

**But before  
anything else...**

## **Adjust your life**

**You had a relationship for a while, and maybe your girlfriend just broke up with you. It is a sad and solitary moment now, but focus on the things you can change about yourself before getting back with her.**

**Girls want to see an improvement in guys. Maybe your girlfriend is disappointed about something you did during the relationship. Maybe there are some habits that you simply need to improve, now is the time to act. Cut down on your gaming time if that's what she wants, or start wearing neater clothes when you're with her. If you focus on being a better person while you're separated, you might surprise her with the "evidence" that you are a new man.**

**Recover emotionally. You have no chance of getting your ex back if you are not calm and emotionally in control. Women don't like needy men, and as much as it hurts, you have to be in a stable position before trying to get her back. Whether you like it or not, showing that you can manage by yourself will attract her to you. This is because women like men who are self-sufficient and independent. So go to the gym, watch movies with your friends, or embark on an adventure. If you have fun, she will want to be with you.**

**Buy new clothes. New times demand new outfits. It is a useful change for you, but the importance will be clear to her: a new exterior will signal deep internal changes.**

**Buy that new shirt you've been wanting, or those jeans. Being well-groomed is an important aspect of physical attraction and if she sees you dressed well in clothes she doesn't know, she will feel that there has been an improvement, if not a complete change.**