

HOW TO WIN HER BACK — MODULE 2
STOP MAKING IT WORSE

The Mistakes Men Make When They Feel Panic

TOOL 2 — Stop Making It Worse

PART 1 — THE FIVE MISTAKES AUDIT

Check every behaviour you have engaged in since the crisis began. Be ruthlessly honest.

MISTAKE 1 — PRESSURE

- | | |
|---|---|
| <input type="checkbox"/> Called or texted repeatedly when she did not respond | <input type="checkbox"/> Demanded she tell you where things stand |
| <input type="checkbox"/> Showed up unannounced to talk or explain yourself | <input type="checkbox"/> Pushed for a resolution before she was ready |

MISTAKE 2 — PERFORMING REMORSE

- | | |
|---|---|
| <input type="checkbox"/> Apologized multiple times without changing the behaviour | <input type="checkbox"/> Cried or broke down in ways that required her to comfort you |
| <input type="checkbox"/> Made dramatic gestures — gifts, letters, grand promises | <input type="checkbox"/> Said the right words but returned to the same patterns |

MISTAKE 3 — EXPLAINING YOURSELF

- | | |
|---|---|
| <input type="checkbox"/> Spent more time justifying what you did than owning its impact | <input type="checkbox"/> Explained your intentions when she only needed your accountability |
| <input type="checkbox"/> Brought up her faults or contributions during your apology | <input type="checkbox"/> Made the conversation about being understood rather than understanding |

MISTAKE 4 — URGENCY

- | | |
|---|--|
| <input type="checkbox"/> Told her you cannot live without her as a reason for her to stay | <input type="checkbox"/> Made your emotional state her responsibility to manage |
| <input type="checkbox"/> Set timelines or ultimatums for her response | <input type="checkbox"/> Interpreted her silence as an invitation to push harder |

MISTAKE 5 — RETREATING

- | | |
|--|--|
| <input type="checkbox"/> Went completely silent after she did not respond to your effort | <input type="checkbox"/> Used withdrawal as punishment for her not responding |
| <input type="checkbox"/> Stopped pursuing entirely out of pride or frustration | <input type="checkbox"/> Told yourself you were giving her space but were actually giving up |

Total checked: ____ / 20 0-5 = Aware 6-12 = Actively making it worse 13+ = Stop everything. Read Module 2 again.

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The Mistakes Men Make When They Feel Panic

PART 2 — THE HONEST QUESTIONS

Do not answer these quickly. Each one requires you to sit in discomfort.

1. Which of the five mistakes has been your most consistent pattern? Name it and describe what it looked like in your specific situation.

2. When you have pushed, called, or explained yourself — what were you actually trying to manage? Her feelings or yours?

3. What has your urgency communicated to her about whether you can be trusted to be regulated and safe?

4. What is the one thing you need to stop doing immediately — the behaviour that is pushing her furthest away?

PART 3 — YOUR 30-DAY STOP LIST

You cannot begin winning her back until you stop losing her. Write three specific behaviours you are committing to stop — starting today.

I will stop:

I will stop:

I will stop:

PART 4 — SELF-ASSESSMENT

Rate yourself. 1 = Never true. 5 = Consistently true.

STATEMENT	1	2	3	4	5
I have stopped pushing for a resolution before she is ready	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
My apologies have been specific and free of self-justification	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I am managing my own emotions without putting them on her	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I have given her space without interpreting it as rejection	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I understand that urgency from me registers as threat to her	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I am doing the internal work regardless of her response	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

TOTAL: _____ / 30 24–30 = Stopping well 15–23 = Still making it worse Below 15 = You are not yet ready to pursue

STOP LOSING BEFORE YOU START WINNING.

I commit to ceasing every behaviour that is pushing her away. I will manage my own panic. I will not make my urgency her problem. I will become the regulated, patient presence she needs to feel safe.

Signature _____

Date _____