

The Antidote to “Just Friends”

Introduction

Have you fought tooth and nail to establish *friendship* with your ex, but can't seem to take it any further than that?

Is your current relationship status ambiguous and unclear?

Have you been told *umpteen times*, “hey — we're just friends, that's all”... but you're not ready to give up?...

Do you feel stuck not knowing whether to keep fighting or quit already?

Then I'm in your corner:

The “Just Friends” Antidote was made for you.

So let's begin —

Chapter 1: Tick Tock

For some of you reading this, your journey from break-up to

“just friends” is a fairly short and recent one. Your break-up is still fresh. And you can measure the break-up and the stages of *recovery* in weeks rather than months.

If that's you?

It is important you read this document.

However, if your break-up was *many* months ago, and you have been “friends” with your ex for *months*?

Then it is VERY important you read this document.

And finally...

If your break-up was YEARS ago?

It is IMPERATIVE you read this document!

OK. Let's start with:

The Big Problem

Here's a problem I see all too often, and it is a BIG one:

The mistake of not using a time limit.

Hey, newsflash: you don't have all the time in the world!

Sorry. But —

This is your life, and it's ending one minute at a time.

I know that's harsh.

But it's TRUE.

This is *the* most harmful mistake I see clients making when stuck in the “just friends” zone.

If you're paying little to no thought to *how long* you've been friends with your ex, nor with how long you PLAN to be — you're making a mistake.

And a potentially harmful one.

I will now give you 4 reasons why this is harmful, so you will be motivated to not make this mistake.

First —

If you do not put a time constraint on something, it is difficult to

focus your energy effectively.

No focus = no meaningful progress.

That's not smart.

Second —

When you disregard the passing of time... you will **over-invest** in your ex because you won't know when to STOP.

That's bad.

But it gets worse...

Third —

Without a time limit in place, you risk *squandering* all the *enriching* life experiences and opportunities that are potentially falling at your feet, or waiting just round the corner for you.

Time is passing by, as are the amazing people you could be dating.

It's a SIN to close yourself off from all the wonderful life experiences out there for you.

And if none of the above scares you?...

Fourth —

Coasting along like there's "always tomorrow" is a poor way to *inspire* your ex to WANT to come back to you.

Yes, seriously.

You won't be giving yourself the best CHANCE of getting your ex back.

Gasp. That can't be good?

(It's not.)

If you do not put a time constraint on *this* chapter of your life, you will actually worsen your chances of getting what you want.

So in summary?

The above 4 reasons *will* conspire to ruin your life AND your chances.

And this is why I say this mistake is so HARMFUL.

Without a line-in-the-sand to work up to, you risk sentencing yourself to a life of misery.

OK —

I hope you are convinced.

Moving on! —

Chapter 2: Clients & Constraints

So here's what I tell my clients...

OK —

Throughout this guide, I will be sharing some of the advice I have personally given to clients and Breakup Dojo members **on this topic.**

Note: I have anonymised these interactions, and added some additional commentary for the benefit of every one.

To kick things off, I was talking to a client who had been waiting for his ex for more than a year.

Let's start there —



[Hi – my *additional* commentary will be enclosed in square brackets like so – Michael]

So here's the thing –

As much as your ex may be perfect for you, and you for them, there still has to be a **constraint** (of sorts) implemented here – and *pronto* – so as to stop either of you coasting until the “end of days.”

Right?

Because another 5 years of waiting – for example – doing “more of the same...” would be damaging for you.

[5 years is extreme. Naturally, the client does not intend to wait *that* long. Yet? For most people, 2 years is *also* quite extreme. And this client could easily coast another year..]

OK, we'll get back to that client shortly.

I wanted to hammer this home:

Waiting indefinitely – without a plan – is a form of self-abuse.

I am not kidding.

So, to ensure YOU don't abuse yourself, you *must*:

Create a Constraint!

Right —

So at this point *if* I've done my job well, you will be nodding your head in agreement that picking a TIME LIMIT to “wait” for your ex... is the *smart* thing to do.

Great.

You can consider this time frame as **a chunk of time where you will take a punt at leaving the “just friends” zone.**

Exciting stuff!

But, HOW do we do choose our time constraint?

Let's go back to the conversation I had with the aforementioned client:

So what time-constraint makes sense for you here?

How LONG a time period *should* you wait for your ex, anyway?

Well, *I can't tell you* how long. It isn't a fixed number. And if we asked 100 random people, they would all give different answers.

Many might say "3 months" or so.

Some might be happy to wait a whole year *if the circumstances were right*.

Whereas most (possibly) could tell you to give up immediately.

And then there are the outliers who may be willing to wait *more than a year*. MAYBE.

(And this is where you are.)

[This client had unique circumstances to be fair, plus recent positive signs from his ex that gave him hope to stay the course longer than most would.]

Now —

What I typically tell my clients is that they must come to a

“how long?” decision that is in-line with, *and in accordance with...* their own personal values.

And I leave it with the client to interpret that however they will.

What I also stress, though, and you may have heard me say this in another email:

However long you *do* decide is OK...

You **must** ensure that DURING IT, you are living a full, active, *and* healthy life.

No if's or but's.

If not, then I would disagree with your “OK to wait” duration.

Because...

Being unhappy, and living life on “limp mode,” AND enduring suffering — even for a short time — is an *assault* on the SELF.

It is self-abuse.

It is also an attack on your pride.

(And therefore — in turn — an attack on the very person you are waiting for... as it infers to them that they must *value* the decaying-in-value you who is waiting for them.)

[See module X inside Breakup Dojo for more on how this works.]

So —

You must draw a line in the sand SOMEWHERE for how much time you deem — in accordance with your personal values and life situation — will be ACCEPTABLE to give for this person.

And THEN...

Ensure to the *best* of your ability you are not suffering at all during this waiting phase (and that you work toward that goal if not already there, and manage it throughout.)

If you do not achieve this, you are abusing yourself.

That's my 2 pennies worth on that.

You can see how passionate I am about my clients not putting up with misery.

I am in your corner, and I want you to be happy.

Chapter 3: Time to Choose

OK —

So then...

How long is acceptable and healthy **for you** to wait?

Note:

If you are currently *suffering* and unable to function well, then even a short wait fails to qualify. Why? Because you must not be miserable during this time frame (for reasons that will become clearer as you read on.)

You know...

I've written about this "how long" question before. Using different words to *point* to the same thing.

If you are still unsure, this may help:

[Note: you may recognise the words below as I have given this advice to many Breakup Dojo members over the years...]

OK —

Regarding whether THIS is the point to walk away from your ex, or not? I will tell you what I tell all my clients who find themselves unsure what to do —

This comes down to personal values.

You can choose your own “waiting” period.

Just know that as a valued client of mine, my concern is that you do not suffer unduly while you live through this transitional chapter.

Ultimately?

We all must make decisions while standing at the edge of uncertainty. We are all facing a wide range of possibilities that no one could predict.

Whether it is to leave the job we have, or to move to a new City, or to choose which medical treatment to overcome illness..

Or yes, to decide whether to HOLD ON for someone special!

Whatever it is...

We each must decide it for ourselves, and then ACCEPT the decision ENOUGH so as to not impede our execution of it.

Very important.

(And see that NO decision at all is still a decision...)

And so it is here.

You must therefore choose – based upon your own personal values, not anyone else's – a time frame which you are both:

1. Able to endure without suffering;
2. Willing to accept as the length of this CHAPTER of your life

...in regards to the possibility of restarting a relationship with this person.

Point #1 is VERY important – to “endure without suffering” is key. If the time in the *here and now* is miserable, then it is not acceptable to let that pattern continue without a fight!

You must be living in the here and now with a positive energy and attitude.

Point #2 is mentioned because even if you were able to live a happy life waiting for this person for the remainder of your days on Earth.. it would not be my recommendation that you give it that long.

Maybe that is helpful?

So I suggest you decide on your own time frame, one that is based on the two points above – 1. the time you can endure without suffering, and 2. the time you are happy to allot for this chapter of your life – in which you willingly accept the condition of the unknown you are living with.

Hope this is useful to you.

OK —

So what do *your* personal values tell you is ACCEPTABLE here, as a waiting period for keeping that door ajar?

- 3 months
- 6 months
- 1 year
- ?...

Remember. I can't tell you what the answer is.

You need to do this yourself.

But do it... you must.

Otherwise you will not be giving yourself the best chance of success, along with all those other negatives I stated at the start.

Note:

It is *more* important that you choose **a** time frame, than it is that you (somehow) choose the *RIGHT* time frame.

Huh?

Simple —

The most important thing is to HAVE a time frame. Not that you get it right (as such.) Because there's unlikely a *literal* "right" time period, here. Not really..

The only condition I'd put on this is that you do not pick an obviously over-the-top LONG period to wait in.

If you do, you are probably trying to deceive yourself into believing you are following this guide (when in fact you really created another excuse to COAST for an unnecessarily long time.)

If you choose to wait 3 years because you simply want to have ample time to meander your way forward, then you are only fooling yourself.

Maybe this will help:

Pick a time frame that feels like it is enough for you to make something happen within, but not so long that you don't feel any sense of urgency to act.

Does that make sense?

Right —

Once you've decided on your time frame, **write it down**. Make it official. Even put it on your wall if you like.

Don't dilly dally. This is serious stuff.

Only continue reading once you've got your answer and you have written it down!

Done?

Great. Now I gotta tell you something about this so-called “waiting” period...

Chapter 4: Wait, But Don't be Passive!

Phew. So this is important.

You know how I've been telling you to pick a time frame that you will find acceptable to WAIT in?

Well, I don't *really* mean that you *wait*.

Back to my client:

During this waiting phase – however long that may be – you must not be passive and literally “waiting” because doing that is actually attacking your chances of getting the “second chance” you are *waiting* for.

[super important]

See, waiting in the traditional sense, looks an awful lot like “putting life on hold,” and that’s just not clever at all.

You can not, and **MUST NOT**, kick back and sleep your way through this chapter of your life.

In fact:

What you must do is give yourself a POMO –

Oh yeah.

Let’s discuss that now:

POMO?

POMO means, **Position Of Most Opportunity.**

You want to give yourself a POMO here.

This is where your opportunity *dial* is turned all the way to the right.

More opportunity = more chance.

This is super important.

You should always strive to give yourself a *position of most opportunity*... where you *have* MORE opportunity than you had before.

That means:

- More chance;
- More capability to enjoy and take advantage of what may come.

This is the difference between asking yourself, “what are my chances?” and asking:

“How can I IMPROVE my chances?”

Most people fixate on wondering what their chances are, when they would be better served by asking HOW they could *improve* their chances.

Working toward a POMO is doing just that.

Don't ask: "What Are My Chances?"

Ask instead: "How Can I Improve My Chances?"

So...

One excellent way to do this?

Chapter 5: Date While You Wait

Wow. Yeah.

Date!

Hey — if you disagree, just entertain me for a second, OK?
Besides, you can "edit" the advice below to suit your situation.

Look —

It would be in YOUR best interest to increase your value – your dating value – in the eyes of those who you *want* to perceive that.

Right?

Because when you have more *value*, you *have* more value.

Simple.

So if you *want* to improve your chances with your ex, you must improve your **dating value**, period.

Let's look at what I told my client (he's a guy, but the advice applies just as well for girls):

See, it would be great to have a better chance of having this ONE girl [his ex] want you.. sure...

But to have potentially OTHER girls want you as well is even better.

First – even if you don't want this, it is an effective way to re-calibrate your perspective and “big picture view”...

[If his view / opinion / value-judgement of his ex *and* his own self-worth didn't change after enjoying the company

of other girls, then he is doing it wrong...]

Second —

Dating other girls — and even just enjoying their company — and living your AVAILABLE status instead of hiding it or putting it on “pause”... IS *the* way to increase your odds with a PARTICULAR girl (your ex.)

[This is true for both men *and* women. We simply value someone *more* if other people *also* value them — by giving them attention etc.]

Here's the truth —

You have waited *plenty* long enough for her.

However, you may well decide (based on your own values) that you will wait longer still..

Fine.

But —

You can't wait indefinitely. Right..

So you will draw a line in the sand... you will set a date,

and start a countdown.

Great.

But in the time that exists between NOW, and that future line-in-the-sand time?

You surely see that everything you have already done and tried to date...

Which has been effective to reach “friendship”..

Is *not likely enough* to win her back?

Right?

Not with merely “more time” added, no.

Which is to say:

If you continue to do “more of the same” then odds are good you will GET “more of the same.”

So..

You may as well do something DIFFERENT.

(And the more different that is, the more potentially DIFFERENT the result you will get.)

Plus?

If what you end up doing different “fails”... then at least make the *journey* worthwhile itself, so you get value from the so-called failure (IF it fails.)

Win if you win. Win-*some* if you lose.

And one way to do that, the BEST way?..

Is to go enjoy the company of other's, to go on dates, and learn more about yourself in the process as you do so...

Which literally means to LIVE your available status, wholly and completely..

Because you ARE single and available!

And the nice thing about this, is that this *happens* to ALSO be an extremely effective way to help your ex **see you differently** (to shake her out of the *state* she has been in for ages.)

To...

Get her to see you *different*, and force her to re-categorise who you *are*.

[This is very important! His ex's opinion of who he is and what he is doing or *could* do... is not keeping her awake at night. That puts him in a weak position.]

Make sense?

Because as I said...

Doing this *will* increase your odds with your ex.

Why?

Because a man who lives his AVAILABLE status, and has other women in his life, is perceived as more valuable and more desirable... due to the simple "social proof" that OTHER'S also find him valuable and desirable.

(So it must be true.)

And that is simply how that works.

Consider *that* versus:

TRYING to be seen as "a catch" while remaining single *and*

besotted with her for months on end...

That just *isn't* how that works.

She can't value that. She won't let her pride fall that low.

And that is *not* how you create a POMO.

Note: Every thing I said to my client above? It applies to women just as much as it does to guys. It's universal.

So, the point here?

You *are* single.

Which means you *are* AVAILABLE.

Just like your ex! (*and even if they are now in a relationship – that was something they were FREE to do, just as YOU ARE.*)

You must see that you are just as free as your ex is. Not seeing this is a delusion.

If you don't LIVE THE TRUTH (and instead choose to continue to

live the delusion)... then you are pretending you are NOT as free.

And that's not attractive.

It just isn't.

Enjoying the company of other's, to whatever extent you are comfortable with, gives you the following:

- Improves your chances
- Improves your mood
- Raises your value
- Re-calibrates your perspective (confirming what you already want and *think*, or updating it where you were wrong)
- Protects & builds your pride (huge)
- **Protect & builds your ex's pride (great for creating a POMO)**

And more.

Now...

Here's something you may not have thought about before...

Chapter 6: They Must Feel They Can Lose You

If you want to give yourself the best chance of being more than just friends, your ex must feel they can LOSE YOU.

If they don't feel that way, then they do not have any urgency to "update" what they THINK of you.

I was talking to another client recently, and what I said dovetails nicely with this.

Let me share it:

If you want your ex to see you as the *prize*, as a man she desires *and* who is good for her pride?

Then you have to be perceived as a **scarce** man who could be taken off the shelf at any moment.

In short? **She must think she can LOSE you.**

(When a woman is divorcing a man, she does not feel she is "losing" him because **she is dropping him**. She is far more distracted — and in-love — with the idea of him begging for another chance, and not *having* other options, than any thing else.)

If you kick something to the curb, you don't feel the emotion

of having lost something.

But when something is taken from you, it feels very different.

You must not reassure her that she can have you back at any moment she chooses, otherwise she will not feel she can lose you.

Now...

Even if you are not wanting another relationship, or to date, etc... and you don't actually take yourself off that shelf?...

You still must straight-up do all you can to help her **THINK** this could happen.

See...

You show her a happy-whatever-happens guy, who's occasionally making good-humoured fun of her, *and* who's **ALSO** living his single status with **gusto**, and she may **FEEL** the very real possibility you'll be snapped up... **while not wanting you to be.**

And *that* point right there — the space between “he might

be snapped up” and “I don’t want him to be “ – that is where the magic lies.

This WORRY is what you want her to experience, if you want to improve your chances.

Achieve this, and you’ll find her attraction for you – that she claims has gone – will magically reappear.

This is how you create a Position Of Most Opportunity here (POMO.)

The Nice Car Analogy

Let’s say I have a nice car, and it is safely tucked away in the garage.

Well, I don’t worry about the car. Why? Because I know where it is.

It’s in the garage! And yeah, I can drive it whenever I choose to.

OK.

But what if I see someone else driving off with it? Wow. MY car?!

Then you better believe I will run after it. I will be distraught... and desperate to get *my* car back.

How dare they take my car!

OK...

But what if it *isn't* my car, as such... but I happen to know I can drive it **whenever I want to**? After all, it's just there, waiting for me. **And no one else seems interested in it...**

Well see... some ex's are like *that* car.

You might be that car right now.

And if you *are* like that car, safely tucked up inside the garage, where your ex is not worried about it...

Where they know they can drive it whenever they want to?

Then you are not currently seen as a "car" your ex can lose.

Right?

Right.

So what you want to do is have *someone* take that "car" out of the garage, and show your ex that what they thought was safely

tucked away... isn't.

Because when your ex sees you going off in the distance, like my car example above, they are more likely to experience LOSS.

And that is what you WANT them to experience.

Act and Be Unconquered, Always

If you are seen as “conquered,” then you are not seen as *interesting and as desirable* as someone else who is **unconquered**.

You should always be striving to give the impression that you are unconquered!

Chapter 7: Finer Points...

During the “waiting time” where you do not wait — 😊 — where you ENJOY and LIVE your available status and freedom?

This is the time where you focus your energy on increasing your POMO to get what you want.

Here's some finer points on that:

First —

You should stay in touch with your ex, as any “friend” would, and continue to have and cultivate **good interactions** with them.

And yes, show how *happy* you are with just the way things are!

And *while you do that...*

Just take the “car” out the garage occasionally.

That means you are living life on your own terms *while* maintaining the connection with your ex.

Now...

As time goes by, you must show zero interest in having any thing more than “friendship” with your ex.

This is very important.

You do not want to give mixed signals in THIS regard.

You must not be seen by your ex as “losable” one moment, and **conquered** the next.

You need to be consistent!

The only “mixed” signals you *can* give will be explained next...

Check it:

Tease Your Ex!

OK..

Back to my client:

The power of “going along with her happily” is real.

Your progress with her is the fruit of that. So good job on implementing it.

[This relates to one of the lessons inside the Breakup Dojo, where we strive to *stand on the same side of the fence...*]

Now —

When you gave her “I’m not pursuing you” signals, it is not surprising to me that she reacted the way she did.

[She became sweeter towards him]

Whenever you have face-to-face time with her, use those opportunities to *rib* her a little. To have a bit of fun (and to show that *you* are having fun.)

(Think *jesting*: not mocking!)

This shows confidence. And it shows you enjoy what you have, just the way things are. And so, she will feel energy from that. It'll be light hearted. Enjoyable. And that's all a win for you.

Do this a little each time you cross paths.

This can *also* be done through other mediums as well (email, text, phone calls, etc.)

The point?

Make an effort to only show her a happy you. Yeah. I know..

But the easy-going, fun-loving guy is *missed* when he leaves the room.

Women love a man who is happy.

[Just like men love a woman who is happy, too. Hey, not

many men *choose* to leave a happy woman, take it from me.]

And if you make an effort to *only* show these qualities to her?

You'll be more charming and charismatic. You'll have more *sparkle* in your eyes, and bring more *punch* to each occasion.

(This is not a time to be playing it safe.)

Now, you won't succeed 100% of the time. It's just unlikely (nearly impossible.)

So you'll *still* be "human" in her eyes: you'll be fired up on occasion. Angry, even. You *will* break pattern. Because you can't be Mr Upbeat every single day.

But that's important — it's authentic, and you *want* to break pattern occasionally.

[Again, same for women as for men.]

So long as MOST of the time you are the chipper guy, it'll work.

So...

Get this vibe going and don't stop...

But while you do so, and at the same time?

You have to ask yourself, “what would a guy who's *not* pursuing his ex wife *do*, exactly?”

Because that's what **you** are to do.

Such a guy? —

He'd be out there, enjoying the world, living his available status. Right? Simple.

He would be looking at the world as **awash with opportunity for him.**

(or he should do — so long as he's got the abundant mindset locked in, which you know all about by now..)

OK, so there's more than few tips in there if you look for them.

Teasing? That's just a bit of fun that *you* should be having with your ex.

It injects energy, a little tension sometimes, and excitement.

It's a way to hook in to their world a little.

This is GOOD. You want to do this WHILE you give those “I could be snapped up” signals.

Chapter 8: Approaching the Deadline...

As you approach the end of this “waiting” chapter, you will:

1. Assess your situation (did it improve?), and
2. Prepare for how you will *end* this chapter

Assess Your Situation

During your “waiting time” it is useful to keep notes on what you did, and the affect those things had (if any) on your ex *and* your connection together.

Then adjust your actions accordingly.

E.G —

If they responded positively to something you did, do more of that. Simple.

But if they responded negatively? Do less of that!

However, if they responded negatively, went cold a bit, but then **came back stronger** than before? Then try and see if you can understand WHY (and use that information to your advantage.)

The point is...

You should strive to understand how your actions relate to your ex's behaviour toward you.

Then *adjust* your actions to suit YOU.

Prepare for How You Will End This Chapter

OK, to simplify?

BEFORE you reach your deadline, you either:

1. Get back together already (congrats!), or...
2. You don't! (meaning you are still "just friends" perhaps)

If you are still "just friends" as you near the deadline?

Then your goal is simple:

Goal: By the time the clock strikes midnight, you must **KNOW** where you stand (no ambiguity!)

How do we find out?

By... finding out!

You must not allow yourself to exit this chapter without giving your ex one last chance to come back to you.

You must not allow yourself to exit this chapter with any “I wonder if...” doubts in your mind because you didn’t ask or find out!

Ergo, you need to plan **HOW** you will **END** this chapter.

This is important.

I don’t want you coasting past the “line in the sand” without actually challenging your ex to find out if he or she **WANTS** to give you a second chance.

Now...

How you do that depends on a few factors.

How will you “test the waters”?

Obviously you would like your ex to make the first move. But what if they don't?

If nothing else, then, you will – at the 11th hour – **make a move of some description.**

You may as well, right?

So..

What kind of move will that be?

Lot's to think about. Yes.

All I'll say is:

The kind of action/move **you** take must depend on **your** personality and values... AND on the connection you have nurtured with your ex during this time together.

It must “make sense” for you.

Right?

Perhaps you will lay your cards on the table, simply and “matter

of fact-like” and look into your ex’s eyes and say:

Listen, I see a future for us **if** we commit to giving it a “second chance”.. (and wait for their response)

Or perhaps you’re more of the “move in for a kiss” type, and your ex is someone who responds better to an *escalation of intimacy* than a direct question.

So, depending on who you are, and the bond you have together, *and* the moment in question (the mood, the venue, the context of the situation...)

The right move could well be different for you than it is for someone else.

However, don’t be alarmed if you don’t feel there IS a “right” time or “right” move.

Frankly, this is not likely to be “easy” for you, and you probably won’t feel entirely comfortable making “the move.”

In other words, be prepared to take action even if you don’t feel like it is the perfect moment, or the perfect action to take!

As You Approach Your “Final Lap”

As you approach the deadline, know that you can always *ratchet-up* your efforts to end big.

As in:

If you were playing it safe up to now (out of fear) or doing a more subdued version of the advice in this document (to make it fit your personality more, perhaps)... then you may want to consider turning the “dial to 11” as a last-effort attempt.

Especially if you have NOT got the result you want, or noticed any positive signs from your ex...

Then why not?

What do you have to lose?

It's now or never. Because...

Chapter 9: When The Clock Hits Zero?

If you reach the deadline, and you haven't got your ex back in your arms?

Then you QUIT and move on.

Yep.

No ifs or buts.

Once the clock strikes midnight, the party is over, Cinderella.

After all, the time frame you decided on already... has decided it is so.

Remember: you have to stop trying at SOME point. And you *already* decided the time frame (which turned that ambiguous “some point” into **A specific** point. Nice.)

So yes. When the clock hits zero, your ex is OUT. They lose. It’s game over for them. So long... because you are now moving on, **PROPER.**

Besides?

You **KNOW** you gave it your best shot, **AND** you know that you “proposed” a “second chance” to your ex (so there is no more confusion about what **THEY** want.)

Summary

The outline of what we're doing here is pretty simple:

1. Decide your time frame;
2. Improve your POMO;
3. Assess your results as you go, and act accordingly;
4. Propose to your ex (not THAT way, but in the “want to?” way... you know, make the move, and find out by finding out!)
5. If there's no “second chance” by the deadline? Then quit your ex and move on.

Remember: a decision is not a decision until there is an action. So whenever you make a decision, you must take the action to **make it so**.

At the start, your decision was all about the TIME FRAME. And so the *action* that follows that will cement your decision. No action, no decision! So act accordingly. Don't cheat!

If you *commit* to the process, you *will* increase your chances of breaking free from the “just friends” zone.

And, depending on far-too-many factors to account for, you may be back together again just weeks into the process.

If not? Then by the time you reach the end of your CHOSEN time-frame to “wait,” you will have proposed a second chance to your ex. And therefore *extracted* a clear answer from your ex.

If your ex’s decision was to remain as your ex? Then you will close this chapter *knowing* the decision was made, and the time-frame was done.

For many, you *will* get your ex back before the timer runs out.

For the rest? You *will* move on **knowing** you gave it your best shot, and knowing you used your head to *think* and *choose* what to do rather than unconsciously linger in a state of limbo.

You should know that either outcome is **positive**.

In your corner,
Michael Fulmer