

## How Not to Apologize If You Really Want to Get Her Back

Guys, you may think this sounds crazy, but here it goes: Apologizing after a breakup can completely screw up your chances of getting her. Of course, most guys think the opposite is true. They jump right in with apologies only to end up devastated when it doesn't. Even worse, it often makes her madder than she was. And now you'll find out why. Doesn't Trust Your Apologies Anymore. If you're at the point of breaking up, it's safe to say that this isn't the first time you've said "I'm sorry" multiple times and in multiple ways. You may have even apologized for the same thing she's mad about. Yet she still feels hurt and she doesn't trust your word. Apology at this point is just a reminder of the last one; and that's not going to help you. She wants more than you can give. She wants to see what you're willing to DO rather than what you're willing to say. So, before you tell her how sorry you are (again), make some positive changes that will show her you're serious. Just to Get Her Back. If you really want to get her back, you may feel tempted to apologize. You want the break up drama to end and this seems like the easiest way to do it. You may apologize for anything and everything you've ever done to make her feel better. Unfortunately, she'll likely see this all-purpose apology as a cop-out. It's just something you say to pacify her and she knows that. That certainly won't score you any points. Most women, it's very important to feel heard. So, apologizing for everything just isn't good. She wants to know that you see her point of view. She wants reassurance that you know what needs to change—and that you'll do it. If you lied, she wants to hear that you see how important it is to tell the truth. If you haven't spent enough time with her, she needs to hear that you understand how unfair it was to neglect her. You can't understand or reassure her if you're unsure of what pushed her to the breaking point. Figuring this out will help you get an ex back when apologizing just doesn't cut it. For the Wrong Thing. Things can get really sticky, really fast when you apologize for what you think she's mad about, while missing out on the real issue. This can happen if you're guilty of something that you thought she'd found out about when she didn't; or if your relationship is filled with multiple such a case, it's best to consider if you really do want her. If so, you have quite a bit of work to do; and a simple apology is not the answer. It's human nature to feel a little defensive when someone tells you that you're wrong or bad in some way. Yet you're likely to hear some criticism if you begin apologizing right after a breakup. Your wife or girlfriend may vent all her frustrations, saying some things that you don't agree with. It can get really hard to stay focused on the apology when that happens. She may complain of countless things that are your fault, thereby tempting you to bring up things that are her fault. Instead of helping you get back together, what began as an apology may turn into an argument that pushes you farther apart. This is a recipe for disaster if you're the bottom line: Apologizing after a breakup can go very, very wrong. It can do no good at all or it can make matters even worse. In nearly all cases, it's just not the quick-fix that you hope it is. You can do better. Instead of focusing on past good times and ways to make things better, focus on the future. This will be something that she isn't expecting. It will be a pleasant surprise; and she's more likely to come running back into your arms if you take care to do it. Learn more about fixing relationship problems and how to get an ex back, visit [a](#) [target="\\_new" rel="nofollow"](#)

## About the Author

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