you've ascended, you need to be patient.

You need to find out, once and for all, if he is worthy to be with a Goddess. If he can be the Chosen One for you.

So, how do you do that? There are certain patterns that can help you tell a bad person from a good one. There are traits that separate good men from toxic men. I've combined everything in the following checklist.

As with everything, there is no pure "Bad Boy" or "Nice Guy". Read the following a couple of times, think about what your ex used to be like, look into your Goddess heart and ask yourself: *"Is he really The One?"*

Below are the detailed explanations of each characteristic. Afterwards, you'll have to complete a worksheet where you check every trait that fits your ex.

Bad Boys

As their name says, they're *boys*. A bad boy is never a man - they lack maturity, they're self-centered and selfish. They throw tantrums and have little patience.

But it's not that they're all bad - instead, think of them as extremists. Each quality or defect is pushed to its limit. They can be really romantic, but at the same time the biggest hot-heads you'll ever meet.

Let's take a look at them systematically - here are their most common traits:

- **They move too quickly** - they're the ones that say "I love you" after just meeting you. And the ones dumping you because you ate the last cookie. It looks like they're spontaneous, but they just really suck at planning and have some emotional issues. They can be fun, but you miiight hurt in the long-run.
- **They're smooth-talkers** - they can convince you of anything. All his stories are perfectly constructed and told. They constantly push you out



of your comfort zone, you feel bad about it, but they make you believe you're actually enjoying it. A guy like this can cheat on you while holding your hand - and you still won't know.

- **Thrill-seekers** - it looks like he has an extremely exciting life. He goes base-jumping, rides his motorcycle without a helmet, he's the mountaineer that always goes off-route, catches a wolf, tames it and trains it to play fetch. If you want to constantly worry about him (and not know when he'll be there for you), this is the guy you want.
- **Rogues** - he dresses the way he wants, talks like he wants... he has little to no consideration for other people's rules. Now, that might sound "independent", but think about it - he never makes plans (and he breaks the ones he is subjected to). He's antisocial. Often, rude. Want that?
- **A style monster** - this goes both ways. He's either the classiest man you've ever seen, in terms of physical appearance, or the best at TRYING to look disheveled/rugged. He's vain. A player. Don't let him fool you, style is just another way of feeding his own ego.
- **Evasive. Very evasive** - remember when I told you that people's break-ups affect the way you perceive them? He knows that and tries to steer the conversation away from personal questions. This makes him seem mysterious... but also unreliable.
- **His house is either spotless or a dump** - this is actually a manifestation of their being "too smooth" - he's either playing the really-stylish card, or the "rough bachelor" one. Either way - playeeer!
- **Inconsiderate** - he makes plans that involve you without asking you first. He's not very chivalrous and rarely asks about your feelings or needs. He's a jerk, basically...
- **Indecisive** - remember when I said they weren't really men? This is what I meant. Boys can't lead and they can't take responsibility. Which means you'll be forced to play mommy with him.
- **Always busy or always available** - this one is easy. Either he's playing hard to get, or he's easy (and clingy).



Good Guys

- **Man on a mission** - the good guy has a purpose in life. He knows what he wants, where he's going and is ready to chase his ideals.
- **Humble** - aware of what he can do, but doesn't boast. Because he knows his own weaknesses. He usually prefers talking about you, he has little words to say about himself.
- **Decisive** - He thinks things through and states his mind. He is usually very responsible because of this.
- **Trustworthy** - he does what he says and keeps his word.
- **Considerate** - he's empathetic. He cares a lot about you and the ones around him.
- **He has a spine** - and he'll stand up firmly for what he believes in. But not aggressively. Remember assertiveness? He's that.
- **He has a cool head** - he doesn't overreact. He takes challenges calmly.
- **He's serene** - at peace with himself AND with the world. He finds value in everything and everyone.
- **He has good taste in women** - he appreciates more than just a woman's looks. He finds beauty in her body and her mind - the combination of the two is what pushes his buttons. In other words, good guys are attracted to Goddesses. Somehow, though, good women wind up with the bad boys. It's not a rule, but it is pretty common.

Now, complete the worksheet below.



Good Guy or Bad Boy Worksheet

<i>Bad Boys</i>	<i>Good Guys</i>
<input type="checkbox"/> They move too quickly	<input type="checkbox"/> Man on a mission
<input type="checkbox"/> They're smooth-talkers	<input type="checkbox"/> Humble
<input type="checkbox"/> Thrill-seekers	<input type="checkbox"/> Decisive
<input type="checkbox"/> Rogues	<input type="checkbox"/> Trustworthy
<input type="checkbox"/> A style monster	<input type="checkbox"/> Considerate
<input type="checkbox"/> Evasive. Very evasive	<input type="checkbox"/> He has a spine
<input type="checkbox"/> His house is either spotless or a dump	<input type="checkbox"/> He has a cool head
<input type="checkbox"/> Inconsiderate	<input type="checkbox"/> He's serene
<input type="checkbox"/> Indecisive	<input type="checkbox"/> He has good taste in women
<input type="checkbox"/> Always busy or Always available	
Total: _____	Total: _____

Read the checklist again, a couple of times.

Got it? Good.

Now count the checked boxes: is he mostly a Good Guy or a Bad Boy? It will make sense later, I promise.

Why Good Women End Up With Bad Boys

To put it bluntly, because they can't help it. But you, as a Goddess, can.

Remember all that talk about improving your self-esteem, understanding how people work and how be empathetic? Well, it has a lot to do with that.

You see, once you've started dating a bad boy (and have done so for quite some time), you unconsciously want to continue dating him. Because it's now engraved in your behavior and people generally want to be consistent in what they do.

Another reason is that you feel like you've invested a lot in "him" - you've tried and tried changing him and it just feels so close... Truth is, you can never change him.

Women will still believe they can, though. They can't help it - even their hormones are plotting against them. There's a specific hormone that does all this (more about it in *Keeping the Flame Alive* - What to do after you're back with your ex). The main point here is that the length of the relationship distorts your perception of him. So, again - that 30 day break I was telling you about can help you figure out if he's a bad egg or a good one.

Ok, ok - what about self-esteem?

Low self-esteem promotes submissive behavior. That means that a great woman, if she's not very confident in herself, will settle for a bad boy. For the most part, because it makes them look "cool" and confident (bad boys are seen that way).

There's a lot more to it, though. If you have high self-esteem, you appreciate praises and feel like you've earned them. If you have low self-esteem, you still appreciate praises, but don't believe you've earned them, so praises send mixed signals. And you start wondering why nobody tells you how awful you are, despite you feeling so - enter the bad boy, who will make you feel awful about yourself (or at least not praise you when he should). It "fits" your image of yourself so you accept his opinion as being valid. That is, of course, if you're



not a Goddess - case in which you can see through the lies and the self-deceit, putting a stop to it.

This leads us to the next step...

5.2 Is he fit to be with a Goddess?

Does the Goddess really like him?

Next, you'll have to do the old "**Likes / Dislikes**" exercise. Although it may sound boring, you might be amazed of the things you discover when analyzing carefully.

This is an ongoing exercise. You write on a longer timeframe. Every time a like / dislike comes to mind - write it down! Print the following worksheet and make sure to keep the paper somewhere handy.

The secret here is to be **brutally honest with yourself**. Don't just get over his flaws and things you don't like simply because you're in the "*he's my soulmate*" mindset.

Think about the things you appreciate / love / admire about him.

Then the things that bother / frustrate / annoy / hate / want to change.

You have to view him from 4 different angles.

As a:

1. *Lover*
2. *Friend*
3. *Person*
4. *Man*



Likes / Dislikes Worksheet

<i>Likes</i>	<i>Dislikes</i>
<i>appreciate / love / admire / excite</i>	<i>hate / bothers / frustrates / disappoints</i>

After you finish the worksheet (10-15 days), analyze the lists from a more rational point of view - and see if the likes outweigh the dislikes.

In order for you to have the dreamed for relationship of a Goddess - you must **REALLY LIKE** the guy next to you. Sometimes, being in love or emotionally hurt distorts our reality and we may overestimate how much we **actually** like our man.

It's normal to have mixed feelings. We don't just like a person and don't dislike them at all.

But when it comes to the man you want to spend the rest of your life with, you better be damn sure that the things you dislike about him are not so many and not a possible deal-breaker.

For example, I once liked a guy so much for how romantic he was and how "poetic" he spoke to me. And there were a lot of things I liked about him...

But there was one major dislike: I didn't respect the fact that he didn't like to work. Short-term that didn't affect me. But I knew that a REAL man works and provides for his family. And works hard so he could actually make something of his life. So I knew that that relationship would NEVER work long term (he wasn't that type of relationship material).

You too have to think really hard about what you like at this man and if he really is the type of man you'd want to spend the rest of your life with. Remember, be **brutally honest**. After all, you would be lying only to yourself...



Does the Goddess really like the relationship with him?

This is a similar exercise to the one above - but it's focused on the relationship you had with him.

Now that you are spending some time apart from your ex. you can zoom out and look at your relationship with different eyes.

Try to isolate your emotions when doing this exercise and look only at the facts.

I call it the **“Positives and Negatives of the Relationship”**.

Aside from liking him as a man, friend, person and lover - you have to **REALLY LIKE** the relationship with him. The two of you have to really click as a couple or else, it's just another relationship that you have to let go and learn from the experience.

I want you now to think hard about what was nice and what was bad about being with him.

Think of all the things throughout the relationship, not just the beginning (honey-moon phase) and the end (breaking up phase) - but especially in between.

Fill out the worksheet below:



Positives and Negatives of the Relationship Worksheet

<i>Positives</i>	<i>Negatives</i>
<i>what was great about your relationship</i>	<i>what was frustrating and you didn't like</i>



Important

After you complete this worksheet - the next thing you have to do (this is REALLY important) is to ask yourself this:

🔥 ***What do I believe makes up a good relationship?***

Make a clear list of all the “required benefits” from the IDEAL relationship in your opinion.

After you complete the list, **COMPARE** it with the worksheet “*Positives and Negatives of the Relationship*”. See if, indeed, the relationship with your ex was rising to the expectations you have for your ideal relationship.

If it doesn't, remember that *a Goddess does not settle for less*.

5.3 Decide what to do next

Reached this far?

Well done! It's been quite a ride.



WARNING!

From this point on, everything you read in the next chapters should be used **ONLY AFTER THE 30 DAYS NO CONTACT PERIOD**.

This is CRUCIAL.

I know, you just got the system. You have a new toy. You just wanna skim through it fast and take it out for a ride.

But it doesn't work that way. Trust me.

A Goddess has patience. She walks slowly and intelligently.



It took me a LOT of time to comprehend all the concepts we've talked about up till now. And it will take you at least 30 days IF and ONLY IF **you do your Goddess daily ritual every single day.**

Don't forget that the first step to getting your man back is for you to become the best version of yourself (by ascending to Goddess status).

Afterwards, you have to **DECIDE** if he really is the right man for you **AND** the relationship was everything you were expecting from life.

There is no A or B. It has to be both of them.

Use the "Good Guy or Bad Boy", "Likes / Dislikes" and "Positives and Negatives of the Relationship" Worksheets as guides. Compare these to how you see the ideal relationship and the ideal man. This was the whole point of the worksheets.



Important

*If, and **ONLY IF** he is everything you ever wanted in a man **AND** you two had the most amazing and fulfilling relationship - should you move forward to actually getting him back.*

The other option is that you decide that you don't want him back and you want to pursue your ideal relationship with the real man of your dreams.

Either way, you'll benefit from the following chapters as there's much you'll learn.

You understand now why this is **the tipping point**? Because it's the moment where you have to decide what you'll do next.

All that we've done up till now leads to this very important step... where you decide if, as a Goddess, you want to get him back or move on and find a man that's really worth your love.

Here is the checklist so you can continue to the next sections:





CHECKLIST

- At least 30 days have passed*
- You ascended to Goddess status*
- You feel confident and powerful*
- Your ex is everything you ever wanted in a man (he is fit for a Goddess)*
- You and your ex had the most amazing and fulfilling relationship*
- You have forgiven yourself for what happened to your relationship*
- You have forgiven your ex for it, too*

I know I can't stop you from reading the next chapters, so at least promise me this: you will read it **but you won't take action until the 30 days are over.**

Pinky swear? I mean, Goddess Pinky swear?

Ok then. Let's continue.

The next chapters of this book will take you through understanding what you want from your ex. They will not only teach you how to welcome him back into your life, but also how to keep him at your side.

However, if that is not the path you choose, there is one final chapter - one in which you will be taught how to live your life without him and find happiness in others.





Your Master Plan

*You were born to win, but to be a winner,
you must plan to win, prepare to win, and expect to win.*

Zig Ziglar



6.1 The Winning Mindset

Here is the most important aspect you need to understand:



YOUR OLD RELATIONSHIP IS DEAD!

It died when you and your ex broke up (probably even weeks before that).

And all the pain, fights and negative emotions must be buried with it. This does not mean everything must be forgotten.

NO.

This means you have to learn from the past mistakes, have a clear understanding of the situation and the problems that poisoned your old relationship - and use the knowledge wisely.

A Goddess does not wander through the regrets of the past. She focuses solely on the present and future.

What you need is a new, healthy, strong and intense relationship with the man you love.

Out with the old, in with the new!

It's the best thing you can do - your ex and you aren't the people you were when you broke up. And approaching this as if you were trying to start a new relationship, rather than revive the old one, helps you accept him as a whole - with the good and the bad.

It helps you focus on making it work, not "fixing" it. And the same goes for you.





Goddess' Takeaway:

*The fact that your old relationship is dead is, in fact, a GOOD thing. This is your chance to start fresh. To wipe the slate clean. To create the **positive, sexy, fun relationship that you and your man deserve.***

You now have the opportunity to start this new relationship WITHOUT the fighting, the uncertainties and the BS.

It's a proven psychological fact that people want to associate with those who project the qualities of success and forward momentum– not failure and longing for yesterday.

The nugget here is - **let go of the past!**

The first step - **forgive your ex and yourself** for everything you did wrong.

A Goddess knows to forgive. She does not hold grudges. She realizes that by holding grudges she just becomes less of a Goddess. She knows that the true power lies in forgiveness.

Now, let go of the past. Let go of the negative thoughts. You have to make room for the positives and beauty of life.



Important

***Note that every break-up and relationship is different.** Things may not go exactly as the plan below. The good thing is that the following plan is built so that almost anything unpredictable your ex might say / do - you'll know how to improvise.*



6.2 Preparing for Contact

Ok... so 30 days have passed.

You are now a Goddess.

And tell me, does a Goddess beg, plead, or desperately contact her ex so they could get back together?

Of course not!

A Goddess is such a wonderful woman that she simply attracts her ex back. And if he doesn't see and appreciate you as you are, then he simply doesn't deserve you. True story :)

Ok, so let's get our hands dirty.

Note: We will use text messages as the form of communication, because it's the simplest, most non-confrontational way possible. I'd recommend you don't start by calling him as things go way faster and it's much easier to lose control.

First thing you should consider is - NEVER send him a "let's make up" message.

You have to ease in back into his life.

This means that we take it slowly at first, and then... he won't know how love struck him back again.



Goddess' Takeaway:

The whole point of the First Contact - is to initiate a friendly conversation with him, stir his interest, slightly touch him emotionally and after some time finally get a "first date".

This next section will be split into 3 parts:

- 1) The initial contact**
- 2) Ongoing contact**
- 3) Obtaining the first date**



Before we get into the details - there's some prep work you have to do.

You see, to do all of the above - **you have to do some retrospective thinking** and uncover the emotional hot buttons that your ex would react to.

Try to think hard at what he might be feeling - it's actually OK if he hates you (of course, it'd be way better if he didn't, but hate is a manageable feeling). More on that in a sec.

What you need to remember is this - for 30 days, he's off limits. There are exceptions to the rule, so when in doubt refer to Limited Contact Rule Chapter.

Why?

Well, talking allows him to blow off steam. It allows him to get closure and get over you.

That's exactly what you don't want, right? Thought so.

Instead, not talking makes his feelings (bad or good) even stronger. If he loves you, you're in luck. But if he's grown to hate you, you can turn it on its head and make him fall for you again - if he's hurt, you can reconnect the loose ends and make him forget about how much pain you two have shared.



WARNING!

You must **ACKNOWLEDGE** and **BE HONEST** about the “elephant in the room”, whether it's harsh words you exchanged, an incident of cheating or just rough feelings.

You can't simply get back into your ex's life pretending that nothing went wrong in your relationship. It'll simply fail.

And again - **DON'T** initiate contact before the 30 days are over.

We'll have to discover the positive and powerful points of connection between you and your ex - and then use them to bring you two closer together.

So - answer these 3 questions about your Ex and the relationship and I'll immediately explain to you WHY they're important and HOW you'll use them.

Below are the instructions and afterwards the worksheet.



Emotional Retrospective Instructions & Examples

1. What made the relationship work and you two click so well as a couple?
 - a. **Instructions:** Think of the things of your relationship that you loved and adored. The commonalities. The best things about your relationship (passions, hobbies etc).
 - b. **Example:** *Communication was very strong. When we talk about our NBA basketball teams, we'd go on for hours. The fact that we can enjoy each other's company in any and all things was a HUGE plus. We used to open up my bedroom window and watch the rain fall when it rained. We moved as a unit to take over the world. We both play musical instruments.*

2. What are the best experiences you had together - in your ex's eyes?
 - a. **Instructions:** These have to be very emotional. Think hard about the great experiences you two shared. Focus especially on the ones that when you looked in his eyes you could see the happiness and love he was feeling. These are the stories you'd tell your grandkids, the stories that will crawl right into your ex's unconscious - and will make him smile or reminisce. These could be either positive or negative (most of the time - trauma brings us together and strengthens the connection). Some examples to get the creative juices flowing: The "how we met" story, adventures you shared, "Bonnie and Clyde" - type experiences, bad stuff (life-altering events), positive sexual experiences and especially Romantic experiences.
 - b. **Example:** *Our best experience was when he called me during my sister's party that his work shift for the weekend is killing him. So I left the party, went to his house, cleaned the flat and bought his favorite foods. I also left a note saying "The dog did it!". I could see it in his eyes how touched he was and told me he loved me so much.*

3. How is your ex currently feeling about you?
 - a. **Instructions:** He may have feelings of anger, sadness, dread or regret. Think about how the break-up ended. Was it a big fight? Did he leave sad? Or maybe he was just cold and distant. Try to uncover the real feelings he may have towards you in the present.
 - b. **Example:** *He probably feels anger towards me because of all the fighting and because of me being jealous. He feels like "nothing is ever going to change for the better". These were his actual words when I asked (needy, needy, needy) if we could make things work, go to couples counseling etc. Maybe also relief because he's single now and he has to only reply to h/a self.*



Emotional Retrospective Worksheet

1. What made the relationship work and you two click so well as a couple ?

2. What are the best experiences you had together - in your ex's eyes ?

3. How is your ex currently feeling about you ?

Ok, answered them?

Perfect.

We will use the answers to these questions so you could **establish affirmative rapport**. And you must do it gently.

Here's what I mean by this:

- Keep it simple and don't do anything that requires your ex to do emotional or intellectual work. Make it super-easy for them to want to respond positively.
- You must keep the texts positive. (it's all about redirecting potential negative energy, not eliminating or destroying it)
- Don't try to bring in relationship talk, why it didn't work out or expect to get an apology from him. This is all about keeping it positive. (if your ex wants to go negative - end the conversation and wait another 10-20 days)
- Don't start by asking your ex to meet, talk or even think about your previous relationship. It takes baby steps.
- The main point is to inspire conversation, not just attack with texts until you flood his inbox. A Goddess hits silently and with patience.
- **ALWAYS** try to end the conversation first (not rude) - you have to be the one in control



Goddess' Takeaway:

*You are creating a foundation for future interaction with your ex. He must come to the conclusion **seemingly on his own** that you two should continue the conversation first by text, then over lunch, and then... the bed's the limit. Ugh. I mean the sky :)*



6.3 Initiating First Contact

This first message has to start a 2-way communication route. It's the text you send when you haven't talked to or seen your ex in a while, and is designed to let them know that you're thinking about them, that you don't have any negative feelings towards them, and that you're not horribly messed up over the break-up (even if you are).

The main purpose is to send the following ideas about yourself:

1. **You're open to dialogue**
2. **You're having positive thoughts about him**
3. **You are enjoying a social life** and are not sitting home alone crying your ass off

Rules for writing the first message:

- **Be positive** - never bring the negatives that brought the relationship to end
- **Play it cool** - act casual and make it sound natural
- **Be confident** - you must not seem needy or desperate
- **Expect nothing** - you aren't looking for him to ask you out. If he doesn't answer at first - don't worry. Don't bombard him with texts. One text / week should do.



WARNING!

Just to be clear - the goal of this message is **NOT** to get together for a drink or talk things out.

And even if the conversation starts to get more intimate (which you must avoid) - **DON'T MENTION** anything about making up. This should not be done via text. And again - **DON'T** initiate contact before the 30 days are over.



6.3.1 First Text Recipe

“Mandy invited me to the new Hobbit movie and I remember the funny comment you made when we saw the first one...the whole cinema room was laughing!”

As you can see, this text transmits all the 3 aspects from above:

1. You're open to dialogue (hence opening the conversation randomly, without seeming needy)
2. You're having positive thoughts about him (the text implies that he is funny) + you admire him for his way of being
3. You are enjoying a social life (“Mandy invited me...”)

The technique used here is to access a **random positively emotional memory** and redirect its positive energy towards your ex.

The key to a good first contact text is that it gives the impression that **you just happened** to be inspired to contact your ex. And needless to say - the most important thing - is to not be needy when writing or sending the text.

Remember the **Emotional Retrospective Worksheet**? Of course you do, you just completed it, right?

Here's what you have to do:

Pick an experience from the first 2 questions, think how you can transform it into a text that sends an emotional signal to your ex and transmits the 3 most important messages about yourself: open to dialogue, positive thoughts, enjoying life.

Do your best to make the social context true. In other words, if you're saying something like “I went to Venice Beach with some friends and it reminded me...” you'd better try to actually turn the story into reality (and actually go to Venice Beach).

Don't forget: a Goddess enjoys life and has fun, no matter the context.



After you write the text using the guidelines above, re-read it at least 3 times before you send it so you make sure it's ok.

Here is an example of what I would write for one of the examples I gave in the **Emotional Retrospective Worksheet** - at the first question (“*When we talk about our NBA basketball teams, we’d go on for hours*”):

“I’m heading out for the Lakers game tonight with Judy. Couldn’t help thinking how excited you must be. This year they have to win the championship! Hope you’re doing great.”

Notice the friendly tone? That’s what you should aim for. Another example might be:

“New sushi joint just opened on 34th street near where you work. Thought you’d like to know since you love ikura so much!”

Or:

“I just stumbled onto this old copy of Brave New World and it made me think of you for the first time in a while. Put a smile on my face =-).”

You see, the key to these texts is that your ex can’t see where you’re headed. While your ex-boyfriend COULD use this text as a door to start a conversation if they want to, it doesn’t DEMAND a response or feel pushy in any way. In other words, it gives your ex an “out.” They have a chance to engage in conversation if they want to, but doesn’t force them into a confrontation or to make any kind of specific decision about whether they want you in their life or not.

Possible Responses and What to Do

First of all, make sure you send him the text in a part of the day when you know he’s relaxed, at home eventually and he’ll be able to answer. (the preferred time is in the evening or weekends)

The idea of Ex Back Goddess is to stay in control of the situation as much as possible.

Once you send the first contact text, there are a few different scenarios that might come up:



1. You get an overwhelmingly POSITIVE response

Most likely this happens if you are the one that broke up with him or he's independently come around to realize he's made a mistake but didn't have the guts to call you. These are both fairly common situations.

What to do?

Don't rush in. Play it cool. Match his positive attitude, tone the enthusiasm down by about half and make sure you are the one to end the conversation.

Example:

You: *"I'm heading out for the Lakers game tonight with Judy. Couldn't help thinking how excited you must be. This year they have to win the championship! Hope you're doing great."*

Your Ex: *"Hey, thanks! Go Lakers! It's great to hear from you! How have you been?"*

You: *"Pretty darn good, actually. =-) I'm heading to a friend right now – talk later. =-)"*

And then end the conversation for **at least** a day. (this gives you control over the situation - and makes him want you more).

Next, wait 3 days and move onto the **ongoing contact** section.

2. You get a NEUTRAL response

Something like "Thx", "Ok", "Cool", etc.

Your first instinct might be to engage in some long, explosive texting conversation.

But a Goddess knows better than this. A Goddess knows that she shouldn't chase him. If he's interested, he'll come around. A Goddess has patience, responds in an equally neutral and friendly way and ends the conversation.

If an ex-boyfriend responds with something like:

"Oh, thanks. Hope you're good."

A Goddess may say something like this:



*“Yep, all good. Going into a movie now, but it’s good to ‘hear’ your voice.
Later”*

Pretty simple. And elegant. Just fit for a Goddess.

Next, wait 3 days and send another first contact text. (but try a different emotionally positive experience).

3. You don’t get a response (he ignores the text)

If he doesn’t answer back, send him 2 more messages in the same format (but different emotionally positive experiences) at 10 days distance. This means on day 11 and day 21.

If still no response after 30 days -> send the following “urgency” text:

“I was really hoping we could still keep in touch. After all, we have so much in common and it would be a shame to be non-existent for the rest of our lives one for another. But ok, I get it. You’re not into it. I honestly wish you the best. Have a great life! Bye, Kate.”

This should give him a sense of urgency - to acknowledge that he’s going to lose you forever. He should at least have the decency to respond to this one.

If you sent the right text according to the instructions and he still doesn’t respond, then there honestly is nothing more you can do. It’s time to move on. It’s clear that he’s not man enough for a Goddess.

4. You get an overwhelmingly NEGATIVE response

This sucks. But it happens. He’ll probably come out swinging with bad thoughts and bringing the negatives around the end of your relationship. And it’s gonna hurt.

By now, you went a long way by following this system over the last 30 days, becoming a Goddess and thinking about your ex and the relationship in new ways.

Your ex may have not had this privilege. He might still be repressing his negative feelings because they are too painful to deal with. And only getting a message from you brought that pain back full force.

Take a deep breath and don't respond yet.

In the previous worksheet you wrote down how your ex is feeling now. So you might have been expecting this. Now, you must channel this negative energy and turn it positive.

There are a few other scenarios that come into mind here:

4.1 - Your Ex is too hurt

He may respond something like

"Thanks for the message, but I can't talk to you right now. All that happened recently - is just too much."

You might want to respond in the lines of:

"I totally understand. Hope you're doing well in the rest of life. Take care."

Get back to him in minimum 2 weeks with another first contact text (another emotional memory).

4.2 - Your Ex is too angry

He may still be angry about the fight or the cause of the break-up. He might answer something like:

"What the hell? You dumped me and now you suddenly want to talk to me again? Out of the blue? What's wrong with you?"

He's nervous. You don't want to start the communication in these conditions. Don't react emotionally. Keep your cool and retreat like a Goddess.

"I get why you are angry and I totally respect that. No harm intended. Hope you're well."

Contact him back in minimum 2 weeks.

4.3 - Your Ex truly never wants to talk to you again

In this case, it's time to move on. No use forcing it. If he is that repulsive, this simply means that he doesn't love you as much as you may have thought.

He might send you a text like:

"DO NOT TEXT ME ANYMORE"



or:

“I’m seeing someone else and really don’t want you in my life right now.”

or even:

“It’s OVER, OK?”

In any case, your response should be a confident one, and not in need. Such as:

“Sorry. No harm intended. Hope you’re doing well. “

This way, you exit gracefully.

Remember, a Goddess does not knock on a door where she’s not welcome. The same with relationships.

6.3.2 Ongoing contact

Ok, you sent your first text, he answered, and you ended the conversation friendly.

Good.

Now, it’s time to “sustain” the newly formed “digital relationship” that connects you and your ex through texts.

Remember this: No matter what you send, you should always know what your GOAL of an interaction with your ex is BEFORE you send it.

The following weeks you must keep the communication **simple & friendly**.

Don’t overdo it.

Again, don’t speak about the break-up and negative things.

ALWAYS stay & speak positively.

I recommend a texting interval of **once every 3 days**. It should come (or at least seem) naturally.



You must not be the only one initiating. He should, by now, start texting you out of the sudden - just to chat. Play with it, but make sure you keep it short and friendly. Let him CRAVE for more! (which he'll receive in time) This build anticipation and he'll want you even more.



Important

When you two communicate occasionally, you should talk mostly small, friendly and fun things, and just **periodically** send more emotional messages like the ones in the first contact section.

The ratio should be something like 3 to 1. This means 3 casual conversation threads (with replies from him) and then 1 emotionally charged message (using the same formula as above).

The emotionally charged messages should be used to **stimulate his memory** and bring him back to those bond-strengthening moments.

Appeal to the best moments of the relationship and remind him from time to time. But take note that all of this must be done **contextually**.

At this point, you can add to your arsenal a new type of message - an **admiration** message.

This means telling your ex-boyfriend something like

"I always appreciated you for being so supportive with my career. It's something truly rare these days"

I'm just giving you the big picture here.

The whole point is that it must come naturally, not just out of the blue.

Think about what you really appreciate about him and when it comes to talk - tell him sincerely. He'll appreciate.



WARNING!

Avoid sending sex-related messages. It's far too intimate for the sensitive relationship you have with him now. Plus - it'll give him the impression that you'd be ok as fuck buddies. And that's not what you want.



6.3.3 Obtaining the first date

Ok, so you've texted, talked over the phone - or simply kept in touch after the first contact text.

You should wait and keep this contact limited to phone / IM / email for about 30-60 days since the initial contact.

By now, your ex should have mentioned something about going out together.

If not, you can now send him the **"Let's Get Together"** text.

Ok, here are some guidelines for this text:

- Make it casual, friendly and a "no strings attached" kind of text
- Make it clear that it's not a date, but just a hang-out
- Be very specific about the time and place
- Select a more "friendly" environment and time. A friendlier approach would be to ask him to go out for lunch. Dinner sounds more intimidating
- If he asks, make it clear it's gonna be a short meeting (after all, you're a busy gal)

Remember that **the real objective here is to be seen by him**. For the first time, the Goddess that you are now has to be discovered by him face-to-face.

More importantly, **he mustn't feel pressured**. In other words, pick the context carefully. For example, don't invite him to a family gathering, or a more formal event like a wedding. Think of where you'd ask a casual friend out.

Your ex may fear that you want to have some long grueling conversation or confrontation. You can put them at ease by implying that you will only have a half hour or so.

Here's an example of such a text:

"Hey James. Wanna try that new Starbucks coffee they recently launched? I'm dying to get a taste. It's with a lot of cinnamon so I know you'd like it too. How's tomorrow 3pm?"



Or, you can make it even more casual by including an invitation by your friends (preferably common - so he doesn't feel any kind of pressure).

“Hey James. Listen, Jenny invited me and another couple to the Hobbit premiere tomorrow. I know you loved LOTR so I thought you may be into this. Want me to tell Jenny to book you a ticket also?”

PRO TIP: An effective approach would be to ask him to go out to lunch or just hang out for a short period because you're in his neighborhood and have some time to spare.

Example:

“Hey James. So, I'll be in your neighborhood tomorrow because I've got some business to attend and I have some spare time between 1 and 2 p.m. You up for some lunch?”

See? Short, friendly, busy ;)

If you get a “NO” response, play it cool like you just invited a casual friend out and he postponed. Don't attack him in any way. Ask him out again in about 2 weeks.

We'll discuss in the next section how a Goddess must act on the first date.



Note: This is not a “texting” course. I tried to outline the big ins and outs of this process. If you have any more questions - my dear friend and relationship expert Mike Fiore already has a great course on this topic: <http://maximizelove.com/TYEB/>



6.4 The First Date

Remember why being a Goddess is so great when it comes to men and relationships?

Because one simply has to show up and she'll attract the attention of men surrounding her. Because she's just that gracious. Because she'll behave admirably in (almost) any given situation. She simply knows when to speak emotionally and when to apply reason.

She puts great emphasis on the tiny details. Because she knows they matter. She knows that by tiny steps she'll achieve the unachievable.

The same goes with your ex and this first date.

You have to take great care of the details. Your main goal here is for him to see you as the Goddess that you are. Once he does that, he'll automatically feel attracted to you.

Take note, it may not take just one date for him to actually re-discover you. It might take 2, 3 even 10 - the context in which you see each other is also very important.

But this will be the Goddess's first physical appearance after quite some time. It matters greatly.

6.4.1 The purpose of the date

The big goal of this date is for him to see you as this **confident, independent and happy** woman that you are right now.

It's supposed to be a **stress-free, no-pressure get together**. (although we speak of it as a date)

You want to:

- Send the message that you moved on and expect nothing from him
- Show him the fun and confident Goddess in front of him
- Begin to connect with him



6.4.2 Preparing for the date

Dress to impress

Do it, but don't overdo it.

Remember, you're having a friendly get-together. You don't have to wear your evening dress if you're going to lunch.

Just make sure you look your best and don't make him think you're trying too much.

Preferably is to wear a nice dress he has never seen you wear.

Also make sure to use a type of perfume that you know he loves. So he could feel the scent of a Goddess :) - smell is a powerful sense that can affect our hormones.

Avoid the break-up talk

You must NOT to bring up the past relationship. This is a friendly get-together for you two to catch up.

If the break-up is brought into conversation, remind your ex that you've accepted it and that you don't dwell on the past anymore. What is done is done and you're focused firmly on the future.

This not only gives him a sense of the confidence you emanate, but will also understand that you're focused on making things work.

If your ex **insists** on talking about the break-up, we already covered being ready for a difficult conversation in a previous section. You'll know what to say.

Your Ex moved on (and about rebound relationships)

Prepare to hear something like he's moved on and is happy in his new life with someone else. It might hurt, but you'll have to look strong.



In this case:

- Keep eye contact
- Be genuinely happy for them
- Don't avoid, frown or say something negative to bring them down
- Don't criticize

About this “someone else”

He may be just saying this. Statistically speaking, **most rebound relationships fail miserably.**

This means that you jump on the first guy / girl that seems to offer you everything your ex didn't and you wanted OR simply to fill your ex's spot.

Once the hormones and the stress of the old break-up are gone, the rebound relationship ends because you find the new person to be of no more interest (or you actually see him like he truly is, not through an ex-filter).

The truth is, your ex may be in such a relationship now. And you must not panic.

The best you can do is continuously focus on yourself, being a Goddess and he'll feel attracted. You mustn't try to put his girlfriend in a negative light. Let him discover you in a positive light instead.

Continue keeping the occasional contact, show him how much better you are now... and he'll eventually come back to you.

After all, if he's so serious with that other girl, why would he accept to keep in touch and meet with you? He knows it's damaging for his current relationship. This just means he cares more about you.

6.4.3 What to do DURING the date

RELAX

This is the most important thing. When you get stressed, those feelings of neediness may return. And you, my dear friend are a Goddess now.

You'll have to play the date cool, detached and friendly.

No pressure.



You have no negative feelings towards your ex now. You're calm. And you don't want to awaken any negative emotions on your ex's side. Don't get upset all of the sudden if he says something you don't like.

The DON'Ts of the First Date

- *DON'T spend more time than the allotted half an hour or 1 hour window of time with your ex*
- *DON'T focus on how hurt you are because of him (or sad)*
- *DON'T act desperate or needy*
- *DON'T try to seduce your ex*
- *DON'T be romantic*
- *DON'T bring up the old relationship (it's dead)*
- *DON'T attempt to make him jealous (seriously, just don't!)*
- *DON'T brag about how wonderful is your life right now*

Here's what you should do instead.

The Greeting Hug

When you first meet, ease the tension of the moment by giving your ex a brief, gentle but firm hug - as soon as you see him. Don't hesitate.

This has a positive effect over him and will act as a pleasant surprise. There is also a psychological effect of familiarity that is being applied. (appeals to his emotional memory)



Conversation Guidelines

- **It's all about him:** be genuinely interested in him, what he has to say and how he says it
- Open up by asking him what's been happening in his life
- Talk about the things they're passionate about
- Speak of some new things you have experienced recently and changes you've made in your life
- Subtly transmit that you're feeling great and have an exciting life (only if it's contextually appropriate or if asked) - this should be pointed indirectly, by the stories you tell him
- Speak positively and have fun
- Compliment him sincerely (if context appears - tell him how much you admire him for a particular reason)
- Keep things light. You want to leave your ex wanting more
- Build up to a more intimate conversation (no deeper than level 4 at first)

Levels of Conversational Intimacy

Research shows that **the more intimate a conversation is** - the more it **bonds** the two people together and **strengthens** the relationship.

Speaking your mind and soul to a person represents an act of trust. We don't talk about our deepest fears and aspirations with someone you just met at a party. We do it with people we trust and know better.

Applying here Cialdini's principle of Reciprocation - the more you openly you talk to a person (your ex), the more open he'll become and trust you. In other words, **you connect with him at a subconscious level.**

This is really important and the principle must be applied whenever talking to him (not just the first date).

There are 5 levels of conversational intimacy:



Level #	Conversation Topics	Example	Intimacy Level
Level 1	“Cold” things: Recent events, the news, the weather, your immediate environment or circumstance	The NBA game last night	Low
Level 2	Recent events in your life, what you did the other weekend, what you recently bought yourself	Your Dad changed his job	Low-Med
Level 3	Personal thoughts and opinions about external factors. How you feel about something or someone (likes/dislikes). Things you love.	I love going to the mountains for a couple of days to just clear my head	Medium
Level 4	Your personal dreams and goals. What you aspire to. What you want to achieve. What you want in life. (you usually share this with your closest friends)	1 big house in Maui. 3 kids. A responsible husband. That’s what I want from life.	Med-High
Level 5	Your secrets. Your deepest fears and regrets. Things you’re ashamed of or embarrassed by. Exposing your vulnerabilities and flaws. (you usually share this only with your closest friends or family)	I used to be an alcoholic. These hard times make me want to go back to that habit... (not love-related)	High

The examples are just for inspirational purpose. (they’re made up)

The secret here is to slowly build up to more intimate conversations. The higher the level, the more trust is established.

On the first date you don’t really want to pass level 4. If he initiates the conversation though, go for it. But only if he does that.

On the next dates you’ll want to oscillate between these levels. There should be very few on which you actually connect at a level 5.

And remember this: always build up to a deeper level. Never start a conversation directly at level 4 or 5. Start in the normal order: 1, 2, 3, 4 and then 5. **Let it flow naturally.**



Instant Spark of Emotion Trick

This is a psychological trick that will trigger an emotional memory.

It's a very simple yet powerful thing to do.

While you are eating or drinking your coffee...slowly reach over to him and do the "imaginary food particle" wipe. Like they have something on their face.

This works extremely well because only people in a loving relationship do that for each other. So, just by doing a friendly gesture, **you are signaling to his subconscious mind a warm and loving feeling.**

Another example of usage would be gently removing an imaginary lint or hair on his shirt. Or the eyelash on his cheek.



WARNING!

Only do this trick if it's appropriate and **it seems natural**. And don't do it when you just meet. Do it only after you ordered, began a nice and pleasing conversation and so on. You'll feel when it's right.

Pay attention to how your ex reacts when you do this. His reaction will tell you how good the "get together" is going and how open he is to this new relationship with you.

If he reacts negatively and pulls away - then you know you still have some work to do.

On the other hand, if he smiles and thanks you - you're on the right track.

Leaving Gracefully

It's really important to know when to leave.

You want to keep your ex wanting more. Don't spend more time on the date than you initially allotted.

Always try to end the date with a **positive vibe**.



This means - throw in a joke or a fun story. Afterwards, say you had a great time and you should catch up sometime again. All of this with a smile on your face.

If the conversation is dying, don't be tempted to talk about the break-up. And don't let the date turn into something awkward and painful. Instead, end the date with a **positive vibe** and leave.

Don't arrange another date and time to get together again. Your ex should be the one who asks you out.

6.4.4 What to do AFTER the date

Send him a friendly "it was nice to see you" text.

This way, you leave the door open for future interaction. No need to complicate this message, just send a simple text about 30 minutes after you split.

This kind of text should do just fine (tune it to your preferences):

"Gotta say, I had a really nice time seeing you. Take care!"

OR:

"I honestly had a really nice time. :) Speak later."

Simple. Short. Friendly.



6.5 Continuing to Date

Ok, you ended the first date.

You gave him the “I had a good time” text.

You left in good terms.

Now, it’s time to “maintain” the new connection and slowly ease back in his life. This means that you **take it slow**.

Continuing to date Guidelines

- Continue the dates and contact like in the previous section (the same principles apply)
- Keep the contact at a more “friend-like” timeframe; don’t overdo it daily
- Let him initiate most of the time (try to respect a 2:1 ratio - for every 1 time you initiate - he must initiate 2 times)
- When you go out on a date (or get-together) - keep it less frequent in the beginning (max. 1 date / week)
- Slowly move to more frequent communication (if it comes natural) and more intimate contexts (like a friendly dinner in town)
- Don’t let him pay the bill. Split it
- Continue to:
 - *Tease*
 - *Reconnect*
 - *Compliment*
 - *Get more personal*
- Oscillate the conversations intimacy level (sometimes a level 2 - sometimes a level 4 and when suited, even a level 5)
- Don’t take a refusal from him personally. Remember, you’re starting as just friends



- ☛ Add *emotionally charged dates* to the mix (more details in a sec)
- ☛ **Don't sleep with him until you get him to commit!**

The last one is important. Men tend to take matters directly to bed. If you accept this, he may interpret it as you being ok with “fuck buddy” status.



Goddess' Takeaway

8YUnb[sex has many benefits:

- ✓ *Increases their respect for you*
- ✓ *Your attractiveness goes up because you don't offer yourself just to anyone*
- ✓ *Your willpower and commitment will be seen as strong and confident*
- ✓ *Give them something to look forward to, think about*
- ✓ *Keeps them wanting more*

Don't rush back into the relationship. Play the dating game. It'll spark things up much more powerfully.

If he didn't call you after a week from the first date to set up a new date or get-together, you try to set up another one.

Generally speaking, he should be the one initiating and suggesting a date. Do take note also that men need to be pushed from behind from time to time - so there's no biggie if you initiate the first 2-3 dates.

But if you're the only one trying - STOP it. Don't contact him anymore and let him initiate. If he doesn't, move on.

Emotionally Charged Dates

Do you still remember the most memorable experience or event, which you shared with your ex? It may be a special dinner, vacation, trip or a special date shared by you and him.

Have you ever wondered why you can remember it so clearly in your mind? The reason is that they are all *emotionally charged events or activities*. These types of activities are able to **create a unique bond** between you and your partner.



The most important tips to planning an activity for you and your partner is to **make it as emotionally or excitement packed as possible.**

It may even bring back some exciting memories between yourself when you first met or during your relationship. It is scientifically proven that when two people go through an emotionally elevated experience it binds them together.

The big psychological benefit of an emotionally charged activity is its ability to tap into the unconscious human mind. Through these activities, **your ex's mind will unconsciously strengthen a bond with you** through shared experience.

Here are a few examples of such activities:

- *Amusement Parks* - roller coasters and other action rides create great emotions
- *Fairs and Carnivals* - games, where you work together to win prizes doing fun things is great
- *Live shows at bars and clubs* - music, dancing, an energetic crowd
- *A sporting event* - screaming crowds, action and excitement
- *The casino* - money at stake, lady luck waiting to make or break you

Complex Emotionally Charged Dates

What you have to do is create three to four mini-dates within a night. Your plan may start out with a roller coaster ride, and then you take them to see fireworks display and a magic show. I am sure that your ex will remember that particular night for the rest of his life.

In case the date goes wrong

It's possible that your date won't go according to the plan. It's also possible that you start dating only to hit the same roadblocks over and over again. The same old issues might be brought up.

In this case, listen to everything he has to say and keep in mind for your next dates or future communication.

In no case should you argue, raise your voice or blame him for everything he says.

You're a Goddess. You know better than that.



The right answer would be something in the lines of:

“Ok. I understand. Maybe it’s too soon to start seeing each other. Sorry if this was uncomfortable. Maybe we’ll give it another try after some time passes.”

If it really is too soon but there is still hope (your ex may not be ready yet), go back at working on yourself for another 30 day and start again from the first contact.

Remember that a relationship is only possible when BOTH sides are willing to work on it. If your ex has TRULY given up on your relationship, he should let you know by now. If this happens, then it’s time to move on.

Must I insist with this?

A Goddess does not knock on a door where she’s not welcome.



6.6 Getting Back Together

You continue dating for about 30-60 more days after the first date.

By now, your ex should already ask you to get back together.

If he didn't there are two possible options:

1. He's genuinely not interested in a relationship with you again
2. He's interested but has a hard time showing it (or his male ego is not letting him ask to make up)

Either way, you have to know exactly what's on his mind. Therefore, you have to be the one to bring up the making up.

I said a 30-60 days' timeframe above, but the best timeframe to actually bring the relationship up is when **it feels just right**. I know, I'm not being very specific here. But this is because there is no science in determining when "*it just feels right*".

I can, though, tell you the signs of this.

It must be after you two started getting together more often, had a couple or more emotionally charged dates, and it's clear that a connection is building up for the better.

He has to be able to talk openly to you and initiate contact and new get-togethers.

In any case, you should be able to tell when it's just right.



Important

Note: There is no rule to getting back together. Some end getting back after 1 week, others after 3 months. It depends on a multitude of factors such as the frequency of contact and get-togethers PLUS the strength of the newly formed connection.



Also, this scenario I described above is a more “formal” and common approach. It can also happen really unpredictable. Something like, you went at a bar with him and he suddenly couldn’t help to kiss you.

Love has so many ways of reaching out when it comes to relationships.

The “Talk”

When you do have the “let’s get back together talk” there are a few things you need to take into consideration:

- Be consistent with your attitude up till now (in other words, don’t be needy)
- Say it with confidence
- Tell him from the heart
- ...but don’t give in too much
- Try to test the grounds and see how he reacts
- Make the move on neutral ground. Like a coffee shop or a bar

My advice would be to have an approach like such:

“Listen James, these last few months have been really great. Having you around in my life is such a treat. I respect so much the man that you are. I honestly believe our relationship still has a shot and it’d be a shame not to try to make things work. So, what do you say, wanna get back together?”

A Goddess shall not beg or plead to a man. She’ll **sincerely speak her mind** and make the best of the answer received.

At this point, you did your best to make it work. You might have a difficult conversation with him now, but you’ll be ready for that too.

In any case...

If he’ll say yes, congrats! (but wait, there’s still more to cover)

If he says no, embrace it. End the conversation with dignity. Tell him a sincerely:

“Ok, I totally get it. Well, then it’s time to move on I guess.”

...and leave with grace.



6.7 Reunited

In one way or another, you two are back together. You're starting the new, strong and more intense relationship.

Now, this is where the hard part begins.

Most couples that get back together end breaking up again in the first 1-3 months. This is because the same problems arise; they start fighting and go back to ground zero.

And it's normal.

Two people **should NOT stay together** if the same problems continue to relapse, without them being able to resolve them or at least make a compromise. Sooner or later, one of them (if not both) will simply quit the relationship.

I think you understand now why it's crucial that you and your ex have to resolve all your past problems and break-up reasons, shortly after you get back together.

Indeed, **your old relationship is dead**. You bury the problems and take note of the solutions you have to speak of.

Now starts your new relationship. And all the bad times, fights and problems must go away so you can make room for the excitement and romance that will fill your hearts with joy and happiness.

The Honeymoon Phase

Usually, after you make up comes the "honeymoon" phase. This is where you two will feel great together, will probably spend a lot of time in each other's company and everything will be all "lovey-dovey".

The secret here is to have the difficult conversation about the new relationship **DURING** the honeymoon phase.

This is because you both are at a peak of happiness and he has a very good feeling about the relationship. If you let this fade, it's no end of the world. But



it'll be a bit harder to find him this open and positive about the serious relationship talk.

Here's what you should do:

1. Let the honeymoon phase go on for a few days so he can actually **feel** how great it feels to be back together.
2. Then, have the serious relationship talk in which you both will find win-win solutions for the past problems and break-up reasons

The Serious Relationship Talk

We already talked about how to handle a difficult conversation in the "*Improving your Mind*" section of the Ex Back Goddess program.

Use all the tools there and you'll be just fine.

I'll just give you a few more tips:

- Let him speak most of the time
- Show that you're interested in all that he's saying
- Show that you're willing to make it work
- Do not ask "why" (check the "Keeping the Flame alive" section - how a Goddess Listens)
- Do not impose a solution - state what you think might work and ask for his opinion
- Resolve an issue and then move to the next one. Don't leave any unresolved





Important

You don't have to resolve all of your issues in this specific conversation. Think of it as an exercise of settling things. The more you exercise, the better it is for the future of your relationship.

Arguing and fighting is perfectly normal in a healthy relationship. The secret to happiness lies in how the couple finds solutions that satisfy both partners.





Keeping the Flame Alive

*For changes to be of any true value,
they've got to be lasting and consistent.*

Tony Robbins



The information in this chapter is destined to help you maintain a healthy relationship, through lesser-known tricks expert-communicators use. Please do not share this with anyone.

7.1 A Goddess Listens

These are 7 secret techniques used by hostage negotiators. They are extremely powerful when used right. Their power resides in their being so secret. So do not, under any circumstances, tell anyone else about these. Or they'll stop being so effective.

Show you're there

There are things you're already doing. When you are interested in someone's story, pay attention to the sounds you make - sounds like "Oh?", "When?", "Mmhm..." and "Really?" show you're there, caught in the other person's story. It gives them confidence and builds positive rapport. It also helps you focus on their message.

Rephrase what you just heard

Take his words and make them yours. Rephrase everything he said, while keeping the message the same. This shows you've been listening, it creates empathy and further builds rapport - more than that, it allows you to make sure you've got it right. If you didn't, it's an extremely gentle way of showing it. Because it demonstrates you really tried, but somehow the message didn't get across.

Start with "So what you mean is..." or "What you're basically saying is..."

Name that emotion

This is probably the best thing you can do to increase empathy. If a problem occurs, don't try to solve it right away. You (or him) might not be ready to reason. Emotions do that to you.



Instead, try to figure out what emotions are at play. It's guesswork, but you'll both get better with time - use words like "I hear... [sadness in your voice]", "You sound...", "You seem...".

Don't tell people how they feel. Show them what you believe is happening to them.

Just don't use this when you're verbally attacked. It might be perceived as sarcasm and... well, the conflict might go from bad to worse.

The One-Word Question

When you need more information but you've already asked a lot of questions (or don't know exactly what to ask), repeat the last word your guy said, with a question mark after it. He'll form his own question in his mind and tell you more than you could've ever asked.

What do you think of yes/no questions?

You should avoid them. Try to ask open-ended questions, that require a more elaborate answer - just make sure you don't lead the answer.

For example, if you're trying to find out what t-shirt he'd like more, don't say "Would you prefer this cute yellow T-shirt or this blue one?" - drop the "cute" and it's fine. Because "cute" indicates you like it and he'll either try to please you or go for the other one (if he's more of a Stayer type - remember them?).

Oh, one more thing - do not use "Why". It makes you sound judgmental. Instead of "Why did you do this?" try "What lead you to do this?".

"I" Messages

You might want to use this during a fight. Listen closely to what he has to say, and then try saying what you feel about it by avoiding the word "you". That word gets people defensive, in a fight. They shut down.

Here's how to do it:

I feel... (Insert feeling word)

When... (tell what caused the feeling).

I would like... (tell what you want to happen instead).



If he hurt you in any way (like cursing), you could say this: *“I feel bad when I get cursed and disrespected. I’d like to be told what I did wrong instead.”*

Go silent

You can use silence in two ways. First, when you’d like him to talk more - people generally dislike silence and will try to fill it by talking. So pause for a longer time than usual, and he’ll start talking.

The second way you can use silence is to emphasize your point. Say something you really want him to understand, then go completely silent. It will sink in.

7.2 A Goddess Talks

We’ve already covered much of this stuff. So we’re not going to get into much detail here.

This is what you need to do every time you talk to him:

Start with something nice (a compliment)

He will want to talk to you more, because of the extra “candy” he gets every time you two discuss.

Make him feel important (ask for help)

Men love to feel that way. If a picture’s worth 1000 words, this is worth 1000 compliments.

Be playful. Invite him to share his passions/hobbies with you

In other words, appeal to his inner-child.

Be open without being hurtful

Remember the **“OR So” Technique?** - offer your Opinion, the Reason for it and the Solution. You can use “I” messages as well, both work.



Don't fish for compliments

Pretty simple. Don't make him pay you a compliment by stating the exact opposite about yourself. Pay him a compliment and he'll do the same.

Indulge him with his sexual fantasies

...to help him fight the fear of his own sexuality. And let him know you're all he needs.

Be approachable - lead him to the first move

Men are scared to do the first move. So act as if he already made it and you're waiting for the second. Initiate foreplay, or ask for a romantic dinner. That sort of thing.

7.3 A Goddess Dates

It might seem obvious, but the devil's in the details, as they say...

Emotional Intimacy leads to Sexual Intimacy, which releases special hormones that lead to - big surprise - Emotional Intimacy.

So basically going with him on a lot of dates will bring you together more than anything else.

You've done the dinner-movie date. Probably the park-date, the stay-at-home date, the party-date... most of the obvious things.

Time to get creative.

You can take any of the dates above and add your own little twist: say you go for the park-date.

Instead of just going out for a walk, imagine this could be your story:

A couple of days ago we went for a walk in the park.

Boy, did he not see that coming...

*We were casually walking, admiring the autumn leaves -
God, the smell of damp leaves is like ambrosia to me.*



Anyway, after some good minutes of talking and looking at the trees (which, at this point, were a brownish-yellow) we sat down on a bench.

I took his hand in mine and, while he was still telling me the details of his day, I put a key in his hand.

"What's this?" he asked.

"The key to my heart, silly!" I joked.

"Haha, good one, Tin Woodwoman! C'mon, what's it for?" he asked impatiently.

"Well... ok. I'll tell you. Promise you won't laugh!" I said.

"Cross my heart and hope to die!" he swore.

"A gift. It opens something, but you must guess what that is.

Here's the riddle:

*It has four walls, a floor and ceiling
A door that's not a door is locked.
You have to go the beginning
Of earth, where stone's still shocked"*

At first, he didn't know what to say.

You could see it in his eyes - his mind was at work, trying to decipher my riddle.

He did do it, by the end of the day, though not without asking me a thousand questions.

Isn't the riddle stuck in your head? If you were him, wouldn't you just die to know not only the answer, but also the surprise?

The answer is **cellar**. Not very obvious, right? Well, it's not supposed to be.

The riddle is meant to make him ask for hints. And there's a lot at play here: you appeal to his inner-child, you show off your Goddess Skills (empathy for his struggle, ability to read his body language), you build positive rapport



through frequent talking and you get to exercise your ability to say “no” when he asks for clues.

All of this goes hand in hand with the **emotionally charged dates** that we went through in the Getting Him Back chapter. Needless to say you must have such dates throughout the entire relationship.

You can make a lot of things up, but if you feel like you’d need some fresh ideas and inspiration for your dates, you can check out this resource:

<http://maximizelove.com/300DATES/>

7.4 A Goddess at Heart, a Goddess in Bed

A Goddess knows the importance of sex in a relationship. If you’ve been paying attention to the Understanding Men chapter (which I’m sure you devoured!), you already know that guys are horny all the time. And that their sexual-prowess needs... reassuring.

That’s **NOT** why you should strive to become a Goddess in bed.

At least, not the only reason. You should do it for yourself. For you as a couple - not just for *him*.

One more thing - it’s not all about the sex. Cuddling and kissing are about as important. You see, all three lead to the production of **oxytocin**.



Goddess’ Takeaway:

Oxytocin is a hormone that scientists have proven to be related to long-term relationship satisfaction, decreased chances of cheating (!!) and, surprisingly... better health.

The trick isn’t to get to an orgasm. The trick is **physical contact** (skin on skin). That’s what all of them have in common. Of course, kissing and cuddling offer a bit less on that, because there’s way less skin involved. We won’t dig into the kissing and cuddling techniques out there, I’m pretty sure you got those covered.



Now, one thing you might've noticed, once in a long-term relationship, is that sex can become less-than-interesting.

There are several ways of fixing that.

A Goddess Plans...

It might sound weird at first, but scheduling sex can be quite fun. Think of it as a date (so you should prepare for it - lace is always appreciated) - it will build up anticipation and increase desire.

A Goddess Flirts

You can **sex** throughout the day. Tell him you want him, tell him HOW you want him, what you'd like to be wearing. Be as dirty as you can.

A Goddess Kisses Passionately

Engage in some foreplay. Tease him and let him tease you. You could make a game out of it - first to give in and ask for sex loses. You'll both want to lose (just make sure you give in if it gets too competitive - you don't want to overdo it).

The secret to joy is surprise

Pick a day when you go commando (that is, without underwear). Get him wanting through sexting. When you get into bed, he'll get to discover first-hand your lack of panties.

A Goddess knows no shame

Sometimes, a spark can come from outside your bedroom. Don't be afraid to watch an erotic movie (or porn) with him. You could even play an erotic game to get things started... Role-playing goes a loooong way.

A Goddess will try new things

There are times when you don't want to plan, you don't need anything fancy or kinky... but you still need to keep it fresh. Well... why not try a new sex position? The Kama Sutra includes 60 positions, so you could give it a shot - or 60.





When All Else Fails

*It's fine to celebrate success but it is
more important to heed the lessons of failure.*

Bill Gates



...a Goddess shall move on with grace.

It is possible that once you get back together you may find that what once was there is not anymore. You may find that reconciling was a mistake and you two had some pretty serious problems that are never going to go away.

You may discover that you were, in fact, in love with an ideal of a man and you **thought it was him.**

You might have put him on a pedestal and missed his big flaws. You might have been love-blinded and didn't see the fact that he doesn't actually love you... and there's nothing more you can do.

It's one thing to get him back, but once his love is gone...there's nothing more you can do.

This is the moment that you must realize that what you were fighting for...wasn't really worth it.

You can't force a person to love you. And you mustn't either. If you sense that you have to, then it's just wrong and you have to let it go. Period.

This might sound like a cliché, but... it may not be meant to be.

There is a motto according to which I live my life:

"Prepare for the worst but expect the best"

He may just be in a state of mind such as *"I don't want to be in a relationship anymore and that's that"*. Unfortunately, simplistic thinking like this is an attribute of men. And they can decide on such major life changes without a clear reason why. He won't break-up with you immediately, but once he's in that state of mind, his feelings slowly start to fade simply because that's the way he set his mind to work. There's nothing you can do to turn him around if that's the case...

In other words, you have to be prepared mentally to not get back together.

One way to do it is by facing some harsh truths.



Harsh Truths

- A Goddess can live on her own (and not depend of a man)
- There is no just one “soulmate”. The world is FULL of people perfect for you. You’ll know it when you’ll meet them. The only problem is - **you have to be open to meeting them!**
- You can live a happy and fulfilling life without your ex. The pain eventually fades and bright days come
- You are good enough for him.
- **This should not happen to you again.** Just because you took action, looked for help and went through this system - you’ll never go through this again. You know better now

You are now a Goddess.

You have high standards when it comes to men.

You understand how men work and know how to touch them.

You know how to make relationships work.

Use all of this in a positive manner and think about your past experience as learnings for your next relationship.

But how do I get over him?

Continue following the “Becoming a Goddess” section. Work on yourself, use the resources and be a better you. Re-read it as many times as it’s necessary.

Make it a habit for 30 days. Let the positive actions sink into your system and make you become a true Goddess.

Find different activities and hobbies that suit you. Enjoy life. **Continue dating other men.** And so on...

Studies have shown on and on that one’s self esteem and self-concept directly correlate with the quality of the people they attract.





Important

*The truth is - the more you work on yourself and develop as a Goddess - the more you'll attract good, quality men with whom you can really aim for the **"Happily Ever After"**.*

We already talked about the science of a break-up, why you're hurt and how to get over the pain & heartache.

And don't forget, being single has its benefits.

Stick to the plan and you'll be over him in no time.

One final tip that I will add is for you to **seek closure with him and the break-up**. This means that you should send him a text / email / message and ask him to tell you the real reasons he didn't want to get back together AND to be **brutally honest** about it.

It will be rough. And it may hurt. But it's a necessary pain for you to get over him faster.

Knowing this information will help you come to terms with the break-up. This is because of a psychological concept called the **"Zeigarnik Effect"** which states that people remember uncompleted or interrupted tasks better than completed tasks. Applied to break-ups, it leaves you more frustrated and constantly thinking about it because of the relationship being unfinished. (you remain with unanswered questions and questionable feelings)

If you get to this point, here is an awesome FREE resource from my dear friend Thea Newcomb – she has the most amazing community on the web when it comes to break-up support: <http://maximizelove.com/SYBD/>





Closing Words

*To know oneself is to study oneself
in action with another person.*

Bruce Lee



Well, you made it.

Congrats!

You now know better about being a strong, confident woman (you are a Goddess after all, right?). You have a better understanding of how to make relationships work. You know how to appeal to men and push their emotional hot buttons.

Just by going through this system you're 10 steps closer to the happy, long-lasting relationship you crave for with the man you deserve next to you.

Though, it doesn't stop here.

The honeymoon phase will be awesome! Because it's about freshness - there's a psychological study that explains why the first few months of dating are so nice. Most people incorporate part of their partner into their own self.

Might sound complicated, but it's really simple. You know how excited you are when you get a new phone and it can do all sorts of things your old one wasn't capable of doing? After a while, it's not that exciting... but then you discover that app that makes your life so much easier and the phone becomes awesome again.

Well, it's a lot like that - you like it because it makes you awesome as well. It allows you to be better, faster, laugh more or learn more.

And that's exactly what successful couples do - they keep adding "apps". They evolve separately. They grow as individuals so their relationship grows with them.

They **Never. Stop. Learning.**

Think of it this way - don't the same old stories get boring after a while? Wouldn't it be a heck more fun if you could have always-fresh things to talk about, to share, and to do?

But, most of all, what if you could keep him interested without bending over backwards? If you could just do awesome stuff you like and still have him hooked?

You see, our friendship and journey do not end here.

We'll keep in touch through email.



By buying this product, you're already subscribed to my **“NSL Insiders Newsletter”** (NSL stands for never stop learning) where I promise I'll be sharing with you periodically the best tips and resources when it comes to men, relationships and simply living a happy, fulfilling life.

And as a final word...just remember:

A Goddess never stops learning.



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