

How To Prevent And Survive A Breakup

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How To Prevent And Survive A Breakup

In this report, I am going to show you how to prevent and survive a nasty breakup.

I am going to start off with a discussion on *why* couples break up.

So *why* do couples break up?

Is it because of a lack of communication?

Is it because of personality differences?

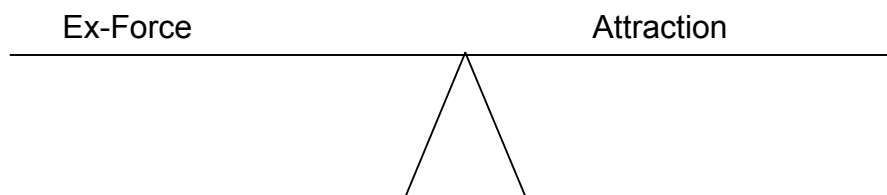
Is it because of money, religion, family, and friends?

Well...

According to my *Love Balance Scale*, **a breakup occurs when the attraction is lower than the “ex-force.”**

The Love Balance Scale

What I want you to do now is to imagine an old-fashioned balance scale in front of you:



The Love Balance Scale

On one side of the scale is the “ex-force,” which stands for whatever negative forces that are being exerted on your relationship.

Some common examples of ex-forces are:

- 1) Lack of communication
- 2) Time and distance
- 3) Family
- 4) Religion
- 5) Social pressure
- 6) Baggage
- 7) Stress and work
- 8) Ex-lovers
- 9) Infidelity
- 10) Personality Differences

And so on...

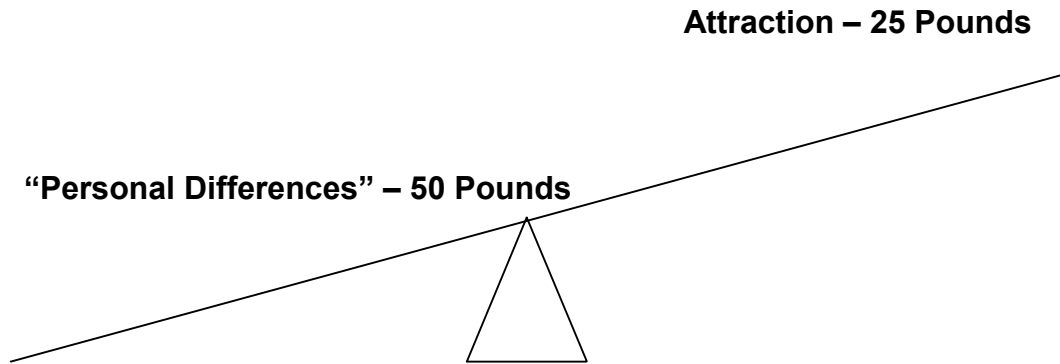
On the other side of the balance scale is a person’s attraction for you.

If the attraction is stronger than all the negative forces put together (the ex-force), the person will stay with you. Otherwise, the person will leave *eventually*.

Let me give you a couple of examples:

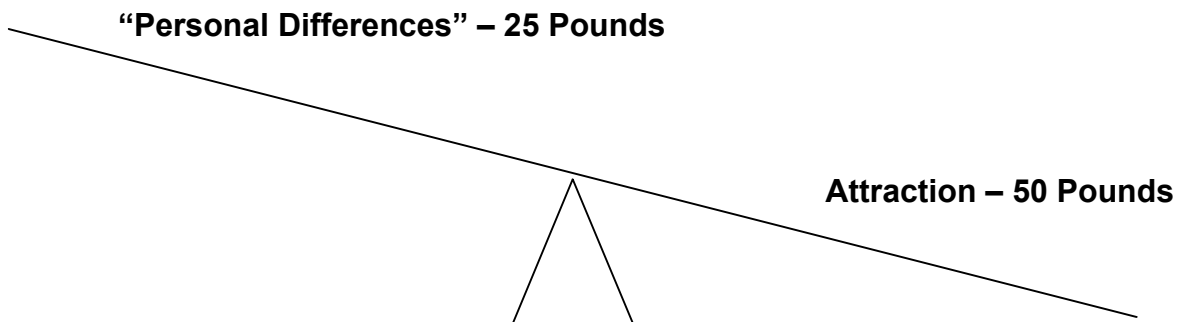
Examples:

1)



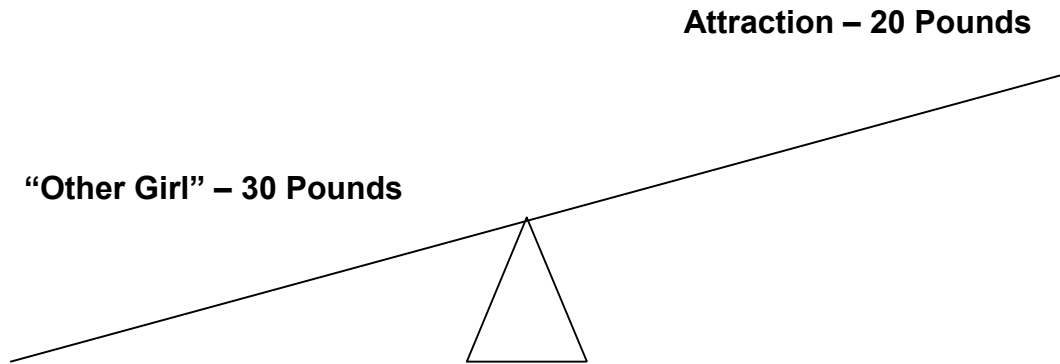
Example 1: A man leaves because the attraction is not great enough for him to try to work out the “differences” with a woman

2)



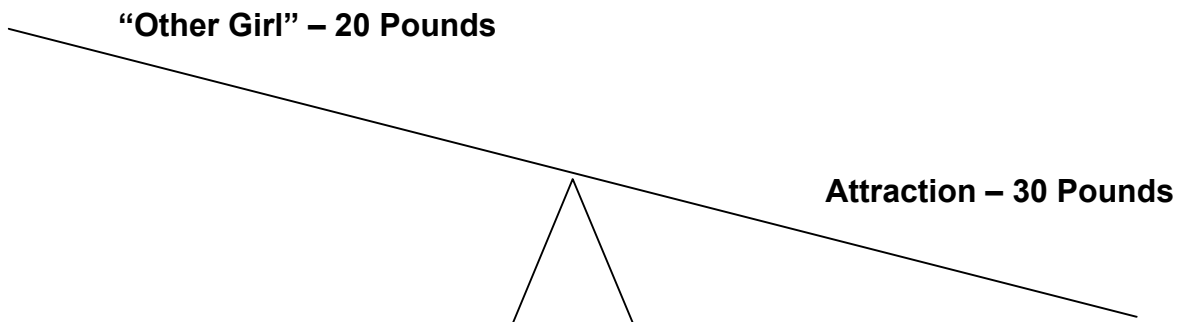
Example 2: A man stays because the attraction is greater than the “personal differences.” He doesn’t want to risk losing his girlfriend because he loves her too much to leave her.

3)



Example 3: A man leaves his girlfriend for another woman because he is attracted to the new girl more than he is attracted to his girlfriend, even though the new girl is a really a "total witch."

4)

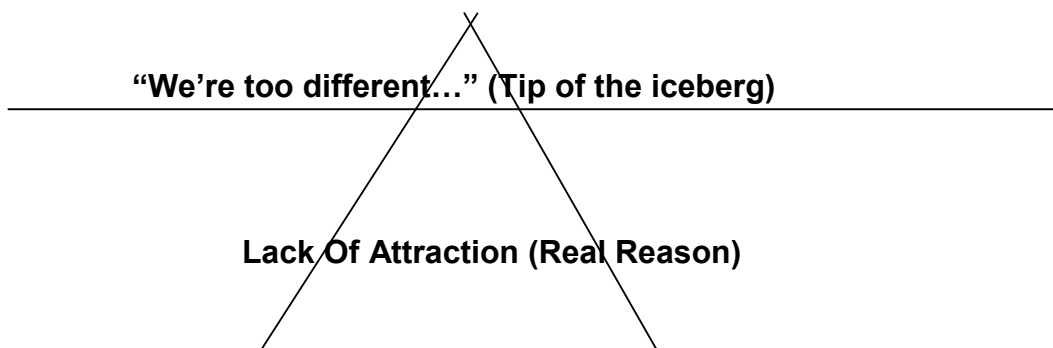


Example 4: A man stays with a woman and resists all temptations from a new woman because he is more

attracted to his current girlfriend – even though the other woman has better looks.

As you can see, as long as a person is ATTRACTED to you “enough,” they are not going to leave you no matter what – just like you’re NOT going to leave a person you REALLY like because they were an hours late. On the other hand, if the attraction is low, then the person will probably use any excuse – even if it’s something as small as being late on a date – to get out of a relationship.

Therefore, the “excuse” a person uses to dump you is often just the tip of one big iceberg:



How To Prevent Breakups

After looking at my love balance scale metaphor, you should realize that the most logical way to prevent a breakup is to **minimize the ex-forces while increasing the attraction.**

This can be done by following the three pillar-system mentioned in both my *Smart Dating Course* and *Reverse Your Breakup*: **Passion, Emotional Intimacy, and Character.**

- 1) By creating passion through flirting, teasing, and acting like a challenge, the attraction will consistently be high enough to overcome any potential ex-forces in a relationship.
- 2) By building intimacy through the various communication techniques I teach, there will always be enough communication between you and your partner to “work things out” when times get tough.
- 3) By picking the RIGHT person with GOOD CHARACTER in the first place, you will eliminate most of the ex-forces that a lot of people run into, such as social pressure, ex-lovers, and emotional baggage.

(Note how most other dating books and newsletters only deal with the first pillar and skip the rest. I think this is why my system offers a more complete view than any other system out there and also why students of other systems often migrate to my system.)

With that said, here are a couple of tips on how to keep to keep a person’s interest in you high:

- a) **Fun and Romance:** A lot of people stop flirting once they're in a relationship. Since they have successfully courted each other and do not have to worry about attracting the other person anymore, they stop flirting and settle down into a routine.

Big mistake.

Attraction comes and goes. Just because a person was attracted to you when they first met you doesn't mean they will CONTINUE to be attracted

to you if you don't do anything to keep the attraction high.

To start off, try the following tips:

- 1) Smile a lot at your partner.
 - 2) Whisper in your partner's ear.
 - 3) Wear higher heels and show a little leg if you're a woman. Put on a nice shirt for your woman if you're a man.
 - 4) Let your partner catch you checking them out.
 - 5) Touch your partner gently.
 - 6) Speak in a flirty voice.
 - 7) Maintain strong eye contact.
 - 8) Give your partner compliments.
 - 9) Laugh at your partner's jokes.
- b) **Be Attentive:** A lot of people like to slack off and become less attentive as time goes on. They stop paying attention to their partners and end up losing them.
- Don't make the same mistake.
- Try to notice the details. Do thoughtful things. Leave little messages that say "I've been thinking about you..." Compliment your partner when he or she does something good.
- c) **Talk to your partner:** Have at least one good talk every week. Maybe before bedtime. Or maybe when you're walking in the park together. The time and location does not matter. What matters the most is *actually doing it*.

Having good communication will help you solidify the bond with your partner. I don't care how busy you are with work. I don't care what other dating coaches have taught you. ("Never call a woman," etc.) If you can't even spare an hour for your partner once a week, then it's really your fault if the relationship turns sour.

- d) **Keep Being A Challenge:** NOBODY in the world wants to date someone "lower" than themselves.

So if you're too "nice" and let your mate take you for granted, they're going to leave you sooner or later.

No matter what your gender is, here's a very important key to dating and relationships:

Remain a challenge and don't be too easy.
Not even after 1, 2, 5, 15, or 20 years.

Think about it...if your mate KNOWS that you are going to be "nice" to them NO MATTER what they do to you, then there are NO stakes for them in the relationship at all. They KNOW that they could do ANYTHING and get away with it. (So why not cheat?) They KNOW they could dump you now and then "change their mind" any time in the future because you would still be waiting for them. So why would they want to work things out with you at all? Why not just dump you for now and come back for you if things don't work out with the "new person"?

What If You Think Your Partner Is Pulling Away

If you've done all of the above and your partner is still "pulling back," that's a bad, bad sign.

When a person pulls back, it shows there's something **WRONG** with a relationship. It shows the person's **ATTRACTION** for you is **FADING**.

In fact, their attraction for you has already sunk to a point that it can't overcome all the ex-forces in the relationship anymore, and that's why they're looking for breathing room.

As this point, if you try to "work things out" with them, you will only end up pushing them **AWAY** from you.

So instead of pushing your partner away from you, you should **PULL BACK** and see how they react.

If you pull back from a person while they still have a certain amount of attraction and "romantic respect" for you, they **WILL** freak out and give you more attention.

You can **THEN** work on your relationship problems.

And if they don't even notice you have pulled back...then it shows they don't care about you or the relationship *at all* any longer.

In that case, it's time to move on.

Should that happen, here are a few tips to follow...

What NOT To Do After A Breakup

1) Do NOT fight with your ex.

Don't bother to fight with your ex. Fighting **ALWAYS** creates tension and kills attraction.

Besides, fighting with your ex is useless. Even if you win the argument, you will still lose the war.

2) Do NOT try to use logic to show your partner why they should come back to you.

Remember that love is based on FEELINGS, not logic. No matter how brilliant your logic is, your ex is still going to leave you.

You can't "talk" an ex into staying with you. You've got to "attract" them back instead. (My www.reverse-your-breakup.com program can help you with that.)

3) Do NOT reassure your ex that you have "changed" or that things will be "different from now on".

There's no reason to tell an ex you've changed. It's like trying to bail water out of a sinking boat. It won't work. The hole is still there and your words are not going to mend it.

4) Do NOT keep telling your ex you love them.

Honestly, your ex really doesn't care about how much you like them. All they care about is how much they like you!

And when you like a person more than they like you while you're in the negative zone, chances are, they're going to be really annoyed.

5) Do NOT beg your ex to come back.

The more you beg, the more they will want to avoid you. You can quote me on that.

6) Do NOT try to make your ex feel guilty about leaving you.

(Examples: "I can't work without you." and "Don't break up with me during exam period...")

It won't work. It will only make your ex want to AVOID you more.

7) Do not act depressed so your ex will feel bad for you.

Sympathy does NOT equal ATTRACTION! Even if your ex hangs out with you, they will still think you're a big LOSER!

8) Do NOT talk to your ex's friends to win their support.

All your ex cares about is how they feel about you. Even if their friends love you, they can't tell your ex to stay with you. External pressure never lasts long. If your ex decides to stay with you, the motivation has to come from WITHIN.

Besides, most of the time your ex's friends will be on your ex's side, not yours.

9) Do NOT spend money on gifts and flowers for your ex. Do not use sex to try to keep your ex.

You can't bribe an ex with money, gifts, or sex. Enough said.

10) Do NOT push your ex into getting back with you.

The more you push, the more your ex will PULL AWAY.

What You SHOULD Do:

1) Cut All Contact:

No matter you're moving on or trying to get your ex back (see www.reverse-your-breakup.com), it is very important that you CUT ALL CONTACT with your ex.

Don't call your ex.

Don't hang out with your ex.

Don't see your ex casually for any reason.

Cutting all contact means cutting all contact!

2) Exercise:

Exercise, such as working out at the gym, will help you get your ex off your mind. The endorphins released during your workouts will make you a happier person. The body you get from working out will also make you a more confident person.

2) See Your Friends:

Remember all the friends that you've ditched just to see your ex? Start hanging out with them again!

Over the years, I've noticed a big problem many people have when they get out of a long-term relationship is that they have lost contact with all their old friends. They don't know who to turn to anymore.

But you know what? It's okay. I bet they haven't forgotten you. Go hang out with them and let them lift you up!

3) Meet New Friends

You should also meet as many NEW friends as possible while you're single.

Why? Because relationships tend to take you AWAY from your friends...so if you don't have many friends to start off with, you may find yourself without any friends in a few years.

Furthermore, becoming more sociable is one of the best ways to meet members of the opposite sex. How many times have you met, through a friend, a stranger who just happens to be very attractive?

If you know enough friends, you will never run out of people to date. And dating other people when help boost your confidence!

4) Spend Time With Family

Spending time with family is a good way to "recharge" your energy while you're single.

5) Find New hobbies

Spend some time on a new hobby or two while you're single. Developing your passion for different hobbies or subjects will definitely make you a more interesting and well-rounded person.

Plus, chances are you will be able to meet men or women who enjoy the same hobbies as you do.

6) Education and Self-Improvement

Take a few college classes and buy a few self-improvement programs. You can NEVER spend too much time or money on your self-education.

I personally spend at least 10 percent of my time and income on my self-education every month, which includes classes, magazine subscriptions, psychology journals, books, newspapers, and self-help programs.

7) Go After Your Dreams:

Ambition is the most powerful aphrodisiac. Setting a long-term goal will definitely help lift you out of your blues.

8) See Other People:

See other people casually. This will help you build up your confidence again. You don't have to get into another

long-term relationship right away...but at least start seeing other people!

9) Improve Your Dating Skills:

Lastly, you should improve your dating skills while you are single. You want to make sure you don't repeat whatever mistakes you made last time with your ex.

Remember: If you keep on doing the same things, you're going to keep getting the same results. I have seen too many "stubborn" people bump into the SAME walls OVER AND OVER with every person they date.

If you're a man, sign up for my dating newsletter for men at:

<http://www.datebeautifulwomen.com>

If you're a woman, sign up for Mimi Tanner's flirting class at:

<http://www.secrets-of-flirting.com>

Should You Want To Get Your Ex Back

Finally, if you would like to find out how you can reverse your breakup and get your ex back (even when the situation seems hopeless), check out my **Reverse Your Breakup** course.

Thousands of readers across the world have already used this program to attract their exes back, and you could do the same! Don't be lonely, frustrated, or confused for another day. Download **Reverse Your Breakup** now and let me answer all your questions at:

<http://www.reverse-your-breakup.com>

- Marius Panzarella