

Dumped Boyfriend - How To Get Your Ex Back

Have you been dumped? It's not easy to be a dumped boyfriend. Are you entertaining thoughts of how to get your ex back? Does it seem like she had no good reason to break things off? Or, do you recognise that you had faults, but you are willing to change and you know you would be good together if only she would give you a chance to prove it? Here's the dumped boyfriend's guide to getting the girl back.

First of all, you need to listen to the reason that she dumped you. Fortunately most women like to talk. When she dumped you, she probably gave you a dozen reasons why she wanted to end the relationship. This is helpful to you. If she has told you what she dislikes in you, you know what to change.

Secondly, many women end relationships because they need 'space'. They may say 'you're crowding me'. Respect these feelings of hers. If you give her the space she needs, she may very well come back to you. This is very hard for many a dumped boyfriend to believe. Instead, they call, text, and email their ex girlfriends. This further cramps the woman's emotional space.

If space is a primary consideration, you need to give it to her. Let your ex be the one who initiates any contact. If you see her in a public place, be polite, but not fawning.

In the meantime, you can begin working on the new you. Take time to go to the gym. Not only will you look better, you will feel better too. When your ex sees you, she may even be more attracted to you than ever.

Work on your academic or professional life as well. Many times, a dumped boyfriend will go into a depression and not want to study or go to work. This is a mistake. You can mess up many opportunities in the future because of a bad spell with a girl.

Hang out with your mates. This may be a time when they can support you. You can also do things that your girlfriend didn't enjoy when you were together.

Take up new hobbies or interests. They can distract you from the current situation. You will meet an entirely new set of people if you do.

As you put your life together without your ex, you will actually become more attractive to her. If she is ever going to come back to you, it won't be because you have been moping around waiting for her. It will be because you have become a better man.

If she does come back, that's great. You have an opportunity at a new beginning on a relationship with a woman you love. But, if she doesn't come back, you have set yourself up to be an attractive man to lots of other women.

Even though it seems like your life is in the pits now, you can take control of what you do. By giving your ex space to sort out her feelings, you also give yourself the opportunity to remake your life. Perhaps she will come back. Perhaps she won't. But that's not the point.

When you are a dumped boyfriend, what you make of your life is the point.

[How To Approach Any Woman, Anywhere And Know Exactly What To Say To Get Her To Give You Her Number And Go On A Date With You](#)