

# The Magic of Making Up "Free Bonus Guide"



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# The Magic Of Making Up "Free Bonus Guide"

**Published By: Thomas Trumen**

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## Table of Contents

Introduction: My story and what i went through to get my ex back.

Chapter 1: Why men and women break up with their partner.

Chapter 2: How to get your head on straight and get rid of that ill feeling.

Chapter 3: How to find the problem with your relationship that ended it and how to evaluate whether or not the relationship is worth saving, or if its time to move on.

Chapter 4: Does your ex still care? find out by being able to understand what they say and how they say it.

Chapter 5: Break the pattern. Make your ex feel like you are a new and better person then before.

Chapter 6: How rebound relationships can actually help you get your ex back.

Chapter 7: How to call your ex back for the first time and get a date after the break up.

Chapter 8: The proven scientific phenomenon to get your ex to bond with you on a higher level.

Chapter 9: How to handle having sex again with your ex.

Chapter 10: Getting back together and staying together

**WARNING!** I got a e mail from TW Jackson a few days ago. I was sharing with you some of his techniques in my story. He said i had to **PULL THEM OUT RIGHT AWAY** because they are his and should not be given away by me. I am really trying to help you but i hope you understand when you see the blocked out text.

# Introduction

This is not the actual Magic of Making Up book. This is just a bonus guide. The information below is what I have learned by reading T.W. Jackson's book "The Magic of Making Up."

I wanted to say that there are lots of techniques that i learned from T.W. Jackson system. I do talk about them but i can not just give his secrets away. I would be ripping him off and i would never do that to him.

T.W. Jackson's book helped me out so much that I wanted to share what I have learned with you and my success Personally! His book saved my relationship. My relationship feel apart just after we got engaged but after reading T.W. Jackson's book me and my ex got re engage.

*"Hey T.W.*

*Thanks to you, I have been able to save my relationship that i had with my women for 3 years and now we are engaged again."*

All the tips and advice that I am going to share with you is nothing compared to what you can learn from T.W. Jackson. After You read my Bonus Guide I highly and strongly recommend that you learn more about T.W. Jackson and how he helped 6,100 people from 67 countries with their relationships.

[Click here to learn from T.W. Jackson "The Magic of Making Up"](#)

# **"My Story"**

## **"How I Was Able To Get My Ex Back"**

My name is Thomas and before i start giving you all this great information i am going to let you know why i am doing all this. You will also see that my break up was bad and i was still able to get my ex back. If i can do it, well then anyone can.

Not long ago i was engaged and just after i got engaged my women left me. We were together for over 3 years and we were engaged for 3 months. Everything just turned sour. We started to argue about the dumbest things. We would also accuse each other of lying and cheating. Then all of a sudden it just ended. She told me she was fed up with me and the relationship was always about me and not us. She left me and i was in complete shock. It hit me like a semi hitting a dear. We were eating dinner and she went off on me.

She said

***"How are you enjoying dinner?"***

I said

***"Its good but i feel like there is something wrong."***

She said

***"I am glad you are enjoying dinner. You are right there is something wrong because i am leaving after i am done eating and i am through with you!"***

I said

***"What do you mean your leaving after dinner and your done with me for good. What is wrong?"***

She said

***"That is the problem Thomas, after 3 years you cant tell. You just do not get it do you. This is why i need to leave you because you still have not figured it out after 3 years. I am sick of you acting like there is nothing wrong and everyday i keep telling you about this and about that. We cant get married and i do not want to do this anymore!"***

I said

***"What do you mean you do not want to get married. We have been planing this since we got together 3 years ago. Why would you do this to me!"***

She Said

***"Why would i do this to you? Its always about you Thomas. Its never about us. I am done, I am done with you. Thomas its over!"***

I wanted to get her back so bad. The harder i tried the harder it was to get her to talk to me. I tried talking to her friends and family because we were all really close since me and her were about to get married. All of the talking i did just pissed her off even more. I new it was really over when she called me about 2 weeks after she left.

She said

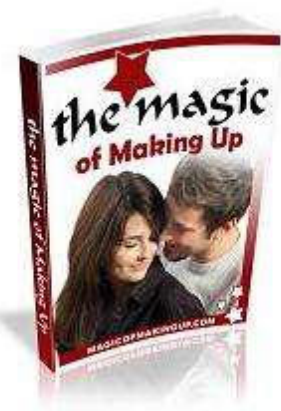
***"Hey Thomas i forgot to give you the engagement ring back.  
When do you want to come over and pick it up."***

The feelings i had when she said that i can not describe to you. If you know what its like to lose a loved one then you know what i mean. I did not want to talk to anyone, and i took my two week vacation from my job early. I had my hole life planed with my ex. I just could not deal with it.

**My feelings actually got worse when i saw her with another man.** I was coming out of Wal-Mart and i noticed her and another man walking in through the other side of the store. They were laughing and giggling. I was so **PISSED OFF!** I wanted to go over there and give them a piece of my mind. But i didn't do anything about it. I just let it eat me up inside.

I new it was possible for me to get her back because it was only like a week before we broke up that we were saying we loved each other. I ended up buying The Magic Of Making Up after i could not find any bad reviews on it.

I did not care anymore if it would work or not. I was willing to try anything. I was very surprised with all the material. It came with three other books. The books were called How To Boost Your Metabolism, Mind Magic, and The Clean Slate Method.



If it was not for the **Fast Forward Technique** that i learned from The Magic Of Making Up i would of never gotten over my ex. I spent the first 6 days after she left me laying in my bed crying my eyes out. I could not eat or sleep. The one thing that made me more depressed then anything else was waking up in the morning and seeing that empty space next to me on the bed were she used to be.

The Fast Forward technique was so helpful. I used it 2 or sometimes 3 times a day to get over the break up and so i would stop obsessing over my ex. If it was not for this one technique i probably never would have been able to get over what happened.

### The Fast Forward Technique is 5 steps

1. Ever... "Can I...?" ... the term "heart break" ... you ... (either aloud or inwardly) ... Can I ... all ... to answer this question? Yes or No ... the answer does not matter.
2. Ask ... Again, Yes or No ... matter.
3. ...
4. ...
5. Next ...

### Evaluation Process Of The Fast Forward Technique

Do they ... but it is a ... begun.

I used to just tell people this but i have been informed by TW Jackson that he loves to see me helping you but if you want his techniques then you will have to get them from The Magic Of Making Up.

The Fast forward Technique teaches you how to train your conscious mind to manipulate your subconscious mind to make you perform positive acts that will make you become happy again. Its really amazing and if you had a hard time getting over the break up like i did then you will need this or you will spend the next couple of months struggling to eat, sleep, and move on with your life.

[Click here to learn more about TW Jackson's "Fast Forward Technique"](#)

I also used The *Mind Magic Methods* that i learned from the book and i sent her a letter just like TW Jackson told me to do in The Magic Of Making Up. TW Jackson tells you exactly what type of letter to right, when to right it, and how to write it. **The Reason why you write the letter is to get your ex to call you. It also makes your ex want to give you a second chance.**

### T.W. Jackson Calls It "The Second Chance Letter"

The Letter that i wrote to my ex went like this

"I just ~~split up with you because you were not what I needed~~  
split up with you because you were not what I needed."

"I wanted to ~~split up with you because you were not what I needed~~  
split up with you because you were not what I needed. It was  
it was ~~split up with you because you were not what I needed~~  
split up with you because you were not what I needed. It hurt you."

"Oh! ~~split up with you because you were not what I needed~~  
split up with you because you were not what I needed. huh?  
Love you ~~split up with you because you were not what I needed~~  
split up with you because you were not what I needed. right now."

-Thomas

**Reminder:** I can not give away TW Jacksons techniques because they are apart of The Magic Of Making Up System.

The 2nd Chance Letter is very powerful! It is very short but ever sentence is written and used in a special way to perform magic on their mind. This letter will raise their curiosity so high and make their mind have a orgasm after they hear what you have to say in The 2nd Chance Letter.

This is not some ordinary letter. This letter should be sent in the mail in a envelope. Most importantly The 2nd Chance Letter needs to be hand written and created by following TW Jacksons instructions inside The Magic Of Making Up.

[Click here to learn how to write](#)

[T.W. Jacksons "The Second Chance Letter"](#)

About a week after the letter she called me and we started talking again. We would talk once a week on the phone. After about 4 phone calls i decided to move on to the next step. In The Magic Of Making Up it told me that i needed to **take my ex on 3 outings** that were about 1 hour long before i went on a date. The Magic Of Making Up said to do this because it would make my ex feel more comfortable. The next thing was to go out on **three emotionally charged dates** so we would have some **shared experiences** to make use have a new bond together. I did that and after the four shared experiences it was like we were back together.



So i did what he told me to do in this kind of situation and that was to set my ex straight and regain control of the break up. I had to show my ex that i was serious about our future together and that i really valued our friendship. As we were sitting there on the park bench in the late after noon on a sunday i said to her...

***"Hey, I am done with casual kissing but hugs are ok"***

Then she responded

***"This is not casual, Thomas"***

Then i said to her

***"Oh really, What is it then?"***

Right when i said this she just sat there on my lap starring at me with a big smile on her face. I was kind of confused why she was just starring at me like that so i asked her why she was just starring at me with a smile. Then she leaned into me to whisper something into my ear...

***"Thomas, thats what i have always wanted from you"***

***"Ive always wanted you to show me how much you appreciated me"***

***"Just knowing that you appreciate me  
and you are willing to wait for us to get back together makes me feel loved"***

After she said that in my ear, i pulled back a little and just starred at her.

There was a moment of silence and then i said to her

***"Yes, i am beginning to understand, Sorry it took me so long"***

Then she ended it with another kiss on my cheek and ever since then i really understood why she left. It was because i never showed her that i appreciated her like that and that i actually valued our relationship. She new that i really did now because i was willing to continue to work things out with her and not rush getting back together.

I new it was about time to ask her to commit to me again. TW Jackson told me to ask her to commit to me after 3 outings and 3 emotionally charged dates. Well, we just got done with are 3rd emotionally charged date and i was ready to ask her.

We eventually got back to my place and we began to sit down and watch tv. While we were watching tv i had my arm around her and for the first time everything felt normal again. I actually cried for a second while we were watching tv but she did not notice.

I decided that this was the time to ask her to commit. As my adrenaline began to kick in i started by asking her the first question to set up the BIG QUESTION.

***"Hey, I wanted to know if you have had a lot of fun on all of the outings and dates we have been going on?"***

Then she said

***"To tell you the truth Thomas i have had so much fun these past couple weeks with you, so yes i have had a great time"***

I said to her

***"I am glad that you have had a great time. Do you think before we started casually seeing eachother that we made a great couple in the past?"***

She said

***"For the most part Yes, You know that we always have had lots of fun together Thomas. Why would you ask that?"***

She said that with a smile on her face and now i was ready to ask her to commit to me again but i was really scared shitless to ask her and thinking of her turning me down began to make me quiver.

So i just said it

***"If we made a great couple like you said and we have been having a great time for the past couple weeks then wouldn't it make sense to eventually get back together?"***

There was a moment of silence and as i waited for a response i just sat there with my entire body clenched up...And As she began to talk i tried not to panic.

Then she said

***"To be honest with you Thomas, I kind of feel like we are actually back together"***

Then i decided to ask her the question i have been dieing to ask her for the past 6 months!

I took a couple deep breaths to try and relax a little and then i said to her

***"Would you like to get back together again?"***

Right when i said this she looked at me and then turned the tv off. She turned to face me and put her hand in her pocket. I was trying to figure out what she was doing but as she pulled her hand out of her pocket she put a ring on her finger.

...And she said

***"Thomas After all this time i really feel like you understand me and you really want to make this work. Ive noticed all of the changes you have made since we broke up. To be honest, when i think of you or see you i dont even think of the break up or any of our past arguments. All i see is you, how much you have changed, and the future we could have together"***

Right after she said that we just kind of starred at eachother and i told her to hold on a second. I went to my room and opened up my dresser door. I grabbed my ring, put it back on, and walked back to the living room were she was sitting...And we continued to talk to each other until we passed out on the coach together with our engagement rings on our fingers once again.

To make a long story short everything that has happened since then has been really great. I was able to figure out everything that went wrong with our relationship and fix it. Now that i know what to do to make her happy i am able to avoid all the arguments. Thanks to The Magic Of Making Up and TW Jacksons great advice we are now happier then ever.

You know how it is. When you learn something new and have a lot of success you just have to tell everyone about it. Here i am sharing with you what i have learned and hoping you can have the same success that i have had. I hope you enjoy the free guide i made. It will give you a outline of what not to do and what to do. However It is not a complete system like The Magic Of Making Up but it will get you started on the right path.

***Thank You***

***Thanks for taking the time to learn about me and my ex. I hope my story inspires you!***

***Good luck and i hope this bonus guide gets you on a good start to getting your ex back.***

***I Look Forward To Chatting With You In My News Letter!!!***

***Anywazz I'll Shut Up Now, LOL***

***Hope You Enjoy The Free Guide***

***Sincerely Yours***

***Thomas Trumen***



**Attention:** While you are reading this free guide i made you i want you to take this VERY seriously! I know its free but i really put my heart and soul into this guide for you. Before you think about emailing me you need to **READ THIS GUIDE AT LEAST 2 TIMES** before you do anything.

I also highly recommend that you **TAKE NOTES** while you are reading this guide and anything else i send you in the future. You will not remember everything i teach you so you need to be taking notes on all the emails, free guides, and videos i send you.

If you send me a email about something that is already included in this free guide, or send me a email that is more then a couple paragraphs i will not respond to it. Make sure you keep emails short and **Just Ask Questions!**

If you want to tell me your hole story and set up a coaching season then we could set something up. Its fine that you send me emails and give me updates. As you read this free guide and get advice from me and TW Jackson all your questions will be eventually answered

I do not spend my free time reading stories, but i am willing to answer any questions you may have. I do get lots of emails every day so please do not send me more then one at a time, keep them short, just ask questions, and try to keep everything on one email (reply to the same subject).

Study this guide, the magic of making up and all your questions will be answered. You can get your ex back only if...You are willing to **MASTER THE CONCEPT** and willing to invest in YOUR SELF and the future. Follow me and you can have what i have...  
A second chance with your ex :)

Getting your ex back is a process and it takes a lot of time and hard work. It will not happen over night and if it does it will not last. You have to go through a series of steps to get them back and you have to gradually pull your ex back.

The moment you apply any pressure on your ex you will begin to push them away. As you have noticed since the break up you have probably been applying a lot of pressure towards your ex and as you see its not helping at all. Getting your ex back is a **GRADUAL PROCESS** and it involves a series of techniques **PULL** your ex back.

I would also really appreciate it if you could email me letting me know how much you liked this free guide and if you could also let me know when you get your ex back. If you follow my advice and TW Jacksons advice you will eventually get your ex back or at least be friends with your ex so you can eventually get back together.

**IMPORTANT:** Listen, I have something i need to tell you! When you signed up it was to get this free guide, that is it! Why, I wanted you to see what me and TW Jackson can teach you before we gave you our special invitation to work with us **PERSONALLY** on a daily basis!

You need to be watching your email inbox for the special invitation from us for this once in a life time opportunity to work with us one on one and to receive help from us every day to help you make sure your ex comes back to you. If you **MISS THE INVIAION** then you will never get this opportunity again! We have 1,000's of people to help around the world so we can not sit around and "wait for you to take action!"

**WATCH YOUR EMAIL INBOX EVERY DAY FOR THE SPECIAL INVITAION!**

## "Why Men And Women Break Up With Their Partner"

If your lover left you and you do not know why. Sometimes you really have to dig to get the real answer. If your ex says **"Its just not working out"** There is a lot more to it than that. It could be a personal reason on their own behalf or it could be something that is wrong with you. If it is something that is wrong with you they may not want to tell you because they do not want to hurt your feelings even more or make the break

up worse than it has to be. You have to really dig deep to get the real reasons why your ex left you. Not by imposing your will by sending text messages, lots of phone calls, crazy voice mails, or stalking your ex. All of these things are just **OUTRAGOUS AND CRAZY!** If you want the real reasons you have to learn to see it



from **your exes point of view** and by reviewing your relationship. Also by being able to recognize all the positives and negatives of your relationship. It all comes down to **being able to understand the opposite sex** and by being able to truly see it from your exes point of view. After you analyze your relationship, think about it from her point of view, write down all the positives and negatives, you will then know why your ex left you.

Why do people break up? Sometimes it is hard to figure out and sometimes it just does not make sense to those that get dumped. In order to know why people break up you have to **be able to understand both sides.** I am talking about being able to understand the man and the woman in the relationship. Let me ask you this question. **Can you solve a mystery with only half the story? NO!**

Once you can understand the reasons why men break up with women and why women break up with men then and only then will you be able to see why break ups happen. Once you can see why it happens then you will be able to see it before it happens and prevent it from ever happening.

So why do men and women break up? **The reason why men leave a relationship is because they are not getting their ego feed.** In other words they are not getting the admiration they seek. If the man does not feel like he is getting that ego boost or that attention that makes him feel like a real man he will want to leave and get it somewhere else. Men crave that attention and they really want to feel like the woman is interested in him. Once the admiration is gone and the interest is gone well then so is the relationship.

A woman will leave a relationship for the complete opposite reasons a man will leave a relationship. **The two things that women crave more than anything is attention and appreciation.** It's the little things that women do that need to be appreciated. Like when a woman gets up extra early to make her man breakfast, when women have dinner ready for her man when he gets home from work, remembering the woman's birthday,



remembering the anniversary, or even when women do things in the bedroom for their man that they do not like but do it to make him happy. These are just some of the things that men have to show **Great Praise** and **Appreciation**. If these things get ignored, well then men can expect their women to leave them. Women will leave to find someone that will appreciate them and give them the attention they want.

**The Two most common reasons why relationships do not work is someone cheated or there is a lot of fighting going on.** The real reason why a male or female will leave the relationship when they get cheated on is because they do not feel they can trust you. **Nope!** That's what you were thinking. That is not the reason, that's what they want you to think.

**The real reason why a woman or a man will leave a cheater is not because they can't trust their partner it is because they feel their partner does not appreciate them and they feel their partner does not admire them any more.**

So now you know the main reasons why someone will not get back with a cheater. It is because they do not feel appreciated anymore, they do not feel admired anymore. By cheating it takes out the most important aspect of a relationship and that is the ability to feel special being with your partner.

T.W. Jackson explains how to get back your ex if you cheated, how to deal with a partner that cheated, and all the reasons why your partner would ever think about cheating. He also tells you how to see the signs and prevent the break up before it happens.

[Click here to learn from](#)

[T.W. Jackson "The Real Reasons Why Men and Women Cheat or Leave The Relationship"](#)

## **"How To Get Your Head On Straight And Get Rid Of The ILL Feeling."**

When you break up the last thing you want to do is start to convince your ex that you should be together after the two of you have just broken up. Do not start calling your ex and leave a lot of voice mails. Do not start leaving text messages saying "I miss you, I need you back, I am sorry i will change, I need you, why would you leave, bla bla bla, yap yap yap,do da do, Etc...."



You get the point. Basically do not beg, do not make your self sound desperate, and do not make your self sound pathetic!!! Let me ask you a question. **Do You Like Beggars?** If your going to keep harassing your ex, you could start offering them money to while your at it. Do you like it when people come up to you and ask you to make them feel better over and over and over again. How about if someone comes up to you and says **"Please be with me i am going to die with out you"**

I would think you would not like any of though's things. Its ok to feel a need to get back with your ex that is fine . But you want to keep your **Posture** and **Self Control**. The reason you get like this is because you start to panic. In fact, panic is the enemy.

**Panic Equals Desperation** - Desperation and being hot headed are the enemies. The Panic you feel comes from the immediate loss of control that you experience. By losing control of the relationship you panic.

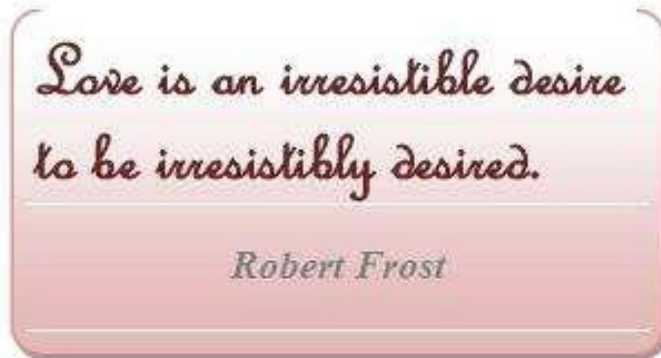
Lets say you are driving your car in the middle of a snow storm and you spin out of control what is the first thing you do. **YOU PANIC!** That is the first thing you do so you begin to do whatever you can do to regain control of the situation without thinking. **By panicking you lose the possibility to save yourself.** The first thing you want to do is think. Think about how do you get back on track and the right way to do it. If you just panic you will only make the situation worse. This is were most people really mess it up for them selves.

Remember **DONT PANIC, THINK!**

When your relationship ends you are suddenly in the world of the unknown. When you were in your relationship it was familiar. Now since the relationship is over you feel an immediate need to do something to help you regain that control. When you break up the last thing you want to do is panic. The first thing you want to do is take a break. What I mean about taking a break is simply put as **LEAVE YOUR EX ALONE!**

If you do not leave your ex alone you will actually make them more angrier with you and your ex will feel alienated. It is a waste of time to try and apologize right after a break up. Your ex **DOES NOT CARE ABOUT YOUR APOLOGIE.** If you try and apologize right after the break up your ex **WILL NOT LISTEN TO YOU** and it will just remind your ex of the break up. It will also **PUSH YOUR EX FURTHER AWAY.**

You should at least give your ex a month without any contact whatsoever. This also gives you time to get ride of the panic feeling that you had after the break up, clear your head, and move into a more strategic mode. Then you will be able think clear again and see were your relationship really feel apart. After there has been some distance between the two of you then you will also be able to have some real communication with your ex. This is really important because the last thing you want to talk about when you see each other or talk to each other is the break up. ***I repeat do not talk about the break up.*** Here is a good phrase for you to remember if you still feel like your panicking ***"Absence makes the heart grow fonder."***



### ***The No Contact Rule Explained (take notes right now!)***

When i say no contact i mean you can not initiate contact with your ex. You have to let your ex contact you and by doing this it gives your ex a chance to miss you, think about you, and want you back.

If your ex does contact you then you MUST RESPOND to them. If you dont then you miss a opportunity to take more control over the breakup not only that but your ex might think you are avoiding them.

It is a chance to show your ex that you are over them, are not desperate, and that you are doing great with out them. You do not want to say these things but it shows by sounding cool, calm, and collective in your replies to them.

When you do reply keep it short and sweet. This is how it should basically sound every time...

***"Hi, nice to hear from you, how you doing, that sounds good, well i have to go because i am really busy, i have plans with a really close friend tonight so i dont have time to talk.  
How about i call you in a few days when i am not so busy"***

If your ex continues to ask you questions right after this just say your busy and you got to go. Your reply should be really short. What this does is show your ex that you are doing great, could be possible seeing something else, and most importantly it paints a happy image of you in there mind.

After the phone call your ex will be sitting there asking themselves, Why are they so busy, could they be seeing someone else, and was it a mistake that i left them?

Your ex will now be WAITING FOR YOUR PHONE CALL and this gives you control over the break up! Your ex is know thinking of you again and this will began the process of making your ex want you back.

If your ex wants to know if you are dating say this...

***"Yeah, I am casually dating some people.  
Dont worry about it though, it's nothing serious?"***

As you say the last part smile at them to further stress on the fact that its not serious. You are not trying to make your ex jealous (dont do that). You are simple showing your ex that other people want you.

This will make you appear more attractive to your ex and make them work twice as hard to get you back!

All of this makes you appear more attractive them!

If you do live together, have kids together, and see each other on a daily basis then always keep the conversation on the subject at hand. Never talk about anything else other then your kids, your school work, or your job.

If your ex wants to start talking about something else just say your busy with what ever it is that you are doing together at the time and you will talk to them later. But, if your ex brings up the past say this

***"I know we have some unresolved feelings, I know (sound sympathetic) But, right now is not the time to talk about it, We can talk about this sometime in the future when the time is right, Ok"***

If your ex trys to kiss you or have sex with you DO NOT GIVE IN because you will be giving them complete control over the break up and that is the one thing that you do not want to happen.

If your ex wants to get physical say this

***"I am done with casual sex"***

then dont say anything and wait for a response

Your ex might say

***"its not casual"***

then you say

***"Oh really, what is it then?"***

This could make your ex want to commit or at least think about what they are doing. By not giving in to kissing or sex it raises your value and it makes your ex want it even more.

**PEOPLE WANT WHAT THEY CANT HAVE,  
AND THEY DONT WANT WHAT THEY CAN HAVE!**

If you just give into your ex its called PREMATURE RECONCILIATION and as you know i almost gave into my ex but i didnt. You have to keep your ex in the friend zone at all times and never use nick names or do anything that you did when you were dating.

The more reasons you give your ex to want you back the more they will want to get back with you. Think about it, If you kiss your ex or sleep with them right now then why should your ex care about it the next day? It will not mean anything to your ex because you obviously dont value it because your not together. So why should your ex care?

***A Technique To Get Over Your Ex And The Break Up Fast!***

If you are having a really really hard time getting over your ex you need to try your best to focus on something else. If you have tried everything to get over your ex and your still feeling that sick feeling in your stomach, you cant sleep, you cant eat, and all you want to do is lay in your bed all day feeling depressed? There is a way to get over it.

***There is a technique you can use that will allow you to fast forward through all the hurtful emotions that you are going through right now.*** It is like pushing a button to fast forward the pain. It will allow you to feel more balanced and rational. It has many uses. The best time to use it is when your trying to get over a pain or loss. It is a a system that you do three times a day. It Is called

## "The FAST FORWARD Technique"

This is a **WONDERFUL** technique. I have used it twice. I used it for when my ex broke up with me and when i had to perform in front of a lot of people. ***It makes you forget about all the stress and emotions that are causing you to over react .*** I would love to teach you it but i am not the expert on the technique. It would not be right for me to teach it to you. Its to hard for me to try and explain. It would be best for you to learn it from the man that created this amazing technique.



[Click here to learn from T.W. Jackson "The FAST FORWARD Technique"](#)

## ***"How To Pinpoint The Problem With Your Relationship That Ended It In The First Place And How To Evaluate Whether Or Not This Relationship Is Worth Saving, Or If Its Time To Move On."***

After you are over all the emotions from breaking up and you are no longer in a panic state of mind then you are ready to evaluate the situation. You want to find out where did you go wrong? ***What are the facts of the relationship you were in.*** What was really going on in your relationship? You should list them or at least be aware of the facts. When i say facts i am saying things like was there a lot of arguing, if so what did you argue about, how often did the two of you go out, How much quality time did you spend together etc... ***When your thinking of the facts BE REAL and leave your emotions out of it.*** Now you want to look at the positives of the relationship. You want to think about the way the two of you were in the "Honey Moon Phase" of your relationship , because that is were you want to be to restore the romance the two of you once had. That is what made the two of you a couple in the first place. Now you want to look at the negatives of the relationship. What caused the break up. Was it a bunch of small problems or was it one big problem.



Since you are now well aware of the positives and negatives of the relationship lets see if it is possible to get back together. Was there a specific problem that ended the relationship. Did the problem span the hole relationship or did it just happen. If it is a specific problem and it has just recently happened then the case maybe the two of you have not really tried to solve the problem.

This would be a relationship worth saving because its just one problem and its not something that has effected the hole relationship. Besides this problem, if you were happy a majority of the time then the relationship is worth saving. On the other hand if the problem is not specific and if it spanned the hole relationship. Then it will be a lot more difficult to work through the problem and you might want to consider moving on.

## ***"Does Your Ex Still Care? Find Out By Understanding What They Say And How They Say It!"***

Just by the way your ex talk's to you and the tone of their voice you can tell if you still have a chance with them. In order for you to be able to tell there is a really really really big misconception that I am going to clear up right now!

### **"Love And Hate Are NOT OPPOSITES!"**

What! I bet you are thinking that they are opposites and I am full of it(haha). Like I said this is a big misconception and you need to let me explain.

Love and hate are not opposites. So if hate is not the opposite of love then what is? **The opposite of love is complete INDIFFERENCE.**



**Definition of Indifference:** unimportance, little or no concern, an absence of feeling or interest, the trait of lacking enthusiasm for or interest in things generally, the trait of remaining calm and seeming not to care.

What indifference really means is no feeling whatsoever. Numb to the bone. **Love and Hate are both feelings and emotions. Indifference is the complete absence of feelings and emotions.** Love and hate are nearly the same. They are both feelings and emotions.

Think about it. If at first you love your partner then you get into a fight and then you hate your partner. But a few days later you forgive each other and now you love each other again. That is a thin line between love and hate but not a opposite.

By understanding this it can really help you understand how difficult it may be to get back with your ex. The line between love and hate is very thin. So even though your ex was screaming at you about how much they hate you. Remember, a week ago your ex was telling you how much they loved you and how they could not live without you. **See how thin that line is?** This is the kind of situation that makes it really easy to get back with your ex. See they Hate you. Which in a weird way this is a good thing because there is still an emotion.

**If you were in a situation where there was no emotion at all whatsoever and you were dealing with Indifference(No Emotion) it would make it almost impossible to get back with your ex. If your ex just Hates you there is still emotion(a feeling for you) and you can bring them back.**

If your ex is feeling Indifference to you then it will be really difficult to bring them back. If your ex is being indifferent then you might want to move on and save your self the future heart ache. If your ex still hates you well then you got a good chance.

This subject of Love, Hate, and Indifference is **EXTREMELY IMPORTANT!** When i was able to truly understand how my ex felt it made it so much easier to get my ex back. I found out how to react and act to my exes emotions. **I also learned how to make my ex act how i wanted my ex to act.** There is a lot of psychology and I am not the expert on this subject but it is information you need to know.

# Emotions Revealed

Recognizing Faces and Feelings to Improve Communication and Emotional Life

[Click here to learn from](#)

[T.W. Jackson "How To Use The Emotions Of Your Ex To Your Advantage"](#)

## "Break The Pattern. Make Your Ex Feel Like You Are A New And Better Person Then Before!"

People tend to remember people for the way they look, smell, and act. **People will link emotion to sights, sounds, and smells. When people get familiar with you their mind automatically makes emotional links.** When your relationship first starts there are no emotional links because the relationship is new. After being in the relationship for awhile you get familiar with the person and you begin to assume them to act, dress, and smell a certain way. This is when you and your partner begin to make emotional links.



If the relationship starts to go bad then the bad experiences begin to overtake the good ones. This is when we link bad feelings to the way the person acts, looks, and smells. What happens now is when ever your ex sees you they see all though's negative emotions. All though's negative links have built up in their thought process. So when they see you they think of how bad it got and forget about how good it was.

**In order to fix this you got to Break The Pattern!**

How do you break the pattern, Its simple. You have to change the way you look, smell, and act. The reason you want to do this is so that when you contact and meet your ex again your ex does not run the same pattern(emotional links). The same bad linked feelings when you broke up. In order to change your image you can lift weights, get your teeth whitened, get a different hair cut, get a different hair color, cut your facial hair differently, change the way you dress etc...By doing all of these things your ex will view you completely different when they see you again. It gives you a fresh start.

**It gives you a chance at another first impression!!!**

The First Impression I made on my ex is what made my ex want to come back. My ex did not feel like i was the same person when my ex saw me again. I found out from T.W. Jackson that if my ex felt like i was the same person then my ex would not want me back. I changed every thing about me. I got in great shape, i got a new hair cut, i bought new clothes, i even got a different car. There is so many things you can do to prepare yourself for your ex. The important thing is how you present yourself to your ex and what you say.



[Click here to learn from](#)

[T.W. Jackson "How to make The Best First Impression On Your Ex"](#)

## "Rebound Relationships Can Actually Help You Get Your Ex Back"

It is a good idea to have a few dates before you get back with your ex. It will help you get over your ex and it will also help with your self confidence. If you find it hard to start dating you could try online dating or speed dating. Any kind of contact with the opposite sex will be good for you. If you are on a date make sure not to talk about your ex and try to have fun with your date.

If you see your ex dating other people do not contact your ex and talk to them about it. In fact you should leave your ex alone and be happy that your ex is dating. **Yes i said it!** be happy that your ex is dating. Why do I say this? Well **because studies show that 90% of rebound relationships do not work.**

This means that your ex could end up missing you while they are dating and it could also set you up for a second chance if your ex's rebound date or dates do not work. Remember **do not bother your ex when they are dating this will just push them further away.** If you talk to your ex while your ex is dating be supportive. Let your ex know that your ok with it. By letting your ex know it does not bother you it gives you more posture. In other words your ex will see that your ok with it and that means your ex will be more willing to talk to you while or after your ex is done dating.

There are a lot of tricks that i learned from T.W. Jackson that made it really easy for me to get out there and date again. I went on a few dates after my break up because i could not get over my ex. **T.W.**

**Jackson says that if your ex sees you with someone else it can make them curious and make them want to talk to you.** My ex saw me with a date and actually contacted me first. I thought it would hurt my chances but it actually helped.



[Click here to learn from](#)

[T.W. Jackson "Using Rebound Relationships To Your Advantage"](#)

## "How To Call Your Ex Back For The First Time And Get A Date After The Break Up"

Before you call your ex you need to make sure that you are already over the fact that your not together any more and you can live with or without your ex. WHY? Because your ex knows how you are and how you act. **You do not want your ex to think you are desperate.** If your ex does not answer the phone do not leave a voice mail and wait a few days to call again. **I am sure your ex has a caller ID and your ex knows you called so do not leave a voice mail. This will help make you look like your not desperate.** Plus your ex might call you back. Your objective of the first phone call is just to see if your ex will have a get together with you, not a date but a get together. Do not say to your ex

**"Do you wanna go on a date."**

That is way way to much. Just Say  
**"I wanted to see how you are doing"**

if the conversation is going good, you could say  
**"Would you like to get together for like 30min-1hr."**

When you are talking to your ex do not bring up the break up and if they bring it up ask to talk about something else. The point of the call is just to get a good conversation going and hopefully to get together.

If the conversation is going good ask your ex to meet you for lunch, coffee, or something that does not involve a lot of time. **Do not ask to go out for dinner because your ex will think that it will be a long conversation or a confrontation.** You can make them feel better about the outing by letting them know that you will only have half a hour or so.

**You want to make sure the outing is no longer then 1 hour. No longer then 1 hour!** The reason why that is so so important is that if you keep the outing really short then you will avoid talking about the break up and you leave your ex interested in wanting to spend more time with you or wanting to have another outing since the outing was so short. The short outing also leaves you with more to talk about next time. If you do not listen to me and go past the 1 hour mark you could be in trouble.

You need to keep it under 1hr so you do not start talking about things that are not important and it will leave you and your ex with more to talk about later. So like I said to you. Make sure the outing is less or no more then a hour.



**The point of this outing is just to get on good terms with your ex and have your first good experience after the break up.**

How you end the outing is just as important as the way you started it. **End the outing when the two of you are having a good time.** So when your 1 hour mark is coming up and the two of you are having a good time cute the outing off. That is right! Just Cut off the outing by letting your ex now that you have to get going and give some kind of reason. **By stopping the outing at the climax it will make your ex want to go on another outing.**



Do not ask for another outing. Let your ex ask you. If your ex asks you out then accept it. If your ex does not ask wait for a phone call from your ex. You want to wait for your ex to make the next move. You have already made the first phone call and made the first outing. If you ask for more after that it will make you look way to pushy and desperate. Give your ex a chance to show if they are still interested. If your ex does not ask you on a outing or a date and does not call you then you can give your ex a call in 2 weeks and ask to go out on another outing.

When you go on a outing or a date with your ex you need to find out how your ex feels about you. You need to know if your ex feels comfortable around you. **You need to find out if your ex wants you to make the first move.** There is a technique you can use to test the waters with your ex and find out within seconds if your ex enjoys your presence.

Its Called

## "The Instant Reconnect Technique"

I used this when me and my ex were eating ice cream at cold mountain. I did it when i saw the signs to do it and i did it when i was supposed to. When we left the restaurant i grabbed her hand and she did not pull away. I was shocked she did not pull away. Because I used The Instant Reconnect Technique i did not get rejected.



[Click here to learn from T.W. Jackson "The Instant Reconnect Technique"](#)

## "The Proven Scientific Phenomenon To Get Your Ex To Bond With You On Another Level"

After you go on 2 to 4 outings with your ex the two of you need to go on emotionally charged dates. What are emotional charged dates? **A emotionally charged date are dates that have a lot of excitement and are not forgettable.** This type of date would include a roller coaster ride, a outing on a speed boat, a firework show, a magic show, or anything that is highly exciting.

The reason you want to go on this kind of date is for the psychological benefit of an emotionally charged date. **This is what you call a strong shared experience.** The shared experience will help link you and your ex emotionally again. When two people go through a very emotional experience it bonds them together. By having 4 or 5 more shared experiences you should be bonded back together! If you have made it this far this is where it becomes really interesting because you are almost back to dating your ex or you are dating your ex again.

When i took my ex on a emotionally charged date my ex kissed me. We were on a roller coaster and as we were going up to the very top of our ride my ex said "**This is awesome**" Then my ex kissed me. I could not believe it! The Emotional links and Shared Experiences that The Magic Of Making Up Talks about really matters.



[Click here to learn from](#)

[T.W. Jackson "How to use Emotional Links and Shared Experiences to your advantage"](#)

## "How To Have And Handle Having Sex With Your Ex Again!"

If you have re bonded with your ex now it is time to get that physical connection back. This is really important!

***Now for men you want to restart the sexual relationship ASAP because sex is very bonding for women. When women have sex again it will make them feel like they are back together again because of the connection they feel.***

***Now for women you do not want to sleep with your ex until you have a re-commitment from him. Men will commit to get what they want. They will also value it more after committing.***

The only time you should do any kissing or have any sex with your ex is when you get back together. One of the biggest mistakes you can make when you are trying to get back together is start kissing and have sex before your back together. If you do not kiss or have sex with your partner until you get back together it will make your ex want you even more.

There is a lot of reasons why men or women need to handle sex a certain way when getting back together. There is also a certain way to go about it and to even make it a possibility. I will have to say that T.W. Jackson makes it sound so easy. T.W. Jackson literally walks you through any possible scenario, how to get to that point, how to handle it when and after you have sex with your ex, etc... You will definitely want to here what he has to say if your serious about getting back with your ex. Once you get to the sexual aspect with your ex. This is when you will get a chance to be together again. But If you do not handle the physical aspect right you could lose your ex forever.



I am not going to put the pressure on my self to explain how you should handle a physical or sexual situation with your ex. This is something that you have to learn from T.W. Jackson. He spends a lot of time explaining how to start and when to start having sex with your ex. If you get to this point it will **MAKE OR BREAK YOUR CHANCES OF GETTING BACK TOGETHER!**

[Click here to learn from](#)

[T.W. Jackson "How to not lose your ex forever when you do or try and have sex again"](#)

## "Getting Back Together And Staying Together"

After you and your ex have had a lot of dates and your best friends again its time to see exactly were you stand with your ex and see if there is a possibility about you and your ex getting back together. You will want to ask your ex **"Didn't we make a great couple?"** By asking this question you get to see how

your ex really feels about the two of you spending time together. Wait for a response and see what your ex says. If your ex responds with a negative answer then It may be time to move on. At this point in time there is no need to keep trying to get your ex back. **The Truth is relationships should not be this hard to keep together.**

If your ex has a positive response to your question then **CONGRATULATIONS!!!** You could be back together already or very soon.

If you get back together it is very important to stay away from whatever it was that caused you and your ex to break up in the first place. Make sure you still continue to make the relationship exciting even though your back together.

**DO NOT GET LAZY AND DO NOT REPEAT WHAT CAUSED THE TWO OF YOU TO BREAK UP IN THE FIRST PLACE!** Always have weekly date nights to keep the spark alive. When you are going on dates give it a sense of adventure. You do not want to always go on the same boring date. Change it up and do something different to make your dates special.

One thing is for sure. When you get back together your relationship will be stronger then ever because you have been through a break up, your smarter, now you know what not to do, and what to do. But most importantly you will have a second chance to be with the one you love.



# Final Words

After i got my ex back and we got engaged again. I realized that i could help other people get back together because i learned so much from my experience. I made this free guide to help and show people that you can get your ex back and it does not have to be over. You only have one chance to get back your ex. If you want to get your ex back you need a system to follow. If you have a system to follow like i did when i was trying to get my ex back then you can get your ex back and be in love again.

You have to be willing to make the investment to get your ex back. Once learn all these things and everything TW Jackson teaches you will never have to worry about not knowing what to do during a break up, why it happened, how to prevent it, how to get over it, and most importantly have a complete proven system to get your ex back!

*Thanks again T.W. Jackson*

*To the man that helped over 61,259 relationships in over 59 countries*

[Click Here To Learn More About A Complete System That Teaches You Exactly How To Get Your Ex Back Even If Your Ex Has A Restraining Order Against You!](#)

**T.W. Jackson "Magic Of Making Up System"**

If you ever have any questions feel free to contact me or TW Jackson  
Remember...to watch your email inbox for the special invitation for us to help you save your relationship!



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