

What to tell her if she coincidentally runs into you

Live help for men in breakups

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

What to tell her if she coincidentally runs into you

Hi, this is Francisco Bujan from www.vitalcoaching.com

JML just bought my e-book and MP3 audios on break up for guys and came up with this essential question:

From JML in the US

Francisco:

I purchased your package and it's been really helpful. I wish I had done that a week ago.

In a matter of three days I've been able to make a lot of progress by reading the book over and over.

Every time I feel like I'm loosing power I pick it up and read.

Here's my question:

I had broken up with her 2 weeks ago (she was gonna do it sooner or later).

She started calling me and I was ignoring her until I fell.

I called her and we made an agreement to work things out (that's why I say I wish I'd bought it before).

The following day she disrespected me. I lost control and she coldly dumped me blaming me of everything.

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I ended up begging her to think things, and when I realized that it was all a power struggle and not love, I told her "don't ever call me again".

Then I left.

Then she said "no goodbye?" and I kept on walking.

That was last Saturday.

Your book has helped me understand many things and I know it is a matter of power right now.

She knows how to reach me, and when she feels like regaining that psychic power you talk about she'll show up.

I don't want to be setback into 3 days ago.

My question is WHAT IS THE BEST WAY TO MANAGE A SITUATION WHERE SHE EITHER CALLS OR "COINCIDENTALLY" RUNS INTO ME?

Thanks.

JML"

My answer

Hi JML,

Delighted to hear that you are now on the right track. Well done!

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It's simple: respect and diplomacy.

When she calls, you can say: "Hi, how are you?" Let her speak for a few seconds.

Then interrupt her and say: "You know what? Now is not a good time. I have to go to ... or deal with..."

If she insists, repeat: sorry now is not a good time...

And say something like: "I have to go now. Talk to you another time. Take care. Bye"

That's just the general idea.

If you meet her, same story: "Hi!", "Bye, see you later"

Cut any unwanted contact you have with her to 1 minute or less.

That's the best way to not let her in.

You'll be amazed of how good it feels when you apply this simple strategy.

Does this make sense?

Keep up with the good work!

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JML's follow up question one month later

"Hi Francisco,

So it did happen.

She started showing up at the places I always hang out at.

Unless it's unavoidable I say "hi, bye".

I keep everything to no more than 20 seconds of interaction.

She sometimes looks nervous and I handle it totally cool.

The thing is that the more I do this, the more she's trying to make presence and last night she tried to start a conversation.

It's as if she just wanted me to show weakness at some point to take my power away.

From your expertise, what should I expect to happen from all this?

Where would all this lead up to?

I don't want to lose all the progress I've made over the last month or so that I've been reading your book over and over and recovering my power.

Thanks.

JML"

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My answer

Just stick to your strategy and don't let her distract you.

Sure, she will challenge you!

Yes! She wants you to show weakness.

It's a power game.

Now that you know better, simply stick to the original strategy.

Even if she tries to start a conversation, say something like: "well, got to get back to my friends, bye" smile and go.

You are on the right track.

Now is the moment to stay firm.

Expect nothing from this game.

Focus on other women.

Makes sense?

Enjoy!

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Live help

Before you go, I want you do something simple:

Check the following link:

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

This is the way to access live help if you need it.

After reading this article, you might have questions rising in your mind and think:

"...I wish I could talk about this with someone..."

You can!

No need to isolate yourself with your break up challenges.

Getting targeted feed back and extra strategies for your situation is easy and direct.

I made it very simple for you.

Remember this magic link and know that live help is only minutes away the moment you need it:

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

That's it!

Enjoy!

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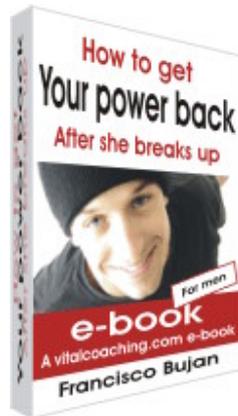
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What's next?

If you are a man and your girl friend or wife just left you, get this e-book + MP3 audios:



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

You will discover dozens of dynamite power kicks and strategies to get your power back after a break up. It will show you how to take your future and love life to the next level.

To access live help, visit:

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

You can as well email me directly at francisco@vitalcoaching.com.

Take care

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