

The Facebook Magnet Effect

How to Use Facebook Like Never Before to Win Your Ex Girlfriend Back

By Ashley Kay

If you haven't heard of the big phenomenon that is Facebook then you've probably been living under a rock.

Facebook is a great way to utilize the power of SOCIAL PROOF to build instant attraction. What is social proof and how important is it to your ability to ATTRACT people to you like a magnet?

Humans are social animals. We live in packs. This very primal need comes from prehistoric days when in order to survive the longest, obtain the best and most food and be able to safely mate, we needed to work together in a team.

The bigger the team, the more people that are there to help share their food, and the more chance you have to survive and pass on your genes.

Today, people still have the same needs and an instinctive understanding that the more POPULAR someone is, the more WEALTHY they are.

WEALTH in this context is not referring to money, but their social status.

Someone who has social wealth is instantly perceived as:

- Likeable
- Friendly
- Charismatic
- Interesting
- Fun
- Enjoyable to be around

Facebook Magnet Effect: Tips to Get Your Ex Back

So for those who stand OUTSIDE this wealth circle, they'll be drawn to its central pull of gravity.

Here's an example:

If you come up to a big crowd of people, all bunched together, LOOKING at something... your natural instinct is to look at what they're looking at.

This is because you don't want to be left out and fall behind the crowd. To fall beyond could possibly mean death!

This is what is called SOCIAL proof. If everyone else likes Object A or Person A, then you're much more inclined to like it too. Or at least, become curious enough to want to find out more.

How Can You Use Social Proof to Attract Your Ex Girlfriend Back?

Now imagine this, you've being granted with special powers, and these powers turn you into the most attractive person on earth.

Suddenly, everyone wants to hang out with you. The hottest women in the world want to get to know you and find out more about you.

These special powers you possess has the ability to make everyone around you LIKE YOU instantly and become attracted to you!

There's only ONE catch.

The only person it DOESN'T work on is your ex.

BUT... through the power of SOCIAL PROOF, you'll see that it doesn't NEED to work on your ex.

This is because once you get momentum, once you start "gathering a crowd" around you, the gravity of the crowd does all the work FOR you.

Facebook Magnet Effect: Tips to Get Your Ex Back

Your ex girlfriend will feel the pull of the crowd, and ALMOST in a hypnotic trance, she'll start doing things she never thought she would.

She'll start reaching out to YOU! Calling YOU up! Wanting to chat. Wanting to hang out. She'll want to find out what you're up to and most importantly, she'll be wondering if she has made a big undeniable mistake in leaving you!

The good news is, you don't need special powers to get close to this sort of social proof. All you need is Facebook and the know-how to TRIGGER the illusion of social wealth.

Facebook has over 500 million active users and the average user spends about 14 minutes on Facebook a day!

So why is Facebook so great for our purpose? Because you can CONTROL (to a point) the crowd and the image you present to your ex.

If you can give the ILLUSION of a crowd gathering around you – even if it's via Facebook – it will still have the same effects on your ex as if it was really happening.

The great thing is that it is working for you 24 hrs a day, 7 days a week. You can switch off your computer, forget about it, and it is still doing what it's meant to.

So let's get into 7 tools of Facebook you're going to be using to create an illusion of SOCIAL WEALTH around you.

I. Profile picture

Your profile picture is THE most important tool because not only is it representing YOU, it also gives people a GLIMPSE into your life.

This is what people will look at first, so take some thought into what picture you put out there and what message it gives people.

For example:

When I log on Facebook, I see past friends with images of their babies or their wedding shots as their Profile picture.

Facebook Magnet Effect: Tips to Get Your Ex Back

Now, I notice I tend to click on these friend's profiles much more often than those who only show a picture of themselves.

Usually this is because if I hadn't seen that friend in a while and didn't KNOW they had gotten married or had a baby, seeing that picture peaks my curiosity.

In the same way, you want your profile picture to peak your EX's curiosity.

You'll also notice that images that are interesting, has contrasting colours and composed well will also draw more attention.

Exercise: next time you log onto Facebook, have a look through your friend's profile photos. Which photos jump out at you and make you want to click on them? Which ones don't? What makes them different?

Here's some photo tips:

- Images that are bright and colourful tend to draw more attention than dull and badly lit photos.
- Clear and in focus shots are better than out of focus shots
- Having a big smile is better than no smile or a "half" smile (one that doesn't reach the eyes)
- Head shots are better than body shots (unless your face is still in focus and clear)
- Photos where you POP from the background instead of blend into the background. Eg. You're wearing all white against a black wall.
- Avoid shots where you're amongst a group of people (and you don't stand out)
- Being different can be a good thing

Basically the profile picture should make you the center of interest and show that you are INTERESTING with the use of tips above.

If you think about it, subconsciously you want the photo to say:

- I'm happy (bright colours, big smile)

Facebook Magnet Effect: Tips to Get Your Ex Back

- I'm confident (Clear in focus headshot, or where you contrast and POP from your surroundings)
- You're carefree (You're not afraid to be different)

All of these things project to your ex girlfriend that you're:

- Not bothered by the break up
- Carrying on with life and you're HAPPY

WARNING:

Be careful not to change your profile picture TOO much. Once every few months is fine if a lot is happening in your life. If you never change it, that may show you're not active enough on Facebook and your ex may not bother to check it as often.

2. Your Facebook Activity

Some people are on Facebook ALL the time, playing the games, chatting to friends, updating statuses, joining groups etc etc. There's a ton of things to do on Facebook and you could probably spend hours a day on it if you wanted.

BUT...

If you are TOO active, you're also seen as someone who has no life. You want to give the impression that you're busy and active in REAL life through Facebook, and NOT that Facebook IS your life.

This means, spend only a few minutes a day on Facebook if you can. You only need a few minutes to update your status, make some comments to people and see what else is new.

Don't LIVE there.

What I recommend is to change it 2x more often than you normally would at first, and then drop off for a while.

What will happen is that once your ex notices your activity has gone up, they'll check more often to see the new changes.

Then once you stop updating as often, your ex will STILL check often (because you have trained them to) but now they'll start to feel anxious and curious as to why you've stopped updating as well.

Let their mind wonder about what you're really up to.

3. Your Relationship Status

Okay, so if your previous relationship status was one with your ex, now you may be wondering what you should change it to now.

This issue of whether to change your relationships status or not and when seems to cause a lot of debate.

What often happens is that your ex will likely change their Relationship Status to Single, nothing or something else.

Usually you're going to take that as a sign that the relationship is completely over and then proceed to have a semi panic attack.

What you will then likely do is change your status as well.

The best thing to do is simply to set your relationship status to NOTHING, hence hiding the whole thing altogether.

There is no need to announce to the world what your status is especially when it's uncertain at this point.

What I DON'T want you to do is to change your status immediately after your ex changes theirs!

Then it makes it pretty obvious that you're only doing it because of your ex – and that you're still “cyber stalking” them.

The hardest part is to NOT take what their status says too seriously. People will do weird things after a break up, especially things that hurt.

WARNING:

Do NOT change your relationship status DAYS after a break up or directly after a confrontation. Doing so will only piss your ex off even more. Do it during a “calm” period.

4. Number of Friends

The number of friends you have on your Facebook profile shows more than how “popular” you are.

It’s how many friends you CONTINUE to make after the break up that makes the difference.

If your ex sees that you’re adding new friends consistently, she’s going to get curious, and wonder about you.

Let her wonder:

- Who are these people?
- What is he doing now?
- Have he forgotten about me already?
- Wasn’t I significant enough?

All things that will freak your ex girlfriend out!

The best way to do this is to become more socially active and put in an effort to invite people as friends on Facebook.

Could be a bit of work at first, but remember the more crowd that’s gathered around you, the easier it will be to attract more.

5. The Wall

The Facebook wall is like little social chatrooms. When you see someone’s profile page, you check to see how busy their wall is, who is chatting to who, what conversations are going on etc.

Facebook Magnet Effect: Tips to Get Your Ex Back

The more comments displayed on someone's wall, the more "popular" that person may appear to be.

If your profile picture does the job and your ex gets curious enough (and they will) to check out your profile, they will immediately check your wall to see what activity has been happening there.

Your wall will show most if not ALL of your activities, so you need to be careful you're not spending 3 hours a day on Facebook as all of what you do will be listed.

What you DO want your wall to contain are conversations between you and your "wealth of friends".

The best way to do this is to start commenting and contributing to OTHER people's walls. Most people will reciprocate and post something on yours.

The best kind of dialogue is between people you have SEEN recently. So, get your friends together, go out on the weekend, go fishing, rock climbing, go to the city/beach etc, come up with different group activities so when you come back, you'll have more to post on your wall!

The more your conversations revolve around REAL world social gatherings the more "impressive" you will seem.

Why?

Because it shows your ex concrete PROOF that:

- You're not just bumming around at home crying over them
- That your life is changing, moving ahead, getting exciting, interesting and he's NOT apart of it anymore
- You're enjoying yourself WITHOUT her
- You're SURROUNDED by positive people (your own social proof crowd)

These will play on your ex's mind BIG time.

Once again though, don't over do it and spend every second on here chatting to people. Find a nice balance.

6. Your Photo Album

Similar to your profile picture, your photo album provides a very helpful tool to capture important moments in your life.

What is most important about your photo album that differs from your profile picture is to show yourself with different people, at different social events.

Make it a habit to carry your camera around in your bag and snap shots whenever you're out with people.

If you can, capture changes in your life since AFTER the break up. If nothing is happening, plan different things to do to fill up your life. THEN carry your camera around all over 😊

If you can manage it, take pictures of you with other attractive women. They can be people you've just met, friends or even family members. What's important is that they should be people your EX doesn't know.

You don't need to comment much about the photos, just post them up and let your ex speculate on their own.

7. Status

Updating your status is simply letting the world know what you're up to. What I suggest is to share about changes you've made since the break up to better yourself and your life.

This could be:

- Getting a new job – how you feel about it
- Making new friends
- Moving to a new place – talk mostly of the good, keep the bad to yourself
- Self-discovery – what ah-ha moments have you had recently
- Challenges overcome – what have you accomplished that you're proud of

Facebook Magnet Effect: Tips to Get Your Ex Back

- A quote that inspires you
- Share a link that relates to change in your life

Do NOT talk about BORING stuff.

Like, what you ate for dinner, what you're watching on TV, the weather, how sad, bored, lonely, any-negative-emotion-here you are.

You don't want to give the impression you're boring and you're just sitting around at home right?

Do NOT talk about your ex or the break up.

Don't even mention it, whatever insight you gain about that, you need to keep to yourself for now (or start your own Journal for your thoughts). Publishing it on Facebook may only make your ex think you're trying to get a reaction.

Update ONLY if you have news to report.

Note: If you find yourself going 3 weeks without news, it's time to make new goals and stop procrastinating!

Overall, what Facebook is, is a tool to help you promote to your ex girlfriend that you're a CHANGING person, but changing into a BETTER version of yourself.

Not only that, but you have SOCIAL PROOF along with you. It's a WIN-WIN situation.

Even if you're not on Facebook and your ex isn't on it, try joining and inviting your ex to join. (Wouldn't hurt!)

As long as you understand how it works and the impact it has to promote the IMAGE you want to give, have fun using it.

Now, before I go, I have just a few more WARNINGS to give.

These are the what-NOT-to-do if you're going to use Facebook to get your ex girlfriend's attention.

Deadly Facebook Blunders – Get This Wrong and It Could Make Things Worse

Ok, as great as Facebook is, there are definitely things you can do to make things even WORSE.

Memorize these and live by them daily!

1. Don't LIE

Facebook does make it easy to put on an illusion that you're having a great time, making big changes and it's not hard to take some photos and write a few lines of text.

BUT, if what you're reporting of your life is coming mostly out of your ass, then forget it! Your ex will see through this and proceed to ignore you even HARDER.

This only works if you're GENUINE.

And why would you want to fake it anyway?

I want you to understand that doing all these things is NOT just in hopes to get your ex girlfriend's attention. Doing this is mostly for YOU. If you're going to lie about your progress, you're really cheating yourself from moving forward and learning something new.

When you DO meet up with your ex girlfriend, you're the one that's going to feel like the fool once she discovers you're just a big fake.

So, don't do it!

2. Don't Be Impatient

Ok, even if your ex girlfriend takes notice of your progress, you can't expect her to reach out straight away.

Facebook Magnet Effect: Tips to Get Your Ex Back

Here's a brief idea of the thought process your ex will have.

Inside Your Ex Girlfriend's Head:

Day 1: Sees you're making changes

Day 2: Is curious about what you're doing but not completely convinced

Day 3: Wait a week to see if you're still ok

Day 4: Yep still good, checks how often you've posted, friends etc...

Day 5: Wonders when you're going to call her... if you're going to call her

Day 6: Checks profile again.. decides you're doing too well and has a look at her own life.

Day 7: Frantically gets busy, going out, having fun too, posts about it on Facebook

Day 8: Waits for you to call.. still nothing.. getting annoyed now

Day 9: Wakes up one morning, thinks about something related to you, decides she'll get on Facebook and see if you've updated your profile yet

Day 10: Waits for you to "get the message" and contact her... nope still nothing

Day 11: A friend's having a party, hopes that you're invited as well, will see you at the party and is sure that you'll come up and talk to her

Day 12: Sees you at party, you're looking hot, chatting with everyone, feeling kind of annoyed

Day 13: Comes over and says hi. Inside still wondering if you want to get back together.

Day 14: Next day is sure that you'd call.

Day 15: Missing you too much, have a million questions to ask you.. ends up having a bad day..

Day 16: FINALLY picks up the phone and calls you!

See what I mean?

If you are too impatient and you haven't heard from her for a week, or a few weeks and YOU call her, the first thing your ex will be thinking is: "I knew it, he still wants me back!"

The point is, don't jump the gun, be honest, have patience and have faith it will work out.

3. Don't Unfriend or Block

This is a big one, never ever EVER unfriend or block your ex. Ever.

Doing this will only cause your ex to block you/unfriend you, and then not only will your ex be adamant about ignoring you, but you can't show her your progress even if you wanted to.

The only thing you can possibly change is your profile picture.

The only way this may happen is if your EX blocks or unfriends you first. In that case, there's not much you can do about that. You just let her be until she gets over it and befriend you again.

(In 99% cases they will add you again) – especially using the tactics in [The Ex Recovery System](#).

4. The most important of all... Don't Facebook Stalk Your Ex!

This is absolutely crucial, and it could ruin all the work you've done on yourself. The worst thing you can do is to "obsessively" check your ex's facebook page.

Knowing what she's up to will NOT bring her back!

As curious as you'll be, DON'T DO THIS!

It will only make you feel more miserable because most likely you'll find something you don't want to see:

Facebook Magnet Effect: Tips to Get Your Ex Back

Eg

- She's happy with someone else
- Her relationship status has changed
- She's carrying on as if everything's fine
- Etc

You don't NEED to see any of this, it doesn't help your situation one bit. If you want to know what your ex is up to, get her on the phone and talk to her or, even better, have a drink together.

If you're NOT at this stage yet, DON'T go on her Facebook page to get in on the news. That news can wait and you'll find out soon enough anyway. You just need to execute your patience.

Here's a recap:

Use the following Facebook features to your advantage:

1. Your profile picture
2. Frequency of activity
3. Your relationship status
4. Number of friends
5. Your wall
6. Your photo album
7. Your status

What NOT to do:

1. Lie
2. Be impatient and contact your ex prematurely
3. Unfriend or block your ex
4. Facebook stalk your ex

Once your ex is contacting you, wanting to hang out and all the rest of that. That's when it's the perfect time to use **the Direct and Indirect Method** as well as a bit of the **Push and Pull tactic**.

Facebook Magnet Effect: Tips to Get Your Ex Back

All tactics are covered in-depth in my step-by-step system, [The Ex Recovery System: Get Her Back Edition](#).

Overall though, Facebook is simply a tool to get the communication flowing and to show your ex with social proof that you're doing something to change!

Change is good if your ex left because you're not making her happy anymore.

Of course, make sure to read [The Ex Recovery System](#) for the complete course of action, as doing this ALONE may not get you far.

Ok that's about it, hope you've enjoyed this special bonus report, and I'll chat with you soon!

Ashley Kay

P.S.

I STRONGLY recommend you use these tactics WITH a solid plan in place. That's where The Ex Recovery System comes in.

Now, a brand new updated edition for MEN only, this version is ALL about tactics to win your ex girlfriend back and get her chasing you!

That's right, if you're sick of chasing your ex girlfriend and want her to come after you, this is a system you can't do without!

**Be One of The Chosen Few to Take Advantage of This Special Offer
Before It's Too Late!**

**[Watch My Free Video On How to Win Her Back
& Passionately Wanting You Again Here](#)**