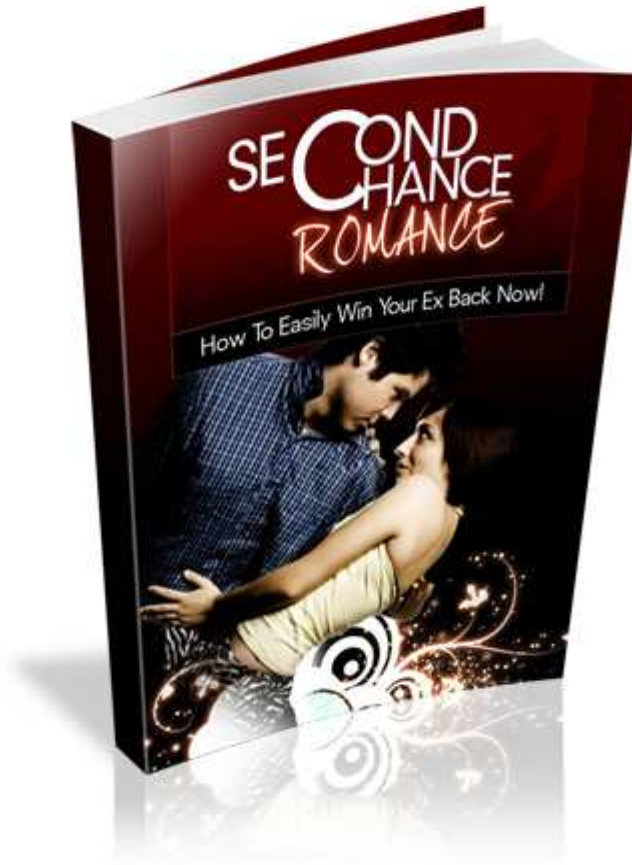


# **SECOND CHANCE ROMANCE**

## **BONUS Report**



**Please Note:** This is just a small preview of what's talked about in the Second Chance Romance program.

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**TABLE OF CONTENTS**

<b>Introduction</b>	<b><u>Page 4</u></b>
<b>Communication</b>	<b><u>Page 5</u></b>
<b>Acceptance of Responsibility</b>	<b><u>Page 9</u></b>
<b>What About Apologies</b>	<b><u>Page 13</u></b>
<b>When A Break Up Happens</b>	<b><u>Page 15</u></b>
<b>Dating Again</b>	<b><u>Page 18</u></b>
<b>Dating Purposes</b>	<b><u>Page 18</u></b>
<b>Making It Official</b>	<b><u>Page 19</u></b>
<b>The Work Continues</b>	<b><u>Page 20</u></b>

## **INTRODUCTION**

Relationships are as individual as people are. However, most of us find that making a relationship work requires effort. The initial effort required may be simply to commit to the relationship itself.

Being committed to a relationship means that we are willing to strive to make it work. Some people make the transition from being uninvolved to complete commitment seamlessly but others have to work at the process. A committed partner is willing to give when needed and to receive when deserved.

Trust issues can be paramount to making a relationship last. We must be trustworthy as well as trusting. But perhaps even more importantly, we must be willing to be a true friend.

Problems can surface if there is not a clear understanding of what one partner expects from another. Past experiences can play a major role in determining what we want, need or expect from a partner. These expectations are reflections of one's past, present, and possibly even his/her plans for the future.

When we are committed to a relationship we make our partner a priority in our life and we expect the same in return. Feelings and opinions should be acknowledged and respected.

But no matter how perfect a relationship is there will be times that misunderstandings and conflicts arise. The trick is in knowing how to handle such situations. It really is true that the sooner we begin working on a resolution to a problem the easier it is. But unfortunately problems sometimes escalate before we have time to recognize the need for a resolution.

This report will discuss some common types of problems, present typical scenarios and discuss alternative ways to handle the situations. Whether it is a simple misunderstanding that needs to be resolved or a break up that you want to amend you will find a simple way to work things out.

By the end of this report you will know when you should apologize and when you shouldn't. You will also learn some great ways of apologizing that never fail. But the information does not stop there – if you are working on getting your ex back into your life you will learn the proper time and way to ask him or her out and how to continue dating in a way that will build a strong foundation for a lasting relationship.

Let's get started right now!

## **COMMUNICATION**

Effective communication allows our partners to really know us and it provides a way for us to learn more about them. Communication is vital – but it does not always happen like it should. The secret is that open and direct communication can be the key to keeping your relationship moving in the right direction.

### **Typical scenario:**

Bill and Susan have full time jobs outside the home. On the weekends they like to relax and unwind. Susan loves to do crafts and Bill loves to play golf. But just like everyone else, Bill and Susan find that there are household chores that must be tended to if their home is to maintain any order.

After a long and cold winter Bill is anxious to spend his weekends on the golf course. As soon as the weather warms up he begins making plans for weekend golfing outings. After a long day of the sport Bill comes home tired and ready to relax.

This is understandable but Susan is left with the household chores and a missing or exhausted partner. The result is that Susan's frustration with the situation grows and she resents the fact that her partner is stepping out with his first love.

Susan is feeling taken advantage of and neglected. Eventually there comes a time when Susan blows up and decides to confront Bill about

the situation. This can play out something like this:

**Susan: "I've had it with this Bill! You spend every available moment playing golf while I'm here at home to take care of laundry, housecleaning and errands. You seem to think that all you have to do anymore is go to work and play golf!"**

**Bill: "What are you talking about? Don't tell me you're mad because I play golf on the weekends...you know I love the game! You're home anyway, why can't you take care of the laundry?"**

Okay, let's dissect the problem here. As I mentioned, both Susan and Bill work full time jobs. They save most of the household chores for their days off. Susan and Bill each have hobbies they enjoy. Susan's crafts can be done at the kitchen table (which happens to be a few steps away from the laundry room) and Bill's favorite hobby is golfing (which takes him out of the house).

**Is this a problem that can cause real problems?**

Definitely!

**Is the problem that Bill plays golf?**

Not exactly. The real problem is that Susan is feeling neglected and taken advantage of.

**Was Susan right in expressing her frustration?**

Yes and no. Obviously she should let Bill know when something bothers her but she was wrong to let the frustration build before voicing her concerns. She also used the wrong wording in her complaint (more on that later).

**Should Bill give up his hobby?**

Probably not, however, Bill does need to acknowledge Susan's feelings

and work at a solution that both can agree to.

We already know what Susan is feeling but does Bill really understand? In reality it is possible that Bill believes Susan is content to spend the weekends working on her crafts alone. It is also feasible to believe that Bill does not realize the imposition of expecting Susan to take care of the chores since she is at home.

What if the situation was a little more like this:

**Bill comes home from work on Friday and tells Susan that his tee off time is set for 8am Saturday.**

**Susan responds with this:**

***"Do you think we can get the housecleaning done tonight then? We could always run our errands and do the laundry on Sunday. That will free me up to work on my crafts tomorrow."***

**Or this:**

***"Bill I would like to talk to you about your golfing. It is really frustrating to me that I am home alone on Saturdays and you expect me to take care of all the chores we used to do together."***

As you can see, Susan is now handling the situation in a way that allows Bill to take charge; the ball is in his court now. He can either address the issue in the way that it was presented or he can become defensive and risk escalating Susan's frustration.

Because Bill now realizes perhaps for the first time that Susan is upset he should explore the matter in order to get to the real cause of her frustration. Susan has in effect offered Bill a wake up call to the fact that problems are developing in their relationship.

Bill has an opportunity to work on making amends with Susan before

things get out of hand.

A quick note here about how to discuss situations that may result in one partner or the other being hurt or upset making them feel the need to be defensive; never make 'you' statements. Instead, make 'I' statements. I will explain the difference.

Here is a typical 'you' statement:

**Susan: "You never think about me and my feelings. All you care about is having your fun on the weekends."**

Such a statement would probably elicit a negative response that would escalate into a heated argument.

Here's another way Susan could have said that using 'I' statements.

**Susan: "I am feeling neglected and abandoned lately. I would like to have time for my crafts, the household chores, and spend time with you on the weekends."**

Obviously both responses get the message across that Susan is frustrated but the second one is not accusatory. This makes it less threatening and Bill is much less likely to become defensive.

Now Bill can acknowledge the situation and agree that his golfing is causing some problems. This does not mean that Bill needs to apologize for playing golf.

Instead, he should say that he now realizes he is responsible for Susan's frustration and he feels terrible about that. After all, letting a partner down or making them feel bad is not the way to keep a partnership moving forward.

Accepting ownership for the developing problem actually empowers Bill. He can now work on ways to mend the situation. Bill could easily agree to do some of the household chores on Friday evenings and the rest on Sundays.

He could even suggest that the couple do a few household chores each day through the week so there are not so many things required of them on the weekends.

But perhaps the most important thing this allows Bill is the opportunity to acknowledge that he has made his partner feel neglected and abandoned. Bill can now work on insuring that does not happen again. He can look for ways to change that.

Perhaps Susan would like to play golf on Saturdays. That could be a great bonding experience. Bill could teach Susan to play and it could prove to be a recreational activity they will enjoy and share for years to come.

But if Bill becomes defensive and insists that he has done nothing wrong the situation will worsen. It is likely that the relationship will be rocky and a break up may be the eventual outcome.

**What you need to take away from this section are two very important facts:**

**Effective communication is essential in any relationship if it is to last and thrive.**

**Accepting ownership for the problem is the first step to resolving it.**

### **ACCEPTANCE OF RESPONSIBILITY**

In the last section you learned about the importance of effective communication in a relationship. Understanding your partner and being understood by him/her is vital if you want long term success for the relationship. This means that each partner has a true responsibility to work at communicating in an appropriate manner.

Relationships should be built on a solid foundation. That foundation includes a real commitment to making the union work and true friendship.

The relationship must be a priority and each partner should be willing

to make some compromises or even sacrifices to maintain harmony and balance.

Perhaps the ultimate example of this is when your partner has wronged you in some way. Because your priority is the relationship you will need to consider how the responsibility of the problem is yours.

I know that may sound ridiculous but that's the way this works. If your true priority is saving the relationship you must be willing to accept ownership of what you did that caused the problem.

Now believe me, I know what you are thinking. It is true that there are times that one partner does something that is completely wrong. This wrong-doing then results in major problems for the couple and the relationship is in jeopardy.

The perfect example of such wrong-doing is when your partner cheats on you. Let me introduce you to our next couple, Adriana and Kevin.

This couple has been together for almost a year. They live in Chicago, which happens to be Kevin's home town.

Adriana is from Virginia, and she is homesick. In order to comfort herself she eats more than she should and her figure has blossomed. Although Kevin has noticed the increase in Adriana's weight he has never mentioned it – he knows Adriana is concerned about the added pounds.

After long months Adriana finally gets to go home for a nice visit. While there she attends her high school reunion.

Adriana leaves the reunion with a man that was her high school sweetheart. They spend a long time together reminiscing about old times and one thing leads to another.

Adriana soon returns to Chicago and feels very guilty about her rendezvous with the old flame. She decides that what Kevin doesn't know will not hurt him so she keeps the incident to herself.

But a few days later flowers are delivered to Adriana's home – the

home she shares with Kevin. You guessed it, they are from the guy in Virginia and yes, a loving message was included on the card that referred to the great time he had while with Adriana.

Although Kevin is hurt and he feels betrayed he needs to find a way to accept ownership for this problem. Without knowing more about the couple we cannot be sure how he is responsible but some possibilities include the following:

**If Adriana asked Kevin to go with her to the reunion and he refused then perhaps she was feeling lonely and it was natural for her to gravitate to the person she was closest to during her high school days.**

**Kevin can admit that he should have gone. That would have prevented the feelings of loneliness that Adriana experienced and the situation would not have happened at all.**

Now you may be thinking that Kevin is not the one that cheated so he should not be the one accepting responsibility. This is all about mindset. It is not about an apology in the usual context, it is about making the relationship work.

Whether we want to believe it or not when we interact with others we use psychology. The problem is that most of us have little or no understanding of what we are doing and so we do a very poor job of using it.

But if we understand some basics we can use it to our advantage. I am talking about simple things like addressing problems in a way that does not put your partner in the defensive mode.

The mindset Kevin must have is that of making the relationship work as his number one goal. He can choose to argue with Adriana about what happened during her visit or he can tell her that he should have been there with her.

Now I am not suggesting that you should allow your partner to abuse and use you. But I am saying that you should always be willing to put yourself in their situation and try to see things from their point of view.

If the two of you do not really know each other this can be a difficult task. That is why communication is so important. If you truly understand your partner's personality and the real person behind the face it is much easier to understand how they may feel in any given situation.

Because I did not provide a lot of information about this couple we do not know if Adriana is a shy individual or a very out-going person. We also do not know if she invited Kevin on the visit or if there was a reason that she did not want him there.

So let's deal with this scenario as if Adriana had insisted that she make the trip alone. That would definitely change things. We would immediately think that trouble had been brewing long before the visit.

**So should Kevin still look for ways to take responsibility?  
Absolutely!**

In this case he should be looking for problems that existed before Adriana's trip. We already know that she was homesick but we do not know what it was she missed about Virginia. Could it be that Kevin had ignored Adriana's misery about being in Chicago?

You see, if Kevin had really listened to Adriana he may have found out more about how she was feeling. Believe me, your partner will love the fact that you want to know how they feel - so ask and explore, but do it before problems arise!

**Let's take this scenario to the next level...Let's say that Kevin arrives home first to find the flowers and card. When Adriana comes home he asks her what the hell is going on and immediately begins telling her that she has ruined their relationship. He accuses her of having had plans of meeting the old boyfriend on the visit and he wants to know if Adriana had**

**sex with him.**

Although Kevin's reaction may be understandable on some level it is obvious that this confrontation will escalate the situation. Adriana will immediately be on the defense. Both are likely to say and do things that they may regret.

But if Kevin can refrain from exploding like that and instead he takes ownership of the situation the relationship can be salvaged. Because he really knows and understands Adriana he can imagine how she was feeling while in Virginia and how she has been feeling since.

Kevin can say things such as:

**You must have been feeling lonely and vulnerable. I should have been there with you.**

**OR:**

**This must have been a heavy load to carry all this time. I should have noticed the stress you have been feeling.**

You see, Kevin is not giving Adriana permission to cheat on him but he is acknowledging that he was wrong in some way. This opens the door to a discussion rather than an argument or possible break up. There is now a huge difference in the probable outcome of this situation.

**The key points in this section:**

**Make your relationship a priority.**

**Really know your partner.**

**Be willing to accept ownership/responsibility when problems arise.**

**WHAT ABOUT APOLOGIES?**

In the last section we learned about taking ownership of the problem(s) in the relationship. But it is important to understand there is a fine line between that and of a true apology.

Acknowledging the role you played in the problem is not the same as apologizing for it. You must understand that actions always speak

louder than words.

An acknowledgement of your role in the problem is only an apology if you are sincere and truly do not expect your partner to apologize. But don't worry, if you say the right things it is very likely that your partner will feel the need to accept his or share of the responsibility and he/she will also apologize. Once again, this is psychology at work!

You can begin by stating something like this:

**"You must be very frustrated with me."**

Because you really know your partner you may fully understand how he or she is feeling. But even if you are incorrect making such a statement is a step in the right direction.

Why? Because this shows that you care about your partner's feelings. He/she will know that you are attempting to understand and he/she will probably help you with your assessment of their feelings. They might respond with something like this:

**"I wouldn't call it frustration – it's more like hurt and humiliation."**

Whether you are completely correct initially or not your partner now knows that you have acknowledged the problem and his/her feelings. In other words, your partner feels that he/she is your focus and priority.

But the next step is vital. Your partner will want to now know the 'why' of your role in the problem.

It is essential that you remember what your goal is -- making your relationship work. Saving your relationship is the top priority in such a situation and mindset is everything.

This is when you will talk about how the problem is your responsibility. As I mentioned before, it is very likely that your partner will openly

share the responsibility with you. But even if he/she doesn't you should continue with the methods described here. Remember, your goal is to save the relationship – not to get an apology from your partner.

So you continue with the discussion and you are sincere in your efforts. You must be willing to accept a slow or incomplete forgiveness. And always keep the relationship as your priority!

**The key elements related to apologies are the following:**

**Taking responsibility is not always the same as an apology.**

**Actions ALWAYS speak louder than words.**

**Your partner will appreciate you for acknowledging their feelings.**

**Take ownership without the expectation of an apology from your partner.**

**Be sincere.**

**Don't expect immediate forgiveness.**

**WHEN A BREAK UP HAPPENS**

Sometimes a relationship ends regardless of how carefully we work at saving it. This is often due to a one-time incident but sometimes it is related to problems that have not been acknowledged and they have built momentum over time.

The good news is that almost any break up can be remedied. The key is usually in how you approach your ex.

First of all I will assure you that time will help. This is true whether you and your ex get back together or not.

Right after a break up both you and your ex will be very emotional. Depending on the circumstances and your individual personalities the emotions will range from total anger and frustration to hurt or even

depression.

Because of the intensity of the emotions it is usually wise to take a break before attempting any type of interaction with your ex. The idea is that each of you will have time to accept the situation and to work through your emotional upset.

Imagine trying to talk with your ex when all he/she wants to do is yell and curse at you. Pursuing a conversation with him/her will only make the situation worse.

During your break from your ex you have lots to think about and do. Use this time to carefully evaluate what went wrong, how it could have been handled differently, and to make improvements in yourself.

I know, you may not have been responsible for the break up but I am sure there are things that you did to contribute to the problem.

Remember, you have to choose your priority and if it is saving your relationship you have to be willing to take on your share of the ownership of the problem. But if you feel that is degrading in some way then you should be willing to accept the fact that you will probably never get your ex back.

So I encourage you to take a hard look at the relationship, the problems it had and how you contributed to them. Additionally, take a hard look at yourself.

You might find that you need to pay more attention to the way you dress, your personal hygiene, your organizational skills, your negative attitudes, or any other number of things that could be improved on.

Use this time to explore ways of making yourself a better person in some way. But don't worry; this is not going to be all work and no play.

You should also get involved in favorite hobbies or interests. Socializing is also important – even consider a date or two. The point is to grow as a person during this break from your ex.

Then when both of you have had time to think things through and to cool off you can consider the first contact with your ex. Remember to

take things slowly – you should not simply call and ask for a date.

Instead plan a very short phone call. Just call and say that you wanted to see how he/she was doing. You will know very quickly if the call is appreciated or not. If things go okay then you can ask about calling back or even about getting together for a cup of coffee, lunch, or a drink.

Keep in mind that you must begin very slowly. The coffee, lunch or drink meeting should have a time limit to it. You could say that you could meet at a specific time but that you would only have 45 minutes or an hour tops to spend.

The limitations on the time will be beneficial because you both will know that you only have to hold things together for a little while – no matter how bad things get. Then if things work out smoothly you can move forward with another meeting.

**QUICK TIP (Warning – some would consider this to be UNETHICAL):**

**One way to get your ex's attention is to call and say that you wanted to thank him or her for blah, blah, blah. Now you may wonder what the 'blah, blah, blah' could be. Use something that your ex might have done for you while you were together.**

For instance, maybe he/she always brought your trash cans up from the curb or perhaps they made it a point to clear the snow off your car or cut your grass. It could even be something like sending you a card that is unsigned or having flowers delivered to you. You can use your imagination here and use whatever you come up with as a conversation starter.

This trick works even better when you leave voicemail – of course you must have all the details worked out before you contact your ex or you could end up looking very bad. Planning is key!

## **DATING AGAIN**

Let's assume that you and your ex are now talking on a regular basis and things are going well. After a few meetings you may be ready to resume dating.

Memories of past times can either be beneficial or they can remind each of you of bad times. For instance, if you had a major fight at a particular restaurant you really should avoid going there. See what I mean, the location itself could bring back negative thoughts and emotions.

So instead you will want to visit places that have pleasant memories associated to them. This technique can move things along very quickly.

If you and your ex had a particular place where you enjoyed a great time together in the past then re-visit it. If you cannot think of such a place then it is up to you to create dates that are memorable in a good way.

Once again we will use psychology to spur our efforts along. Consider going to places that will leave a huge impact on each of you. This could be something like a visit to an amusement park, a hike, going to a concert, well, you probably get the idea – make it a different sort of date.

The idea is to have your date focus on a place or activity that is a little out of the ordinary. That will make it stand out as being a special date. Of course you will want the date to be something that interests your ex so this will take some thought. And whatever you do – work at making the date enjoyable!

That means you should avoid arguments at all costs!

## **DATING PURPOSES**

Okay, obviously you are dating your ex in order to spend time with him/her but you should be thinking deeper than that. You want to get your ex back, right?

With that thought in mind you will want to be working at resolving any matters that resulted in problems before. Let's say jealousy was an issue. Perhaps one of you had a friend that the other was jealous of. How will that be any different now than it was before?

Will you decide that the friend can no longer be a part of your life? Or will both of you embrace the friend and invite him/her into your life as a couple?

Or will the jealousy simply have to end? What if cheating was an issue? How will the trust be re-built?

Questions like that should be contemplated and discussed. Your goal is to build a lasting relationship this time. I suggest that you talk about everything possible.

Learn all you can about your partner. This includes learning about his/her past. It is our past experiences that make us who we are today and the more you know about what one has lived through the more easily you can understand why they do what they do.

Share your thoughts, goals, dreams, and feelings. Great communication is a key element to a lasting relationship.

### **MAKING IT OFFICIAL – YOU ARE BACK TOGETHER!**

Sometimes the dating continues and the couple resumes the relationship as before without any drama. Other times one partner or both are confused about whether they are simply dating or they are actually a couple again.

Unless you talk about the issue you really cannot be sure what your partner is thinking. So there will probably come a time that the subject will need to be brought up.

This can be done in a subtle way or it can be a straight question. Depending on you and your partner, as well as the circumstances, you may choose to make this a very special and memorable occasion or it may simply be that each of you agrees that yes, you are once again a couple. Then without any formality at all you continue to move your

relationship forward.

Regardless of how it is done making the relationship official is an important step. It can give a sense of strength and even security. You can then begin moving forward as a couple and making plans for your future together.

### **THE WORK CONTINUES!**

I would like to simply end this by saying, "And you will now live happily ever after" but unfortunately life is not that easy. Every relationship worth having requires some work.

Always keep in mind that your relationship is a priority and treat it with the respect and effort needed to make it the best it can be. Keep the line of communication open and address problems as quickly as possible.

You will find that with proper care and attention your relationship will not only survive – it will flourish!

**Good luck!**

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