

# **My Ex Drives Me Nuts!**

**Here Is How To Keep  
Your Sanity When  
Dealing With Your Ex**

My Ex Drives Me Nuts!



**Francisco Bujan**

**[www.vitalcoaching.com](http://www.vitalcoaching.com)**

[www.vitalcoaching.com](http://www.vitalcoaching.com)

## Index

Break up - Online _____	4
Break up - Coaching _____	5
What's their point???	6
They bring the kids late or systematically shift arrangements _____	8
What if they threaten you? _____	10
Why is there so much tension between you two? _____	11
They try so hard to make you jealous! Why? _____	13
Why do they try to seduce you again? _____	16
Why do they claim you even though they are the ones breaking up?	18
Conclusion _____	20

## **Break up - Online**

For men:

<http://vitalcoaching.com/breakupformen.htm>

For women:

<http://vitalcoaching.com/breakupforwomen.htm>

[www.vitalcoaching.com](http://www.vitalcoaching.com)

# **Break up - Coaching**

Check this link:

<http://vitalcoaching.com/coaching.htm>

[www.vitalcoaching.com](http://www.vitalcoaching.com)

## **What's their point???**

It's stunning to see that your ex will harass you shamelessly.

They will contact you when you are trying to move on and are just dating someone else!

They will blame you for all the things you didn't do!

And guess what?

You don't have to listen!

You don't have to play their game!

It's YOUR life, not theirs!.

So, next time They are at your door step wanting to start a fight, simply don't let it happen!

Say something like:

"I would love to speak with you but I have to get ready. I am living in a moment to go out"

You see, this is your property!

They have no right to invade your space!

Why? Because it's against the law!

They need to respect the law as anyone else.

The only reason why people might cross your boundaries is because you are too soft and allow them to do so.

Now, you heard that already in the past, right?

**YOUR LIFE IS UNDER ATTACK!**

## My Ex Drives Me Nuts!

Defend yourself!

It is your most basic human right to do so.

You do it by reinforcing clear boundaries and getting them to respect you!

You simply have to learn to say "No!", "No, Thanks!", "Not Now!" or "Enough!".

# **They bring your kids late or systematically shift arrangements**

That's one tactic so many exes use!

They drive you emotionally up the wall by shifting appointments, not showing up on time, cancelling last minute or asking for special favours.

Especially in divorce situations and especially if you have kids together, these can be super challenging waters to navigate.

Here is a way to handle this.

Always be prepared for worst case scenarios.

If they say they would be here at 5 pm, what will happen if they show up at 10 pm?

You need space, flexibility and alternatives.

You need to lower your expectations and assume they will do anything they can to piss you off.

If you lose your balance, they win.

It is REALLY that simple.

It's like being on the emotional fighting ring.

There is no reason and logic in what goes on.

There is no desire to be agreeable or kind.

Often, there is only one target in your ex's mind:

The urgent need to get back at you!

They want to take revenge and hurt you?

## My Ex Drives Me Nuts!

Why?

Maybe because you cheated years ago.

Or because the relationship with you became boring.

Or because you are dating their best friend.

You see, you can find dozens of possible reasons why your ex might want to challenge you.

Sometimes, they feel ignored and they want to be noticed again!

They want to seduce you or get your attention!

Complicating things is often their best shot at achieving that.

These are possible scenarios and you have many, many more of course!

The point is "What will you do about it?"

Will you let your ex hit you over and over again with the same emotional weapon?

Or will you develop new emotional resilience abilities and stay cool at all times?

## **What if they threaten you?**

A threat is often aimed at just scaring you off!

It's aimed at creating drama.

The way to respond to a threat?

Sit back and wait!

You will often see that NOTHING, absolutely NOTHING happens!

Another way to go is to put in place extra protection.

If they say they will break into your house, set up new locks.

If they say they will take away your kids, check with your attorney.

In other terms, if the threat is potentially real, do something about it!

Don't stay quite cross armed.

Protect your space, your assets, your life and your loved ones.

## **Why is there so much tension between you two?**

It is an accumulation of things.

Resentment is something that builds up over years.

When your ex freaks out over something stupid, it's not just the latest event that triggers them.

It is often years of frustration and resentment.

It blows out of proportion because it's like a built up fire suddenly breaking lose.

Sometimes, the only way to solve this tension is to stay away from each other and never meet again.

If that's not an option, you need to do your part to bring back some harmony before it's too late.

Now, BE SMART!

I mean, don't fight their poisonous swords with a flower.

You need weapons to fight weapons.

BUT... You can as well ad new respect and diplomacy!

An open war is never a good thing!

Especially when you have a bunch of kids at home witnessing how their parents tear each other apart.

So, what do you do.

You put distance first!

Protect yourself by not allowing space for conflict.

[www.vitalcoaching.com](http://www.vitalcoaching.com)

## My Ex Drives Me Nuts!

Spaces for conflict happen:

- When you spend too long on the phone.
- When you try to develop a friendship.
- When you just had casual sex with your ex.
- When you try to rearrange stuff that was already agreed.
- Etc.

You have dozens of potentially explosive situations with your ex.

Be smart and don't fall in these traps by avoiding them altogether.

## **They try so hard to make you jealous! Why?**

Again, it's a revengeful attitude.

They want to hurt you by confronting you.

Seeing your ex in the arms of their new love is usually NOT a nice experience.

Guess what? THEY KNOW THAT!

A simple way to avoid this is to stay away from each other, especially socially.

If that's not option, you can of course be cool with it.

I know... Challenging!

Realize that none of what they do can touch or hurt you!

Really!

What feels weird is the fact that you still feel attachment for your ex.

There is still this inner urge to control what they do.

Why? Because your connection with that person is not fully dissolved.

You might think: "I should not be feeling that way".

If you do, though, here is why?

It is because you have been conditioned to love that person for months or years.

Your mind is still attached to the romantic visions of you and your ex together.

## My Ex Drives Me Nuts!

Even if rationally you want to kick these images out, your neural network still has many emotional associations with them.

This is why, letting go of an ex doesn't usually happen instantly.

It's because of years or months of conditioning.

So, if you want to retrain your neural network and build new emotional associations connected with them, you can consciously confront yourself with real situations that will challenge you.

For instance you can imagine your ex having sex with someone else.

If you do that a few times, you will notice that the emotional pain you feel quickly turns into discomfort until you feel eventually nothing.

Nothing? Am I kidding you!!!???

Not at all!

You train yourself to feel nothing.

Look! These emotions are happening in you, right?

Who do you feel has the greatest control over these emotions?

It's you!

Emotions survive in you because you allow them to!

It's like having a dog barking in your back yard!

It hurts your ears!

You want to tame that dog!

You want to tame your emotions!

Is it that easy?

Of course not!

[www.vitalcoaching.com](http://www.vitalcoaching.com)

## My Ex Drives Me Nuts!

This is one of the number one challenge people fight with!

Gaining back a sense of mastery over their feelings and emotions.

I can tell you though that this could be YOUR moment!

This could be the most important skill you will develop from this break up!

It is the fact that you are the master of your emotions and once you decide to be cool with something, you can do it!

Seriously, look at the alternatives...

Do you imagine walking to your ex and begging them to stop humiliating you in public?

Yeah, right!!! Start a scene at this party?

You know this is a REALLY BAD idea.

So, no confrontation!

Instead tame yourself or leave!

These are the only possible ways to go.

## **Why do they try to seduce you again?**

Your ex might show up at your work ready for a kill!!

Why?

Why is it that they still need your attention?

Why is it that they can't leave you alone?

Because they love the attention.

They love being number one in your mind.

They know how easy it is for them to often claim back that spot!

So they go for it!

ATTENTION IS ENERGY!!!

Wake up and realize that you and your ex are connected in subtle ways.

Yes, it is telepathy.

But think about it in a wider way.

It's not silent transmission of thoughts.

It's limbic resonance!

We don't know much yet about the subtle exchanges of energy that go on between human beings, even when they are not in each other's physical presence.

It's a profound topic and we have little scientific proofs, just vague feelings.

## My Ex Drives Me Nuts!

If these ideas challenge you, let them go a bit and read my next chapter.

However, if you feel that your ex can actually drain you when they are not even physically there, I am here to tell you:

“Yes! I believe these things happen!”

They happen all the time between human beings.

You are not making that up.

It is one of the core challenges you might be facing with your ex.

# **Why do they claim you even though they are the ones breaking up?**

Simple!

Because they want to!

Again, they would like to have you miserably polarized on them, rather than seeing you happily move on.

Your ex wants you to be miserable without them.

When they say "No, really, I am happy for you..." does that sound sincere?

Does it look like what they are saying is backed up by a profound emotional realization?

Do they mean it?

Very often, they are trying to fake it!

They rationally know this is the right answer but they are often hurting inside.

Why? Because a break up is the death of something.

It is the end of that chapter of your lives.

Some people are able to easily embrace change and move on.

Some others want to keep things where they are and repeat the same scenario over and over again.

Yes, but they are the ones who broke up, so why is it that they don't move on with that?

It is because they face an internal conflict.

[www.vitalcoaching.com](http://www.vitalcoaching.com)

## My Ex Drives Me Nuts!

Often in their minds, a part of them still wants to experience some of the feelings and emotions they had with you.

They build up romantic fantasies on the ruins of your past love.

It is a competitive thing as well.

A part of them wants to believe that they are better than the people you are dating now.

Being able to trigger your sexual desire is a victory for them.

They want to bring you back to that space even though they know they will shamelessly reject you once they bring you there.

See how it works?

I know, it contradicts itself and it is not logical!

But who talks about logic???

These are instincts.

They are animal needs that have been developed millions of years ago in the human mind.

The logical relationship boundaries came way later.

I know we are getting a bit side tracked here but this is why so many people cheat when given the opportunity.

It is because of our animal instinctual nature which is still embedded in us.

When given the opportunity to procreate, nature programmed us to go for it!

This is why for many people the instinctual animal drive overpowers the logical alternative.

More on this on my site... It's vast chapter.

[www.vitalcoaching.com](http://www.vitalcoaching.com)

## Conclusion

I hope you enjoyed this book!

Feed back? Questions? Success stories?

Email me at [francisco@vitalcoaching.com](mailto:francisco@vitalcoaching.com)

For coaching:

<http://vitalcoaching.com/coaching.htm>

For more:

<http://vitalcoaching.com>

To your power!

Francisco Bujan