

FREE GUIDE

The 7 mistakes that push your ex away

(and what to do instead)

Includes: the 3-types-of-breakup test
and the calm candle ritual

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Before we begin

If you've made it this far, it's not by chance.

When a relationship ends, the mind fills with questions: was it my fault? Do they still think about me? Should I write or stay silent? And in the middle of that storm, almost all of us make the same mistakes. Not for lack of love, but because of too much anxiety.

In these pages you'll find the 7 most common mistakes that push a person away after a breakup. And most importantly: what to do instead.

It isn't magic. It's clarity. And clarity is the first step on any path back, whether toward that person or toward yourself.

1 Writing from anxiety

That long message at 2 a.m. That "I just wanted to know how you are" that really means "please come back." The other person doesn't read your words: they read your desperation.

What to do instead: when you feel the urge to write, take a sheet of paper and write everything there. Everything. Then wait 24 hours. Almost always, the next day, you won't want to send it anymore.

2 Begging or demanding explanations

Asking for explanations again and again doesn't bring answers: it brings distance. Every plea confirms to the other person that they made the right decision.

What to do instead: practice dignified silence. Silence isn't absence; it's space. It's the moment when you regain your center and the other person has the chance to feel your absence.

3 Checking their social media all the time

Every time you look at their stories, the wound opens again. And the more you look, the more you interpret, and the more you interpret, the more you suffer.

What to do instead: mute their stories and posts for a while. It's not blocking them or making a scene: it's protecting your peace.

4 Posting hints so they'll see them

Hurt quotes, sad songs, "casual" photos meant for the other person to see. It shows. It always shows.

What to do instead: post for yourself, not for that person. A real, calm, growing life says much more than any hint.

5 Asking everyone what to do

Your friend says one thing, your mom says another, the internet says another. In the end you have ten different plans and none of them complete.

What to do instead: one plan, one guide. Choose a clear path and follow it with patience.

6 Neglecting yourself

Not eating well, not sleeping, not going out, not doing anything you enjoy. It's understandable, but your energy fades and, with it, your appeal and your clarity.

What to do instead: create a minimum self-care routine: go to bed at a set time, walk for 20 minutes, eat at regular hours and do one thing a day just for you.

7 Wanting to get back together without changing anything

This is the quietest and most costly mistake. If you get back together and nothing has changed, the story tends to repeat itself with the same ending.

What to do instead: make an honest self-assessment. Ask yourself: what really went wrong? What part is mine? What would I do differently this time?

Quick test: what type of breakup did you go through?

Not all breakups are the same, so they can't all be handled the same way. Mark the sentence that's closest to your story:

A. "The spark went out." There were no big fights or resentment. Routine and tiredness slowly cooled the relationship. → **Mild breakup.**

B. "We hurt each other, but there's still love." There were arguments, misunderstandings, maybe blocks or a third person in the way, but the affection is still there, covered in frustration. → **Medium breakup.**

C. "Trust was broken." There was cheating, manipulation, control or a lot of emotional harm. → **Severe breakup.**

Each type of breakup calls for a different strategy: how long to keep your distance, when and how to break the silence, what to change first. What works in a mild breakup can push the person away in a medium one.

> **Important:** if there was abuse, threats or control in your relationship, your priority is your safety and your well-being, not winning them back. Seek support from people you trust or from a professional.

The calm candle ritual

This is a symbolic ritual. It isn't meant to control anyone: it's meant to bring order to your own energy before you make any decision.

1. Find a quiet moment at night.
2. Light a white or pink candle.
3. Breathe slowly three times, looking at the flame.
4. Repeat softly: "I release the anxiety. I choose calm. Whatever is meant to be will be, without struggle and without pain."
5. Stay in silence for a few minutes. Then put out the candle.

Never leave a lit candle unattended.

What now?



These 7 mistakes are just the entrance.

In my book **"The Art of Getting Back with Your Ex"** you'll find the complete path, in 21 chapters:

- How long to keep no contact depending on your type of relationship.
- What to write in the first message after the silence (and what never to write).
- How to make your ex miss you without games or manipulation.
- What to do if your ex is already with someone else.
- Symbolic rituals for cleansing, attraction and healing.
- And a special bonus: 5 steps to bring order to your energy before writing to them again.

👉 **Get it here:** www.metafisicapareja.co/regreso-ex-b487fe0e (27 USD, instant delivery)

Would you prefer a personal reading of your case? Send me the word **PATH** on WhatsApp: 👉 wa.me/573053236072?text=PATH

With love, **Brujo del Amor**

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