

How To  
*Get Your Ex Back Fast!*

**Toy with the Male Psyche  
and Get Him Back  
with Skills only a  
Dating Coach  
Knows**

**By  
Gregg  
Michaelson**

*How to Get Your Ex Back Fast! Toy with the Male Psyche  
and Get Him Back with Skills only a Dating Coach Knows*

By Gregg Michaelsen  
“Confidence Builder”

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DISCLAIMER: As a male dating coach I am very good at what I do because of my years of studying the nuances of interpersonal relationships. I have helped thousands of women understand men.

That said, I am not a psychologist, doctor or licensed professional. So do not use my advice as a substitute if you need professional help.

Women tell me how much I have helped them and I truly hope that I can HELP you too in your pursuit of that extraordinary man! I will provide you with powerful tools. YOU need to bring me your willingness to listen and CHANGE!

Congratulations on taking the first step to learning, understanding and TAMING men!

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# *Get Your Boyfriend Back*

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## **INTRODUCTION**

Every day is a fight. Literally, a fight. We have become polar opposites and we both hurt inside from what the other has said. Where did I go wrong?

Six months later we broke up and I'm alone again.

Sound familiar? I have some ideas and some life experience that I would love to share with you, to get you back on your feet.

This book is different from other books of its kind because it doesn't just tell you how to get him back, it will also tell you how to KEEP him.

You might have heard the expression "Build it and they will

come.” But I have a new phrase for you: “Build yourself and he will come.”

Let’s use this phrase on our personal journey towards loving ourselves. And guess what will happen when we start focusing on the “build yourself” part? At the end of the yellow brick road you will be home. You will be home in the loving arms of a man. This is the “he will come” part.

Will this man be your ex? Yes, if you want him to be. But a funny thing might happen after you read this book: your ex may not be worthy of YOU anymore!

You are not alone in this. You have a friend to help you... and that’s me.

I want to put some ideas in front of you that I know will have an extremely positive effect on your life.

It starts with reeling you in from the cold and getting you indoors in front of a warm fire. That cold is the dating game of which you (and a lot of people) have had limited success at. That warm fire is the process of you regrouping, learning about yourself, loving yourself and THEN re-engaging your social life.

This book comes with a twist. I will help you get your ex back but in ways that are going to surprise you.

You have two different reads in your hands right now:

- 1) The plan to get your ex-boyfriend back, and...
- 2) You will return with confidence and this will hold your relationship strong.

How the heck are we going to do both? Easy! Because being single gives you time alone. And time alone, if embraced with my plan, will make you grow. Your ex will see you grow because we are going to hint at it to him via social media. He doesn't expect you to grow, he expects you to stagnate until he sees fit to take you back. And that may never happen without a pro intervening.

The choice is yours: you can go fetal in your living room inhaling Rocky Road ice cream with your mascara running off of your face or you can pull yourself by your stiletto straps, build a life without him and reel him back like a fish on a line!

*Let's get to work.*

The first part of this book will tell you exactly what to do to get him back in seven steps. The second part will make your personal life explode with my confidence course. I want you to perform the confidence course while you are single and waiting for him to react to the seven steps. Mix the two and your man will get you back with a SURPRISE. That "SURPRISE" will be YOU being a higher value woman. He will worry about YOU leaving him!

Now I know it will be tough with me preaching confidence while you're suffering from the break up but trust me, this will keep you busy while you improve yourself. Think Christmas, he returned his gift (that would be **you**) and I am going to re-wrap you into a shiny new toy he will NEVER want to return!

## **Your Odds, My Guarantee and Some Facts**

Now I can sit here and say shit like, "I guarantee I will get him back" just to rope you into buying another book like the 100 other books out there. No. I want to be honest with you. No one is that good of a writer or social guru to guarantee success when it comes to humans.

But this is what I CAN guarantee: I am a very successful male dating coach. This means I have a HUGE advantage over others as I know the dynamics of interpersonal relationships. Plus, I have six Amazon best sellers to prove it. Go ahead, take a look! And if it helps, today I am #1 in "Experimental Psychology."

Whoop-de-ass-Fuckin'- do!

I know, I know...but I felt I needed to throw some social proof your way.

I can also guarantee that there is a GOOD chance we will be able to stir enough emotion in this guy to get him to consider his mistake. And win or lose, we will certainly

have you feeling MUCH better throughout the process of getting him back because I am going to throw in my mini confidence course to keep you busy during my seven steps. No grumbling! This course is POWERFUL and FUN and NECESSARY.

And at the very least it will have you enjoying shoveling Rocky Road ice cream down your gullet while you grieve!

I know, that wasn't funny...I'm sorry.

Every situation is different and let's face it I don't know you or your ex. Every situation is also fluid; I can't be there to tell you how to react when he does. My analysis of my success on this subject is as follows: If I know you or him I can increase our odds of getting him back by about 10%. If I know both of you, the odds double.

So what I do is this: I take as many emails as I can during my week. So about ten people a week get through to me and we talk about a specific plan. So it's POSSIBLE I can talk to you directly but please, please don't beat me up if I can't get to you or I arrive too late. I actually enjoy helping people if you can believe a guy has that capability :)

My email is at the end of the book.

Of course, if you don't do exactly as I say then you're toast. This is usually MY biggest problem. Sometimes women just

can't recover over the breakup and aren't able to follow my steps. They believe me but they can't follow through. They just let time heal. I understand this. Breakups are hard.

Here is another SOOTHING fact. I have found that men return to their former spouses around 90% of the time NO MATTER WHAT YOU DO. You may not take them back but they will try. Now this could be in a week or after six years but they come back. Take solace in this when you're at rock bottom.

My job is to speed up this process for you by attacking the very inner workings of the male mind which I understand SO well.

And finally, I will not bore you with the loads of psychology behind my work. To me this is not necessary. I find people get bored and we tend to get off track when I bring that stuff up. If you're that type of person than by all means study. It just won't be with this book. I want this book to be short on words and HIGH on impact and absolutely zero bullshit. If you don't trust me then I won't be able to help you anyway.

## **Why He Left You**

I need to explain, in brief, the psychology behind my success of getting your lover back. Once you understand how our brains work you will be eager to follow my steps. Remember, I'm a dating coach so I know the nuances of manipulating

(call it a game or whatever) the man's brain and SHIFTING the power to YOU!

*And I've got the best sellers to prove it!*

So why are you single again? The answer may not be easy to figure out. But it will likely involve one of the following:

- 1) He got bored with you.
- 2) You made yourself too available.
- 3) You made him your hobby.
- 4) You are not a high enough "woman of value" in his eyes.

Of course, I don't know your exact situation and there could be others on the list. If he fooled around on you than I would forget about getting him back. I can still help you but he WILL do it again. If YOU fooled around than I CAN help you, as women fool around because they're unfulfilled and I can address that.

A guy needs mystery in his life and he NEEDS a challenge. This is innate to men. I don't care how deep you are into a relationship. THIS DOES NOT CHANGE.

YOU didn't present mystery and challenge to him (or you stopped) and he left you or he made things so bad that you left him. And even worse, as you saw things spiral out of control you reacted like the emotional person that you are and it made the situation worse.

You may have bitched at him for spending more time with his friends than you. Or you gave him ultimatums that boxed him into a corner. You probably made yourself even more available as he disengaged from the relationship.

This builds contempt—the opposite of challenge—and this is a relationship killer—EVERY TIME.

You have to re-read and accept these facts above. If you don't you will NOT do what follows and we will both be wasting our time.

The great news? We can reverse this. He thinks he knows you and that is going to change. You're going to show him mystery and challenge from afar. He is watching you. You can bet on it. He wants you thinking about him and wanting him back. And as long as this is happening, he knows he can get you back at ANY time. He gets the best of both worlds. He is single but he can pull you into his life like a puppet on a string.

## *Part 1*

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# **TIME TO ROCK HIS WORLD, LET'S GET HIM BACK**

### **Step # 1: Stop All Contact**

I'm serious. NO contact. Don't even respond to his "pity" calls. This is the MOST powerful step at your disposal right now. Stopping all contact can sometimes reel him back on its own. But that is NOT your goal. Yes I said it, THAT IS NOT YOUR GOAL. Why? Because this would ONLY be temporary. I want you to get him back and KEEP him.

You're upset. I get that. But PLEASE grieve with your friends, your cat, your dog or your family—NOT his friends or family.

Take this to the bank—he'll be back. Even if you do nothing, he will be back. It might take three relationships with other women but he will be back. Again, this is innate to a man. Guys don't like giving up their "stuff." And you're part

of his stuff. This sounds silly but it's true. He will have a weak moment and want you back. It could happen tomorrow or in six months but it WILL happen so use this fact to GAIN some strength.

In a guy's mind the IDEAL situation is to keep you around and be single when the opportunity calls. Of course, this is unacceptable in most social circles. Our goal is to reverse this and make him ONLY want YOU even though you're separated. You were close to being his only one; we just need a couple of tweaks while you're single to show him what you've got.

## **Step #2: The Letter**

I want you to wait four to five days after zero contact. This "waiting period" is important. It signals to him a "switch" in your mindset. Now you need to understand:

*This letter doesn't represent how you feel necessarily at all, it is solely meant to trigger a reaction in him that time is up-he is LOSING you.*

Remember, in his mind you're supposed to be a mess without him. Men think they are the only ones that can satisfy their significant others (after a while) and when they find out this not the case they REACT. To put my psychology in perspective, you're turning the tables on him and playing him like a man would play a woman. In fact, most of the tactics I teach use a guy's best offensives against him...It's amazingly simple and effective!

## The Letter:

*“John,  
I just wanted to say goodbye formally. Maybe for my own closure or maybe because I felt you deserved a better send off than how we ended it last week. I will miss apple picking with you at Brooksby Farm under our favorite tree (insert personal experience here)  
Goodbye John”*

Ok, obviously you may have to tweak this but you get the point. I'm sure this goes against everything you would like to say-fight this urge!

Here are the keys:

- It is very short, he expected a war and peace novel
- He is expecting a desperate plea to get back and he is getting just the opposite
- He just got a kick in the nuts...the realization that he is losing you
- You touched on an activity that you both really enjoyed. If sex was a part of it, even better (maybe you made love in that apple orchard)
- It's like YOU just broke up with HIM

Don't forget the "Goodbye." This puts a lump in his throat. This is probably the first time he has ever heard those words and they are POWERFUL.

What you DIDN'T say in this letter is almost as important. You didn't bitch him out. You didn't ask for another chance. You didn't act desperate. You took his collective mind and gut and twisted it into a ball and then lit it on fire!

I digress...

This kind of letter oftentimes will get him crawling back immediately but I strongly suggest you don't take the bait because it will fail again soon. He needs to CHEW on things for a while. And when I say chew, I mean he's thinking about you dating another guy, which means another man inside you. As warped as this may sound this is the male mind at work when he loses or gives up his woman. This is the trigger, this WORKS. For the first time in so many months or years, he realizes that you're ALSO free to date others...not just HIM!

This is the time when he thinks how sexy you are and how great of a lover you really were and all the little nuances about you come to light. Some men will have an epiphany. But you need to give him more time and do many more things with yourself (that's coming up) before you CONSIDER taking him back.

Keep that mindset and you will own this shmuck!

If he does respond and many men will, ignore him a couple of times and play VERY aloof. Be nice and considerate but too busy to get together. "I'm busy, maybe next week" say

things like that. He will think you're already dating someone else (this is good) so don't interrupt this thought process.

One more thing: I prefer a hand written letter verses a text. A text or email is too informal. A phone call is bad because it allows him to respond and your true feelings to come out.

We want this to be very personal and formal...something he will remember and save. A letter sent snail mail is almost obsolete and that is what makes it so special. Put your perfume all over it and on pink paper!

### **Step #3: Regroup, Deep Breaths**

Here comes the toughest part and this is where I can fail you. I can't be there to hug you. I wish I could. But remember my facts about him returning? That should help you, and so will the letter. You know sometimes you can just laugh when you are in such a shitty position, I know I can, temporarily at least. So what I will do is try to make you laugh:

*I am now juggling 2 coon cats, I am adding a 3rd, now a 4th, whoops I dropped the third, now adding an albino midget.*

Ok, maybe that wasn't funny (I thought it was) but you get the point—do something fun, watch some comedy or go hit the gym because I NEED you! Who will finish this book without you?!

Seriously, this is where you know what's best for you. Take a vacation. Spend time with family. Start shoveling Rocky Road ice cream into your mouth, whatever it takes to gather yourself. Try to regroup so we can continue. I understand this could take some time and I will be here when you're ready. But make this as quick as possible because this is the most critical time where you can be the most effective in gaining him back. This is the time when HE is questioning the break up.

Whatever it is that you do, DO NOT make any contact with him or his friends.

You will find keeping yourself busy works the best. This is a great time to force yourself to take on a new hobby to rebuild your confidence. More on that coming up.

#### **Step #4: You're Ready, Let's Change your Routine**

Great! The first part of this is to change your routine. Why? Because you've become predictable in his eyes, that's why. He knows what you do, where you go and who you hang out with. "But we broke up. He doesn't care about me so why should he care about what I do?"

Ahh, that's where you're wrong. He IS watching you, I guarantee it. He has his social network intermingled with yours and he wants to know that you're OKAY, yes, but he REALLY wants to know that you still WANT him and NOT

another man. He remains comfortable thinking that you're still at his beck and call.

*Change this as quickly as you can by breaking your routine and hanging with new MALE friends!*

This makes him think, "Wow, maybe she wasn't that into me" and "Hmm, maybe I made a mistake letting her go."

Change your routine. Go to a gym? Quit and join another one. Go out with your girlfriends on a certain night? Change the night, the girlfriends or the location, or all three! If you have mutual friends I would prefer it if you took a break from seeing them as they will report back about your status after the break up. You do NOT want this...yet!

### ***Dating***

If you can handle dating, I'd encourage you to do so. Go out on dates with new people. Just be sure these dates are not with any of his friends. Can't find a date? Go online and get a date. I teach this stuff and I can tell you it's 10 to 1 ratio men to women. So you have no excuse. Once you find a decent guy, take him to a place where you know word might get back to your ex.

Some women question this advice. My suggestion is that you trust me. Women say, "If I go on a date he will think it's over and he will start pursuing other women."

WRONG, WRONG, WRONG, WRONG! (enough wrongs?)

We do the TOTAL opposite. This is the TRIGGER that I'm talking about. We say, "I've got to try to get her back before I lose her!" Not only do we not want to go out with another girl, we get so messed up we can't THINK straight. We can't sleep. We can't eat and we can't jerk off (well, we'll probably do that.)

This is why you need a guy like me, to explain the difference between how YOU think a man will react and how he really WILL react.

Breaking your routine triggers his "I'm losing her" buttons. Curiosity into what you're doing and *WHO you might be dating* will drive him nuts. This will NOT allow him to concentrate on seeing anyone new...trust me.

I know this might be tough to understand as a woman. I know my tactics sound counterproductive. But if you do not get pro-active and make these changes then how will things change between the two of you? They won't. So what do you have to lose? Him? You already lost him.

Like a game of blackjack, you need to play your odds. And I give you the best odds of getting him back.

## **Step #5: Turn up the Heat**

OK, you're healing and starting to feel much better. Now I want you to turn it up by using social media. Facebook, we love you! Start posting subtle pictures of you with your new friends and make sure one of them is a cute guy. Don't go overboard. Just a pic here and there with your new friend (even if he's just a friend) and you can damn well believe that he'll be watching you on Facebook and Twitter.

What? He blocked you? No problem!

Respond to his friends every now and then as if everything is great in your life. Never mention your ex and NEVER act depressed. In fact we're going to have you build a new social network and I want him to see it through your friends and social media.

Let's face it, Facebook works perfect for this. Now the bad news is you may see him with new friends. Hang tough and stick to the plan. It is much more powerful for him to see YOU with new friends than the other way around. Remember, he broke up with you so he does not expect you to be seeing anyone so soon. Use this to your advantage and get dating as soon as you feel comfortable. Even if you don't feel comfortable, give it your best shot.

## Step #6: Slip in and Slip Out

This means slip into his life with statements/questions that confirm it's OVER. Then, slip out by breaking contact for a week or two.

Timing is extremely critical in this step. Contact him via text no more than once a week. Anymore and it becomes obvious that you miss him. Remember, he thinks you are chewing your own arm off waiting to get back together. This may be the case but you will NEVER show him this side.

Instead, you are freaking him out by reacting totally opposite! Can you say Mystery and Challenge?

*ONLY use this step if he is NOT contacting you, if he is then there is no need because you already have him hooked and questioning the breakup. One exception; if he is contacting you but still playing it cocky then DO THIS STEP!*

When you do contact him, say things that are subtly saying it's over. Grabbing things that are still at his apartment are great and asking for information that tells him you are making CHANGES in your life are the BOMB.

Say things like:

- “Hey, Can you throw my red sweater in a box and leave it outside your door?”

- *“Quick question, what was the name of the guy that gave you boxing lessons?”*
- *“We’re headed to Aruba, what was the name of that great bar on the water?”*

These statements STIR his MALE POT!

Your ex is left wondering:

- *“Wow, she wants the rest of her stuff...it must REALLY be over”*
- *“Shit, if she takes boxing lessons she will meet that guy Jeff that wants her bad”*
- *“Aruba? Who the fuck is she going to Aruba with—we just broke up?”*

This is EXACTLY how you toy with the male psyche! This is POWERFUL! Women have had tremendous success with this method and I know you will too.

This step provides one more huge advantage; some men are the “out of sight out of mind” types and this protects you against this. His thoughts are forced to stay with you and not another woman.

Couple points to remember:

- This is a powerful tactic, don’t overdo it. Once may be enough. Be subtle!
- You’re role reversing here. YOU are doing the FINAL

breaking up. DON'T have a weak moment and spill your guts to try to get him back. This will ruin everything. He needs to come back to YOU on his OWN time.

- Follow through! Pick up your sweater, take the boxing lessons or go to Aruba.
- Act very casual. This confuses him even more.
- Finally, you are toying with this innate fact; a man never likes to give up his stuff. YOU are part of his stuff the MOST important part of his stuff! Sorry to word it like that but you are. By slipping in and out of his life with these powerful phrases you are twisting his stomach into knots, causing him sleepless nights, and questioning the breakup.

## **Step #7: Wait for the Call**

At this point your ex will start contacting you. He may say things like, “let’s talk” or “let’s grab a drink.” Understand that he doesn’t necessarily want you back yet, but he wants to give you a “glimmer of hope.” He is trying to string you along as he feels he is losing you.

Don’t fall for this—this is VERY common and predictable!

This is where I will give you two options:

- 1) If you know you won’t fold then I say meet with him. Just stay very aloof and treat his ass like he’s now just a friend.

2) If you think you will fold then DON'T get together!

Both options will accomplish our goal of him thinking “He is losing you!” At this point you hold all the cards and things start to get fun because YOU are gaining control.

You MUST wait for him to make the first move. This could be one week or two months but you must resist the urge to fold or you will be right back where you were when the relationship ended. Trust me; I'm a friggin' dating coach! Ha!



## *Part 2*

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# **CONFIDENCE BUILDING TIME OUT: 3 STEPS**

### **Confidence Step #1: Building Your Inner Self**

Here is where we need to make some changes behind the scene. Let's take a time out and re build our self esteem.

This chapter might seem like a huge distraction but it's just the opposite. You see, gaining your self-esteem back after your break up is a must. Otherwise you go back and everything returns to the old ways that didn't work. No, this time I want you to GROW before you return. He will know that you're different and that you've become a woman of value and this will peak his interest, create mystery again and keep you guys together. Now you might be saying your confidence is fine. From my interviews, this is not the case. If your confidence was high then he would have never left you.

If I'm wrong and something else is going on then email me and let's talk about what happened.

So please read this chapter and then reread it and practice. You see, we grow when we're alone. This is when we take risks. Oftentimes in a relationship, our growth is stunted.

The cornerstone of confidence is your self-esteem. It's actually a precursor, or prerequisite, to the latter. That is to say that without self-esteem, it's literally impossible to possess genuine confidence.

To esteem something is to hold it in high regard, to value it. Not surprisingly, this mirrors your desired goal with men: to be a woman of value. That's exactly what attracts men to women. Therefore if you work on your self-esteem you're also improving your success with men. This is why we need to talk about your inner game, the space inside of you while you're single and questioning life. This is where it all starts.

Having self-esteem means you believe you're important. For many of us, unfortunately most of us, this is no easy task. When we're young we all exude a natural confidence. We're not afraid to laugh or cry or try new things. It's only later in life, as we're subjected to the many harsh realities of family, hurtful relationships and society, that our sense of ourselves can become tainted. This is a critical point to understand. Our natural state is one of esteeming the self. If we currently lack that awareness then it means we've gotten off track.

Nothing more.

If that's you, it's important to know that you're not broken. You're just lost. It's fixable and impermanent. But how do you go about fixing such a massive problem? I'm going to tell you.

First, you have to start off slowly and practice a series of small steps. There are a number of reasons for this. Most important, remember that it's not about *what* you accomplish when re-building your self-esteem, but that you accomplished *something*, however small. Right now is a time for moving forward. Understand that self-esteem building is primarily an inward activity. It's you being proactive about getting back in touch with the special person you already are and were the whole time.

And with each step forward you begin to build on the momentum you're creating, so that your belief in yourself grows. This is the fuzzy nature of confidence building. It is a scientific exercise in the sense of methodically accomplishing tasks to an end result, but at the end of the day there is a magical self-generating process at work and you need to trust that energy.

The first step is to become aware. Be conscious of what you're thinking and how you see yourself, even if it's painful. Get real about the voice in your head that tells you you're not good enough. You know this voice very well. It's been dominating you and mocking you and holding you down.

Your break up and the weeks leading up to it were traumatic. This will often trigger negative thoughts.

*I had this voice. I found it and I crushed it and let me tell you that the week this happened was the week that changed me for good in all aspects of my life, not just dating!*

This is how we deal with the negative voice.

Time to tell that girl behind the voice to get lost. Put her out of her misery. Remember this isn't you. This is a false image of yourself that you've developed over the years when things got rough. It may have become seemingly automatic but that's a lie. This voice that's been controlling your life has been unreal all along. It's time to get back to your real self. Commit to it. This is the first step to rebuilding your self-esteem.

Now that you've opened your eyes to the problem, the next step is to write down all of the great qualities you have, and recognize all the wonderful things you've accomplished. This isn't as hard to do as you think. I've found once you open the floodgates it's fairly obvious all of the positive traits you possess; the ones the voice in your head has been drowning out for so long.

Make a list of all of your positive attributes. Even small ones like the freckles on your cheeks or the way you thank

people at the grocery store. Just as that voice was so good at noticing your flaws, this new you (the real you) is even better at noticing what is awesome. Keep working with this process and writing down things as you notice them. It will come to grow into a never-ending list because there are literally an endless number of elements that make you unique and important.

Then build some of these into positive affirmations about yourself. Affirmations work because they presume you are a certain way and then place you into a positive mental outcome sometime in the future. An example of a positive affirmation might be, "I'm a naturally confident person and when I'm out in public men want to get to know me." Or, "I have a sexy voice and when I speak men are naturally drawn to me." Or, "My value comes from within and that's what men respond to, not just how sexy I look in a bikini. Or, "I'm special and people notice!"

Write down these affirmations and repeat them often throughout your day and EVERY time that negative voice pops up.

Remember that none of this has to do with an all-or-nothing, black-and-white mentality. Recovering your self-esteem and building confidence is a gradual re-awakening that is similar to what you see in nature. A flower doesn't force itself open in an instant and snow doesn't thaw all at once. Picture yourself in a way that makes sense to you

that's in alignment with a similar image. Like any other living thing it takes time to make things happen. Think more in terms of what level you feel at that moment on a scale of 1 to 10. If your self-esteem feels like a 5 one minute and an 8 the next, then dips down to 2 an hour later, then don't freak out. Eventually you'll see a gradual increase in confidence and that's what's important.

Once you've become aware of what's going on and listed your positive qualities (keep adding them!) then it's appropriate to begin making an action plan and executing it. Don't worry about the big picture at this point. It's not so important to figure out every detail or try and over-analyze things. Just keep moving forward in the vital areas above and keep building up your self-esteem. These things are also the same areas that will build your success with men.

Work on improving yourself while simultaneously doing the affirmations. This includes elevating the quality of how you treat others, how you hold your posture and carry yourself, the tonality of your voice, how you hold eye contact and the way you break it, meditation or some other calming device (maybe yoga) to get you centered and all the things that contribute to how you present yourself to both you and other people.

As you complete tasks, make a note of it and reward yourself, even if it's only a pat on the back. It's a constant process of monitoring yourself and focusing on what you

do *right*. Sure it might seem like an unfairly stilted game to your benefit, but get used to it. That's what it feels like to look out for yourself, to put you first. You are deserving of it and you are worth it. And soon men will instantly pick up on the fact that you value yourself. And so will your ex!

Ultimately, proper self-esteem requires a certain growing sense of responsibility. It's a proactive process that needs you to make it happen. And what is responsibility? It's literally your ability to respond to situations life presents you. And as you respond, time and time again, you gradually build the inner confidence that helps you respond more and more effectively in the future. And you won't be perfect. You'll make mistakes. You'll fall down. And then you'll get back up. And in doing so, you build the knowledge that you can handle life. And the confidence that you can do that is the essence of self-esteem.

At first it might seem like you are wandering in the dark. But remember: just because you can't see doesn't mean you're not moving forward. As the sun begins to rise in the distance you'll slowly recognize that you're in fact heading in the right direction. For now, keep your eyes right in front of you. That's what this book is all about. We're starting with the inner game because that's where you learn to make your way out of the darkness and step into the light. And that journey, which might often seem like a thousand miles, moves forward one step at a time.

### **Confidence Building Overview**

- The cornerstone of confidence is your self-esteem
- Self-esteem means you believe you are important—a woman of value
- Find your negative inner voice and displace it with a positive one
- Gradually rebuild your sense of worth
- Make a list of all your positive attributes
- Commit to improving various areas of your life
- Reward yourself along the way
- Take total responsibility for yourself
- It's okay to feel lost sometimes but stick with it

## **Confidence Building Step #2: Now Let's Find Your Passion**

I teach this to men in my best seller, *The Building of a Confident Man* and this applies to women too. This relationship has hurt you and you need to counter. How? You become a higher value girl and that starts by pursuing your passions.

What are your passions? You might not know, and in fact many people don't. Hell some people die without ever realizing what their passions were. This will not be you. You see, passions have a domino effect on your inner self. They make you happy, they keep you busy, and you meet new people (meaning new guys) who have similar interests. You get good at them and you are capable of teaching and helping others.

This builds CONFIDENCE and makes you a woman of higher value. Your time becomes valuable. You no longer need or want to hang around your ex's apartment in your sweats! Your emotions are no longer controlled by the man in your life. Happiness becomes internally controlled and not externally dictated by him watching football all day on your anniversary.

This all starts with experimenting with a new hobby. Brainstorm. You remember that in high school right? Write down anything that has ever interested you because now you have the time and you need to keep busy.

- *Photography*
- *Writing books on Amazon*
- *Boxing lessons*
- *Volunteering at the animal shelter*
- *Salsa lessons*
- *Skydiving lessons*

Write down 30, narrow it to 10 and sign up for 2 or 3.

You may hate what you pick but so what? You will learn something. You will laugh. And you will meet some cool people. You will be able to write it off your list and try something else.

This is basic stuff and you may be saying how did I get here from wanting my ex back?

**THIS IS HOW YOU GET HIM BACK!**

He sees someone new and improved, a woman of value, and that's what a man desires whether he knows it or not. He is NO LONGER your hobby. You have interests in your life that he knows nothing about. He realizes that he's NOT your main focus anymore and this puts him in a panic. Your dress is different, the way you exude confidence...it's all WRONG in his world.

*Oh, but it's very right in yours!*

You don't need to understand and I don't expect you to. You're not a MAN. You need to listen to a man that knows (again, that would be me.) The challenge and the mystery returns to you. He asks you out and you say no because you have a race car lesson. He scratches his head and wanders how you changed so much. He thought you were lying fetal in your living room trying to get over him. You have become aloof by default and this triggers him to WANT you back!

*This is his SURPRISE!*

This is SIMPLE and it WORKS...now get to it!

### **Confidence Building Final Step #3: Building a New Social Network**

Your final step is easy: meet new people (guys and girls) while you're pursuing your new hobbies. These will be cool people, not idiots trying to get into your pants on Saturday nights at a bar. They will be easy to talk to because you will have things in common so there will be no pressure at all to ask a guy out. Read my best seller *The Social Tigress* for more on meeting the RIGHT man.

I like this step better than online dating. Online dating can be potluck.

You will meet higher value guys while pursuing a potential hobby. Of course what you pursue is very relevant too. Taking a wine course will get you there. Learning to shoot pool might not. You also hedge yourself in case your ex does not return or you decide you don't want him back.

Remember our seven steps above to get your ex back? This falls right into place with step four and five. You have broken your routine and now you can turn up the heat by using the social media and showing off your new friends!

## *Part 3*

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### **THE MEETING**

#### **Okay, Back to Your Ex: Meet Up and Talk**

He should be contacting you by now (If he hasn't I have a nuclear contingency for you later.) Now if you have followed my steps above and PRACTICED my mini confidence course you should value your time and yourself more than ever. This is good. You are now set up to respond the way you NEED to.

This time get together with him but change the time and/or place. Do things on your time. This is important since it establishes a precedent that you're NOT that into him anymore and your time is valuable now. This is critical.

Sometime before the date you need to reflect. What exactly went wrong and what do YOU want out of him

to make it right. You must have these answers to make things last. This is important. Be honest with yourself. The time to bring it up is NOT now but it will be coming soon. You should soon be in a position to state what you need because it is now you who holds the cards.

At this time I need you to read my best seller: *Who Holds the Cards Now*. I will give it to you for **free**! This book will help you immensely before the date.

Email me at [theseductionguide@gmail.com](mailto:theseductionguide@gmail.com) and I will send it to you. Mention the word, "GETGUYBACK" in the email. Please, the only thing I ask in return is that you give me an Amazon review on 1 (or both) of these books. If you don't want the book for free, I should be able to give you enough here to help get him back.

When you meet I need you to be very upbeat. Be happy even if you're having a bad day. I want you to show him something different. Wear something different. Be a bit wilder. Keep checking your phone (as if this meeting is a total inconvenience.) Have a few new sayings. This will peak his interest and get him wondering even more how you've changed. Hit him with a compliment followed by a negative, something like: "Oh John I miss those green eyes... too bad they weren't blue." Teasing is ALWAYS good.

*He will be screaming body language when he sees you... read it!*

## Contingency #1

If he is sad and depressed then he wants you back bad. You will be in the most powerful position and you can dictate the terms.

*Let him talk first.*

He will tell you that he wants you back in some roundabout way. Guys are “round-abouters” as I’m sure you know.

Don’t answer with, “I want to get married by April”, or “I want you to spend more time with me.” No. These are needy statements and this is what probably made him bored in the first place. These words need to be said (in a very different way) but now is not the time. This is only the first meeting.

Say things like, “John, I’ve been happy without you and **if** you’re going to be a part of my life then we need to work on being a team. If not, I can find someone who will.”

See the difference? This is statement from a high value woman. This is powerful. You are not bitching or whining—guys don’t react to that. Instead, you’re making it crystal clear that your time and your life are valuable now and you need a man and not a kid in your life. He knows he needs to spend more time with you. He knows you want to get married and have kids. This does not need to be repeated.

You say, "But Gregg, I don't want to play games."

Bullshit! The only people that don't need games (now and then) are the 70 year old couples holding hands in the park. They have found the Holy Grail to love and lasting relationships and I bow to them!

Is this a game? Hell yeah! And YOU need to play it when your man goes rogue. Granted, this is just a temporary game, but it's a game that all women need to play every now and then to keep their man in line.

I hate to say it but most men are dicks and if given the chance they will go back to their caveman roots, club every woman over the head and try to fuck each one of them. I'm here to stop this.

OKAY, that was a bit aggressive but:

*If you refuse to play or you don't know how to play, then you will lose your man to another woman!*

Now get back with him and make it clear this is just an "evaluation period." Delay sex for now, but on the next date go CRAZY on him like you've never done before! This will solidify your relationship and make him think that you have learned new stuff from another guy...ALL GOOD. This will make him 'step up his game.'

*We are competitive beasts so anytime you want something out of us turn it into a challenge or competition.*

“John, if you can leave the toilet seat down for one week I will make you a homemade dinner.”

OR

“John, I don’t think you can paint this room by the weekend, no worries, I’ll call a pro.”

In the future play the game exactly as I teach in *Who Holds the Cards Now?* when he goes rogue again (and he will).

## Contingency #2

If he's cocky and aggressive. He is shit testing you. He will probably say how great he is doing and want to find out who you may be seeing. He could be faking sad and depressed but you can't take the chance. You need to hold your ground. Keep him thinking that you're dating someone even if you aren't. Challenge him with your own cockiness. Tease him but always stay upbeat through the whole meeting.

Then say this, "John listen I'm busy, what did you want to talk about?" This line will break down his façade and get him to be honest. If he moves to the sad and depressed side then follow contingency #1 above.

If he remains cocky then he's not ready to take you back. Continue with your seven step plan and stay patient...he'll come around.

And if I were you I'd take that time and find a higher value man just in case this guy is a waste of time. My best seller *The Social Tigress* covers that subject like the bomb! Hedge your bets.

### **Contingency #3**

*If he shows jealousy this is good.* This means he has low self-esteem at this juncture and you can have a heart to heart.

Again don't whine about what was wrong. Say how things need to be. Don't say, "I hate when you're always with your friends." Instead say, "I need a man who wants to get involved with my passions and I can get involved with his." This makes him want to solve the problem (this is what men instinctively do) instead of going into his shell when he gets scolded.

Again, the door is open to getting back together. Hold him accountable! Tease him with statements like "John, I don't care what comes out of your mouth, I'm watching your actions now." And "Remember, I've got other options dear." These are powerful statements that will keep a man inline before he decides to party all night with his friends!

## Going Nuclear

If you have truly done what I've outlined above then your ex should be trying to get back with you. If he hasn't there is a chance he hasn't noticed what you've been up to.

We have one more alternative.

Stir the pot and start hanging out with a friend or two of his. I'm not saying sleep with anyone as that will wreck everything. Just join them at a couple social venues once in a while. This drives guys nuts! Your ex will most likely react to this. This combined with your lifestyle upgrades should trigger enough emotion in him to want you back.

## *Conclusion*

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### **PUTTING IT ALL TOGETHER**

- 1) You broke up :(
- 2) You broke contact
- 3) You sent the letter
- 4) You re-grouped (I know, that was the tough part)
- 5) You changed your routine and started pursuing hobbies to find your passion/s
- 6) You turned up the heat by going out with your new friends (that you gained from the step above) and got him to notice through channels like Facebook, Twitter and responding casually to his friends
- 7) You slipped in and out of his life with relationship ending statements.
- 8) Simultaneously, you were killing off that evil voice,

working on affirmations and becoming a higher value woman

- 9) He contacted you, you read his body language and you responded appropriately
- 10) You got back together and you're keeping him in line because you have become a higher value woman with your new passions, friends and goals.
- 11) Finally, you know how to react when he goes rogue...  
*Can you say: I've got other options?*

If he still hasn't come back and months have ticked by than he simply might not love you anymore. You may have to accept this and move on.

I have had great success with my process to get a girl's ex boyfriend back and I hope I have helped you get yours back, too. At the very least I hope this book has helped you through the healing process, as well as help you understand men a bit more and/or finding a new and better guy.

Thanks for stopping by!

Your humble author,  
Gregg Michaelsen

## *About the Author*

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Hi I'm Gregg.

I'm one of Boston's top dating coaches. I'm a little crazy (maybe a lot), I break rules, I get bored easy and I help girls and guys get a clue.

I won't bore you with my professional bio. Instead I think you would prefer to hear my story of how I became a dating coach and what makes me qualified to coach you.

The irony is I came from a highly dysfunctional family. I saw my parents crumble before my eyes at an early age. Flying dishes seemed normal in my household. I came out a bit angry and proved it with 12 years of failed relationships.

But I started seeing positive things in my life too. I saw that couple, that elusive elderly couple holding hands in the park at the ripe old age of eighty. And it gave me hope! I am a problem solver and I can solve anything (I thought)... except relationships damn it!

After a long stretch of being single, in 2009 I had an epiphany. I WANTED ANSWERS TO LOVE. I decided to study my

failures and interview as many single people and couples as I could. I needed to find the secret to FINDING the right person and making it last. And do you know where I started? You guessed it, those elusive elderly happy couples!

Since then, I've talked with thousands of couples; happy couples, unhappy couples, single people of all types and everything in between.

I went to work and my friends noticed. They actually pushed me to start a dating advice website so I did. I started coaching guys. Now I own the top dating site for men; [KeysToSeductions.com](http://KeysToSeductions.com). My site has exploded.

Why? Because I give REAL dating advice that average men (and women) can use! Let's face it, if you have GQ looks or the body and face of a model then you don't need my help.

I listen to women. They blog on my site and help us guys attract and date quality girls. Women love us too because they get a better selection of men that "GET IT!"

Today, after thousands of interviews, I have done it...I have broken the code and I am in a great relationship myself because of it. Now I want to share my findings with YOU!

Lately, I have moved into writing and coaching women. The truth is that it was a natural next step. Being completely sincere here: I love and respect women, I honestly do. I have

no interest in manipulating them, nor would I ever need to. Over the years I have listened to what women have to say. I know them inside and out. My skills were honed at an early age. I just didn't know it. I was the little runt in my family - I have three older sisters and I am the only boy.

I've been doing the dating coach thing for so long now that it's safe to say I understand what gets under your skin, and what the biggest problems are with your dating lives.

I now have eleven Amazon Best Sellers, two of which are #1 Best Sellers. I am not a writer but I sure as HECK can show you how to FIND a great guy and stay happy with him for a long time!

Today I travel and teach in all the sexy playgrounds; LA, South Beach and Las Vegas. Call me Hitch or call me Gregg but just call me and watch how we can transform YOUR dating life or HELP your current relationship. I don't just write best sellers - I like to talk directly to my readers and I do as often as I can. My readers are my friends. I am humble and I want to help you.

So join me in my quest to SOLVE your dating problems and place you on a NEW and exciting path to an extraordinary relationship!

Gregg Michaelsen  
Confidence Builder

# *More Books*

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**BY GREGG MICHAELSEN**

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5 Lethal Steps to Win His Heart and Get Him to Commit*

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