

The Top 3 Common Mistakes Men Make That Blow All Their Chances of Getting Their Ex-Girlfriend Back

Which of these mistakes are you making?

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The Cornerstone of *Any* Successful Relationship Repair Strategy

What if I told you that there are 3 mistakes that are so common, yet *so damaging*, they're responsible for ruining every chance a guy has of getting an ex-girlfriend back? Not only that, but if you learn to recognize and avoid them you'd be (*at least*) 50% closer to your goal of repairing your relationship?

Naturally you'd want to know what they are so that you stay clear of them... or at the very least – stop making them right away.

Well that's what this report is about. You see, avoiding crucial mistakes while attempting to get an ex-girlfriend back is just as important - if not more important - as taking the right approach. Because it doesn't matter how effective a relationship repair strategy is if the person employing it renders it useless by continuously making errors. It's like a perfectly good aircraft on a journey. It's never going to reach its destination if the pilot doesn't know how to fly, right?

And after personally consulting with so many men (over 1,200 at the time of this writing) in different breakup situations a clear pattern started to emerge... The ones that were successful in getting their ex-girlfriend back (and in record time) had avoided nearly *every* mistake common to relationship repair. In contrast, the guys who were having the most trouble (or flat out failing) were continuously making errors and ruining their progress in the process. And out of all these mistakes – 3 specific ones stood out – not only as the most common, but the most damaging as well.

Now, since you're reading this I'm assuming that you too are trying to win your girl back. So with this in mind you must **read this report in its entirety**. I don't want you to miss a single word because it can mean the difference between getting your ex-girlfriend back and quickly putting this breakup behind you – or losing her altogether.

So let's begin...

Common Mistake #1: Glorifying the Relationship With An Ex-Girlfriend During a Breakup

Almost every guy I've ever consulted with has told me something along these lines: *"This girl is the love of my life... I now realize that we are truly meant to be together and would give anything for a second chance."*

Now, there's no doubt in my mind that every one of those guys truly loved their girlfriend and that you love yours. However, there's something seriously wrong with the above statement. That, my friend, is the little voice of despair talking.

And do you know why? It's a **logical reaction to rejection**. You, me, and everyone else *always* wants what they can't have. When something important is taken away from us we're willing to do anything to get it back. Not only that, but we concentrate exclusively on its positive aspects in the process. In the case of ex-girlfriends we think about all the good times we had and how great it was to be with them (i.e. *we glorify the relationship that previously existed*).

Now, just like everyone else there's no doubt in my mind that you too are guilty of making this mistake. But do you know what the problem is with this line of thinking... especially when it comes to a breakup? ***It causes you to operate out of need instead of desire.*** It leads you to acts of desperation that not only fail to get her back... but push her further away (e.g. begging for second chances, promising you'll change, excessive gift giving to make up for previous mistakes... even hard-core persuasion tactics).

What's even worse is that the more she rejects you the harder you'll push to be with her (if you haven't gone down this path already). It's a vicious circle that rapidly chips away at your chances of getting back together. And I'm sure you already know that eventually *she's going to get tired of this and move on to somebody else.*

So what then is the solution to this problem? Obviously... it's to stop glorifying the relationship. That is the *only way* you'll be able to control the impulses that lead you to act in a desperate fashion.

Now why is this so important? Because the moment you wipe away those feelings of despair your ex-girlfriend will instantly realize that *you don't need her* – you simply *want her*... She'll be able to sense it... and you won't understand the power of this until you witness it first-hand.

But when you are able to control your impulses, from that moment forward she'll stop resisting you. Not only that but she'll start opening up to the idea of getting into a new relationship with you that's even stronger than the one you had.

But how can you go about this? After all, it's not as if you're choosing to feel this way, right? And it's true... it's not your choice... but did you know that there's a simple exercise (that takes no more than 5 minutes to complete) that turns off the impulse to act in a desperate fashion like a light switch? You can [read more about it in this article](#).

Now, let's move on to the next mistake...

Common Mistake #2: Remaining Friends With Your Ex-Girlfriend During a Breakup

This is another huge blunder most guys make. They somehow (falsely) believe that if they remain friends with their ex that they'll keep other guys away and they'll eventually get back together. However, nothing could be further from the truth and if you're making this mistake then *please stop now!*

Here's why...

If you remain friends with your ex, what message are you really sending her? That the current state you're in is perfectly acceptable and you're OK with it. Is that what you really want? I don't believe it is. What you truly want is to be together as a couple... not friends - that is unless you've given up on the relationship and are willing to let her go altogether.

Pardon my forwardness with this statement but it needs to be said - I want you to know the truth... **In 95% of cases remaining friends with a girl after she breaks up with you is like digging your own grave.** What will ultimately end up happening is that she'll move on to somebody else and leave you hanging every step of the way.

And do you know why? Because you'll be helping her heal the entire time, and in the process, you'll be getting worse. You'll constantly be making attempts to get back together with her – and she'll continue to resist you. You'll be stroking her ego while crushing your own in the process. Again it will lead you into that vicious circle we spoke about earlier (and everything bad that accompanies it).

Now with that being said, **there are *only two specific circumstances* where it's OK to remain friends with an ex** (*in fact, it's necessary in order to win her back and you can [read more about it here](#)*). But out of the 1,200+ guys I've consulted with, these make up only about 5% of all breakup situations.

And now for the final mistake...

Common Mistake #3: Attempting to win her back through the use of tricks, ploys, and manipulating mind-games

Do you know what's worse than NOT getting your ex-girlfriend back? It's getting her back only to lose her soon thereafter (i.e. within a few days or a few weeks). Not only that – but to have her hating you on top of it. Well that's exactly what

tricks, ploys, and manipulating mind-games accomplish and it's unfortunate that many guys choose to go down this route.

They've been wrongfully led to believe that if you blatantly ignore your ex or make her jealous by dating a string of other women that she'll magically come running back. It's reverse-psychology at its *worst*.

And while the latter plays a HUGE role in winning your ex-girlfriend back (in fact, all 5 of the successful relationship repair approaches I've developed are based on this) – misusing it or abusing it can seriously damage your chances of reuniting with your girl.

Make no mistake about it – your ex is smarter than that. She'll see through any game or trick you try on her. Trust me when I tell you that you're in no shape to be playing games... your emotional state can't handle the consequences of losing.

And even if you do succeed in getting her back with tricks – your happiness won't last long. Like I wrote above, you'll lose her again in a very short time-span. Why? Because the problems that caused the breakup to begin with will still be there. Tricks won't get to the root of these problems. Only a well-crafted, properly calculated strategy can accomplish this. Everything else is but a mere “band-aid” in the face of a “wound” that's in need of serious care.

If I can leave you with one more piece of advice, it is this: **don't risk something as important as the future of your relationship with the girl you love by attempting to demean and disrespect her.** Furthermore, don't buy into the hype that this type of behavior will work in getting her back.

Advice of this sort is typically passed around by pick-up artists who view women as nothing more than another “notch” on their belts (and a set of digits in their black books). Their techniques and “tricks” might work well for getting women

into bed – but they're highly ineffective for maintaining a loving, lasting relationship.

For instance...

DID YOU KNOW... that there is one criterion (*above anything else*) that a woman bases her final decision to stay in a long-term relationship that has *nothing* to do with what initially attracted her? And that the reason you're going through this breakup is because you failed to satisfy this exact criterion?

DID YOU KNOW... that in order to *re-attract* a girl after a breakup your approach must include 2 specific things in addition to what attracted her in the first place?

Why do some guys get their girls back so *easily (and keep them)* while others try everything possible and **never** get a second chance to revive their relationships?

The startling answers to these and other mysteries of successful relationship repair are revealed in my article, [“How To Effortlessly Make Your Ex-Girlfriend Want To Come Back To You”](#).

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Dr. Karanastasis is recognized as the leading expert on men's relationship repair and creator of the first-of-its-kind course, *“How To Get Her Back For Good – A Shortcut Strategy For Getting Your Girlfriend Back Without Using Tricks, Tactics, or Manipulating Mind-Games”* based on the successful consultations of over 1,200 men in a wide variety of breakup situations. Click here for more details: <http://www.getyourexgirlfriendback.com>

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