

# **EXTREMELY BAD ADVICE ON HOW TO PULL HER BACK**

**THE ABSOLUTE WORST  
ADVICE YOU MAY HAVE  
READ ON THE INTERNET**



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# INTRODUCTION

There's nothing more that upsets me when I read an article on how to get your ex girlfriend back and the advice given is just extremely bad.

The techniques these articles suggest are so way off base that the advice would push your ex girlfriend further away then pull her back towards you.

When my ex girlfriend first broke up with me, I went through hordes of information on the internet to learn [how to get my ex girlfriend back](#).

I had to sift and sort through all the extremely bad advice and the good stuff floating out there. It wasn't easy. Actually, it was a pain in the butt, which is probably why I get so flustered when I read this now.

I can tell which writers have actually used the methods and techniques to get back an ex, as opposed to those who are just promoting some product they didn't even have to use.

So, yeah, it irks me. Not too long ago, I was right where you were, just trying to figure out how to get my ex girlfriend back. I was lucky that I followed the good advice and information.

Just think, though. What if I had followed the lousy advice that's out there? That bad advice could have caused me to lose my girlfriend forever.

However, if that happened it would've been my fault, and I'll explain

that later.

So let's start shall we. Here's the extremely bad advice on how to [pull your ex back](#) that you should not follow:

## **BE ATTENTIVE TO YOUR PARTNER**

Yes, I actually read this is in an article. Can you see what's messed up about this step just from the title alone? It's two words: Attentive and Partner.

Look, you're trying to [pull your ex girlfriend back](#) to start talking to you again. She may be ignoring your calls or texts or her replies may be few and far between.

What you're trying to do is to get her interested in you again. So how are you going to be attentive to someone who just wants their space from you?

You can't!

Even worse about this advice. The word partner should be ex. She is not your partner as of now.

Hey, this advice is good for couples, but bad concerning how to get your ex girlfriend back.

# BE YOURSELF

This advice really struck me as written by someone who never dipped into their own pocket to get the right information to get an ex back.

I'm pretty sure this author didn't even bother purchasing the product he or she was promoting. How do I know this? Because 90% of the advice in the entire article was rubbish.

Unfortunately, this article is one of the most viewed articles in that particular category on ezine articles. I find that sad and disturbing at the same time.

Here's the problem with the "Be Yourself" tip the author highlighted:

Your ex girlfriend broke up with you for a reason. Whatever you were lacking, she thought was important enough to her to call it off with you.

If you just "Be Yourself," then even if you two do get back together and she realizes you're still lacking what she wants or needs for her to stay in a relationship then guess what?

It won't be long before she breaks up with you again!

Can you see why this advice is terrible to follow?

Just being yourself involves no work whatsoever, and when it comes to any type of relationship work is involved.

If you're not willing to work to get her back then don't get her back.

If you're not willing to work to make a healthy relationship last then don't get in a relationship.

Now I'm not saying you don't have to be someone you're not. Absolutely not. What I am saying is be a BETTER you.

There is nothing wrong with improving yourself. There's nothing wrong with growing as a person.

The fact that you're reading this ebook and hopefully my other ones is because you want to improve yourself and grow.

If you just have the attitude of, "I'm just gonna be myself, and she can take it or leave it"...well then guess what? She already left it.

I don't mean to sound harsh, but it's the truth.

The "Just Be Yourself" is advice mamma would give because she's biased and could never believe any girl wouldn't want her little boy.

# TELL HER HOW YOU FEEL

Do this if you do NOT want to [pull her back](#) to you! This is absolutely crazy advice.

We all know that after a break up we hit desperation and needy mode. A lot of emotions are bubbling up inside of us and that's more than understandable after being rejected.

I would really like to ask the author who spawned this advice - "So what would you suggest telling her about how I feel?"

Would I tell her - *I can't believe you're doing this to me! I thought you loved me!*

Or something like this - *I knew you would break my heart. Just like everyone else has!*

Maybe - *Your such a B@\*ch! I gave you so much and this is how you pay me back, you @#\$%!*

Like I said, shortly after a break up, we are highly emotional. Telling her how you feel is really a bad, bad, bad idea.

Even trying to communicate with her after a recent break up isn't a bright idea either. Why? Because your first initial reaction will be to try to convince her to come back to you. This will lead to argument after argument until she just ends up ignoring you all together.

Now if the author meant by telling her *how you love her and can't live without her*...this is the worst thing you can do. That line just oozes desperate.

I don't know how many times I'll say this, but I'll keep saying it -  
DESPERATE AND NEEDY IS NOT ATTRACTIVE!

Please don't follow this bad advice. Don't tell her how you feel shortly after a break up, because she doesn't care how you feel. It was her choice to break up with you.

She made up her mind about that so why would she care about how you feel? Go straight into no contact!

## **BE HER FRIEND**

Reading this was shocking, because it directly conflicts with the no contact rule. Accepting her friendship after being intimate with her is a DEMOTION! Make no mistake about that.

If you accept this demotion, you've just devalued yourself in her eyes. Even worse, though you won't admit - you devalued yourself in your own eyes!

Don't accept friendship. One minute you're good enough to be in her intimate world and the next you're not. Furthermore, you're good enough to keep around as a back up plan? Ridiculous!

Be honest with yourself. You don't want her as a friend. You want her as your lover.

I don't know what this Kook was thinking, advising to be friends with your ex girlfriend. Accepting friends is exactly what it is - friends. You've just lost a huge hand in trying to get her back. What cards does that hand hold?

- **Mystery**
- **Intrigue**
- **Fear of Loss**

Let's go over these cards and how accepting friendship destroys your chances of getting her back as your girlfriend.

**MYSTERY** - When you accept friendship you lose the mystery card. As a friend, she will know exactly what you've been up to.

She won't wonder if you're seeing someone new. She won't wonder how you are. She will know exactly how you are and what you've been doing when you remain her friend. Don't lose this mystery card.

**INTRIGUE** - Are you different? She won't be able to place her finger on it after you two reunite, but there is something different about you.

When you accept friendship, you give this card away. The surprise element always makes intrigue work best.

If she remains in your life as a friend then she will be able to witness your growth gradually. She will know and recognize what is different about you.

On the other hand, if you followed no contact correctly then she will be intrigued as to what is different about you when you two reunite afterwards. She won't have a clue.

This builds intrigue in her. Why are you so calm, and why are you so collect? Where is this new found confidence you seem to radiate come from?

The last time you two were in a conversation you were a bumbling, down-trodden, desperate, fool. Why the sudden change? In her mind, you are suppose to be sobbing over her and begging her to come back.

You are suppose to FUEL HER EGO! How is it that you found the strength to live your life without her?

Intrigue will play upon her vanity, and she will begin to get curious about you.

**FEAR OF LOSS** - Fear of loss is a very powerful human emotion. The reason why countries spend billions of dollars in military defense is because of fear of loss.

When you go into no contact and refuse to remain her friend, you are forcing her to feel fear of loss. You won't be there to cushion her fall. Nor will you be there to make it easy for her to transition out of the relationship.

This is a very, very powerful card to have in your hand. It's quite basic human psychology that we tend to miss something we no longer have anymore.

That something will be you and the relationship you two had together. Accept her friendship and she won't miss a thing, because you're still hanging around hoping she'll wise up and realize just how great you are.

The only thing is, my friend, there's nothing to push her to realizing just how great you are. When people fear losing something, we tend to remember just how great that something was, and we work to keep it.

## **DON'T USE GAME-PLAYING TACTICS**

This advice was also written by the author who suggested to just "Be Yourself." Of course, it's terrible advice.

To further the ignorance of this writer, he or she even went as far as to say these "game-playing tactics" don't work. Pure rubbish. I am living

proof that the tactics I learned do work.

These so called “game-playing tactics” WORK because they are based off of human psychology. Even better, many are based off of female psychology

How do they work? They trigger conscious & subconscious emotions.

Have you ever smelled something and was immediately reminded of a particular memory?

One time I walked into this store and the fragrance reminded me of this porridge that I had when I was a little kid. Now, I don't remember what this porridge looked like, but I remember it was really good.

I only had that porridge ONCE in my life. I don't remember where or when I had it. I just remember I was a kid and it was oh so yummy. See how emotional triggers are powerful stuff?

Are these tactics manipulative? Not anymore manipulative than her suggesting to “just be friends” when you know all she really just wants is to let you down easy. Or, use you as some back up plan.

Is [The Instant Reconnect Technique](#) a game-playing tactic? Maybe, but it works!

Is [The Bonding Secret](#) manipulative? Maybe, but it works!

All is fair in love and war!

And what kind of chance do you have of success if you don't have the proper tools and strategy? You wouldn't try to cut a steak with your finger, would you? A knife would be the proper tool.

It's the same principle.

Not having the right strategy is a sure path to failure. To figure out a Math problem you need to know the rules and follow the formula on how to solve it.

However, unlike a math problem, you really cannot afford to keep making mistakes until you get it right when it comes to getting back your ex girlfriend.

One little mistake may blow your chances permanently. I recommend you check out the resources section of this ebook if you are serious about winning your ex back.

As I have pointed out time and time again, the right information is crucial to success in any aspect of life.

I used the information from these resources and got my ex girlfriend back, so I know they work. I wouldn't recommend them if they didn't, and there's no way I would give any advice without it having worked for me.

Was getting the right information worth it? Yes, on so many levels.

My girlfriend was worth getting back. She's an important person in my life.

I guess that's the question you really need to answer for yourself: **IS SHE WORTH IT?**

If she's not, you can follow the bad advice outlined in this book. If she is then get only the best guides available to give you the absolute best chance of success in getting her back.

## **RESOURCES TO GET HER BACK**

### **THE MAGIC OF MAKING UP**

I will always give this guide much praise. It's the most popular get your ex back guide there is, and it has strategies that both men and women can use.

However, [The Magic of Making Up](#) is much more than a guide to just get your ex back. It shows you how to keep your ex by establishing a healthy relationship.

As you all may know by now, this is the very first guide I got shortly after my girlfriend broke up with me. It's the one that set me on the right path to get my girlfriend back and keep her.

**[Click Here To Discover The Magic Of Making Up](#)**

## **THE EX2 SYSTEM**

This is the original get your ex girlfriend back system, and still one of the best. The formula is easy to understand, and **The EX2 system** is a bit more structured than The Magic of Making.

The **EX2 System** is strictly a blue-print guide for guys to follow to get their ex girlfriend's back, which is probably why I think it's more structured or clearer than The Magic of Making Up.

Loads of tactics and techniques, and the package even comes with an audio version of the book for those who would rather listen than read. Well worth checking out.

**[Click Here To Discover The EX2 SYSTEM](#)**

## **PULL YOUR EX BACK**

Highly informative, and perhaps the most comprehensive book on the subject. I must say I like it a lot.

It goes really in-depth about the strategies. **Pull Your Ex Back** has tips, tricks, and techniques written for both men and women, and is very structured like the EX2 system.

**Pull Your Ex Back** ranks as one the best Get Your Ex Back guides out there and can stand toe to toe with the above heavy weights.

Of course, this is in my opinion. On the other hand, the guide has a very high success rate like both of the guides above.

**[Click Here To Learn About How To Pull Your Ex Back](#)**

Any of the three guides will do the trick. When I went through my break up and wanted to learn how to get my girlfriend back, I got a few guides.

Why? I'm sure you've heard of the advice, *Always get a second opinion when concerning doctors*. Same principle. I wanted to see if the information matched up at first. Later, I wanted to see if I could learn anything new.

I know the methods in these guides work. I'm referring them to you because of that, and so you don't have to spend extra time and money like I did to be sure you're getting quality information.

But it's up to you. If you're serious about getting your ex back then you're serious. If you're not you're not.

Like I mentioned in the introduction, it would've been my fault if I listened to the bad advice and lost my girlfriend forever. Why? Because I would've refused the good information. I'd have no one else to blame but me. It would've been my choice and a bad one.

Either way you choose, I wish you the best and success,

Vin Jones