STEP 1: Simple Stage Solver & The Real Reason Reveal

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Chapter 1: What is Relationship Rewind? 4

Chapter 2: How Can You Really ‘Rewind Your Partner’s Mind?’ 10

Chapter 3: Is it Ever Too Late? Should You Move On Instead? 12

Chapter 4: Know What Stage You’re In:
- Bliss
- Switch
- Drift
- Death’s Door 14

Chapter 5: The Real Reason Our Partners Lose Interest 22

Chapter 6: How to Find Out How Your Partner Really Feels About You 32

Chapter 7: Your Ideal Mindset Moving Forward 34

Glossary 36
What is Relationship Rewind?
What is Relationship Rewind?

If you’ve suffered the emotional loss of someone special in your life, then my heart goes out to you. It doesn’t matter what circumstances led to your relationship ending, this means very little when you’re feeling the hurt and pain of missing a loved one every day.

I personally know how hard this can be; I was in this exact situation. And it was this pain and frustration that inspired me to create the Relationship Rewind system.

I congratulate you for making the effort to take action. It takes a special and committed person to get on the front foot and take control of their situation.

The Relationship Rewind system is specifically designed for getting your ex-partner, (or short-term lover turned friend or stranger) back to feeling the love and desire they once felt for you.

Nobody ever said being in a relationship was easy. Even if you’re 100% compatible with the person you’re with, sustaining a happy and healthy relationship can take a bit of work.

When you spend a lot of time with someone, it doesn’t matter how close you are with each other, it’s inevitable that both of you will face problems and clash on various things from time to time.

When it comes to family members, roommates and close friends, these problems are much easier to overcome without having to worry about any imbalance of power, status, or importance in these relationships. Your close friends are always mutual, your roommates are in the same situation and your family members are bonded by blood.

Your issues with these people tend to just resolve themselves!

When it comes to relationship, one argument or action can range from being just a small bump in the road, to a “downward spiral” that keeps pushing the two of you further and further apart.

This process is known as Relationship Decay.
What makes relationships interesting is that they’re one of the only forms of social bonds we define through verbal confirmation. For example, to differentiate from being friends/acquaintances and demonstrate you’re something more; you define yourself as being “in a relationship” with that other person. On the other hand, it’s also one of the only social bonds where we define the act of ending that bond. We call this “Breaking Up.”

That’s exactly why managing a relationship is much harder than managing something like a friendship. When things go wrong in a relationship, you immediately begin to evaluate your status within the relationship and “breaking up” is always an option lingering in the back of your mind.

But if you learn to understand the surprisingly simple dynamics of a relationship, you’re able to immediately identify problems as they arise, and the effect they’re actually having on your relationship. Then, in turn, you can properly manage those problems to put everything back on the right track.

Understanding the Relationship Rewind system not only allows you to ‘reverse’ the mistakes you’ve made in terms of managing the dynamics of your relationship, but also teaches you to recognize when something could be going wrong; so you can quickly and easily reverse it. And this is something that could have been avoided from damaging the whole fabric of your relationship.

The Relationship Rewind system is also the first and only system that recognizes the four stages in every relationship and how it plays into the relationship decay process. For each of these approaches, there is a different approach needed which means there is NO general ‘one-size-fits-all’ approach for all situations. The good news for you is, no matter how unique your situation is… you will be able to identify one of these four stages and know EXACTLY where to start the Relationship Rewind process.

And no matter what stage in the relationship breakdown you’re at, Relationship Rewind presents three simple steps that will get your relationship back on the right path again. Each of these steps have a tailored approached depending on which stage you’re in.
In any breakup, there are two things you need to find out first. Once you find out these two pieces of information, just plug them in, and follow the steps.

**Those 2 things are:**

1. The current stage of your relationship
2. The Real Reason your partner lost interest

Finding out these two things will be your first step to beginning your Relationship Rewind. It’s going to give you a greater understanding of the true and current dynamics of your relationship, and in turn you will know exactly where and how to begin the Relationship Rewind.

**Step 1: Simple Stage Solver & Real Reason Reveal**

It’s really important that you fully understand the circumstances which led to you break-up. It’s also important to be HONEST with yourself about the stage and the real reason your partner lost interest. I know this can be hard to do, but ACCEPTANCE is an important behavior when getting back with your ex. You need to accept that things are not the way they used to be.

The start of any relationship is a beautiful thing. In Relationship Rewind, we define this stage as being called “Bliss.” The Bliss stage of a relationship is when everything is going great and you genuinely feel that the feelings you have for your partner are truly reciprocated. This is the “honeymoon stage” of your relationship.

One of big difficulties when managing a relationship is when something goes wrong or there’s changes in the dynamics, your natural reaction is to REFUSE to accept the reality that you’re not in Bliss in that moment and the things which had previously worked in the Bliss stage are no longer going to work in the later stages. Often people continue to FORCE those things on their partner, hoping that if they still act as if they are in the Bliss stage, things will just revert naturally back to that state. The sad reality is… doing this only pushes your partner further away!

Understanding the Relationship Rewind not only helps you recognize when these changes occur, but shows you how to instantly and naturally bring your partner “back to bliss.” And it won’t matter if you catch the change instantly during the
first stage of relationship decay, or if you have made other common mistakes which pushed your partner to a later stage. Bringing them back to bliss is always possible when you know just a few of the key principles.

**IMPORTANT:** Sometimes it’s difficult coming to terms with disappointment, and that’s why it’s tempting to think you’re in an earlier stage than you really are. (Meaning you treat your partner like you’re still in “Bliss” when it’s clearly not the case)

This happens to be the biggest mistake people make. Now you would never let a doctor prescribe you medicine without first knowing EXACTLY what was wrong with you? Of course not! One medicine that can be life saving to one person’s condition can be fatal to another.

This line of thinking holds true in Relationship Rewind. All of the information you need to determine your stage and real reason for the decay is contained within the system. In order for you to get results, you must do your part. Fortunately, all that is involved is being completely honest with yourself, making observations of your partner’s current behavior, and following directions.

Feelings and emotions can be strange things; they can be heightened one minute, and be completely changed and turned sour within seconds. Misunderstanding what stage you’re in because you are too proud to admit there might be something wrong is only going to make things worse, pushing your partner further away. When identifying the stage you’re in, just allow you emotions to guide you and understand that it’s better to be out of Bliss for an extended period of time, than to simply hold onto the idea of being in Bliss and never returning back to it.

Just know if you were able to elicit those positive emotions and feelings in your partner once, it can certainly be done again.

What is Relationship Rewind?
How can you really ‘Rewind’ your partner’s mind?
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The power behind Relationship Rewind lies in the fact that whatever a person has felt or experienced once in his or her life, can easily be experienced again.

Now if you’re partner never really had feelings for you in the first place, unfortunately there’s very little you can rewind to.

It’s important to remember this:

**You can only ‘rewind’ with someone who is already in the ‘more than just friends’ stage. Another words, someone that had or still does feel attraction for you.**

A common mistake that often happens when two people get together is one person begins to doubt how their partner feels about them, even when in a state of mutual Bliss. And rather then focusing on how great things are at the moment, they spend more time worrying how they might mess things up, or their partner might be losing interest in them. This especially is common when one considers the other person “out of their league.” So remember, if someone is willing to get physical with you, and especially if they spend time with you afterwards, rest assured they feel attraction for you. You have triggered that emotion inside them.

Just enjoy being in a state of Bliss. It is a truly beautiful thing!

Using the Relationship Rewind system, you will be able to identify when your partner no longer feels the same level of attraction for you. The accumulation of the emotions you create in them, along with your partner’s state of mind, is what their attraction is to you. If the state of mind changes, it’s the aim of Relationship Rewind to bring your partner back to the same state of mind so that the attraction can be cultivated again, and develop even more. We will cover all of this in Step 3 of the system.
Is it ever too late?
...should you move on instead?
Is it ever too late?...should you move on instead?

There are two schools of thought regarding this issue. One school of thought is that if you’re not making it work out, then move on and meet someone new.

I’m sure you’ve heard the saying before – “there are plenty of fish in the sea,” right?

**However, in life, you meet certain people who are extra special and deserve much more effort and energy than others.**

I personally know when I get that ‘special feeling’ about someone, a feeling I rarely get in other people, I know at some point, I must have had a strong effect on that person also; even if only for a brief moment. This is reassuring because no matter how distant this person currently is, I can bring things back to the way they once were.

In my experience working in the field of relationships, I truly believe that NO situation is impossible, even at Death’s Door (the final stage of Relationship Decay).

As with all things, mastering the Relationship Rewind system is just like any other skill. It’s a 3-step process which you will learn and easily apply to your specific situation.

The great thing about this system, once you’re able to identify the mistakes you were making, you will not only avoid making these mistakes again but also be able to fix them once they’ve occurred.

Before we get into how the system works, I just want to let you know that if you decide it’s best for you to move on, or you put your efforts into rebuilding the relationship to no avail, it’s OK to feel sad. Because when it comes down to it, you should be happy that something could make you feel that sad in the first place.

It lets you know you’re alive, vulnerable, and human just like everyone else. Sometimes you need to take the good with the bad in life and understand that what you’re feeling is really the most beautiful sadness there is in life. And for that, you should mentally thank the person who had such an effect on you for the experience.

Be excited to know that the lessons you have learned will help you keep and maintain that happiness when you find it again.

**And you WILL find it again!**
Know which stage you’re in
I mentioned that there are stages in every relationship decay. I’ve outlined below each of the four stages. They represent the spectrum from being together and happy, to broken up (or worse). Understanding which end you’re close to will help you implement the steps of RR properly. Once you can identify the stage you’re in and the problem that caused you to be there, then all you need to do is properly implement the next two steps of RR to return to bliss.

**BLISS**

When you’re in Bliss, you certainly know it. It truly is a magical moment in your relationship. Feelings of uncertainty can still pop up in the early stages of Bliss, but it’s simply the anxious excitement of wondering when you’ll hear from your partner again.

In Bliss, the following things occur:

- Sex is frequent, passionate and without resistance.
- Text messages and phone calls happen frequently, and with a positive response.
- Everything just seems really “easy.” Maybe you were playing games with each other at first until the point where you finally got physical. But after that mutual attraction was established and the concern of showing too much affection or interest became irrelevant.
- Long, late night phone calls or calls just to talk and see how each other’s days was.
SWITCH

Switch is easy to notice because you’ll see a distinct change in our partner’s behavior. You begin to get the funny feeling that ‘something is different.’ However your partner, or friend you’ve recently been with, is still willing to spend time with you, and keep their plans with you.

A key indicator that you’re in Switch is when the physical intimacy between both of you slowly decreases. Sex is no longer as frequent or interesting as it once was.

The best way to think about Switch is that it feels more like an ‘evaluation period.’ If your partner is focusing on the positive points of your relationship, they treat you well. If they are more focused on the negative, they may seem moody or withdrawn.

Switch can happen after an extended period of time when your partner notices something lacking from the relationship. This is where identifying why your partner is losing interest comes into play.

Switch often follows your first real fight and is the reason many relationships end after 3 to 4 weeks into it.

In Switch, your partner is often angry or frustrated with you. But this is a good thing because it demonstrates they have strong emotions towards you, which is actually better than none at all! For them to be angry and frustrated with you means you made them very happy before the switch.

Taking proper action while in Switch can return you to Bliss and in some instances, strengthen the relationship. On the other hand, acting like you’re in Bliss or trying to rewind the Switch stage improperly can land you straight in the Drift Stage (which is essentially a “Break Up”). It’s important to understand the difference between Switch and Drift and have an understanding to which stage you’re truly in.

‘THE BREAKUP TALK’ often comes in many forms. At this point, your partner’s evaluation period has ended and the Switch stage has come to an END. If the breakup talk took place, this indicates that you’re no longer in Switch and have moved into “Drift.”

Understand that the transition from Switch to Drift can still happen even without a formal talk in a couple of different cases:
A. You never had an official ‘we’re in a relationship’ talk.

B. The relationship was too short-term to being with and did not justify a breakup talk.

C. Your partner wants to ‘string you along’ to prevent you from exploring other options and uses you as a ‘safety net’ while they search for something better. This behavior is very disrespectful but can be quite common in many cases.

The most important thing you need to consider is WHICH STAGE YOU’RE IN at this very moment.

If you’re not 100% sure whether your relationship has moved to Drift, just ask yourself these 5 questions:

1. Is my partner very hard to reach, or get in touch with?

2. Has my partner complained about my behavior, or tried to make me feel guilty about asking for his or her time?

3. Does my partner break plans with me in favor of doing other things?

4. Does my partner give me excuses about not hanging out?

5. Has my partner shown less interest in sex and/or physical affection?

If you’ve answered YES to 3 or more of these questions, then you’re past Switch, and already in Drift.

**Switch Reinforcement:**

In Switch, partners only receive positive reinforcement from themselves. Internal doubts starts to build up inside about their relationship and most of the time they have yet to discuss their doubt with friends and family. Often they might only disclose their relationship issues with a very close friend.

In this stage, they are deciding to themselves if they’re better off with or without you. The good news is, if you lead them back to Bliss, they will justify to themselves that they’ve made the right choice to stick by you, and only have to convince themselves of it because no one else knew the problem ever existed. If your actions lead them to Drift, they will be one step closer to breaking up with you.
When your partner breaks up with you, or severely reduces that time spent with you, you’ve landed in the Drift stage. In this stage, their ‘evaluation period’ in Switch has finished and they’ve decided that perhaps they are better off being single or seeing someone else.

I understand this can be difficult to hear but the truth is, if your partner is avoiding you, or prioritizing other things in front of you, they are likely to end their relationship with you and more than likely actively looking for someone to replace you.

In Drift, your partner will make excuses for why they can’t see you. Truthfully, their excuses for not seeing you are just things they say to avoid upsetting you, even if they’re untrue. These excuses would have been non-existent when in Bliss, and even sometimes in Switch.

In Drift, you will RARELY hear the truth about what your partner is doing, or how they feel about you. You will encounter many excuses and your intuition let’s you know these are excuses.

When in Drift, your partner has a general indifference to you and are purely focused on looking to what lies in store for them on the road ahead.

The great news is… it’s still possible to reverse from Drift. There are a number of factors that come into play which we will discuss in Step 2 and 3.

**Drift Reinforcement:**

In the Drift stage, your partner has talked about the problems and challenges in your relationship with other people, most likely friends and family. It also means your partner’s friends and family have agreed with the doubt and have given your partner the ‘green light’ to move on. This can be a major factor in your partner’s decision to move on.

When your partner goes from a Switch to Drift, they look for justifications from people important in their life to back-up their decision. In Switch, the doubts which they have about you are confirmed by others, reinforcing the belief that their life is better off without you. And this is why it’s important that learning to manage a switch when it happens is one of the keys to proper relationship management.
DEATH’s DOOR

Death’s Door is the point when your partner has received positive support regarding his or her decision to move on, they’ve now taken significant action in order to assist them in becoming indifferent to you. And by ‘significant’, I mean that it’s going to be challenging to reverse.

Most likely, your partner has come to a conclusion that you’re not the right person for them anymore, and they have to move on. At this stage, we can try our hardest to resist our partner from drifting away and try to treat them as if we were still in Bliss. Your partner will more than likely make one of the following life decisions to force an end to the relationship:

1. Changing their phone number, and ‘blocking’ you in whatever contact mediums they can; i.e. social networking sites such as Facebook, instant messenger, even changing email addresses.

2. Deciding to go out and have sexual relationship with as many members of the opposite sex as possible. This is effective because it creates so much guilt that partners cannot, in good consciousness, stay in communication.

3. Your partner has told friends and family members that you are a bad influence, so that going back to you would make him/her a hypocrite to everyone of importance.

4. Allowing someone else to put them into the Bliss stage, thus blocking you from having any emotional effect on him or her.

5. They have filed and completed legal proceeding, such as a divorce, or in some cases, a restraining order.

6. Making a geographical move, usually to another city completely.

NOTE: Please understand that if you were ALREADY in a long distance relationship and Drifted, it does not automatically put you at Death’s Door. If you were in DRIFT and she decided to move in order to start ‘a new life’, then yes that’s a clear sign you are now at Death’s Door. It is very hard to reverse a physical location change.

Know which stage you’re in
Death’s Door Reinforcement:

Death’s Door means that your partner has received positive reinforcement from the entire social circle to leave you. As a result, your partner has taken SIGNIFICANT action to move on. Significant action includes ‘breaking up’ with you, or having sex with someone else. Those things can happen in both Switch and Drift stages.

It’s important to note though, that sometimes in Death’s Door, many of the actions to block you from their life come from a place of passion and are conflicted by the fact that they actually have strong feelings for you, but are convinced that you are no good for them. This means you’re going to have to make some serious changes in your behavior towards them and also means you need to make some serious changes in your life for your partner to feel like you’re an entirely new person.
The Real Reason
Our Partners Lose Interest
The Real Reason Our Partners Lose Interest

When there’s chemistry to being with, you meet the following basic requirements:

1. **Basic personality compatibility.** You have things to talk about, you have a similar sense of humor, and your interactions aren’t boring.

2. **Physical attractiveness and style.** Your looks may change over time, but during that time, doing the right things behaviorally should be able to produce an attraction that is MUCH deeper than anything physical.

3. **Acceptable level of social status.** This would apply more to men than women, but if you lost your job and your income level changed drastically, and your partner lost interest, it’s NOT because he or she was interested in that part of you. What is much more likely is that YOU started to behave differently because of a lack of confidence or degradation to your own self-image.

4. **Acceptable geographic distance.** If you met your partner while traveling and you maintained intimate communication for at least a couple of weeks, that means the distance was not a deal breaker and the relationship can be continued. The attraction can be amplified to the point where your partner joins you in your location. I’ve seen this happen many times with the success stories from online dating sites where couples across the country meet and then move in with each other and get married.

It’s easy to attribute the above factors to your relationship decay but is very rarely even the case. For your partner to be attracted to you… the above four factors have been met right from the start.

Knowing your partner’s basic needs are already met means that your relationship decay is being caused by one or many of the following factors:

**Lack of tension/challenge:**
This is when it becomes almost too easy – in a bad way. You’re too willing to do whatever your partner suggests, you disregard your own opinions and are too forgiving of things that upset you. You may be spending too much time together and losing the sexual tension of wanting to be intimate when you do see each other. Being too available for your partner and always wanting to hang out at any time, regardless of your priorities. This can be easily fixed by just saying “no” from time to time.
**Lack of jealousy or social proof:**
The realization can hit your partner that he or she is the best you can do. This comes from a lack of friends of the opposite sex, or a lack of flirtatious attitude. You don’t want your partner to think that if he/she left you, you’re unable to find someone else. Now this doesn’t mean you have to be overly flirtatious with other people, but display to them that you’re comfortable talking to members of the opposite sex while around your partner. And it’s perfectly OK to mention celebrities you find attractive. These very subtle things indicate to your partner that you have a healthy interest in the opposite sex outside of your relationship.

**You lost your own identity:**
People will make drastic changes just to satisfy their partner. Some people seem to think by changing all their interests and traits in order to be compatible with their partner will some how strengthen their relationship. In actual fact, this can hurt your relationship because you are changing the person they were originally attracted to and losing your identity in the process.

**Lack of intrigue**
If your partner knows everything you do, when you do it, and whom you are doing it with, it leaves very little for them to wonder about when you are not around. Yes, sharing intimate details of your life with your partner can strengthen your bond, but you should have your own things going on outside of the relationship. Another way to fix this is by doing more spontaneous things together. For example, take your partner out somewhere but refuse to tell him/her where you are going. By doing this, you create excitement and spontaneity. If you become too predictable with your actions, the excitement and mystery in the relationship will eventually fade.

**Lack of vision:**
This means that outside of the relationship, you don’t have anything really going for you. Your vision is composed of your hopes and aspirations. The desire to constantly better yourself and situation is very attractive. Your priorities should have your vision ranked first and your relationship second. A person who has a strong vision and drive in life actually has successful relationship because that motivation is inspiring, and your partner will want to become involved and help you achieve your vision. (Also referred to as your GSI, (Goal Self Image); more on satisfying this in your partner later). Getting away for a day or two to focus on your vision and life outside of the relationship demonstrates to your partner that you’re heading towards an exciting future.
**Made too many life altering decision for THEM:**
Some people can take their goals and vision a little too far and think that their partner has to be involved in all aspects of their life; expecting that they will come on board. This doesn't come off well especially when you put your vision over your partners, ignoring their aspirations entirely. Just remember, your partner has a life outside of the relationship and their social circle should not just consist of the friends and activities you partake in. And whilst it's good to be helpful to your partner, don't fall into the habit of constantly saying things like, “I think you should do this…” When you pressure your partner into decisions he/she is not ready for, it can be powerful ammo for rationalizing a Switch, or Drift, in a relationship.

**Lack of need for YOU:**
Failing to satisfy your partner’s emotional and physical needs can cause a Shift and Drift in your relationship. Usually, it’s a lack of satisfaction in both areas that can cause the Switch and/or Drift occurring.

If you have a partner who is very sexual, their physical needs may be more important than their emotional needs during the beginning of the relationship. And if you have a partner who is looking for a more emotional connection, sex won’t be of great importance to them initially.

However if you fail to make improvements to satisfy the need that is lacking, problems may arise down the road. In many cases, a Shift and Drift happens when you start making mistakes or ignoring the particular need you were once satisfying. And because now both your partner’s emotional and physical needs are not being met, the idea of looking to get those needs met by someone else becomes more appealing.

To build up a greater physical connection in your relationship, it’s important that you begin showing a greater interest in their sexual fantasies and desires. Just by using open communication and showing an interest in their sexual needs and fantasies, you demonstrate to them that you’re willing to strengthen the physical side of your relationship.

To build more of an emotional connection, don’t be afraid to ask questions that few people may ask – things that make your partner think for a second. These questions include: “What is your biggest fear?” “Did anything ever happen to you that changed your outlook on life?” “What’s your favorite sound?” These are all great questions to make your partner think about things they haven’t thought about in a while, or share something they haven’t told anyone.
**Giving only to expect reciprocation:**
“Giving Pleasure is Getting Pleasure”

This should be a belief you adopt in both the physical and emotional aspect of your relationship. Making your partner feel good should make you feel good, and that’s all the reciprocation you need. Don’t use the good things you do for your partner as tools to get something in return. And especially don’t try to use a guilt trip to get your partner doing something for you by listing all the things you have done for them. It communicates to them that you’ve been keeping tabs and is very unattractive.

**Stopping experiences before you partner is ready:**
This can be as simple as changing the subject or leaving during a deep conversation, to making your partner leave an event he or she is enjoying because you’re bored or annoyed that they’re talking to the opposite sex. It communicates to her that you’re weak and threatened and you then become attributed to the person who takes away her fun.

**Imbalance:**
An imbalance in a relationship can cause a Switch and a Drift in many ways, but almost always roots from one partner putting in more effort than the other. Balance has to be even in what you do, when you hang out, where you hang out, etc. You should demonstrate to your partner that you’re making time for them when it’s good for him or her – not just hang out when it’s convenient and fits in with your plans. This can happen the other way around and if you find yourself in a relationship where your partner only makes time for you when it’s good for them, make yourself less available to restore the balance.

**Punishment/reward:**
Letting your partner get away with things that make you unhappy can make you appear to them as someone they can easily push over. Likewise when your partner does things that make you happy, you should reward those behaviors. Positive reinforcement when someone makes the effort is always appreciated. Lack of positive reinforcement can result in a lack of effort. Rewarding through physical affection is great because regardless if you’re male or female, it frames sex as an exciting thing that follows good behavior.

**Obligation (opposite of attraction):**
Attraction is the reason you do things for someone because you enjoy doing it for them. Obligation is doing something for someone because you feel pressured to do so; regardless of your will. If your partner begins to feel that hanging out with you is an obligation, a Shift and Drift can occur.
To avoid this from occurring, never try to guilt trip your partner when he or she is unable to hang out. Never use something you’ve done in the past as leverage over your partner.

**Too eager for SEX:**
This one becomes especially true with men. Don’t change your opinion or actions just because sex is the promised outcome. Also, never plan for sex like it’s part of your agenda; just let it be spontaneous and passionate. Being overly available all the time for sex can also take away from the sexual tension. When you show even the slightest restrain, you can build the relationship’s sexual tension and strengthen the relationship.

**You did not reinforce your partner’s GSI (Goal Self Image):**
It’s important to demonstrate you have vision in life, but it’s equally important to show your support to your partner’s vision as well. Supporting your partner’s GSI not only means you understand what his or her hopes and dreams are, but you actively find ways to help them along with their process and support them. Support and encouragement can go along way in helping your partner achieve their GSI.

The danger of not supporting your partner’s beliefs and showing faith in them is they will look elsewhere for support. You shouldn’t only show support toward you partner’s GSI, but also towards him and her in general. Sending a simple message to let them know you’re thinking about them or complimenting them can go a long way to boosting their confidence in the relationship and being the right match. Aim to make your partner feel attractive whenever they’re around you. Notice the little things about them that you find attractive and let them now.

**Lack of bonding experiences and life-altering decisions:**
To heighten the moments of bliss, it’s important to make plans when you’re both feeling GOOD together so these things become memorable moments in your life. Not having these moments can leave the relationship at a stale point. Making decisions together that will have a long term effect on each others lives strengthens the relationship, and constantly reminds your partner of the good feelings they felt when they made that decision.

Use those high points of your relationship to make big decision or commitments for the future. This can range from anything like planning a trip, to moving in together. As the date of what you plan gets close, it’s possible that your relationship may not be at that same high it was at when you made the plans. Using just a simple reminder of the commitment can bring your partner back to the stage they were once in, and remember why they made the decision in the fist place. They will seek out the positives in your relationship to justify the action.
The following things are NOT deal breakers, although many people believe they could be. In fact, properly positioning these problems can strengthen your relationship to something far greater than it was before.

1. **Flirting with members of the opposite sex or cheating**

   Although this may make your partner question their trust in you, it sparks jealousy and frustration, merely based on the fact that they feel they are losing you. This obviously changes in degree, depending on the length of the relationship or if it’s defined in the first place.

   **Suggested stance to take when problem is brought up:**

   Often this situation presents itself in the early stages of a relationship, often before your relationship has officially been defined, because it tests the level of commitment. If you’re being accused of this, this is a great chance to point out to your partner that what is happening between you two has turned into something more than “just having fun together.” It needs to be defined as something more. Help him/her understand that you are a social person and didn’t realize it was creating an uncomfortable situation for your partner. It’s better to stand firm on the fact that you were not doing anything wrong, but were simply misreading how your actions were hurting your partner. If you apologize, it’s like admitting you were doing something bad and were aware of it. Instead, encourage your partner to open up to help you understand why it is such a big deal to them. He or she will realize it’s because of their strong feelings for you. At which point you can re-affirm that those feelings are mutual and then define the relationship.

2. **Not opening up, and keeping parts of your life hidden**

   This can be discouraging to your partner, because you’re not really demonstrating the real you. If they are with you, they want to know more about who you are and for you to open up to them.

   **Suggested stance to take when problem is brought up:**

   Often people struggle to open up to their partner because it means really exposing yourself and becoming vulnerable to being hurt. When you fully open up to someone, it’s your way of admitting to yourself that his relationship is the real deal. It’s important to be open and honest to your partner. Let them know the reason you’re not opening up to them and let them know you’re aware that it’s hurting the relationship. This
will, in turn, make you finally feel safe to open up. You want it to seem that them bringing up the problem has brought you to a new level of trust. Now when you share details of your life, your relationship will be 10 times more powerful and memorable than it would have been normally.

3. Being less responsive to your partner in order to work or focus on other priorities

No one wants to feel they have to compete for your attention. Often a switch can happen when at one time, your partner was impressed by your passion and focus but now they’re feeling left out from them. Essentially, you have neglected to share your GSI with your partner.

Suggested stance to take when problem is brought up:

Point out to your partner that their work/hobby/school/whatever will always be a major priority in your life and as it’s important to you, you want to give it 100% effort. Tell your partner that it’s exactly the same with them. Their priorities in life is something you can’t help but want to become fully involved in.

Then acknowledge to them that the only reason you let yourself get overly involved in other things was because you were not used to a person in your life becoming equally, if not more important to you. And as a result, you didn’t know how to manage it. But you’re happy that this has finally happened and you now know where your true priorities lie.

4. Heated arguments, even fight that are borderline physical (passion vs. indifference)

What is the opposite of love? Many would answer hate, but the real answer is indifference, as it lacks all emotion. The difference between love and hate is perception, but both are fueled by the same passion.

A fight is often better than breaking down and apologizing, because you’re standing by a position. This alone creates challenge and balance to the relationship. Perhaps the most balanced point of any relationship is when two people are sticking firm to their beliefs and will even get angry to stay true to their position. When you start apologizing, it communicates to your partner that they were right to accuse you of those things and they are major flaws in you as a person.
When a partner initiates a fight or argument, they have rationale to themselves that you have done something wrong to hurt the fabric of the relationship. Giving in to what they are saying only justifies that it’s actually you that screwed up and they were the victim – making it easier to grow indifferent to you. It’s actually better to leave the argument angry, with no clear winner, and come back after things have settled down. Always show a willingness to walk away when an agreement can’t be reached. Be the person who storms out. Creating distance is always better than chasing; it makes growing indifferent impossible.

Any of the things listed above can cause a Switch and throw your partner out of Bliss. The important thing to remember is, it’s how YOU REACT to his/her Switch that determines if you go back to Bliss. Or it will cause your partner to Drift.

If your partner believes you’re the one at fault, it makes it easier for them to leave. Apologizing off the bat only reinforces that you were in the wrong. When your partner can freely walk away, it’s much easier for them to decide to leave. It’s important that you DO NOT accept 100% of the blame and show her that you’re NOT the only person at fault.

If your partner does decide to leave, they will expect that you will chase after them, however CHASING ONLY REINFORCES THEIR DECISION TO LEAVE YOU. In fact, if you chase, it helps them Drift, and the decision for them to leave becomes much easier.

If you are in Shift, knowing how to implement Step 2 and 3 is very important in your Relationship Rewind. But to make sure they’re effective and done properly, you need to avoid chasing at all costs. This means not going out of your way to make contact, apologize, or change their mind about leaving.

If your partner is going to take something and blow it up into a big deal that causes a Shift, then it’s he or she who’s out of line and overreacting. Show them this by letting them create space between you. Since you’ve avoided chasing her, he or she becomes the person responsible for the reason you’re not in Bliss anymore. The problem shifts to being his or her fault.

Partners cannot leave on their own… they can only be chased away! In order to leave, you must be chased! When chasing does not occur, you are passing the evaluation period that the partner creates and allows for a sensible resolution of the problem. The idea of leaving you becomes much harder, and trying to sort things out seems like a much more sensible option when you refused to chase.
The Real Reason Our Partners Lose Interest
How to find out how your partner really feels about you
How to find out how your partner really feels about you

There are really only two levels of interest - indifference and passion. All the emotions you feel for someone – love, hate, attraction, anger, are forms of passion and can easily be switched from one to the other at any time. Indifference is a lack of passion, and thus a lack of all emotion toward you.

If you think that because you only spent a short time together in Bliss, maybe it was just a single date, or hooked up once, your partner maybe indifferent to you.

This would be true, except, you can still STIMULATE your partner’s emotions and increase their passion. The element of passion actually still exists, even after a short time in the Bliss stage. Only you can chase your partner to indifference.

The common belief most people hold is that if your partner HATES you – it’s a bad thing! Well…it’s actually not. Love and hatred are a lot close than you might imagine. The real enemy is INDIFFERENCE. The only way to “get over” someone you feel passion for is to simply be indifferent to him or her. And it’s much easier to do this, if that person you felt passion for removes all elements of challenge, tension, and independence by chasing you.

Relationship Rewind works by determining the stage you’re in, increasing the passion by whatever means necessary, and then turning that passion to bliss. And it’s why, regardless of what stage of the relationship you’re in, it just takes understanding Steps 2 and 3 of the Relationship Rewind to get back to where things once were.

E.F.L.L. (Emotion First, Love Later)

The mistake many people make is to try to get their partner back into a state of bliss or love the wrong way. They’ll do things which they think will automatically restore the relationship from a state of indifference. But the truth is, you need to spark passion before bliss and love can re-occur. And a great way of doing this is to establish a “False Friendship,” meaning you show an interest in a friendship over a relationship to allow emotions to resurface and then properly manage those emotions to return to Bliss. Any emotion is good emotion, even if it’s anger or hate. You can work with this passion to turn it back to positive emotions. Your key focus should be to get out of indifference if you feel a Drift has occurred. How you do this is covered in Step 2 and then how you can supercharge that passion into bliss/love is covered in Step 3.

*Remember that your emotion and passion comes first, and getting that emotion and passion to the level you need may take a small amount of work, but is easily executed.*
Your ideal mindset
... moving forward
To keep moving forward with the next two steps, it’s important to develop a certain level of acceptance to your current situation. I mentioned in the beginning that the key to bringing back your ex and making this work is just by being honest with the state you’re in, and not holding on to the hope that things will just simply “fix themselves” and be back in Bliss with no work.

Regardless of whether your relationship is in the Shift, Drift, or Death’s Door stage – they dynamics of your relationship have changed and so has your partner’s feelings towards you. At this point, you should have some awareness to what stage you’re in and what caused the relationship decay to happen. It can also be helpful to try to gauge if your partner is indifferent to you, or is currently judging the fabric of your relationship. In most cases, I’ve seen that this can be the difference between being in Switch and Drift, which are most likely the two stages you’re currently in.

Acceptance that you have moved backwards in your relationship is also necessary. In some ways, it can feel like starting over, especially in Drift and Death’s Door. You may have to go back to planning dates, wearing your best clothes, ‘playing hard to get’, leading to sexual encounters very slowly and subtly, and keeping your cards close to your chest. But don’t be discouraged by this. Although you may feel like you’re starting from scratch, you can trigger emotions you activated in the past to speed the interactions along. While at the same time, by knowing what caused problems in the past, you know how to emphasize the things that your partner will respond well to, while avoiding the negative triggers that caused those problems in the first place.

I truly recommend the best mindset to make Relationship Rewind work for you is to accept that it’s not you or even your actions during the relationship that caused the decay; but rather it was simply mishandling the situations that caused a change from Bliss to Switch and from Drift to Death’s Door. Accept that you may have put much more energy into the relationship than your partner and in order to regain balance, you need to remove some of the extra attention you have given them in the past. The good news is, they probably took this attention for granted, so whatever small amount you remove will be noticed, and have strong effect on them. Realize that your devoted attention is valuable, and for this person to receive it again, it’s something they must first earn.

The closer you can bring yourself to temporary indifference to the person you are trying to re-establish a relationship with, the easier the following steps will be. This means the best way to pursue getting your partner back, is to remove the outcome dependency of getting them back. And you will influence behaviors that will re-spark attraction in your partner.
**GLOSSARY**

**Artificial Acceptance (AA)** – Communicating to your partner that you are OK with the break up, in order to show a Willingness to Walk Away (WTWA). The WTWA will immediately make them second-guess the breakup and makes you more attractive to them.

**Blame Game** - Describes the dynamic of indirectly making your partner feel responsible for the breakup. When a person truly feels as if they are responsible for a failing relationship, they feel a natural urge to “make amends”. IMPORTANT: You should never verbally tell them it’s their fault for things going wrong. If you truly believed it was their fault, you would naturally display a high WTWA (Willingness to Walk Away), and go out of your way to verbally reassure them that it’s NOT their fault.

The classic example of this is when your partner says, “It’s not you, it’s me.” When your partner says this, they are ‘trying to make you feel OK about the breakup so that you don’t get too upset about it. They are ‘being the bigger person’, so to speak. Naturally, you feel as though you did something to turn them off, and are pulled back into the relationship to figure out what went wrong, and then fix it.

**Bliss** - Stage one in the Relationship Breakdown. Bliss describes 100% happiness with a person, where you will overlook ALL signs pointing otherwise. You are blind to their faults, and work to overcome any apparent obstacles in the relationship. The Bliss stage contains an abundance of both Bliss moments, and bonding experiences, both defined below.

**Bliss Moment** - A moment where you share pure happiness and are 100% content with your partner. It is the state where nothing else in the universe seems to matter, because you have that person. Bliss moments lead to bonding, but not all bonding experiences are blissful. To the contrary, many bonding experiences contain high levels of stress, fear or uncertainty.

**Bonding Experience** - A planned experience that creates emotional BONDING between you and your partner. A Bliss moment is one type of bonding experience, and is quite mild in comparison. While a Bliss moment is always happy and promotes bonding between your and your partner, a bonding experience is not always happy. The best bonding experiences usually involve overcoming a great challenge together. i.e. being trapped in an elevator together; experiencing fear and uncertainty together, but end up safe and victorious.
**Death’s Door** - The fourth and final stage in a Relationship Breakdown. It is the stage where your partner has taken significant action(s) to distance themselves from you. Death’s Door is Switch Reinforcement Level 3: Your partner’s decision to leave you has received positive reinforcement from their entire social circle (i.e. family, friends). It’s not impossible to recover from Death’s Door, but you should always seriously evaluate the possibility of moving on, since recovery is not always easy from this stage.

**Encourage Never Require (ENR)** - A communication strategy, most useful for text messages in Drift and Death’s Door, where you encourage a response from your partner, but you do not REQUIRE a response. A classic example is sending a text message like ‘OMG something just reminded me of u’. Your partner would be very curious to find out what reminded you of them, and therefore motivated to respond. However, you are not asking a question which requires a response, and you will not lose any status if they don’t respond.

**Drift** - The third stage in a Relationship Breakdown. The main characteristic of Drift is that your partner becomes very indifferent to you, and is much less interested in seeing you or communicating with you. At this stage, they are ‘exploring their options’. Drift is Switch Reinforcement Level 2: Your partners’ friends and family have given them positive reinforcement to leave you.

**False Friendship (FF)** - A strategy for men similar to Artificial Acceptance. FF show’s that you are cool with being ‘just friends’, so that you are able to see and meet with your ex in person. The ultimate goal of FF is to create intense, memorable bonding experiences with them.

**Four Stages Of Relationship Breakdown, Relationship Breakdown** - Describes the four stages of your partner feelings and attraction toward you, from positive to negative. In order, the stages are Bliss, Switch, Drift, and Death’s Door.

**Emotion First, Love Later (EFL)** - EFL is the basic strategy of igniting a strong emotional response in your partner, positive or negative. There will be times when igniting a negative response is the only option, so that the emotion can more easily be ‘flipped’ into passion or love. It stems from the basic idea that love and hate are very similar as they are both passionate, uncontrollable emotions; and they are both opposite from indifference.

**Goal Self Image (GSI)** - The internal movie your partner makes inside their mind when they think of their ideal self and their goals. To be most attractive to your partner, you must be constantly aware of their GSI, reinforce and support it, and behave as if you already ‘see’ them as that person.
‘No Contact’ - The now obsolete, but common belief that you should cut off all communication with your ex-partner to get them back, meanwhile ‘praying’ behind the scenes that they do come back to you. This has a very mild effect of making your partner feel as if they miss you. However, since it does not handle the ‘real reason’ for the breakup in the first place, it won’t work in the long term.

Real Reason, Real Reason For The Breakup - This is the underlying reason your partner has lost interest. In 95% of relationships, there are only three “Real Reasons”. You should address all three, if you want the best chances of getting your partner back.

Rule of 1:1 - A text messaging strategy best for Drift and Death’s Door, where you only send one piece of communication at a time, until your partner responds. This discipline will hone your self-control, and also give you the best chance in becoming attractive to your ex-partner again.

Switch - The second stage in a Relationship Breakdown. During Switch, something has happened to cause doubt in your partners mind. It has put them into a state of ‘evaluation’ where they are trying to determine if you are really right for them. Switch is best characterized by hot and cold behavior, moodiness, and inconsistent behavior from your partner. Switch is at Switch Reinforcement Level 1: They only internally experienced this doubt, or perhaps shared it with one very close friend.

Switch Reinforcement Level (SRL) - The level of positive reinforcement your partner has received in doubting your relationship. The level of reinforcement your partner receives, both internally and from other people, has a lead role in determining which stage in the breakdown you will be at.

Switcheroo - A four-step preventative technique to becoming aware of a Switch about to occur/currently happening, quickly recovering the power balance, and bringing the relationship back to Bliss.

Willingness To Walk Away (WTWA) - The attitude that you can leave the relationship at any moment in time. This attitude is not only attractive as you’re playing the traditional game of “hard to get”, but goes a very long way in keeping the relationship in Bliss. Since a true willingness to walk away is sometimes difficult to express, especially when you’re in love with a person, it must sometimes be cultivated.
NEXT: RELATIONSHIP REWIND
STEP 2