



Getting Your Girlfriend Back

**Critical Mistakes Of The
Misinformed Man**

by: Derek Blandford

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Overview

Chances are you're here reading this because you're frustrated and confused about how to go about getting your ex girlfriend back. It's ok. Most men are. Learning how to deal with a breakup and knowing the right steps to take to repair the relationship isn't something Mom and Dad teach us growing up and there isn't a Breakups 101 class in high school or college.

Most men learn how to get their girlfriend back through trial and error. However, this is often a dangerous and costly process as you can make many critical mistakes without even realizing it. When you do, you will push your ex further away and ruin any chance you might have to win her back. The point of this report is to help you avoid making those mistakes.

My name is Derek Blandford and I've spent years researching the topics of relationships and breakups. I've written hundreds of articles online and have a strong understanding of what works and what doesn't.

Keep in mind, not all relationships are salvageable, even when you do everything right. But you can greatly improve your odds by avoiding stupid mistakes most men simply don't realize they're making. I've written this report in the hopes it will help you steer clear of those mistakes so you have the best opportunity to get your ex girlfriend back.

Throughout this report, you'll also find a variety of resources to help you in your relationships with women (like the one beneath the table of contents). I will tell you up front these resources are not free. However, they contain some of the best information available to help you be both a better boyfriend and a more attractive man in the eyes of women.

They are intended to help you in areas where many men fall short, and since they're all digital downloads you can view them and learn at your leisure in private without the fear of ridicule from anyone else. I encourage you to invest in any you think might help you. They can be the key to attracting and keeping the girl of your dreams.

Also, keep in mind this is not a full and comprehensive report about breakups and relationships. The subject is far too vast to be contained in just a couple dozen pages. However, this report will put you on the right path to getting your girlfriend back if you read it and apply it.

Ultimately, you'll want a step-by-step plan you can follow that will show you exactly what to do and what to say to get your ex back. You'll also want to avoid a lot of the crap advice that's floating around out there on the internet.

With that in mind, I recommend starting with the [Magic of Making Up](#). It's a PROVEN system responsible for helping over 55, 100 people reunite at

the time of this writing. If you're more visually oriented and prefer watching videos and listening to audio recordings rather than reading text, the [M3 Breakup Solution System](#) may be a better fit for you.

The good news is most relationships can be salvaged. It's very rare for a breakup to occur where both people don't think twice about the relationship and wonder if they did the right thing or not by leaving. The one thing you must do though is avoid the many seemingly small mistakes most men make that can have a devastating effect on their chances of repairing the relationship.

So with that, let's get started.



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Chapter 1: Understanding Women

Always remember that above all else in a relationship, a woman needs to feel APPRECIATED.

There's one thing women crave in relationships more than anything. It's at the heart of why most women leave their men when they decide to end the relationship.

Pop quiz time. Do you know what it is? It's not chocolate, although there are some women who would disagree. Would you be surprised to know that love isn't even the answer?

The one thing women crave over all others is *appreciation*.

If your girlfriend left you, it is very likely because she no longer felt appreciated even if that doesn't appear to be the reason on the surface. For example, you might think, "She left me because I cheated on her." While this can be true, the core reason is most likely that by cheating on her, you made her feel extremely unloved and unappreciated in the relationship. Understand this and you'll greatly improve your chances of winning your ex girlfriend back.

Many men have a hard time grasping this concept because they confuse appreciation with attention. You never hear a guy say, "She's such high maintenance. I just got sick of her needing appreciation all the time."

However, you do hear men say, "She's such high maintenance. She needs attention all the time." This is actually backwards.

What most women are lacking and needing is appreciation, and NOT attention. All women, including your ex girlfriend, absolutely NEED to feel appreciated by their man if they are going to stay in the relationship.

If you want to get your ex girlfriend back, you need to tell her and show her how much you appreciate all the things she does and used to do for you when you were together.

When you were in the relationship, did you appreciate all the little things she did for you? Did you appreciate her making dinner for you or did you just expect it? Did you appreciate her when she left you little notes around the house or made and/or bought something for you "just because"? Did you appreciate her calling you at work to let you know she loved you, or did you just get annoyed by it? Did you show her through your actions and words how much you appreciated her? Women crave appreciation and you want to keep this in mind as you attempt to get your ex girlfriend back.

So how do you go about showing a woman she is appreciated? If you're not good at this and can't come up with your own ideas, then a good way to do this is to mirror the things she does for you. If she always cooks dinner, surprise her one night by cooking for her. Leave a note in her car that she won't see until she goes to work in the morning. Bring her flowers one day

"just because". If that is too difficult, then the words, "I sure do appreciate that hun. Thank you." go a long way.

A woman will bend over backwards for you if she feels you love her and appreciate her. Be genuine. Don't say or do things in an attempt to trick her if you don't really mean them. That will get you a quick boot to the singles club permanently.

As you work on getting back together with your ex girlfriend keep this in mind. It will be difficult to show appreciation at first if you just recently broke up and aren't yet back on good terms, but take your time and don't rush into it. By showering your ex with appreciation when she does take you back, it's likely you'll be able to hold onto her for good. It really doesn't take a lot of extra effort to do, but the rewards can be astounding.



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Chapter 2: Critical Mistakes To Avoid If You Want Her Back

Now that you have a better understanding of your woman and what is ultimately most important to her in a relationship, you probably have a better understanding of some of the things you were doing in the relationship that could have been pushing your girl away.

It's now time to get her back. Below you will find a list of the most common critical mistakes men make while trying to get their woman back. Avoid these at all costs.

1.) Calling Too Much

When a breakup occurs it's common to find yourself in "panic mode". You're desperate to get her back and you feel like you have to do something FAST or lose her forever. So what do you do?

You call her. And when she doesn't answer, then what do you do? You call her again 15-20 minutes later. Then, you leave her voicemails begging her to call you back.

If you find that you are doing this, then stop it immediately. There will be time for phone calls, but you absolutely must give her space. Calling repeatedly not only annoys her and makes her want to be

that much further away from you, but it also makes you look desperate and needy which only confirms in her mind that leaving you was the right choice.

2.) Text Message And Email Terrorism

Just like calling too much, sending emails and text messages can also ruin your chances to win your girlfriend back. The term used to describe it is “text message terrorism”.

Do you find yourself constantly texting your ex trying to get her to talk to you? Do you send her emails over and over in the hopes she’ll respond? Do they ever sound like, “Please just talk to me.”

This does absolutely no good. Instead, every time her phone beeps indicating a new text she will instantly feel negative and painful emotions, and guess what, she’ll associate YOU with those emotions. If you want to win her back, you need to calm down, don’t panic, and cut off all contact for a while so she has time to clear her mind and actually miss you.

She can’t miss you if you’re constantly bombarding her with voicemails, text messages, and emails.

3.) Trying To Drown Your Sorrows With Drugs Or Alcohol

Another common mistake many men make is to try and drown their pain and depression after a breakup with drugs and alcohol. Drugs and alcohol aren't good for you to begin with, but they are deadly to a relationship when you're trying to get your ex back.

Drugs and alcohol will cause you to do all sorts of things that can drive your girlfriend further away or, worse yet, get you hurt or thrown in jail.

When you're drunk or high, you are more likely to do things like drunk dialing. If you've ever done this, you know what I'm talking about. You get drunk and then end up calling your girlfriend at 2 AM in the morning. She will be less than impressed by this.

Drugs and alcohol can also make you more likely to do things like sleeping around or saying and doing things you don't mean. All of these will push your ex further away, and you'll regret it later. The long-term impact of your actions is FAR WORSE than the temporary relief you might feel by having a drink or two, so don't do it.

4.) Trying To Contact Your Girlfriend's Friends And Family

When your girlfriend won't talk to you after a breakup, you want answers so you may be tempted to go to her friends and family to find out if she's been talking about you or if she gave them any

reasons for the breakup. Many men make this mistake, but it's very dangerous and usually ends up hurting more people overall.

Remember that your breakup is between you and your girlfriend. It doesn't involve other people. When you start asking her friends and family for answers, not only do you make yourself look bad, but you have the potential to cause rifts between your girlfriend and her closest confidants which makes her resent you.

5.) Going Over To Your Girlfriend's House Or Apartment

Many men make the mistake of showing up at their girlfriend's house or apartment when they can't get a hold of her. They mistakenly think that if they can just see her in person, then she will want to talk to them and work things out.

Instead what happens is you come across looking like a stalker. You might not even stop at her place, but you might be tempted to drive by her house to see if there are any other vehicles in her driveway. You need to resist this urge if you want her back.

You need to prove to her that you're the best man for her. She needs to see you in a positive light. Every time you do something that makes you seem creepy, clingy, or stalker-like you push her closer and closer to finding someone else to spend her time with.

6.) Showing Up At Her Work Or Places You Know She Hangs Out

Just like showing up at her house or apartment, it is equally just as bad to show up at her work or any public place you know she hangs out. Many guys try to do this because they think if they catch her out in public, she won't be able to be angry, yell, or blow them off.

Your breakup is a private affair. It has no place in the workplace or out in public for the world to see. If you show up like this, you will brew up feelings of hate, resent, and a million other negative emotions. Not only that, but if you get upset and start screaming and yelling at her, then you end up looking like an ass not only to her, but to everyone she knows.

7.) Trying To Buy Your Way Back In

This is very common among men, and it very seldom works. The thought process is, "If I buy her something expensive that she really wants, then she'll be so happy that she'll forgive me for everything and take me back." The problem is, women can see right through this.

Things like flowers and gifts should be bought during a relationship when things are good, not when they are bad. Guys get this ALL WRONG. Many guys only buy flowers when they are trying to apologize for something. Instead, you should be buying flowers

when the relationship is good to show your woman that you love her, appreciate her, and are thinking about her.

Save your money and avoid trying to buy your way back into the relationship. It won't work.

8.) Begging And Pleading

The main key to winning your woman back is to ATTRACT her back to you. You need to try and PULL her toward you rather than trying to PUSH your way back into the relationship.

When you beg and plead with your girlfriend to take you back, it makes you appear weak, desperate, and needy. Women do not find any of these traits attractive in a man. If you find yourself doing this, you need to stop it immediately.

Go out, have some fun, and be around some other people. You'll be much better off showing her that you're an independent person capable of being happy with or without her. That's what will ultimately turn the tables and get her wanting you back.

9.) Apologizing Too Much

If you know you did something wrong in the relationship that caused the breakup, then you may feel like a good way to get your girlfriend

to take you back is to apologize for it over and over. “Baby, I’m so so sorry. I’ll never do it again. I was wrong. I shouldn’t have done that. I’m sooo sorry.” Sound familiar?

If you did something wrong, it’s perfectly ok to apologize. In fact, you SHOULD apologize. However, be extremely sincere about it and do it ONCE. Once you’ve apologized, let it go. The past is the past and you can’t do anything to change it.

Instead focus your energy on learning from the mistake so you don’t do it again. You don’t owe your girlfriend multiple apologies and doing so will only make you look like you’re begging and pleading which we discussed previously.

10.) **Seeking Revenge**

The pain and emotion associated with a breakup often causes men to act irrationally. You may be extremely hurt or angry at your girlfriend for things that happened in the relationship, but you must take control of these emotions to keep from seeking revenge on your girlfriend.

Revenge could be in the form of many things. For example, you might be tempted to say mean things about your girlfriend or about another guy your girlfriend is interested in. You may feel like destroying things of hers if you lived together and some of her stuff is still at your place.

You may be tempted to go sleep with other women or flaunt other women in front of her in an attempt to make her jealous.

All of these actions are not only immature, but they are counterproductive. If you want to get your ex back, do you really want her to see you as a jealous, controlling, psycho man who can't control his emotions and who talks bad about people and puts them down to try and make himself feel better? I didn't think so.

11.) **Not Believing You Can Get Her Back**

Getting your girlfriend back starts with having the right mindset. If you don't believe you CAN, then you WON'T. It's as simple as that. Your actions and words will follow your beliefs. If you feel like you can't win her back, then you will mope around, you'll be depressed, you'll be desperate and needy, and you'll do all the wrong things.

On the other hand, if you clear your mind, remain confident, accept the breakup, and take on the attitude that you're going to be ok with or without her, then you'll do all the right things to attract her back to you. Just ask yourself, "Would my girlfriend prefer to be with someone who's depressed, angry, needy, and unconfident or would she rather be with someone who is fun, confident, and independent?" Act accordingly.

If you don't know how to attract your girlfriend back, then think back to the beginning of the relationship and act the way you did then.

Obviously you were able to attract her to you in the beginning when you had nothing to lose, and that's the same attitude and personality you need to have now if you want to attract her back.

12.) **Being Too Available**

This scenario usually plays out something like this:

You're doing everything right. You're giving her space. You're not trying to contact her all the time. You're doing your own thing and remaining happy without her. She sees all this or starts to miss you, and so she calls you. You're excited so you immediately pick up the phone and she says she wants to come over or she asks you to come over.

You immediately agree and rush to go be with her. Then what usually happens. The next day or so she thinks about it and tells you she just wanted to hang out as friends and it didn't mean anything. You're devastated yet again.

Instead what you should do is tell her something like, "Ya know. It's great to hear from you but I just really think we need some space right now. Maybe call me in a couple weeks and maybe we can get together."

That's so much more powerful and will have her thinking about YOU for two weeks. It sends all the right messages.



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Chapter 3: Your 3 Step Initial Action Plan

Now that you understand the most common mistakes men make when attempting to get their girlfriend back, you'll need to start taking action and putting a plan in motion. There are things you can say and do that will help you get your ex back, but that goes beyond the scope of this report.

If you want a complete, step-by-step plan to getting your ex back, I highly recommend the [Magic of Making Up System](#). You can find it here:

<http://girlfriend-breakup.com/makingup>

Doing only some of the steps mentioned here and not following a plan through to completion won't get you the results you want. However, I'll leave you with a few tips to help you get started on the right path.

Action Step 1

Accept the breakup. If you want to win your ex back, you need to act as if the breakup is final and you are moving on. This doesn't mean you are giving up. It will simply put you in the right mindset to get her back.

You can also turn the tables and get her thinking about you by doing the following. It's best if you can call her or tell her in person, but if she won't talk to you right now, you can simply send ONE text or email that says

something like:

“I’ve thought about things and I’m sorry they ended the way they did. I agree that a breakup is the best thing for us right now. Maybe down the road we can be friends.”

This sends all the right messages and it will get her thinking about you because she’s not expecting you to be ok with it. Just remember to keep it short and don’t try to contact her over and over.

Action Step 2

No contact. It is important that you give each other space. Avoid contacting your ex for at least 2-3 weeks. This means no texts, no phone calls, no emails, etc. If she tries to contact you, don’t be readily available.

If you do decide to pick up the phone, be friendly but keep the conversation short. Just tell her that right now you think it’s best to give each other space, but maybe you can talk down the road. You have to give her the time to miss you and think about you.

If you constantly contact her in ANY FORM, then she won’t be able to miss you. Missing someone is one of the biggest reasons people come back. Use it to your advantage.

Action Step 3

Do your own thing. Focus on self-improvement and being happy on your own. Go out with friends. Go have some fun. Try something new you haven't tried before or explore a hobby you didn't have time for when you were dating. Also, don't be afraid to meet other people.

You don't have to get into any kind of serious relationship, but it's perfectly ok to go hang out with someone. Just remember not to use this as a way to get revenge on your girlfriend or to try and make her feel jealous. If you're out with someone and your ex girlfriend sees you, don't make a big deal out of it. Similarly if you bump into her and she's out with someone, don't get upset, angry, or make a big scene. Just be friendly and go about your business.



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Chapter 4: Conclusion

Going through a breakup is a painful and confusing time. You may feel like your situation is hopeless, but I assure you it is not. Use this report as a guide to get you started on the right path to win your ex girlfriend back.

Don't make the same critical mistakes most men make. The simple fact that you requested this report means you're well ahead of the game. You already know much more than most men about how to win back a girl. However, there's still much more to learn.

There are still discounted copies of the [Magic of Making Up](#) available that you can get through the special link below. Tdub has a magical way of helping people repair their relationships, so I highly recommend spending just a few short minutes learning about his system:

<http://girlfriend-breakup.com/makingup>

Lastly, please let me know if this report has helped you. If you have additional questions, I'd be happy to do my best to help. You can contact me at anytime through the following email address:

help@iwantmyexbackfast.com

Thank you once again for downloading this report, and I look forward to hearing from you.

Hang in there. You CAN get your ex back.

Best Wishes,

Derek Blandford