

## A Proven Plan To Win Back An Ex

A Proven Plan To Win Back An Ex Once you've been dumped by an ex that you're still in love with then your main goal is usually to find some way to win back an ex who has broken your heart. What is usually the case though is that most people don't have a clue where to start and they either rush around sending expensive gifts or making a ton of phone calls &ndash; all of which only serve to push their exs further away. Your opening move to win back an ex, should always be to approach the mission in a calm and relaxed manner.&nbsp; Do nothing that is going to make you appear as desperate and needy because again, your ex will only find it a turn off. To get yourself in a calm and rational place, you need to take some time out from the heat and drama of the breakup.&nbsp; Too often people don't take this time out and instead just panic and believe they have to win back an ex by going straight in hard from day one. As you take this time, concentrate on the things that are going to make you feel good about yourself and what you need to keep your spirits up.&nbsp; So make sure that you're not spending too much time on your own and that you're instead out with friends and having some fun. Truly this is possibly the last thing you want to do, but you'd be amazed how much of a difference this one step can make to your prospects of getting back with the one you love. For the same reason looking after your body is key.&nbsp; When you take the time to do some regular exercise and eat well, you begin to feel focused, less confused and defeatist about what you're going through.&nbsp; You don't have to join a gym if that's not your thing.&nbsp; You simply need to find what works for you and stick to it.&nbsp; It could be as simple as a regular walk or joining a sports team or simply a regular kick around with the kids.&nbsp; Anything that gets you up on your feet and has the blood pumping. Eating well is also part of this.&nbsp; Don't fall into the obvious trap of over indulging where food and drink are concerned.&nbsp; It might make you feel consoled initially but eventually it will ruin any chance you might have to win back an ex.&nbsp; So eat well and drink in moderation. Connect all of these points and you have the beginnings of proven plan to begin the job to win back an ex.

## About the Author

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