STEP 2: Perfect Planning & Reaching Out To Rewind

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Chapter 1:
The Importance Of Communication And Reaching Out 4

Chapter 2:
Contact Methods 8

• Face-to-Face • Phone • Instant Messaging
• Text Messaging • Email

Chapter 3:
What’s Best For Each Stage? Any Specific Techniques? 14

• Bliss • Switch • Drift • Death’s Door

Chapter 4:
How To Get Your Partner In Person 56

• How To Create The Feeling Of ‘Missing You’
• Making It Your Partner’s Idea To Hang Out
• The Power of The Freind Zone

Chapter 5:
Long Distance Relationships 62

Chapter 6:
What To Do If Your Partner Is Involved With Someone Else 64

Chapter 7:
How To Prepare For Face-To-Face Contact 68

Glossary 70
The Importance of Communication and Reaching Out
The Importance of Communication and Reaching Out

You always hear that in a relationship, communication is key. And... it’s absolutely true! When you have proper communication in any relationship, you can easily avoid problems and quickly resolve them once they occur. Lack of communication in your relationship can result in one partner misinterpreting or misunderstanding the other’s intentions which can often lead to relationship decay.

In just about all cases, communication solves all problems. No relationship problem can fix itself without communication. Even if a problem occurs and is ignored, perhaps you and your partner moved past it without addressing the problem, will always linger and eventually pop up again in the near future. And the next time around the problem is amplified and can be 10 times worse than before. Opening up a simple line of communication and being confident enough to reach out is the only way to truly solve a problem in your relationship.

You are doing what you think your partner wants you to do, and once you do it, it brings them closer to the “Drift” stage. Chasing will often occurs when a “Shift” happens in your partner and you think that you can still behave the same way you can still behave the same way you did in “Bliss” to fix the problem.

By not chasing, you create space that your partner did not expect forcing them to re-question their decision to shift. However without following up on the space created with some form of communication, you run the risk of turning that valuable feeling of space into distance – which is not the outcome you want. Instead you need to understand how to properly communicate to your partner without chasing. This is what we call “reaching out”. The key to this is not chasing when they want you to, but rewarding them when they chase in return.

Creating distance can cause a person to miss you, but it doesn’t FIX anything. The real solution to fix a problem the problem at hand is communication. Many times you might find yourself in a stand off with your partner, waiting to see who will reach out first, but waiting around for your partner to do so is not a risk worth taking.

Also, by waiting for them to reach out, you lose control of the terms of communication and ultimately are unable to lead things the way you want to. The eagerness you display in trying to reverse the distance only comes off as you chasing. This is just as bad as apologizing to simply resolve the issue. Instead of reaching out to fix the problem when you want it fixed, you’re just letting them decide when they are ready to take you back. Which by no means solves the
problem and usually only occurs if your partner failed to find someone who could replace what you offer during the extended Switch period. In the Switch stage, reaching out is the same as calling him/her on their switched behavior. This topic will be further covered in a moment.

The reason a switch happened in the first place can always be linked back to a lack of communication on a particular issue.

For example, you may learn new ways of asking questions, or new ways of expressing your own feelings, allowing yourself to evolve to a higher level of self-awareness. At the same time, you become more aware of your partner. To help your partner understand you, you first must try to understand your partner.

I am very against the whole ‘no contact’ thing. And the reason is, because although it may keep you from chasing, it communicates to your partner that you genuinely don’t care about fixing the relationship. It fixes nothing! To truly return to Bliss and remain there, your partner must at least feel that you understand the problem and will work together to prevent it from re-occurring.

No contact is the advice given by people who lack the proper tools to fix the REAL REASON. With proper understanding of the Relationship Rewind, not only will you learn to fix the problem, but you will strengthen the relationship as well.

All no contact can really do is make someone miss you more. It really is just a short-term solution. Think about what will happen when the person starts seeing you again? He or she will no longer miss you and the slight, temporary boost of attraction will be gone. The REAL REASON will still sabotage your relationship. When you make someone miss you through no contact during the Switch stage, it puts more and more pressure on your face-to-face meeting. And if it’s anything less than perfect, then the repercussions can be deadly to your relationship. You can easily Switch from being close to Bliss, all the way down to Drift.
Contact Methods
Contact Methods

In this section, I’m going to give you an overview of each of the contact mediums, to help you understand the basic idea of how to navigate the different stages. Later in the plan development section, I will give you specific examples for each medium based on the stage. You can then adapt each section based on your partner’s Goal Self Image, as it’s likely to be different for each person.

By this stage, you need to have identified the stage you’re in, your partner’s GSI, and the problem which caused the relationship decay.

Below I have listed contact methods; from the most powerful & immediate to the methods which have a milder effect, but can be planned strategically.

It’s also important to note that the effect of each communication can be stronger or weaker depending on how often you used this medium during the Bliss stage to communicate. If you never spent much time using Instant Messenger with your partner, using it to establish communication after a Switch may not be your best bet. However, if you two have become very comfortable talking on the phone with each other and did it often in Bliss, then it may be easier for you to re-spark passion through that means of communication.

If containing your emotions is a challenge for you, it would be more beneficial to use the strategic, milder methods; rather than the powerful, immediate ones.
FACE-TO-FACE is, and will always be, the most powerful method of communication with your partner. In general, the more ‘channels’ you have available to express yourself, the more effectively you can use the tools in Relationship Rewind. You not only have the verbal tools from the other methods, but you also have your facial expression, your body language, as well as your ability to TOUCH. And later you’ll realize why TOUCH is such a critical tool to bring the passion back in your relationship.

When you’re face-to-face with your partner after a Switch or Drift, it’s hard for both parties’ minds not to rewind back to memories of passion and bliss, even if they try to hide it.

All of the other contact methods listed are only used to get your partner back face-to-face. The goal of each contact method is only to get back face-to-face. It’s very rare that you can fix the problem solely via phone call or text message. There needs to be that face-to-face encounter to cement the fact that you belong in Bliss together. This is where the magic happens! Without regular face-to-face contact, there is no relationship – plain and simple.

PHONE ranks second only after face-to-face contact. The phone is a powerful way to communicate. You don’t have the power to touch, of course, but you can still convey feelings and emotions through your vocal tonality. Phones can be tricky because they require you to think faster on your feet with less strategic planning, however, it also puts your partner in the same position. By communication over the phone, it doesn’t give your partner the opportunity to break down what you’re saying and send back a proper counter response critiquing it. It’s very easy to get wrapped up in the conversation and put the negative emotions aside while getting caught up in feelings of passion and reminders of bliss.

INSTANT MESSAGING This includes AOL Instant Messenger, Facebook Instant Messaging, Gmail, MSN Chat, iChat, Skype or any other software that allows you to send short ‘instant’ messages to your partner. A semi-conversation, if you will. This communication is less formal and less personal than a text message, while at the same time gives you less time to plan out a strategic response. However, if done right, it’s easy to get wrapped up in a faster paced conversation that may help present the idea of a meet up.
**TEXT MESSAGING** can be a great tool for reaching out, as you’re able to start simple and expand to something much more. Sending a text message to reach out not only allows you some time to plan what you want to say, but it allows your partner to respond and address the issue when he or she is ready. A text message gives you the opportunity to demonstrate to your partner you’ve made an effort to reach out to them and can get a response back when they are available.

Text messages are great while managing the transition to getting them on the phone, or planning a face-to-face. Also, the tension of waiting for a reply, when in a discussion regarding your relationship, can spark a lot of passion; whether it’s excitement to see what you say, or frustration that you’re taking too long to reply. The passion is there and you can learn to take advantage of it.

**EMAIL** is a good tool because it can be the most strategic. You can put all your cards on the table and lay out exactly what you want to say. You can incorporate all the things you want to discuss regarding your partner’s GSI, what caused the relationship decay, and link it back to blissful memories, all in one email. The negative side to email is it’s least formal, especially if it wasn’t a common tool you used in the Bliss stage.

On the other hand, if you were sending each other lots of emails, then he or she may be expecting one during a Shift and will constantly be checking their inbox, which can build a lot of tension and passion.

One minor issue with email which is something you should prepare for, is if you message fails to spark passion the right way, it won’t be enough to resolve the issue at hand. Or your partner will still be worked up about what happened. Your partner can strategically send a message back and go into detail about everything that has upset him or her. This can turn from a few angry sentences to a blown up two-page letter of negative comments. The good news is, that it always comes from a place of intense passion, which is actually what you want, even if it’s negative. It means your partner is not indifferent and you’re still in Switch. It’s the short response or no response at all that you should worry about.
There is one MAJOR rule that you must follow when it comes to reaching out:

**DO NOT... and I mean DO NOT, contact your partner’s friends as a way to get in touch with your partner; especially during the Switch stage.**

Doing this, will immediately rocket you to Drift or even worse, Death’s Door! Also, try to stay away from discussing issues that you and your partner are having with friends. It will, inevitably always get back to the partner. In many cases, a couple’s friends may not even know there was a problem because you were still in Switch. Bringing friends into the equation can immediately take you to Drift. Remember, in Switch, usually only one, if any, of their friends know you are having issues. In Drift, however, your partner turns to his or her friends in order to back his or her decision to move on from you. Keep friends out of the equation at all costs.
Specific Techniques Best For Each Stage
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BLISS

Bliss is when everything seems to be smooth sailing. Excitement is high, and the future seems bright. Bliss is the only stage that is not considered ‘damage control’. Being too comfortable can be dangerous in the Bliss stage and when the Switch happens, it may catch you off guard. The longer you can stay in the Bliss stage of your relationship, the more moments you can create to help you reverse a Switch or Drift if it occurs.

Key Principle:
To keep Bliss lasting for as long as possible, it’s important to avoid getting too comfortable and taking your partner for granted. Show appreciation and reinforce your partner’s GSI, and always be on the lookout for the Switch. Become close with your partner’s friends and let your partner become close with yours. The tighter your two social circles become, the harder it will be to let a Switch lead to a Drift.

Strategy And Examples:

A Face-to-Face

In Bliss, face-to-face contact is, well… blissful! If you’re in a long distance relationship, your face-to-face contact can be very blissful. If you’re in a relationship where you see each other all the time, the key is VARIETY. Mix it up. Avoid regular schedules which can make it seem like an obligation to meet with you and putting you in the same category as all of their other obligations (i.e. work, paying bills, doctor office visits, and taxes). Believe me, you don’t want to be in this category!

In Bliss, it’s important to reinforce your partner’s ‘good’ behavior through compliments and physical affection. When your partner is with you, you want your partner to feel more attractive and appreciated than when they are away from you. The key is to balance both physical and emotional needs when talking to your partner. This will make them crave you when you’re not around.
For example say, try saying to your partner:

“Wow, that was a great kiss” (Physical)

“You are one of the most genuine people I know” (Emotional)

“When you do something (related to your partner’s GSI), it really turns me on.” (Physical and Emotional)

“I’m so grateful to have you in my life at this moment in time” (Emotional)

“You always look so great when we go out; I secretly want to show you off to everyone.” (Physical)

“I feel like I can tell you anything” (Emotional)
The “I Love You Ladder”

The longer you remain in Bliss with your partner, without triggering a switch, the stronger your feelings will be for one another. When you can get to the point where you know the feelings you have for your partner is “love,” then admitting “I love you” to your partner and having it reciprocated can take the Bliss to a whole new level. Any factors that may have triggered a switch in the past will become less of a concern as your relationship strengthens.

Often, you can find yourself wanting to say to your partner, “I love you” but the fear that you might have is it’s too early, or you’re afraid of how they may react. But there’s a great way you can enjoy the perks that come after saying “I Love You” without actually saying it and it will still keep the beautiful tension that develops from knowing you love each other without yet admitting it.

This is called the “I Love You Ladder” and it goes like this:

Initiate it by first making eye contact and then give them an “I love compliment” which recognizes a special quality about them. An example might be, “I love that you are so optimistic about everything.” The key is to have the start of your compliment be “I love…” Often times your partner will reciprocate by giving a compliment back saying something they love about you. In which case you think of another I love compliment to give back to them and soon you both will start to go back and forth, essentially saying the things you love about each other, without saying I love you. (See example for the final step of the ladder)

If they don’t give an “I love” compliment back, don’t worry, it doesn’t mean anything bad, they just didn’t buy into the conversational frame that time. You can always try again later. Giving random “I love…” “ compliments is also a simple way to get used to using the word love around each other. Easing into that next step…

One of the best ways to start the “I love you ladder,” is to catch your partner giving you an “I love” compliment. So a successful “I Love You Ladder” would look something like this:

**Partner:** “I love kissing you”

**You:** “Well I love having you in bed with me”

**Partner:** “I love how honest you are”
You: I love... how passionate you are about music

Partner: I love that you are always smiling.

Now if you want you can keep this going back and forth, but once your partner buys into the frame, you are ready for the final step that expresses I love you in a great way, without actually saying it.

Look your partner into the eyes and say:

You: I love...

Then pause for an extended period of time while looking them deep in the eyes, let them lean in real close and kiss him or her. Then simply pull away, look them in the eyes once more and give a slight smile then break eye contact and just enjoy the brief moment of silence that you create.

Once you’ve done this, you’re free to move onto another conversation and continue enjoying each other’s company. Often your partner responds back by saying I love you. But I feel the real magic lies in that moment where you both know you love each other, without having to say it at all. You can also follow the “I love you” with a kiss if you choose to. The choice is yours.

Clearly the “I Love You Ladder” is dependent on your partner buying into the frame, which you can’t always count on happening, but is more common in the heightened state of Bliss.

Phone

Use the GSI to maintain and amplify Bliss. Call your partner when he or she is doing things that involve their vision and drive in life. Show your support when you can’t be there in person.

You can actually create blissful moments while on the phone. It’s great for when you’re away from your partner and can’t be face-to-face.

Every so often, call your partner before you go to bed just to see how their day was. Often it will lead to a long conversation late into the night where neither of you want to hang up.
Instant Messaging

Instant messaging should be minimized in the Bliss stage. Here’s the reason: it does nothing to push the relationship forward and you cannot create more “Bliss Moments” through this medium. Try to ONLY use Instant Messaging when making or solidifying plans with your partner.

If you find yourself engaged in a long instant messaging conversation, simply say that you need to get offline but will text them.

Text Messaging

Send daily text messages, just to show you are thinking about them; it doesn’t matter who initiates. Try to notice if there’s a fair balance between who texts first, or more frequently. If your partner is doing it more than you, it’s a great sign, but may mean you need to reciprocate so he or she doesn’t start questioning how you feel about them.

Conversely, if you’re the one sending all the texts, just hold back a little to see if your partner picks up the slack. As long as your partner shows appreciation towards your messages, then everything is fine. If too much time goes by, like a couple of days, maybe a Shift is starting to happen and you should reach out.

In Bliss, you can and SHOULD send text messages regularly to stay in your partner’s mind. Always give them the benefit of the doubt, if/until they Switch.

Example text messages:

- Happy Wednesday :)
- It’s a beautiful day, enjoy!
- How was your day?
- I think you’re sexy, just wanted you to know ;)
- Just saw (something that relates to your partner’s GSI) and it reminded me of you!

Remember to respond and show appreciation when your partner sends you similar messages as well.
In Bliss, you want to **REINFORCE** your Bliss moments and project MORE of them in the future.

Thoughtful emails should be random and by surprise. I also consider messaging each other through social networking sites (i.e. Facebook) to be in the email category as well. Just don’t post things that put your relationship on display in a status or wall comment for everyone to see. Stick to private messages and personal emails.

You can share anything you think your partner would enjoy like a particular video or article. It shows you’re thinking about them. These are perfectly fine to post on his/her public social networking “wall” for their friends and family to see. Just keep the personal stuff private. It’s more “blissful” that way.

**COMMON MISTAKES**

- **It can be human nature to take your Blissful stage for granted.** You feel like it’s going to be this way forever and nothing will ever change. I’ve seen first hand in many relationships one partner stay in Bliss when the other partner switches and then drifts away. The first partner will naturally chase, sending the wrong message, and Drift will continue indefinitely.

- **Don’t lose site of the relationship balance while in Bliss.** While it’s safe to constantly show you are thinking about your partner or make frequent plans to hang out… try not to become too available at all times. Ensure that the balance is equal. When there is too much of an imbalance in the relationship and one side shows too much willingness to comply and display overbearing affection, it can push someone out of Bliss.
SWITCH

Switch is easy to detect, but is often handled wrong. A Shift happens when you begin to notice that something has changed in your partner’s attitude toward the relationship.

The bliss you once had seems to have faded. It can be the result of something you may have done to upset your partner one night, a fight or argument, or it could be a bunch of different things that has been on his/her mind regarding the relationship.

Your partner may not have noticed a change in what was bothering them. Either way, a lack in communication is what causes the Shift to progress and communication is the only thing that can fix it.

Key Principle:
Call attention to your partner’s ‘Switch’ behavior, and begin to Drift FIRST.

In Shift, your partner will still hang out with you, but is having second thoughts about your future together. They may be slightly hesitant to do things like kissing, hand holding, and other forms of affection.

As soon as you notice this, demonstrate to them that you’re comfortable just hanging out while avoiding things that you would have normally done in Bliss.

What this then does is make it more difficult for your partner to lead the Shift towards a Drift. If he or she tries to hang on to keeping you in Switch and your affection still goes unappreciated, it’s time you REACH OUT to them.

Communicate with them that you’ve noticed a change in their behavior and you dislike how they’re letting it affect the relationship without the possibility of resolving it. Then Drift yourself. Walk away and chill out for a day or two and allow them to chase you. Now you have put the pressure, as well as the reason for things going bad on them and are controlling the Drift. You will make them more willing to chase you, or at the very least, meet up to have a face-to-face.

Strategy And Examples:

The best way to handle a Switch is just to be aware that it will inevitably happen at some point. So instead of putting together a strategic plan for
how to get the Shift to go back to Bliss, you can use this tactic to stop it as soon as you notice the Shift happening.

**Planting the “Back To Bliss Bomb”**

While in Bliss, there’s a way you can actually prepare for a Shift long before it happens. When it occurs, you’re able to immediately ensure the lines of communication re-open, then see a strong effort is being made to return back to Bliss.

During a special moment shared between you and your partner, when the Bliss feels at a heightened point, turn to your partner and plant the following “Back to Bliss Bomb” –

“I just want to tell you everything has been going so great, like surprisingly great. I can’t believe how easy and worry free things have been since we started hanging out. It’s like we never had to worry about mind games or any of that bullshit, we were just able to be open about everything. I think that’s why things have gone so smoothly. That’s why I want you to promise me that if something ever happens between us, like if one of us does something to upset the other, or an argument happens, or anything bothers us, that we will just sit down and actually talk about it. I would hate to let something come between us when we could have talked it over and made an effort to fix it.”

Your partner will of course agree to this—this is what everyone wants to be able to do. It establishes you and your partner as a couple who talks out their issues instead of fighting and ignoring them. However, it’s rarely the case when actual issues occurs. A couple will get caught up in what’s upsetting them and begin to Shift.

**Detonating the “Back to Bliss Bomb”**

Once you notice the Shift, all you have to say is:

“I understand you’re upset about (whatever cause the relationship decay), but distancing yourself from me is not going to help anything. Do you remember at (wherever you planted the “Back to Bliss Bomb”) we promised that if something was bothering either of us, we would sit down, talk it out, and make an effort to resolve it? But if you really thing this one issue is worth ruining the countless great times we’ve had, then I guess I really misread what this relationship means to you...”

Now begin to drift, walk away/leave. They will chase you if not instantly, within the next day or so.
There are so many great things embedded in this paragraph. First of all, you are addressing that you recognize the problem at hand, which is an essential part of Step 1. Second, you’re bringing your partner’s memory back to a place where your bliss was at its highest. Third, you’re reminding your partner that you have established yourself as a couple who talks out their issues. Fourth, you show that this is really the first problem to occur, and to let it nullify all the great times you had in Bliss would be irrational. And lastly, you are pointing out that to not make an effort to fix the problem is a mistake.

Now all you need to do is let them chase you, and reward the chasing with your affection. Be open, communicate about the issue, and show a desire and willingness to fix the problem, or stop it from happening again. It’s not about admitting you were wrong, but is actually about understanding that it is something that has upset your partner and for that reason, is something worth working at.

**Face-to-Face**

In Switch, you need to have a more strategic mindset when it comes to face-to-face contact. In other words, avoid asking questions like “Are we okay?” And avoid doing things you would do in the Bliss stage. You can have multiple face-to-face encounters while in Switch, but don’t try to force fix everything immediately after you notice a Switch. There’s a lot of power in the fact that you can hang out with your partner without chasing them. If the changed behavior in your partner continues, then take this time to call them out and Drift first.

It’s good to show an understanding of your partner’s changed behavior and where it’s coming from (See Step 1), but make it clear to your partner that if he/she is not willing to communicate to fix the problem, then you don’t think they’re taking the relationship seriously, and in return, you can begin to Drift.

If your partner seems to be hesitant to communicate, point out the following to them - “If not working to resolve this one issue is really worth ruining what we had, then I really misjudged the kind of person you are.” And now you’re the one initiating the Drift, causing your partner to chase you. And you have also shifted the blame for the relationship decay onto your partner, not yourself. This successfully reframes the Switch – taking the original problem and making it clear that the only real issue is the lack of communication/and change in your partner’s behavior.
Phone

Phone is a good tool in the Switch phase but don’t use this to replace the need for a face-to-face encounter. The key is to use the phone as a way of calling out the change in your partner’s behavior. This is great because you can call out the change in your partner’s behavior, express how it’s going to hurt the relationship, and hang up. The act of hanging up is an instant Drift and will make your partner chase.

The phone is where you partner expects for you to do all the chasing as an immediate fix to the problem. Often people let the emotions get the best of them and turn the situation into something worse than it is. Use the phone to bring some sense to the problem by understanding why he or she may do this, but show you can’t just wait around for your partner’s behavior to change back. Try to bring attention to the last time you had a blissful moment before the Switch. Let them know how everything was going great, bringing extra detail to what was going on at the time, and then notice how things have changed since.

When someone goes to Bliss from Switch, there is often something that triggered it; a moment or action that caused doubt in your partner’s mind. Then your partner starts to look for more reasons to justify it over the course of the night, making it into a huge thing. If you’re able to pinpoint and identify that one moment where things changed, you can effectively nullify all the things that happened after that.

Help your partner identify that moment of the Switch. Show your understanding of how he or she could be upset by it, and point out it’s important that you are able to work these things out.

Then try to remind your partner that the cumulated time you two have spent being happy together should out weight the problem, and how everything was so great before it happened. If it’s the first time you have experienced a Switch with your partner, simply point out that this is the first time you have had a real bump in the road, and these things happen. Frame it as a new experience for the two of you. It’s something you guys need to learn to work past in order to keep your partner from continuing to be upset about it.

Once the problem is addressed, tell your partner that you would much rather sit down and talk about it more if necessary. Suggest meeting up soon and if there’s still more that needs to be talked about, then you are willing to sit down and talk about it. Otherwise, you want to keep having a
good time and strengthen the bond between the two of you. Avoid bringing up the issue if unnecessary, just showing a willingness to talk about it is all you need. By calling out the change in your partner’s behavior, initiating a Drift, and rewarding their chasing, you should essentially be able to hang out again back in Bliss.

The key is to make the focus of your meet up not entirely about having a big talk. That will just keep the reason for the Switch in the back of your partner’s mind, leading up to the meet. Instead, try to continue to follow through with plans you may have made previously with each other, or make another in a lower pressure environment (hanging out with friends, lunch, etc.) If you continue to notice the Switch when hanging out, then follow the steps in the face-to-face and point out the continued changed behavior, and drift further.

### Instant Messaging

Instant messaging should be completely AVOIDED in Switch. It makes you too available and does nothing to reverse the Switch.

### Text Messaging

If your partner takes your communication for granted and it causes them to Switch, point it out. Limit your messages to them or completely stop for a bit.

This is an important concept with any communication and is a good way to recover from doing blissful things when in fact you’re in the Shift phase.

Avoid coming off as overly bothered, jumping to conclusions and assuming you’re in Switch just because of a delayed response. Otherwise use it as a way to solidify a face-to-face after you’ve discussed the issue through phone or email.

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WTWA

The Willingness to Walk Away. Increase passion (Anger = Passion and is just as powerful as the passion one feels in Bliss), and then withdraw.
In Switch, you write a FIRM email, pointing out what you noticed about your partner, and ‘warning’ them that if those behaviors continue, you will begin to lose interest.

Email is great if you have difficulty addressing the things you want to say in person and prone to getting emotional.

Unfortunately email will not fix the problem and face-to-face contact is needed to get out of the Switch phase.

For all means of communication, no matter how much you work toward fixing the problem through phone, email, text, or whatever, even if your partner begins to chase you, the Switch will not officially revert back to Bliss until you’re face-to-face with your partner after identifying the problem.

**COMMON MISTAKES:**

- Continuing sweet ‘Bliss Behavior’ while your partner is in Switch. “Chasing.”

- Becoming distant before addressing what caused the relationship decay. Your reason for becoming distant should always be your partner’s lack of willingness to communicate/resolve the issue with you.

- Assuming the problem is worse than it really is. Becoming paranoid about your partner seeing someone else and showing jealousy. Don’t let a Switch put you in crisis mode just because you’re having a moment out of “Bliss.” The one issue that should be relevant during a Switch is your effort to communicate/fix a problem, and your partner’s hesitance to cooperate. Becoming jealous only leads to more problems during the Switch.

- Using your partner’s friends to get in touch with your partner.

**TIP:**

Call your partner out on the Switch. Point out that you are working on the relationship, and you expect them to as well. GET ANGRY and then become distant and cold. This can make them chase you.
The Switcheroo:

Point out the bad behavior:

1. “Ever since (what caused the relationship breakdown), you have been distant, despite my effort to work things out.”

Let your partner know the consequences

2. “I want to make things right but if you’re not willing to work with me then I think there are much larger problems at hand, and I really need to rethink some things regarding us. I can’t keep waiting around if every time there is a bump in the road you’re unwilling to work things out with me.”

Withdraw attention until they chase

Reward their chasing

Communication is key – not the AMOUNT of communication, but the MESSAGE you communicate here.

Let your partner know that HE or SHE is falling short, and not meeting your expectations. Point out the efforts you have made, and let them know you’ll stop making those efforts because you refuse to be the only one trying. YOU are the victim, and you should make your partner BELIEVE it’s their “fault” for the lack of communication. NEVER chase in Switch, and never ASK what’s wrong. When your partner acts cold and distant, you become even MORE cold and distant.

In Switch, never assume things are worse than they are. Don’t get jealous of other people in your partner’s life. If you make a big deal about other people, you will MAKE your partner become interested in those people. Switch is not that bad. It’s doubtful your partner is seeing someone else during this stage. By showing jealousy, you will accelerate the relationship decay into the Drift stage and make your worse fears come true.

Now you have initiated a Drift, making it necessary for them to reach out to you.

Don’t do what your partner was doing and make it hard for them to reach out to you. Instead, show that you are proud that they see communication about the issue is a much better alternative to becoming distant.
To put it simply, this is when you are broken up. Your partner decided it’s best to end the relationship for whatever reason and is mostly the result of mishandling a Switch.

A “we are broken up” talk may not be necessary depending on the time you spent in Bliss, or if the relationship was never defined. However, your partner will no longer be willing to make time with you and go from distant, to unresponsive. To successfully reverse a “Drift” you need to first accept that what you had before has ended, and it’s going to take more than just a grand romantic gesture to get them back.

**Key Principle:**

Your partner is no longer angry or frustrated with you, but is now indifferent to you. Basically speaking to you no longer matters to them romantically, for now. Your partner’s priorities have shifted to continue on with their life without being intimate with you. However, it’s still very possible to be “just friends” after a Drift and it’s actually one of the best options to pursue when done correctly. The key to remember is to demonstrate to your partner how comfortable you are just being friends while subtly making your partner second-guess their decision to Drift. By creating a “false friendship,” you allow you partner to grow out of indifference and realize what they’re missing.

In order to drift from someone, your partner may say to you that things are not working out and you should both remain “just friends!” The suggestion is that friendship is the easiest way of breaking up without feeling like you’re hurting the other person as much. The problem is, deep down, you want it to be more than that, which is fine. However, if you want to properly reverse the Drift, you need to be willing to be “just a friend” to your partner. This will keep them from being totally indifferent to you. Establishing a friendship without showing the desire to chase a former partner makes using all forms of communication much easier. The key to reversing a Drift is to reach out as a friend and nothing more, otherwise you’ll still be indifferent to them.
Strategy And Examples:

If your partner is indifferent to you, almost all means of communication will be useless, especially if you’re coming from the intention of trying to re-ignite the relationship. However, if you can establish a friendship, then all the means of communication becomes open to you for setting up a face-to-face. Just like in Shift, the purpose of each means of communication tool is used to get your partner in person – showing that you care about the friendship over the relationship is the best way to make that happen.

Drift Scenario #1: Your partner initiates the Drift/break-up and suggests that you two remain friends.

Your response: Call the out on it to solidify that maintaining a friendship is important to you, and is more than just something they are saying to keep your feelings from being hurt. Effectively flip the script of the break up and reframe it.

Ex-partner: “Things are not working out. I think it would be better if we were just friends.”

You: “I can agree with that if you actually mean it. I feel a lot of people say that they will stay friends, but never really do. Even I’m guilty of doing that in my past relationships. But I have a feeling we are different. Personally I’m glad we could see that more serious things are not working out at this point in time, but honestly it does not change the fact that I have an awesome time when we are just hanging out...and I would hate for that to end. So are you sure you are OK just being friends?”

Partner: “Yes”

You: “Great I’m glad we could have this talk.” (hug)

This puts you back in control and almost frames it like you’re the one initiating the break up. It leaves your partner with the feeling that everything was mutual.

A common mistake that many people make is to oversell that they are OK with the break up, or even pretend like it’s something they were thinking
of doing as well. There’s no need to do this; it comes off like you are being very emotionally affected. Another mistake people make is to chase, and ask why, and give reasons why you should not break up. This is a mistake too and shows how “chasing” your partner chases them away. The more emotionally affected you act, the more turned off your partner will be to the idea of hanging out again post-Drift because the fear of it being “awkward,” or thinking you’re just going to beg them to come back.

It’s OK to sound a little disappointed. CALMLY talk about why your partner feels that way, but you want to show over the course of your conversation that you have mentally come to the conclusion that “You know what? Maybe that is a good idea after all.” You’re not going to change their mind with a grand speech or romantic gesture, but by not chasing them, and expressing that a friendship is a much better idea, you will have already activated the necessary emotional triggers that allow your partner to be open to the idea of getting back together.

Also, if you are reading this now, your situation may be that your partner drifted just recently, and maybe you were a little overly reactive/emotional, and/or never really got a chance to solidify the friendship. Don’t worry because it was recent, you can still establish the friendship. Call your partner and say:

You: So i’ve been doing a lot of thinking about what you said, and you’re right, things haven’t been the same between us. We both feel it and i’m actually grateful you were honest enough to bring it up. I think I had known that we were growing apart for a while, but part of me didn’t want to admit it because I was trying to hold onto the idea of all the good times we did have together. And that’s when I realized that we really do have an awesome time just hanging out. But we overcomplicated something great by adding a relationship (or hooking up). That’s why I think it’s a much better idea for us to just be friends, don’t you agree?”

Partner: “Yeah, definitely!

You: Great, I’m really glad we could have this talk. The best part is, once you establish the friendship, you are free to reach out to your former partner with any means of communication. You’ll come from the position of a friend so getting face-to-face in person will be much easier.
Drift Scenario #2: Your partner initiates the Drift/break up and time has passed with little or no contact.

Your Response: Use various forms of communication to show that you simply want to hang out as friends.

**Face-to-Face**

In Drift, your face-to-face encounters will be very rare until a post-Drift friendship is established. Depending on how well you frame the friendship, you might only get one chance every month or so, so make it count!

There’s actually a very simple 3-Step Process to effectively using each Face-to-Face, which will be covered in Step 3. But remember, to begin the face-to-face process, you must first use the communication tools to get them to agree. That is the core importance of this chapter.

**Phone**

Unless you have established a FRIENDSHIP post-Drift, using the phone is not your best option, especially if you’ve been overly affected post-Drift. However, if there are circumstances outside of your relationship that need discussing – for example, something you both become involved with, like an organization, issues regarding mutual friends, or needing them to assist with something only he or she could do, such as putting you in touch with someone you need to talk to. (Yes you can go out of your way to come up with one of the reasons if you so desire. Just make sure it’s actually important).

If this situation occurs, you can call regarding the issue at hand but just be comfortable if the conversation makes its way to a more personal context. Nothing heavy, just feel free to show an interest in how your former partner has been since you last hung out. Act like you’re in a hurry though, and be the one who ends the conversation first. Letting a small conversation develop and stopping it as soon as possible is the best thing you can do. You’ll see in a second how it opens up other means of communication.

Remember, don’t even worry about trying to set up a date or anything like that. This will just make it seem like you used a random reason to call as an intentional way of getting an opportunity to hang out. This will be transparent. Instead, you want to show that you can have a completely comfortable and efficient conversation without expecting anything in return.
This will open your former partner up to the idea of being comfortable to talk to you again as well.

Because you were the one who ended the conversation and sounded like you were in a hurry, you can send a simple text later saying something like:

“hey thx again for helping with (whatever you called about), sry I couldn’t really talk, how ya been btw?”

It is all about warming your partner back up to communication with you through various means post Drift.

**If you’re in... Scenario 1:**

If you’re in Scenario 1, you’ve reframed the Drift as a way to remain friends. Suggesting a meet up soon after establishing the friendship is good because your partner will be looking to prove that you guys can be just friends and still hang out. This will make him or her more receptive to meeting up. Just remember that you’re reaching out as a friend and nothing more. You want to get him/her in person no matter what it takes. The best way to do this is to suggest a meeting where they can bring friends and you can as well. Any time of group setting such as a concert, event, going to the bar after work, are all great options for this.

**... Scenario 2:**

Some time has passed in Scenario 2 and you really have not made an effort to, or successfully, maintain a friendship. So, as mentioned above, you need a reason to call other than just to catch up or suggest hanging out. Calling in regards to something that relates to your partner’s GSI is great, especially after some time when the Drift has passed. This may mean putting a little effort into finding the opportunity to suggest something, and is very powerful. If you’ve found something that you think he or she might be really interested in, then it’s OK to call and pass it along. Come from the position that you’re doing it for them as a friend.
**Example:**
Let’s say your partner’s GSI is acting. You can start a conversation by saying something like:

“Hey I know this seems kinda random but I met someone that is holding auditions for a new TV pilot and asked if I knew anyone that may be interested, and you were the first person to come to mind. Is that something you are still doing?”

Now you’ve opened up a conversation by talking about what your former partner is doing in regards to their GSI, which can lead to a great conversation.

The key is actually taking some time to find an opportunity. At least keep your eyes open for an opportunity that your partner will like. The key to that is understand your partner’s GSI. It’s one of the many reasons that is a key component of Step 1. It’s easy to tell when you’re using something just to get in touch, or for something you genuinely know they will like. By doing this, you’re presenting yourself as a supportive friend and following through to see if your partner become involved. This will open up the various methods of communication to you and you can start to suggest the idea of hanging out. The key is to use your new positioning as a friend to suggest something social where the two of you can causally hang out and are actually encouraged to bring your friends.

Also, you can help solidify the idea of a friendship and begin to plant the idea of a hangout if you manage to turn your GSI phone call, or whatever other reasons you may have for calling, into a good conversation. When this happens, you have the choice of using the method discussed earlier; and hang up early to re-engage later through text. However, if you feel a really friendly and strong conversation does develop, you don’t need to cut it short. Instead, see if you can lead it back to a Bliss reminder by joking about something funny or interesting that happened when the two of you were together. After the phone call, you can become the one in control of the friend dynamic by saying something like:

“I’m glad after everything we can still be friends. We should catch up sometime. It’s been too long.”
**Instant Messaging**

In Drift, you should only use Instant Messaging when you partner is VERY RESPONSIVE. If he or she is multitasking, talking to other people, or slow to respond; cut it off immediately.

However, IM can be a great tool to get your partner communicating rather than through phone/text where it otherwise would have been harder.

**If you’re in... Scenario 1:**

Avoid instant messaging. You have established a friendship, or at least created the perception that you are going to try to remain friends. This gives you freedom to let conversation develop over the phone, text, or in person.

**... in Scenario 2:**

If you’re in Scenario 2, time has passed since your last interaction and an instant message is an innocent and socially acceptable way to reach out and connect with someone you have lost touch with. SO if you really can’t think of anything to talk about, it’s generally socially acceptable just to shoot over an IM to catch up on lost times. If possible, use instant messaging as the first step to re-sparking a conversation – if you have no other way. Keep it light but don’t let it be boring. You want to come off casual and friendly.

Come from the mindset that you just happened to notice he or she was online, so you figured it wouldn’t hurt to see what they’ve been up to. Then you can use intrigue to get your partner to ask you questions back. Which you can attempt to steer toward a more descriptive conversation, or spark new conversation by inquiring about your partner’s GSI.
Try following this real life example with one of my ex-girlfriends. Use it as a guided structure to turn a simple IM conversation into something more:

Me: Heyy
Her: heyy
Me: How ya been
Her: Good, trying to enjoy summer How bout you?
Me: Same, but work keeps driving me craaaazzzy
I created intrigue for her to ask more. You did not respond with the same boring "pretty good" leading to a stale conversation
Her: haha do you work at the same place?
Set the pacing of the conversation by turning a simple response into a longer and more descriptive conversation
Me: No, I now work for a military contractor
Her: Huh? how'd that happen?
Me: Long story, but they found me. I left my old job because it sounded like a great new opp. but it turns out, things move slow in the government world.
Her: Ah, it sounds interesting...
Me: It can be, definitely. I mean, they pay well and their benifits are great. I'm also not afraid of losing my job in this bad economy. The defense industry is a bit more stable compared to others right now.
Her: Hahahaha, still better than my job!
Me: What's your job? The intrigue has been reversed
Her: I'm working at an ad agency. I work from 7-8 p.m. every day.
Notice how everything is reciprocated in instant messaging, it's like taking turns talking about the subject matter at hand. I talk about my job and say how it's bothering me, and now she has opened up about what annoys her about her job. This is how we have been conditioned to communicate over instant messenger
Me: Oh aren't you still doing your dance stuff?
She was competing in various dance competitions when we were dating and it was a huge part of her GSI
Her: Yah sometimes, I mean I try to when I have time
Me: I'd hope so you were so good. When was the last competition you were in?
Just by bringing up the GSI, showing a little support and interest, this conversation just continued to escalate into a conversation about previous dances she had been in since we drifted, and where she sees it playing a rold in her life down the road; and my own GSI as well. The whole time I was very supportive and at the end of the conversation it was extremely easy for me to casually suggest we should hang out soon.
I asked if she had the same number, she said yes, and I said great I'll text you soon. A friendship was established; I got her to open up by bringing up the GSI, and then planted the idea of scheduling a hang out very soon. I very well could have even done it on the spot, but sometimes you want to do a little planning before hand when it comes to getting your partner back. See Relationship Rewind: STEP 3.
Key things to remember:

- Allow your partner to respond and try to sketch a conversation. If he or she asks how you are in return, avoid just answering, “Same old same old.” Instead, shed some light on what’s new in your life. Just be careful not to sound like you’re coming across as bragging or anything. Instead use intrigue to drive the conversation by saying things like, “Just been so busy lately…”

- If the conversation begins too slowly, ask about something that relates to your partner’s GSI. Show your interest and display to her that you’re keen to see how things are coming along for them and if they’re still on that path.

- Hopefully they’ve made progress or are working towards it in some way. Regardless, show your support and let him or her know that you’re proud of them.

- If the conversation does not lead to this point, suggest a meet up by saying: “I gotta go right now, but we should all (implying mutual friends) go out for drinks or something one night to catch up. It’s been too long.

- As long as you remain friendly and casual, your partner will agree to this, regardless of whether he/she thinks it will actually happen. He or she will, at the very least, show support by saying, “Yeah sounds good.” Then simply respond by saying “Great, I’ll shoot you a text this week and let you know what’s up:))”

- The Instant Messaging structure also works very well as a way to keep text message conversations going on for a long time.

Note:
It’s good to bring up some form of conversation regarding mutual friends or acquaintances. You can do this by asking about a mutual friend that you both got along with while you were together, but have not really heard from since the two of you drifted.
In Scenario 1:

If you’ve made it clear to your partner that you want to try and maintain a friendship, then simply text them the way you would with any other friend when making plans. The key to this is coming off like you’re about to have a good time and extending the invite for your partner to join, but you’re going to have a great time regardless if they’re there or not. The principle behind texting your ex, regardless of the scenario you’re in, is to ENR (Encourage, Never Require). Meaning you extend a message their way, but rarely require a response back.

Depending on how well you’ve established the friendship post-Drift, you can get away with sending something as simple as:

“Hey what’s up?”

If you’ve developed a friendship within your partner’s social circle as well, and often go out on the same nights and to similar places, a very easy and friendly text to being planning a meet up is:

“R u guys going out tonight?”

To this, he or she responds with either yes or no; and usually sprinkles in some details about what they are doing, and includes a response that asks you in return. Whether they respond with a yes, no, or maybe, you can immediately move to a suggested meet up by saying something like:

“Well me, (and some other people both of you may know) are hitting up (a spot you know they like or would feel safe going to), you guys should come meet up.”

The key to suggesting a meet up – regardless of your communication method – is making it a social affair where other friends are included. This will come into play when you get to Step 3.

In Scenario 2:

This structure can work for Scenario 1 because there is more implied communication, but it’s an especially great way to text your partner after a lot of time has gone by without communication.
The text message structure goes:

1. **Intrigue**
2. **Bliss Reminder**
3. **GSI Interest**
4. **Suggested meet up**

**1. Intrigue:**
If you’ve not communicated in a while, then you want to use intrigue to encourage a response from them. Your message should be something that makes them want to know more…

Example:

“Haha so this is kinda random, craziest thing just reminded me of you.”

The intrigue encourages your partner’s response, and the texts that follow will look something like: “Haha, oh really what was it?”

You can try to drag the intrigue on a little if it’s in regard to something that maybe pokes some fun at your partner or is something you constantly teased them about in a fun way. You can respond by saying something like:

“on second though, maybe I shouldn’t tell you, I don’t think you’ll like it :P” (Be sure to add the little smiley face so they know it’s playful and light hearted).

**2. Bliss Reminder:**
Think back to a moment in Bliss with your partner where something strange, funny, or memorable happened. Don’t pick something that relates to when you were doing something intimate or overly sentimental. Try to find or recall something funny or interesting that happened when you guys were simply having a good time hanging out. You want your partner to remember a moment when you guys were friendly and social with each other. The emotional ties of being together at that point in time will have a factor when your partner’s mind is brought back to that moment on a subconscious level.

**Tip:** Saying “haha this is random” in the start eliminates your partner thinking it’s weird that you are texting him/her out of nowhere because you recognize that it is strange for you too. Adding the “haha” in the beginning also implies that it’s a funny/light-hearted thing that reminded you of them, making them even more intrigued.
Regardless, if you want to keep the intrigue going, the key is to lead your partner back to a fun, bliss moment. Say something like:

“Well do you remember when we went to (place where a Bliss moment happened)….?” Or “Well do you remember when you were telling me about (memorable conversation or story they shared with you).”

Basically you want to lead him or her into the set-up for when the Bliss moment happened, the one you are referring to, without giving away the full details right away. This will not only help you partner understand what you’re talking about, but will also make them wonder what it could be that reminded you of your former partner. It will make her think harder about that moment in Bliss, going over the details in their head and bringing those old blissful emotions back to the surface.

Hopefully they will respond by saying, “Yes.” If he/she says they don’t remember – which is rare if you picked a good blissful moment – then you can build more intrigue by saying:

“Oh well, never mind. It wouldn’t make sense then.”

This will more than likely make him/her try to figure out what you were talking about, because they already committed to the conversation and will be intrigued.

After your partner responds, then you can give the rest of the details about what it was that reminded you of that Bliss moment. To help you further understand this process, here is an example conversation from one of my clients who I helped several years ago. To give you some background information, he met and started dating a girl in his senior year of college. They had a class together where they would always sit in the back and make fun of their strange professor. This went on for the majority of the relationship. Class was where they’d spend a lot of time together. They walked together to class all the time and usually got lunch after. She broke up with my client shortly after they graduated. They said they would remain friends, but as in most cases, eventually lost touch. After months without talking, my client and I decided on the perfect conversation to re-spark interest and a potential meet-up.
**Client:** “So this is kinda random, but the craziest thing just reminded me of you haha.”

**Her:** “Lol o really, what was it?

**Client:** “Haha I don’t think you’ll believe me. It’s too crazy…”

Note: I told him to say, “I don’t think you’ll believe me,” to build intrigue, but also to make whatever he says more believable. Because I’m addressing that it’s so out of the blue, it needed to be shared. Truth is, it wasn’t hard to find a moment that reminded my client of his ex. Everything reminded him of her at that point. So I asked him to pick out a specific occurrence that would remind both of them when they were in Bliss together -- and that would make her laugh, or make her happy.

I don’t encourage lying in any case. If you do meet up again in the future, the conversation you may have fabricated may be brought up again -- and you don’t want your ex to lose trust in you.

Take note below on how my client uses Intrigue to keep his ex-partner engaged and awaiting his next text.

Keep reading to see the rest of the conversation…

**Her:** “Lol what was it!!!

**Client:** “Well, do you remember our Professor from our Comm Clas?”

**Her:** “Professor Thompson! How could I forget?”

**Client:** “And remember how we thought he was pretty much insane…?”

If possible, hint at the Bliss moment by using words like “we” and “us” to make your partner further associate the concept of the two of you being together when the moment happened.

**Her:** “Haha, yes”
Client: “Well, I was walking to my car a few minutes ago and an old station wagon pulled in the space next to me. But it pulled in too far and slammed into the front end of the parked car in the connecting space, knocking the front bumper clean off. Guess who the driver was?”

Her: No way!! Thompson!?!?!?

Client: At first I thought it just looked like him but then I got a good look. It was def him... shoulder pads in his jacket and everything, with a UCONN bumper sticker on his car.

Her: Hahahahahahahah thats so crazy, did he see you?

Client: Well that’s the crazy part. The only reason I got a good look at him is because he pulled back out and drove right past me – leaving the lot acting like nothing happened!

Her: Ahhhhhhhhhhhhh whaaaaa! lololol you should like tell someone!

Client: Well I told you :)

Her: lol i’m glad you did, sooo funny

Spoiler Alert!

Opening this line of communication led my client and his ex to meet up, which led to them getting back together. The key is to use an intriguing story and a Bliss reminder as a starting point to lead to something deeper and closer to the ultimate goal: a meet up.

You’re now in a great position to capitalize on the fact that you have an open line of communication and have triggered a blissful memory of the two of you together. Now the next step is to use your partner’s GSI to continue the conversation. In this case, my partner’s GSI revolved around art and painting.
Don’t let your conversation keep being about the intrigue text you sent. The key is to lead to a GSI interest and then suggest a meet up.

3. GSI Interest:
Here’s a real world example to build GSI interest:

**Me:** Haha yeah. How you been by the way? Still painting i hope”

By saying “still painting I hope” instead of just asking “are you still painting,” it shows my interest in my partners GSI, and encourages a response without requiring one. Also saying “I hope” sets up your partner’s response to fall into a frame of meeting your approval, which is a powerful frame to have.

**Her:** I’ve been good, and yes of course, painting every day :). How bout you?

(Don’t fall into the frame of making the conversation about you. You can save the info on what you have been up to when you meet up. Try to keep the focus of the conversation on her GSI).

**Me:** I’m good. Just busy with work. How’s painting going? You sell any of your works yet?

**Her:** Lol soon I hope! We’ll have to see. One of my paintings just got shown in a gallery last week though!!

**Me:** Hell ya! Congrats!! For real though, you’re super talented. Keep at it and good things will come, I know it.

By showing support for her GSI, I have created a strong emotional connection with my partner. This is why recognizing your partner’s GSI when doing Relationship Rewind is very important. It’s one of the strongest emotional triggers in a person; one that you have the advantage of knowing because of your past history together. Also, it’s the easiest conversation to fall back on when reaching out to your partner.
Now you’ve made up for months of not talking through a series of text messages. It’s now time to suggest a meet up.

4. Suggesting to meet up:
Remember you want your first meet up together to be social; the easiest way to do this is to engage in a conversation about people you know through your partner.

Me: Btw r u still causing trouble with Kristina and Brit, feel like i havent talked to u guys in forever

If your partner ever accused you of being flirtatious with one of her friends, don’t include this person in the list of friends you ask about.

Her: Well, I don’t really hang out with Brit anymore, but of course me and Kristina are still bffs :P

Me: Haha, well I always thought Kristina was cooler neways! Me, Mark, and Kevin are gonna be back in the area next week, let’s all try to meet up at some point. Maybe happy hour after work?

Her: Sure, that sounds fun!

I mentioned I would be with friends that she met and got along with through me. Doing this will make your partner more inclined to meet up and it takes the pressure off your first meet up. Remember, you guys are broken up. You have to create a comfortable social setting before your partner is ready to get alone with you again. Hanging out one-on-one following a break up, no matter how long it’s been, can put a lot of pressure on you and your partner’s interaction, which can be intimidating and very hard to set up in the first place. You will see in Step 3 why it is more constructive to always meet in a group first.

Me: Kk I’ll keep ya posted

Her: great :)

There’s not need to rush into actually planning something right away. Avoid seeming like you’re in a rush to meet up. You’ll come off looking too eager to get back together with him or her. Instead, you want to project that you’re simply trying to just be friendly and engaging.
Allow some days to pass before locking down any actually plans. Not only will your partner have you in the back of their mind during this time, but it also allows for other conversation to pop up casually through any of the means of communication.

The suggested meet up has opened all the communication methods for your use. You have essentially re-established the friendship and can call to set up logistics whenever you want.

**Email**

In Drift, you can send an email to get your partner thinking about you while also conveying to them that you’re NOT chasing him or her. The email can be something of interest to them, but isn’t ASKING for anything in return. Avoid sending back-to-back emails hoping for a reply. Remember, the key is not to expect anything in return.

Regardless, if you’re in Scenario 1 or 2, your emails will generally be the same. Just casually send over something you think your partner would find interesting. It doesn’t even need a body paragraph. In fact, the shorter your message the better! Let whatever link, video, song, or whatever you are sending them, do all the talking for you to spark its own conversation. Just for added effect, hint at something that relates to a prior Bliss moment.

Example:

```
Subject: none

Body: remember the really cool and trippy one-man band that was playing when we hit up The West Street Loft? Someone just sent me their page hahaha

www.cooltrippyband.com

i think he's gotten better lol
```

No fancy subjects or messages. Just keep it casual and friendly. You want to keep your emails this way as if the topic is something you stumbled upon, or it was forwarded to you and you wanted to pass it along to your partner because you thought they may enjoy it. Same logic with posting comments on social network pages. Just know that your ex “liking” the link on Facebook is as good as emailing back.
Handwritten Letter

Getting your partner to meet up during the Drift stage can vary in difficulty depending on the situation. Although simply opening the lines of communication and creating a friend is usually the best method, there are some instances where even more special care and attention is needed.

When a drift takes place, it can cause an extreme distance between you and your former partner – especially if you both spent a lot of time in the Bliss stage and shared very strong feelings for each other.

When your partner decides to drift after genuinely caring about you for an extended period of time, they sometimes have to go out of their way to maintain the distance as a way of dealing with their own emotions. In this case, it’s likely that you’re not getting responses from your text messages or calls even in an indifferent or semi-friendly way. There is a last resort method you can use to try to change this situation. This method is to write out a handwritten letter laying everything on the line and showing that you want to fight for the relationship.

To some, it may seem like you’re “chasing” by doing this, but it’s not the case. There’s a big difference between begging someone to take you back, and fight for the relationship. For this to work, you have to come from a place of genuine care and consistently express that you know the relationship is worth fighting for. However, if your partner is not willing to put in the effort, it will be gone forever. This method is similar to how we reverse a Switch. This version puts everything on the line and makes it clear that this is the last chance you guys will have to be together.

This is an actual letter I wrote to an ex-partner who I had trouble getting in touch with. We had spent almost a year together and grew very close, but due to a number of extreme circumstances, we began to grow apart and I felt her slipping away more and more by the day. I desperately needed to do something to salvage our relationship, so I decided to write my ex a handwritten letter expressing my feelings. And… IT WORKED! Since then, I have helped other people craft similar letter as well and 9 times out of 10 it got their partner at least willing to meet up once more (even when it seemed like all hope was lost).

This method is especially effective when you know your ex is trying to initiate a friendship, but you want more. Sometimes you need to call this out and make it clear that a friendship simply won’t cut it for you.

If you use the handwritten letter technique and your partner does agree to meet up, just follow through by applying the methods in Step 3 of Relationship Rewind.
Baby, before I share my thoughts with you, I just want to make one thing clear. I DID love you for YOU. I was immature and stupid, and yes we both made our share of mistakes in the relationship. But never for a second was I not willing to work things out with you.

The real you won me over. From your “don’t do its”, to that chromatic scale laugh, to your cute little nose twitch. I loved your uniqueness, your musical talent, you sparking me back into music...I loved how genuinely loving and empathetic you were with everyone. ESPECIALLY with your family.

You saw the issues I’ve had with my family. And even though we’ve been working to fix things, the reality is... we STILL don’t talk to each other. But you have such a close bond with your parents and sisters. I’ve always loved you for that.

You were the most beautiful woman in the world to me. I’d have sung that to you everyday, and never gotten sick of it.

I would have given you the world... I was IN LOVE with the person you seemed to be...

But what I’ve realized over the past couple days is that I might have been wrong about who you really were.

You stopped all communication with me. You stopped responding to text messages, phone calls, emails. Don’t you think I deserved to know what was going on??? Especially because you were depressed. You know I’m a sensitive guy and you knew I was concerned about your state, and did you think it was fair for me to constantly worry and think about you to the point I couldn’t even focus on my own life?

But the thing that REALLY pissed me off the most is that when you were HERE in NYC for your audition, you never even bothered to let me know! It’s as if I don’t even exist to you anymore. And now you’re asking to be my friend?

Bottom line is, whether we were in a relationship or not, friends just don’t do that to each other. How can I trust that as friends, the same thing won’t happen again in the future?

Part of me wants to forget about our silly mistakes and hold you, comfort you, support you, be the ONE MAN who believes in you and pushes you to greatness. I want to be the one who wipes away your tears every time you cry... but I don’t think I can do it. I just don’t think I can now...

We only have so much time in this world... only so many people we can let into our lives. If I’m going to have someone in my life who I call a friend and truly rely on, there’s a minimum level of respect I NEED from that person. And considering all that we’ve been through, the girl who I thought I knew... who I thought I loved... would have given me that.

Goodbye and good luck, my love
ANALYSIS:

Baby, before I share my thoughts with you, I just want to make one thing clear. I DID love you FOR YOU. I was immature and stupid, and yes we both made our share of mistakes in the relationship. But never for a second was I not willing to work things out with you.

This is a good place to start any relationship talk. You want to preemptively deflect blame for the breakup away from you, showing that you did truly love the person. But at the same time, admit to your mistakes so your ex doesn’t get combative against you.

The real you won me over. From your “don’t do its”, to that chromatic scale laugh, to your cute little nose twitch. I loved your uniqueness, your musical talent, you sparking me back into music... I loved how genuinely loving and empathetic you were with everyone. ESPECIALLY with your family.

You saw the issues I’ve had with my family. And even though we’ve been working to fix things, the reality is... we STILL don’t talk to each other. But you have such a close bond with your parents and sisters. I’ve always loved you for that.

You were the most beautiful woman in the world to me. I’d have sung that to you everyday, and never gotten sick of it. I would have given you the world... I was IN LOVE with the person you seemed to be...

In this section, we bring my partner back to some bliss moments, as well as reinforce her GSI. This is an important step in any rewind. You want to show you notice things in their life that others don’t, and point out how his or her GSI inspires you/makes you care about them. Remind your partner how good it was to be together, and remind them that you see all the beautiful things about them. You want to give them a taste of the good stuff and blissful moments before you pull it away in the next line.

But what I’ve realized over the past couple days is that I might have been wrong about who you really were.

You stopped all communication with me. You stopped responding to text messages, phone calls, emails. Don’t you think I deserved to know what was going on??? Especially because you were depressed. You know I’m a sensitive guy and you knew I was concerned about your state, and did you think it was fair for me to constantly worry and think about you to the point I couldn’t even focus on my own life?

Show that we have a NEGATIVE view of who they became. People don’t like it when other people view them in a bad light. Let your partner realize that their actions are drastically changing your view of them from good to bad.
But the thing that REALLY pissed me off the most is that when you were HERE in NYC for your audition, you never even bothered to let me know! It’s as if I don’t even exist to you anymore. And now you’re asking to be my friend?

This is a FALSE accusation. People go into a frenzy when they are falsely accused of something. i.e. if you are accused of something you didn’t do, and that is the reason your partner is ‘leaving.’ The urge you feel to ‘clear your name’ will be so strong that you will fight to get your ex back just to do it!

Also, the false accusation allows you to TAKE YOUR PARTNER BACK, once they clear their name. Whereas if this was a real accusation, it would look weak to take them back.

Bottom line is, whether we were in a relationship or not, friends just don’t do that to each other. How can I trust that as friends, the same thing won’t happen again in the future?

Amplify the takeaway. Show you won’t even be their FRIEND anymore. Let them understand their actions have not only hurt the relationship, but the potential friendship as well.

Part of me wants to forget about our silly mistakes and hold you, comfort you, support you, be the ONE MAN who believes in you and pushes you to greatness. I want to be the one who wipes away your tears every time you cry... but I don’t think I can do it. I just don’t think I can now...

Give one last reminder of bliss and promise of future pleasure before the final takeaway. You do not want to come at them with all negative things. Balance it with the good and the bad. Your letter should be an emotional rollercoaster and show that your anger comes from passion.

We only have so much time in this world... only so many people we can let into our lives. If I’m going to have someone in my life who I call a friend and truly rely on, there’s a minimum level of respect I NEED from that person. And considering all that we’ve been through, the girl who I thought I knew... who I thought I loved... would have given me that.

Your reason for ‘disappearing’ shows high moral character. Also it shows that you are REALLY going to disconnect from your ex. This is the most important part. You need to show your willingness to walk away. It lets your partner see that this could be it. Also by bringing their character into question, saying the person you thought they were would not behave this way, they will fight to show that they aren’t the bad person you to think they became.

Goodbye and good luck, my love

Goodbye and good luck shows you MEAN IT. And you are really leaving. But the ‘my love’ gives them hope for a second chance.
This handwritten letter method will almost always illicit a response from your partner that makes them want to talk more and discuss what’s going on. You must stand firm that if they really want to talk, then you agree to find a time to meet up face-to-face. Use their desire to make things right with you to see them in person and talk things through.

Important Tips and Common Mistakes:

- **The Rule of 1:1**: Avoid sending two messages in a row without receiving a response from your partner. The ideal way would be - you write, and then they write, then you, and so on and so forth. If they don’t respond, that’s OK because you never required a response to begin with. You were only encouraged to send something in the first place. Allow for some time to pass and use a different communication method.

- **Encourage, Never Require (ENR)**: Instead of just asking “hey, how are you?” to create good conversation, just use it to open the lines of communication. Then try to use intrigue to draw your partner in, allowing you to keep control of the interaction.

- **Let your partner know that you’re in a later stage of acceptance than he or she is**. Whoever is better off post-Drift, has the power and control. By avoiding the urge to chase and reach out only as a friend, you make your partner second-guess their decision to Drift; especially if he or she has not found someone else. Say things like “Thanks buddy!” “Thanks friend.” Or “Glad we were able to remain friends” to solidify the friendship post break up. Even if your partner was the one who clearly broke things off with you – being the one who is more comfortable just being friends, flips the script and puts control back in your hands, especially once you get them in person.

- **Never try to put everything on the line and say you want your ex back**. Your efforts should be focused on getting your partner in person so you can create moments that allow for something to “just happen.” Or as everyone says, “One thing led to another...” Creating that moment in Step 3 is going to be the key to rewinding your partner back to Bliss.

- **Instead of saying things like ‘I need you’, say things like ‘you deserve better than me’**. You want to be un-phased by the idea of your partner moving on.

- **When all else fails, passion is better than indifference**. Get your partner ANGRY if necessary to get out of indifference. Maybe hit up a friend of his or hers that you always felt had a thing for you and start to cultivate a flirtatious friendship, maybe even more. Another thing you can do is become visibly supportive to someone with the same GSI as your partner. Facebook is great for showing something off without making it seem intentional. However, always try to establish a friendship; it’s an easier and more constructive way of removing your partner’s indifference.

- **You MUST accept that it’s over, even more than your partner does**. Remember, the KEY to rewinding from Drift is to always be one step ahead of your partner when dealing with the break up.
DEATH’s DOOR

Essentially, something may have happened in your relationship which may have been something you caused. A likely case is that your partner drifted, and you kept chasing and chasing and he or she had to make a conscious effort to specifically avoid you; such as blocking you from actually reaching them through various means of communication.

The Worst Case Scenario:
If you’re a guy in Death’s Door and have chased excessively, she probably refers to you as someone who has “stalker-like” behavior or comes off as being a little “creepy.” If you’re a girl, you may be seen as someone that might be perceived as being either “Crazy” or “Psychotic”. This may not be true but the perceptions of others. In order to create these perceptions, you have to really push the situation quite hard. Just because you’re not getting responses when you try to reach out, does not mean you’re at Death’s Door. The worse case scenario for Death’s Door is closer to the point of your partner thinking he or she may need a restraining order or something like that.

Best Case Scenario:
You did something that your partner considers very wrong or that really upset them. They really cared about you but has decided that you’re a bad influence. Usually this is seen in the form of an angry break-up, followed by chasing. Your partner’s way of feeling in control is to cut you out of their life. Your partner’s personality can play a big role in this, as can how influenced they are by other people. Some people, usually the less rational ones, need to cut things from their life entirely to feel they have moved on. Sometimes this can happen if your ex gets involved in another relationship and thinks you pose a legitimate threat of messing it up. Because whether your partner likes it or not, you have a strong effect on him/her emotionally.

In either scenario, your partner wants nothing to do with the person they perceive you are, in their mind. Good news is... it’s very possible to change this perception. But some work is necessary.

Strategy And Examples:

Not all hope is lost. We have some great proven strategies to help you overcome this difficult phase. Let’s get started!
The one thing that you have in your favor is that when in Death’s Door, your partner is actually not indifferent to you. There is a whole mix of confused emotions that makes you partner feel they need to put an effort into cutting you out. This is especially true in the best case scenario – it’s like you’re a drug that your partner wants but knows it’s bad for them, so they make sure they don’t turn back to it even if they feel a need for it.

Regardless to whether you’re in the worse-case scenario or the best one, it’s really important to STOP hitting up your former partner all together; for at least two or three months. I even recommend waiting longer. I suggest using this time to find another relationship or at least get involved with other people. Just waiting for time to go by is not going to fix your behaviors in any way; you need to actually work to show that you have moved on if you ever want to get your ex back. When you’re in the Death’s Door stage of your relationship, you do have some work to do to get the relationship back on track again.

The best thing to do during this time is to really work towards your vision and GSI, no matter how long it takes. Success and following through with your GSI is universally attractive and creates the perception of becoming a whole new person. You want your ex-partner to see you as a whole new person, and if you want him or her back, you will actually need to become one. This is the Death’s Door stage and is the most challenging of all stages to be in.

If you had been chasing your ex, your disappearance will be noticed very quickly. Especially if you have not been blocked from all means of communication. Maybe they had blocked you from everything so you were forced to stop chasing, or because they were afraid of what would happen if they considered getting back together with you. Either way, the first step to rewinding any of this is to build the strength to move on (at least for now).

This is not going to happen until your partner feels enough time has passed where you both have changed and grown as people, allowing them to consider the idea of a possible friendship.

The good news is, that it’s NEVER impossible to get through this stage and you will come out of it as a better person.
If you run into each other by chance in public, act unaffected. Be the first to walk away. Encourage nothing more than a brief chit chat. Just say “Hey how have you been? Cool, well good to see ya again, hope you’re (something that relates to their GSI) is going well.” And walk away.

This will start planting the idea that you are a different person.

Phone

Worst and best case scenario: Your number is probably blocked or he or she refuses to pick up the phone. Even if it’s not blocked, stop calling for a while and let there be an extended period of zero communication.

You may call back after sometime has passed if you have found something super important to their GSI, like career changing. You may have to seek it out and make some connections for them. They most likely will not pick up, in which case just leave a voicemail CALMLY saying something like:

“Listen, I know you never want to hear from me, I get it. I was a different person back then and deserve that. I had some serious growing to do. Anyway don’t even even regard this as me calling, it’s just that this was brought to my attention and it just seemed like such an amazing opportunity that i would actually feel bad not passing it along when I know you could benefit so much from it. And no, I’m not going to be there or anything like that it’s just… Anyway, if you consider it, best of luck; or maybe you know someone to pass it along to who would benefit. Goodbye.”

Don’t expect anything in return, but if you do this, you have done a great job showing you’re a changed person. Let your partner see that you have hit them up, and won’t call a bunch more times after not getting a response.

Instant Messaging

If you’re blocked, don’t even bother until you’ve made some changes. I only recommend messaging through social networking sites anyway (such as Facebook) – that is, if he or she has not already deleted or blocked you as a friend. And, only reach out after at least a few months of zero contact. Facebook allows your ex to see changes you’ve made in your life and to see what you’ve been up to without actually talking to you.

So when you do message them, regardless of whether they respond or not, it’s guaranteed that he/she will be checking out your profile. If you get a response back, then they must like what they’re seeing on your profile. This
is even better if they see you’re “in a relationship.” Try and focus only on having a conversation and being friendly. If you get a response back, don’t even consider meeting up just yet. Instead, catch up through IMs the same way you would in Drift and get them comfortable talking to you again.

**Text Messaging**

During Death’s Door, avoid sending text messages. There is nothing you can convey that will make them change their mind about you through a text message. You may use a SINGLE text message to move them to email once some time has passed if you don’t have their email address. This is actually your best option because it allows you to lay down everything you want to say in one message. Use a similar strategy to what you would do with the phone voicemail.

Sample Text: “I know you kinda hate me, it’s all good. I was pretty ridiculous back then haha. I’m just reaching out cause I promised someone I’d pass this opportunity along to anyone who might be interested. It’s about (related to their GSI). If u text me your email, i’ll just send u the link that has all the details and you never need to hear from me again. I figure it’s the least I could do after everything.”

Saying something like “I know you kinda hate me” would normally not be good because it could trigger them back to bad moments. HOWEVER, because you have let so much time pass and you have both grown as people, it’s likely that your ex may actually respond with a better answer than you were expecting – because it’s very hard to HATE someone for a long time. It is exhausting to focus on that much emotion for so long. So you may see them say something like “Noooo I don’t actually hate you, haha here’s my email...”

**Email**

In Death’s Door, you can send an email that reminds them of Bliss moments, but also shows ACCEPTANCE of the fact that your relationship no longer exists. The only hope in Death’s Door is to cultivate a real friendship, and during that friendship, ‘accidentally’ create new Bliss moments that turn into physical escalation.

Let a lot of time pass before sending an email. If you already have the
address and they haven’t changed it, you can use the GSI opportunity basically saying the same thing you would say into their voicemail.

Another strategy is after A LOT of time has passed, you can send an email that attempts to make amends for causing them any pain or annoyance. Remember to ENR and show you’ve changed. If you’re using a social networking site to reach out, which I still think is the best way to do this because even if they remove you as a friend, you can still message them. But by sending this message having a profile to show you have changed, it is actually the best way you can start working toward building a friendship. I also strongly recommend that your Facebook says you are “in a relationship.” For full effectiveness, it should be true because that will actually have allowed for you to better manage your emotions.

It’s the best way to change yourself if you feel something is worth putting the energy into to getting him or her back in Death’s Door. That can be a huge part of the process. Also, it will allow you to apply many other Relationship Rewind concepts so you never mess up again if you do manage to get your partner back from Death’s Door. When your new self is ready to reach out, send an email saying:

“Hey, I know that you pretty much never want to hear from me. I totally get that and deserve it. Looking back at the way I behaved then still baffles me, I’m actually a little embarrassed to even admit I acted that way. I think I just had some serious growing up to do and glad you were able to see it. I think it eventually helped me recognize it and allowed for me to get my shit together hahahaha. Anyway, I don’t need a response back or anything like that, I just wanted to personally apologize for being so ridiculous. I know it’s been so long since we’ve even spoken and I kinda feel silly even bringing it back up, but I guess I just wanted to get it off my chest and clear any bad air. Good vibes are are all that matter to me now. I sincerely hope all is well, I hope <your (GSI)> is going great too if you are still doing that. Would love to hear how it’s been going and catch up as new friends. Best of luck with everything!”

If you want this message to work, you need to be willing to let there be a lot of time passed and really have worked on improving yourself and growing as a person. It’s something you should always be doing as time passes by; regardless of if it’s for someone else.
Key Reminders For Getting Your Partner In Person
Key Reminders For Getting Your Partner In Person

In Bliss and Switch:
You will most likely have no problem getting your partner in person. If you thought you were in Switch, and realize that you need to strategize to get your partner in person, it means you’re really in Drift.

In Drift:
Show them that you’re further along in the post-break-up process and be fully OK with being just friends.

Use the tactics listed in this section for Drift in order to create a “False Friendship.” Once you’ve established a friendship, suggest a social hang out (concert, party, bar, event) for you and multiple mutual friends to attend. Focus on getting your group and their group to meet up at the venue instead of putting the pressure on going together. To begin the face-to-face process, you just need to initiate a social hang out after opening the lines of communication. In fact, the more people in your group and your partner’s, the better.

As long as you’ve properly used the various means of communication to reach friendship, which is all you are interested in, getting this meet-up to happen will not be a problem. The most important thing for you to do is to become their friend first.

In Death’s Door:
Allow for time to pass while you seriously work on changing yourself, your outlook, and your progress on your GSI. The old you is the last person your former partner wants to see. Time to transform yourself and create a new you. If someone has put you in Death’s Door, try to avoid the trap of blaming the whole thing on them overeating, or having a strange personality. Obviously, this can be a big factor in some cases, but it’s still a sign that there’s some improvements you can make to yourself for the better, especially if you’re in a situation where your partner won’t even be friends with you.

Once you have made a change as a person, you can then reach out as a new person simply seeking to make amends and possibly explore the idea of being friends. The one advantage to Death’s Door, is that once your partner feels you have changed, he or she will be willing to meet up to explore the idea of a friendship. The meet up process becomes much easier because your ex is curious to see if you truly have changed after all. If they’re actually reaching out to
clear any bad air and make amends, he or she will feel more compelled to see if a friendship is possible. The hardest part is changing their existing perception of you. Once that has happened, your ex will start communicating back. You actually don’t need to put such an emphasis on meeting up as friends in Death’s Door.

Your partner has probably convinced their friends you’re bad news. So once your partner feels you’ve changed, they will be more willing to actually meet up one-on-one for the first time in ages.

Other important concepts to consider while opening communication and planning a meet up.

A. How to create the feeling of ‘Missing You’

At any stage, try to send simple little things that you know will remind your partner of the good times you guys shared together. This will make your partner think of you and miss you more. This can be as simple as a song or video, or songs that you listened to a lot when you were together – songs you know your ex will particularly think of as Bliss reminders and have strong emotional connections rooted to them. So posting them as your Facebook status will create that “missing-you” void if he or she happens to see it. Also, keep doing exciting things in life. Always be moving forward in life. Post pictures or status updates that reflect the exciting things you’re doing on Facebook; make your partner wish he or she had accompanied you at some of these experiences. This is the best way for you to use Facebook – so you can make your partner wish they were doing those things with you and begin missing you. Facebook is a great tool to project to your partner the things you want them to see about your life.

There are actually things you can say on Facebook and put on your status to make them miss you. Try to think of what your partner’s ideals and values are, and find a famous quote that he or she would most likely recognize. Anything like a song lyric or an inspirational and emotional quote is great. This will always change depending on your partner, but try to recall people who your partner looks up to, then post a quote from them. If they see it, they will start to feel a connection again through the alignment of mutual ideas. Don’t overdo it. Just keep it casual and set a number limit to these kinds of postings.
**In Bliss** being away physically for a few days but staying in touch on the phone makes your partner miss you more.

**In Shift** not chasing removes the good feeling that one gets in Bliss of “being wanted.” Taking that away creates a void making them miss you.

**In Drift** being better off than your partner (when not in the relationship) makes them miss being with you. This is why it’s important to be comfortable with just a friendship and move forward in your life. To draw your partner back, you want to appear to be constantly moving forward without them in the picture. After going on a number of bad dates that follow the Drift, your partner will really miss being with you.

Lastly, creating and maintaining friendship through various communications means that over time, without having face-to-face time, will make your ex begin to miss seeing you in person.

**In Death’s Door** once you’ve moved on and stopped contacting your partner, he or she will begin to miss you. They may even miss the feeling of being chased. Because even though they may have acted unresponsive or annoyed, it created the feeling of desirability.

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**B. Making it your partner’s idea to hang out**

If you use the methods mentioned to establish a friendship and start communicating frequently, your partner will grow out of indifference to you, and value you as someone in his or her life. Establishing a friendship, but not pressuring them into hanging out with you, will actually make them want to hang out with you and in some cases, make them suggest the idea of catching up with you.

Another way to do this is to have one of your mutual friends, who is closer to you, use innocent forms of communication like email and IMing, to create a light friendship with your partner. While at the same time you should display to them that you just want to be friends. The more of your friends that your partner is friendly with, the more they will be proactive in having everyone get together to hang out.
c. The power of the friend zone

In normal circumstances, the “friend zone” is a bad thing for anyone you want to be romantic with. The only way to get out of the friend zone after being put in it is to stop being their friend. However, there is a huge difference between being in the friend zone before hooking up with someone, and being in the friend zone after hooking up with someone. In Relationship Rewind, the friend zone comes after being together. The friend zone can never fully exist after being intimate. Even if you make a strong effort to just be friends, there will be little moments that trigger those romantic impulses which your partner once saw in you. Also, the more committed you seem to be in maintaining the friendship over a romantic relationship, the easier it will be reversing back to something romantic. Whoever dictates the friendship, dictates if intimacy happens.

“Friends” rarely ever become intimate. But once friends do become intimate, it’s very hard to go back to being friends. Usually, it’s easier to just become intimate again.

Using the friend zone to your advantage is the easiest way to make your partner chase you and get them face-to-face, when it otherwise would have been very difficult.
Long Distance Relationships
Long Distance Relationships

Long distance relationship can be challenging because as humans we crave physical touch and companionship. This doesn’t mean that it’s impossible, but it does require a strong foundation of Bliss moments, and every face-to-face encounter should be very special.

My recommendation is to try and see your partner in person at LEAST once a month. I suggest ‘taking turns’ on who travels to see whom. It’s critical that you alternate physical locations. By not alternating locations, it will result in relationship decay.

The reason why it’s so essential to alternate locations, is to avoid an imbalance happening in the relationship. It’s a quick way for one partner to have too much perceived power, switch, and then very quickly go into Drift.

A long distance relationship in Drift is VERY dangerous, because it opens the doors for the drifting partner to start dating other people, more locally. Once that happens, he or she can begin to form Bliss moments, which will unfortunately overwrite past Bliss moments they shared with you.

At that point, the relationship will fast forward straight to Death’s Door, making it VERY difficult to recover, considering the distance.

Here are some additional ideas for maintaining a blissful long distance relationship:

- **Don’t be afraid to get sexual on the phone**: Lack of sexual pleasure is what makes many long distance relationships dissolve. Begin with something small and work your way into it, you’ll be surprised how fast the conversation can escalate. Find a time when you’re both talking on the phone in bed. Start by saying something like, “I miss kissing you so much.” Let your partner respond and continue escalating while increasing the description. Say, “I miss kissing your neck.” Keep your voice soothing but remain confident in anything you say. After all, this is your partner whom you’re suppose to be having sex with on a regular basis. If you can’t at least make an effort to satisfy some physical needs while you’re away, a long distance relationship will become less appealing.

- **Keep an eye on your social networking profiles** (i.e. Facebook, Twitter, etc.). Don’t allow pictures of you to be posted where it could be questionably seen by your partner as you flirting with someone else, or in a situation that may result in you hooking up with someone. Examples of this include: excessive nightclub pictures, pictures of just you and a person of the opposite sex (even if that person is just a friend), etc. Jealousy does not work in your favor for long distance relationships. It will encourage your partner to Drift or cheat.
What To Do If Your Partner Is Involved With Someone Else
What To Do If Your Partner Is Involved With Someone Else

Avoid acting threatened. Remember you’re his or her friend, you should be encouraging to them.

• "It seems you’re really happy with that person, and I am happy for you."

• NEVER talk bad about your partner’s new interest – in fact you should always be supportive.

• You are NOT competing with the other person your partner might be seeing. If you do that, it automatically sends the message that you’re BELOW them.

Putting focus on the person your partner is with will make it more significant. You need to treat that person as if he or she doesn’t exist, and you will appear confidence, and they will start to believe the other person your partner is seeing is a ‘placeholder’.

If you are establishing a friendship post-Drift, it’s possible that your partner will complaim to you about the person he or she is seeing. In a post-breakup friendship, this is actually very good because your partner may secretly wish their current partner was more like you in that way. Always side with the person your partner is seeing. In fact, talk them up like what they’re doing comes from a place of extreme love (almost breaching obsession). This is the opposite of what they expect and will put the person your former partner is seeing at a higher level of standard than what they are capable of reaching. Or, it makes him think the relationship is going somewhere that they can’t handle. The key is to make the person your partner is seeing seem overly available. A “Chaser” if you will…

Example:

Her: “My boyfriend gets jealous when we hang out. It’s really annoying.”

Me: “I’m not surprised he does. I mean you’re a cool girl and he clearly knows that he’s super lucky to have you. He’s probably just really afraid of losing you because when some guys are in a relationship and get jealous, I think they feel like the person they’re with is the best they can do. I think it’s kind of sweet that he is just so in love with you that he would feel threatened by your guy friends.”
You can reframe any problem someone has with the person your partner is seeing. That person being “too in love and terrified of losing them,” which decreases their desirability level while increasing yours – because you’re the one that is not chasing.

If your partner discovers you might be involved with other people and it’s BY ACCIDENT, then it’s OK. As long as YOU aren’t the one to rub it in his or her face, and/or bring it up in a conversation. This behavior is often transparent and can communicate you look MORE DESPERATE. It’s actually more effective to subtly display that you’re desired, but available. It can be destructive to show off your unavailability.

More on this in Relationship Rewind: Step 3.
Tips For The First Face-to-Face Contact
Tips For The First Face-to-Face Contact

• Have good hygiene and look your best. Show you care, PLAN the encounter, but make it appear effortless.

• Socialize with members of the opposite sex before your face-to-face contact, in order to refresh your sexual energy.

• Be confident. Relax. Talk about your GSI and how much progress you have made in your life while you two were apart. Compliment your former partner on how he/she looks and if they seem happy, tell them that. Ask questions re: her GSI, her family and her friends.

Face-to-Face Contact Preparation:

What's your partner’s GSI?

What’s one Bliss moment you can cause them to recall?

What were you wearing, both fashion-wise and fragrance-wise during the Bliss moment?

Who do you want to bring for your social meet up? Pick people you get along with best and always have a good time with.

Where can you go that will not only be fun for everyone, but will also make your partner and his/her friends want to join?

What physical traits does your partner like that you can display during the first meet up?
**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.

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.

Emotion First, Love Later (EFLL) - EFLL 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.

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.

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.

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 3