

101 *Ways to Get Your Ex Girlfriend Back*

*How Men Really Win
Back Their Ex After
Being Dumped*



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“Relationships of all kind are like sand held in your hand. Held loosely, with an open hand, the sand remains where it is. The minute you close your hand and squeeze tightly to hold on, the sand trickles through your fingers.”

– KALEEL JAMISON, AUTHOR OF THE NIBBLE THEORY

She's left you and left you feeling hurt. The world seems like one bad place. Simple pleasures are now torture moments. The shop you visited together now brings back memories of your ex. The activity you'd enjoy weekly together teases you with what good things you had with her. These little reminders make you wish it'd be great to be together again, but you probably think it's over forever.

I'm Jenna James and specialise in helping recently dumped men get their girl back. I'm here to tell you no matter how hopeless you think your situation is, I believe you can get her back. I've helped ex convicts, infidel men, and couples nations apart get back together. You were once together so there's something she loved about you whether she admits it to you or not. Couples get back together all the time, but it's been a mystery how they did it – until now.

You too can [get your ex girlfriend back](#) using the 101 tips below. This isn't everything there is to win her back – for everything you need to know, I created a full system called *Bait Her Back* – but these lessons are a good start based on how men get their girl back. Because they're only tips, you'll need to ponder on some deeper ones to have the best chance at winning her back. It's important to get to the core of what really matters without playing stupid games so you can have her in your arms again.

Some tips below will heavily apply to you while others will not apply. Some will seem silly to you while others create light-bulb moments. Just remember to really think about each tip to see how each one can help your life.

Let's get cracking with the most important tip:

- 1) Identify what went wrong in your relationship and what could have triggered things to spiral downward.
- 2) Don't apologize for yourself or say things like, “I'm sorry I was so

horrible to you,” or “I’m sorry I’m not good enough.” *You* are not the problem – it’s likely something you *did* is the problem.

3) Keep your cool when you see your ex. A few slow breathes keep you calm. Take five slow ones as soon as you see her.

4) Forgive your ex; don’t let negative feelings fester to the point at which you become resentful.

5) Give your ex the benefit of the doubt rather than assuming she is out to hurt you. You’ll be surprised at how this error for margin makes it easier for you to get back together.

6) Don’t put on a facade so that your ex will show interest in you again.

7) Get honest opinions about both the relationship and your ex from friends you can trust.

8) Don’t overwhelm your ex with gifts and letters. You can’t win her back by giving her incentives to want to date you again.

9) Don’t make ridiculous promises that you can’t keep in order to entice your ex back.

10) Show you’re willing to make changes for things to work out. This does not mean changing yourself and what you stand for, but you must be willing to change behaviors or habits that are damaging to the relationship.

11) Look at this experience from a fresh perspective. See it as a challenge or a span of adversity you need to get through. Don’t look upon the breakup as a blow

to your ego or an attack on your character.

12) Hit the gym. Get into some sort of fitness routine and stick to it. You'll feel better from the endorphins and look better from the workout.

13) Develop a strong support system consisting of good friends and family. Just like a recovering alcoholic would have a sponsor, recruit a friend to support you in your moments of weakness. Those tough moments are inevitable.

14) Seek out a therapist. Throw away any preconceptions of what you think about having a therapist, and just do it. Bet you'll be surprised at how nice it is to have someone to vent to.

15) Don't gossip or talk negatively about your ex despite how angry, upset, or hurt you might feel.

16) Engage in activities that require a lot of energy and can serve as a great release of aggression like indoor cycling, boxing, kickboxing, or tennis. Play a game of paintball or take yourself to a driving range. When you see her you'll be better able to keep yourself in check.

17) Get in your car and let it all out. Scream, shout, cry, sing – whatever you have to do to let out your frustration, anger, or disappointment.

18) Get into the present. Do deep breathing exercises when you start to feel out of control. Either meditate on your own, do laps in a swimming pool, or take a yoga class to focus solely on your breath to remain in the present.

19) When you feel your emotions dictate your actions, step back to make an honest list of what things you have the power to control and what things you can't. Recite the Serenity Prayer: "God, grant me the serenity to accept the things I cannot

change, Courage to change the things I can, And wisdom to know the difference.”

20) Withhold information. You’re probably used to telling your ex everything. Do your own thing and don’t broadcast it. Get her imagination working; make her wonder what you’re up to.

21) Don’t try to figure out your ex’s schedule or new habits so that you can mold your day in a way that would put you in contact with your ex.

22) Make yourself more valuable by cultivating your knowledge. What are some things you can learn, classes you can take, or books you can read that would give you great material for stimulating conversation?

23) Don’t attempt to change your style to what you think she would prefer.

24) Reevaluate your life and set new goals for yourself. Be bold in your goals. There’s no point in making small goals you know you’ll reach. Stretch yourself a little... or a lot.

25) Get on Amazon right now and order three books that interest you. This will help you learn and do things you wish you could do when single.

26) Take a class in kickboxing, massage, or public speaking. There’s plenty of awesome businesses and colleges that have interesting things for you to do. How will this stuff get her back? Build your life and she will come. Kevin Costner did not make me say that.

27) Practice saying “Yes” more. In a circumstance when you would normally decline an invitation or refuse to go outside of your comfort zone, say yes and do the unusual.

28) Don't invent manipulative tactics to get her back. Your reunion should evolve naturally and not be the result of some conspiracy you contrived to bring her back to you.

29) Change your emotional energy. Stop dwelling on negative self talk, and focus on more positive ideas. The world is the same color as it was when you were dating her; don't paint it gray just because you're not with her anymore. Find the good things in life and embody that energy.

30) Don't put yourself down because you were dumped. Everyone's been there. It's not your inherent flaws that drive anyone and everyone you've ever dated away. There was just some aspect of your relationship that was weak. It's either something you can fix or something you can't; but whatever the reason for the break up, it certainly isn't because you're a horrible human being.

31) Let the word "single" be okay. The word itself sounds ominous and daunting, but it's not a curse. When you dwell on the fact that you're single and it's horrible, you'll end up exuding that energy so that your ex will know how weak you are.

32) Do things that pump up your self-esteem. If you're an excellent rock climber, take your friends and go climbing. Being super good at something gives you a positive rush.

33) Don't taunt your ex by bringing other girls around purely to make her jealous. She'll think you want to hurt her and no longer care for her.

34) Have a sense of humor. Did she leave you because you became like super glue attached to her? Laugh at it. If you can laugh at yourself and embrace the light-hearted side of things, you'll be in a less vulnerable position when you two are in contact with each other. I'm sure there's something funny you can pick out of your

break up!

35) Act independent and secure rather than aloof and indifferent.

36) Put yourself in your ex's shoes. See things from her vantage point. What role might you have played in the whole break up? Is there something you're not seeing?

37) Don't enter "woe is me"-ville. It's not attractive for you to take on the role as the unfortunate victim. "How could she have done this to me?" "I've been nothing but good to her." The situation sucks, but you're more than equipped to handle it.

38) Don't pester her friends and family soliciting their help to get her back. Be nice to them and they may want to help you get back together.

39) Show her you can be okay either way. You would love to be back with her, but you're perfectly capable of getting on without her. If she doesn't want you, it's her loss. You have no idea how seductive this is to your woman.

40) Get a new haircut, whiten your teeth, buy a new pair of jeans or something else that would make you feel better about your image. Don't go overboard though. No tattoos, plastic surgery, or drastic changes if it's inspired by the break up. Drastic measures make you look desperate for attention.

41) Get objective advice. Your friends and family might have great advice, but they are likely to be biased in your favor. Seek out advice for someone who is detached from the situation to assess whether or not the relationship has potential or not.

42) List the things you want in a relationship and gauge whether or not these things are even possible with your ex.

43) Adhere to your standards. If getting her back is going to take serious compromises on your part you don't feel comfortable with, she is probably not worth getting back together with.

44) Be interesting. When you talk to your ex, don't sound like all you've done is pine for her. Show that you've been busy and that your life has thrived even though she chose not to be a part of it.

45) Decide what you want and establish what you will and won't settle for. Write it down if it helps you stick to it.

46) When you're in the same space, make eye contact. Convey there's still a part of her that makes your heart flutter. Keep this subtle. Anything over-the-top or crude is going to work against you. A little wink or prolonged glance is enough to stir up old emotions if they're there.

47) Smile when you're out – even if you don't feel like it. It shows your ex you're not wallowing in pain. Simply engage those muscles to feel happier. Try it now!

48) Handle any and all contact with your ex maturely. Nothing is worse than taking those (perhaps rare) moments of contact and making them work against you. You want to leave her hoping she will see you again, not letting out a sigh of relief that she dumped you when she had the chance.

49) Be blunt and not overwhelming. When discussing the fact you want to get back together, state exactly what you want but refrain from going overboard and sounding desperate and needy.

50) Don't display your anger. Snapping at her in public or using passive aggression to hurt your ex are not the answers.

51) Touch her in a subtle yet affectionate way. When you see your ex in public and have established a mature relationship, place a hand on her shoulder as you walk away.

52) Keep your distance initially after the break up and gradually allow yourself contact.

53) Maintain your appearance and image without overt changes. If you've been a jeans and t-shirt guy for your entire relationship and suddenly you wear a three-piece suit to the supermarket, she'll see right past it.

54) Don't put your life on pause simply waiting to get back together again before you resume your life. You'll regret losing this time whether you get her back or not and chances are, you'll end up resenting her for it.

55) Read books and watch movies that depict characters going through the same thing as you. It helps to have someone to empathize with (even if they are fictional). After all, some real-life dumpee dreamed those characters up.

56) When sufficient time has passed, apologize for anything you've done wrong. Remember, you're not apologizing for yourself but rather for the mistakes you made to drive her away.

57) Be cool with other guys she may date. As hard as it might be, it will show her you're mature, confident in your attractiveness, and not threatened. Then maybe shoot her that ever-so-slightly seductive look that says you're all of these things and still have the hots for her.

58) When it seems like she may be showing interest in you again, pull away. Be hard to pin down. Don't make it easy for her to schedule time with you.

59) Avoid adopting her habits and frequenting her spots to see her. Suddenly, you become a church-goer because you know she went every Sunday or you become a member at her gym despite the other twenty gyms in your neighborhood. These actions scream insecure, desperate, and manipulative.

60) Skip logical attempts to get back together. You cannot convince her to get back with you via logic. You're both left-handed so you both can sit next to each other at Thanksgiving dinner or the only reason you nag her is because she gets water all over the bathroom floor but you discovered it's actually the toilet leaking. These may seem like rational arguments; but *logic didn't start your relationship the first time, so it will not bring it back this time.*

61) Don't drink and dial. If you're going to indulge in some alcoholic beverages, have your friends keep an eye on your phone. When your judgment is impaired, there's no telling what you'll say.

62) Respect her property. I've heard some horror stories of people defacing an ex's property for some strange reason thinking it'll help get them back. No damn way. You might be inclined to spray paint her car, but refrain if you ever want her to talk to you again.

63) Revenge can be exerted other ways beside physical damage. Skip it all. Do not hurt her in any physical, mental, or emotional way. Not cool.

64) Hold your head up high. If you lose touch for a while, and she hears from her friends that you're now fired from your job and drinking all the time, she'll be thanking her lucky stars she left you when she did. If the next time she hears about you, it's because you were promoted or started a business or got a master's, she'll be

second-guessing herself.

65) If you have kids together, refrain from using them to manipulate her into being jealous.

66) Don't put mutual friends into an uncomfortable position. Keep things neutral. Your friends will thank you, and she just might be impressed.

67) If she mentions getting back together first, don't pounce on the suggestion. Approach it in a rational fashion. She dumped you remember? Don't fall back into her arms with no questions asked.

68) Abstain from sex with her if you're not back in a relationship. You might think, "Heck, it's not like it hasn't happened before." It doesn't matter. You avoid sex because it tells her she has you at a dial of her phone and there's no need for a real relationship.

69) Don't maneuver your way into her world by suddenly befriending her friends when you didn't give them the same attention before. It's completely see-through and unfair.

70) Be the person she fell in love with. Has time changed you in some negative way? Did you become silently resentful or less of the spontaneous person she first started dating? Did you morph into someone else without recognizing it?

71) Leverage the past when you have contact with her. If you know she has a favorite piece of entire of yours, wear it. If she loves when you wear short sleeves to show off your guns, do it. You're not making her jealous or regretful – just calling her attention back to happier, attractive times.

72) If you're in a group situation with her, know the two of you bonded

over. If you're both die-hard fans of an obscure band, reference that band in conversation with someone else. This is particularly effective if this was one of the things that drew you together in the first place.

73) Agree with the break up. It's counter-intuitive yet one of the best things you can do to get her back! The more you resist the idea of you two splitting up, the more you drive her away. If you convey how you understand why the relationship suffered, she'll see you get where she's coming from. Since she's not trying to convince you why you should "go away," she'll more willingly iron out the kinks.

74) Similar to the previous tip, respect your ex and her decision rather than bashing and trying to convince her she's made the biggest mistake of her life. Doing this, you're proving her right.

75) Stop over-analyzing everything and blowing little actions out of proportion in your mind. Instead of wondering why she's carrying two pizza boxes to her car, worry about yourself and what little things you can do to make your day a good one.

76) Take a trip either alone or with your friends – whatever you feel like you need. Changing the scenery will help change your perspective and to see all the opportunities out there.

77) Hang out with younger cousins or siblings. Being around the carefree, innocent, and playful attitude of kids helps you feel the same way.

78) Get a dog or cat. It's amazing what a little unconditional love can do... not to mention it will take your mind off of the break up.

79) Go with the flow. If you get thrown into some situation where you're interacting with your ex and someone new she's dating, don't let yourself get

aggravated and bitter. Stay confident and roll with it. Don't let her see you flustered.

80) Skip the pity pleas. Don't act as if you deserve to be hurt and are searching for pity. It's unattractive and perpetuates that mentality.

81) Keep love and relationships as beautiful things. Don't write them off as horrible because you're hurt. You're not to be resentful.

82) Eat healthy. Don't binge on junk food or use food as a coping mechanism. Stay fit and eat well. It's a natural way to keep your mood lifted and a great way to attract her back.

83) Wake up early. It's a simple way to feel productive, energetic, and positive.

84) When you make contact with your ex, show genuine interest in what she's been up to. At the same time you can avoid appearing jealous and hypercritical of what she's been doing.

85) If you feel like you need to say something to your ex, be clear. Don't drop hints hoping she'll figure out what you're feeling. Keep good communication lines open. This will only work to your advantage.

86) Decline invitations she may extend explaining that you have other plans or there are things on your agenda. No need to be snide about it. Just be frank and honest. She'll get the message you're out living your life not sitting around waiting for her to come back. However, you'll need to weigh this up against whether it's a chance to reconcile with her. If you two are getting things solved, it may be good to accept the invite.

87) Feel happy for yourself. Acknowledge the break up as a time for

change and growth. Your life can change for the good because of what's happened.

88) Casually reference instances or scenarios she used to find incredibly sexy or that would turn her on without making it seem they're directed at her. Don't be crude. Let a seductiveness pervade through you and your actions.

89) Get some sunlight. It's a great way to get your dose of D3 and will boost your mood without fail.

90) Sing nice and loud in the car. Don't choose songs about heartbreak and pain. Instead sing your heart out to bold and inspiring tunes that typically get you pumped up. This will have the same great affect on your state as smiling.

91) Don't become obsessed with getting her back. If that becomes you're only driving force in life, you're going to be disappointed. It's vital you read this report and even get my complete [Bait Her Back](#) course if you feel it's right for you. Just know you can live without her.

92) Stay away from relatives and friends you haven't seen in a while who will want to discuss the topic of your break up to death.

93) Try not to be alone on holidays or anniversaries that brim with old memories. Surround yourself with friends in a neutral atmosphere.

94) Hang around friends of the opposite sex. The girls will give you a more accurate version of what your ex is going through or doing on a day-to-day basis. You're likely to overuse your imagination, which will just make you feel horrible.

95) Stand up straight and keep your body language strong and confident. Once you start slumping and acting timid, you'll start to feel this way. She'll notice too if you happen to run into her.

96) In the first few contacts, have conversations with her so neutral she can't really tell you're devastated at all.

97) In later contacts, converse with her in a subtle nostalgic tone. Convey sexiness with your energy not so much with your actions.

98) When a reasonable amount of time has passed, send her a tasteful birthday card or simple text to show you're thinking about her. Don't be surprised if you get a response!

99) Let it go to voice-mail. If she calls you to possibly admit what a big mistake she's made, it will be a powerful message for her if you're not "right there" to take her call the first time.

100) The first tip is so important it needs another mention: Identify what went wrong in your relationship and what could have triggered things to spiral downward.

101) Be the absolute best person you can be, and don't let yourself worry about what she thinks about you. If you think highly of yourself and show it in everything you do, she'll see it. There's nothing more attractive than a person who is sure of himself and what he stands for.

What Should You Do Now?

You've learned a lot from reading those 101 ways to get your ex girlfriend back so don't stop there. Each point is the tip of the iceberg – there's a whole 90% of the iceberg hidden that makes up the foundation of getting her back and having her want you.

If you're feeling a little overwhelmed, know that transformation is happening. You grow with new discoveries. If you find yourself not wanting more help or not doing everything you can to win her back, ask yourself: "What's getting her back and having her want me worth in my eyes?"

You'll be relieved to know I've put what you need into a simple system called [*Bait Her Back*](#) that you can copy-and-paste into your life. There's plenty more key tips to implement like the 6 innocent traits men have that turn women off and the 10 things any woman wants... but forget that for a moment.

To thank you for reading this report, I've created a free online 7-day email course to further help you get her back. Men are using just it to get back an ex girlfriend! Amazing stuff. Take the next step to get her back by getting it for free at baitexback.com.

After you've signed up for your free training, I recommend you get your copy of [*Bait Her Back*](#) online. It's my special guide men around the world use to reclaim and keep their ex. Read more about it and some neat tips to get her back by [clicking here](#).

Yours in love,



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