

Jacqueline Nell

Regain *Romance* Method

The Secret of Winning Your Ex Back



www.RegainRomance.com

TABLE OF CONTENTS

TABLE OF CONTENTS	1
INTRODUCTION	1
HOW TO USE THIS COURSE	4
THEORETICAL MODULES:	4
PRACTICAL MODULE:	4
GET CONTROL OF YOURSELF	5
YOU CAN'T CONTROL ANYTHING UNTIL YOU CAN CONTROL YOURSELF	5
FINDING PEACE WITHIN YOURSELF	6
YOU NEED TO LOVE YOURSELF BEFORE YOU CAN LOVE ANOTHER	7
UNDERSTANDING YOURSELF, UNDERSTANDING HEALTHY RELATIONSHIPS	8
THE NUMBER ONE CAUSE OF RELATIONSHIP RUIN	14
SO WHAT HAPPENED TO YOUR RELATIONSHIP?	14
RUNNER VS. CLINGER – A DOWNWARD SPIRAL	14
RUNNER OR CLINGER, WHICH WERE YOU?	17
COMMON SIGNS THAT YOU WERE THE RUNNER:	17
COMMON SIGNS THAT YOU WERE THE CLINGER:	18
WHAT'S GOING ON IN YOUR MIND?	20
IF YOU WERE THE RUNNER.....	20
IF YOU WERE THE CLINGER.....	23
FOR BOTH RUNNERS AND CLINGERS	26
WHAT'S GOING ON IN THEIR MIND?	27
IF YOUR EX WAS THE RUNNER.....	27
IF YOUR EX WAS THE CLINGER.....	28
WHETHER YOUR EX WAS THE RUNNER OR THE CLINGER.....	29
RESPECT THEIR WISHES AND BE PATIENT	31
DON'T PROMISE TO CHANGE, NOBODY BELIEVES YOU	34
THE HOW'S & WHEN'S OF APOLOGIES	37
LET YOUR PARTNER COME BACK TO YOU	39
RESTORING THE RELATIONSHIP	41
HOW TO MAKE YOUR RELATIONSHIP LAST FOR GOOD	43
IF YOU WERE THE RUNNER.....	43
IF YOU WERE THE CLINGER.....	45
GENERAL RULES FOR ANY HEALTHY RELATIONSHIP	46
CONCLUSION	47

Introduction

I know how you're feeling right now. You feel like your life is over and now that your partner has left you, you feel like there is very little left to live for. You're not really eating and the food you do eat has lost its flavor, or you're eating way too much of all the wrong things. Colors seem faded and the volume has been turned down on all the sound around you. Any bad habit you ever had in the past is back in full force and stronger than ever. You're not sleeping, and yet you can barely drag yourself out of bed in the morning. You feel like you are floating around in a dream, hardly feeling anything on a physical level, but unable to make the agonizing emotional pain let up for even just a moment.

All day you think of nothing but your ex and how much you loved every minute you spent with them. As you walk around your house every ornament and piece of furniture makes you think of them. You hold onto photographs of them and stare for hours on end. One moment you're listening to sad song after sad song and getting lost in a quagmire of depression. The next you refuse to listen to any music at all because you can't bear the pain of hearing it.

During the day you can't concentrate on anything you have to do. You've already taken all the sick days you can, and now you're having to find new excuses for why you're behind on everything. When people laugh with each other, you can't even begin to crack a smile. You try, but it makes your face ache and your head hurt because not one ounce of you feels happy. You

feel a sense of despair that is more profound than anything you have experienced before.

Even the bad times and arguments with your partner, now your ex, have faded into the shadows of your memory. In fact you would give anything right now just to be in the middle of a squabble with them, if that was all you could get. You wish you could turn back time and undo everything you ever did wrong, but you don't know how. You would give anything to get them back, but you don't know what to give. There is nothing you want more in the entire world than just one chance to get your ex back, but you don't know how to get it. You are beginning to lose hope.

You have realized that if you are going to have any chance of getting another chance with your ex you are going to need help. You started looking on the internet for some way, any way at all, to get your ex to change their mind about you. Then, you found this course and now you have started reading and you hope that the answers you need are inside.

Well, I'm going to tell you something right away that might shock you. The real answers to how to get your ex back are *not* in this book. Do you know where they really are?

THE ANSWERS TO GETTING YOUR EX BACK ARE INSIDE YOU

What this course will teach you, is how to *find* them.

Believe it or not, getting your ex back is actually nothing to do with your ex at all. It is all about *you*. There is only one thing and one thing alone that you can control in this life, and that is yourself. However, when you do have complete understanding and control of yourself, there is almost nothing that you cannot achieve, including bringing your ex back into your life and forging a new and more powerful connection with them that is stronger than anything you ever had before.

You can't control your ex, but you can control yourself. You can learn exactly what to do *yourself* that will lead your ex to open up the door to you just a little bit. From there, you can learn exactly what to do so that your ex will start to see you differently to the way they do right now, and open that door up wider and wider. Your own thoughts and actions can bring your ex to the point where they are willing to talk to you and spend time with you again, and they can bring your ex to the point where *they* will suggest to *you* that you should get back together. Even beyond that, you can continue to do all the right things so that you stay together and form a stronger and healthier relationship than either of you have ever experienced in your life.

It all comes down to *you* and what you decide to *think* and *do*. Think and do the right things and your future is bright. I'm here to teach you exactly what those right things are. Read on, and discover the true path to getting your ex back.

How to Use This Course

Like any quality educational course, the “Regan Romance Method: Home Study Course” has a structure that should be followed if you want to yield the best possible results from the information held therein. The modules of this course comprise both the theoretical understanding you need to absorb and the practical steps you need to put into action. You should begin by reading and re-reading the theoretical modules until you feel you have a crystal clear grasp of the concepts they contain and then move onto implementing the practical steps.

Theoretical modules:

The Secret of Winning Your Ex Back - The module you are reading right now is the core theoretical module of this course. Please read this guide thoroughly before moving on to the next stage.

Get Control of Yourself - Once you have completely familiarized yourself with this main module, for reasons that will be explained, you should then move onto the ebook named “Get Control of Yourself”.

Practical module:

Action Plan – When you feel you have fully absorbed and understood the information in the theoretical modules, you are ready to put it into action. Follow the step by step plan laid out for you in the ebook named “Action Plan” and it will be just a matter of time until you get your ex back!

Get Control of Yourself

Right now you are like a junkie coming off a long and intense addiction. All of your emotional support structures have fallen out from under you and you are tumbling out of control. You feel like you are drowning and as long as you feel that way you are likely to drag down anyone that comes near you, and that includes your ex. To continue with our analogy of drowning, the very first thing you have to do is get your panic under control, start to swim and get yourself to dry land. By this I mean you need to calm down, stabilize yourself, and start getting your thoughts and actions back under control. It's only when you can properly control yourself that you can make the right decisions and take the appropriate actions that will draw the love of your life back to you.

Above all else, before you even think about contacting your ex to try and get them back you need to understand this:

You can't control anything until you can control yourself

Your number one priority right now is simple, you need to calm down, relax and find some mental quiet. Of course this is easier said than done. Right now your mind is racing at a million miles per second and all you can think about is your ex and how badly you want them back again. I know that it feels like a part of your body has been amputated, and I know that you would probably also consider giving an arm or leg just to get a second chance at the relationship. I'm here to give you a wakeup call though. That

kind of desperation will only *prevent* you getting your ex back and won't help you one little bit.

What seems to you like undying and complete devotion will come across to your ex as uncontrollable obsession. What your ex really wants is someone that loves them, not someone that has what seems only like an unhealthy dependence on them. If you're going to show your ex that you really do love them, and that it's not just an unstable obsession with them, the very first steps you need to take actually have nothing to do with your ex and are in fact all about you. You need to stabilize, get back in control of yourself and start being able to make conscious decisions again. You might think this is impossible right now, but I'm going to show you how to do it.

Finding peace within yourself

There is one thing you have to do that is more important than anything else. This will probably be the opposite of what you are thinking right now, and you probably don't want to hear it, but you must listen to this advice like you have never listened to anything before in your life.

YOU HAVE TO FIND A WAY TO BE HAPPY BY YOURSELF

This may sound counter productive to you, and you may think that you need to go to your ex immediately and gush endlessly to them that you can never live without them. In fact, you've probably already rehearsed your "I am lost without you" speech over and over in your mind already.

DO NOT, I repeat, DO NOT do this.

This is not what they really want from you right now. What they do truly want is a person that loves them for who they are, not someone that can't be without them because they are a cure for loneliness. The last thing you want your ex to feel is that you are crawling back to them not because you honestly love them, but because you can't handle being alone. This will just make them wonder if you would even be talking to them if you had someone else to fill the relationship gap. There is only one way you can make sure your ex knows how you really feel about them, and that is to first find peace within yourself. Once your ex can see that you are not motivated by a selfish desire to avoid loneliness your honest and true love for them will be plain to see.

You need to love yourself before you can love another

Often we use another person's love for us as an excuse for not loving ourselves. So many people feel that they are incomplete in and of themselves and then look for an external source of energy to make them feel whole. The truth is no external source can ever make you feel fully complete as a human being; not a substance you can consume, not an activity you can do, and not a person.

To feel fully complete as a person you have to find your own source of energy from within. As long as you are trying to extract your feelings of self

worth from your partner, who is now your ex, they just won't have enough spare energy to give you. A healthy long lasting relationship does not occur when two incomplete people come together and take energy from each other. It arises when two people who are able to find their own energy from within come together and voluntarily give it to one other.

Understanding yourself, understanding healthy relationships

In order to start getting control of yourself and giving yourself the chance of igniting a healthy relationship with your ex, you have to understand exactly what it means to have a healthy relationship that can last. This section will explain this to you.

You can imagine that when a person is able to find their own source of energy and self worth from within, they become like a perfect circle. The energy that they generate inside themselves runs around and around in an infinite perfect loop so they rarely or never run out of energy or find themselves needing to extract energy from another person. Two people who are complete in this way can be illustrated like so:

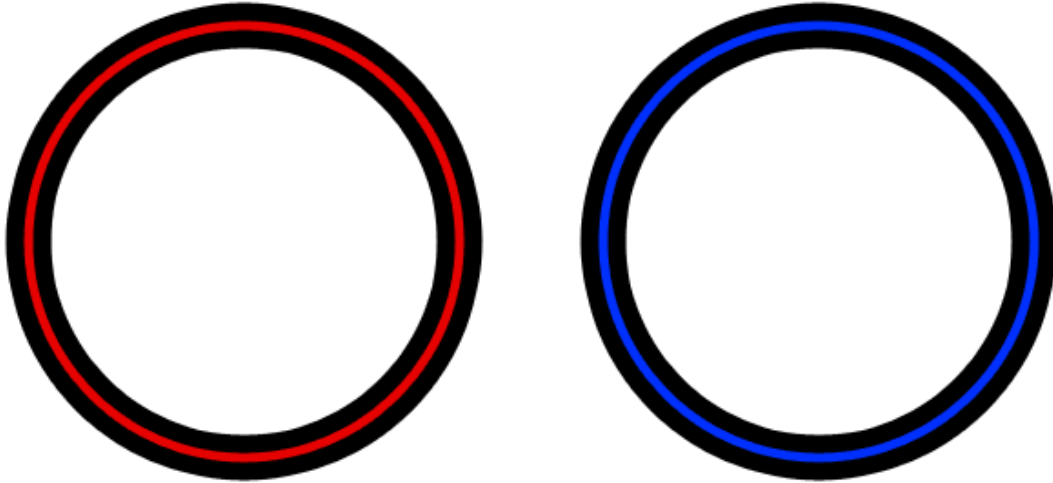


Diagram 1a: Two complete individuals

The black circle symbolizes a person who is complete as an individual, and the red and blue lines symbolize the way in which this complete and self contained 'circuit' allows their energy to flow within in an unending circle. This talk of 'energy' might sound a bit "New Age" to you, but I'm not talking about some vague kind of esoteric energy. I'm talking about having confidence without needing someone to constantly give you compliments and reassurance. I'm talking about being happy when you're alone and not needing someone in the same room as you every minute. I mean not finding yourself slipping into bouts of depression if you don't have someone or something to distract you and perk you up. These things are all about having enough of your own energy that you can keep going day in and day out under your own steam, not depending on anything external to keep you going.

Now a person that does not feel complete has cracks and leaks in themselves that lets their energy constantly escape so that they always feel the need to refill over and over again. Two people who are incomplete in this way can be illustrated thusly:

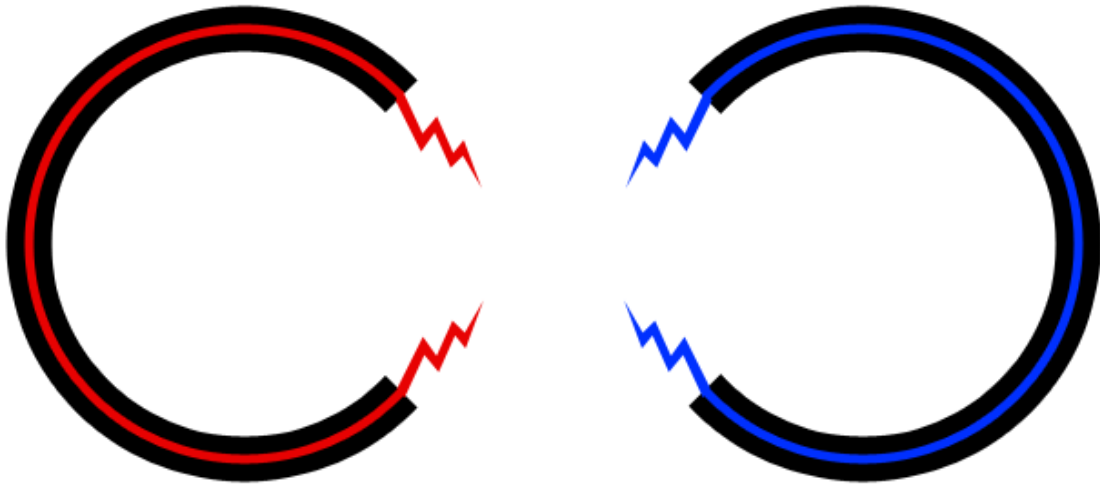


Diagram 1b: Two incomplete people

In this case the black illustrates the broken 'circuit' that is created by low self worth and other internal damage. When any circuit has breaks or gaps in it, energy will constantly escape, as is depicted by the red and blue lines in the diagram above. This 'energy leak' is experience in the form of depression, loneliness, lack of confidence, low self esteem and so on.

When two people come together who are incomplete, with energy constantly leaking out and the ever present desire to 'refuel', the resulting relationship can be illustrated like this:

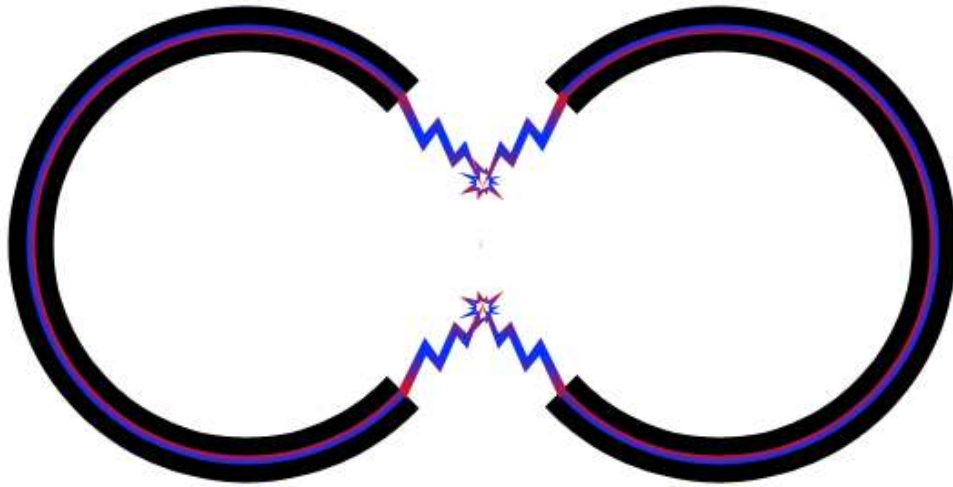


Diagram 2a: An unhealthy relationship

As soon as these two “broken circuits” come together, sparks start to fly! The energy of the two people will start to intermingle and both will, at least in the beginning, feel a new surge of energy that they did not have in their lives before. Depression is lessened by the energy the relationship brings. Self worth and confidence is increased by seeing that the other person cares. Loneliness is alleviated by the company of the person.

There is a highly energetic connection now, but still the two circuits remain incomplete. Over time, the ‘circuit’ that is drawing the most energy will drain the other one to the point of emptiness. Sooner or later, the person that now feels empty and has no more energy to give will have to pull away, leaving the other person with a huge energy deficit now that the source they have been drawing from is gone. It is possible that this has just happened to you.

On the other hand, when two people who are complete and independent in and of themselves come together, this is how it can be illustrated:

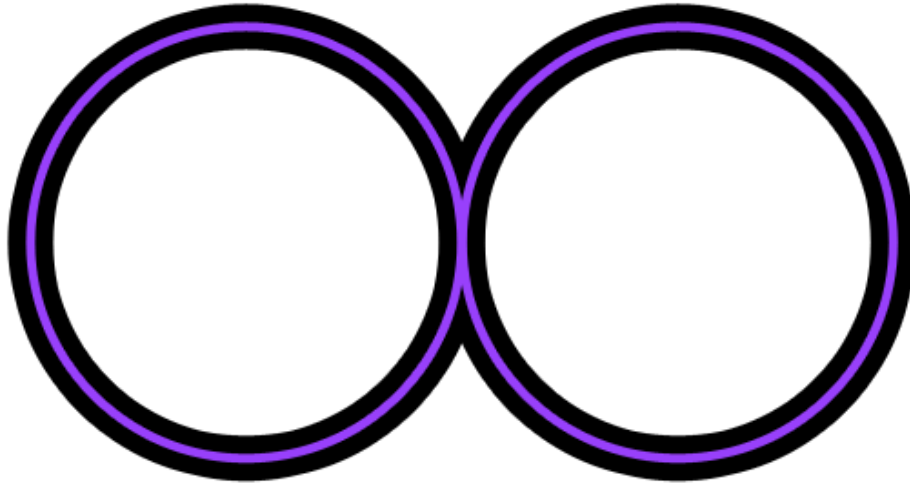


Diagram 2b: A healthy relationship

When two complete “circuits” come together, they form a new and even more powerful circuit. You will see in the diagram above that these two perfect circles now form a figure eight, which depicts the fact that not only is each person’s energy able to flow in a perfect circle within themselves, it is also now able to flow endlessly from one person to the other without causing any drain. In fact, because the connection between the two people can be made perfectly without gaps, the energy of both of them is able to blend perfectly, as illustrated by the purple colored energy in the above diagram – it is now a combination of the two original energies.

You will also see that the connection between two complete people takes the form of the symbol of *infinity*. This is because this is the kind of relationship that has a never ending source of energy behind it and will

never drain either of the people involved to the point of emptiness. This is the kind of connection that makes a relationship that can last forever.

Set the image of the perfect circle or complete circuit in your mind as the way you want to become in yourself, and set the image of the figure eight or infinity symbol as what you want to create in your relationship. Above all else, remember this:

**YOU CAN NEVER BE COMPLETE WITH SOMEONE
UNTIL YOU ARE COMPLETE WITHOUT THEM**

When you have finished reading this book and have everything I am teaching you clear in your own mind, I want you to then start on the Action Plan that you received as a part of this home study course. In there, I will take you through a step by step guide of what to do to calm down, get control of yourself and your mind, and to complete yourself as a person so that you can form a new, stronger and healthier relationship with your ex.

Now that you understand how to get control of yourself, it's important to spend some time learning the core concept of Regain Romance Method. To ensure your relationship is headed in the right direction, you need a mission plan. Regain Romance Method reveals precisely how to map out your plan.

REMEMBER: At this very moment, your ex sweetheart could be looking for a new date or getting into a serious relationship that does not involve you. **Any delay in taking action could squish any chance you've got of getting your ex back.**

Jacqueline Nell

Click link below to download the full version of the course for only \$17.99:

www.RegainRomance.com