



**SPECIAL
REPORT**

THE POST SPLIT

DANGER ZONE

- ▣ What To Do When You Can't Avoid Coming into Contact with Your Ex.
- ▣ Plus, 5 Essential Tips for Getting Through the Immediate Aftermath of the Split.

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The Post-Split Danger Zone

You may be worrying that unless you contact your ex immediately after the split, you're going to be "out of sight, out of mind."

You may worry that your ex is going to forget about you.

This actually isn't a bad thing. **A little bit of forgetfulness can actually be good.**

- *Your ex might forget the arguments you had.*
- *Your ex might forget anything they disliked about you.*
- *Your ex might forget why you split up in the first place.*

So it's your job to ensure that the parts of the relationship that your ex remembers are the *right* parts, not the wrong ones.

Unfortunately, any contact with your ex in the immediate aftermath of the split is more likely to bring up bad memories *rather* than good memories.

Because both of you are in such heightened emotional states, you're more likely to resort to emotionally vulnerable behaviors like arguing, crying, accusing or begging.

You need to get some space away from one another to feel what being separated *really feels like*, so that you can then make a sound decision as to whether you want to get back together again.

Sadly, there are many cases in which *some* contact with your ex immediately following the split will be unavoidable, and you need to have a plan for dealing with those situations.

When You Can't Avoid Coming into Contact with Your Ex

It's a funny thing, but relationships usually end BEFORE the other person is actually ready to deal with the consequences of having you out of their life forever.

The person who says, "It's over," usually hasn't thought about what it will take to disentangle your lives.

You may have belongings at one another's houses. You may have activities planned in the future. You may even have children together.

Sorting all that out is going to take time ... time that could work to your *advantage* or *disadvantage*.

If you absolutely *have* to be in contact with your ex because of mutual commitments, here are 5 points you should remember.

5 Tips for Getting Through the Immediate Aftermath of the Split

- **Don't be tempted to get into arguments or create delays just because you hope they're going to change their mind.** You're going to be tempted to believe that you're still together as long as you continue to have some sort of required interaction, but that belief isn't just false; it's actually *harmful*.
- **Don't be tempted to leave reminders of yourself with your ex.** You might "forget" to get something of yours back from their house, hoping that seeing it will trigger a reminder of all your happy times together ... but, unfortunately, at this stage it's more likely to remind them of your arguments and conflicts. Get *all* your things back and leave nothing behind. Use a third party to collect your belongings if possible; going yourself when you're feeling emotionally volatile will cause more harm than good.
- **Don't be tempted to draw your friends into taking sides.** Your friends are going to be an important source of support for you during this time, so treat them with respect. Being in the middle is a horrible place to be, and they aren't going to appreciate it if you use them as pawns in the battle between you and your ex. Avoid talking about the split with any friends that you know your ex will have contact with. Don't bring up the split at all unless they ask you specific questions about it, and then tell them that you don't want to involve them in what could be a messy situation. Whatever you do, *don't ask them for advice on how to get your ex back*. They will most certainly relay that message back to your ex and put all the power in your ex's court.
- **Act as rationally and disinterestedly as possible.** This is not the time for your true feelings to come out. There will be time later to tell your ex everything you've been thinking and feeling. At this point, your goal is to remove yourself from their life as completely as possible without resistance. It's going to be painful, but be as fair and emotionless around them as you possibly can. Getting angry or trying to force them to see things your way will just prove to them that they shouldn't be with you after all. Sometimes you might just have to cut your losses if there's a particularly sticky issue. When it gets hard, keep in mind how grateful your ex is going to feel to you when this is over. It's hard to stay angry at someone who's acting fairly and helping you out.

- **Cancel all plans for the future that you had made with your ex.** If your ex has promised to do something with you (or for you), assume that all promises you made to one another are null and void. This is especially important with regards to financial commitments, e.g. if your ex promised to pay for something. If you had plans for the future that depended on you and your ex still being together, look at ways of modifying those plans so that you can still go ahead with them on your own. Notify your ex if any canceled plans affect them. Once your ex realizes that all the dreams that you had together are now over – but that you’re still going to go ahead with them on your own – it may affect them even harder than it’s affecting you.



Knowing what to do about winning back the love of your ex is so confusing... until now.

You've just broken up and you're still hurting, yet despite an overwhelming urge to shut yourself off from the world and hide, a part of you wants to attempt a rescue in whatever way possible.

Nothing you seem to do seems to make a difference, and you look to others for help but find the advice lacking, or at worst, more destructive to helping you meet your end goal of getting back together.

The reason most people struggle with getting back together with their ex is that they don't have a clear, sequential system that they follow. They do the first thing that they feel is right, and simply "jump in" without knowing exactly what to say, or how to behave – and they make the matter worse.

Either way, any chance at getting back together and winning back the love of your ex is fast dwindling. Often the one thing you want to change, namely the behavior or cooperation of your ex, is the one thing you can't.

You need a simple, methodical, and effective course to go through.

What if this step-by-step, life-changing course enabled you to:

- Stop what you are doing right now that is jeopardizing any chance you have at success.
- Pinpoint the precise reasons for your breakup, so that you can get perspective on the relationship and its issues.
- Know exactly what to say and do in phone conversations, texts, and public encounters when they happen.
- Get realistic about your relationship fix and know the key behavioral characteristics to avoid.

Hey, despite all the chaos that's going on in your head and your life at the moment, I know you are smarter than you think. So you've probably guessed that there would be a product mentioned at some stage in this report.

And you're absolutely right – We're not going to hide the fact that we have a course that can specifically help you out of the hell you are living in right now.

I bet you would do almost anything to turn things around right now, but that's all for later. The first thing I want you to do is relax, and consider what I have to share with you.

My course that's going to change your life is called 2nd Chance: How to Win Back the Love of Your Ex.

You see, I really do want to see you turn things around and reconnect with your ex. I don't like loneliness anymore than you do, and letting the best thing that happened to you slip right through your fingers is the worst thing in the world. I can relate to that, and that's why I want to help you learn some of the lessons I learnt. Me and my colleagues did it the hard way through trial and error, but you get the benefit of everything you need to do, laid out step by step, all in one course.

Knowing WHAT to do is half the battle. Knowing that and WHEN to do it is where I can help.

In fact, it's much more than fixing a breakup. This is your opportunity to create a newer, even better relationship with your ex, so you don't keep repeating those damaging patterns of your past.

Remember, 2nd Chance is part of a suite of courses brought to you by Meet Your Sweet.com, sister company to 000Relationships.com.

Both companies have a wealth of experience in dating and relationship matters, and their stable of writers includes some of the biggest names in the industry, with Amy Waterman, Slade Shaw, and myself just to name a few. We have changed the lives of literally thousands of people who have empowered themselves to make positive changes in their relationships with the help of our courses.

2nd Chance: How to Win Back the Love of Your Ex is a 300+ page course that will help you:

- Discover that an apology is not what your ex is looking for
- Get through the immediate pain of a breakup
- Understand the many emotions you are feeling and what you are being called to do
- Learn what won't help win them back
- How to become a better, more fulfilled person in the process.



I want to help you realize what it takes to not only get back together with your ex, but to create a relationship even stronger and more fulfilling than before.

Be a success story instead of a breakup statistic by visiting:

<http://www.meetyoursweet.com/2ndchance/>

Plus, once you get started, you will wonder how you ever managed without it.

Your friend,

Mirabelle Summers
MeetYourSweet.com

P.S. Again, please give this some serious consideration. Do you want to be the one who is dealing with your breakup issues effectively and recreating a relationship that's stronger than before, rather than living a lifetime of regret at the one you let get away?

<http://www.meetyoursweet.com/2ndchance/>

