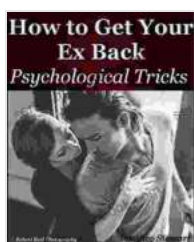


Psychological Tricks to Get Your Ex Back and Keep Them Forever

Breaking up is never easy. It can be especially difficult if you still love your ex and want them back. If you're in this situation, you may be wondering if there are any psychological tricks you can use to get your ex back and keep them with you forever.



How to Get Your Ex Back: Psychological Tricks to Get Ex Back and to Keep With You Forever by Alice Stewart

★★★★☆ 4.7 out of 5

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Print length : 20 pages



The good news is that there are some psychological tricks that you can use to improve your chances of getting your ex back. However, it's important to remember that these tricks are not a magic bullet. They will only work if you use them in conjunction with other strategies, such as working on yourself and improving your communication.

With that in mind, here are some psychological tricks that you can use to get your ex back and keep them with you forever:

1. The No Contact Rule

The no contact rule is one of the most effective psychological tricks you can use to get your ex back. This rule involves cutting off all contact with your ex for a period of time. This can be difficult to do, but it's important to stick to it if you want to give your ex the space they need to miss you and realize what they've lost.

There is no one-size-fits-all answer to how long you should implement the no contact rule. However, most experts recommend sticking to it for at least 30 days. During this time, you should avoid contacting your ex in any way, including through social media, text messages, or phone calls.

If your ex reaches out to you during this time, be polite but brief. Don't engage in long conversations or give them any hope that you want to get back together right away. The goal of the no contact rule is to give your ex the space they need to miss you and realize what they've lost.

2. The Scarcity Effect

The scarcity effect is a psychological phenomenon that states that people tend to value things more when they are scarce. This means that if you make yourself less available to your ex, they are more likely to want you back.

There are a few ways you can use the scarcity effect to your advantage. One way is to limit the amount of time you spend with your ex. Don't be available every time they want to see you. Make them work for your attention.

Another way to use the scarcity effect is to make yourself more desirable to other people. This will make your ex jealous and more likely to want you back.

3. The Zeigarnik Effect

The Zeigarnik effect is a psychological phenomenon that states that people tend to remember unfinished tasks better than completed tasks. This means that if you can leave your ex with a sense of unfinished business, they are more likely to think about you and want to get back together.

There are a few ways you can use the Zeigarnik effect to your advantage. One way is to end conversations before they're finished. This will leave your ex wanting more and more likely to reach out to you again.

Another way to use the Zeigarnik effect is to leave your ex with a problem they can't solve on their own. This will make them more likely to come to you for help and more likely to see you as a valuable asset in their life.

4. The Ben Franklin Effect

The Ben Franklin effect is a psychological phenomenon that states that people tend to like people they do favors for. This means that if you can do something nice for your ex, they are more likely to want to get back together with you.

There are a few ways you can use the Ben Franklin effect to your advantage. One way is to help your ex out with a task or errand. Another way is to give them a gift or compliment them on something. Anything you can do to make them feel good about themselves will increase their chances of wanting to get back together with you.

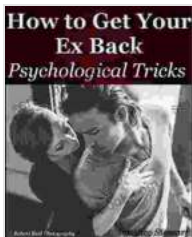
5. The Power of Suggestion

The power of suggestion is a psychological phenomenon that states that people tend to believe things that are suggested to them. This means that if you can suggest to your ex that they want to get back together with you, they are more likely to do so.

There are a few ways you can use the power of suggestion to your advantage. One way is to tell your ex that you miss them and want to get back together. Another way is to ask them hypothetical questions about what it would be like to get back together. Anything you can do to plant the seed of reconciliation in their mind will increase the chances of them wanting to get back together with you.

These are just a few of the psychological tricks you can use to get your ex back and keep them with you forever. However, it's important to remember that these tricks are not a magic bullet. They will only work if you use them in conjunction with other strategies, such as working on yourself and improving your communication.

If you're serious about getting your ex back, be patient and persistent. Don't give up if you don't see results immediately. Just keep using these tricks and eventually you will see the results you're looking for.



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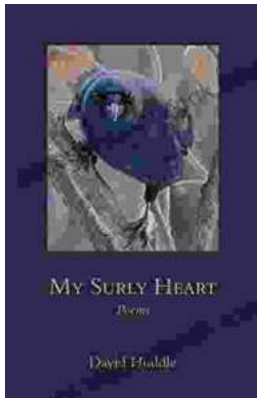
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