STEP 3: Back to Bliss & Your Total Control Time Machine

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& 
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Ryan Rivers
Chapter 1:
The Ultimate Goal of Your In-Person Meeting 4

Chapter 2:
Understanding the ‘Perfect Date’ 6

Chapter 3:
Planning the ‘Perfect Date’ / Face-to-Face Management 12
  • Bliss
  • Switch
    - First Face-to-Face: Switcheroo
    - Second Face-to-Face: Perfect Date
  • Drift
    - First Face-to-Face: Solidify Friendship
    - Second Face-to-Face: Create Scarcity
    - Third Face-to-Face: Perfect Date
  • Death’s Door
    - First Face-to-Face: Solidify Friendship
    - Second Face-to-Face: Prove Transformation
    - Third Face-to-Face: Perfect Date

Glossary 32
The Ultimate Goal of Your In-Person Meeting
The Ultimate Goal of Your In-Person Meeting

Your ultimate goal of an in-person meeting should be returning to Bliss with you partner. Returning to Bliss can only be done in person. How you return to Bliss varies on the stage you’re in and how you properly implement the “perfect date.” Depending on your stage and what happens during that encounter, fully returning to Bliss can take more than one face-to-face encounter. But you can be sure that you will be one step closer every time.

Ultimate Goal for Returning to Bliss

For men, this ultimate goal should be sex.

If you’re in Switch, it’s still possible that she will kiss you, but most likely with less passion or resistance. Once you’re intimate again, it will mean that she has decided that whatever caused her to Switch is not worth remaining out of Bliss for.

If you’re in Drift, you would have led her to realize that she doesn’t want to be just friends with you. There are still feelings of passion she didn’t realize before. Depending on her personality, she may try to frame it as being in a “friends with benefits” type relationship” to not seem like she made a mistake by drifting away. The “friends with benefits” frame is practically an impossible frame for most girls. Most girls will want an official relationship. And it will be even harder to break up now that you properly know how to manage being in Bliss.

Lastly, sex after being in Death’s Door not only means that you’ve created an entirely new perception of you in her mind, but it also means she has accepted that you’re someone she needs in her life.

For women, getting a guy to return to Bliss involves getting physical, but never includes full release.

The hardest part is getting the guy to just want to hang out. It’s much easier for a girl to influence a guy into having sex with him, especially if it has happened in the past. You can leverage this to your advantage, influencing the guy to want to be alone with you. Show interest, but don’t go all the way. In other words, you should not help him have an orgasm in any way. Avoid sex full stop; no blowjobs and no hand jobs. However you want him to know that the passion is there.
The feeling he has from ‘release’ will be enough for him to feel satisfied, and you’ll see his motivation in getting you back drop dramatically. You need to keep him motivated – working as hard as possible and making major changes in his life in order to get you back. The extra ‘sexual energy’ will assist him with this.

Remember, it’s easy to get a guy that you were once with to have sex with you again, if you want. But getting him to stay emotionally invested in sex after it happens means making him feel like he worked hard to earn it.

If he’s involved in a relationship with another women, you should NEVER have sex with the guy because you risk falling into the casual sex partner category, rather than his main girlfriend. This is dangerous territory.

In both cases, it needs to lead to a place where you can be physical and intimate. It can be a bedroom, living room, hotel, or even a car. Lead him to be alone with you, allow him to kiss you, and be passionate toward him. But allow yourself to walk away before things get too heated.

Regardless of whether you’re a man or woman, how you implement the perfect date/dates are the same, and are specific to the stage you’re in.
Understanding “The Perfect Date”
The “perfect date” is one that ends in intimacy after having a great time together. This is the difference between hanging out as friends and being in Bliss.

Two friends can hang out and have an amazing time doing that same thing a couple would do. The only difference is, that intimacy is not included such as hand holding, kissing, and in most instances, sex.

It’s this very reason why guys find it extremely difficult to be “just friends” with a girl, or for a girl to be friends with a guy that she was previously passionate with. Having fun times with the opposite sex, or ex partners, (especially when it’s a one-on-one encounter) our minds will immediately associate it with the fun times we had together in the past, which led to intimacy. Or it relates to past relationship/dates/and moments of Bliss that all ended in intimacy.

So to trigger this reaction, a true, perfect date should involve just the two of you (how you get to that point depends entirely on the stage you’re in).

A perfect date should have a time commitment, which means that hanging out with you is a priority over other things. He or she should be willing to make plans around the date or be willing to set time aside for it. Generally it should be at least three hours long but with total willingness for it to be longer.

Not always, but generally, a perfect date is one that goes later into the evening/night. You can plan the start of it during the day but it should encompass a time frame that leads to nightfall. “Day Dates” are generally specific to actual friends or people who are stuck in the friend zone. Couples go out together at night, so doing so will help you both return to the Bliss stage by triggering more blissful memories.

Lastly it should provide or end in a way that allows the two of you to be alone together and be intimate.

But remember, during the ‘perfect’ date you need to be confident in being PHYSICAL with your partner. It doesn’t have to be full-on intimate thing until the end, but you need to be comfortable touching your partner and being flirtatious throughout.

**Guys:** grabbing your partner’s hand to guide them/being protective of them during the date.

**Girls:** touching your partner’s arms hugging to show excitement.
**Amusement Park:**

This is a great place to take your partner on a perfect date. Although it is a place large groups can go and enjoy together, it is also a place that when just a guy and girl go together, it sets up many implications of being a couple.

First, it requires a large time commitment to fully experience the park and often leads to nightfall. Try to plan to go at a time that will let you experience the park but will still lead into the evening. Many parks have fireworks at night too, which is another thing that couples traditionally watch together.

If you’re a guy, you can win a prize for your partner. If you’re a girl, he will be forced to win a prize for you. Walk through the game/prizes area together. The people running the booths will start yelling and heckling, saying things like “Hey man, come win a prize for your girlfriend. Don’t look weak in front of your girl.” This will further solidify the idea of being a couple or returning to Bliss. If you’re a guy, let the girl name the stuffed animal, or whatever it is you win. You can create the on-running joke of being its parents; looking after it for the rest of the day.

Also, the rollercoaster and rides are huge emotional boosters. Girls, cling to the guy on drops and spins. Guys, fix the girl’s hair after it has been messed up from the ride.

Buy pictures from the rides or picture booths. A picture of just the two together sets more “being a couple” implications.

**Concert:**

This is a great ‘perfect’ date because not only does it usually lead into the evening, but it creates heightened emotions. And hopefully it is an artist/performer you both enjoy. If it is a seated venue, you are guaranteed to pretty much be kept in close proximity for the entire show. If it is General Admission, you guys can dance even closer together. Girls, say you want to get on the guy’s shoulders to better see the stage. And guys, tell her to get on your shoulders. Bring a camera. Take pictures together.

**Bar/Club:**

Can be good because it is a late night venue, and encourages drinking and dancing. But it can also be bad because there are many other temptations that can take the focus away from you. So don’t lose focus on your partner.
Interesting/new live performance:

Frame it as a new experience for the both of you. It can be something like the circus, a comedy show, or maybe a special one-time show that you have found coming through the area.

Ultimately it’s up to you to decide what the perfect date should be, because you know you have a good understanding of your partner. BUT here are some generic examples that are commonly associated with blissful dates, or that share important characteristics of a perfect date.
Planning The Perfect Date & Face-to-Face Management
BLISS

Perfect dates are one of the best ways to maintain Bliss. The most blissful moments shared are often on “perfect dates.” When you start to have more of them, the stronger the Bliss becomes, and the more positive things you have to remind your partner of in case a relationship decay occurs.

If your partner has an event or activity that relates to his or her GSI, express your desire to go with them. Be supportive the whole time and afterwards, act extremely proud. On the other hand, if something happens that benefits your partner’s GSI, plan a perfect date as a celebration for it.

Likewise, invite your partner to things that relate to your GSI. Showing that you want them to be there will help strengthen your emotional bond. Also, having your partner see you do things that work towards your GSI can make you seem even more attractive. It also further increases their commitment to being in Bliss/in a relationship with you.

For Men: During Bliss, it’s OK to pay for perfect dates because you’re already being intimate with each other. At the very least, show a willingness to pay for certain things while on the date; such as food, drinks, and souvenirs.

For Women: Surprise your partner by getting away for a second and buying something you see that you think he will like. It can be as simple as beer or a souvenir. This will be something that immediately makes you stand out from other girls. Don’t become an obligation by making the guy pay for everything.

It’s also important to note that ‘perfect dates’ do put some pressure on the two of you having a good time together. This means that if you lose focus of your partner’s good time, or do something that upsets him or her, it becomes a very easy excuse to initiate a Switch against you. That’s why it’s important to be comfortable doing normal things together, where the two of you can hang out without either of you putting pressure on each other. i.e. Doing laundry together, working, studying side-by-side, going shopping, running errands, or cooking dinner together, etc.

You want to be able to fully enjoy each other’s company when in Bliss and you’ll find the things you would normally do alone become more enjoyable when done together.
Day after a perfect date in Bliss:

Let your partner know that doing these special things together means a lot to you and that you had a good time.

Send a text saying something like, “So I just wanted to let you know I had such an amazing time last night. Thanks for being so great!”
SWITCH

At first, you should actually AVOID planning a perfect date when your partner has started a Switch, unless it’s done as a REWARD. If your partner is in Switch, suggesting something that resembles a “perfect date” is actually a form of chasing. Don’t forget that your partner will still be willing hang out and be open to doing normal things with you when in Switch.

You need at least one face-to-face meeting with your partner before going on a perfect date/returning to Bliss – especially if you have not used other forms of communication (phone, text, email) to get them chasing you (See Step 2). And even if you’ve gotten him or her into chase mode, you need a face-to-face to solidify that the Switch is on the path of returning to Bliss.

1. First Face-to-Face

It’s important that you’ve used some of the communication means mentioned above properly to show that you’re not chasing your partner.

Suggest to them that you just want to hang out. It doesn’t have to be anything fancy, just suggest something you’re used to doing together. It can be with friends, but be sure to get your partner alone at some point.

Spend the first part of the face-to-face meeting simply being friendly toward your ex and avoid displaying any type of affection. The key here is just showing that you’re comfortable hanging out and not desperate to see if everything is “OK” between you two. Which is what they expect you to do.

When you feel ready, give your partner some attention such as a kiss or handholding – basically anything you were comfortable doing during Bliss.

If they’re receptive and appreciative, great! You’re on your way back to being in Bliss. You’ll know if you are. Things will feel “right again.” Reward your partner’s returned affection with intimacy and/or suggest a ‘Perfect Date’. Even after intimacy, a ‘Perfect Date’ is what solidifies Bliss. It locks down that everything is back to normal and also eliminates the slight possibility that sex after a Switch happened only because the desire for sex was higher than the desire of “being together.”

If your partner is unappreciative to your affection/attention during the face-to-face meeting, then remember the formula for reversing the Switch. (Refer
1. Give your partner some attention

2. They are unappreciative
   Tell them out on it and let them know it will not continue

3. Withdraw your attention until they chase

4. Reward them for chasing, with physical affection and/or ‘The Perfect Date’

Second Face-to-Face: The Perfect Date

Now you have made it 100% clear that you’ll not tolerate your partner’s lack of appreciation, and you expressed that it’s putting strains on your relationship. You have created the void where he or she will chase you and respond to your affection. Now that your partner is being appreciative again and allowing intimacy, it’s time to REWARD him or her with a Perfect Date.

Say something like; “Because you’ve been so good lately, I wanted to do something nice for us. Let’s go to (Perfect Date that you know your partner will especially enjoy, even better if it relates to their GSI).”

The Perfect Date should absolutely end in sex. Be sure to spend the night, be supportive, and spend lots of time talking. No need to bring up anything that caused the Switch. Don’t say things like, “I’m so glad we got over the whole (whatever caused the switch) incident.”

Instead just let everything be back in Bliss and fully understand what caused the Switch to begin with – being sure not to let it happen again.
In Drift, a perfect date can sometimes breathe new life into the entire relationship. However, in order to get your partner to agree to a ‘Perfect Date’ and to ensure that it will return you to Bliss, there are certain face-to-face encounters which have to be managed beforehand.

If you followed the instructions in Step 2, you should have either reframed the break-up as a way for the two of you to remain just friends, or have re-opened the lines of communication that may have previously been lost. And now you should have started to plant the idea of having a social hang out between friends.

Either way, “The False Friendship” should be solidified or you should feel comfortable calling/texting your ex to set up a meet for everyone to get together.

1. First Face-to-Face: Solidify Friendship

Hopefully, your partner has met some of your friends and got along with them. If that’s the case, let him or her know that you and those friends are planning a fun night out. Try to make it similar to something that you guys did as a group when you were together, or something highly social; such as going to a show, bar-hopping, going to the beach, etc.

If your partner has never met these friends before, that’s OK too. In fact, the idea of meeting new people can be enticing. But the key is to not only invite your partner out, but also encourage him or her to bring their friends. This is why it’s always good to be social with each other’s friends during Bliss. The more intertwined your social circles become, the easier it is to rewind.

The key to getting your partner to agree to the first face-to-face is for you to keep any pressure between the two of you to a minimum. The more friendly and social the hang out is, the more likely your partner will agree to it. Also, the ability for your partner to include his or her friends can raise the priority of choosing to do what you suggest, over other plans they may have made.

The better job you have done creating the perception that you want to be friends, the easier it will be to make the first face-to-face happen. The key to beginning the rewind is to use the first meet to solidify the friendship.

Your job during the first face-to-face, is to show that you’re 100% comfortable just being friends. Even though you have started to show this,
the fact that your partner drifted from you and initiated the break up, gives them a slight social power advantage over you. He or she was the one who dictated where the relationship went, and thus had more emotional control. The best way to not only nullify this social advantage, but to also turn it in your favor, is to be the one who appears better at being just friends.

So during your first face-to-face treat your partner like you would any friend. This doesn’t mean being overly social-friendly to your partner. Instead, you want to be social, and have fun with the entire group.

Part of your partner’s mind is going to expect you to give him or her extra attention, or treat them a little more special than the rest of the group. This is the attention they would be used to receiving from you when hanging out

By treating them just like any other friend and being fully comfortable in the social setting, they will see that you’re serious about just remaining friends.

socially. Your partner will be taken aback that you’re handling everything so well. Part of them will want you to chase them again so they feel like they still have the social control.

Even though you made it clear you want to hang out as friends, it’s very likely that they think you may be interested in getting back together. By not granting them the extra attention they expect, this puts the power in your advantage and it’s them who will start thinking that you feel like you’re better off without them.

Try not to ignore them, either. This will show that you’re uncomfortable hanging out as friends. Remember, the key is to treat your ex just like everyone else you’re hanging out with. You can also give extra attention, and then take it away. Do this by directing your focus and conversation on your partner for an extended period of of time, and then turning all your focus to your friends, or something else after. Eventually, you’ll see them start chasing you to re-initiate the conversation.

It may be tempting to do the whole “trying to catch up” thing where you ask your ex lots of questions the whole time about how things have been going. Try to avoid this at all costs. Instead, let them be the one to ask those questions to you. However, feel free to catch up with their friends. Don’t flirt; just be openly social to them.
Focus on telling stories and sharing interesting things that have been going on in your friend’s lives. This does not mean brag by any means. Just show that you’ve been keeping yourself very busy post-Drift. If everything is going well, you can even attempt to make plans to hang out as a group again soon. Suggest fun things that are coming up in the near future and see what everyone’s availability is. You don’t have to lock anything down, but plant the idea of getting together again. This is good to do because a second social face-to-face is necessary before planning the perfect date.

It’s also great if one of your friends can hit it off with one of your partner’s friends.

Encourage one of your friends to be flirtatious with someone your partner invited. This only further increases the chances of a face-to-face happening again soon, and is easy to set up. You can even joke to your partner about how you guys should work together to “set-up” those two friends.

Let the first face-to-face end on a positive note; give your hugs goodbye, and leave with your friends.

The next day send a text saying something like this:

“Glad we can still hang out as friends, had such an awesome time. Let’s do it again soon.”

Now you have solidified the friendship. You have effectively shown that your romantic feelings towards your ex went away after you both drifted. This also makes them comfortable to hang out with you again “just as friends,” without worrying that an awkward situation could occur. However, because you’re the one that’s pushing and encouraging the friendship, it gets rid of the impression that he or she could easily get you back if they so desired. Showing that you’re OK being just friends actually triggers the emotions in them that make them feel like you’re the one who drifted.

By solidifying the friendship, you are changing their perception of you from something they got rid of, to something that they LOST.
2. Second Face-to-Face: Creating Scarcity

So now, you have displayed to your partner that a friendship between the two of you is a priority over getting back together. You have shown that you’re un-phased by spending time together without romantic implications. With a solidified friendship, you have shown that meeting face-to-face is something that you can do regularly. Any indifference has been fully transformed into an actual liking for you.

The reason the solidified friendship is such a powerful tool is that after two people have been intimate and in Bliss, the things they do together as “just friends,” after the fact, will trigger romantic impulses that remind the couple of their time in Bliss. By being friends, you create opportunities where your partner will see the personality traits they liked in you romantically, which further thins the line between friends and lovers.

However, these little triggers and reminders are rarely enough to trigger a rewind on its own. Your partner will still be excited to see that you can actually be a good friend without being together, because you have shown that you can still have a good time together and get along well. But being friends with someone you were previously with is a double-edge sword, because it means you can directly see if your partner is becoming less available.

If your partner feels that you’re becoming a scarce recourse, meaning that you’re on the path to being in Bliss with someone else, or can see that there are other options available to you, if you choose to pursue them; the small emotional triggers your partner feels transform into full blown feelings. He or she may have thought they were no longer interested in you romantically at a specific point in time. But jealousy and the desire for things we can’t have triggers feelings that exist in the “now.”

Imagine a group of children about to go out to recess. Now say a boy in that group brings out a ball from the classroom to play with on the playground. He has fun with it for a while but soon gets bored of it. Eventually he puts it down to go play on the monkey bars. While he’s away, another boy comes across the ball and starts to play with it. When first boy sees this, all of a sudden he wants to play with the ball again. Seeing that the ball is no longer available to him, and that other people find desirability in it, makes him want to get the ball back.

Scarcity Tip: When hanging out with your partner, tell a story that involved something fun that you and someone of the opposite sex did together.

Scarcity Tip: Jokingly try to set your partner up with people where you are hanging out. Encourage them to hit on someone.
This emotional trigger remains with us into adulthood as well. You may even be able to think of examples when you broke things off with someone or drifted away from someone, but then when you saw that he or she was with someone else, your feelings for that person suddenly re-emerged.

This goes for your partner as well and conveying this is the goal of the second face-to-face. Suggest a social meet up again amongst friends. It doesn’t matter where. A bar, club, or social party atmospheres are particularly good. Invite some of your close friends out, but this time; include at least one friend that is a member of the opposite sex. Have it be someone you’re comfortable being social and friendly with.

**Introduce your ex as a friend to the new person you have brought with you. You want your former partner to be wondering what your relationship is with this new person.**

The key to doing this is to not be blatantly trying to make your ex jealous, but instead making him or her wonder if your availability is on the verge of vanishing. Still, give attention to your partner through the evening. Talk and joke with them, but when you’re not talking with your partner, be directing your attention to the person of the opposite sex you brought with you.

Now this friend doesn’t have to know you’re doing these things to trigger emotions in your partner. However, it can be more manageable and powerful if you have trust and let them know what’s going on. Close friends may even find enjoyment in it. This way, your partner can be flirtatious toward you in front of your ex, and you can be the one brushing it off.

It will become clear that this new person is taking away some of the friendly attention that you gave your ex in the first face-to-face. Up until now, your ex thought if you really wanted it to happen, you would take them back. This is an easy thing to believe if you initiated the Drift. But by being the one encouraging a friendship and now showing you are a scarce resource, he or she is starting to think the option of getting you back could be fading right before their eyes.

Sometimes we don’t truly appreciate what we had until it’s gone. Once your partner sees there’s others interested in something they once had – they will want it back. By creating scarcity, you’re playing off this universal principle. Instead of making obvious attempts at making your partner jealous, you should never define or imply that you’re seeing someone else.
You let your partner wonder what your current availability is by creating situations that show you are comfortable and desired by someone of the opposite sex.

Also, if that person of the opposite sex is seen leaving with you during your hang out, then your partner will further begin to question the relations between you and the friend of the opposite sex. The more your partner is uncertain of the situation, the more time they will spend thinking about you, which further makes them realize thy still have feelings for you – even if they once thought those feelings were gone.

Now, you don't have to do the whole setup of bringing a friend of the opposite sex to hang out with you guys, but it's most effective and brings instant results. You can also create scarcity by doing simple things during and leading up to your face-to-face.

By combining the elements of friendship with scarcity, you have allowed your partner to see that you are doing fine without them, which naturally triggers the desire to have you back.

It's possible that you will hang out as friends and create scarcity through more than two occasions, depending on what you have going on in your life. But the key is to make sure you have one solid interaction where friendship is established and then a following is established, and then a following one where scarcity is shown as soon as possible. Once you have accomplished that, it's time for the "Perfect Date."

3. Third Face-to-Face: The Perfect Date

First and foremost, the perfect date should always follow a hang out where you have created scarcity as soon as possible. When you create scarcity after establishing a friendship, it conveys all the strong feelings that have developed in the friendship, and turns them into attraction. This creates a time period where your partner feels like he or she has feelings for you again and wants you back. Also, all objections to taking you back have been removed because a friendship was established. In fact, your partner will also have the approval from his or her friends if you got back together, because you have been developing a friendship with the entire group. So not only did the "False Friendship" and social meetings allow you to hang out with your partner when they would have normally been opposed, but it also simultaneously won over their friends and put them on your side.
Everything you have done up until this point has strategically brought you to the best possible situation where you can fully rewind your partner back to Bliss.

Here’s what you have accomplished so far:

- Your desire to be friends post-Drift removed your partner’s indifference.
- Removal of your partner’s indifference opened the lines of communication.
- The open lines of communication allowed for a social hang out between friends.
- The social hang out as friends made the break up feel mutual, won over your partner’s friends, and allowed your partner to be involved in your life again.
- Being involved in your life again allowed your partner to see that you’re desirable to others and your available may soon be gone.
- Your fading availability has allowed your partner to realize they have feelings for you.
- And now, your partner’s feelings for you allow for the “Perfect Date” to occur.

This is the key moment.

This is the time to act.

Be careful not to wait too long and continue to only hang out in groups, or make yourself too unavailable; it only encourages your partner to step things up and make an effort to move on. By not setting up a ‘Perfect Date’ after creating scarcity, you run the risk of undoing all the work you’ve done!

Setting up the perfect date is completely up to you. If you need some ideas, just refer back to the section that details perfect dates. The key is having it be something that the two of you will be doing together, with no one else from either social circle joining. Just your partner saying “yes” to a date with you indicates that you’ve executed all the previous steps. Having just the two of you together allows for your partner to act on the emotions you
have stirred up in the previous face-to-face. Now, because of your solidified friendship, the ‘Perfect’ date can be as simple as hanging out and doing something you both enjoy together. Just make sure it allows you guys to have fun without others being in your group.

Now to really take your date to the next level, you should try to execute a ‘Perfect Date’ where you do something that relates to your partner’s GSI, or one of the suggested perfect dates listed in the beginning of this section.

The key objective for when you setup the perfect date is to make it seem just like two good friends hanging out. Don’t place any emphasis on it being the two of you, but create situations where it’s implied.

Text something like this:

“So, a relative of mine just gave me two tickets to (some artist, sporting even, amusement park or show you and your partner like)… I wonder what friend I should take…”

...(They will insist on being that friend)

Whether it’s just hanging out or doing a planned event, it’s important to be comfortable touching and being flirtatious with him or her. Don’t make any obvious signs of interest right away, but allow for them to feel like there’s a chance that the feeling for you may be returned. Lead them by grabbing their hand, touching their arm when addressing them, and making strong eye contact when talking.

Allow time together to really talk on a deeper level. Discuss values, beliefs, goals, and dreams, etc. The last you had a conversation on this level was most likely when you were back in Bliss. It will bring your partner back to those times and provide a great time to make your move.

**The best thing to do is fully address your partner’s GSI, show a passionate interest in it, and most importantly, reward their passion toward it.**

Help him or her understand how they are meant to pursue and accomplish their GSI. Show you have undoubting belief that things will work out for them and relate it to your own passions, and all the steps and changes you’ve made in your life to make things happen. Be motivating and help
you partner think of what the next step should be to fully embrace his or her GSI. Allow your ex to identify what the next step is, and then let them know you’re there to make sure it happens.

Point out how you feel. Show him or her there’s so much the two of you could accomplish together, and there’s nothing that could stop you guys. Grab their hand, look deep into their eyes, and say you have always believed in them. Then kiss them. Start slow, allowing for them to kiss you back. Let the tension build for a minute, and then fully embrace them. Kiss with passion, as if everything has been waiting up until now, and you’re back in each other’s lives. You want your partner to get caught up in the passion, making them realize they’ve missed you just as much as you’ve missed them.

If you’re a guy, hopefully this can lead back to sex. Allow for your partner to get caught up in their passion in a location where sex is possible, increasing the chances of sex happening. If sex occurs, be very supportive toward him or her. Talk all night, get breakfast together in the morning, make them feel like you’re there for them, and they made the right decision to take you back.

For girls though, allow for the passion to build but hold out on sex.

The next day:

**Men:**
The next day, send a text message or phone call. Spend some time reconnecting. Do NOT make plans on this phone call. You’re just reassuring her that you enjoyed your time together. That’s all.

Then chill out for a bit, focus on work, or continue doing what you want. Just allow the lines of communication to be open between the two of you. She will let you know when she wants to see you again and you can plan something together.

**Women:**
Chill out. Let him pursue you. It may take a day… it may take a week. But if you held out on sex, he will be back.

You have to build enough rapport to the point where he is contacting you almost every day. You can be absolutely sure that he’s not sleeping with anyone else.
At that point you can sleep with him.

What happens if your partner resists you kissing him/her?

This will mostly occur if you have not created scarcity; or have not allowed your partner to relate to, or see, your new value beliefs that have come since the Drift. Or if you’ve been putting too much effort into maintaining the friendship without allowing your partner to chase you at all. If you partner does turn away from kissing you, or stops and seems uncertain that he/she should continue, say:

“Listen. I value our friendship and really do think you’re an important person in my life. I thought I was just fine with that. But now after having spent time with you again, I keep seeing all the things that made me so attracted to you in the first place. And to me, those things are worth fighting for. No one said this is supposed to be easy and I feel like there were a lot of circumstances out of our control that got in between us in the first place.

But now that we both have changed and grown so much, I can’t help but wonder what we could be. But I can’t wait around and wonder that forever. Sometimes what happened in the past and what could happen in the future need to be set aside, and we only need to embrace the now, because just as quickly as it started, the moment can be gone forever.”

(Then try to kiss again).

If you get repeated denials, it means you’ve missed some key elements in building up to this point. Often it can be rushing the intimacy during the perfect date as opposed to being flirtatious and letting the tension grow over the course of the evening. If this happens, take some time away. Make him or her miss the friendship, then slowly start back at the stages of the first face-to-face in Drift.
DEATH’s DOOR

If you’ve gotten your partner to agree to a face-to-face meeting after being at Death’s Door, then you have actually gotten past the hardest part of the rewind. It means you’ve made your partner believe you’re a different person who is interested in getting to know them again. This makes your face-to-faces much easier.

1. First Face-to-Face: Solidify Friendship

This is just like when in Drift. You want your partner to feel you guys can be friends and see that there are still things you have in common. The great thing is if you’ve managed to get your partner to agree to a meet up, he or she is actually more willing to meet you one-on-one, without needing friends. Because the perception of the new person you are has rebuilt your ex’s trust.

If you were put in Death’s Door, it’s very likely that your partner has express to their friends that you’re bad for them. So your partner will want to meet with you first, one on one, to prove to themselves that you guys can still be friendly. This will plant the idea of meeting in person again.

If you feel your partner is being resistant to hang out, try hanging out as a group and let your social circles become emerged. This should guarantee for a good time. Show a strong interest in finding out what your partner has been up to. Use the time to catch up, and let them remember what it’s like to feel comfortable around you.

For your partner to have agreed to a meet up after being in Death’s Door, he or she is putting aside all the bad emotions from the past, and is overwhelmed by the curiosity of seeing the person you have become. The key is to reassure all doubts by simply being fun and friendly; reminding them that you guys still have some great things in common.

2. Second Face-to-Face: Prove Transformation

Having solidified a friendship will guarantee your partner will meet with you again. This time, really display how you’re a new person. Try to related your hang out plans to something that shows and displays your GSI. You want your partner to get a peek into your life and how it has changed since he
or she last talked to you. If you have not made any progress or changes in your life since in Death’s Door, then go back and re-read Step 2 and follow the advice so you can eventually be ready for a face-to-face.

This face-to-face is all about showing who you’ve become. This doesn’t mean bragging or flaunting with stories, but instead actually taking your partner somewhere so they can see your transformation. Social “day dates” are great for this. They can include going to a museum, outdoor events at a park, or maybe an event where you’re now volunteering. Pretty much the best bet is to take your partner somewhere he/she would not expect you to be involved with, but would be excited to hear you have an interest in.

Having pulled a 360 in your life and letting your partner see the ways you have progressed in your GSI, will create a whole new level attraction for you. The key is bringing your partner somewhere you can really talk and open up. But be sure to also have other things going on that you two can be entertained by.

3. **Third Face-to-Face: Perfect Date**

The key to reversing post-Death’s Door is to show your partner that you’re a new person. This is what has encouraged them to hang out with you again. Having a good time when you’re hanging out, without pushing any intimacy, allows him or her to remember that there is a lot you have in common. They can then be reminded of good times you once shared. This allows them to see more of what you have going on in your life, and makes them want to be a part of it.

Treat the perfect date similar to how it’s described in Drift, because you have used a basic level of friendship to get you here. Your interest in your partner’s GSI before you physically escalate will have them truly believe you’re someone they actually need in their life.

Back in Bliss:

All Bliss sections are forms of management for not only maintaining Bliss, but also preventing any relationship decays.

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**For continued detailed strategies of things you can do in Bliss, refer back to the section in Step 1, 2, and 3.**
Regardless of the stage you’re rewinding from, you have some obligations to meet now that you have created the opportunity to be back in Bliss. To maintain the Bliss phase, there are two things you must do:

1. Wipe the slate clean, leaving negative memories behind

Say to your partner:

“I feel like everything that has happened between us has led us back to this point. The good, the bad, and the times we spent apart all allowed us to grow and become stronger and better people. Not many people are given the second chance we have, and this is how I know this is something special. It is great that we are mature enough to let the past be the past and appreciated this whole new blank page we are given to start a new chapter in our lives.”

Lastly, the biggest thing out of all of this is:

2. Understand how to properly handle situations when a Switch occurs.

Your skills in managing a relationship come from knowing how to reverse a Shift. Be the one willing to walk away first. Mishandling a Switch by using the strategies listed in Step 2, will keep you in Bliss for as long as you want. You are the one who is finally in control of your relationships.

It’s sad to say, but the biggest cause for many relationship failing, is that one person is not willing to call out the other person when something is upsetting them. Communication really is the key, but people get so caught up in emotions that they’re afraid to get mad or upset when actually, it’s perfectly acceptable. The key is to never try to change the other person. Being the one who is willing to walk away will always keep your relationship in tact.

The fact of the matter is... COUPLES SHOULD FIGHT!

It’s much healthier than you think, and no, I don’t mean all the time. But don’t be so fast to agree to something just to make a problem “go away.” It almost always results in a Switch tipping toward Drift. In every relationship, there’s someone who’s “reaching” (feels they are lucky to have their partner)
and someone who’s “settling” (feels more in control for the relationship and could have opportunities outside of their current partner). This balance can vary in extremes but the occasional argument and a willingness to walk away will always keep you in the position of the settler.

The person reaching and the person settling can switch roles too. This is not about a mind game/power struggle. It’s about being a proud person and taking control of your relationship. That is what the Relationship Rewind is all about. Hopefully you will only have to use this product just once. And remember, no relationship is EASY. It requires some work along the way. If you want your partner to always and truly appreciate you, you need to fight and you need to be willing to walk away.

If you can maintain the Bliss stage and learn to handle, recognize, and reverse a switch when it happens; every relationship from now on will be a happy, healthy, and prosperous one. By reading this book, you have taken action to start being in control of your relationships. Without this material, your lack of control will lead to your partner being with someone who could never appreciate them as much as you do.
**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.
Congratulations,
You’re now ready to get your ex back!