



How To Make Your EX Fall For You Again

Although it may seem impossible to get your ex back, it is possible. You can get your ex back to falling for you by examining the reasons why the relationship ended in the first place and then finding ways to make it work again. Talking to your ex about how you feel and what you want to do with them is a good idea.

Part 1: Preparing for your Ex to Love You

Keep your distance. You should keep your distance while you decide whether you want to be back together with an ex. To process your feelings, deal with the breakup and move on, it is best to not have contact with your ex. Even if you decide to be back together, it is important to have your own time and that of your ex.

Tip: Do not text or reply to texts from your ex until you are able to fully process the breakup. It may seem difficult, but this is the right thing.

Step 1: Find out if your ex-partner is available

You may need to check if your ex is available before you decide if you want to get back together. Your ex might be seeing another person if it's been a while since you split up. If this is the case, it may be a better idea to seek out relationships with other people.

If your ex is seeing another person, don't try and reunite with them. Be patient, pursue your interests and see other people. [2]

Step 2: Think about why you want to see your ex back

Although the relationship was great, it is sometimes better to end a relationship with a former partner or friend. Be honest with yourself about why you want to get your ex back.

There are several good reasons to be back together: you missed the right time, you need more time to heal from a past relationship, or your ex has given you a new appreciation. [3]

You don't want to be alone, which is a valid reason to not get back together with your ex.

To understand why you want to be back with your ex, you should seek the help of a friend, family member, or professional therapist. These people will help you to uncover the less-than-stellar motives and help you to move on.

Image titled Get your Ex to Fall in Love Again Step 4

Step 3: Assess if the relationship is healthy and worth reviving

To decide if the relationship is worth reviving, it is important to consider more than just your reasons. You may need to spend more time evaluating whether it is worth trying again if the relationship ended badly for either of you.

If you fight all the time and don't enjoy spending time together, it is unlikely that the relationship is worth saving.

Step 4: If you're unsure, make a list of the pros and cons

You may have mixed feelings about whether or not you want to be back together. Make sure you are honest with yourself when making this list. Don't leave out anything that seems minor or insignificant. To get a clear picture of the relationship, list everything that you can and then make a decision. [4]

Part 2: Get Your Ex to Love You Again

Step 1: Concentrate on You

It is crucial to first and foremost focus on your self, even if you're certain that you want to be together again with your ex. You may find it easier to get back together with your ex if you take the time to work on yourself. You might focus your attention on the following:

You might consider taking up a new hobby

Improve your health by changing your diet and exercise routine

Start a journal to keep track of your thoughts and feelings

Spend more time with friends.

Step 2: Be Casual

If you are looking to win your ex back, it is important to not appear desperate. You should not tell your ex right away that you want to get back together. This could scare your ex and make it difficult for you to rekindle the relationship. [6]

Tip: Be patient before you contact your ex again. Don't be casual if you meet your ex accidentally. Do not let it be known that you want to get back together.

Step 3: Establish contact

To reestablish contact, send your ex a message by text. Text messages are much more casual than email or phone calls and are therefore ideal. Texts are less likely to be discussed or shared, making them a private way to communicate with your ex. [7]

The message should be casual and lighthearted. Do not say something like "I cannot live without you." Tell your ex about something that made you laugh or that brought back memories of you. [8]

Reconnect with your ex only if you are sober. Drinking and texting is a recipe to disaster.

Image titled Get your Ex to Fall in Love Again Step 9

Step 4: Get together for lunch or coffee

It is easier to have a casual conversation with your ex during the day than it is at night. Ask your ex to meet you for lunch or coffee. This will allow you to meet up with your ex and have a chance to get to know each other.

Do not mention that you would like to get back together at your next meeting. Have a pleasant, enjoyable conversation and then move on.

You should look great when you meet up again. Your ex will be more confident if you look your best.

Step 5: Remember happy memories to remind your ex

It's a great way to bring back old friends. Reminding your ex about happy times will make them see the positive in your relationship, and encourage reconciliation. [10]

Be aware that there will be times when you have to discuss the negative aspects of your relationship, but it is important to enjoy the happy moments in the beginning.

Step 6: Your best assets should be displayed

You should look at the things that made you attractive to them in the first place, and then find ways to show them. If your ex first fell in love with you for your sense of humor and wit, then find ways to make them smile. You might also be able to mention something you've cooked recently to your ex if they have always been impressed by your cooking skills.

Step 7: Be patient

It may seem difficult, but it is important to be patient with your ex when you first begin to talk to them again. You should stop sending messages to your ex if they don't respond to your first message. Wait and see if your ex responds. Try again in a few more days if they don't respond. [12]

Step 8: Pay attention to signs of interest

It is likely that your ex is not interested in reuniting. If they have not replied to your texts or seem cold when you have spoken to them, it is probably not a good idea. If your ex is friendly and warm and eager to hear from you then it may be possible to reunite.

Even if you see positive signs, don't let your expectations get too high. Your ex could be being kind.

Part 3: Talking about Getting Back Together

Step 1: Describe what you are thinking

You will eventually have to talk to your ex about what you think and how you feel. This conversation can be awkward. However, if your ex doesn't bring up the possibility of getting together again, you might have to start it. You should show that you are open to working together and have an interest in getting back together.

You might say something like "Since we had some time apart I've really grown, and I think that it'd be great if I could give our relationship another chance." Is that something you are interested in?

Step 2: Talk it Out

Talk about the things that went wrong when you were first together. You and your ex will likely discuss the reasons you split up. You may feel that your ex is skeptical about your ability to grow or willing to change. To ensure that your relationship doesn't hit the same snags again, make sure you're prepared to discuss what you've done and will do.

Step 3: Make a commitment to change

Be prepared to do what you promise. You may end up breaking the promise and ruining your relationship. You and your partner need to be clear about what you want and you must follow through.

Step 4: Anticipate rejection

Sometimes reconciliation is impossible. Respect your ex-partner for being open with you. Don't force or harass them to reconcile. You may need to spend more time together or decide that it isn't worth the effort.