Relationship Recovery

Affiliate swipe pack

You earn 75% on the course, 75% on every upsell and 35% on recurring billing, and ClickBank tracks your link for 60 days.

Replace [YOUR HOPLINK] with your own hoplink from https://aff.meetysweet.com/recovery/links/

Replace [First name] with your autoresponder's first-name tag. Send only to people who asked to hear from you, and keep the affiliate-link note on every social post.

Contents: Emails, Newsletter inserts, Social posts and hooks.

Emails

New swipe emails (rewritten November 2026)

Each email has three subject lines to test, a preview line and the body. Your hoplink is filled in for you once you have saved it on the Promotion Links page. Swap **[First name]** for your autoresponder's first-name tag, and fill in any line in [square brackets] in your own words before you send.

1. Cold list intro #1 (women) - use your relrecovwom link: Story: two phones on the sofa

Subject: The night you both picked up your phones

Subject: Feel close to him again, starting with you

Subject: A note about the quiet at home

Preview line: If it feels like you live with a nice flatmate, read this.

Hi [First name],

A lot of women describe the same moment in almost the same words. It's 9pm, the dishes are done, and you're both on the sofa. He's scrolling and you're scrolling. Nobody is angry, and nobody is talking either.

You can't point to a fight. You can only feel that the two of you used to be closer than this, and you're not sure when it changed.

If that sounds familiar, I'd like you to watch a short video from the relationship writers at Meet Your Sweet. It explains what they call a little-known method for helping a husband or boyfriend fall in love with you all over again, and I like where it starts. It doesn't ask you to drag him to a workshop or force a big talk. It starts with the things you can change yourself, this week.

Here's the women's version:

[YOUR HOPLINK]

The course behind the video is called Relationship Recovery. It covers the common mistakes that wear relationships down, ways to talk so your partner listens, and how to handle arguments with less heat. It's one payment of $47 with a 60-day money-back guarantee, so you can read it and decide for yourself.

No course can promise how another person will respond. What it can give you is a clearer plan than waiting for the quiet to fix itself.

Talk soon,

[Your name]

P.S. The page is a video with sound, so open it when you can listen properly: [YOUR HOPLINK]

(I may earn a commission if you buy through my link.)

2. Cold list intro #2 (men) - use your relrecovmen link: Only one trying (men)

Subject: When she stops telling you about her day

Subject: Help her feel close to you again

Subject: For the man who wants to fix it

Preview line: A short video for men whose wife or girlfriend has gone distant.

Hi [First name],

Most men can tell you the week it changed. She used to tell you about her day in detail: the colleague who drove her mad, what her sister said on the phone. Now you get "fine", and she goes back to her phone.

You haven't done anything dramatic, and there's no single fight you can point to. But the warmth has drained out of the house, and when you try to talk about it, it turns into an argument or she says she's tired.

Most of us were never taught what to do here, so we do one of two things. We push harder, or we go quiet and wait for it to pass. Neither one usually helps.

There's a short video from Meet Your Sweet, made for men, that explains a different approach. It's about what you can change on your side to help your wife or girlfriend feel close to you again, even if she isn't ready to work on things yet.

Watch it here:

[YOUR HOPLINK]

The course it introduces, Relationship Recovery, covers the common mistakes that slowly pull couples apart, how to talk so she feels heard, and how to argue without leaving damage behind. It's $47, one payment, with a 60-day money-back guarantee.

Nobody can promise you how she'll respond. But a man with a plan is in a far better spot than a man waiting for things to blow over.

[Your name]

P.S. If she has already told you she's not happy, don't wait for a better moment. The video is a calm place to start: [YOUR HOPLINK]

(I may earn a commission if you buy through my link.)

3. Warm recommendation #1 (women) - use your relrecovwom link: Only one trying (women)

Subject: What if you're the only one trying?

Subject: Small changes you can make on your own

Subject: I've been meaning to send you this

Preview line: Couples advice usually needs two people. This starts with one.

Hi [First name],

Most relationship advice quietly assumes both of you are in the room and both of you are willing. Book the session together, have the big talk together, do the exercises together.

But what if you're the one lying awake while he seems fine? What if every time you bring it up, he says you're overthinking it?

[Add one honest sentence about why this matters to you or your readers.]

That's the gap Relationship Recovery was written for. It's a course from the relationship writers at Meet Your Sweet, and one of the main things it sets out to show you is what you can do to repair the relationship, even if your partner doesn't want to work on it yet.

You won't have to carry the whole thing on your own forever, and you don't have to wait for permission to start. The course looks at the mistakes that wear most relationships down, how to talk so you feel listened to and valued, and how to handle arguments in a calmer, less draining way.

There's a short video for women that explains the method here:

[YOUR HOPLINK]

It's $47, one payment, and backed by a 60-day money-back guarantee. When another person is involved, results are never guaranteed, and I won't pretend otherwise. But you'll understand a lot more about what's happening between you, and what's in your hands.

Warmly,

[Your name]

P.S. If you've been the one holding things together, this shows you where to put that effort so it counts: [YOUR HOPLINK]

(I may earn a commission if you buy through my link.)

4. Warm recommendation #2 (men) - use your relrecovmen link: The argument on repeat

Subject: The argument you two keep having

Subject: Argue less, and argue better

Subject: Quick one about you and her

Preview line: Same fight, same lines, same ending. Here's another way.

Hi [First name],

You know the one. It starts over something small, like who forgot to call the plumber or whose turn it was to do the school run, and five minutes later you're both saying the same lines you said last month. She goes to bed upset, and you sit up feeling like you lost an argument you never wanted to have.

[Add one honest sentence from your own life, or your audience's, about this.]

The plumber was never what the fight was about. What keeps it going is the pattern, and a pattern can change when one person steps out of it first.

That's one of the things Relationship Recovery for men covers: practical ways to handle conflict that are more constructive and a lot less stressful for both of you, and ways to talk so she feels listened to instead of argued with. It also walks through the common mistakes that slowly pull couples apart, so you can spot them in your own house.

There's a short video for men explaining the approach here:

[YOUR HOPLINK]

It's $47, one payment, with a 60-day money-back guarantee. It won't make her feel anything on cue, and nothing honest could promise that. What it can do is help you stop feeding the same argument, and that's often what lets the warmth come back in.

[Your name]

P.S. The next time you hear the first line of that argument, you'll want a different move ready: [YOUR HOPLINK]

(I may earn a commission if you buy through my link.)

5. Evergreen #1 (women) - use your relrecovwom link: 'I love you, but I'm not in love with you'

Subject: The sentence nobody wants to hear

Subject: Where to start when love feels faded

Subject: If he's said this to you

Preview line: "I love you, but I'm not in love with you." What now?

Hi [First name],

"I love you, but I'm not in love with you."

If you've heard those words, you probably remember exactly where you were standing. It's one of the most confusing things a partner can say, because it isn't a goodbye and it isn't a reassurance either.

Most women's first instinct is to fix it fast with more effort, more date nights and more talking. Or they do the opposite and pull back to protect themselves. Both reactions make sense, and both can widen the distance.

Relationship Recovery, a course from Meet Your Sweet, takes a slower and more useful route. It looks at how relationships change over time, from the early days to the settled years, and at what the beliefs and habits we each bring into a relationship have to do with where it ends up. Then it shows you where to begin with yourself, so you're responding with a plan instead of reacting to what he said.

The women's video explains the method:

[YOUR HOPLINK]

It's $47, one payment, with a 60-day money-back guarantee. No course can decide how he feels. This one can help you respond with a clear head and give the relationship its best chance.

Take care of yourself,

[Your name]

P.S. If those words are still ringing in your ears, watch the video before the next big conversation: [YOUR HOPLINK]

(I may earn a commission if you buy through my link.)

6. Evergreen #2 (men) - use your relrecovmen link: Missing the early days / start with yourself

Subject: Remember how it was in the first year?

Subject: Bring back some of the early warmth

Subject: A thought about the two of you

Preview line: Missing the old days isn't a plan. Here's one that is.

Hi [First name],

A lot of men in long relationships carry a picture around of how things used to be. You'd stay up late talking. She laughed at your terrible jokes, and she'd text you in the middle of the day for no reason at all.

Then you look at the last six months and it feels like a different couple.

Missing those days is normal. The trouble is that wanting to go back doesn't tell you how. And when a relationship is under strain, most of us look for someone to blame, usually her and sometimes

ourselves. Blame only adds new problems to the pile.

Relationship Recovery for men starts somewhere more useful. It looks at the beliefs and habits each person brings into a relationship, how relationships move through stages, and what you can change on your side to give her reasons to feel close to you again. From there it covers communication, healthy relationship values, and ways to reconnect, even if you're the only one making the effort at first.

Here's the short video for men:

[YOUR HOPLINK]

It's $47, one payment, with a 60-day money-back guarantee. There's no promise about how she'll feel, because nobody can honestly make one. You will have a plan, though, and that's more than most men have when they're sitting where you are.

[Your name]

P.S. The early days didn't happen by accident, and the next good chapter won't either: [YOUR HOPLINK]

(I may earn a commission if you buy through my link.)

7. P.S. short (men or women) - use relrecovmen or relrecovwom to match your list: Before the next big talk

Subject: Before you have that conversation

Subject: A calmer week at home

Subject: Quick note

Preview line: If home has felt cold lately.

Hi [First name],

Quick one. If home has felt cold lately and you'd rather do something than wait, Relationship Recovery is worth ten minutes of your evening. It starts with what you can change yourself, even if your partner isn't ready yet, and it covers calmer ways through the arguments you keep having.

Watch the short video here:

[YOUR HOPLINK]

It's $47 once, with a 60-day money-back guarantee.

[Your name]

P.S. Nothing changes overnight, but a better first step this week is a good start.

(I may earn a commission if you buy through my link.)

8. 5-day launch: day 1: Who goes first (mixed list: use relrecovn, or relrecovmen/relrecovwom to match your list)

Subject: The standoff most couples never talk about

Subject: Get things moving again at home

Subject: Something I've been thinking about

Preview line: When both of you are waiting for the other to change, nothing moves.

Hi [First name],

Have you ever been in a stretch with someone you love where both of you seem to be waiting?

You're waiting for your partner to notice how distant things have got and say something first. And quite possibly your partner is waiting for exactly the same thing from you. Weeks go by like that. Nobody is being cruel, and nobody is doing anything you could point at, but the gap between you gets a little wider every time one of you decides to let it go.

I've been reading a course from the relationship writers at Meet Your Sweet called Relationship Recovery, and the whole thing is built around breaking that standoff from your side. The idea is simple to say and much harder to do on your own: you can only change the person you are, so that is where the repair starts. The course shows you how to start, step by step.

What I like is that it doesn't ask you to blame yourself, and it doesn't ask you to drag your partner to a counsellor or sit them down for a big talk. It starts with small things you control.

There's a short video that explains the method, with separate versions for men and women:

[YOUR HOPLINK]

Over the next few days I'll send you a few of the ideas that stood out to me, starting tomorrow with the mistakes that quietly wear most relationships down.

Talk soon,

[Your Name]

(I may earn a commission if you buy through my link.)

P.S. Watch the video when you have ten quiet minutes on your own. It's easier to take in when nobody is reading over your shoulder.

9. 5-day launch: day 2: The everyday mistakes that wear a relationship down (mixed list: use relrecovn, or relrecovmen/relrecovwom to match your list)

Subject: Small habits, big distance

Subject: Spot the mistakes before they cost you

Subject: Day two: the slow leak

Preview line: The things that end most relationships rarely look dangerous at the time.

Hi [First name],

Yesterday I mentioned the standoff, where both people wait for the other to move first. Today I want to talk about how couples end up there.

You'd think it would take something huge. An affair, a lie, a terrible fight. Sometimes it does. Far more often, though, it's a handful of ordinary habits repeated for months: the joke that lands as a dig, the complaint that comes out as a list, the evening where you're both in the same room and neither of you really looks up. None of it feels serious on the day. Added together, it can leave two people who love each other feeling like strangers.

One of the first things Relationship Recovery covers is the most common mistakes that can cause nearly all relationships to break up, and how to avoid them. Reading that section is a bit uncomfortable, because most of us will recognise a habit or two of our own. That's the useful part. A habit you can see is a habit you can change, and changing it doesn't need your partner's permission.

You can watch the short introduction video here:

[YOUR HOPLINK]

Tomorrow I'll tell you about the part of the course that deals with feeling unheard, which is the one I suspect a lot of you will want most.

Talk soon,

[Your Name]

(I may earn a commission if you buy through my link.)

P.S. Relationship Recovery is $47, one payment, with a 60-day no-questions-asked money-back guarantee.

10. 5-day launch: day 3: Getting your partner to really listen (mixed list: use relrecovn, or relrecovmen/relrecovwom to match your list)

Subject: Why they nod and nothing changes

Subject: Be heard without raising your voice

Subject: Day three: being heard

Preview line: You can say the right thing in a way that makes it impossible to hear.

Hi [First name],

Have you ever explained something that matters to you, calmly and clearly, watched your partner nod along, and then seen absolutely nothing change?

It's one of the loneliest feelings in a relationship. You start to wonder whether they care at all. Most people react in one of two ways after that. Some go quiet and stop raising things, and the resentment piles up where nobody can see it. Others say it louder and more often, and the other person tunes out even faster.

Relationship Recovery has a section on techniques to help your partner listen, so that you feel appreciated and valued. It looks at how you raise a subject as much as what you say, because the way a conversation starts usually decides how it ends. Once you see the difference, you'll understand why some of your most reasonable requests have gone nowhere, and what to try in their place.

It sits alongside a section on handling conflict in a calmer, less draining way, so the two work together: fewer fights about being ignored, and better conversations when something does need sorting out.

Here's the video that walks you through it:

[YOUR HOPLINK]

Tomorrow's email is about something that changed how I see the rough patches couples go through.

Talk soon,

[Your Name]

(I may earn a commission if you buy through my link.)

P.S. There are separate versions for men and women, so the examples fit your side of the relationship.

11. 5-day launch: day 4: Every relationship has a life cycle (mixed list: use relrecovn, or relrecovmen/relrecovwom to match your list)

Subject: The stage nobody warns you about

Subject: Feel calmer about where you two are

Subject: Day four: the stage you're in

Preview line: A rough patch can be part of the cycle, and the cycle can be worked with.

Hi [First name],

When a relationship goes flat, it's very easy to decide that something has broken for good. The excitement has gone, so the love must have gone with it. You compare now with the first year and the comparison hurts.

One part of Relationship Recovery that I found really reassuring is the section on the life cycle of a relationship. Relationships move through stages, and some of those stages feel a lot less romantic than the early months. Knowing which stage you're in changes how you read what's happening. A

quiet, routine patch stops looking like proof that you chose the wrong person, and starts looking like a stage you can do something about.

The course pairs that with a look at belief systems: the ideas about love and partners that each of us brings in from our own past, often without realising it. Those beliefs shape how you react when your partner is distant or short with you. Seeing your own clearly is one of the quickest ways to stop old reactions running the show.

If you'd like to understand where the two of you are, and what to do about it, start with the video:

[YOUR HOPLINK]

Tomorrow I'll send one last note in this little series, with everything you need to decide whether this course is for you.

Talk soon,

[Your Name]

(I may earn a commission if you buy through my link.)

P.S. You don't need to wait for a crisis to use this. Plenty of the course is about keeping a good relationship from drifting.

12. 5-day launch: day 5: Calm close: what it is, what it costs (mixed list: use relrecovn, or relrecovmen/relrecovwom to match your list)

Subject: Last one in this series

Subject: Everything you need to decide

Subject: Before I move on

Preview line: A quick summary, the price, the guarantee, and then I'll leave it with you.

Hi [First name],

This is the last email in my little series about Relationship Recovery, so here's everything in one place.

It's a course from the relationship writers at Meet Your Sweet, with separate versions for men and women. It covers the common mistakes that wear relationships down, what you can do to fix things even if your partner doesn't want to yet, how to help your partner listen, calmer ways to handle conflict, the life cycle of a relationship, communication and healthy relationship values, and ways to reconnect, even if you're the only one who wants to right now.

It's an instant download, so you can start reading tonight.

The price is $47, one payment. It's backed by a 60-day, no-questions-asked, 100% satisfaction guarantee: if you're not happy with it, you email support@meetyoursweet.com within 60 days and get a full refund.

I'm not going to pretend a course can decide how another person feels. What it gives you is a clear plan for your side of things, and in a relationship that's stuck, your side is the part you can start on today.

Here's the video:

[YOUR HOPLINK]

Whatever you decide, I hope the next few weeks at home feel a bit warmer.

Warmly,

[Your Name]

(I may earn a commission if you buy through my link.)

P.S. If you've already watched the video and you're still thinking, that's fine. The link above will still be there when you're ready.

13. Re-engagement 1 of 2 (women) - use your relrecovwom link: Are you still carrying it on your own?

Subject: Are you still the one holding on?

Subject: A plan for when he won't talk about it

Subject: Checking in with you

Preview line: It's been a while since I wrote about this. I wanted to check in.

Hi [First name],

It's been a while since I wrote to you about relationships, and I've been wondering how things are going.

If everything at home is good right now, I'm really glad, and you can skip this one.

But if you're still the one who notices the distance, who plans the evenings, who brings up the hard subjects and gets "you're overthinking it" in reply, I'd like to put something back in front of you.

Relationship Recovery is a course written for women in exactly that spot. It starts from a simple position: you can't make him change, but you can change how you show up, how you raise things and how you handle the arguments, and that changes the relationship around you. It covers what you can do to fix things even if he doesn't want to work on it, techniques to help him listen, and ways to reconnect when you're the only one trying.

The short video explains the method far better than I can in an email:

[YOUR HOPLINK]

It's $47, one payment, and backed by a 60-day money-back guarantee. You can read it privately, at your own pace, and nobody needs to know you're working on anything.

Talk soon,

[Your Name]

(I may earn a commission if you buy through my link.)

P.S. If now isn't the right time, no problem at all. I'll send one more short note on this, and then I'll leave the subject alone.

14. Re-engagement 2 of 2 (women) - use your relrecovwom link: One last note, then I'll leave it

Subject: One small question for you

Subject: The first step can be tiny

Subject: Last note on this

Preview line: One question to ask yourself, and then I'll leave the subject alone.

Hi [First name],

I promised I'd send one more note about Relationship Recovery and then leave it, so this is it.

I want to leave you with one question. If nothing changed between you and him over the next six months, how would you feel about that?

If the honest answer is "fine", that's good news and you don't need this course.

If the answer makes your stomach drop a bit, that's worth paying attention to. Relationships rarely fix themselves by being left alone. They usually drift further, slowly, until one of you is too tired to try. The time to start is while you still care enough to want it back.

The good news is that the first step can be small. Relationship Recovery begins with what you can change yourself, things like how you start a difficult conversation or how you respond when he goes quiet, and builds from there. You don't need his agreement to begin, and you don't need to announce anything.

Here's the women's video one more time:

[YOUR HOPLINK]

It's $47, one payment, with a 60-day no-questions-asked guarantee. After this I'll go back to my usual emails.

With love,

[Your Name]

(I may earn a commission if you buy through my link.)

P.S. Thank you for reading my emails all this time. It means a lot to me that you're still here.

15. Story-led (women) - use your relrecovwom link: Scenario: the anniversary dinner that's all logistics

Subject: Picture this table for two

Subject: Talk about more than the bills again

Subject: A dinner I keep thinking about

Preview line: A nice restaurant, a special date, and nothing much to say.

Hi [First name],

Picture this for a moment. It's your anniversary. You've booked a table somewhere nice, you've made an effort, and he has too. The food arrives, and within ten minutes the two of you are talking about the car insurance, his mother's birthday and who's collecting whom on Saturday.

Nothing is wrong, exactly. Nobody argues. But on the way home you look out of the window and feel strangely lonely sitting right next to him.

If any part of that feels familiar, you're far from alone, and it doesn't mean the love has gone. It usually means two busy people have slipped into running a household together and stopped doing the small things that kept them close.

That's the gap Relationship Recovery for women works on. It covers ways to reconnect with your partner, even if you're the only one who wants to right now, and it looks at communication and healthy relationship values, so the conversations at home can be about more than the to-do list again. Best of all, it starts with what you can change yourself, so you don't need to wait for him to notice.

You can watch the short video here:

[YOUR HOPLINK]

It's $47, one payment, with a 60-day money-back guarantee.

Talk soon,

[Your Name]

(I may earn a commission if you buy through my link.)

P.S. You don't need a special occasion to start. Most of what the course suggests fits into an ordinary Tuesday evening: [YOUR HOPLINK]

16. Story-led (men) - use your relrecovmen link: Scenario: the one-word text back

Subject: The text that just says "fine"

Subject: Get more than one-word answers

Subject: For the men on my list

Preview line: When her replies get shorter, something is going on.

Hi [First name],

Imagine you send her a message in the middle of the day. Something friendly, asking how her day's going. An hour later the reply comes back: "Fine."

You look at it for a while. Is she busy? Is she annoyed? Did you forget something? You decide not to make a big deal of it. That evening she's polite, a bit quiet, and goes to bed early. You tell yourself it's nothing.

Most men I know handle this the same way. We give it space, keep the peace and wait for it to pass. Sometimes it does. But when the short answers become the normal answers, waiting usually makes the distance bigger, because she reads your silence as not caring.

Relationship Recovery for men is a course built for this kind of moment. It covers what you can do to repair things even if she doesn't want to talk about it yet, how to talk so she feels listened to and valued, and calmer ways to handle the conflict that's sitting under the surface. It starts with what you can change, which is good news, because that's the part you control.

The short video explains the approach:

[YOUR HOPLINK]

It's $47, one payment, with a 60-day money-back guarantee.

Talk soon,

[Your Name]

(I may earn a commission if you buy through my link.)

P.S. You don't need to know exactly what's wrong before you start. Part of the course helps you work that out.

17. Story-led (women) - use your relrecovwom link: Scenario: rehearsing the conversation in your head

Subject: The talk you've rehearsed for weeks

Subject: Raise it without starting a fight

Subject: About that conversation you keep putting off

Preview line: If you've practised it in the shower, this one's for you.

Hi [First name],

Picture yourself in the car on the way home, going over it again. What you'll say to him, how you'll start, what he might say back. You've had this conversation in your head a dozen times, and in every

version it ends badly, so you've never had it out loud.

That's how a lot of problems in a relationship stay stuck: raising them feels riskier than living with them.

[Add one honest sentence about a conversation you once put off, or why this matters to you.]

Relationship Recovery for women has two sections that fit this moment closely. One covers ways to handle conflict that are more constructive and less emotionally stressful. The other covers techniques to help your partner listen, so you feel heard and valued instead of brushed off. Put together, they give you a way to bring up the thing that's bothering you without it turning into the same old fight.

And because the course starts with what you can change yourself, you're not relying on him to have the perfect reaction. You're changing how the conversation starts, which changes how it tends to go.

Watch the women's video here:

[YOUR HOPLINK]

It's $47 with a 60-day money-back guarantee.

Talk soon,

[Your Name]

(I may earn a commission if you buy through my link.)

P.S. Read the conflict section before the next difficult talk, not after it. That's when it helps most.

18. Myth-busting (men) - use your relrecovmen link: Myth: give it time and it'll sort itself out

Subject: Will time really fix this?

Subject: Stop waiting and start repairing

Subject: A myth I used to believe

Preview line: Waiting feels like the safe option. It often isn't.

Hi [First name],

There's a piece of advice a lot of men are given when things get rocky at home: give it time. Don't push. She'll come round. Things go up and down, and it'll level out on its own.

Sometimes that's right. A bad week at work or a family worry can make anyone distant for a while, and it passes.

But when the distance has been there for months, time on its own rarely does the repair. What time does is let habits set. The silences get longer, the arguments get shorter and sharper, and both

people get more used to living around each other instead of with each other. The longer that goes on, the harder the first step back feels.

That's why I like how Relationship Recovery for men is built. It doesn't tell you to wait, and it doesn't tell you to force a big talk either. It shows you what you can do yourself to repair the relationship, even if she doesn't want to work on it yet, and it covers the mistakes that most often wear relationships down, so you can stop the ones that might be happening right now.

Here's the short video that explains the method:

[YOUR HOPLINK]

It's $47, one payment, and backed by a 60-day no-questions-asked guarantee.

Talk soon,

[Your Name]

(I may earn a commission if you buy through my link.)

P.S. Giving her space and doing nothing are two different things. The course shows you how to do the first without falling into the second.

19. Myth-busting (women) - use your relrecovwom link: Myth: if it takes work, it isn't meant to be

Subject: "If it's right, it should be easy"

Subject: Make love feel easier again

Subject: Something that bothers me

Preview line: The idea that real love needs no effort has ended a lot of good relationships.

Hi [First name],

There's an idea about love that sounds lovely and does a surprising amount of damage. It goes like this: if he's really the right one, it should be easy. If you have to work at it, maybe it was never meant to be.

It's a lovely idea in films. In real life, every long relationship goes through stretches that take effort. Children, money, illness, work, family and plain tiredness all pull two people in different directions. When that happens, the couples who come through it well are usually the ones who knew what to do when the hard patch came.

Relationship Recovery for women gives you that knowledge. It explains the life cycle of a relationship, so you can see that a hard stage isn't a verdict on the whole thing. It looks at the beliefs about love that each of us picks up growing up, including ideas like this one. And it gives you practical ways to reconnect, communicate and handle conflict, starting with what you can change yourself.

The effort it asks for is the kind that makes home feel lighter.

Here's the short video for women:

[YOUR HOPLINK]

It's $47, one payment, with a 60-day money-back guarantee.

Talk soon,

[Your Name]

(I may earn a commission if you buy through my link.)

P.S. Ease is what you get back once the work is done. It's a fair trade for a relationship you want to keep.

20. Objection: price (men or women) - use relrecovmen or relrecovwom to match your list: Is $47 worth it for a relationship course?

Subject: What $47 is really buying

Subject: One payment, a plan you can keep

Subject: On the price question

Preview line: One payment, no subscription, and 60 days to decide.

Hi [First name],

When I recommend Relationship Recovery, the question I get most is whether $47 is worth it for something you can download and read.

It's a fair question, so here's how I see it.

First, it's one payment. There's no monthly fee and no subscription that keeps billing you after you've finished. You pay $47 once and the course is yours.

Second, think about what a stuck relationship already costs. Not in money, mostly, though it can affect that too. It costs sleep, evenings that should be good and aren't, and the energy you spend trying to work out what's going wrong. If the course helps you understand what's happening between you and gives you a plan for your side of it, $47 is a small price for that.

Third, you don't have to take my word for any of it. The course is backed by a 60-day, no-questions-asked, 100% satisfaction guarantee. If you read it and decide it isn't for you, email support@meetyoursweet.com within 60 days and you get a full refund.

There are separate versions for men and women, and you can start reading the same day you buy.

Here's the video so you can see what it's about first:

[YOUR HOPLINK]

Talk soon,

[Your Name]

(I may earn a commission if you buy through my link.)

P.S. Watching the video costs nothing. Decide about the $47 after you've seen it: [YOUR HOPLINK]

21. Objection: will it work for me? (women) - use your relrecovwom link: "My situation is different"

Subject: "But my situation is different"

Subject: Know what's in your hands

Subject: You might be wondering this

Preview line: Every relationship is different. The parts you control follow the same rules.

Hi [First name],

Whenever I write about Relationship Recovery, someone replies with a version of the same worry: "That sounds good, but my situation is different."

Maybe you've been together twenty years. Maybe he's under a lot of pressure at work. Maybe there are kids, step-kids, money worries or a family that won't stay out of things. Every relationship has its own story, and I won't pretend a course knows yours.

Here's why I still think it's worth a look. Relationship Recovery doesn't depend on your partner behaving a certain way. It's built around what you can do yourself: avoiding the mistakes that wear relationships down, raising things so he's more likely to listen, handling arguments in a calmer way, and reconnecting even when you're the only one trying right now. Those are skills that apply whatever your situation looks like, because they're about your side of the relationship.

[Add one honest sentence about who you think this suits, or who it doesn't.]

One thing to be clear about: this is a course for couples who've drifted, argue too much or have gone cold. If you feel unsafe at home, please talk to a professional or a support line first.

If that's not you, the video is here:

[YOUR HOPLINK]

It's $47 with a 60-day money-back guarantee, so you can find out for yourself.

Talk soon,

[Your Name]

(I may earn a commission if you buy through my link.)

P.S. You'll know within the first few sections whether it speaks to your situation. If it doesn't, the guarantee covers you.

22. Objection: the guarantee (men or women) - use relrecovmen or relrecovwom to match your list: How the 60-day guarantee works

Subject: What happens if it's not for you?

Subject: Try it for 60 days without the risk

Subject: A quick word about the guarantee

Preview line: Read the whole course, then decide. Here's exactly how the refund works.

Hi [First name],

I want to explain exactly how the Relationship Recovery guarantee works, because I think it makes the decision much easier.

When you buy, you pay $47 once through ClickBank, which handles the secure checkout. You get instant access and can start reading straight away.

From that day, you have 60 days. The sales page calls it a 60-Day, No-Questions-Asked, 100% Satisfaction Guarantee, and it means what it says. If you're not completely satisfied, you email support@meetyoursweet.com within 60 days of buying and ask for a full refund. You don't have to explain yourself or prove you tried everything.

That's enough time to read the whole course properly, try the ideas at home over several weeks and see how things feel. Real change between two people doesn't happen in an evening, so a guarantee that gives you two months matters.

With the money side covered, the only thing left to decide is whether you're ready to start working on your side of things now, or would rather wait and see.

If you're ready, here's the video that explains how the course works:

[YOUR HOPLINK]

There are separate versions for men and women, so make sure you watch the one that fits you.

Talk soon,

[Your Name]

(I may earn a commission if you buy through my link.)

P.S. Keep a note of the date you buy. It makes it easy to know exactly how long you have left to decide.

23. Closing (women) - use your relrecovwom link: What changes if

nothing changes

Subject: A year from now at home

Subject: Start on your side today

Subject: One thing before I move on

Preview line: No countdown, no pressure. Just a question worth answering.

Hi [First name],

I've written to you a few times about Relationship Recovery, and this is the last one for now, so I want to keep it simple.

Think about a year from now. If you carry on exactly as you are, doing what you've been doing and hoping he notices, where are the two of you likely to be?

For some couples the honest answer is "about the same". For others it's "further apart". Very few relationships get closer by accident. They get closer because somebody decides to start, and quite often that somebody is the person reading the advice, not the one avoiding it.

That's the whole idea behind this course. It starts with what you can change yourself, and it gives you the tools to do it well: knowing which mistakes to stop, how to help him listen, how to argue in a calmer way and how to reconnect, even when you're the only one trying for now. It won't make his choices for him, and nothing could. What it gives you is the best possible version of your side of the relationship.

Here's the women's video:

[YOUR HOPLINK]

It's $47, one payment, with a 60-day no-questions-asked guarantee. Whatever you choose, I'm rooting for you both.

Warmly,

[Your Name]

(I may earn a commission if you buy through my link.)

P.S. There's no deadline on this from me. The best time to start is simply whenever you're ready to.

24. Closing (men) - use your relrecovmen link: The first move doesn't need to be big

Subject: The smallest move that counts

Subject: Start fixing things this week

Subject: Last note on this one

Preview line: You don't need a grand gesture. You need the right first step.

Hi [First name],

A lot of men put off doing anything about a struggling relationship because they think the fix has to be big. A weekend away, a serious sit-down talk, flowers and a speech. And because the big thing feels awkward or risky, nothing happens at all.

Here's what I've come to believe. The first move that counts is usually small. It might be the way you answer when she's short with you, or the way you bring up something that's bothering you, or simply noticing when she's talking and putting your phone down. Small things, done consistently, change how two people feel around each other.

Relationship Recovery for men is full of moves like that. It covers the mistakes that most often wear relationships down, how to talk so she feels heard and valued, calmer ways through conflict, and how to reconnect even if you're the only one making the effort right now. It starts with what you can change, because that's where you have the most power.

This is my last email about it for now, and there's no deadline. Watch the video when you're ready:

[YOUR HOPLINK]

It's $47, one payment, with a 60-day money-back guarantee.

Talk soon,

[Your Name]

(I may earn a commission if you buy through my link.)

P.S. Read it quietly on your own first. You don't need to tell her you're working on anything for it to make a difference.

25. Evergreen (men or women) - use relrecovmen or relrecovwom to match your list: Personal growth and the relationship you have now

Subject: What you brought into this relationship

Subject: Become the partner you'd want to have

Subject: A different way to look at it

Preview line: Your relationship reflects a lot of what each of you brought into it.

Hi [First name],

When a relationship struggles, almost all our attention goes on the other person. What they said, what they didn't do, how they've changed. It's natural, and sometimes it's even fair. But it leaves out the one part of the picture you can do something about.

Each of us brings beliefs into a relationship: ideas about what love looks like, how arguments should go, what a partner owes us and what we owe them. Most of those beliefs come from our families and our past relationships, and we rarely stop to look at them. Yet they shape every reaction, from how you take a careless comment to how quickly you shut down in a disagreement.

Relationship Recovery has a section on exactly this: belief systems and personal development, and how they shape the relationship you have now. It's one of the parts I'd point anyone to, because once you see your own patterns clearly, you can change them, and when one person changes how they respond, the whole relationship has to respond differently too.

The rest of the course builds on that, with communication, conflict, reconnecting and the mistakes to avoid.

Watch the short video here:

[YOUR HOPLINK]

It's $47, one payment, with a 60-day money-back guarantee.

Talk soon,

[Your Name]

(I may earn a commission if you buy through my link.)

P.S. This works best when you read it with curiosity rather than guilt. Nobody is keeping score.

Relationship Recovery

Real Solutions For Rescuing Your Relationship From Breakup Or Divorce

Subject: Real Solutions For Rescuing Your Relationship From Breakup Or Divorce

Hi [First name],

If your relationship has lost its sparkle, or if you are in a relationship that's in crisis, chances are you are wondering how you got to this place.

It's not a nice place to be, and can be a long way from the carefree and nurturing days that characterized the beginning of your relationship.

You may be feeling unloved. You may feel as though you are the only one that wants to save this relationship, while at the same time wonder if you can do it on your own.

I'm here to tell you that change is possible, and if you want it bad enough, you can rescue and repair your troubled and wounded relationship. Author Rachel Rider, one of Meet Your Sweet's stable of talented dating and relationships writers, has assembled a course that cuts right to the heart of

relationship problems, and offers time-tested and proven techniques that will help you examine and fix your relationship, no matter how bad it seems.

Introducing "Relationship Recovery - A New Way To Save Your Relationship"

[Link this to [YOUR HOPLINK]]

Often I hear people say they miss their old relationship. They have a hypothetical time in the past that they believe represents how happy they were. They want to get back to that point, but they don't know how.

It is possible to get back to that strong and happy point, but it takes the right advice.

* Discover the most common mistakes that can cause nearly all relationships to break up. Learn what these are and how to avoid them.

* Learn powerful techniques to ensure your partner listens, so that you feel appreciated and valued.

* Discover what YOU can do to fix the relationship - even if your partner doesn't want to.

* Learn and apply mind blowing strategies for handling your relationship conflicts in a more constructive and less emotionally stressful way!

These are just a few hints of what author Rachel Rider has outlined in her course, accompanied by bonuses including bonus ebook 'Repair After Separation,' and a bonus interview with Center for Life Management's Dr Rob Bilton, and LMC Relationship Center's Melody Chase!

In a few moments you could be implementing proven relationship techniques to your fractured relationship, and be on the way to restoring it to a stronger and more committed partnership, stronger than ever before.

But you have to get it now:

[Link this to [YOUR HOPLINK]]

Stop breakup and divorce now with Meet Your Sweet's proven life-changing Relationship Recovery, and discover a new way to save your relationship.

Talk soon,

Your Name

Relationship Recovery - Even if you are the only one doing it!

Subject: Relationship Recovery - Even if you are the only one doing it!

Hi [First name],

They have told you they love you but aren't in love with you.

There is a growing feeling of unfulfillment in the relationship.

You don't talk or laugh as often as you used to.

You seek out friendship and companionship in outsiders instead of your partner.

All of these things can point to a relationship in crisis, and it's not a nice feeling. But with the right level of commitment, and the right advice, it is possible for your relationship to recover.

I want to start by telling you that focusing on the problem won't give you the answers you are seeking. But understanding the cause of the problems and applying specific relationship techniques to them will.

And the good news for you is that I have recently found a course that will help you save your troubled relationship. Introducing 'Relationship Recovery,' a new way to save your relationship by the experts at Meet Your Sweet.

[Link this to [YOUR HOPLINK]]

* Are you unclear about what's gone wrong in your relationship? Discover the most common mistakes that can cause nearly all relationships to break up. Learn what these are and how to avoid them.

* Are you the only one that wants to save it? Discover what YOU can do to fix the relationship - even if your partner doesn't want to.

* Do you struggle to communicate effectively in times of crisis? Learn powerful techniques to ensure your partner listens, so that you feel appreciated and valued.

* Does your relationship come apart at the seams in an argument? Learn and apply mind blowing strategies for handling your relationship conflicts in a more constructive and less emotionally stressful way!

Chances are what you have tried up until now has failed, which is why your relationship recovery requires a rethink. Learn and apply time-tested techniques that have worked for hundreds of couples before you, and discover what it really takes to become a success story.

You can have a relationship that's even better than before, and author Rachel Rider is the person to show you how.

[Link this to [YOUR HOPLINK]] y

For a limited time you get the Relationship Recovery ebook, accompanied by bonuses including bonus ebook 'Repair After Separation,' and a bonus interview with Center for Life Management's Dr Rob Bilton, and LMC Relationship Center's Melody Chase!

Simple yet effective tactics. Get your copy now!

Talk soon,

Your Name

Newsletter inserts

New newsletter inserts (November 2026)

When home feels quiet (for women)

If you and your partner have drifted into polite flatmate mode, there's a short video from Meet Your Sweet worth watching. It introduces Relationship Recovery, a course that starts with what you can change yourself, even if he isn't ready to work on things yet. It's $47 with a 60-day money-back guarantee: [YOUR HOPLINK] (affiliate link)

For the men: the argument on repeat

Same fight, same lines, same ending? Relationship Recovery for men covers calmer ways to handle conflict and how to talk so she feels heard. The short video explains the approach: [YOUR HOPLINK] ($47, 60-day guarantee. Affiliate link.)

Couples help that starts with one person

Most relationship advice needs two willing people. Relationship Recovery is built for the times when only one of you is ready, and it shows you what's in your hands. Separate versions for men and women, $47, 60-day money-back guarantee: [YOUR HOPLINK] (affiliate link)

Before the next big talk

If you're about to have a serious conversation with your partner, it's worth having a plan for how it will go. Relationship Recovery covers communication, conflict and reconnecting, and starts with you. Watch the short video here: [YOUR HOPLINK] (affiliate link)

When you're both waiting for the other to move

A lot of couples get stuck with both people quietly waiting for the other to change first. Relationship Recovery from Meet Your Sweet shows you how to break that from your side, starting with what you can change yourself. It's $47, one payment, with a 60-day money-back guarantee: [YOUR HOPLINK] (affiliate link)

Does time really heal a distant relationship?

Giving things time can help after a bad week, but months of distance rarely fix themselves. Relationship Recovery covers the everyday mistakes that wear relationships down and how to stop them, with separate versions for men and women. Watch the short video here: [YOUR HOPLINK] ($47, 60-day guarantee. Affiliate link.)

The life cycle of a relationship

If things feel flat compared with the early days, it can help to know that every relationship moves through stages. Relationship Recovery explains the life cycle of a relationship and how to reconnect at each stage, even if you're the only one trying right now. Find out more here: [YOUR HOPLINK] (affiliate link)

Raise it without the usual fight

Is there something you've been meaning to bring up at home but keep putting off? Relationship Recovery covers calmer ways to handle conflict and techniques that help your partner really listen. It's $47 with a 60-day no-questions-asked guarantee: [YOUR HOPLINK] (affiliate link)

P.S. lines for any email

P.S. If you're the only one trying right now, Relationship Recovery shows you what you can still do: [YOUR HOPLINK] (affiliate link)

P.S. Same argument every week? This course covers calmer ways to handle conflict, for men and women. $47, 60-day guarantee: [YOUR HOPLINK] (affiliate link)

P.S. Feeling like flatmates lately? This short video explains a different place to start: [YOUR HOPLINK] (affiliate link)

P.S. No course can promise how your partner will feel, but this one gives you a clear first step: [YOUR HOPLINK] (affiliate link)

Social posts and hooks

Angles and hooks

Angle | Who it is for | Opening hook

Story: two phones on the sofa

Most readers recognise the scene at once, and it names the distance without blaming anyone. | women in long relationships that feel flat rather than broken

Where: women's email lists, Facebook groups, lifestyle blogs | “It's 9pm, the dishes are done, and you're both on your phones, two feet apart.”

Only one trying (women)

The course's clearest promise is what you can do even if your partner doesn't want to. | women who want to work on the relationship when he seems fine

Where: women's newsletters, Pinterest, relationship blogs | “Most relationship advice needs two willing people. What do you do when it's only you?”

Only one trying (men)

Men rarely get advice that starts with their side and doesn't involve begging. | men whose wife or girlfriend has pulled back

Where: men's lists, YouTube, men's self-improvement pages | “She says she's fine. She also hasn't asked about your day in a month.”

The argument on repeat

Conflict handling is listed in the course, and the pattern is easy to picture. | couples who keep having the same fight

Where: email lists, Facebook, Reels | “Same argument, same lines, same ending. What if one of you changed the script first?”

'I love you, but I'm not in love with you'

High search interest and strong emotion, and the course is built for this kind of drift. | women and men who have heard these words

Where: relationship blogs, Pinterest, search content | “It's one of the most confusing sentences a partner can say. Here's where to start.”

Feeling unheard

The course promises techniques to help your partner listen so you feel valued. | women who feel their partner doesn't listen

Where: women's lists, Instagram | “You've explained it five times. He nods, and nothing changes.”

Missing the early days

The vendor's own copy talks about people missing 'their old relationship'; the life-cycle section speaks to it. | men and women in relationships of 5 years or more

Where: email lists, Facebook, YouTube | “You remember how it used to be. The trouble is, remembering doesn't tell you how to get back.”

Start with yourself, not blame

The course starts with the reader's own beliefs and behaviour, which feels fair and hopeful. | readers who are tired of the blame game

Where: personal growth lists, podcasts, blogs | “When a relationship is in trouble, we look for someone to blame. It nearly always adds new problems.”

Before the next big talk

Gives a natural reason to read now, without a fake deadline. | people about to have a serious conversation with their partner

Where: email lists, Stories | “Don't walk into the next serious conversation without a plan for how it will go.”

Couples help that only needs one

Positions the course as a first step one person can take, without knocking counselling. | people whose partner won't go to counselling

Where: relationship blogs, Facebook groups | “He won't see a counsellor. That doesn't mean nothing can change.”

Social media posts

Facebook

#ad It's 9pm. The dishes are done. You're both on the sofa, both on your phones, two feet apart and miles away.

There was no fight, only distance.

If that's your house lately, this short video from Meet Your Sweet is worth ten minutes. It introduces Relationship Recovery, a course that starts with what YOU can change, even if he isn't ready to work on things yet. There's a version for women and one for men.

$47 once, 60-day money-back guarantee. Affiliate link: [YOUR HOPLINK]

Comment prompt: What's one small thing that used to make you feel close?

Facebook

#ad Guys, honest question. When did she last tell you about her day in detail?

If the answer is "a while ago", you're not alone, and pushing harder or going quiet rarely helps. Relationship Recovery for men is about what you can change on your side to help her feel close to you again. No begging, no tricks.

Short video here (affiliate link): [YOUR HOPLINK]

$47, 60-day money-back guarantee.

Comment prompt: What's the one argument you two keep having?

Instagram

There are two phones on one sofa, and nobody has said a word in an hour.

If your relationship feels more like a flat share than a love story lately, you're far from the only one. Relationship Recovery is a course from Meet Your Sweet that starts with what you can change yourself, even if your partner isn't ready yet. It covers the common mistakes that wear couples down, how to talk so you're heard, and calmer ways through conflict.

Women's and men's versions. $47, 60-day money-back guarantee. Link in bio (affiliate link). #ad

#ad #relationshipadvice #marriagetips #reconnect #lovelanguage #longtermrelationship #marriagehelp

X / Threads

Most relationship advice needs two willing people. Relationship Recovery is for when it's just you, for now: what you can change, how to talk so you're heard, and how to argue less. $47, 60-day guarantee. #ad [YOUR HOPLINK]

Pinterest

Pin title: Feeling Like Flatmates? Where to Start Reconnecting

Description: When you and your partner have drifted apart, start with what's in your hands. Relationship Recovery from Meet Your Sweet covers common relationship mistakes, communication that helps your partner listen, and calmer ways to handle conflict, even if you're the only one trying. Versions for women and men. $47, 60-day money-back guarantee. Affiliate link. #ad

Board ideas: Marriage Advice, Relationship Tips, Reconnecting With Your Partner

Alt text: A couple in their forties sitting at opposite ends of a sofa, both looking at their phones in the evening.

#ad #marriageadvice #relationshiptips #savemarriage #couplegoals #reconnect

TikTok / Reels / Shorts

[0-3s, to camera] "If you and your partner have turned into really polite flatmates, this one's for you."

[3-10s] "No big fight. You just stopped talking about anything that matters, and you can't remember when."

[10-20s] "Most advice says sit down and talk it out together. But what if you're the only one ready? That's what this course is built for. It starts with what you can change."

[20-27s] "It's called Relationship Recovery. Versions for women and men, $47, with a 60-day money-back guarantee."

[27-30s] "Link in my bio. It's an affiliate link, so I may earn a commission."

On-screen text: #ad

#ad #relationshipadvice #marriagetok #reconnect #relationshiptips

YouTube description

Disclosure: the link below is an affiliate link. If you buy through it I may earn a commission, at no extra cost to you.

In this video I talk about what to do when your relationship has gone quiet and you seem to be the only one who wants to fix it.

The course I mention is Relationship Recovery from Meet Your Sweet. It covers the common mistakes that wear relationships down, ways to help your partner listen, calmer ways to handle conflict, and how to reconnect, starting with what you can change yourself. There are separate versions for women and men.

Watch the short video and see the course here: [YOUR HOPLINK]

Price: $47, one payment. 60-day money-back guarantee.

No course can promise how another person will respond. If you feel unsafe in your relationship, please contact a local support service first.

Story (3 frames)

Frame 1: "Be honest: when did you two last talk about something other than chores?" (poll: This week / Can't remember)

Frame 2: "Couples advice usually needs both of you. This course starts with what YOU can change."

> Frame 3: "Relationship Recovery. Women's + men's versions, $47, 60-day refund." Link sticker to [YOUR HOPLINK] labelled 'affiliate link'. #ad