

WHAT SHOULD I DO IF?

A man with brown hair and a woman with black hair are shown from the chest up. The man is on the left, looking slightly to the right with his hand on his forehead. The woman is on the right, looking upwards and to the left with her hand to her chin in a thinking pose. The background is a solid, vibrant red.

The Most Frequent Questions
Asked by Readers of
"How Do I Get Him Back?"

***What Should I Do If . . . The Most Frequent Questions
Asked by Readers of “How Do I Get Him Back?”***

Bob Grant, LPC
Copyright © 2008 Bob Grant

All rights reserved. No part of this publication may be reproduced or transmitted in any form or by any means electronic or mechanical, including photocopying, recording, or by any information storage and retrieval system, without permission in writing from the copyright owner.

~ Table of Contents ~

Introduction.....	4
<i>What Should I Do If...</i>	
He Sends Me a Text Message.....	5
He lives Hundreds of Miles Away (Long Distance Relationship).....	9
It's Been Over Two Months.....	13
I Want to Say to Him What You Suggested on Page 68.....	16
He's Separated / He's Just Divorced.....	18
We Broke Up Because of a Dumb Fight.....	21
We Live Together.....	24
In Conclusion	26

~ INTRODUCTION ~

Years after writing “How Do I Get Him Back?” my staff and I began getting calls and emails from women who wanted to know how the principles I wrote about applied to their specific situation. I had instructed my staff to simply respond to those readers by replying, “Please follow the instructions exactly and schedule your Free 15-Minute phone consultation with Mr. Grant, and he will gladly address your questions on the call.” The problem turned out to be that my staff was often receiving the same questions over and over again.

So rather than continuing to answer those questions via email and over the phone, I decided that it would be much easier to simply address them in this companion E-Book. What you are about to read are the most common questions women have asked me over the last three years (2008) in regards to rekindling a relationship with a man.

Now, let us begin.



What Should I Do If...

He Sends Me A Text Message



To be honest, when I first wrote “How to Get Him Back,” the idea of Texting wasn’t that popular. Oh how fast technology changes things. Within a year from the book’s release, I began getting emails from women saying, “Your book doesn’t say anything about what to do if he texts me.”

So here’s what you need to know. To begin with, Texting is a Man’s game. It’s wonderful in a detached kind of way. From a man’s perspective, he gets to say what he wants when he wants, send it—and *poof*—he’s done. There is little to no emotional vulnerability involved, which incidentally is why it is much easier to break up with someone by sending them a text message rather than talking in person. Put another way, text messages are very convenient, which is good if you need to contact someone about an urgent matter, but not so good if you are trying to get your ex-boyfriend/husband back into your life.

Because of their detached nature, it is nearly impossible for you to affect your ex on an emotional level, unless you send something outlandish, which would only cause him to never

speak with you again. Engaging in this type of communication will, in effect, make it easy for him to become emotionally detached, so it isn't recommended.

You want him to wonder what you are thinking, not act as though nothing is wrong. He must not know how deeply you feel; thus, encouraging emotionless communication only lessens the very tension that provides the best hope of arousing his curiosity and reigniting his passion.

Most women feel that having some contact is better than none at all, mainly because it reassures by maintaining contact. Remember, your goal is to give him the impression that you are almost totally indifferent to him. If you don't think you can do that, you have very little hope of getting him back. If you allow him to have detached conversations (texting), you will reinforce in his eyes that you weren't that special after all.

Now here are the specifics (and remember, you might have to adjust these based on your unique situation).

The specifics:

- 1) Don't send him a text of your own initiative. If you're wondering what he's doing, then that means he doesn't know what you are doing, which is what we are after. Remember, getting him to a point of curiosity is your primary goal. While it may feel good in the moment to immediately reply, don't send him a message, because you will appear too eager to get back with him.
- 2) If you have been exchanging text messages with him, begin to increase the amount of time it takes you to respond to those messages. If you've been responding to

his messages within five minutes after you receive them, begin waiting 3-4 hours before you respond. If you have to, turn your phone off so that you can honestly say that you didn't get his message.

After a couple of days of delaying your responses, you are then ready to stop responding to them completely. Remember your goal is make him believe that you are indifferent to his opinion (even if you are not).

But Bob, you say, he'll get mad.

Yes, he just might, and that is preferred to his being indifferent. You would rather he become upset with you than not think about you at all, because if he gets upset then he still has feelings for you.

Ideally you want him to call you on the phone. You want him to hear your voice so that he can experience your presence in his ear.

Now some men (guys) will stop contacting you altogether if you delay your responses. This is often an indication of someone who is impulsive, immature, or it might be that you have had only one or two dates with him and he never actually felt that close a connection to you to begin with. Sorry, but for those readers I speak with who say, "We went out two times and he broke up with me—how do I get him back?" I have to be honest and say, "I don't know that he ever was your boyfriend to begin with." But that's another topic.

If he says to you, "didn't you get my text?" or "why didn't you answer me?" you can reply that yes, you did, and you just haven't had a chance to respond to him yet. Don't tell him

anything directly like, “I hate getting text messages—why don’t you call me instead.” That’s too direct and also a great way to ensure he never contacts you again.

Your goal is to give him the impression that you are not as smitten with him as he believes. You cannot control what he does, but you can control how you respond. Your response is the key to winning him back, and taking the risk of slowly and consistently not responding to text messages gives you a much better chance than responding to him digitally.

“You would rather he become upset with you than not think about you at all, because if he gets upset then he still has feelings for you.”

What Should I Do If...

He Lives Hundreds of Miles Away (Long Distance Relationship)



will admit that this scenario is tough. In spite of this, it becomes imperative that you not make it easy for him to convince himself that ending this relationship was a good idea. The same rules still apply about you not contacting him for at least two months, but it is after this time period that things are different. Because of the distance, you need to know which things on the list below apply to your situation:

1) Do you have mutual friends?

If Yes – Then it is important that those friends hear (somehow) that you are having a wonderful time. The best way for you to do this is to be active socially. You don't have to date but you do have to give the appearance of being socially busy. Now you don't have to go out of your way to tell those mutual friends how busy you are, but by being active, those same friends are more than likely to report to your ex that you seem to have moved on without him. Almost as though you have not given him a second thought, which is exactly what you want.

The more indifferent you appear, the greater the chance that he will reconsider not wanting you in his life. Conversely, if you don't give him the opportunity to miss you because:

It's too hard.

I just miss him so much.

What if he meets someone else?

or _____ (fill in the blank),

then you are almost guaranteeing that you will lose him forever. You must maintain dignity to overcome the reason for the breakup.

If No – you don't have mutual friends, and he has not contacted you in over two months, then I suggest you try this. Determine what he really enjoys, which could be a hobby or passion. If he likes sports, then what sport is his favorite and beyond that what is his favorite team? Does he like cooking, traveling, or have a favorite pet? The idea is to pick a topic that he has an intense interest in. If you don't know what it is, then take as long as you need to remember what he spoke of with passion in the past.

Once you have determined this, I want you to send him an email along these lines:

Hi _____ (*fill in his name*)

I was watching TV last night and I turned on a channel that had _____ (this is where you put in the topic of his interest) and I thought of you. I hope you're doing well.

(Sign your name here and only your name).

Some example emails would be:

If he was a sports fan and liked the San Francisco 49er's (pro football team).

Hi John,
I was flipping through TV channels last night and I saw a tape of an old 49er's game and it made me think of you. I hope you're doing well.
Stacey

If he likes Dogs:

Hi John (*Ted, Steve, etc.*),
I was surfing through the TV last night and saw a special on Dogs and it made me think of you. I hope you're doing well.
Stacey (*or whatever your name is*)

Your goal with these emails is simply to make it hard for him to forget about you. In addition, by picking a topic that he has a passion about, you will be speaking directly to his heart in a manner that is safe for him. Again, the fact that you selected a topic of interest to him will speak to his heart much more than anything you could say to him.

If he responds, then follow his lead. Do not share or write back to him any more than he has written/shared with you. In fact, share about one-third the amount that he does. So if he sends an email back with three sentences, reply with an email of just one sentence.

If he does not reply to you, wait for another month. Yes, that long, because it will take him a few days or weeks to think about the fact that you sent him a note. After this time frame, call him or send him another email, this time being a little more direct.

Say something like:

Hi, this is _____ (your name) and I was just wondering how you were doing.”

If he doesn't respond well or at all, then you have a decision to make, because at this point I cannot make it any easier for him to respond to you than sending him these two messages. You can continue to send him messages, but in all reality, I would be concerned about this man in general. If he doesn't respond to such a gentle and feminine message(s) as I have instructed you to send, then I do not think there is anything that will persuade him.

“Your goal with these emails is simply to make it hard for him to forget about you.”

What Should I Do If...

It's Been Over Two Months



realize how hard it can be to simply wait. Alone with nothing but your imagination, every thought is magnified as to what he is thinking or doing. Perhaps you've even said to yourself:

Has he moved on?

Is he waiting for me to call him?

I feel helpless...I can't wait any longer!

I've heard all of these pleas from women, and then some, so believe me when I say to you that while I don't know personally how you are feeling, I do understand that waiting is extremely hard. The reason for the two-month interval is that it often takes a man that long to realize that a life without you isn't worth living. If he doesn't get the chance to miss you by your repeated contact, then you are not allowing him the chance for his feelings to soften toward you. Men are very protective of their feelings. What a woman can process emotionally in a few days will often take men much longer, primarily because they don't use both sides of their brain simultaneously to process emotions the way a woman does.

They have to forget about something painful and wait until it resurfaces later before they will address the issue. Only after their feelings have *calmed down* can they possibly miss you.

Now please let me clarify in detail what I mean by *leaving him alone for two months*. To be honest, there isn't a lot of research about how long to distance yourself from a man in this situation. Dr. Patricia Allen says that after six to eight weeks, it's time to move on if a man doesn't call, but I have seen exceptions to this with some of my clients—the longest being six months. Now that certainly isn't the norm, but it did happen. You see, two months isn't an absolute number. For some situations it may be two and a half months, while some men reconnect with a woman within one month.

I can tell you that after two months, the odds begin to decline as to whether a relationship is going to rekindle. Often women tell me that they just want to “help.” They feel the need to see him in public so that he doesn't forget them—the fear being that if he's not thinking about them, he will never reconnect with them. Let me explain the general process.

Relationship ends.

Man tries to forget the woman (because it's just too painful to dwell on the breakup).

Man pushes the memory out of his conscious mind and feels better, even relieved, for a few weeks.

On the surface, he feels like he has moved on and it often appears that way. Then after a few weeks, he feels slightly lonely. Now that he has the freedom he wanted so badly, it

doesn't feel as wonderful as he had imagined. His freedom has come at a cost, and it takes weeks for him to realize that the cost of freedom for a man is that he is alone. Even if he tries to stay busy and date other women, the amount of investment he has put in you is not something that is easy to overcome.

During this lonely time, the feelings for you need to come from his heart, not you reminding him with your phone calls and emails, or worse yet, text messages of how much you miss him or how good you were for him. It's only when his heart reminds him of you will he reach out to you.

What is hard is that there is no way to predict EXACTLY what day that will occur. So the two-month guideline is just that. It may be two months, or it might be two and a half. I have told many women that I have seen a man come back to a woman after six months, so it can happen. It's just that after two months, the odds of reconnecting begin to diminish, not fall off completely. After two months and one day, there still might be a chance that he will reconnect with you, while after nine months there is little chance he will call.

If it is longer than three months, then you have a decision to make: Do you want to still try and save this relationship? If so, then I suggest that you use the email technique I suggested in the "He Lives Hundreds of Miles Away" section of this book. This suggestion has produced some pleasant results, but only from those women who WAITED to use it. By giving him the space he needs, you are discovering something about him. If you have to be the one who helps him realize how much he loves you...it probably wouldn't have lasted anyway. Not necessarily because of you, but due to him.

What Should I Do If...

I Want to Say to Him What You Suggested on Page 68



his question surprised me in the fact that so many women have contacted me and asked when they could utter those powerful words, **“If you’re not careful, you’re going to lose me forever.”**

In hindsight, I shouldn’t have been so shocked. Being able to say a phrase that powerfully influences a man is every woman’s dream, and those words seem to be just the answer to what every woman wants to say. It gives them a giant bomb that they can drop in his lap. What I must tell you—plead with you—to understand is that, yes, the phrase is powerful; in fact it’s so powerful you can only use it ONCE.

Many women have scheduled a time to speak with me and said, “I told him what you suggested about losing me forever, now what should I do?” The answer is NOTHING. After you mention this phrase and walk away from him, it is entirely up to him because you have given him an ultimatum. You’ve called his bluff and you must leave it up to him entirely after you’ve said that phrase, or you didn’t really mean it at all.


What most women don't understand is that words are for women, not men. In fact I described this in "The Woman Men Adore....and Never Want to Leave." Words just don't have the impact on men that they do for women. Actions are more convincing to men than simply words. So if a woman says to a man, "If you're not careful you're going to lose me," what a man hears is that she is almost done with him. If he doesn't get up off his rear end, she will move on with her life, without him. She is signaling her independence and if she follows that statement up with more pursuing (phone calls, emails, texts or any form of reaching out to him) it tells the man that she didn't really mean that he was about to lose her. In fact, what it does tell a man is that she is desperate and will do or say almost anything to get him back, even make a threat that she wasn't willing to follow through with.

Forgive the redundancy, but I have heard from so many women who used this phrase because they simply got impatient (after only a few days). If you pursue him, initiate contact or do anything else, you will undermine the very words you have spoken and will inadvertently give him the impression that you're simply desperate and would say anything to get what you want. Not an attractive trait. Therefore remember: only use the sentence as a last resort.

"Words just don't have the impact on men that they do for women. Actions are more convincing to men than simply words."

What Should I Do If...

He's Separated / He's Just Divorced

hen it comes to dating a man who is married or a little married (separated), there is one thing you must know: You are playing with fire. Most women whom I have spoken with usually say something like this, "I know he's still married, but he's getting a divorce. He's just waiting on his wife to sign the papers, when to tell his children, or _____ (put any reason why he says he isn't yet divorced)."

In addition to this, every woman is convinced that she is the love of his life and that he simply made a poor choice with his current wife.

Now I have to be blunt with you. To begin with, he's still married and that makes him off limits. From a moral standpoint, there is not a question. If you are someone who includes God in your life, then you cannot expect him to bless you when you are involved with someone else's husband, no matter what you might want to believe.

But what if the moral argument is not that important to you? Why shouldn't you be able to pursue whomever you like?

Because he's most likely (almost always) emotionally unavailable and your relationship isn't as secure as you believe it to be. Perhaps you believe that once his divorce is final, there will be no reason for him not to pursue you? As logical as that thought is, it rarely happens that way.

What happens most often is that once the divorce is final, the man begins having doubts about the new relationship. Because he was married, there was a barrier that prevented him from fully committing to his mistress. He was free to express all of his emotions because she could only get so close to him. No matter how much he wanted to bring her into his life, he couldn't because he was still married. Then when the divorce is finalized, the final obstacle has been removed and, with it, his doubts will most likely surface. I and many other therapists have seen this scenario occur more times than we can count.

Man wants what he can't get.

Man gets it.

Man suddenly doesn't want it anymore.

The main problem is that, as a mistress, you have most likely given him everything he wants—intimacy, fun, and not being too demanding of his time. He gets the fun without having to give you what you want—marriage. In short, the reality is that the fact that he is separated gives him a wonderful reason to display his emotions. He can profess his love all he wants because he cannot legally commit to you. His current marital status prevents him from marrying you and thus shields him from being “tied down.” He may begin to feel guilty for his children's sake, or it might be as simple as those

intense feelings he has had for you suddenly seem to have faded. You may continue to choose to ignore what you have just read, but you are only headed for emotional heartache if you continue to date a man who is separated, unless dating him is the most you ever want from the relationship.

In addition, once a man gets divorced, it does take time for him to prepare emotionally to enter a new relationship. No matter how long he has grieved his marriage, it's going to be different once it's final. Emotionally it is similar to singles who prepare for marriage. No matter how much time they spend together, it will be an adjustment once they are married.

If you think this man is the one for you, ask yourself these questions:

Why is he getting a divorce? (Not why does he say he's getting a divorce)

What did he contribute to the destruction of his marriage?

Why should I think our relationship won't end the same way?

What do I think he will do when he becomes bored with me?

Now with each of these questions, please be honest with yourself. The goal isn't to make you miss out on your one true love, but to make sure he's actually what you think he is.

"What happens most often is that once the divorce is final, the man begins having doubts about the new relationship."

What Should I Do If...

We Broke Up Because of a Dumb Fight



This scenario is actually easier than most to fix, assuming what you mean is that a relatively harmless disagreement turned into an argument which resulted in a hasty breakup. If you mean that you have been fighting on and off with your boyfriend/husband for weeks/months, then this suggestion alone will not solve the problem. You need to implement the entire plan of “How Do I Get Him Back?”

To begin with, your ex, like most men, has a somewhat fragile ego when it comes to relationships. Most men will take chances with a woman only when they feel their odds of a successful outcome are relatively high. If they don't think they are likely to succeed, then they often won't try (unless they are under the influence of their favorite substance such as beer, pot, etc.).

Now during a fight, all of a man's testosterone is aroused to the point that he feels he is in a life or death struggle and those feelings tend to burn those intense emotions deeply into his heart—much like a flame would burn a scar into the flesh of your arm.

Therefore, if you ended the fight telling him anything that resembles, “And don’t you ever call me again!” then it would probably be helpful if you apologized to him.

What’s that you say? It wasn’t your fault, but his, and if anyone should be apologizing then it’s him.

Alright, if you want to have that attitude, you certainly have a point. If being right is more important than getting him back, then don’t even consider my suggestion. Yet I believe what you really want is to have him back in your life.

Here’s what I mean about an apology:

First – Forget going into all the specific details about why the fight started. He really isn’t going to care that much about why you were late, or how incensed you were that he forgot your birthday. No, what he does remember is how disrespectful you were to him, whether you intended that or not. For most men, how you argue with them is more important than what you are arguing about. Therefore, your main focus during your apology is going to be on the fight—not the content you were fighting about.

Second – This is the one place where I am going to suggest you divert from the plan in “How Do I Get Him Back,” in that I want you to initiate contact with him. If you have his email address or phone number, that will do. Don’t send him a text unless you don’t have ANY other way of contacting him. (See the section on texting for the reasons why texting a man isn’t very effective.)

When you make contact, start right off with saying this, “Hi _____ (*his name*). I wanted you to know that I owe

you an apology for the way I spoke to you on _____
_____ (*the date of your breakup*). I shouldn't have said
_____ (*never call me again, I hate you, I'll never
speak with you again, we should break up, or whatever you said that
was disrespectful*). That's it, I hope you're doing well, take care.
(Then you hang up the phone or end your email).


Third – The hard part is not waiting for an answer. Don't linger on the phone no matter how badly you want to because he is just now hearing your apology and it will take him DAYS for your words (or message) to sink into his heart. Even if he acts like it was no big deal, he's not being honest but simply trying to save face (act cool). If it wasn't that big of a deal, it wouldn't have ended in a breakup.

Fourth – Now you are back on track to begin the plan from "How Do I Get Him Back." Now you have changed the last interaction with him from being hostile and acidic to soft and sweet. Sometimes, just this simple apology is enough to cause him to want to reconnect with you that very moment or a few days later. What is important is that you don't count on that. You must act as though you are apologizing regardless of how he responds, otherwise it won't be sincere.

"Most men will take chances with a woman only when they feel their odds of a successful outcome are relatively high."

What Should I Do If...

We Live Together

ow can I put this nicely? If your relationship has ended and you're still living with him, he's never going to take you seriously while you are still there. Most women in this situation have told me that their reason for staying is for financial reasons, which understandably does make it difficult to leave. Yet, if your goal is to get him back, you being there makes it almost impossible to create the sense of mystery that is needed for him to even want to get back with you. Put another way, he can't miss you if you're around all the time.

And above all else, stop having sex with him! From his perspective, if he gets to enjoy your body and he gets to see you every day, then what incentive is there for him to want to be your boyfriend or more?

If you think that being married is the ultimate thrill for a man, you're mistaken. Being married to a woman whom he doesn't think he can get is what is thrilling. Being in a relationship with a woman who would do anything to have him isn't appealing—it's boring. Remember, there are women men date, and there are women men marry—and they are not the same woman. If you want to play married, then I can't help you get

him back when you won't create the distance that is necessary to reestablish value.

It is risky to begin to act expensive but let's face it, it's also risky if you continue living with him. There is no easy way to get a man back once you have lived with him. It's going to be hard either way, so why not try something that gives you a much better chance of success?

“If your goal is to get him back, you being there makes it almost impossible to create the sense of mystery that is needed for him to even want to get back with you.”

~ IN CONCLUSION ~

A fact that you must be willing to accept is that for some breakups, the reason is obvious, namely that each person simply isn't right for the other one. I don't mean to say that this is the case with your relationship, but you must be willing to accept the idea that it just might apply to you. Without being willing to consider this, you will most likely exaggerate your ex's good qualities and minimize his flaws (even serious ones).

But why can't I tell you one simple thing to do? Because it doesn't exist. Imagine if I were to tell any man that all he had to do was say, "You're the most beautiful woman in the world," and you would fall in love with him. Surely it would take much more than saying one phrase. This means that he would have to give your relationship some *time* for you to warm up to him. The same principle applies to you with your ex. His heart needs time to settle down.

So don't give up. This isn't easy, but there is, most likely, more hope than you believe. Most relationships never rekindle simply because one or both parties gave up too quickly. So many women expect (hope) that something will happen quickly (days), when if they had just waited (weeks), they would have the man they love back in their life. My hope is that this will be the case for you.

Sincerely,

Bob Grant, L.P.C.

Licensed Professional Counselor