

The Magic Eraser

By Ashley Kay

What is the ONE crucial thing you must do if you want to get your ex back faster?

It's a proper APOLOGY.

This may surprise a lot of people, as many of you have no doubt already apologized to your ex and found that it made little to no difference.

I'm not saying this technique will work for all situations, but it certainly doesn't hurt any situation if you use it.

So, here are some scenarios where I would recommend using this technique:

- If you have apologized to your ex but didn't speculate the EXACT reasons that you're actually apologizing for.
- You haven't properly apologized at all
- You don't know what you're actually apologizing for.
- You don't believe you actually did anything wrong.
- You want to try again at apologizing for your mistakes.

I **do NOT** recommend you write this letter or send it if:

- You were in a short-term relationship. What defines a short-term relationship? One where you and your ex were still getting to know one another and your ex left because he or she wanted different things or had different expectations than you. Eg. If your ex wanted a casual fling and you wanted a relationship. If your scenario falls here, do not bother writing or sending this letter! You don't need to apologize for being yourself!

The Naked Truth Club

- Your ex was ABUSIVE. This should be self-explanatory. Once again if your ex was abusive, cheated on you or did despicable things, then not only should you not send the letter, you also should not want them back!

In fact, both of the scenarios above, I would recommend NOT pursuing those relationships any further.

The other day on TNTC, I posted an article that was a little controversial. It asked the question: are you driven by love or fear in your relationship? It may have seemed a little unconventional because I talk about the need to be open to loving your ex first before your ex does.

I know this may have confused some people as it goes against No Contact and pulling back from your ex.

Let me explain:

I strongly believe you should give your ex plenty of SPACE after a break up. But you can't expect that space to magically get your ex to call you begging you back. The main purpose of No Contact is to allow both of you to cool down and THEN reopen the lines of communication again with a FRESH new perspective.

Once communication reopens, then it's time to eliminate any fear in your life and show your ex that you really care and want the best for them. Just remember there is a difference between loving your ex and wanting them to be with you and you only.

I suggest that you write this apology letter whether you decide to send it or not. First of all, it's a great exercise for pinpointing what the problems were in the relationship and how you would tackle those problems differently. It also helps you visualize how you're going to reassure your ex when you DO start communicating again.

Where does this fit into the ERS plan? Anywhere. You can send it at any time, before or after the seed letter. Whether you're in No Contact or not. Not only does this not complicate things, it will not hurt your chances at all. In fact, if anything it will help you to speed up the reunion.

With that said, it's not going to be some miracle worker either. If you do choose to send it, do not expect a response. You might get one anyway, but it does depend on your individual circumstance.

The Truth About Giving An Apology

Most people THINK they know how to apologize. But do you know how to make a “magic and powerful” apology? One that will stop your ex in their tracks, look at you googly eyed, and turn them into putty in your hands?

If you're like most people, you probably don't understand the power of a good apology.

Now you may be thinking, if this is the case, wouldn't it be talked about more often? Wouldn't it WORK more often?

First, most people cringe at the thought of apologizing. A sincere apology is in fact difficult to make.

Others will apologize for anything and everything, thinking it's the end all and be all of all problems. Unfortunately their apology is often as empty as it is mechanical. They also don't know the true power of a GREAT apology.

The fact is:

- Most of us don't like to apology
- Most of us don't know how to apologize
- Most of us believe apologizing equals admitting we're wrong and the other person is right
- Most of us do it begrudgingly and hence defeat the sole purpose of a true apology.

The other KEY difference to an empty apology, such as:

“I'm sorry”. Or “I'm sorry I have hurt you.”

And an apology that was been planned out and carefully constructed is a hidden psychological factor behind the apology.

The Naked Truth Club

If you have given an apology in the past, this is NOT the same kind of apology. This is a very specially crafted piece of work that taps into human psychology and human triggers and also taps into your ex's specific WEAK spots.

It's the difference between bowling a strike and knocking 3 pins. This apology gives you a strike EVERYTIME.

Unlike conventional apologizes; we're not going to do this one face-to-face. And there is a good reason for it.

Because we're going to put some planning and construction into this, you need to have complete 100% control over the entire "apology". The only way you can ensure you receive the best results is if you craft it into a letter. This allows you time to think about what to say, how to say it and give you a chance for revision.

Doing this in person would be nearly impossible, not to mention the chance of you emotionally flaking out is too high and risky for this task!

Now, I will show you exactly HOW to craft this apology letter plus an example of the letter.

The Magic Apology

What makes a "magic" apology letter truly "magic"?

It's the ability to enter your ex's thoughts and JOIN the conversation they are having with themselves.

See, everyone has an internal dialogue going on in their heads all the time. You also have a voice in your head, telling you stuff all day everyday.

The voice tells you, who you are, what you want, what you hate, how you need to behave, what to like, how to act, and what to do.

That voice can double into multiple voices to try to solve other complex problems.

In fact, people have two levels of consciousness. The conscious voice, the one you hear in your head, and the unconscious voice. The one that makes decisions for you almost invisibly.

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Most of our thinking goes through the unconscious voice and then you will rationalize the decision with your conscious voice.

An example of this is when you want to lose some weight to look good. The conscious voice in your head says, “Okay, tomorrow I will start my diet.”

Then the unconscious voice kicks in and says, “Hmm, I don’t really want to diet, I just want to be comfortable.”

So now there is a conflict. The conscious voice must rationalize with you why you’re NOT dieting like you should. So when tomorrow comes, your conscious voice says, “Okay, I feel a bit down today because I missed my favourite TV show, I’ll start tomorrow!”

It tries to rationalize the decision made by your unconscious voice. Of course you are CHOOSING to rationalize the decision instead of fighting it and saying, “NO!! I will eat vegetables and salad even if I don’t like it because I want to be fit and healthy.”

This dialogue can also happen between two people. The problem with hearing what your ex is saying is that it is often going through a “filter” first. The filter is determined by a number of things, but the point is. It’s not QUITE the same as the inner voice your ex is actually hearing.

Have a look at this conversation between Michael and his ex, Samantha.

Michael: “I’m sorry baby, I would never hurt you deliberately. Please forgive me.”

Samantha’s Inner Voice: *I don’t believe you. You have hurt me in the past using the same line. Why should I trust you now? “*

Samantha: “It’s too late Michael. It’s over.”

Michael: “I love you. I’m truly sorry. I will do anything to make it up to you.”

Samantha’s Inner Voice: *I believe you, but I don’t trust that you will follow through. I don’t want to waste my time with someone who only hurts me.*

Samantha: “I don’t know...”

Michael, getting more emotional now: “Why? Why won’t you give me another chance?”

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Samantha: *Because I've given you countless chances already, you idiot! How many more times do I have to explain to you?! You don't listen, you don't care, you take me for granted, all things I've said to you before!*

Samantha, also getting angry and frustrated now: "I've told you already. I don't think we're right for each other. You want different things than I do. We're just too different."

Michael: "But I don't understand..."

Samantha: "Yes, exactly!"

If Michael was to write an apology letter, he may start it like this:

Hi Sammy, I understand I have completely upset you and broken your trust, yet again. I'm an idiot and I'm sorry.

You mean the world to me, and I love you with all my heart. I know you said we're too different, but I don't believe that at all. We're more similar than you know and I want to prove to you that I'm the right man for you.

....

Although Michael's intention is true, he is completely missing the point. Samantha wants Michael to say the "magic" words that will make her see that he DOES care and he DOES listen to her.

The magic words being:

"I'm sorry I have been so wrapped up with work lately that I've failed to communicate properly with you how much I care about you and how much I appreciate the things you do for me. I know I've taken you for granted, and I feel terrible about it. I can see how that would make you feel..."

Everyone has specific words that they say repeatedly to themselves to justify an action. If you wanted to buy an expensive painting that is outrageously expensive, you may justify it by saying: "This is one of a kind, original painting. I'll never be able to get another one like it. I have to get it or I may miss out!" Most likely words the salesman will have thrown at you.

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The next time you show it to a friend, you may just as well, repeat that same dialogue from your head to your friend.

The same happens with your ex and their arguments with you.

Most likely, your ex will have mentioned what is bothering him or her in the past. If it's a big problem, it WILL be a reoccurring theme in your relationship.

Pinpoint the KEYWORDS that they are using during the arguments. Do not simply take what they said to you during the break up, but during one of the previous arguments.

Next you want to go back in time, replay any particular scenario that triggered the argument and see what exactly caused the argument to begin with?

Here's some helping points:

For women, it all comes down to:

- Feeling loved, appreciated, cared about

How each woman FEEL these emotions are all different. Rewind the picture to figure out what exactly made YOUR woman feel loved, appreciated and cared for!

Use imagery in your apology. For a lot of people we don't just use words in our head, we also use pictures and entire movies.

Expand on the picture that your ex is playing by painting a vivid picture in their head with your words.

If your ex had gotten sick of the fact that you were always late coming home from work and never took her out to do anything fun. You could say:

"I remember coming home, exhausted, sick and cold that Thursday night, and the thought of seeing you made me so happy. Then when you brought up going out to eat, I just felt so tired and stressed out, it was not on my mind. I reacted badly and it pains me now to see the look on your face that night. I can see why you got so upset. And I can see why I lost you."

Women just want to be understood and have their feelings **validated**. It doesn't matter if you think she is overreacting, acting like a bitch or being insensitive. She wants you to understand and validate her feelings.

Remember when writing your letter, you need to join the conversation in your ex's head, and validate any feelings your ex has.

- Tap into the voice in your ex's head
- JOIN the conversation
- Validate their feelings

Letter Structure

Okay, let's get into the nitty gritty of constructing our apology letter. Here's the components you need for the letter.

Apology Letter Construction:

- Reasons - Main reason/s for the break up including examples
- Your mistakes - What mistake/s you made and what you should have done instead
- Your Sorry Component: You're sorry for not giving your ex what they needed (primary needs)
- Thank You Component
- A Second Chance

Reasons

The reasons for your ex leaving is really key to understanding the relationship and getting them back.

If you don't know the real reasons or can't articulate the reasons to your ex in a way they understand, you'll be like someone with no legs, trying to run a marathon.

Let's face it, your ex left because:

- They believe you will never change
- They believe the two of you are too different
- They believe you can't make them happy

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If you want to change their mind, you better start believing you can and will change and you CAN make them happy despite your differences. Remember, differences are not necessarily a bad thing. You can either compliment each other or you can be enemies. Which do you want to be?

Your Mistakes

Even if you can list the reasons your ex had in their mind, you will fail to get on their side if you can't list what you did wrong.

This can be difficult if you believe you didn't do anything wrong or you have a massive ego.

You need to put that aside and be honest with yourself here.

Whether you believe you did or believe you didn't, the fact is your ex was unhappy enough to want to leave. Take responsibility for creating this rift and you will start to close the gap.

Being Sorry

Just saying you're sorry is not enough. Often it's not even close to being enough. You need to know what you're sorry for and really hit on those sweet spots. Being sorry without knowing what you're sorry for is really a blank statement. You want your ex to feel your sorry as being completely genuine and exactly what they want to hear.

If you write your letter and find you're not really being true to your words and you're NOT really sorry. Then do us both a favour and don't send the letter!

Insincerity will seep through the letter like a bad smell. Your ex will not be fooled.

Thank You

The icing on the cake is to finally **thank your ex**. This is extremely important and can't be missed. You want to acknowledge your ex's effort in the relationship. ANY effort must be appreciated.

Thank them for being the person they are. The person you fell in love with. This needs to be pure and honest.

A Second Chance

And lastly you must tell your ex what you want them to do. If your letter is missing this last part, your ex may be left wondering. “Is that it?” Give them a clear direction for what to do.

You hint that you want them to give you a second chance, a way to make it up to them.

If they felt your letter was sincere and you hit on all the right points and sweet spots. They will most likely consider it right then and there.

However, don't expect an instant response.

There may still be mistrust and a lot of doubt afterward. That is often to be expected.

Now is incubation period. You need to let your ex incubate on it. Let it slowly cook in their own time and space.

Your ex may still be testing you or seeing if you are true to your words. They may even call you to confirm what you said is still true and it wasn't some other Tom, Dick or Harry who wrote the letter.

Once all is said in the letter, you must resist pushing them for movement. Don't expect to be chatting 24/7 and going on dates immediately.

The elements don't need to be strictly in the right order. You can mix things around to make it flow. You can choose to add more visual descriptions or pull back and say less.

Alright, let's move onto actually constructing the letter. I highly recommend printing this document out and doing the exercises as you go.

Break Up Apology Letter Construction

- Part 1 -

Remember back to the period leading up to the break up. List all the complaints your ex have had with you (issues that lead to arguments or fights).

Reduce the cause of the conflict down to one sentence.

Example #1:

My ex's complaints were:

- *Didn't wash up dishes*
- *I was always messing around on the computer*
- *Didn't spend enough time with her*
- *I shut her out*
- *Smoked in the house*
- *Didn't do enough around the house*
- *Wasn't romantic enough*

Examples #2:

My ex boyfriend's complaints were:

- *Didn't show him enough appreciation*
- *Nagged him all the time*
- *Bossed him around*
- *Didn't allow him to do what he wanted to do*
- *Relied on him for everything*
- *Rejected him often for sex*
- *Rejected his affections*

Keep writing until you have listed all the complaints and conflicts you can think of.

In the case that you can't think of any complaints or arguments. Here's a tip.

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For some people they keep a lot of issues inside, so they may not have verbally expressed any obvious complaints.

But there will have been hints. For these subtle and much more withdrawn individuals, you'll need to look for signs of withdrawal, being quiet, distant, distracted etc. Consider what had changed surrounding these kind of behaviour and try to come up with reasons why they were depressed.

Another reason for someone being depressed or withdrawn is that they are unhappy with something in their OWN life. It may have nothing to do with you or anything you did wrong. But they may have chosen to blame the relationship for their shortcomings.

If this is the case, consider what dreams, goals or things your ex considered very important at the start of the relationship. And whether these points have been pushed to the wayside or not spoken about recently.

You need to take responsibility for not encouraging or supporting your ex in finding out who they are and what they want to do with their life.

Also think of any hints or suggestions your ex may have given.

Such as:

- You know, it would be nice if you did this...
- I would really like
- I wish you would do this more...

Examples #3:

Your ex's complaints were:

- *I want to move to another country but can't because of the relationship*
- *I can't pursue my dream of becoming a singer because I need to take care of XXX*
- *I feel like I've lost myself and don't know what I want anymore*
- *I'm unhappy and I don't know why*

Remember when filling these out you are assuming the role of your ex when you speak. So try to write language in a way that your ex would have used.

My ex's complaints were:

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- Part 2 -

Now that you have a list of reasons you may start to see a clear theme emerging.

Let's refer back to the ERS and the most common reasons men and women list for leaving a relationship.

Why Women Leave

- a. Lack of growth in relationship
- b. Lack of chemistry
- c. Lack of security and trust
- d. Lack of connection
- e. Misalignment of social values

Why Men Leave

- a. Feeling trapped & isolated
- b. Constantly made to feel less than a man
- c. Pressured into commitment
- d. Dating his mother
- e. With an insecure woman

Looking through the list you created in **Part 1**, can you see in which category your relationship problems mostly lie?

In the first example, most of the complaints slot beautifully into Category D - Lack of Connection.

Sometimes there will be 2 themes that emerge. It is actually quite common to have multiple categories emerge. You will notice there is one or two MAIN category that stands out the most.

Knowing this gives you much more focus and narrows down the issue. You also now have a list of examples why the problem is there.

My top theme/s for the break up were:

- _____
- _____

- Part 3 -

Adopting Your Ex's Language

Let's make this fun and delve even further to customize the letter to suit your ex.

In the English language, you can substitute a lot of words that mean the same thing. For example, *troubled*, *worried*, *difficult*, *complicated* can basically all mean the same thing in a certain context.

This means when an ex uses a word, it really means the same as another word you may use.

The reason we want to pin point the exact words that your ex uses is that their definition of a word may be different even though you may think it means the same as another word you would use.

So, your ex may think saying "You're complicated" is NOT the same as "You're difficult".

And you may think they mean the same thing, so if you were to put in "difficult" as a word to describe your problem, it won't resonate with your ex the same way you think it may.

So, it's important to have a list of the RIGHT words to use.

Looking back at the category above, I've listed some words that can be substituted within the category. Your job is to circle and add words/phrases your ex have used or will resonate with your ex.

Why Women Leave

1. Lack of growth in the relationship

- Lack of commitment
- Stagnant
- Boring
- Still not married
- It's not going anywhere
- Getting old

- Feel like an old couple
- Not serious enough, don't seem serious
- You don't care enough
- You don't love me enough
- We want different things, we're too different
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2. Lack of chemistry

- Lack of romance
- Lack of spark, no spark
- Lack of passion, no passion
- Lack of love
- No excitement
- You don't turn me on
- I'm not attracted to you
- You don't love me
- Boring
- Routine
- Mechanical
- Predictable
- You don't desire me
- You don't care

- Don't put in effort
- Lazy
- Complacent
- Comfortable
- Stale
- We're too different
- Old couple
- Getting old
- We don't talk anymore
- Don't communicate
- You don't touch me
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3. Lack of security and trust

- I don't trust you, I can't trust you
- I don't believe you
- You're lying, a liar, lied to me
- Pretending
- Acting
- You're quiet
- You don't talk to me
- You don't tell me anything

- Hiding
- Secret
- Withdrawn
- Going behind my back
- Cheating
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4. Lack of connection

- We never talk, don't talk
- You never tell me anything
- What are you hiding?
- Run out of things to say
- We always argue
- We are too different
- You never agree with me
- You don't listen
- You ignore me
- You don't care
- You don't show interest
- You never want to do anything
- I can't relate to you
- We've grown apart

- I want to connect with you
- You make me unhappy
- You make me feel insignificant
- I feel I don't matter
- You never have anything nice/sweet/interesting/romantic/encouraging/positive to say
- You are always negative
- We have nothing in common
- There is a wall between us
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5. Misalignment of social values

- You make me unhappy
- I don't feel the same way anymore
- We are too different
- We have grown apart
- I'm not happy
- I want to date other people
- You've changed
- You're not the man I fell in love with
- We have nothing in common
- You don't like what I do or what I like or friends I have

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- You don't like the changes I've made
- You don't respect me (my religion or my beliefs)
- We like different things
- We don't understand each other
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- _____

Why Men Leave

1. He feels trapped & isolated

- I feel caged
- I feel confined
- You suffocate me
- You smother me
- You don't let me do what I want to do
- I feel trapped
- Stuck
- Isolated
- Lonely
- Hopeless
- Depressed
- Frustrated
- Lost

- I'm not myself
- Drowning
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2. He is constantly made to feel less than a man

- Useless
- Worthless
- Lack control
- Powerless
- Unhappy
- You don't respect me
- You don't understand me
- I don't want to be tied down
- I can't commit
- I can't make you happy
- I'm not good enough for you
- You deserve better
- I don't feel appreciated
- You're too controlling
- You're too busy
- You're too difficult
- I can't handle you

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3. He is pressured into commitment

- I can't commit to anything
- I'm not ready to settle down
- We want different things
- I can't give you what you want
- I don't feel the same way
- Moving too fast
- Need some space
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4. He is dating his mother

- I don't feel the same anymore
- The passion is gone
- I don't love you anymore
- You smother me
- You don't let me do anything I want
- I don't feel myself
- Lost
- We are too different
- We want different things
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5. He is with an insecure woman

- You smother me
- You're controlling
- We're too different
- You're too clingy
- You don't let me do what I want
- You are too difficult
- I don't feel the same anymore
- I'm unhappy
- You deserve someone better

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- I can't give you what you want
- I don't think you'll change
- You suffocate me
- I want to date other people
- I've lost myself
- I'm not allowed to do things I used to do
- It's exhausting
- It's too much for me to be in a relationship right now
- I just want to be alone right now
- I need space
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- Part 4 -

Creating Examples

First example.

Think back to the most recent time before the break up where your ex was trying **hard** to save the relationship.

You might not even realize they were trying to save the relationship, but I bet you, at one point your ex will have considered leaving and then decided to stay and save the relationship instead.

Maybe it was staying with you time and time again when you accused them of wrong doing and threatening to break up with them.

Maybe they sent you a love letter, telling you how much they love you, after you ignored them for a week.

Perhaps they tried to save the relationship by bringing out your flaws and trying to help you change.

Their attempt might not have worked, or may have even backfired. But the point of this exercise is to think like your ex and acknowledge what they DID try.

It's important that you acknowledge your ex's attempts to stay because not only will you appreciate that they DID try (even if at the time it didn't seem like it), but they will also know that you at least recognize that they did.

People like to be acknowledged for the things they do and the effort they put into things. Especially if they know it was difficult for them. Now is the time to show that appreciation.

Come up with one good example of this. Describe the situation and how your ex tried to help. More importantly, show you APPRECIATE this gesture.

Example #1:

I realize now that you weren't just criticising me for the hell of it. You really wanted to see me be the person I could be. You really cared about me and wanted to see me succeed. At the time I didn't see it that way and took it really personally.

I'm sorry for attacking you back and deliberately trying to hurt you. I should have recognized it for what it was, your way of helping me get out of my rut.

It's important that you simply mention what they did and how you appreciate it. Don't take this moment to go on about how it wasn't helpful and only made things worse. Stick with **ONLY** the good things about it.

Using the example above, write down how you failed to recognize the gesture at the time and what you **SHOULD** have done to show the appreciation.

Example #2:

I realize now that I should have put my ego aside and looked at things from your point of view. You were stressed out about the house, the kids and your work, you were struggling as well, and here you were, still trying to help me out. I should have stopped the fighting, given you a hug and taken you out to dinner. You know, your favourite Italian restaurant down the street?

It's important that you give a visual description of what you should have done. It's not enough to simply say "I was wrong to do that, I won't do it again".

In the example above, I gave 3 visual examples. Stopped the fighting, giving a hug and then taking her out to a restaurant. Which one? Her favourite Italian restaurant down the street.

This way, she can now think about that scenario and realize that is what she **WOULD** have liked.

The more visual elements you put in here, the better it will be for your ex to replay the scenario but with an alternative ending. One that is actually favourable to them.

If you can, try to incorporate 3 different visual elements. The more descriptive here the better.

Describe how your ex tried to stay and save the relationship?

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- Part 6 -

List 3 of your ex's best qualities, these should be qualities that made you fall in love with them in the first place.

Example:

I want to thank you for being a loving, supportive and driven person.

You can give an example of this quickly if you want. Just don't go on about it. I'll demonstrate in an example.

List the qualities of your ex that you fell in love with:

Letter Template – Let's Put It All Together

Now that you have all the core parts of the apology letter, let's see what the Letter template looks like:

[Name],

I'm sorry for [*main problem using your ex's language from Part 3*]. I realize now that [*the mistake you made as truthfully as possible*].

[Part 4 Example of Your Ex Saving The Relationship]

[What you should have done with visual descriptions]

[Part 5 Example of Your Biggest Mistake]

[What you should have done with visual descriptions]

I'm sorry for [*Part 3 reiterate main problem using different words*].

I want to thank you for [*list their best qualities from Part 5*].

I can see that you really loved me and I'm sorry to blow it. [*acknowledging their efforts and taking responsibility for the break up*]

I want to make it up to you.

I hope you will give me the chance.

Love,

[Your name]

Here's an example:

David,

I'm sorry for making you so unhappy throughout our relationship. I realized now that I was so wrapped up in my own problems that I didn't stop for once to think about you and what you were going through.

I think I just really hoped you were alright so that you would have time to help me and support me. I realize how selfish that was of me now.

Last year during the trip to Hawaii, I thought you were so great, being patient with me and

teaching me how to surf. I know I was giving you a difficult time but you stood by me and really helped me through it. I know I can be tough to handle sometimes.

Now, I realize that I didn't once ask you how you felt about the whole thing or even how you felt when I kept rejecting you for sex. I thought at the time you understood, and that's why you went all quiet. But now I can see that you're a man, with needs and have feelings. I completely neglected your needs, choosing to be selfish and focus on my issues instead.

I think if I were to go back now, I would have done it all so differently. At the time I was so paranoid and feeling so low that I felt my actions were justified. If only I'd seen it from your point of view. I should have put my crap aside and asked you how you felt, cheered you up when you were quiet and showed you more affection because you needed it. You deserved and needed my love and attention.

I'm sorry I didn't show you enough of that when I needed to.

I'm not going to pretend to say that I saw the break up coming. How could I? I was so oblivious in my own world that I mistakenly thought all was fine with us.

I want to thank you for being the loving and supportive person you are, even when you were unhappy and had your own problems. I can see that you really loved me too, and I'm just sorry that I had to blow it.

I want to make it up to you.

I hope you will give me the chance.

Love,

Sarah

Example #2

Patty,

I'm sorry for letting myself change so much in the last year or so. I realize now that I haven't been myself for a long time. Ever since losing my job, I became so dependent on you that I lost my confidence and optimism. I often found myself depressed, moody and irritable. I know I've let you down, I've let myself down, and I'm sorry about that.

I know throughout the year you meant well and wanted me to get out of my rut, but I guess I wanted your support more than anything else. When I didn't get it the way I wanted it, I started to have paranoid thoughts. Insecure thoughts. I thought you were going to leave me. That made me extremely afraid and paranoid.

I'm sorry for behaving this way. I know you had a lot to deal with yourself and you were missing the guy you fell in love with.

I'm still that person. I've been trying to find myself again. I realize I've allowed myself to get like this because at the time I couldn't see any way out of it. Each day, it was trying to find a reason to get up. That reason was often you because I felt you were all I had.

That night when I accused you of cheating on me was really the worst night for me. I could see you drifting away from me and I didn't know what to do. I wish I had being there for you instead of throwing accusations. I know you were having a stressful time at work and doing your exams at the same time. I wish I'd given you a hug and cheered you up instead of bringing you even more down.

Lately, I've been doing more of the things I love to do and slowly getting my own self back.

Going to the gym, going out with my friends again and getting my business going. I'm close to making a big deal with a large corporation and I can see things coming together soon.

I just want to thank you for being the loving, happy and driven person you are. You were there for me through so much and I took you for granted for so long. I can see that you really loved me and I'm sorry I had to blow it.

I want to make it up to you.

I hope you will give me the chance.

Liam

As you can see, the elements don't need to be strictly in the right order. You can mix things around to make it flow. You can choose to add more visual descriptions or pull back and say less.

The point is you need to customize it to your own style and your own way of speaking. You don't want your ex to think that someone else wrote this letter.

So if you're naturally a descriptive person, add more in there. Spend some time picking the right words to describe how you feel.

If you are more direct, then just be direct. Say what you naturally would say, just make sure the message is clear and there couldn't possibly be any misunderstandings.

The only parts I wouldn't go changing is the first paragraph and the last two lines:

The Naked Truth Club

I want to make it up to you.

I hope you will give me the chance.

The first paragraph sets the tone of the letter and makes your ex understand what this letter is.

Not a grovelling letter, not an emotional one, just you giving a much needed apology in hopes that they will give you a chance.

Don't be dramatic, emotional, desperate or anything messy. Be calm, in control and honest.

The last two lines are really letting your ex know that you want another chance and actually you deserve it too.

What to Expect

Will it always work?

No.

Will it hurt your chances?

No.

What if you're unsure whether to send it or not? Perhaps you've already sent numerous apology letters that more or less say the same thing?

Send it anyway.

What if your ex is seeing someone else?

Send it. Nowhere in the letter do you mention wanting them back. If they get angry at you for sending this letter, just say that you wanted to formally apologize, it doesn't mean you disrespect your ex's current relationship. The line "I want to make it up to you", could just be to your idea of taking them out for dinner as a friend. Nothing more. In fact, you should say you're happy for them if they are happy in their new relationship.

The Naked Truth Club

This letter is about amending past mistakes and getting some things off your chest that you probably should have from the start. Your ex can accept it or not, it doesn't matter. The main thing it will do is lower their resistance to you during future conversations.

If you're unsure, I say write it, let it sit for a while, and then send it.

The worst it can do is... nothing. Which is just as good as not having sent it at all.

Unless of course, you're in one of the "Do not send" scenarios at the start of this module. In that case, you'll find it hard to write this letter because your biggest mistake was wanting to be with them in the first place.

Other than that, have fun with it!

Ashley Kay