

Finding the way back

How to end a separation or your loved one's rejection when you are the only one who wants to find the way back.

Table of content

TARGET AUDIENCE OF THE BOOK

INTRODUCTION

YOUR COUNTERFORCES

UNDERSTAND WHAT THE CRISIS DOES TO YOU

PREPARE FOR THE WORST

BECOME MYSTERIOUS

23 STRATEGIES THAT WORK

THE WINNING FORMULA

BECOMING YOUR BEST SELF

The target audience of the book

From a gender perspective, this book is written from a man's point of view, but the techniques and strategies described, works in large for women as well. Whatever gender, we are all humans, whose primitive minds act in the same way and are triggered by the same things.

This book is for you who has done everything you can to get your partner back, but who feels that nothing seems to work. You have implemented all challenging strategies you can come across, where you clearly communicated your love and your will to change, but nothing seems to bite on her.

When your partner says, she wants to divorce, of course, always start by doing everything you can to show her you want to change, want her to be happy and you're willing to work hard to make it happen. It can mean things like:

- Speaking to each other. Find out what is making her unhappy, and what you can change.
- Accept responsibility for the problems in the marriage.
- Signup couple counselling, if that is what she wants.
- Spend more time at home, if that is what she is missing.
- Plan a trip, just for the two of you to get some alone-time, to get closer.
- Surprise her on an ordinary day. Buy her flowers, write little love notes, and so on.
- Cook, clean and do the laundry. Make life a little easier for her. Show her that you appreciate her.
- Encourage her with genuine complements, about her looks, her work, her efforts in the home, with the children, and things like this.
- Show her love. Be sensual, tickle her back, hold her hand and kiss her neck.
- Tell your love how much she means to you, that you are willing to fight for your marriage.

I assume that you, who are reading this right now have really done everything you can think of, to bring her back.

Fighting for your relationship proves for your woman that you love her and that you want a future with her. Give your everything so that you get peace of mind knowing that she can never say, you did not do your best to get her back.

At the beginning of a separation, one often makes great efforts to win back his partner. But if or when you see that it doesn't work, my theory is that you will be more withdrawn and switch to a more distancing tactic. You make yourself mysterious man, as I like to call it. It's in just this theory that we will be talking more about further on.

Once she has decided to reject all your invites, efforts and attempts, it may be that, unfortunately, it has gone too far. That's when you're going to tone down and start working with tactics that affect her mind in a way that she will willingly come to you.

"I love you and I'm willing to fight for you, but I will no longer go on when I see that my efforts just push you farther away from me. I'll give you your space and wait for you to come back when you feel ready. "

Introduction

There are many factors that may have contributed to you having come to this place. Communication problems and misconceptions, physical or emotional infidelity, loss of feelings and attraction, middle age crisis, that you have hurt each other in some way and so on.

The reasons for why you end up in separation are not something I will go into. This book is about how to stop the separation and turn change your partner's cold response.

My main purpose is to guide you in what to do and how to be if you want to increase your chances of attracting back your loved one.

The reason why I chose to write this book is, that I, myself have been in the same situation.

Me and my wife had been married for over ten years, we had two nice healthy children, perfect economy and everything was going well, at least from my point of view. On and off we had the usual daily disagreements that most other couples have, but there was more, and I didn't see how serious it was. One day we decided to try a separation. To make a long story short, our trial separation became a hell where both her and I made every possible mistake, which made our little crisis enormous and we broke apart even more.

It was nothing we did consciously, but it was about the pressured situation, the feelings of betrayal and anger mixed with love and sorrow, revenge, counter reaction, and so on, meant that we simply could not think correctly or clearly.

A separation is an awkward situation where one usually thinks more with the heart and unfortunately not so much with the brain. This book will help you think and act more strategically and objectively.

Betrayal and anger in a marriage crisis drain your energy. Feelings can make us do things that we regret, such as withdrawing in a childish way and refusing to communicate with the partner, playing martyrs or engaging in unnecessary discussions that do not lead anywhere.

I do not think any normal person wants to be mean or feels good about it. These destructive feelings break us down. But it is inevitable when we end up in situations where we become overwhelmed by feelings. We humans are simple creatures that are controlled by our feelings, it's as simple as that.

The trick is to find the strength to be objective, move out of the problem and look at the situation from a helicopter perspective.

Do not act on your feelings. Be patient and strong. I admit that it is easier said than done, but after reading this book you will at least be better equipped and have a sharper game plan.

This book was very hard to write and I know it's as hard to read. Not difficult to read because of the quality of text or because it's confusing (I hope). The difficult thing will be to apply what you learn in real life - when you are in the harsh reality and must force yourself to think strategically and act objectively.

My own divorce made me become very interested in the subject. I read a lot of literature about relationships between couples and separations, diving deep into different theories, research and statistics.

I have helped many people to halt their separations and finding their way back. It has given me a great insight into how we work and think in exhausted relationships, conditions where love died out, with unhappy senses, in wounded cases of infidelity, middle age crises, energy-threatening separation and so on.

I am not a trained psychologist or therapist. I'm not here to offer you emotional support. What I have, however, is a deep knowledge in concrete strategies and ways to overcome your separation crisis, based on all the knowledge I collected about separations, partly from my own experiences, and partly by all the people I have helped.

The divorce rate is unfortunately very high today. Furthermore, no divorce is the same as another, but it is more often than not, the woman who wants to divorce and as many as half of divorces come as a surprise to the man who often thinks everything is fine. I want to clarify that the statistics apply to married heterosexual couples. The book is based on just man-woman relationship.

Studies show that women's expectations of a good relationship change markedly over the years while for men its slower.

No matter what, losing someone you love is one of the hardest emotional losses. I know the feeling of desperation and depression, and would like to help people out there who are going through this hell.

I will confront your reality. I'm not interested in babbling. I know you appreciate that I'm going straight to the point. To keep the book short and concise, I will not repeat, so read carefully from start to finish and reflect on what you are reading.

One last thing to clarify before we begin is, that each separation is unique. What I'm addressing is the general strategies and tactics I've seen and I believe in. But there is no magic prescription that can make your partner throw herself back to your arms again.

While I can not guarantee that this book will bring you your love back, I can guarantee that once you have finished, you will feel more harmonious and strong, and feel that you have more control over the situation.

I know it feels like there's a big unhappy clock ticking over your destroyed relationship. So, let's start without wasting time.

A man I was in contact with had big problems in his relationship. In the end, it had broken completely and the wife said she did not love him anymore.

"This marriage does not work at all and I don't even want it to work anymore."

Me and the man had several conversations and next time she said this, he answered her with a soothing tone of voice.

"Darling, I prefer this marriage to work, but I've started to realize that you're actually right, it seems to be completely impossible. I want both of us to feel good, so I'll help you find an apartment and help you move out. "

It went quiet, she walked around the house for a while and then came back and said, *"Do you know, I think this marriage may still work and I wonder if we are giving up too easily."* He was completely shocked, and so excited that he could not wait to call me and tell me what he had just experienced.

What I and the man had previously talked about were all the counterforces that he had before him. In the next chapter, we will lift the counterforces - barriers you need to overcome, the obstacles in your way. You need to get to know these forces, why and how to stand up against them.

Believe me, in this battle you have many obstacles you need to defeat.

Your counterforces

By knowing your counterforces and learning to resist them, I guarantee that you will increase your chances of avoiding separation, but of course, after you have deserved it. You will need to deserve your partner's respect and attraction for you. You need to fill her with positive feelings. You get many steps in the right direction by knowing the counterforces that I list below.

1) Other people

The partner's parents and siblings who can't stand seeing the family member unhappy, the friend or colleague who is also divorced and unconsciously jealous of your relationship. Other people involved who support your partner's idea of separation and divorce.

2) Her negative feelings

Her fear, her pain, her anger, her pessimistic feelings. You need to learn how to deal with these.

3) Your own pain

Your pain and your dependence on it. The feeling of betrayal you experienced, your sadness, your anxiety, your depression. It is so easy to become addicted to these negative feelings that weaken and paralyze us.

4) Your dependence on the ten points that never work

There are ten points that most people always try, but never work. I'll list them very briefly below to quickly understand what types of actions you need stop immediately.

4.1 To give your partner promises. *"I am a changed man. I will not be controlling anymore. I will never lie to you again. I'll never ever be unfaithful again"* and so on. Your efforts to insure and make promises almost never work.

4.2 To tell her how much you love her over and over. It never works.

4.3 Prayer and hope, which is basically only wishful thinking. Realistic awareness, pragmatic and objective attitude is what will help you forward. Instead of being passive and believing its fate that has played their cards, you'll know that it's you who shape your own destiny. So get up and roll up your sleeves.

4.4 To argue that the separation is wrong, reasoning, try to persuade her to feel differently or act against her feelings. It never works.

4.5 Try to recruit others. Trying to get friends, relatives or acquaintances on your side. This usually bites oneself in the ass and becomes a burden in the future that you will regret.

4.6 Show your depression. This might work temporarily by making her feel guilty or frightened of how her actions has broken you. When you show your depression, you are showing weakness. It reduces her attraction to you and increases her motivation to get away from you.

4.7 Use the children. It's will usually result in a boomerang that hits you back. Not only can children get hurt by this behaviour and, in worst case, fall into depression.

4.8 Accusations and conversations about morality. Making her feel guilty and the cause of your crash will never work if you want to get her back in your life.

4.9 Pessimism. We can get addicted to our own pessimism. *"I know I can't win back my wife again. You don't know her, she is very stubborn. When she has made up her mind, she will never change it. "*

In fact, once upon a time, she promised to stay with you and love you forever. And now she can't stand to be with you anymore. So obviously, she can change her mind and perceptions. Likewise, there is a possibility that she will change and want to be with you again. But unfortunately, you tend to be addicted to pessimism.

4.10 Exaggerating. You should always try to keep a light tone. But many tend to exaggerate. You exaggerate the good that may come from being together again and the disadvantages that await a separation.

Relax and win

The points above are very natural and human. How should we overcome these obstacles, other people's critical influences, your partner's negative feelings, and our own dependence on self-esteem and mental dystopia? The short answer is that you first and foremost need to relax.

What most people do is to produce something called desire, and unconsciously makes it the most important need - to be respected and accepted, to be loved, things to go the way you want so on. In their mind they get enlarged to the size of vital needs, although in fact they are only desires.

Permanently thinking about desires is a major handicap in the situation you now find yourself in.

Let's say your wife has met a new man. The other man will gradually pressure her: *"What? Did you have lunch with your ex? "Or" Why does it take so long for you to get the divorce through?" Or" I miss you too much when we can only meet every other week "and so forth. He will want more and more and eventually he will turn her towards him. He does this unconsciously because of his desire, the philosophy of needing more. This is what we must realize and learn. If we learn to curb our desires and needs, we get huge, unbeatable benefits to all competition. Her negative feelings, the critical impact of other people - these battles, we will be able to win from the realizations that the needs are not vital and what we now feel is merely wishes and desires.*

Essential needs are food and water, oxygen and heat. But if something doesn't go our way, we need to tell ourselves that, *okay things are not going my way, but it's not the end of the world, I will survive.*

When we realize that we don't *need*, we can relax, the anxiety releases and we can begin to feel comfortable. Relaxing and having fun is the key to your success.

You can't relax, if you enlarge and exaggerate the meaning of something. If you think you really need to get your partner back at all costs, you won't survive without her, then there's no chance you'll get her back because you're actually lying to yourself, you're undervaluing yourself. You are acting like a baby and making yourself into a martyr. She will see you as a burden, someone weak, you become unattractive and less interesting.

You must realize that you don't actually need her to survive, and to move on in life.

Understand what the crisis is doing to you

In the darkness of the crisis it is extremely difficult to remember how a "normal life" feels. The times you are reminded of how your previously painless life used to be, feels very heavy, because you realize that the "normal life" you once had, might never come back.

During an ongoing marriage crisis, it is quite hard to think objectively or focus on what you can control. You are constantly busy fighting your feelings. Under the surface your self-confidence, your dignity and fact that you are deserving of love, is constantly questioned.

During the crisis, almost everything in your life will feel beyond your control. There are many things that have happened or will happen as you desperately wish you could change. Your wife will make mistakes; you will make mistakes; You take two steps forward and suddenly many step backwards.

Those who do well through such difficult times are those who know that no one is perfect. Because of this innate human imperfection, there will be times in life where somebody makes or says something that you are hurt by. That's simple. It's part of life.

The positive news, however, is that the pain doesn't last forever. You will be happy again. In fact, crises are not permanent and you don't have to fight forever.

There will be days when everything feels colossally heavy. Then you do not think you can survive yet another day. But you can, and you will. You will get through your separation, that infidelity business, all the harsh things you face and will face. It will pass and ultimately you will come out as a better and stronger individual.

It may seem impossible now, but I promise you this time will also pass, the pain fades, your heart heals. The painful chapter of your life will end and a new chapter will begin.

In this world, suffering is something inevitable for all of us. There is not one person who hasn't suffered in one way or another. Not even kings and princes with the most luxurious and carefree lives escape from the pain of death.

So, the question is not whether you will suffer or not. That part is given. The question is instead how you will handle it. For some, pain and suffering

results in deep depression and destructive behaviour. For others, the experience of suffering becomes a power that allows them to appreciate and enjoy even more of the good times of life. What category you fall into is simply your own choice.

I finish this chapter with a story stuck in my head since I heard it a few months ago. I received an email from a man who had separated from his wife some time ago. They had a very sad and tragic divorce. He sent me this email:

Hi again,

I just wanted to tell you something that happened to be the other day, and that touched me in all its simplicity.

I had just picked up my twelve-year-old son from our previous house, where he now lives with his mother. I drove for a while, and he noticed that I looked a bit sad. He said: *"What's wrong daddy, you look sad?" "Daddy is sad, because I have lost everything, my son"*, I answered.

He gave me an answer, I will never forget... He said: *"You haven't lost everything, you haven't lost the people that loves you, but she who doesn't love you, has lost you"*

I couldn't keep the tears from falling, I cried tears of relief.

I thought you might appreciate this story.

Kind regards,

/Jonas.

Prepare for the worst

"Letting go is hard, but sometimes it's harder to hold on"

Let's take a look at the facts ...

We know your partner wants to leave your relationship. Whether she is having an affair, going through a life crisis, is in a depression or is just not happy anymore, the outcome is that she wants a divorce.

What we also know is that you can't control her. You can't force her to change her mind about the marriage. You can't convince her to change and come back.

What you can do is give her good incentives to return, by being a wonderful, loving man, but you can never force your sentiments on her.

Now, if your wife wants to leave the marriage, and you can't control her, then what can you do? What needs to happen to save your marriage?

In fact, your woman must choose to come back herself, on her own. You've probably heard this before: "If you love someone, let them run free. If she returns, it was meant to be, and if not, it wasn't."

Do you want to be married to a woman who is only with you because she feels trapped and unable to leave? Do you want a woman who is with you only because she's afraid of living alone? Can you have a happy marriage with a woman who's only with you because it gives her practical and economic benefits?

The answer to the three questions is a big NO! It takes us at the heart of what must happen in order for your reconciliation to be an option.

For you to get that happy, lifelong marriage that you fantasize about, your wife needs to choose to be with you again. In an ideal relationship, you are the man you want to be, and your woman loves and chooses that man.

So, what must happen in order for you to reach your goal? Well, to get the marriage you're dreaming of, two things must fall into place:

A. You must become the man you want to be.

B. Your woman must see that man and be attracted to him.

You can take charge and control A - you can identify what kind of person you want to be and you can take action to become and to stay as that man every day for the rest of your life.

You can't control B - all you can do is let your woman make her own choice

I'm not saying you should give up and leave, or not to care and be the best man for her. What I'm saying is that you must stop trying to control what you can't control and start putting all your energy on what you can influence.

If your partner has decided to divorce, you will sooner or later come to a point where the best way to prove you love her more than yourself is to show her that you are not trying to win her back.

Your partner has probably expressed that she needs more "space". Even though she has not said it out right, she has certainly shown it with her actions. She is distant and does not want to be close to you.

If you've spend a lot of time on everything you can think of to get her back without seeing any results, if you continue to persuade her to go to counselling, to work on the relationship and that you have changed without showing any positive signs, then she will eventually feel stifled by you.

What you need to do instead is to take a step back and give her space. Give her time.

What's the opposite of doing everything you can to get your woman back? Well, to relax and let her come to you. And that's exactly what you should do. Time and patience are among your strongest weapons.

Later in the book, we will talk more about the things you can and should do for her to come to you. But right now, ...

Hope for the best, prepare for the worst.

Accept that your relationship may actually end in divorce.

The more your distant wife feels that you are trying to change her mind, the more she stubborn she will become and realize that she actually made the right decision. On the other hand - when you give her space, when you show her your love is genuine in the sense that you ultimately want her to be happy even if it's not with you - that's when you allow her to see your situation objectively. When she doesn't feel any pressure, she can begin to see all the changes you've made in yourself, changes that are genuine and permanent.

Even if she never makes the choice to come back, you've still built a head start for yourself. If you have accepted that your relationship may end in separation, if you have lived your life independently as the man you want to be, then the transition to the next chapter of your life will be much easier.

The idea of *letting go* is not hopeless. On the contrary, it's deeply rooted in your love for your wife. In fact, your love for your partner is what motivates you to accept that mind-set! Think about it ...

- You know you can make your wife happy and keep her happy for the rest of her life.
- You are determined to continue working toward becoming and being the best man, father and fiancé you can be.
- You love her with all your heart, and your very greatest wish is that she will see who's the one who can make her happiest (you) so you can give yourself 100 percent to her. But you can't force her to see it or to make that decision. Why? Because forced love is not love at all.

Become mysterious

The mysterious man's answer to the wife's wish for more time apart is that he agrees. He says, *"You want more space? Good! Take as much time as you like. I'll do the same. "*

This sounds very contra-instinctive at first, but there is a good reason why this is an incredibly powerful tool. It's actually a quite simple answer, when you're thinking about ...

Right now, your woman wants what she can't get. By entering the role of the mysterious man, you suddenly become one she can't get anymore. You are playing hard to get in other words.

And while you're playing hard to get, you're building up a new life for yourself that you can fall back on if she never starts wanting for you again and your distance never disappears.

The mysterious man is a tactic that requires a lot of self-restraint and control. You must be able to not run to your wife as soon as she calls for you.

The mysterious man matches his wife's resentment regarding the marriage, but the difference between his distance and hers, is that his heart is left in the marriage. Unlike his wife, his greatest wish is still for her to come back to the marriage. But until then, he is preparing for the worst. He assumes that the marriage is over and that it is time to move on. He refuses to mourn for the marriage that his wife wants to finish and instead he decides to instantly build a new life for himself.

- You make a deal with yourself to go out and party at least as often as your woman. You are determined to match your partner's time away from home.
- You are always positive and optimistic. Your wife never sees you upset or sad. As far as she can see, you are completely satisfied with her leaving. You are barely concerned.
- Never tell your wife about where you are going, what you are doing or who you are going to see. When she asks, you keep it short. You just give details if she pressures you on it, but even then you keep it to a minimum.
- Make yourself unavailable. You are always busy, always have something to do, always in the middle of something.

- Despite of the distance you are always kind and cordial. You're never mean or dismissive, you're just "busy".
- You are not interested in arguing. Agree with her in everything and just carry on with your thing. Never engage in arguments or her obvious neglect of logic.
- Do not try to convince your wife to stay. If she wants to return to the marriage, then that's fine. If she doesn't, then that's also fine. You will not waste your time in trying to persuade her into anything.
- Do not look for "talk time" with your wife. You should keep every conversation short, except the once that she initiates.
- Find new things to do that you've never done before. Force yourself to be adventurous and social. Never sit alone at home unless you work, sleep, eat or are hanging out with your children.

Note that the mysterious man is constantly working on identifying areas where he needs to improve as man, partner and father. He is constantly working on implementing these improvements. But he only lets his actions speak; he never tries to convince his wife about his changes.

What happens underneath the surface is that the mysterious man is making you attractive again. The tactics show your wife that if she leaves you she will not leave an unfortunate and miserable man. You will be happy without her and you can absolutely have a good life without her.

While the mysterious man can be a very effective strategy, it's also hard to get right, because the strategy is unnatural because your actions say, *"I do not care about you"* while your words still say, *"I'm here for you."*

Below I list a few pitfalls to keep in mind:

- If you have children, do not treat them the same way you treat your wife. You must continue to engage, spend time with them and show them even more love than you did before all this began.
- Be careful not to turn your heart against marriage. Do not let your distance be driven by bitterness or irritation, but with great knowledge of what you can and can't control.

- The mysterious man tends to refuse to ask for help. Just because you pretend to be in your marriage as if nothing is wrong and you are unrelated does not mean you can't turn to your loved ones for support. It is nice and useful to chat with family and close friends.

- If you feel that you are not responsive to your efforts, it's easy to think: *She thinks I do not care about marriage because I'm so distant.* That's almost never the case. If you give up and start courting your wife before she has begun to wake up, it will almost always fail. You will learn the hard way that the reason she doesn't give feedback on your mystery is because she simply is not ready yet to come back.

She might argue that you don't care, but that's NOT the reason she doesn't want to come back. If she really was concerned that you didn't care, she would try to change it and so start courting you.

If your wife expresses concern because you have distanced yourself from the marriage, then straighten her out and tell her that you never stopped loving her and you would like to spend more time with her if she wants to. But don't try to force her into something when she doesn't feel like you should be with each other ... You respect her too much to act in any other way!

In order for the strategy of the mysterious man to work, one has to do things that may be uncomfortable or difficult. For example, you must intentionally leave home and force yourself not only to give her space but to also give yourself a lot of space.

The mysterious man can work for most separations. The only case where this tactic doesn't work well, is when you have started the separation from the very beginning. That it was you who asked for the divorce, but then regretted it several months later and now suddenly made up your mind that you want your wife back.

23 strategies that work

Separation is much like an experiment. No matter how prepared you are or how much you have read, you will still need to do the work.

The purpose of this chapter is to provide you with specific, usable tactics that you can use during your separation. In other words, processes you can follow, specific things you can do and conversations you can try to have, all to increase your chances of getting back your woman while building yourself into the man you want to be.

1) Say it and do it

This is quite simple and is it's one of the tactics that I suggest most men to try for at least and a no more than once. The idea is that you tell your woman about the changes you are making, so that she can open her eyes to your efforts and keep up with your transformation.

Your goal is to convey trust and consistency and to prove to your woman that you can actually do the things you've talked about. Prove to her that when you say something you will implement it.

She might say that she thinks you're just trying to manipulate her. She will not believe you. But don't make that into a big deal.

Keep in mind that your words right now are virtually meaningless to her.

What you need to do is to realize your words and complete your actions.

What you say you are going to do - you do.

2) Always agree

Many people think that *agreeing* is a sign of submission, a sign of weakness, and it seems that weakness is shameful and inhuman. Weakness in general is undesirable yes, but not always. I have learned that sometimes there are benefits of being "weak". In this case, if you find the power to keep up with your woman's negativity, it's not because you're weak but because you're strong and smart. Strength is required to keep up with her when you actually don't. Sure, it would be nice to argue with her, but you know it will not get you closer to your goal. In agreeing with her, however, will. The choice is yours.

When you agree with someone, that person immediately becomes more confident and takes steps in the direction that you prefer.

Accept and take responsibility for the problems that has occurred in your marriage. Recognize that you should have seen them coming, that you should have prevented them and acted when they were discovered.

Tell her you agree that the old marriage is over. You now understand why she wanted to separate, and that you don't even have the wish to ever go back to that old marriage again.

If you and your wife find the way back to each other, it will be in a new relationship.

Agree with what she says or does. Respect her negative feelings. When a woman is determined to divorce her husband, she is enchanted by her negative feelings. She has expressed her negative feelings as the guard at the door of her mind. If you try to argue with her, tell her that her negative feelings are wrong, then the guard will pull the door even harder. Instead, acknowledge her negative feelings - no matter what they are.

"Yes, this relationship is hopeless."

"Yes, we both actually need more space."

"Yes, you're absolutely right, what I did was completely wrong."

Do not try to defend yourself. Swallow your pride, just agree, sound sincere and keep low profile. You should definitely not exaggerate so you sound false or untrue. It is very important that she feels that you really mean what you say.

The worst thing you can do when you are trying to get someone on your side is to disagree with that person.

3) Act happy

You need to force your brain to believe everything is perfect. You should tell yourself that, and play the role well.

Imagine standing in a big grocery store and holding a half-rotten apple. You continue to badger on that the apple you are holding, has started to rot. There are still good parts left, but big parts have unfortunately become brown. You whine and cry over your rotten apple. What does your reason say? Well, you need to put that apple down and get another fruit. The grocery store is huge, do not forget that. The choices are vast, life goes on. Think objectively. Keep in mind everything is perfect, accept and play the role.

One of the reasons why people leave their partners is because they perceive the other one as unhappy. She can feel responsible and pressured and it leads to her thinking: *If I get away from him, I will not be responsible for his happiness or unhappiness.*

A few months ago, one of my best friends called and was depressed. He told me that his wife had begun questioning their relationship, saying she was unhappy and now she would barely talk to him more. He desperately wanted to get her attention, but no matter how much he tried to reason with her, she never responded to his efforts. I told him, among other things, that he should pretend to be happy, have a smile on his lips and give the impression of being unfazed. He asked why. I replied: *"A woman never leaves a man whom she regards as joyful and happy."*

4) Stop needing and start faking indifference

Fake indifference about sex or romance, that you are positive at all possible levels. Pretend that you do not care, be unfazed but friendly. Be kind and willing, but indifferent. Even though she doesn't think and feel the way you want at this moment, it's still okay.

Stop needing. When you show yourself as a needy person, you show weakness and it makes everything so much worse for you. The safest way to not get that loan from the bank is to show desperation. If you only prefer the loan, but not desperately needy, then the bank will probably say yes.

5) Stop calling her

Do not call her. Answer her calls, of course, but do not spend hours on the phone with her. When you talk, try to keep the conversation to ten minutes. Talk about easy-going topics, talk about practical things. Never engage in heavy emotional conversations.

Always try to be the one who says: *"It has been nice, but I have to go."* Try to be the one who puts the phone down first.

The reason for that is, when you spend hours on the phone with a woman, she can get the feeling that you are completely won over. After that, she walks towards boredom and the interest disappears.

6) Stop asking big questions

"How does it feel now, have your feelings changed at all?"

"What really happened, we were so good?"

"How do you feel for me now?"

"Have you seen that I have changed?"

Stop asking such questions. People who are rejected almost always make this mistake. Keep in mind that your partner experiences these issues as a big turn off. I must say, unfortunately, this it's quite normal to do, and it's

hard to keep from doing it. But you should know that your partner is not just allergic to pressure now, but the slightest push from you will put her completely across the board.

7) Don't criticize

It is so obvious that we should not judge or criticize, but unfortunately, it is a trap that we can't keep away from. If you constantly criticize your partner, her feelings will decline, that's just the way it is. This applies regardless of whether you are undergoing an ongoing separation or in the relationship. Remember, criticism is perceived as very difficult. If you want to get your partner back, you have to stop your critical words right now. I'm not religious in any way but there are many sensible things in the holy books. For example, Jesus said: *Do not judge, and you will not be judged. Give, and it will be given to you.* "

8) Do not complain

When we complain, it's as if we are calling for attention and we communicate: *Look at me! I can't handle it!*

Do you think it builds up her attraction and pride for you when you complain, when you repeatedly show that you can't handle it? She will see you as a spoiled child as soon as things don't go your way. Do you think your complainants and your self-esteem are something that will turn her on? No.

9) Speak with a calm tone

With a calming voice, you convey: *I'm not in a panic. I decide. I can take care of you. I take care of the situation.*

Check out some movies where Liam Neeson or Morgan Freeman participate in and get inspired by the cool-quiet voices. Show her poise with the way you speak.

10) Do not say "I love you"

When a person is rejected, it is normal that you overreact, hoping to be accepted again. *"I do everything for you"* and *"I love you to the stars"* and *"You are the most important person in my world."* Of course, you also buy her reasoning when she says, *"You have neglected me, you have taken me for granted", "You don't love me enough"* and so on.

When you say and do things in that way, you submit to yourself without knowing it. She feels you are totally dedicated and conquered and will subconsciously start looking down on you. It will take her interest in you in the wrong direction, which is something you really don't want.

11) Do not show jealousy

Jealousy is a mean kidder. Jealousy should be admired based on how crafty it is and how to be careful not to fall into his trap.

Your jealousy tells you: *"I am on your side. I don't want you to share her with another man. I don't want you to lose her. I hate it."* But what it does then is to make you act in a way that gives the opposite effect. He makes you criticize her, shows suspicions, complain, and thus your jealousy drives her away from you and, worst of all, into another's arms. That's just the way jealous works. Do not give in to it. Be strong.

Jealousy doesn't occur just in the case of other men. In a relationship, jealousy can also occur when it comes to her children or parents.

Regardless, when we attack something she's emotionally attached to, it's like attacking her pride and ego. Her ego is tied to what she associates herself with, her friends, her music choices and so on.

Again, it is our feelings that stand in this way. And we simply follow our feelings because they are our feelings, we can't help to feel them. But we can learn to control them.

12) Date others

A divorce is very painful and traumatic; Everyone manages it in their own way. Dating others right after a separation is something I see that many people do. It relieves the pain, it pushes away those troublesome feelings and thoughts. It will be like a crutch for you in your limping state. In most cases when you use this crutch, you postpone the mourning (and hence the healing). But healing does not come from you sitting at home and crying, so going out and having a good time is a thousand times better.

However, my advice is that before you enter the dating jungle, first set a deadline for how long you will wait before moving on. Communicate this to your partner in a clear, calm and rational way so that she knows what's going on. Once you have passed this deadline, you have to force yourself to let go of thinking about your ex. You will make a conscious effort to move away from the marriage.

I also suggest that you handle your dating as a gentleman, that you don't display it but keep a low and cool profile. If your ex finds out that you've met someone new, it's nothing to hid or deny. That's how it is, she doesn't want you and you're not going to sit home and mourn.

Dating others can in many cases cause your ex to open her eyes towards you again. Indeed, a woman who wants to separate often overvalues what she can't have. By showing that you have moved on, in many cases you will be able to wake up the sparks in her. You make yourself into someone she can't have anymore.

That dating will make you more confident. Before the first dates you will be nervous, but the more you go out with women, the more relaxed you will be. Eventually you will exude self-esteem and that's something that women think is extremely sexy in a man.

13) Transform your look

Look yourself in the mirror. Take some before pictures so you have something to compare with after your big change. You will soon look very different, but you really need to try.

- Sign up to a gym and work out hard every day. Rest only when you really need it. Take long walks (it's good to do this with friends and family so that you can catch up with them). Invest in a pair of good headphones and create nice playlists that can accompany you when you lift weight or exercise alone.
- Book an appointment with a dental hygienist, fix and bleach your teeth. Invest in a good electric toothbrush. Do what you need to show your nice smile. Use dental floss to reduce bad breath.
- Take care of your skin. Face creams, good sleep and colourful diets make you look sparkling and stronger. Basically you should shine now. An easy way to get lots of vitamins that the skin loves (from fruits, berries and vegetables) is to mix everything into a smoothie.
- Eat healthy, it is essential for the physical transformation that you are going through. Apart from the fact that your body will look slimmer and stronger, your brain will also become sharper. Buy food supplements.
- Upgrade your wardrobe. Get new trendy clothes that suits you. For example, if you have big puffy pants lying around, take them to the tailor, make them shorter and slimmer. Buy shoes with a little heel or thick soles that can add a few inches to your height.
- You may have been the most ordinarily family man for many years, but now it's time to get a little wild. Try new things. If you don't have a tattoo,

get one. It makes you look youthful, free and cool. Fill in and refresh old tattoos.

- Fix your hairstyle and trim the beard. Pick and clear unwanted hairs on your eyebrows and ears. Wax if you have unattractive hair growth on your body (for example your back and shoulders).
- Buy a new nice perfume. Do not use your old smells anymore. You'll be a new man now.
- Buy new accessories, like a pair of new glasses or bracelets. A manly classic watch is a must.

14) Clear your thoughts

- Go on a trip.
- Go jogging in the woods.
- Go fishing.
- Book a time with a psychologist's and have a good talk.
- Plan a new future in your mind. Point out what you need to reach your goal.
- Meditate, yoga, get a massage.

15) Enjoy friends, hobbies, your job and your children

There are three reasons for this point.

1. Instead of isolating and feeling bad, release the pressure. Your thoughts get busy with other things and you will feel better.

2. When you show that you are doing great, you are social and other people like to hang out with you, you encourage your partner to hang out with you too. In other words, it makes you more attractive and interesting.

3. When you engage in something else, it helps to remove the pressure from your partner. And pressure is always a negative thing. Pressure always pushes her away from you, remember that.

16) Surprise her

Right now, your partner has clear expectations about how you are to act and behave. When your woman says, she wants to move out, she usually expects you to:

- A. Fighting against her and her "unjustified feelings".
- B. Becomes depressed and begins to beg and pray.
- C. Trying to change her thoughts and opinions.

One of your biggest goals during the separation should be to NOT do what your wife expects you to do.

Why? Because it shakes and surprises her feelings and expectations about you and the marriage.

How do you respond to her desire to move out? Well, you say, *"Okay, I love you and obviously do not want to be in your way. I want you to be free and happy. I'll help you find an apartment."*

17) Acting selfish in terms of money

Divide the economy if you haven't already done that. Contact a lawyer for dividing your assets. Fair should be fair. But don't show stinginess. Stinginess is among the most unattractive features there is. Be generous, pay for dinner, buy presents, take the family on trips and to attractions at your expense. Show her the clear difference, that you are smart, not cheap. Let her know that when you disappear, your financial support will also disappear.

18) Give her real compliments

"Yes, you are justified in wanting a divorce. You are an independent woman. It shows that you have strength, it shows you are courageous."

All sorts of sincere compliments are good.

It's unusual for a man who is going through a divorce to give compliments to his wife. But when you see the opportunity to give her a sincere compliment, I hope you don't miss out on the chance.

"Thank you for having the kids ready on time, it's so nice that you're so punctual."

"Thank you for your flexibility."

"You've always been really good at finding nice Christmas presents for the kids, thanks."

19) Don't try to change her opinions

Don't send suggestions for books she's should to read, articles she's should check out, videos she should watch or sites she ought to have a peek at. When you try to get your partner into something that seems reasonable to you, you show her that you are trying to change her position. And when you try to change someone's views, the person in question, moves back and resists. That is human nature. We have a need to protect our opinions, even though we may know that they are not completely accurate and reasonable.

20) Complete a legal divorce

I usually say that when you are in a divorce process, you really have two divorces to handle at the same time. One is the emotional divorce and the other is the legal divorce.

Let me give you two hypotheses:

- You are married and you live together. Nobody talks about divorce, but you are constantly in conflict and arguments, there is no love, no sex, no one is happy. But you are legally married.
- You live together, you are in love, you are happy and you are both faithful. You have everything except, that you are not legally married in paper.

The question now is which of the hypotheses would you choose? I'm almost 100 percent sure you choose the second one.

When you are getting divorced you are often in panic.

One thinks: *Just thirty days until the divorce goes through. How can I stop this?*

Many act as if everything will be ok when ending the legal process. My experience is that the more you try to stop the legal divorce the more you fire up the emotional divorce.

I: *"Two weeks before you married, were you both lucky?"*

You: *yes!"*

I: *"Were you in love beyond all reality?"*

You: *"Oh yes!"*

I: *"Were you faithful and honest with each other?"*

You: *"Absolutely!"*

I: *"Were you legally married?"*

You: *"No."*

My advice is that you do not put too much emphasis on the written words in the marriage certificate.

By completing the legal divorce, you do two different things. One, you show that you are fearless and independent. Two, you show yourself reasonable, peaceful and non-controlling.

21) Stop counter reacting

The absolute biggest factor that disturbs a trial separation is our own reaction to our partner's actions. In other words, it's easy that a small crisis blows up and becomes huge only through our own counter reaction.

Yes, she must have hurt you, but if you want to win her back, look forward, focus, keep your feelings in check and think long-term. You will not win the small battle, you will win the whole war. Do not let your anxiety, worry or anger sabotage your process.

22) Stop wanting her

If she rejects you, stop wanting her.

I have spoken to as many men that after months of constant cold-shoulder treatment and rejection still crave after their women. And when they speak about their relationship, they almost only tell something negative that she did or said. They never say anything good about her. The question is: *Then why do you even want her then?*

The fact is that your wife is not just one person. She is two people in the same body. She is a cold person, and she is a warm, loving person. As long as she shows you the cold woman and you want her, you will never get that warm, loving woman. You must reject the cold woman in order for your partner to respect you and show you her warm side.

23) Identify her language of love

If you are not familiar with the five languages of love, they are the following:

- Gifts
- Quality time
- Words of Confirmation (Compliments)
- Favours (that you do things for her)
- Physical contact

To discover her language of love, you need to observe how she expresses love to others. Try to remember how she showed her love to you in the

beginning. Try to remember what she most complained about, that you didn't do, what was she asking of you?

People tend to show their love for their partner in the same way they prefer to get love. But you should not use the languages of love that you like the most, but rather focus on the language of love that one's partner prefers.

There is a lot to read about the five love languages online. Google and read more.

The winning formula

There will be occasions when your partner doubts her decision to leave your relationship. Such occasions (Windows of opportunity) are found in almost all separations. Even the most determined women will doubt for at least a couple of moments.

In a while, you may look back and see that you actually had a couple of these occasions, maybe you wasted them, maybe you took advantage of them. No matter what that's okay, because there are always more chances. Even months or years after your separation, your partner may continue to have these "windows" of doubt. She may wonder: *Did I make the right decision? I wonder what he is doing now ...*

Your wife may ask for a separation, she may move out, she may also apply for a divorce. But she can't force you to give up your relationship. When you're patient, make sure you decide when to be loyal and when it's time to move on.

"It's not over until it's over" and with patience you can make it never end. Note that I do not mean that if you wait for a long time, it will ensure that she returns. What I, do however, try to make you understand is that patience gives you control over your heart.

Many men feel anxiety during a separation and one reason is that you always have a ticking deadline over you. *If I can't get her back before the summer it's all over.*

It's easy to fall under the huge pressure that occurs when you make it your job and your only job to save the marriage. It is easy to feel that if you do not get her back at a specific time, the roads will be closed and that she will never ever come back.

But with patience, you will learn that you really have as much time as YOU want.

As you learn to be patient, you free yourself from the anxiety because you understand and realize that the opportunity to showcase your new self and prove your value will appear sooner or later. Every time these opportunities arise, you will be better equipped to take advantage of them in the best possible way.

For many of you who are reading this, your wife has lost confidence in you. In some cases, it is a legitimate loss from her side. In other cases, your wife chose to stop relying on you for reasons that may not have anything to do

with you, that is, a mid-life crisis or an affair (even these problems may originally have occurred due to loss of confidence).

Regardless, trust needs to be rebuilt in order for your marriage to be saved.

So how do you do that?

Well, it has been found that the reconstruction of trust always follows the same exact formula:

Reliability + Consequence + Time = Trust

Being reliable, consistent over time, will lead to her confidence being rebuilt.

- First, you must be credible. Your actions are what proves if you are trustworthy or not. You must not let her down. You must be cordial and masculine and show your wife that you are someone she can trust.
- Secondly, you need to be consistent. You can't be credible once and then make her sad and disappointed next time. Your wife needs to see your changes over and over before she can start to trust they are sincere.
- Finally, you need time. This is a necessary ingredient to prove consistency. Do not expect to see results immediately, it will take time.

I want to point out that it must be your actions that prove your credibility. Your words will not do it. Words do not have the same power because your wife does not trust what you are saying right now. Words are cheap.

The credible things that need to be done are different for everyone, as well as how long it will take, but I can promise you that if you can make credible things consistently over a long period of time, you will be able to build up her trust.

Has your wife said something like: *"I love you, but I just do not have those feelings" for you anymore* "?

Then I want to say that a similar formula works here too.

Be attractive + Consequence + Time = Attraction

I have received so many emails asking me, *"What should I do to get my wife feeling the same way for me again?"* The answer is easy. Make reliable things and be attractive and consistent long enough and the emotions will grow again.

- Be patient
- Show your love
- Be supportive
- Sacrifice without requirements
- Be nice, fun and confident
- Show masculinity

Basically, be a real man!

You should know that you and your partner did not end up in this mess overnight, and it will take time and hard work to restore your natural balance.

Becoming your best self

This chapter's primary purpose is not to save you from an ongoing separation. It's more important that you don't end up here again. I have made a list of seven points that you should remember and live by, if you and your partner find your way back to each other or when moving on to a new relationship.

In almost all separations and divorces there is something missing. At least one of these seven points has been lacking and therefore it has gone so far that you now face a separation.

As you read through the points below, I want you to ask yourself: *Did my partner get this from me?*

Reflect properly on what you are reading. Undoubtedly, you will bring your newly acquired lessons and experiences into your next life's chapter. This crisis that arose in your life will enrich you as a human being. What does not kill you makes you stronger, better, smarter.

1. Every woman needs SECURITY from her man

A man must give her woman a sense of stability. Whatever happens, she must feel that he will do everything good again.

Since the beginning of time, the man has taken care of, cared for and protected his family.

This need for security I'm talking about does not mean you have to be the one with the highest income. This means your wife must be able to trust that you will always ensure that your family is safe and protected.

Your wife must know that if any of you would lose your job or be injured, the family is not sentenced of financial ruin.

If you are not the one who brings home the bread, then you should be responsible for your financial planning. You must ensure that the money your wife earns is used in a wise way.

2. Every woman needs CONTENT in her relationship

Your wife must feel that her life in the marriage is nice and valuable. How do you do it? How do you create that feeling for your wife? It's easy ...

YOU really have to think that the life you live together is fun and worth it! When you are happy with your marriage and your family, your woman is most likely to feel the same way.

This means that you will actively enjoy the time you spend with your wife. Engage with her and your children (if you have any). Look forward to the time you will spend with your family.

When you're home with them do not slip into "bored mode" where you basically just try to pass the time until you get what you'd rather do like watching TV or sitting at the computer.

This point is especially important if you are at the age of thirty or forty years, as this age range is the high season for mid-life crises. And since a mid-life crisis is almost always anchored in emptiness and meaninglessness, your presence is the best way to fight and prevent such a crisis. A woman who feels satisfied and fulfilled in her relationship does probably not end up in any mid-life crisis.

3. Every woman needs SUPPORT from her husband

Your wife needs to know that you are on her side. She needs to feel she can lean against you during tough times.

For example:

- If your wife has an extremely stressful day at work, she must be able to come home and know that you care about her day.
- If your wife feels the weight of having small children, she must be able to trust that you can support her.
- If she is in a conflict with one of her friends or relatives, she needs to know that you are standing by her side.

Basically, your woman needs to know that you will always be there to support her and listen to her.

4. Every woman needs FRIENDSHIP from her husband

A friend is someone you like to hang out with. Ideally, a husband and wife are each other's best friends! This means that the time you spend with your wife is not just centred on the bedroom or around family affairs.

Certainly, life is hectic, especially if you have children. Much of your time is spent organizing life with the kids and everyday chores. But keep in mind that you need to do other fun things together.

You and your wife need to be able to spend time together as friends. It can be simple things like going out and having a drink together, going to the movies, playing badminton or anything else that you like and appreciate.

5. Every woman needs her husband to make her FEEL BEAUTIFUL

There is something primitive behind this. Every woman wants to feel beautiful, that's just the way it is.

Unfortunately, many people struggle with confidence about their appearance. It's your job to fight the little voice inside your woman's head who sometimes whispers that she's not beautiful.

She needs to know that you are very happy to have her as your wife. You should make her feel like the incredible catch she is!

But keep in mind that beauty is more than just the outside. Make sure you appreciate your wife's physical, intellectual and personal character and make sure she knows about it!

This does not just need to be something you do with words. Your actions can also communicate how beautiful you think your woman is. If her love language is not words, you need to be creative!

6. Every woman needs INTIMACY from her husband

Just to clarify, when I say intimacy, I'm not just talking about sex. True intimacy is rooted in deep love between two people, and it doesn't always have to be physical.

Every woman needs to feel that incredibly wonderful feeling of closeness with her husband.

Here are two examples of how to create and maintain intimacy:

- Understand her as a person; show her that you understand her goal for the future, her wishes for the present or something she likes and dislikes.
- Engage her on an intellectual level; by challenging her and / or discussing things she has a great interest in or knowledge of.

7. Every woman needs her husband to be a GOOD FATHER

It's not just your children who need you as the family's leading father figure ... your wife does it too!

Be strong, always positive, confident and respectful in front of your children. When making decisions as a dad, stick to them. When you say yes, that means yes. When you say no, it means no.

Be present - But keep in mind that your presence is not just about being physically around your children. A good dad must also be present mentally and emotionally. When spending time with your children, give them your full attention.

Encouraging - A good dad constantly raises up their children. He wants them to be confident. He wants to be a constant source of positivity. He is not degrading or negative. Always look for opportunities to encourage your children ... and not just general encouragement like *"Good job!"* Or *"How well you've done!"* Look for clever specific ways to praise your children.

Loving - A dad loves his children and the children know he loves them. This is communicated both through words and actions.

When you are an active dad, your wife will see you as an attractive man.

7. Every woman needs LEADERSHIP from her husband

Your wife needs you to step forward as a leader. And I do not mean leaders like in an "alpha male".

You need to be a serving leader. The kind of leader who takes his job so seriously that he sacrifices in favour of those he serves.

She needs to know that she can count on putting the family's best ahead of yourself.

Genuine leadership is based on strength, humility and above all **love**.