

A close-up photograph of a woman's midsection. She is wearing a red lace corset with black lace detailing at the bottom. She is also wearing a black leather choker with two silver buckles. A red rose is visible near her hand.

## Signs Your Ex-Girlfriend Has Moved On: A Guide

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**Action Checklist + Bonus Content**

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# **Enslavement, Not Seduction.**

*Derek Rake*



## IMPORTANT

This Action Checklist is based on the guide published on Derek Rake's blog:

<https://derekrake.com/blog/signs-she-has-moved-on>

For the full article, click on the above.

# Action Checklist

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## Know The Five Stages Of Breakup Grief

- The first is **Denial**, "What's happening? Is she really dumping me?"
- Then comes **Disbelief**, "What the heck. I can't believe she's doing this!"
- After that is **Bargaining**, "Hold on, don't leave, I love you!"
- Then **Depression**, "I feel like shit how am I going to live without her?"
- Finally you come to **Acceptance**, "She's really gone..."

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## Know The Eight Signs Your Ex-Girlfriend Doesn't Want You Back

1. She has a new boyfriend. (This is a pretty obvious sign!)
  2. She doesn't return your calls or messages.
  3. She's changed her style and looks completely different to the way she used to.
  4. You see her out somewhere and she "blanks" you. OUCH!
  5. She starts doing things she never wanted to do with you.
  6. She makes no effort to hang out with you or do things together. (So much for, "We'll still be friends.")
  7. She doesn't care about the important events in your life. She still remembers your birthday obviously, but she doesn't send you a wish.
  8. She unfriends or blocks you on FB and other social media or messaging apps.
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# Action Checklist

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## Know The Signs Your Ex-Girlfriend Isn't Over You

- She doesn't have a new guy in her life yet.
  - She returns your calls or messages promptly.
  - She still sports the same look.
  - You see her out somewhere and she is delighted to see you.
  - She still does what she used to do with you... but on her own.
  - If she used to play mind games on you, she has stopped doing that.
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## Know The Signs She Misses You

- She makes an effort to hang out with you or do things together.
- She cares about the important events in your life. She still remembers your birthday, and she's the first to wish you at 12.01am.
- She bugs you on FB and other social media or messaging apps.
- She makes an effort to hang out with you or do things together.
- She cares about the important events in your life. She still remembers your birthday, and she's the first to wish you at 12.01am.
- She bugs you on FB and other social media or messaging apps.
- She constantly reaches out to you to talk, even if only via private message or text
- She outright tells you she misses you. Or if not, she'll reminisce about the fun times you spent

# Action Checklist

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## How To Know What Your Ex-Girlfriend Really Wants From You

- If she talks about fun things like concerts, movies, TV shows, gossip, etc... or if she asks for advice about other men... then **she just wants to be friends.**
  - If she's reminiscing about the fun times you spent, then **she misses how it feels to be someone's girlfriend.**
  - If she's hinting about getting back together - as though she wants YOU to make the move, to save herself the trouble and embarrassment - then **she wants you back.**
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# Bonus Content

## The “DJF” Protocol

“DJF” stands for “Doing Just Fine.” As its name implies, the goal is to make your ex-girlfriend realize you’re “doing just fine” after the breakup - and even better, if you can manage it.

This is meant to do two things: (1) To make her think of you, and (2) To make her wonder if it was “the right decision” to leave you.” It’s only when she thinks of these two things that she’ll even consider getting back with you.

Here’s how the DJF Protocol works:

1. First, you **don’t make any contact with your ex-girlfriend** for one month. No calls, no texts, no private messages, and no social media “Likes.”
2. Second, you go **enjoy your life** while waiting for her to contact you. It’s a good idea to take photos of yourself during this period, which you’ll post on your social media. For her to see, of course.
3. When she does contact you, agree to meet up with her. Only this time, you **treat her like a friend** and focus on just having a good time.
4. When she mentions the possibility of getting back together, you decline. You tell her, “I love you, but I’m doing just fine without you. If we were to get back together, **I have some conditions.**”

**Turn the page.**

# Bonus Content

## The "DJF" Protocol, *continued*

Naturally, she'll ask what those conditions are. Then you tell her the changes you want to see in the relationship. If she agrees, then congratulations - you've won her back.

What if she doesn't agree? Congratulate yourself anyway. You've saved yourself a lot of time and energy by ending a relationship that wasn't going to work out anyway. Now it's time to meet new women and start new relationships. Life goes on.

Now, what's next after you get her back - or if you find someone new? It's time to do things RIGHT this time around - and Step #1 is to master the art and science of **Fractionation**.

**Turn the page.**

# What Next?



**The techniques I've shared with you are just the tip of the iceberg when it comes to Mind Control Enslavement.**

This guide will get you off to a flying start, but to do well, you'll need a full suite of Mind Control tactics to control and dominate a woman completely.

After all, you don't really want to "attract" or "seduce" her...

... instead, you want to **ENSLAVE** her emotionally to you. You want to keep her for as long as you want **WITHOUT** the usual headaches and frustration.

And this is what Shogun Method can do for you.

To discover how you can acquire the "superpowers" to enslave any woman and put her under your ultimate dominance with Mind Control, go to this website -

<https://shogunmethod.com>

**Be a Shogun. Join us today in the worldwide Shogun Method movement.**



## **Be A Shogun.**

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**Enslave any woman  
emotionally and make  
her willingly submit to your  
ultimate authority.**

[ShogunMethod.com](https://ShogunMethod.com)