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You may be one of those who may be mooning over a broken relationship as you read this. And it is really a bad thing to experience especially if you are all for getting the relationship back on its footing. This is usually the time you will have people around telling you how you must move on or get over the whole issue and let things just be. Meanwhile you would be thinking that it's really easy for them to say.

But rather than sit there and moan over it and let people soothe you with false ideas of it being the best when you really wanted it to continue, why not read this and get to know how to get your ex back?

Here are a few things you can put into practice and you will be shocked at the results.

The first thing to do is to completely break whatever contact there is left. If this is impossible to do completely where you don't see or hear from or about your ex, then reduce it so drastically that it is immediately noticeable. And it should be for at least three to four weeks.

This is naturally the most difficult part because your mind might just always be on your partner and what they might be doing but you just have to bear it. The break in contact should be without warning and don't even send a text message or phone call or return an email. Just cease and desist from doing anything.

The next thing you should do to fill up that breaking of contact time is that you work on your mind and stop being or looking like a lost pet looking for a home. Shake up yourself and start something to deliberately occupy your time.

This is why you should get re-connected to life. You had old friends or current ones, get back together with them. Don't even think you are pretending because making sure you are happy as an individual is key to making sure you bring in your own quarter in a relationship to make it a happy one.

This next bit of advise is that you should take to exercising. You may even sign up with a gym and start taking it seriously. This is another deliberate way of setting up your feel good factor. The thing is exercises helps with the release of endorphins in you system and this gives you a sense of well being. Besides feeling better, you actually look better in physique and in you mind set. You begin to dwell on your achievements rather than your failures and the admiration you get for the results of your work outs adds to this to make you feel even better about yourself. Before long you might even begin to look at some thing dispassionately and know where things really went wrong. And your confidence level would have boosted to the point where you can really address issues.

The next thing would be to now make contact. When you do, have a mind set of avoiding talking about the past or the issue as such that caused the split i.e. if it's a specific issue that you have apologized for already. Don't pry into her personal life and don't share yours dating wise. It should be a light and short meeting and you should maintain your balance all through.

The nest thing you should now do is to fix a date with your ex that is very formal compared to the last one. But let it not be a dinner date as such but something that is charged and short enough like going out to a theme park and enjoying a roller coaster rides. The dates should be short and more than one.

Without really being conscious of it you have set up the right atmosphere to have past issues addressed and it might not even be you that will start the conversation.

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