

10 **KILLER** MISTAKES TO **AVOID!**

Get Her Back Fast By Avoiding
These Critical Mistakes

By Vin Jones



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Get ready to get your ex girlfriend back. You're about to find out the top 10 mistakes guys will commit after a break up. These mistakes are detrimental and must be avoided or corrected at all costs.

Break ups can be easy and smooth or terribly tough. These critical top 10 mistakes will make things easier for you and quicker in getting her back. You'll avoid these mistakes and therefore save you time.

Don't fall into these pitfalls or you could damage your chances of ever getting her back or set yourself back even further in reuniting with her.

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Mistake #1 Panic Mode

Okay, the feeling of rejection more than just stings, it stings, burns, and consumes. It drives one into panic mode and makes one do all sorts of crazy things.

It's a fact that we tend not to like the fear of loss as humans. Actually, we dread it. We dread it so much we will try to do anything to keep it from happening.

So take a few deep breathes and try to relax. The next mistake will show you the effects of what panic mode does to you.

Mistake #2 Desperation

When you are in panic mode, you become desperate. Desperation will lead you to become over run by your emotions. You'll start laying on

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harassing telephone calls, text messages, or emails to your ex girl. You will plead, beg, and ask for a second chance or to get back together. Maybe you'll even take it as far as stalking her.

I surely hope not.

These acts of desperation must stop immediately. You are putting yourself in a very unattractive light. You want to get back together with your ex girlfriend, right?

Well, the only thing these acts of desperation are doing is making her run for the hills. Far over the hills away from you.

Mistake #3 Guilty As Charged

Another great mistake we make during panic mode is trying to make our ex girlfriend feel guilty. This act is caused by a combination of

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rejection and desperation. These are very strong emotions, and will take a lot out of you to refrain from committing mistake #3.

However, you must. Some forms of laying on the guilt are as follows:

- **You told me you would always love me. Now, I know you're a liar!**
 - **I knew you would hurt me like everyone else has**
- **All I did was give to you, and all you did was take from me. You're a user!**
 - **If you really loved me, why are you doing this to me?**

Please refrain from laying on the guilt trip. Doing this will not make your ex girlfriend change her mind about the break up. Actually, it will make her realize that her decision in calling it off with you was the correct one.

If you make this mistake you will only make it worse for yourself. It won't be impossible to get your ex girlfriend back, but it will make it a lot harder in doing so.

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Mistake #4 Just Friends

If you've made this mistake and agreed to her suggestion of "Let's just be friends," then you need to reverse this as soon as possible.

If you don't want to get back together then by all means continue to be her friend. However, I'm going to assume that you want her back as your lover. Not a friend.

Still having feelings for your ex girlfriend and remaining her friend is a death sentence.

I know, you're probably thinking it's wise to stay close to her so you can somehow worm your way back into being intimate with her. This doesn't work most of the time.

Do you really want to hear about her dating life. Do you really just want to be a "guy friend," which is basically an "ugly girlfriend" to women?

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Don't fall for this line of bull crap, and that's exactly what it is...Bull
Crap!

Remaining her friend will only cushion her fall.

Not yours!

You will make it easy for her to transition out of your relationship, but she won't do the same. It will be a one-sided agreement in which you will lose.

Then, when you grow frustrated, guess what will happen?

That's right - You'll start fights and arguments with her. However, this time you will only have yourself to blame. You were dishonest about being friends when you wanted more from her.

Eventually, you'll lose her friendship as well as your hopes to ever reunite with her as your lover. Don't make this mistake. If you already have, go into NO CONTACT immediately.

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Mistake #5 Not Learning How

Fact: The key to success is [getting the right information](#).

Fact: The key to success is applying the right information.

If you ever read some of the posts on these so-called “love forums,” you’ll understand exactly what I mean.

Many of the people there don’t get the right information, and they wonder why they weren’t able to get their ex girlfriend or boyfriend back.

They commit every single mistake there is, and don’t bother to find out what they’re doing wrong nor the right things to do.

Getting the right information is crucial, and I’m afraid there isn’t any way around it. For example, if you were convicted of a crime, who would you seek out?

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That's right!

You'd seek out a lawyer. Someone who knows the correct information about the law.

To represent yourself and not know a thing about the law isn't wise and quite crazy. However, a lot of people who desire to get their ex girlfriend back do this.

They aren't willing to get the proper information, and when they lose their ex girlfriend forever, they moan about it. Remember, it's up to you to decide how serious you are about getting her back.

Mistake #6 Self Medicating

Do not drown yourself in drugs and alcohol. That's with a period!

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I know you're missing your ex girlfriend like crazy, but alcohol and drugs aren't going to help.

In fact, the combination of drugs or alcohol while you're in a highly emotional state will cause you to do really stupid things. One example, is breaking the NO CONTACT rule.

When you're drunk, you get even more depressed, and this is inviting you to drunk call or text your ex girlfriend when you're suppose to be in NO CONTACT!

Having a beer with your buddies is fine, but getting plastered isn't. You are already hurting from rejection and in an irrational state. Drugs and alcohol amplifies this state to it's extreme.

You could end up doing something to hurt yourself, or the possible future relationship you have with your girlfriend.

Alcohol and drugs won't help to bring her back!

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Mistake #7 The Campaign

Are you a politician? If not, okay...don't run around like you're on some campaign. This means you don't harass your ex nor her friends or family.

Don't try to get the dirt from your ex girl's friends if she's seeing someone else, and don't try to pull the jealousy card. You know what I'm talking about.

That's when you tell their friends you're dating again, and hoping that they'll send the message back to your ex girlfriend.

Yes, you'll get a reaction, but not a good one. Actually, they might have a good laugh at your expense and right you off as a loser.

Another thing people will try to do is gabble to their ex girlfriend's friends about how they're changing this about themselves and that

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about themselves. This act is desperate, and they'll see how desperate you are in trying to [get back with your ex girlfriend](#).

NO CONTACT also means disappearing from your girlfriend's world for awhile.

If you two have mutual friends, let them know the absolute minimum about what you're up to. You don't have to be rude, just be vague.

If you need to read up on the rules of no contact then it's advised that you visit this link [here](#).

Mistake #9 Idealizing Your Ex

After being broken up with, you're going to idealize your ex girlfriend. Most everyone does this who has been rejected, but let me tell you that it's just all an illusion.

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Have you ever seen the movie *500 Days of Summer*? It's exactly what I'm talking about here about this mistake.

In the movie the main character is broken up with and completely puts his ex girlfriend on a pedestal. He mopes around, and remembers her as being so perfect.

He makes himself believe that she is the only one for him. Okay, these are illusions.

For one, your ex girlfriend is not perfect and nor is she the only one (out of billions of people on this planet) for you. If you really think about it, these are ridiculous statements.

Near the end of the movie, the main character begins to remember that she wasn't all that nice to him. He begins to realize he was idealizing her.

That old saying that love makes you blind is not far from the truth. I am not saying to stop loving your ex girlfriend, but remember she

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has flaws too. Just like everyone else.

What I am saying is stop lying to yourself. These lies tend to creep up on us at our most vulnerable times. They are telling yourself:

- **I'll never find another girl like her.**
- **She was the only one for me.**
- **I can't live without her.**
- **I'll never get another girlfriend.**
- **She was so perfect.**
- **I'm nothing without her.**

Lies like these are just plain ridiculous. Do not give in to them. They do nothing good for you except beat you down. Once you immediately sense any of these negative lies creeping up on you, get rid of them.

Remind yourself that they are lies, and stop them from taking over.

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Mistake #10 Waiting

Another great mistake a lot of people make during NO CONTACT is just moping around and waiting for their ex girlfriend to reconnect with them.

First of all, you should be active. Go out and live your life. Your life does not stop because of her. Stop putting all your concern on your ex and start putting it back on you.

You are the most important person in your universe. Make yourself happy at this time.

Go out and have fun. You must work on you at this time. So many people think that NO CONTACT is the cure-all. It isn't at all. If you rely purely on this technique, you are doomed.

Even if your ex girlfriend does end up coming back and all you've

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been doing is waiting around without bettering yourself, it will only be a matter of time before she breaks up with you again.

Improve yourself for you. Not just to get her back.

At least get back to the state you were when she was first attracted to you. Yes, there was a reason your girlfriend was with you in the first place.

SHE FOUND ATTRACTIVE THINGS ABOUT YOU!

Chances are somewhere down the line you stopped exhibiting those qualities that attracted her in the first place.

In short, don't mope around and put all your hopes on whether she contacts you again. Heal from the break up and begin to move on.

Even more so, have a plan for when she does contact you again. Like I mentioned before, having the [right information](#) is crucial. It allows you to be prepared.

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Having a proven formula that works is absolutely priceless. It's really essential for every aspect in life. You need to find what works.

This is another part to mistake #10 - waiting around before it's too late. Then you find that you're unprepared and you completely blow it when she contacts you again.

Below I've listed the primo guides that are **PROVEN** successful in preparing you with a complete formula to get your ex girlfriend back.

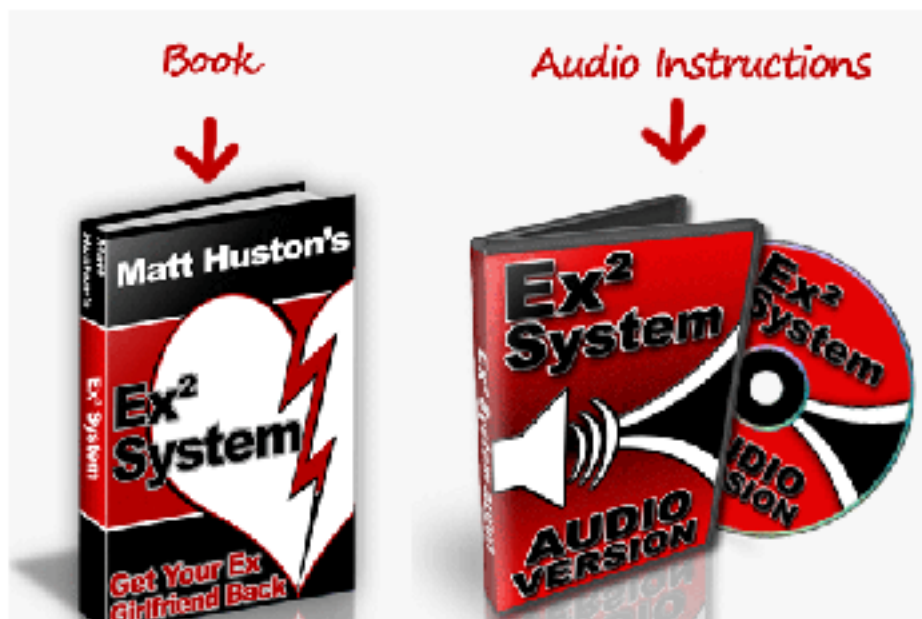
These are the exact guides I used to get my ex girlfriend back, and they have the exact blueprint formulas I applied to the letter. I stand behind them 100%, because they worked for me.

The Ex 2 System

This is the original get your ex back system, and one that I do highly recommend. It's an exact step-by-step blueprint that will teach you

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- 4 mega powerful techniques to use immediately so she'll be the one crawling back to you after trying these out!
- The SECRET reason she REALLY dumped you. It's NOT what she said it was!
- What to do and how to act if she's dating or just "seeing" someone else already.
- A step-by-step blueprint on what to do, say and how to act when you finally meet up with your ex girlfriend.
- How to keep her for good this time.
- How to stop a break up before it even happens.
- Plus much, much more. Click the image below to discover more.



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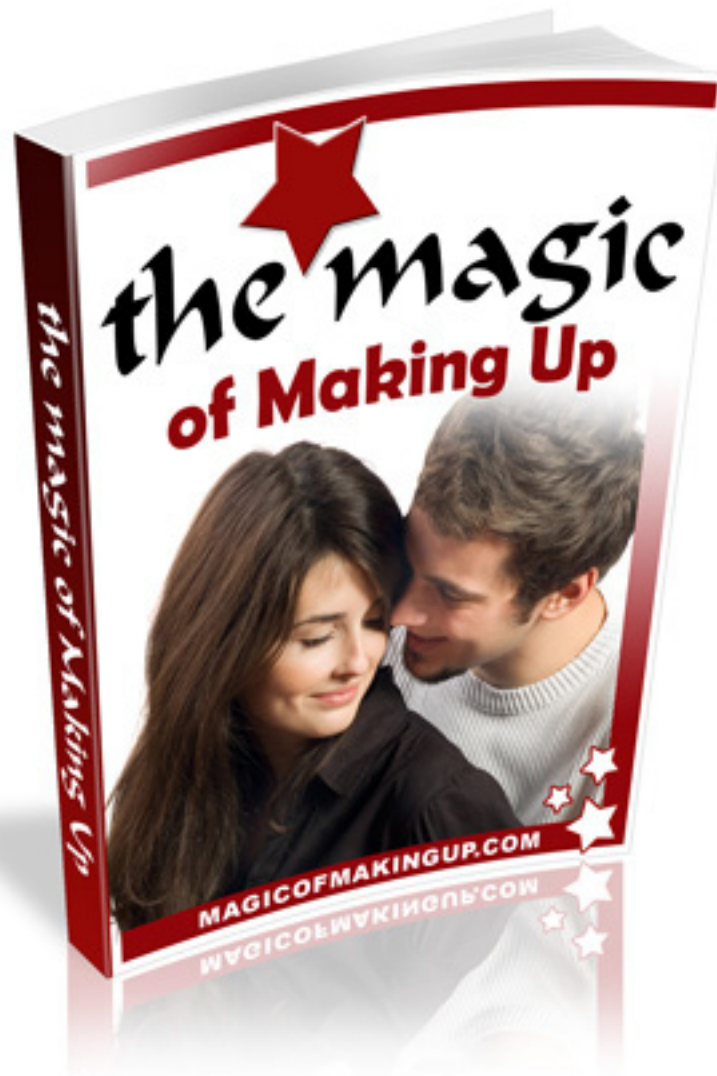
The Magic of Making Up

My personal favorite and the guide that started me on my path to get my ex girlfriend back. This is one of the most popular get your ex guides for a reason, folks. Here's how you'll benefit from this guide:

- The fast forward technique to get your head on straight fast and give you instant relief from the pain and depression of a break up.
- The TELL TALE clues that your ex still cares and loves you.
- The real reason why men leave women, and it has nothing to do with sex!
- What women desire most in a man. Master this technique and you'll have her back in no time.
- Instant Reconnect Technique that will trick her subconscious into thinking that you two are still a couple.
- The Bonding Secret...so powerful that there is no defense against it. Rebond with her instantly.
- How to difuse an argument before they even start. A simple little technique that works so well you will think its magic.

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Learn all these techniques and more. [Get The Magic of Making Up](#), and get your ex back today! Click the link or the image below to check it out!



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Both of the guides above I have personally used. One is not greater than the other. Both are quite informative and more importantly - **THEY WORK!**

To be perfectly honest, just getting one of these will increase your chances of success dramatically in getting back your ex.

The Ex2 System is a guide that helps men to get their girlfriends back. However, [The Magic of Making Up](#) works for both men and women.

Usually, my expertise is for the guys. I'm a guy. A straight guy, so my complete knowledge, experience, and focus was how to get my ex girlfriend back.

So most of my free ebooks, articles, videos are geared to help guys to get their ex girlfriends back.

I'm just being honest here. I have no experience in getting back an ex boyfriend. The least I can do is point you ladies in the right direction, however. Click the link to get the ultimate guide on [how to get your ex boyfriend back!](#)

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I may not have experience in getting back an ex boyfriend, but I do have experience in getting back an ex girlfriend.

We're still going strong too. Not only did I learn how to get her back, but I learned how to keep her as well. Both of the guides I referred you to will show you how.

So, remember to avoid these 10 mistakes. Be sure to bookmark [my blog](#) where you got this free ebook from. There will be loads of even more tips and strategies on there, and more free ebooks that will be exclusively available there.

Oh yes, and do feel free to comment on there as well. I'd love to hear your feedback.

If you haven't signed up to get my other free ebook *The Break Up 2 Make Up* then [click here](#) to get it.

Thank You & Good Luck,

Vin Jones