**Breakup Advice: How to approach your Ex**

Approaching your ex needs a plan of action. This will determine whether or not you will get back together. It will help to focus your effort, time and energy efficiently to get the job done. These a a few steps to follow:

Step 1: Take a breather.

It might feel like acting immediately to get back together is critical, but acting from emotion without thinking clearly and following a plan is a bad idea. A cooling time period is sometimes crucial for any chance to get back together so take at least a few days without giving the other phone calls or text messages. When you talk to your ex again at the end of the week, you may find that both of you have calmed down and that a little space was all you needed to fix the problem.

Step 2: Contacting your ex.

There could still be hurt feelings or unresolved issues that need to be addressed if you want to be a couple again. Start the conversation without any anger and listen to what your ex is feeling. Be genuine and sincere. After that, you can begin to find out what the best way to get back together is.

Step 3: Let your ex know your feelings

Start with a simple (but not overbearing) statement about how you feel. Something short and to the point, such as “It’s good to hear your voice again” is perfect.

Step 4: Discuss about what caused the break up

Gently discuss the problem and if there is anything you can do to make up for it. Apologise is necessary. This will soften your ex’s heart and move you toward reconciliation.

Step 5: Don’t force reconciliation

Don’t force the issue of getting back together. Respect your ex’s space and time to think about the reconciliation, if he needs it. Schedule a time to discuss the problem again at a later date. Hopefully then, good news will await you.