
72 WAYS

TO GET YOUR GIRLFRIEND BACK



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WAYS
TO GET YOUR
GIRLFRIEND BACK
WORKBOOK

HOW TO USE THIS WORKBOOK

It's easier to make progress in a situation, on yourself, and on a problem when you're able to dig into your own mind, pull out what's in there, put in on paper, and then analyze what you have.

These 81 questions are designed to make you think, reflect, and discover what's really going on in your own mind, happened in the relationship, and to understand yourself better - because the better you understand yourself, the more likely you are to get her back and the less likely you are to mess it up this time around.

Be completely honest with yourself, take as long as you need to answer these questions, and then study what you find because it's going to help you grow, mature, and become more of the man she's actually looking for.

INTRODUCTION:
UNDERSTANDING WHAT
COULD HAVE CAUSED
HER TO LEAVE

BECAUSE SHE’S GONE DOESN’T MEAN SHE DOESN’T CARE

Is it possible she left because you had too many “bad” qualities and traits compared to your “good” qualities and traits? If so or if not, why?

What can you start doing right now to work on and maximize your “good” qualities and traits and minimize your “bad” qualities and traits so she’ll be more likely to want to get back with you?

ELIMINATE HER EXCUSES

Did you notice her getting irritated with you or having excuses before you and her broke up?

If so, what were those excuses? Are they legitimate excuses? Have you gone to work on those things so they don't come up in your future relationships?

PART 1: HOW TO AVOID MAKING IT WORSE AND SCARING HER OFF FOREVER

#1 ACCEPT THE SITUATION

What are you having a hard time accepting about the break up?

Why are you having a hard time accepting these things?

#2 FIGURE OUT IF AND WHAT YOU DID WRONG

From what you can remember, was there anything you think you specifically did wrong that caused her to not want to be with you?

If so, what was it? Have you seen the correlation between your behavior and her response? Have you learned from it so you're not likely to do it again in the future?

#3 DO YOU ACTUALLY WANT HER BACK?

Really be honest with yourself – what is the true reason you want her back? To improve your social status? To have a trophy? Because she's hot? Because she's great in bed? Or because she REALLY IS an amazing woman who makes you a better man? It's important to be clear with yourself about WHY you actually want her back.

#6 AVOID DESTRUCTIVE HABITS

What destructive habits have you picked up or engaged in since the breakup?

If you keep up with these destructive habits, is it possible she'll never want to be back in your life? Why so?

#9 RESPECT HER FEELINGS

How are you not respecting her feelings about the breakup?

How can you start doing better so she feels her feelings are more respected?

#10 GIVE HER TIME AND SPACE

What are you doing to not give her enough time and space?

What changes can you make so she's not feeling "suffocated by you?"

PART 2: THE MINDSET TO WIN HER BACK

#12 EVALUATE YOUR BEHAVIOR

If you were in her shoes, would you take you back in the condition you're in right now or would it be better to make some improvements to better your chances?

What improvements can you make right now that will make a difference?

#13 GET OVER BEING A “VICTIM”

How are you acting like a victim when it comes to the breakup?

How can you start being more responsible and “shift” your mindset so instead of acting victimized, you’re being more mature about it?

#14 GET OVER MISSING HER

How are you missing her “too much”?

What can you do to “get over it” and stop missing her so much so you don’t end up ruining your chances of having her back?

#15 GET OVER YOUR EMOTIONS

How are you being childish or not controlling your emotions about the breakup?

What can you start doing to get your emotions in check?

#16 STOP “NEEDING” HER

How are you being co-dependent and “needing” her instead taking care of your own needs?

Can you see how “needing” her way too much can cause you to be weird, nervous, and unrelaxed around her? It’s not what she’s looking for.

#17 CONVINCING YOURSELF YOU CAN LIVE WITHOUT HER

How can you prove to yourself you can live without her for now?

What are you being “over the top” or “dramatic” about?

#18 STOP NEEDING HER APPROVAL

Where are you noticing that you're being desperate for her attention and approval?

From what you've learned, if you stop needing her approval, how will it benefit you in the long run?

#19 UNDERSTAND YOU HAVE TO RESPARK THE ATTRACTION

During the relationship, how did you become “too relaxed” and less attractive?

What can you do to fix this so it doesn't happen again in the future?

#20 YOU MUST GET THE POWER BACK

From what you learned, how did you unintentionally give your power (the power to attract her and keep her attracted) away to her?

How can you begin to get some of the power back?

#21 HOW MUCH MENTAL POWER DOES SHE HAVE OVER YOU?

How much power do you believe she has over you mentally?

Do you think this is a result of giving your power away? How so?

PART 3: YOUR ACTIONS WHILE giving her time and space

#23 IF SHE CONTACTS YOU, BE COOL

What things will keep you from being cool when you hear from her?

How are you going to mentally prepare so that you don't accidentally freak out about anything?

#25 GET A LIFE

If you don't feel you have your life together or that you have a life, what can you do to start getting your life and situation together?

What is the life you dream of having and how can you start moving towards it being a reality instead of a dream?

#26 BECOME BUSY

For the purpose of staying busy, what things have you been putting off that need to be done?

How will keeping your mind off of her help you?

#27 MOVE ON WITH YOUR LIFE

Instead of just staying stuck in your current situation, how can you start moving forward with your life and feel happier?

#28 HAVE FUN AND ENJOY YOURSELF

What fun things have you neglected to do since the breakup?

What things can you do right now that will help you to start having fun again?

#29 MAKE FRIENDS WITH OTHER WOMEN

What women do you want to become friends with but haven't because you're "afraid" you might make your ex-girlfriend mad?

How will it benefit you to make friends with other women and to stop obsessing over your ex-girlfriend?

#31 WORK ON AND IMPROVE YOURSELF

What parts of yourself have you been slacking on?

What can you do starting today to become an improved version of yourself so she will be more likely to take you back?

#32 WORK ON AND FIX THE BEHAVIORS SHE DIDN'T LIKE

What things did she see as “problems” with you and she complained about the most? Is it possible they have something to do with why she left?

How much trouble will it be for you to compromise with her and to work on some of these things?

#33 BECOME MORE MATURE

How immature were you in the relationship?

Is it possible it contributed to the relationship ending?

What can you do to work on becoming more mature?

#34 BECOME MORE DOMINANT

Where are you being submissive with yourself?

Where were you too submissive in the relationship?

How can you start to become more dominant?

#36 LEARN SOME BAD BOY TRAITS

In the relationship, how were you being “too nice”?

How are you still being “too nice”?

#37 GET YOURSELF TOGETHER FINANCIALLY

How will getting yourself together financially make feel better?

What habits, no matter how much you don't want to do them, will help you to get yourself together financially so you don't feel you're financially out of control?

#38 IMPROVE YOUR LOOKS

What can you improve about your physical appearance?

What can you start or stop doing today that will make a positive difference in the way you look and how she perceives you?

#39 IMPROVE YOUR RELATION SKILLS

Is it possible one of the reasons things didn't work out is because you weren't good at relating to her?

What can you do from now on to make sure she feels more understood and believes you actually care about how she feels?

#40 IMPROVE YOUR COMMUNICATION SKILLS

From the list in the eBook or Audiobook, which communication skills do you need to improve?

Is it possible that one of the reasons the breakup occurred is because of a lack of communication skills on your part, her part, or both?

#41 IMPROVE YOUR GROOMING AND HYGIENE

Where can you improve your grooming and hygiene? Seriously... be honest with yourself.

Is it possible she thought you were “disgusting” at times because of your grooming and hygiene habits?

PART 4: WHEN YOU FINALLY TALK TO HER

#44 IF NECESSARY, APOLOGIZE AND MAKE IT BELIEVABLE

Do you think you owe her an apology for anything you that was actually your fault and legitimately wrong or “messed up”?

Why do you feel you owe her a sincere apology? Do you think it will actually help and make her feel better?

#45 NO JEALOUSY WHATSOEVER

If you struggled with jealousy in the relationship, what can you do to improve your impulses to behave or react in a jealous way?

How will controlling your jealousy improve your relationship and friendship with her?

#47 KEEP YOUR COOL, DON'T GET MAD

Where in the relationship did you regularly lose your cool?

How will learning to keep your cool help your relationship and friendship with her?

#48 DON'T BE DESPERATE

From what you learned, how will not acting desperate help make it easier to get her back?

Have you acted desperate in the relationship? How do you believe it had negative effect?

#52 SHOW HER YOU'RE MENTALLY STABLE

What “issues” are you currently facing that have been or could potentially because problems in the relationship?

What can you do to start working on, fixing, and eliminating these issues?

PART 5: WHEN YOU FINALLY SEE HER IN PERSON AND HANG OUT

#61 COMMUNICATE, NOT TELL, YOU'VE CHANGED AND ARE DOING BETTER

When someone verbally communicates they're doing better, 80% of the time they're exaggerating because they WANT to be doing better but aren't where they want to be. When someone actually is doing better, they don't feel the need to talk about it.

Besides using words to verbally communicate you're doing better, how can you communicate non-verbally that you're a better person and doing better?

#68 DON'T LET HER USE YOU

Is it possible that you let her use you in the relationship?

If you felt she used you, how did it happen and how can you avoid it from happening again? Remember, she loses all respect for you when you let her use you...

#69 TELL HER “NO”

In the relationship, did you have a hard time telling her no?

What do you need to start saying no to so she’s less likely to lose respect for you and more likely to feel more attraction?

I'm always writing new eBooks and coming up with new, high-quality, and affordable solutions to your dating problems. They all tie together so if this helped you and you got value from it, my other eBooks and Audiobooks will help you as well.

-Marc Summers

Thank you! marc@majorleaguedating.com if you have any questions about this product.

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