



What To Do If You Want To Get Back Together, But Your Spouse Doesn't

Express your honest feelings, and don't hesitate to be the first one to apologize.



Try to meet at home privately to discuss how you have planned to make things right.



Listen to why they don't wish to get back together and try to give a workable solution.



Don't feel guilty about making them think about your children and how they should have both parents around.

Go to a counselor together and help them see what they may be missing.



Most importantly, don't agree to restrictive terms no matter how much you want them back. If they don't agree even after all the effort, it's better to move on.