

How To Prevent And Survive A Breakup

Marius Panzarella

© 2006, All Rights Reserved

It is illegal to copy, steal, or distribute all or any part of this book or web page without the author's permission. By purchasing this book, you agree to the following: You understand that the information presented contained on this book is for personal entertainment purpose only. It is not to be considered legal or personal advice. The author is not responsible for any actions or results from the use of this book.

How To Prevent And Survive A Breakup

In this report, I am going to show you how to prevent and survive a nasty breakup.

This free report is the sixth report in a new series of reports that I am writing as a small “thank you” for my loyal newsletter readers. You can read my five previous free reports, *The Frog Syndrome*, *How To Cure Your Fear Of Women*, *Dud To Stud: How To Change Other People’s Image Of You*, *Flirt For Skirt: How To Overcome Your Flirter’s Block And Become a Smart Flirter* and *Ignore Isn’t Bliss: Dating Blindspots And How To Avoid Them* at the following sites:

The Frog Syndrome:

<http://www.datebeautifulwomen.com/frog.pdf>

How To Cure Your Fear Of Women

<http://www.datebeautifulwomen.com/fear.pdf>

How To Change Other People’s Image Of You

<http://www.datebeautifulwomen.com/changeself.pdf>

How To Overcome Your Flirter’s Block And Become A Smart Flirter

<http://www.datebeautifulwomen.com/flirt.pdf>

Ignore Isn’t Bliss: Common Dating Blindspots And How To Avoid Them

<http://www.datebeautifulwomen.com/blindspots.pdf>

I highly recommend that you read these previous reports before you read this one. I also recommend that you download these reports and save them onto your hard drive. Although I will continue to give out free reports every month, in the near future my older reports will only be available to my paid students. So if you're not a member of my *Smart Dating Course*, you should definitely save these reports onto your hard drive before I pull them off the net. Or better yet, become a member of my *Smart Dating Course* as soon as possible and have more successful with women than you've ever had before!

Why People Break Up

I am going to start off with a discussion on *why* couples break up.

So *why* do couples break up?

Is it because of a lack of communication?

Is it because of personality differences?

Is it because of money, religion, family, and friends?

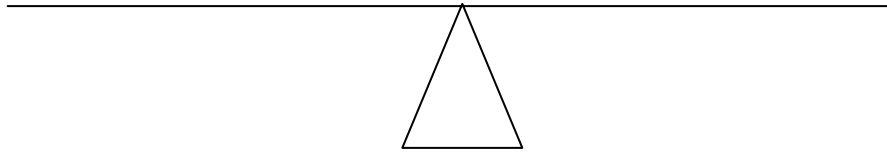
Well...

According to my [Smart Dating System](#), **a breakup occurs when the attraction is lower than the "ex-force"**.

If you're a student of my *Smart Dating System* (if not, then you should have become one a long time ago!), you should be very familiar with my "Love Balance Scale".

But in case you're not...here's an exercise I want you to do.

What I want you to do now is to imagine an old-fashioned balance scale in front of you:



The Love Balance Scale

On one side of the scale is the “ex-force”, which stands for whatever negative forces that are exerting on your relationship.

Some common examples of ex-forces are:

- 1) Lack of communication
- 2) Time and distance
- 3) Family
- 4) Religion
- 5) Social pressure
- 6) Baggage
- 7) Stress and work
- 8) Ex-lovers
- 9) Infidelity
- 10) Personality Differences

And so on...

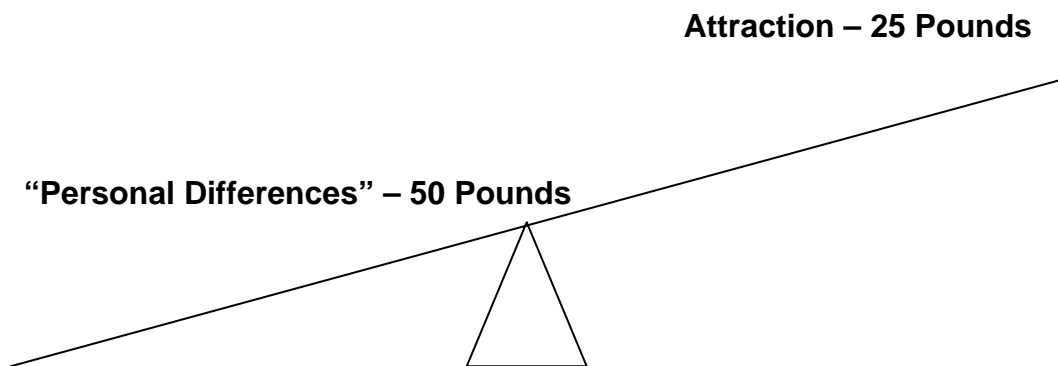
On the other side of the balance scale is a woman's attraction for you.

If the attraction is stronger than all the negative forces put together (the ex-force), the woman will stay with you. Otherwise, she will leave eventually.

Let me give you a couple of examples:

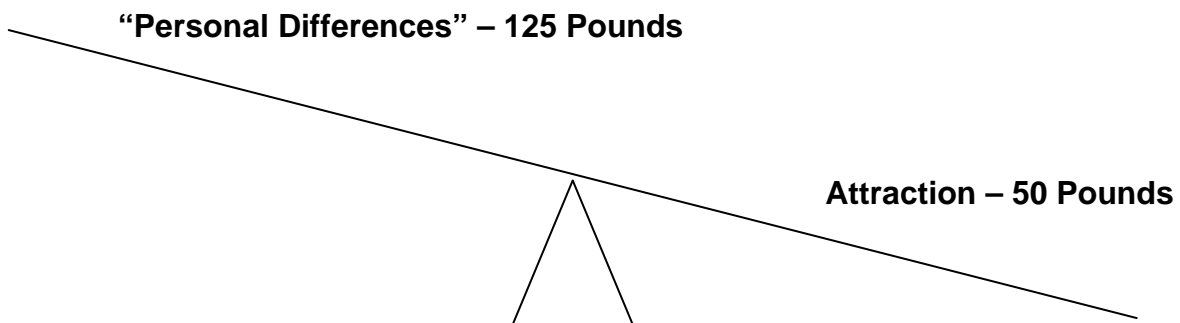
Examples:

1)



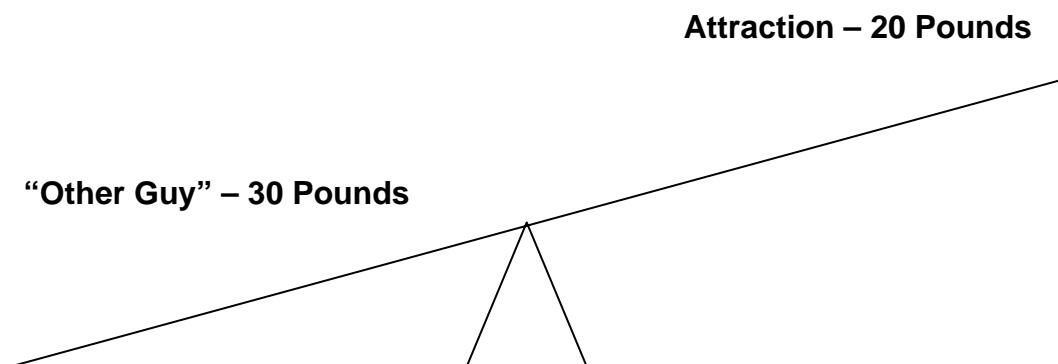
Example 1: A woman leaves because the attraction is not great enough for her to try to workout the "differences" with you.

2)



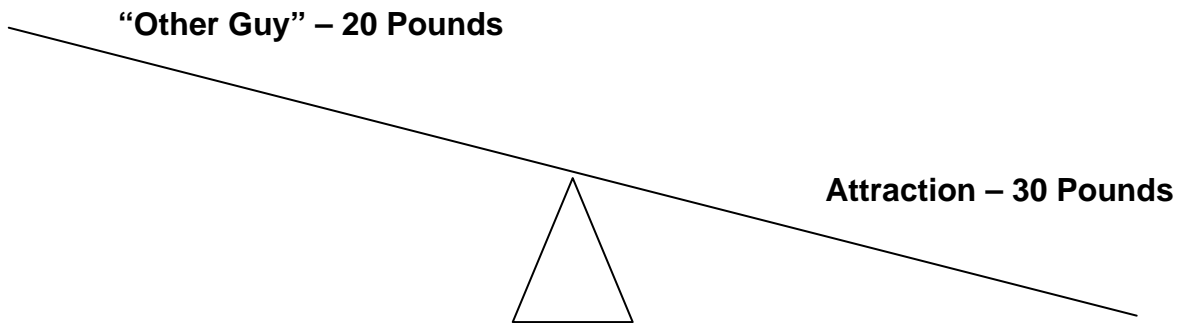
Example 2: A woman stays because the attraction is greater than the “personal differences”. Your girlfriend don’t want to risk losing you because she loves you so much.

3)



Example 3: Your girlfriend leaves you for another guy because she is attracted to him more than she is attracted to you, even though you’re the “more logical choice”.

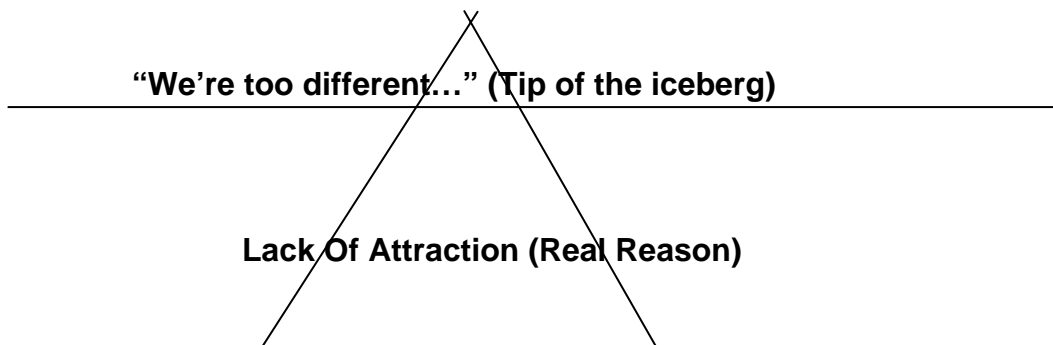
4)



Example 4: Your girlfriend stays with you because she is more attracted to you – even though he has more money and better looks.

As you can see, as long as a woman is ATTRACTED to you “enough”, she is not going to leave you no matter what – just like you’re NOT going to leave a woman you REALLY like because she was an hour late.

Therefore, the “excuse” a woman uses to dump you is often just the tip of one big iceberg:



How To Prevent Breakups

After looking at my love balance scale metaphor, you should realize that the logical way to prevent a breakup is to **minimize the ex-forces while increasing the attraction.**

Both can be done by following the three pillar-system of my [Smart Dating Course](#):

- 1) By creating passion through flirting, teasing, and acting like a challenge, the attraction will consistently be high enough to overcome any potential ex-forces in a relationship.
- 2) By building intimacy through the various communication techniques I teach, there will always be enough communication between you and your girlfriend to “work things out” when times get tough.
- 3) By picking the RIGHT girl with GOOD CHARACTER in the first place, you will eliminate most of the ex-forces that the “Average Joe” runs into, such as social pressure, ex-lovers, and past baggage.

(Note how most other dating books and newsletters only deal with the first pillar and skip the second and third. I think this is why students of other systems often migrate to my system sooner or later.)

With that said, here are a couple of extra tips on how to keep to keep her interests for you high:

- a) **Fun and Romance:** A lot of people stop flirting once they're in a relationship. Since they have successfully courted each other and do not have to worry about attracting each other anymore, they stop flirting and settle down into a routine.

Big mistake.

Attraction comes and goes. Just because a woman was attracted to you when she first met you doesn't mean she will CONTINUE to be attracted to you if you don't do anything to keep the attraction high.

Don't just read my course, get a girlfriend, and throw it away until she dumps you. Study it and apply the concepts *for life*.

- b) **Be attentive:** A lot of guys like to slack off and become less attentive as time goes on. They stop paying attention to their women and end up losing them.

Don't make the same mistake.

Try to notice the details. Do thoughtful things. Leave little messages that say "I've been thinking about you..." Compliment her when she does something good.

- c) **Talk to her:** Have at least one good talk every week. Maybe before bed. Maybe when you're walking in the park. The time and location does not matter. *Doing it* is much more important.

This will help you solidify the bond with her. I don't care how busy you're with work. I don't care what other dating coaches have taught you. ("Never call a woman", etc) If you can't even spare an hour on your girlfriend once a week, then it's really your fault if the relationship turns sour.

- d) **Remain in control:** Some guys use the techniques I've taught them to seduce a sexy girl they've always wanted, only to give up their control and start kissing the girl's ass. Remember:

everything I've said about remaining in control of yourself still applies after the initial courtship!

Never lose control! Be a man!

By the way, remember that when I say "stay in control", I don't mean you should "control a woman". What I really mean is to CONTROL YOURSELF and your OWN ACTIONS.

- e) **Don't Use Money To Substitute Anything:** Under NO, NO, NO circumstances should you attempt to please a woman with money and physical gifts. Wealth is NOT an alternative for love. Money can buy you sex, but it can't buy you love. I don't care how rich and busy you are. Never, never pamper a woman with money. It will eventually ruin your relationship – I've seen it happen countless times.

What If You Think Your Girl Is Pulling Away

If you've done all of the above and your girlfriend is still "pulling back", that's a bad, bad sign.

When a woman pulls back, it shows there's something WRONG with a relationship. It shows her ATTRACTION for you is LOWERING.

In fact, her attraction for you has already sunk to a point that it can't overcome all the ex-forces in the relationship anymore, and that's why she's looking for breathing room.

As this point, if you try to "work things out" with her, you will only end up pushing her AWAY from you.

So instead of pushing her away from you, you should PULL BACK and see how she reacts.

If you pull back from a woman while she still has a certain amount of attraction and "romantic respect" for you, she WILL freak out and give you more attention.

You can THEN work on your relationship problems.

And if she doesn't even notice you have pulled back...then it shows she doesn't care *at all* any longer.

In that case, it's time to move on.

Should that happens, here are a few tips to follow...

What NOT To Do After A Breakup

1) Do NOT fight with her.

Don't bother to fight with your girl. Fighting ALWAYS creates tension and kills attraction.

Besides, fighting with a woman is useless. Even if you win the argument, you will still lose the war.

2) Do NOT try to use logic to show her why she should come back to you.

Remember that love is based on FEELINGS, not logic. No matter how brilliant your logic is, she's still going to leave you.

You can't "talk" a woman into staying with you. You've got to "attract" her back instead. (For more help with attracting your girlfriend back, check out my www.reverseyourbreakup.com program.)

3) Do NOT reassure your ex that you have "changed" or that things will be "different from now on".

There's no reason to tell a woman you've changed. It's like trying to bail water out of a sinking boat. It won't work. The hole is still there and your words are not going to mend it.

4) Do NOT keep telling her you love her.

Honestly, she really doesn't care about how much you like her. All she cares about is how much SHE likes you!

And when you like a woman more than she likes you while you're in the negative zone, chances are, she's going to be really annoyed.

5) Do NOT beg her to come back.

The more you beg, the more she will ignore you. You can quote me on that.

6) Do NOT try to make her feel guilty about leaving you.

(Examples: "I can't work without you." and "Don't break up with me during exam period...")

It won't work. It will only make her want to AVOID you more.

7) Do not act depressed so she will feel bad for you.

Sympathy does NOT equal ATTRACTION! Even if she hangs out with you, she will still think you're a big LOSER!

8) Do NOT talk to her friends to win their support.

All she cares is how SHE feels about you. Even if her friends love you, they can't tell her to stay with you. External

pressure never lasts long. If your girl decides to stay with you, her motivation has to come from WITHIN.

Besides, most of the time her friends will be on HER side, not yours.

9) Do NOT spend money on gifts and flowers for her.

You can't buy her heart back with money. Enough said.

10) Do NOT push her into getting back with you.

The more you push, the more she will PULL AWAY.

What You SHOULD Do:

1) Cut All Contact:

No matter you're moving on or trying to get her back (see www.reverseyourbreakup.com) it is very important that you CUT ALL CONTACT with your ex.

Don't call her.

Don't hang out with her.

Don't have sex with her.

Cutting all contact means cutting all contact!

2) Workout:

Working out at the gym will help you get her off your mind. The endorphins released during your workouts will make you a happier person. The muscles you gain from working out will also make you a more confident man.

2) See Your Friends:

Remember all the friends that you've ditched to see your ex-girlfriend? Start hanging out with them again!

Over the years, I've noticed that a big problem most guys have when they get out of a long-term relationship is that they have lost contact with all their old friends. They don't know who to turn to anymore.

It's okay. I bet they haven't forgotten you. Go hang out with them and let them lift you up!

3) Meet New Friends

You should also meet as many NEW friends as possible while you're single.

Why? Because relationships tend to take you AWAY from your friends...so if you don't have many friends to start off with, you may find yourself without any friends in a few years.

Furthermore, becoming more sociable is one of the best ways to meet women. How many times have you met a stranger through a friend who just happens to be very attractive?

If you know enough friends, you will never run out of women to date.

4) Spend Time With Family

Spending time with family is a good way to "recharge" your energy while you're single.

5) Find New hobbies

Spend some time on a new hobby or two while you're single. Developing passion for different hobbies or subjects will definitely make you a more interesting and well-rounded person.

Plus, chances are you will be able to meet women who enjoy the same hobbies as you do.

6) Sports and Fitness

Spend an hour or so at the gym everyday. It doesn't matter if you're not in shape right now. Anyone can improve their physique by working out.

And of course...there are lots of hot and young, beautiful women with very nice bodies at the gym...

You should also consider taking up a competitive sport or two. It's good for building your masculinity, which will become useful when you get back into the dating game.

7) Education and Self-Improvement

Take a few college classes and buy a few self-improvement programs. You can NEVER spend too much time or money on your self-education.

I personally spend at least 10 percent of my time and income on my self-education every month, which includes classes, magazine subscriptions, psychology journals, books, newspapers, and self-help programs.

8) Go After Your Dreams:

Ambition is the most powerful aphrodisiac. Setting a long term goal will definitely help lift you out of your blues.

9) See Other Women:

See other women casually. This will help you build up your confidence again. You don't have to get into another long-term relationship right away...but at least start seeing other women!

10) Improve Your Dating Skills:

Lastly, you should improve your dating skills while you are single. You want to make sure you don't repeat whatever mistakes you made last time with your future girlfriends.

Remember: If you keep on doing the same things, you're going to keep getting the same results. I have seen too many "stubborn" guys that bump into the SAME walls OVER AND OVER with every woman they date.

Side note: If you're interested in getting your ex-girlfriend back, then check out my "Reverse Your Breakup" program at:

<http://www.reverseyourbreakup.com>

Countless guys across the world have used this program to charm their ex-girlfriends back!

But whether or not you want to get your ex-girlfriend back, you should get my "Smart Dating Course" at:

<http://www.datebeautifulwomen.com/ebook.html>

Personally, I think it is the best dating course **anywhere** on the Internet. Most of my readers also agree. Just look at some of the "fan mail" I get everyday:

Dear Marius,

I must say that I was very skeptical about paying for an online dating guide that I randomly found on the internet. I was having trouble with a girlfriend, currently an ex, at the time, and I stumbled upon your site. I subscribed to the news letter and read them from time to time. A month or so later, I was dumped by the ex-girlfriend. You have probably heard this a thousand times from your readers. Anyway, I was pretty upset because I really liked this girl. I could not figure out what I was doing wrong?? So I decided what the hell, let's see what he has to say. I downloaded the e-book and printed it out.

I read through the book, and it was pretty obvious what I was doing wrong. I started practicing what the book said, and it definitely took some time to practically apply some of the ideas.

Anyhow, wow! My game with girls drastically improved this summer. I could easily talk to any girl, and see the difference I was getting from applying what I learned.

I was always inclined to go out with the girls that went after me; because I never really knew how to talk to a girl that I was actually interested in. This summer I pursued every girl that I was interested in. Your three month statement in the beginning of the e-book was right on mark. Three months after downloading the e-book, I started dating a girl from work that is amazing! I have never felt so confident about myself and my decision about the current girlfriend.

I envy the people that pick up on some of this stuff naturally, but I think everyone could benefit something from reading the book. This material was worth more than \$50 and if I would have known how valuable this e-book was before, I would have downloaded it earlier. Well I just wanted to say thanks.

-Patrick

P.S. Feel free to use this as a testimonial on your website. Just change the names please. I swear it's absolutely true.

Marius,

I just wanted to say thanks for replying back to me! I've had your ebook for about a year now and every time I've ever emailed you and asked you something, you've always, always replied back to me! You're the only "dating coach" online that I know of that actually replies back to their members. There's a dating coach that claimed he would personally respond to all the messages he received from his members, but when I emailed him asking for help I got a snobby email back from his secretary telling me that they didn't give out advice! So like I said I really appreciate the fact that you actually respond and help out guys like me whenever we need help.

Thanks again,

Larry N. from Hendersonville, North Carolina

Marius.

Marius,

You asked in one of the last emails of any personal success stories from your dating course and I have plenty for you.

My name is Dan and I'm a 20 year old College student outside the City of Philadelphia. I work in a excellent restaurant and I'm a Firefighter in my town. So far since I've been putting your knowledge into play my confidence and skill has grown with the ladies. I noticed that with eye contact and flirtatious body language that I will get a positive reaction.

I used to go for girls that are only a B on the grading scale but I always wanted a perfect 10. So I went for one a beautiful, sexy, Brunette with a stunning body and incredible eyes. I relaxed approached her with ease and gave some distance between us and slowly moved in as we talked t see how she reacted to me penetrating her personal space. I made the conversation about her gave her eye contact and smiled. Only after 15 minutes of talking I was able to take her out to lunch! Lunch was amazing, our conversation was stimulating and exciting, I didn't have to make up bullshit or come off to being someone else-I was just Dan.

- Dan

These are just three out of the hundreds of emails I get every week!

So...if you're interested in having as much success as these guys are having (or even more!), then do yourself a favor and download my "Smart Dating Course" at:

<http://www.datebeautifulwomen.com/ebook.html>

You're going to wish you had downloaded it earlier. (Just think about all the time you've wasted!)

I look forward to helping you become a "Smart Dater"...I know you can do it!

- Marius Panzarella