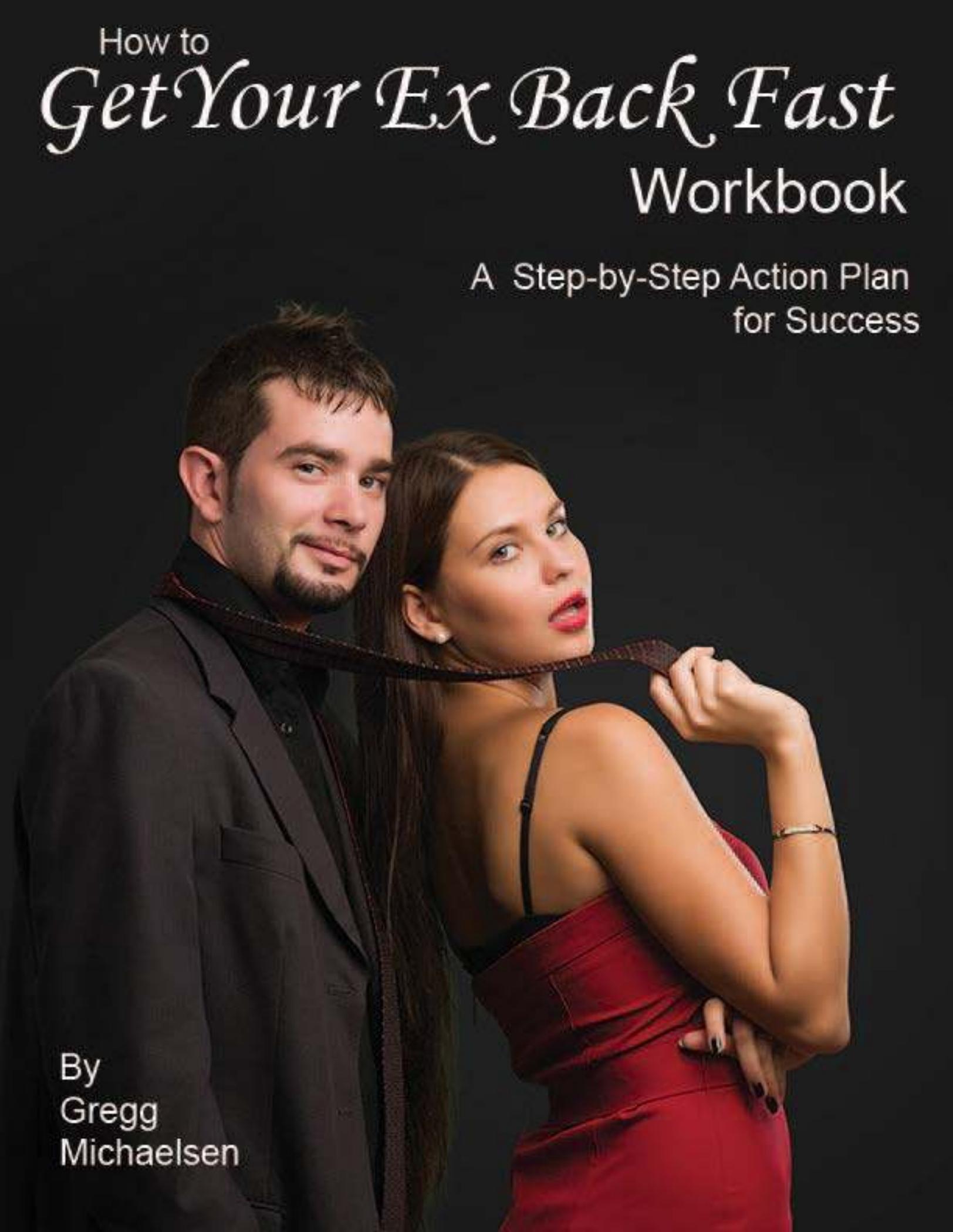


How to
Get Your Ex Back Fast
Workbook

A Step-by-Step Action Plan
for Success

A man and a woman are shown from the chest up, positioned against a dark background. The man, on the left, has short dark hair and a goatee, and is wearing a dark suit jacket over a dark shirt. The woman, on the right, has long dark hair and is wearing a red dress with thin black straps. A film strip is draped across the scene, starting from the man's neck and ending at the woman's hand, which is holding the end of the strip. The woman is looking back over her shoulder towards the camera with a slight smile. The man is also looking towards the camera.

By
Gregg
Michaelsen

Introduction



Hi! I'm Gregg Michaelsen and I want to welcome you to the How to Get Your Ex Back Workbook – your own, personal Step-by-Step Action Plan for Success. I know you're really upset and confused right now. You don't understand why he left and you are desperate to get him back.

Please take the time to go through these exercises!

You might not believe what you read at first, but trust me – I'm a guy – I know what your guy is thinking right now. I can help you. I can put you in the best position to get this guy back in your arms.

How to Use this Workbook

As you read through How to Get Your Ex Back Fast, you will find references to this workbook. Read the information in the book thoroughly first, then return here and follow the instructions I give you. Complete each exercise as I describe, and in order for best results.

It's important to actually write down your responses to the exercises in this workbook. Don't just think about them! The act of writing something down helps to further solidify it in your brain.

Keep both the book and this workbook handy as you continue working toward getting your ex back. This can become a helpful reference point for you later.

If you build yourself, he will come! Let's get started!

Gregg



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Exercise 1: Why are You Here? Why did He Leave?

“I need to explain, in brief, the psychology behind my success of getting your lover back. Once you understand how our brains work you will be eager to follow my steps. Remember, I’m a dating coach so I know the nuances of manipulating (call it a game or whatever) the man’s brain and SHIFTING the power to YOU! Why are you single again? The answer may not be easy to figure out.”



In the Introduction of the book, read the section called “Why He left You”, where I go over the four main reasons men leave relationships. Spend some time reflecting on each one of these and take an objective look at your relationship. It’s possible he left for one or all of those reasons. Any other reason he gave you was just him trying not to hurt you any more deeply. Once you’ve given it some thought, honestly answer the following questions.

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1. Which of the four reasons I outlined fit your situation? It could be more than one. Write down each reason which applies and how it impacted this relationship.

2. **What was your role? How did you contribute to this situation?** For example, did you settle into a predictable routine where he knew every move you'd make, every moment?

3. **What can you do differently, moving forward, to avoid making the same mistakes with this guy or with future guys? Don't worry, I have some ideas to help you in the book.**

Exercise 2: Make a Promise to Yourself

Read Part 1, Step 1 in the book. This first step is crucial! I want you to write a letter to yourself in the space below. In this letter, I want you to make a promise to yourself that you will adhere to this first, critical step! Don't promise me, promise you! Be very specific, following what you read in the book.

Dear

I promise myself that I will

I know this will be very hard, but when I am tempted, I will

I understand that he will still try to break through, but I will remain strong because

I realize his attempts to change my mind, at this point, are merely him trying to

But, I am working toward becoming a strong woman who

Sincerely,

I promise myself to adhere to Step 1 from today,
when Gregg tells me it's okay to move forward.

until



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Exercise 3: The Magical Second Step

“Men think they are the only ones that can satisfy their significant others (after a while) and when they find out this not the case they REACT. To put my psychology in perspective, you’re turning the tables on him and playing him like a man would play a woman.”

Based on what you have read in Step 2 of the book, it’s time to write “The Letter” to your guy. Practice it in the space below. The space is small for a reason – if you’re not sure why, reread this section of the book.

Dear

Goodbye,



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Exercise 4: Some “Me” Time

Make a list of activities you can do which will busy your mind for a few days below.

When was the last time you focused on just you? When was the last time you did something like go visit your family or spent a few evenings reading a great book or hanging out with some friends? This is your last chance to wallow or completely shut this guy out of your mind. Whichever works for you. This is your regrouping time. Find some activities to keep yourself busy. This is important! Busy your mind! If you can't afford to go somewhere, find some things around the house you've been wanting to do and do them. Go volunteer somewhere. Help a friend paint or move.

Exercise 5: Time to Make Some Changes!

“You’ve become predictable in his eyes. He knows what you do, where you go and who you hang out with. “But we broke up. He doesn’t care about me so why should he care about what I do?” Ahh, that’s where you’re wrong. He IS watching you, I guarantee it.”

1. Write down which aspects of your routine you can easily change

Remember, you’re no longer his beck-and-call girl. You are now going to show him the new and improving you! In the space below, write down things you can begin to do differently. If you’re stumped, go back and read this section of the book again. I’ve got some suggestions!

Instead of.....

I can....

2. Get back into the dating scene

“Go out on dates with new people. Just be sure these dates are not with any of his friends. Can’t find a date? Go online and get a date.”

This is an important step, but only if you’re ready. If you’re still too emotional, don’t do this right now, but if you’ve gotten your emotions under control, go for it!



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Exercise 6: Get “Slip” pery

“Remember, he thinks you are chewing your own arm off waiting to get back together. This may be the case but you will NEVER show him this side. Instead, you are freaking him out by reacting totally opposite!”

Slip in....

Read Step 6 in the book. There are certain criteria for performing this step, so make sure to read carefully! In the space below, jot down some different ways you can carry out this step in the process.

I can remind him of

I can ask him for my

I can ask him to come pick up his

Ask him to help you remember the name of

Other things I can do

Exercise 7: The Inner Voice

“Gaining your self-esteem back after your break up is a must. Otherwise you go back and everything returns to the old ways that didn’t work. This time I want you to grow before you return.”

We’re shifting focus now from him to you in Part 2 of the book! This work is crucial to your success in getting your guy back! Go ahead and read Step 1 of Part 2 and then do the exercises below.

1. What are the “negs”?

Write down as many negative thoughts as you can in the space below (meaning don’t forget any). As you become more conscious of them, you’ll be amazed at how many there are! “Negs” often begin with “I can’t”, “I don’t know how to”, “I will never”, “Everybody thinks I’m”, “I’m too”, but there are many others.



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2. Write a good-bye letter

As step one in getting rid of the woman who voices these negative opinions of you, you're going to write her a letter and tell her goodbye. It will be short and sweet. Something like:

Dear Negative Jeannie,

I am sick and tired of listening to you tell me I'm worthless, that I can't do anything right, and that I don't deserve a great man. Today is your last day in my head. I order you OUT RIGHT NOW. From today on, only the Positive Jeannie gets to talk to me. If I hear you trying to get in my head again, I'm going to sick the Positive Jeannie on you bigtime! I will squash you like a bug!

Good bye Negative Jeannie!

Your turn:

Dear Negative

Goodbye Negative

3. Now, start a list of your positive attributes. It can be something as small as the freckles on your cheeks or something relating to your personality – like how you always smile at strangers or thank people who help you.

Exercise 8: Positively Affirmed

It's time to work on your own affirmations. If you need to use a few of mine from the book, go ahead, but it's important for you to come up with your own too. Remember, affirmations are all about how you want your life to be, not necessarily how it is today. Phrase them as if you're already there:

Example: I have a great guy who treats me well and loves me

Exercise 9: Get Passionate!

“Passions have a domino effect on your inner self. They make you happy, they keep you busy, and you meet new people (meaning new guys) who have similar interests. You get good at them and you are capable of teaching and helping others. This builds confidence and makes you a woman of higher value.”

What interests you?

Write down anything you’ve had an interest in, but never pursued (or maybe you did, but gave up on it). Dig back into the memory bank. What things have people said “You’ve got a real knack for that” about? What have you always loved doing but never really pursued?



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Exercise 10: Before You Meet

“What exactly went wrong and what do you want out of him to make it right. It is important to have these answers if you want to make things last. Be honest with yourself. The time to bring this up is not now but it will be coming soon. You will soon be in a position to state what you need because it is now you who holds the cards.”

1. Now that you’ve read the first 2 parts of the book, reflect on what went wrong in the relationship and write your thoughts in the space below.

2. Next, write what it is you need from him in order to have the relationship you want. If you’re not sure, reread Step 3 in your book.

3. Plan your meeting. Rather than get really nervous before your next meeting with your ex, plan it out ahead of time. It’s all of those last minute details which drive up your anxiety, so take care of them now.

I plan to wear

I plan to use a few new sayings or phrases like:

I plan to say a few positive/negative things like:

- 4. Write a letter to yourself, your final letter to yourself for this book. Tell yourself how strong you will be in his presence. Remind yourself he is just a man who left you, but now you are the one with the power in this relationship. Give yourself a pep talk.**

Dear

Signed



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the book!

Conclusion

If you read my book carefully and follow the exercises in this workbook, you are well on your way to doing one of two things. Either you've realized that old guy – the one you thought you wanted back before you started reading – is not deserving of a high value woman like you. OR, you do have a high value ex worth pursuing and you are now in a great position to get him back!

Don't forget, I offered you a free book inside How to Get Your Ex Back Fast, so make sure to read it!



Would you like to significantly increase your chances of getting him back?

The Ex Back Multiplier is just what you need! Click the image below to learn more and get started!



If you still haven't purchased your copy of How to Get Your Ex Back Fast, you can click the cover below to buy your copy now!



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How to Get Your Ex Back Workbook

A Step-by-Step Action Plan for Success

Getting your ex back is your main focus in life right now. You can think of nothing else! I get it, but this workbook is designed to shift your focus to yourself, a place you're not accustomed to placing focus. Working through this workbook might seem like a waste of time, but this IS how you get your ex back.

Working through the exercises in this workbook, plus my best seller, *How to Get Your Ex Back Fast*, is the best way for you to get your guy back!

This book takes anything any other "expert" has told you and shreds it. This book/workbook combination brings YOU back from despair, makes you a high value woman, and brings your ex back-FAST!

Gregg Michaelsen



Gregg Michaelsen is a top dating coach, working with women to help them understand men and attract high value men by becoming Women of Worth (WoW!)

Gregg has twelve best-sellers and hundreds of reviews from women who have found success with men by reading them.