



THE  
**NO**  
**CONTACT**  
RULE BOOK

BY CHRIS SEITER



## CHAPTER 1

# WELCOME TO THE PARADIGM SHIFT

First things First!

Thank you for investing your time and money through your purchase of this e-book. I genuinely hope you will gain greater insights in how one should go about implementing the No Contact Rule.

And I think you will find this book an interesting journey!

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That is how I want you to approach your reading of this resource. Consider it your personal guide into how you go about implementing the No Contact Rule and much more!

I think after you finish reading this book, you will come to realize the importance of taking a holistic view in what is going on in your life.

Indeed, this is quite important because with perspective and insight, you will be able to make better decisions.

You will be able to see things more clearly.

And if you are seeking to re-establish your relationship, you can give yourself a much better chance of success

Right now, things are probably pretty tough for you.

It can be quite overwhelming to go through the hardship of losing your boyfriend or girlfriend.

So I am going to do what I can to help YOU make a Paradigm Shift!

There is a bridge you need to cross. It won't be easy. But I believe you can do it.

Why I do I feel this way about you?

Well, one reason is because you are HERE!

You are reading this now and that means you care enough about your situation to get help. And trust me, most everyone who has experienced a breakup, needs a little help.

Sometimes, we are so mired in the emotions surrounding a break up, that we are unable to see the bigger picture. We can all use a guide to lead us through our emotional valleys.

So what is a Paradigm Shift and why do you need to begin looking at your "Ex" recovery strategy differently?

A "paradigm shift" is defined as:

*noun*

1. *a fundamental change in approach or underlying assumptions.*

This kind of thinking is what will lead you out of the shadows of heartache.

It is important that you recover emotionally from the break up. To accomplish this, you will need to detach yourself from your ex boyfriend or ex girlfriend.

It will be hard, but it will be necessary.

Sometimes, you have to remove yourself from something in order to become re-attached.

There are multiple reasons for this and we will get into these methods and the reasoning behind this strategy in due time.

But for now, I want you to think of this path you are about to take, as a pragmatic way of dealing with the situation you find yourself in.

## BEWARE OF THE LONG SHADOWS

Right now you are probably looking at everything through the prism of heartache.

Ouch...I know it can hurt.

Heartache colors your entire view and perspective.

As I will cover later, research has demonstrated that your outlook on what you should do or how long it will take you to recover, is largely biased by your predicament.

I too have suffered from a loss of an Ex.

So I can relate to your pain and I also know you probably feel helpless.

But I know you will feel better about things in time.

I have also advised many thousands of individuals on how to deal with their suffering. So I really know and understand your pain.

These long shadows cast by the loss of your Ex takes the shape of sadness, depression, self blame, guilt, despair and many other negative emotions.

What I want to teach you is how to cast these “long shadows” out of your life.

Some of this you will learn through reading my book.

And much of your recovery will come about because of your courage and willingness to embrace yourself.

That is right! The No Contact Rule is largely about embracing the courageous YOU.

I have no doubt about it!

No one takes the time to visit my website and purchase one of my books unless they have courage and conviction that things will get better.

I really mean that. And I want you to believe that about yourself as well because it is true.

Nothing in our life's struggles can be condensed into simple statements. But if pressed, I would say that there are two types of responses people have when they are plagued by a major relationship break up.

There are those who despair and apply desperate efforts to reunite with their Ex, then give up when things don't work out. Such individuals usually invest little time in their own recovery and feel damaged and/or victimized for a very long time.

Then there are folks like yourself!

You too are hurting bad. And perhaps some of your early efforts to piece things back together failed. But instead of wallowing in your pain and sorrow, you are taking affirmative steps to explore what you can do to patch yourself up and possibly patch up your relationship with your Ex.

Believe me, I know. It takes courage to lift yourself out of that deep, painful place and see that there can be a better tomorrow.

You are here to learn more about The No Contact Rule and other things things that can help you.

But you are also here because you are courageous and a fighter.

# WHO IS CHRIS SEITER?



I am a guy who loves helping people.

Yea, I know, it sort of sounds corny or self serving.

But, I have always been that guy. I have always been interested in finding solutions for men and women who have struggled in their romantic relationships.

My name is Chris Seiter.

It's funny, a lot of people mispronounce my last name, so let me give you a quick crash course on how to pronounce it.

You like apple cider, right?

Well, my last name kinda sounds like that.

Except instead of the "d" in cider use a "t"

Hmm...

It kind of goes like this,

Chris "Sighter"

But it's not "Sighter".... it's Seiter.

Anyway, enough about that!

You will find that I can sometimes go off on tangents and get off topic. But there is usually a point to my verbal walkabouts.

And I like to provide a bit of humor now and again, because god knows we all can use a little jolt of fun to keep things in balance!

I am a relationship consultant.

But really, what is in a title except just some words, right? We all seem conditioned to classify people and put them into nice tidy little packages.

I think we do this to help make sense of everything happening around us. But I guess I have to be called something. A “Relationship Consultant” sounds a lot better than calling me, “Hey Jerk” or “Hey, Mr. Know it All” or some other unflattering phrase!

At the very least, calling me a Relationship Consultant serves to pump up my ego. And we can all use a bit of that now and again!

Ok, so as I warned you, I got off on a bit of a tangent. But as promised, there is a point. This not just mindless chatter.

We are all something much more than what other think we are.

Indeed, you have a lot of things in you, that you don’t even know yet about yourself. And I am talking some good stuff....like resolve, resilience, and adaptability.

Yep, we are going to bring all of that out to the forefront by the time you are through reading this book.

But for now, let’s get back to me. I have some more ego that needs satisfying!

So I like to advise people about their relationships and that makes me like a Relationship Coach.

But I too am more than just that.

I am a son, a husband, a lover, a friend, a movie buff, a philosopher, an executive planner, a dishwasher (yep....I am that too). And lately, I am quite an aficionado in changing diapers!

I think we are really lots of things. Never short change yourself!

My academic background is in the Humanities. I like humans! I received my Associate’s Degree from San Jacinto College. University of Houston is where I set up camp for my Bachelor’s of Arts Degree.

I have for years been fascinated by relationships and all of the things that affect relationships, including biology, sociology, psychology, and social media.

In other words, I help people with figuring things out when it comes to romantic heartbreak.

I enjoy it immensely. I really don’t know why. I never really thought of my interest as a “calling”. It just seems natural and interesting. I guess it’s coded into my DNA!

It just so happens that I am most well known for my work with men and women who are trying to get their Exes back or trying to recover from a breakup.

Hey, have I ever told you that a “broken heart is blind”.

It's true, but I like to help people people see.

Yea...ok, so maybe that sounds a bit corny.

But one thing I have learned is that when someone is going through a breakup, it is like walking into a dust storm.

You can't see much of anything for a long spell, even though the world is unfolding all around you.

I have learned over and over again, that the heart is an incredibly resilient thing. You may feel broken right now. That will change. You will get better.

I currently own and operate two of the largest "get your ex back" sites. In developing my websites, I have sought to provide more than just some simple advice. When it comes to relationships, nothing is simple. I strive to look at relationships in a holistic manner.

I mean if you come to my websites looking for just some simple advice, well I aim to displease you!

Nothing is simple when it comes to lovers and heartbreakers.

I like to offer offer a lot of free advice in the form of lengthy articles. That is why half of my website visitors are returning visitors. I like that. Not because it makes me feel "popular". That is really all just stupid ego stuff. I like it when my website visitors come back again and again, because I know that they stand a much greater chance of success.

I take this same attitude and apply it to all of my ebooks. Give people the best content and advice you possibly can. Make it better than anything they can get on my website or anywhere else.

I have written about a dozen e-books on various relationship topics, but I think my three most popular and comprehensive relationship advice" books would be those I summarized below.

Just click the link below if you wish to find out more about each:

- [Ex Boyfriend Recovery PRO](#)
- [Ex Girlfriend Recovery PRO](#)
- [The Texting Bible](#)

To date, my advice has reached to well over 5.5 million men and women and I have helped thousands of men and women get back with their Ex or realize some form of personal recovery.

# WHY DID I WRITE THIS BOOK?

Sometimes we get certain notions in our heads about what we should do.

People can be stubborn like that. I plead guilty!

I figured, “Well, folks need a book that can help them with all aspects of the Ex recovery process from A to Z”.

So I wrote, Ex Boyfriend Recovery Pro to help the ladies and Ex Girlfriend Recovery Pro to help the guys.

And I think they are darn good books and help a lot of people understand the complete picture of the recovery process. Because after all, there are a lot moving parts when it comes to getting your Ex back.

Then I figured, “Well, people will need an audio version of these books”!

Not everyone has the time or inclination to read a text based e-book. So I went out and found a “voice talent” and had an audio version created so people could have a text based e-book or an audio e-book or both.

Pretty cool, I thought!

And my visitors seems to like that. So I figured, “Ok, I did a good thing there!”

Then I thought to myself, “Well, people need to know how to strategically make use of text messages when trying to win back their Ex”.

So I wrote another book. I called it The Texting Bible.

People seem to like it as well because one can screw up royally if they don't know how to make use of texting in this digital age of chasing romance.

Then finally, I experienced a paradigm shift!

One of my visitors reached out to me and said, “Chris, what is the most popular question you get”?

Well, that query from one of my visitors turned out to be a wake up call for me. You see, I get tons of questions from men and women about their individual situations.

I mean tons! They come in all forms.

I get emails.

I get comments on every post I write for my websites.

I get questions in the form of voice recordings for my Podcasts.

I get questions from folks visiting my Youtube channel.

But I never really thought much about which question was the most popular. You see, I get all types and I get so many that I lost perspective. I was engulfed in so many comments and questions, I lost my way a bit.

I become like that person in the dust storm, partially blind to many things happening around them.

But when this nice lady reached out to me one day and asked me that question, the light bulb finally went off. In fact, it exploded.

By and far, one of the most asked questions that I get is about the “No Contact Rule”.

People want to know all about it....every permutation and exception....and how it pertains to their situation.

Sooooooooo... that is how this book came about!

And I realized that if the majority of my audience wants to learn more about this topic, then I will create what I believe is the best e-book out there on this topic.

And so it is, this book has been born.

Over the course of these hundreds of pages, you will learn many things.

You will learn about ...

- The Top Facts & Myths Surrounding Relationship Break-ups
- The Seven Heartbreakers
- Ground Zero of Your Break-up
- The Importance of “Self Concept Clarity”
- Coming To Grip with Your “Love Lost” Symptoms
- Every Facet of the No Contact Rule & More (What, When, Where, Why, and How)
- Should we Always Play by the “No Contact Rules”?
- Allowable Exceptions during the No Contact Period

- The GOLDEN Exception to No Contact
- When to Use Limited Contact
- When and How to Employ Phantom Contact
- Waging a Two Front Campaign
- Learning Why “Creeping” Should be Avoided
- The Value of Employing Coping Strategies
- Using the Principle of “Anchoring”
- Ending the Pedestal Effect
- Ending Fantasy Bonds
- Mastering the Slippery Slopes of Seeking Closure
- Understanding Your Initial Intensity Bias
- Attachment Styles Theory
- The “Personal” Recovery Principles
- What To Do AFTER No Contact

By the time you have completed reading of my book, don’t be surprised if you need to read it again, just to make sure all of the ideas and concepts are well cemented in your mind.

Let me give YOU a heads up!

While we are not talking rocket science here, some of the concepts we discuss are probably not things you hear about often.

And some of the ideas are somewhat counter intuitive.

For example, the whole notion of implementing a No Contact Period, immediately following your breakup, would seem at first to only “doom” your chances of reuniting with your Ex.

But as I will discuss later, there is considerable scientific and psychological research that supports this principle.

And to be sure you have both sides of the argument, I am also going to give you the reasons why some people don't support the concept. Of course, I will offer my commentary on their points!

Yep, we are going to learn a lot about this Principle.

In my view, the health of your mind, body and spirit is positively influenced by how well you embrace this Principle.

There is so much to talk about. So much to learn.

But before we get started, let's turn our focus on the beginnings of your breakup.



## CHAPTER 2

# THE GENESIS OF A BREAKUP

“Why on earth”, you might be wondering, “would I want to be reminded of my breakup!”

Well, there is a process one sometimes needs to go through, in order to become better acquainted with what has REALLY happened.

This process also can help you “see the forest for the trees”. This is really, really important. You can’t get far, if you are stumbling around in a dust storm.

The artistic group, “The Black Keys”, have it right with their lyric:

“A broken heart is blind”

I will help you, help yourself.

So let us begin with a discussion of how it all seemingly came to an end.

Think of it as the beginning of the end.

Geez, that sounds far too ominous, doesn't it!

Ok, I have a better idea. Think of it as a NEW beginning!

## A NEW BEGINNING

I know how might be feeling right now. If you are like most people, you are probably not eager at all to think about the day you learned that you and your Ex were breaking up for good.

Such memories are things you probably dread to think about. Or, maybe you are on the opposite end of the spectrum. Thoughts of that dreaded day may be the only thing you can think about.

I want to spend just a little time on this junction in your life, because it is important for you to understand that you are not alone.

It is not the end of the world.

You live, you breathe and you eat nourishing and delicious food.

You make a huge difference in many people's lives.

You matter.

Life may not feel all that great right now, but you have a lot of good things going for you.

You can still read and enjoy movies and television. You can still smell, hear, and see. Your health is probably pretty good. You are not in a war zone. And you have other meaningful people in your life!

We take so many things for granted.

I have to constantly remind myself of this when I feel down and out. So I am going to pass it forward!

Despite this recent romantic set back, you have some really great things happening for you now.



# FACTS & MYTHS OF BREAKUPS

Ok, so are you ready to learn some really interesting things about break-ups?

I think it will help you, because a lot of people walk around with a lot of nonsense drilled into their heads from movies and pulp fiction.

Quite possibly, you may have bought in on some of these notions, so let's set the record straight!

Who knows, you might just connect with something that will make a huge difference in your life!

Oh, by the way, if you are thinking, "Master Chris, when will you talk more about the No Contact Rule"?

My answer is, "Soon Grasshopper. The sky will soon open up and rain down my wisdom. But first we must seek to understand the beginning of things!"

Did I tell you that sometimes I get inhabited by the spirit of Kung Fu.

Yep, it is true!

Ok.... enough of that.

Ready to roll!

Let's get started:

**FACT: You will Recover faster from your breakup than you think.**

There has been considerable research into this phenomenon. It's called the "initial intensity bias". Later in this book, I am going to talk quite a bit more about this finding.

My own work with thousands of people dealing with breakups also support this research finding. My clients, more often than not, start off with a desperate mindset.

They sometimes see no end to their misery. Or they feel weighed down by their despair and can't imagine ever recovering.

When I press the issue and ask them how long it will take to recover, some tell me, "Never". Others tell me, "Not for many months".

But they are almost always wrong.

Their initial feelings can be so intense, they lose perspective and over estimate how long it will take to recover. They are experiencing what is called the "initial intensity bias".

And I tell them as much. Of course, they seldom believe me.

But in time, sooner than they imagine, they are able to pull themselves together.

And if they adopt my teachings, most of my clients will find themselves in an even "better place".

### **MYTH: The No Contact Rule Must Never be Violated.**

Well, of course, this is utter nonsense.

I still come across some relationship experts that argue the "no exception" view when implementing the No Contact Rule.

It is true that correctly implementing a No Contact Period can provide multiple advantages.

It is also true that breaking the Rule could result in a setback.

But there are circumstances in which it plays to your advantage to make an exception to the No Contact Rule.

I will be discussing this in greater detail later.

### **FACT: Rarely do two people mutually agree that their relationship is not working out.**

I still run across some people who swear that their breakup was a mutually agreed upon decision.

While I am sure it can happen, my experience in coaching thousands of people who have suffered break ups is that they did NOT mutually decide that it would be best to go their separate ways.

Breakups are almost always messy.

The beginning of the end is usually revealed in a series of "fits and re-starts". Then the relationship usually "gives up the ghost" from the action of one individual.

That person, whether it is the guy or girl, serves as the catalyst.

Both research and my own experience with clients, suggests that women end relationships a bit more often than men. But who ends the relationship is usually less of the problem.

The focal point should be what caused the relationship to collapse.

And guess what?

Yep, you got it right if you said we will be talking about “breakup causes” a bit later in this book as well!

**MYTH: True Love is the force that pulls people back together after a breakup.**

Well, as nice as that sounds, it simply is not true.

The love you have for one another is indeed a powerful force and that bond or connection is difficult to break.

Nevertheless, breakups happen frequently for many reasons.

But something powerful can bring the lovers back together again.

What is this powerful force that can snap the relationship back together again?

It's not love.

It is something that is deeply seeded and formed its grip over a long period of time. It is what psychologists call, “lingering attachment”.

When you spend a lot of time with someone and develop a bond of closeness, you become accustomed to being with this person. The routines you both enjoyed together, form traction in your lives.

Where love is the “glue” that bonds the two of you together, “attachment” is a psychological force that acts powerfully on your behavior.

Think of love as an outcome of attraction.

With attraction, there are certain hormones and chemicals present in your brain that can quickly ignite those loving feelings!

Whereas, “attachment” is the result of many days, weeks, months, or years of shared experiences. It weighs heavily on your psyche and influences your mood, attitude, behavior, and decision making. The force of attachment can be powerful in pulling two people back together.

There are also other forces that come play.

I think of them as the “Rational Forces”.

After a couple spends time apart, they may come to realize that the “grass was not greener” when they were separated. They may also conclude in the time they were apart, that they have grown as a person, hence they stand a better chance of making the relationship work the 2nd time around.

Are you starting to see how all this connects with the No Contact Rule?

**FACT: Optimizing Your “Self Concept” can help you recover from a break up more quickly.**

Usually when things go wrong in our relationships, we sink into sadness. We feel a sense of loss and/or despair.

Much like quicksand, the more we thrash around emotionally, the faster we sink. Our sense of who we are and what we should do becomes clouded.

We become a victim of our own human nature.

It is perfectly natural to feel all of these things.

I spend some of my free time mountain climbing. It is an enriching experience and I have learned a lot about myself as I try to scale the mountain tops.

Let me tell you something else I learned!

You can’t enjoy the beauty of the mountain tops, until you have struggled on the switchbacks below.

The sooner you come to appreciate more “YOURSELF” and value the many good qualities you possess, the sooner you will recover from heartbreak.

These are things you usually learn when you are climbing out of the valley of your emotions.

When you learn how to detach yourself from being dependent on your Ex for your “self concept”, you will have successfully scaled the mountain top.

This notion of clarifying one’s “self concept” is something we will talk about much more.

**MYTH: The No Contact Rule is all about not communicating with your Ex Boyfriend or Ex Girlfriend**

Nope, that statement is incomplete.

The No Contact Rule is about much more. I think of it as a two front campaign. You are focusing on bringing your communications to an end with your Ex, but you are also focusing on the self recovery process.

During the No Contact Period, you need to be mindful of all of the temptations you will have to reach out and contact your Ex. You will need to be aware of all of the mind games your brain will play on you. So you have to be vigilant.

But you also have to be wise.

There may be certain situations in which you will need to make exceptions to the No Contact Rule.

But you will need to tread most carefully when you do make exceptions.

This is one of the reasons why I wrote this book. It is a bit of a minefield out there and I don't want you blowing up your personal recovery or your effort to eventually re-unite with your Ex.

Speaking of personal recovery, that is the other "front" of your game plan. You need time to heal yourself for many reasons. The No Contact Period affords you this opportunity.

We will also talk about these things in much greater detail in the Chapters ahead.

# THE SEVEN HEARTBREAKERS



There is something magical about the number 7.

I am not completely sure why! We know that number 7 is a prime number. So that makes it special. A touchdown and extra point equals 7. In gambling, 7 is a lucky number. And we all know about the 7 year itch, right!

Well, it turns out that there are 7 key reasons why people break up. All of these reasons, whether they are valid are not, end up ushering in heart-break.

So if we are going to scale the mountain, we need to start at the bottom.

So let's get on with understanding your "Ex's breakup strategy.

In a study conducted by Collins and Gillath, which was published in the Journal of Research

in Personality, seven breakup techniques were identified.

Knowing where your Ex may be coming from, can help you with where they may be going and what your prospects are for potentially getting the relationship back on track.

Relationships which don't operate in truth about the important things, struggle with remaining intact.

So what are these 7 approaches people use in breaking up?

1. Your Ex just increasingly ignores you. It can take the form of a gradual decline or it can be a total shutdown. "Ghosting" would be an example of your Ex breaking it off. They treat you like you are a ghost...like you don't even exist. You hear nothing from them.

2. Your Ex plays the “Self Blame Card”. The breakup, by their admission, is “all their fault”. They explain nothing is wrong at all with what you contributed to the relationship. Rarely is this true.

3. Your Ex openly confronts you with their genuine feelings and why they wish to breakup. In this case, whether you agree or not, your Ex honestly tells you why they wish to bring an end to the relationship.

4. Your Ex plays “Bad Cop”. They deliberately pick fights and become mean spirited to encourage you to break it off.

5. Your Ex uses the “Underhanded 3rd Party Tactic”. They orchestrate a breakup through a 3rd party. They tell them about their wish to break up, in the hope that the word gets back to you.

6. Your Ex uses the “Coward’s Digital Play”. With the frequency in which texting and social media is used in people’s lives, it is not too surprising that some people take a very non confrontational approach and break up with their partner via a text, email, or status change on Facebook.

7. Your Ex uses a “Vague De-escalation Method”. This tactic is a close cousin to the non-confrontational approach. Your Ex might tell you something vague like they need a “timeout” or “break”. They might blame it on some other non related event.

Of the 7 ways in which an Ex can choose to bring a relationship to it’s end, number 3 is the best way to receive the news.

Sure, it still hurts like hell to hear something negative about yourself and why the relationship is ending.

But at least, if you believe you are getting an honest explanation, you have something to work with.

And let me offer a little insight!

Just because your Ex tells you why they are breaking up with you, does not necessarily mean they are fully in touch with their true feelings.

## ON & OFF RELATIONSHIPS

When you implement the No Contact Rule, you are making an investment in your Ex and Yourself!

Just know that you are on the “good” side of relationship statistics when it comes to eventually reuniting with your Ex. And I believe, if you read and consider the ideas presented in my book, you will optimize your chances.

Odds are that this is not the first time you and your Ex had a falling out.

Breakups come in all forms as measured by their severity and duration. Some breakups are really bad and ugly (i.e severity). Some breakups last a very long time (duration). Those two factors influence just how frequently, as a couple, you may struggle with remaining attached.

Why is this important for you to know?

Well, first of all, if you guys have gone through multiple breakups in the past....I don't want you to think you are hugely different from everyone else out there.

I don't want you to panic and become distraught. While on and off again relationships are not anything to cheer about, they are not outside the norm.

You are not alone.

People, particularly if you are young and inexperienced, can struggle with making a relationship last.

In some ways, it is our nature to explore what works. Sometimes we are unsure of our own feelings.

Though you need to know that if you have had multiple breakups with the same person, that behavior in itself is not desirable.

You could be developing a new routine of "breaking up" when things go sour. And that is not healthy. To be honest, it is a sign of a dysfunctional relationship. And you will need to strive to get to the bottom of why this is happening.

Research reveals that about 66% of people have experienced an on & off relationship. So repeat breakup offenders and victims (i.e. those dumped) are the norm.

But as I warned, this result is not a healthy normal.

About 40% of these couples broke it off more than two times in the past. And about 25% called it quits at least 4 or more times in the past.

So why does this happen?

Are we gluttons for punishment?

Are we just so screwed up that we can't get our act together?

Well, I am sure we all can learn a lot from our mistakes, though oftentimes we don't. Yet people still find themselves reconnecting.

Many couples strive to do the "right thing" by reuniting, only later to run into new problems.

Undeniably there are driving forces that pull couples together. Yet there are other forces that pull them apart.

It takes work to be a successful couple! Part of that work is learning about yourself and learning about who you are compatible with.

One powerful force has to do with the strength of the bond. Once two people fall in love and share many common experiences, they form a bond or connection.

That bond is hard to break.

It lingers.

## LINGERING ATTACHMENT CAN PULL COUPLES BACK TOGETHER

When a couple gets married, the pastor or officiant of the ceremony might have said something like, “for better or worse.....until death do us part.

This mindset pervades how the couples think about their relationship. Once you invest your heart, trust, and time into a relationship, you have a lot of yourself entrusted in this other person.

This can be both good and bad.

It can be Bad when a break up occurs because you feel you have lost part of yourself. It can be Good in the event of a breakup, because the forces of attachment play a role in pulling you back together again.

Here is the deal though. You need to learn and grow (same goes for your Ex) individually as a person before you try to reconnect with your Ex. Otherwise you may end up rushing back into a relationship filled with the same routines and problems.

This phenomenon of coming back together again as a couple is described by behavioral scientists as “lingering attachment”. This driving force can intervene at some stage after the breakup, to drive the couple back together.

This also can be good or bad.

It is good, if both partners have invested time to become a better version of themselves and learn from their mistakes and commit to not repeating them.

It can be bad if the couple learns little from their break up and come back together primarily due to the forces of lingering attachment and sexual attraction.

If the parties to the relationship have worked on their communication skills and sought to identify and solve the problems that caused the break up in the first place, then the cycle of an on & off relationship can end.

The forces of “lingering attachment” coupled with the realization that the “grass is NOT always greener” can together create a multiplier effect which results in a couple getting back together.

But I caution you.....if you do not work with your partner to drill down to the key reasons that caused the breakup, the on/off cycle will be unleashed again and again.

“Lingering attachment” can be a godsend or a curse.

It depends on what you and your Ex are willing to do to confront the real relationship problems that caused the breakup.

All of this leads us to why implementing the “No Contact Principle” properly is so critical to the long term success of your relationship.

It is indeed an Important and First Step to your strategy to recover from heartbreak and identify the problems surrounding the relationship.

Right now, immediately following the breakup, neither of you are in a good position to do each other or yourselves much good.

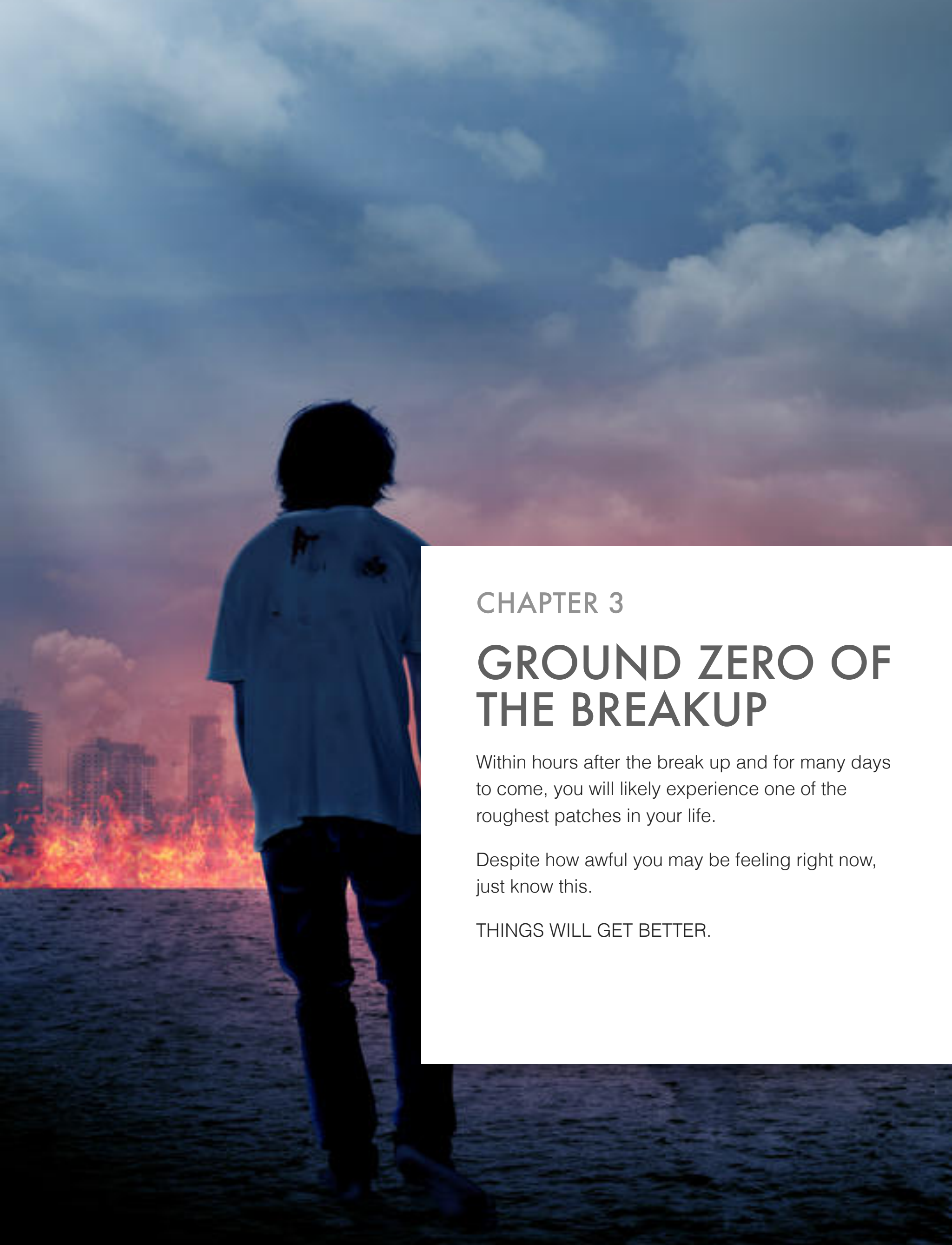
You and your Ex both need to take a look at your relationship with a fresh pair of eyes. That is nearly impossible to do unless you have had some time away from each other.

You both need to seek to become the best versions of Being Your Best Self!

But before we enter into that world, you need to understand what is happening to you right now and what can be done about it.

You came to my website and purchased this ebook and possibly others, to get help.

Let's get a bit closer to what is probably happening to you right now and how the “No Contact Period” can facilitate a monumental change in your life.



## CHAPTER 3

# GROUND ZERO OF THE BREAKUP

Within hours after the break up and for many days to come, you will likely experience one of the roughest patches in your life.

Despite how awful you may be feeling right now, just know this.

THINGS WILL GET BETTER.

Let me explain what's going on with you emotionally and physiologically. It is important you understand that the “real you” has been temporarily hijacked.

The good news is that you will rescue yourself.

What you are experiencing now is much like an addict who is suffering from withdrawal. Indeed, there is considerable research that supports this view.

Your body, more specifically your brain, has temporarily conspired against you to make your breakup ordeal quite difficult in the early days.

## THE BREAKUP ADDICT

There is something both natural and strange happening in your mind right now!

You are suffering from the “crazies”.

Hey, don't take it personally, as I believe we are all a little crazy. But if you have recently experienced a breakup, you are very likely to be feeling it a lot more than me.

I mean, really, who can blame you for being a little kooky!

Everything that you use to count on has changed. The very fabric of your life has been torn away.

What was once a shared life with someone you loved....is no more. All of the things you use to do together....those experiences are no more.

All of the songs you enjoyed together....those times are in the past.

Should I go on. I think not.

Consider yourself borderline possessed. Perhaps we can agree you are suffering from “love sickness”.

Is there really such a thing?

You bet there is!

Now don't freak out, because it is perfectly natural. Indeed, understanding what and why you are going through all this is therapeutic.

You won't believe how many of my clients become so dazed and confused, that can't quite process what is happening. It is not until we discuss their feelings, that they are able to make some sense of what is happening to them.

That is how overwhelming it can be and I am so sorry you are experiencing heartache.

Helen Fisher, an esteemed biological anthropologist, tells us that getting over a lost love is akin to recovering from a drug addiction.

The biological mechanism that triggers this reaction is in our brain. We are wired to mate with one person at a time. Remove that person from your life and the brain's circuitry goes a little haywire.

The brains of those individuals suffering from a breakup respond to the loss of the lover by activating certain parts of the brain. These activated areas are in the same region of the brain as those individuals who are coming off an intense addiction to a drug (e.g. cocaine).

This is why we can become fixated on our Ex.

It's those darn chemicals being released in our brains!

So actually, you are not heart broken. Nope!

If anything, we are closer to being "brain broken".

Definitely, something is broken.

But we are going to turn this around. Our focus in this book will be about fixing things.

So read on, because I want you to understand what is going on inside your head!

Of those individuals who have experienced a breakup, the vast majority think about their Ex 85% of the time.

After a breakup, there are parts of the brain which are activated that affects pain and distress. So if you ever wondered why these intense waves of pain and despair come over you, now you know.

Blame it on early man and woman who walked the earth, millions of years ago. These intense feelings you are undergoing got their start long ago.

The good news is you will mend. The bad news is that there is no surefire cure or remedy that can make everything right in short order.

Now here is something else that is very interesting that came out of that same study Fischer and her colleagues conducted. It turns out that one of the things you can do to help speed up your recovery is to talk or read about it, preferably in a positive light.

Understanding and accepting the emotional phases you are experiencing is therapeutic. Just reading this book and realizing what you are going through has a beginning, middle, and ending, will prove very helpful to you.

Your “brain” likes it when you actively try to figure things out and make plans for the future.

So kudos to you, because that is exactly what you are doing right now as you read this book.

You will be learning about many ways in which implementing the “No Contact Rule” can be of benefit.

And you will also be learning many other things which will help you understand what you are going through and how you can recover from it.

## SELF CONCEPT CLARITY

People going through a breakup commonly go through a period where they ask, “who am I”.

After a breakup, we can feel lost and detached from the real world. People can experience damage to their own self concept. After a breakup, an individual has suffered a deep psychological wound.

What use to be “we” and “us”, now has morphed into “me” and “I”.

But, let’s not get too carried away with all this bad news.

I firmly believe (and scientific research supports this) you can and will recover from this sense of loss.

In fact, there is a way to do it faster!

So why do people struggle with their identity?

When you think about it, it’s not too surprising. After all, when your soul feels like it has been ripped apart, it is hard to get one’s bearings.

I am hear to tell you that if you feel this way now or if these feelings are coming at you in waves, do not panic or despair. As I have explained, the way you are feeling now, both emotionally and physically, is all part of a natural process.

Remember when I told you about the need to climb the switchbacks to scale the mountain top?

Well, that is what is going on with you now.

Keep moving forward.

Keep pushing past your emotional hardships.

You will not only survive, but will be stronger on the other side.

See Ya on the Other Side!

Most people, as they struggle at ground zero of the breakup, cannot see a positive future.

It is the same way for a climber. You cannot see the mountain top when you first start the climb.

After a breakup, a person's concept of Who They Are, is fractured.

I am here to remind that your moods never move in the same direction all of the time.

And while you may feel helpless and convinced you have been dealt a "bad hand", there is much more than light at the end of the tunnel.

What is waiting for you and within your grasp, is the restoration of your "Self Concept Clarity".

This is where you want to focus your energies.

Now, if you are thinking, "what the heck is Self Concept Clarity", let me explain.

It is actually quite simple. I want you to think of it this way. When you can tell yourself or another, what kind of person you are and what you wish to do with your life, then you have a clear vision of who you are.

Chances are that this will be difficult to do if you are still recovering from a break up.

You and your Ex were part of a union. That has now been dissolved.

Now it's time for you to detach from your Ex. Only then will you find yourself.

Later you may choose to reunite with your Ex, if you genuinely feel that serves your interests.

All of this takes time.

This is where the No Contact Period comes into play. It is far easier to accomplish what I described if you are not dependent or emotionally attached to your Ex.

## THE SILVER LINING PLAYBOOK

I am always looking for silver linings in life.

I want you to do the same.

Life is unpredictable. It will throw curves and sliders at you. If you strike out and walk back to the dugout full of despair, then you are not playing the game of "life" all that well.

We all strike out. It will happen throughout your life.

No one pitches a perfect game in Life.

So learn from your negative experiences. Let this ebook, you are reading, be your “Play Book”. Take the “learnings” presented to you and shape your life in the way you desire.

While we know that one can easily become lost to themselves following a break up and experience emotional pain; the reverse holds true once the person finds themselves again.

A very interesting study was performed on this topic. It showed that when an individual focuses on improving their self concept, they will recover faster from their break up.

<http://www.scienceofrelationships.com/home/2015/4/15/face-it-recover-the-self-to-recover-from-break-up.html>

And that is key from a personal development perspective and also with optimizing one's chances of recovering your Ex.

I kid you not!

So make that a focal point in your life.

The Recovery element of the No Contact Period is essential.

But to find yourself, you need first to understand that you are “lost”.

When you lose part of yourself, as a result of your Ex calling it quits, your self image and and sense of future become clouded.

<http://www.scienceofrelationships.com/home/2014/7/21/when-i-lose-you-i-lose-part-of-me-too.htm>

I believe there is therapeutic and practical value, when one seeks to understand the full picture of “Ground Zero” of the break up.

Think of it this way.

Once you understand the role biological and chemical processes play in your mood and behavior, you can eventually wrestle back control of your “real self”.

It will take some time, but it will happen.

You will come to understand something very powerful.

You will see you are not alone in this place we call Ground Zero.

Others have been there before.

They moved past their pain.

And so will you.

# COMMON BEHAVIORS YOU MIGHT EXPERIENCE

So what are the common emotional outcomes following a breakup?

And by the way, if you are experiencing some of these outcomes we are about to discuss....just know that it's OK.

It is part of the the cycle of mood changes people commonly experience.

The way I would suggest you think about these things is consider them a badge of courage.

If you have experienced some of these behavioral outcomes, then just check them off and remind yourself that better times are a coming.

Think of it like Forrest Gump did when he exclaimed, "Good! One less thing".

Indeed, Forrest Gump has quite a lot to teach us on the subject of love and breakups.

Here is a sampling of quotes, I want you to take to heart!

*"My Mama always said you've got to put the past behind you before you can move on." – Forrest*

*"Stupid is as stupid does." – Forrest Gump*

*"My mama always said, 'Life was like a box of chocolates. You never know what you're gonna get.'"- Forrest*

*"You have to do the best with what God gave you." – Mrs. Gump*

Ok, so let's talk about some feelings you may experience.

Fear them not.

Remember, it's OK to read or talk about them.

It will help. Just don't dwell on it.

Acknowledge you are going through a hard time.

Understand you are not alone.

And remember, the view from the high lands will be all the more beautiful after you travel through the lowlands.

**Despair:** Expect to feel a huge tug of sadness and grief following the breakup. Crying is perfectly natural and in fact, I want you to cry it out. It helps, a lot. Don't hold it in. That is just plain stupid. Remember what Forrest said...."stupid is what stupid does"!

**Denial:** When we travel through the valley of despair, anger, and resentment, it is not unusual for people to go through a period in which they simply will not accept that the relationship has ended.

This is a perfectly normal reaction, so long as you eventually come to terms with reality. Denial is the brain's way of buying time to wrap itself around a set of incongruent facts.

On one hand, you are thinking, "There is no way my trusted and beloved lover would leave me". But part of your brain is also processing these other inputs you have received which clearly point to a break up.

Sometimes it takes awhile for the brain's emotional and logical centers to reconcile everything that is happening.

**Anger:** This emotional reaction seems to be a later arrival on the scene. Sometimes it can be hours or days before it reveals itself. But when it arrives, it can bust down the door.

If you have not felt anger toward your partner, you very likely will. It is necessary to release your anger and resentment, if it remains bottled up. Find a healthy way to release this emotion.

**Self Blame:** It is only natural for most people to look upon their situation introspectively and find fault with their past decision making. But I warn you, don't play the self blame game. It is entirely unhealthy and leads you down a path of negativity, which positions you poorly for potential reconciliation.

Look, relationships are just simply complicated. None of us are perfectly compatible.

If your relationship ended in a breakup, I assure you that you and your significant other, both made mistakes. Don't beat yourself up for the past. If you recognize things you could have done differently, take that lesson with you.

I bet there are a lot of things you did for the relationship that were awesome.

Those who dwell in the past, live in the past.

What you want to do right now is focus on the “present”. Focus on becoming the best version of yourself.

**Jealousy:** Don’t be surprised if feelings of jealousy consume you. If you were dumped and you later hear that your Ex is dating, jealousy will wrap it’s evil little arms around you.

Even if you have no knowledge of your Ex cheating, you may still feel pangs of jealousy. You may feel inadequate or plagued with bouts of panic about losing your Ex forever. A bit later, I will talk more about how to handle panicky feelings.

**Confusion:** When you have been dealt the savage blow of being dumped, you will be plagued by many emotions and confusion is usually right in the middle of the mix.

It may feel like you have entered into some kind of Twilight Zone episode. Up is down. What was so right, now seems wrong.

This is where your sense of self can take a blow. At one time you thought your Ex was the most important thing in your life. Now you are not even sure what to think.

**Relief:** If you were the individual that largely engineered the breakup, you might feel some relief. But your sense of relief will usually be short lived, particularly if you and your Ex were together for a good period of time.

A relationship plagued with fighting or dependency issues can create a backlog of bad feelings. Breaking up can feel like an escape. But unless this was a highly dysfunctional relationship, don’t be surprised if your feelings of relief give way to a sense of uncertainty or other confusing emotions.

## CLOSING THOUGHTS

Even bad relationships can be hard to get over.

Knowing how your emotions can conspire to hijack your mood will help you during the No Contact Period as you seek to recover from some of the chaos created by the breakup.

It is certainly no picnic when you have been dumped by an Ex.

Even if you mutually agreed to the breakup, our human psyche is not designed to turn on a dime when our emotions and brain chemicals are involved.

I am fond of saying that when emotions run high, logic runs low.

Right now, you are probably looking for answers. You are sifting through all of the emotions of a breakup and seeking to discover some balance.

You want a way out of your current predicament.

It starts with understanding what is happening to you on an emotional level.

Let's not worry about "Love Lost". If you just suffered a breakup, it is way too soon to conclude that everything is lost, including the love that existed between the two of you.

That kind of thinking is pointless. All you are doing is borrowing anxiety from the future. Do not spend your time worrying about unknown future outcomes. That is a fool's game.

And I know you are no fool, otherwise you wouldn't be here now reading this sentence.

## ARE YOU LOVE SICK?

It could be said you are love sick.

You fear that you have possibly lost the love that existed between you and your Ex. When you lose a "love", even if it is just temporary, you will experience a host of breakup pains.

In your mind, you are not sure if your Ex still loves you. This uncertainty plays upon both your mind and body. It creates a variety of symptoms.

When people, who have experienced a breakup, say they are in pain, they are literally referring to both emotional and physical pain. The loss of your lover can actually make your "heart" feel like it is truly broken.

You may feel pain in your chest. Your stomach may be tied up in knots.

There is a reason why people talk about being heartbroken. The pain can be fierce and concentrated in the center of the chest area. You may feel like you have been punched in the gut. It may feel like the entire world is ending. Emotionally you are thrashing around and physically your body is trying to repel this awful feeling.

The brain treats these symptoms like you are literally ill.

The brain is convinced this is the case. And the sooner you can recover, the better, because what is happening to you can have adverse physiological effects.

Prolong stress is not your friend.

Unfortunately, the road to recovery is not easy for many. This is why I will be spending considerable time discussing the things you need to know about in order to advance your healing process.

Indeed, your personal recovery is a core strategy within the No Contact Rule.

Psychologists and physicians understand well how the brain processes a breakup event. The area of the brain that lights up when you suffer physical pain (e.g. falling off a bike). is the same area of the brain that is stimulated when you are dealt the blow of “social rejection”.

When in love, everything is glowing and happy.

Peel back the layers and look inside your brain and you will see it is bathed in lots of neurochemicals like dopamine and oxytocin and they make you feel really good.

Take that away suddenly, and it can be a bitch.

On one level, your brain is trying to make sense of what has happened. The other side of the brain has been hijacked by a flood of running thoughts.

And all of those neurochemicals you have grown so fond of, are running for the exits. You are left holding the bag, full of some pretty nasty stress hormones like cortisol and epinephrine.

A constant dose of the love sick chemicals can really set you off. You feel tense. Your head hurts. You have muscle aches. Your eyes hurt from reading so much about what to do. Your neck is probably sore from the tension you have been holding in. And it literally feels like somebody is sitting on your chest.

I know, I know.....it really sucks living like this!

But these chemicals eventually get flushed out of your system and there are some things you can do during the “Recovery Phase” of No Contact to combat the effects of heartbreak.

So what are some of the other Love Sick Symptoms?

You should expect that some of these things could unfold in your life. Knowing what they are, ahead of time, should make you more vigilant and less reactive.

- Crying at Songs
- Appetite Loss
- Insomnia
- Weight Gain

- Binge Eating
- Committing Petty Crimes
- Attention Seeking Behaviors
- Constantly Checking Email/Texts/Social Media
- Obsessing About Why Your Ex Left the Relationship
- Various Depressive States
- Desire to Spy on Your Ex
- Endlessly Rehearsing What You Would Say to Them in Various Situations
- Other Binge Behaviors (watching movies/shows late into the night)
- Going on a Bender
- Your Immune System Can be Compromised

I believe that being informed as to how certain thoughts or behaviors can invade your life, can be very helpful.

I want you to understand that breakups have a physical and emotional impact on your well being. When you were with someone for a meaningful period of time, you were connected in multiple ways.

This “connection” is both a blessing and a curse.

The blessing is all of the amazing memories and moments that are created.

The curse is you can’t help but think about all of those experiences you had together as a couple. That kind of wistful thinking can take a toll on your psyche.

You are also tied together from a biological rhythm perspective.

Your body temperature, heart rate, appetite, and blood pressure can be thrown into a tizzy when the two of you are pulled away from each other

## THE TWO FACES OF YOUR INNER VOICE

There is this thing we all have.

It is called the inner voice.

It is really fun to talk to yourself as you walk through life. Our inner voice can be a really good friend. I know that I rely a lot on my inner voice to keep up my energy levels and to maintain a positive attitude.

But one thing we all should know is that our inner voice has an evil twin.

It is sorta like that “Gollum” creature in the Lord of the Rings movies.

If you are not familiar with Gollum, then try thinking of the “Force” in the Star Wars movies! There is the good side of the force. And there is the “dark side” of the force.

Ok...so if you have not seen either of those movies, then I am fresh out of analogies!

We all need to stand guard at the gates of our mind's psyche and try to keep the “Dark Side” away.

Unfortunately, after a breakup, we are more prone to falling prey to the Dark Side.

When we feel rejected, our sense of self can take a dump. The dark side of our inner self starts seductively chipping away at your insecurities and vulnerabilities.

Your Inner Critic (i.e. the Dark Side) loves making you feel bad. It thrives on that. It loves to take a bath in chaos and drag you along for the ride.

The Inner Critic likes to use the power of suggestion.

It will say things to you like, “you will never survive without your Ex”.

It will intimate that, “no one will ever love you again”.

Your Inner Critic thrives on sneak attacks. Suddenly, some negative thought will just pop in your head. It is trying to encourage you to do destructive things. It wants you to believe your life is devastated.

It is really important for you to understand that your Inner Critic is COMPLETELY and TOTALLY full of it!

So let's make sure you understand that.

First of all, understand that your Inner Critic is not even real.

It is imaginary.

It came into existence in your mind because it was prodded by fear. And fear knows only fear.

We evolved to have fear.

It was a survival mechanism to set us running away from danger. Think lions, tigers, and bears!

But your fear can be tamed, just as the dark inner voice.

Everything your dark inner voice tells you is utterly false and not based in reality. It exists only to sow discontent. It is truly quite weak. You can literally chase it out of your head.

It is the Positive Inner Voice you should be listening to. It is the one that is your friend. This voice is the one that helps you out in a pinch. It is the “voice” that picks you up when you are down. It is the voice that helps you get directed at doing things like exercising, spending time with friends & family, and starting you on a journey of recovery.

The Positive Inner Voice is much more grounded in reality. It is more pragmatic and is outward focused. It wants you to do things that can help you. It is your coach and cheerleader.

It probably told you to buy this book.

Wise is your Positive Inner Voice!

## THE CYCLES OF DEALING WITH HEARTBREAK

I know you may feel dispirited.

It is not easy to trust another, then something happens and it all comes tumbling down.

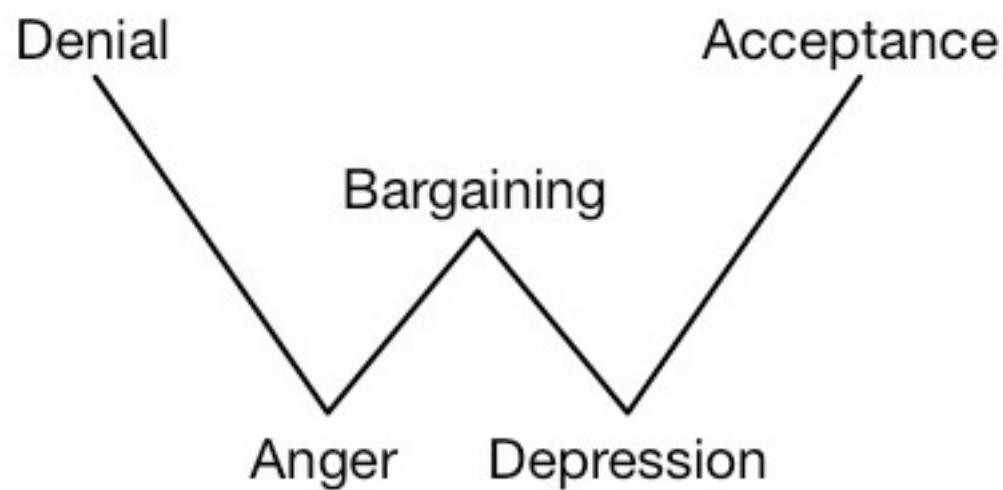
Just know that the feelings you are having are normal and NECESSARY.

You can't recover fully, if you suppress them.

So it is not uncommon for you to feel sad and depressed. Your Ex probably feels the same way, no matter who instigated the break up.

What you are experiencing is referred to as the Kubler-Ross Five Emotional Stages.

Ok.....so that sounds pretty fancy. What does it mean?



You may first go through a period of denial. This is Stage 1.

You will have this sense that what actually happened, can't be happening.

This period of denial can last a few days or even weeks.

Denial gives your psyche a chance to get use to what has transpired. But don't live in the wonder-land of denial for too long. It is not a healthy place to reside.

Stage 2 is when anger and resentment usually sets in. This is normal too. The sooner you work through this, the better. I will give you some pointers later.

Then you will generally go through a period of Bargaining (Stage 3). This is when you try to make compromises with yourself, thinking that it will be easy to deal with the problem. You may come up with some short term solutions, only later to discover that these quick fix methods were futile.

The Fourth stage is called, depression.

Oh..yea....I think most of us know what that is about!

In this stage, the person essentially gives up and retreats into themselves, not wanting to do much of anything. The duration of this stage varies widely depending on the person and the severity of the breakup. It can last several days....weeks....or just hours.

The psychologists say we all experience some form of depression before we move into the Last stage, called Acceptance.

When we enter into Acceptance, we have largely made peace with ourselves and our situation. We are in a better frame of mind to deal with the problems at hand. We are better equipped to accept

what is happening or what is about to occur. We are calmer and able to act more rationally. This enables us to explore realistic options going forward.

# THE NO CONTACT HELPS WITH MANAGING EMOTIONS

As much as you think the connection with your Ex is broken and that you are screwed, I have news for you.

It is not likely your relationship with your Ex is completely severed.

This is the case because it is difficult to completely sever a relationship connection with a lover. There is a lot of science and neurobiology that supports this conclusion.

To optimize your chances, you need to time to recover.

That is the beauty of the No Contact Principle.

It allows you to work through your cycle of emotional grief and eventually come to accept the situation you are in.

I think of the No Contact Period as an Enabler.

It is what you do with this time that can make a big difference in your life.

Spending our time wallowing in heartbreak does not seem to be a healthy coping strategy, wouldn't you think?

And largely, that is true.

But an interesting research study, that was published in the Social Psychological and Personality Science Journal, suggests that reflecting on one's recent breakup can help you heal.

The results were based on a study of two groups of students. One group of students were asked to come to a lab to regularly answer questions about their breakup. As a result of these regular visits to the lab over a 9 week period, these students openly discussed a variety of issues around their breakup.

The second group of students just came in twice to the lab. Once at the beginning of the study and once at the end of the 9 weeks. The survey they completed was relatively basic.

The results of the research revealed that the first group of students fared much better, as the frequency of visits to the lab and the opportunity given to discuss their breakup (in a more positive light), allowed the students to process better what happened to them.

Group 1 also seemed to develop a greater sense of who they were “individually”. This led to them feeling less sadness and also contributed to feeling less lonely.

The key finding from this study is that “finding one’s self” after a breakup is key. Further, it was believed that calmly thinking about what “went down” between you and your Ex, can eventually pay dividends. This is the case because you eventually end up detaching from the negative feelings you may have had about yourself.

## DETACHING FROM YOUR PAINFUL PAST

It is not healthy to constantly think and live in memories of a painful past. But ironically, one way to stop such obsessions is to calmly reflect on what happened, then extract positives experiences or lessons learned. This could entail discussing it with someone or writing it down, just like the students did in the research study.

Think of it as a form of purging

Hence, this is one reason why I feel the No Contact Period provides a lot of potential upside.

If one is constantly trying to communicate and confront their Ex about the relationship, that approach usually serves to only awaken the bad feelings.

At a certain point following the breakup, an important pivot should take place in order to regain your sense of “self”.

Throughout the 2nd half of this book, we will be discussing a number of strategies you can employ to help you realize this pivot point.

But the first step is to understand the No Contact Rule.



# NO

## CHAPTER 4

# WHAT IS THE NO CONTACT RULE?

Ah, the No Contact Rule!

It's what this book is largely about. But I have yet to dive into exactly what it is all about.

After all, many people have different ideas regarding how to implement the No Contact Rule.

For example, one of the things that I do a few times a week is I go to Google and check out my competition.

(I don't like people stealing my precious visitors!)

Oftentimes, when I do check out my competition, I find my peers suggesting a super long No Contact Period (i.e. some in excess of 60 or 90 days.)

My point here is that everyone seems to have their own spin on what is the best way to implement the No Contact Rule.

So what's mine?

Well, that's the funny thing. When I first started in the "Ex Recovery" business, I generally believed that everyone should strongly consider the No Contact Rule. I recommended a 30 day period. And I advocated you should rarely break that commitment.

I did list a few exceptions in which the No Contact Rule could be interrupted, but most of those were practical and reasonable.

For example, what if you have a child together? Or what if your Ex shows up at your doorstep wanting his or her things back or trying to make a plea to forgive him or her?

So I have weighed into those types of exceptions and still feel my advice in the past applies.

However, earlier in this book, I mentioned that my position has evolved and I am no longer dead set on you maintaining a strict adherence to the No Contact Rule in every situation.

Though, I strongly caution you to be careful with making exceptions and consider my advice on this topic very carefully. I will be getting into all those details later!

So, all in all, what this amounts to is....

My Early Advice < My Advice Now

Why is my advice better now, than it was a few years ago?

First of all, let me just underscore again, that I have not overhauled my advice. Rather, I have made some modifications. And I have flushed out many more angles and situations you should consider.

So it would be fair to say that the treatment I am providing on this subject is much more comprehensive.

I am more experienced and have seen thousands of situations, so my opinion on things changed a bit from the early days.

After all, you would expect someone who has been training in a discipline for several years to be more sophisticated than when he/she started, wouldn't you?

I have you to thank for that!

The hundreds of different situations that people have brought to my attention has forced me to examine everything much more closely and in much greater detail.

So with the purchase of this book, you are getting an even more informed view on the No Contact Rule and how to apply it.

With several years of experience under my belt and considerable study in this area, I believe you will find even greater value from my advice.

So, it's off to the races!

***The No Contact Rule:*** *A period of time in which you ignore your Ex, DELIBERATELY, in an attempt to make them miss you more and ultimately allow them time to erase any bad feelings they have towards you; while simultaneously providing yourself an avenue to emotionally recover and grow as an individual.*

Now, there is a lot to dissect with this definition.

I suppose we can take this one step at a time.

Let's start with "A Period Of Time."

The No Contact Rule - **A period of time** in which you ignore your Ex, DELIBERATELY, in an attempt to make them miss you more and ultimately allow them time to erase any bad feelings they have towards you; while simultaneously providing yourself an avenue to emotionally recover and grow as an individual.

How long exactly is this period of time?

Above, I mentioned that I found a few of my peers recommending 60 to 90 day rules.

But is that ideal?

Is going into a freeze out period for 90 days really ideal?

No, and research supports my view. And I also have considerable practical experience which informs me!

Let's start with the science first.

Most people who recommend using no contact for 60 to 90 days fail to take the "Habit Principle" into account.

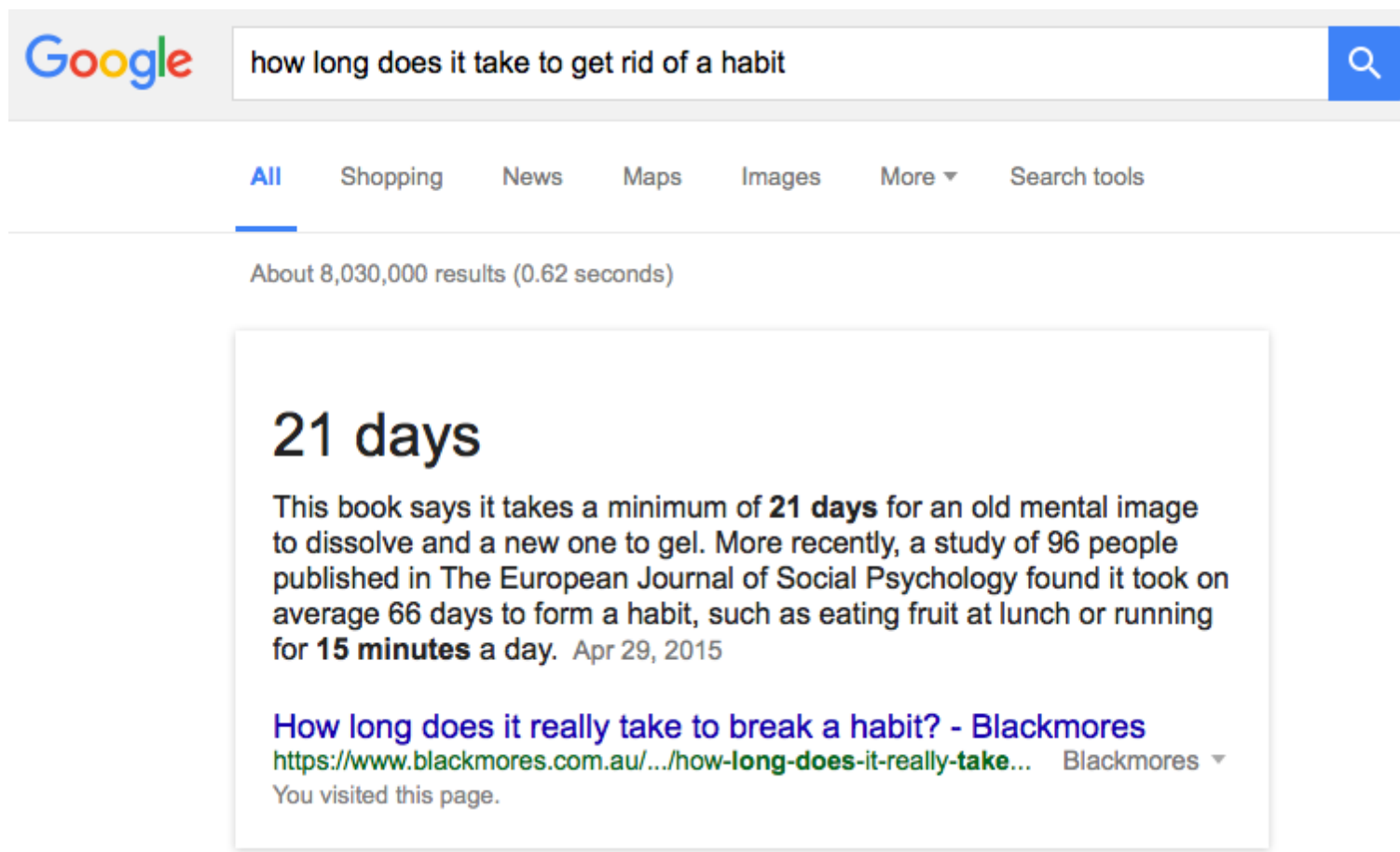
What is the habit principle?

I am glad you asked!

# THE HABIT PRINCIPLE

How long does it take to break a habit?

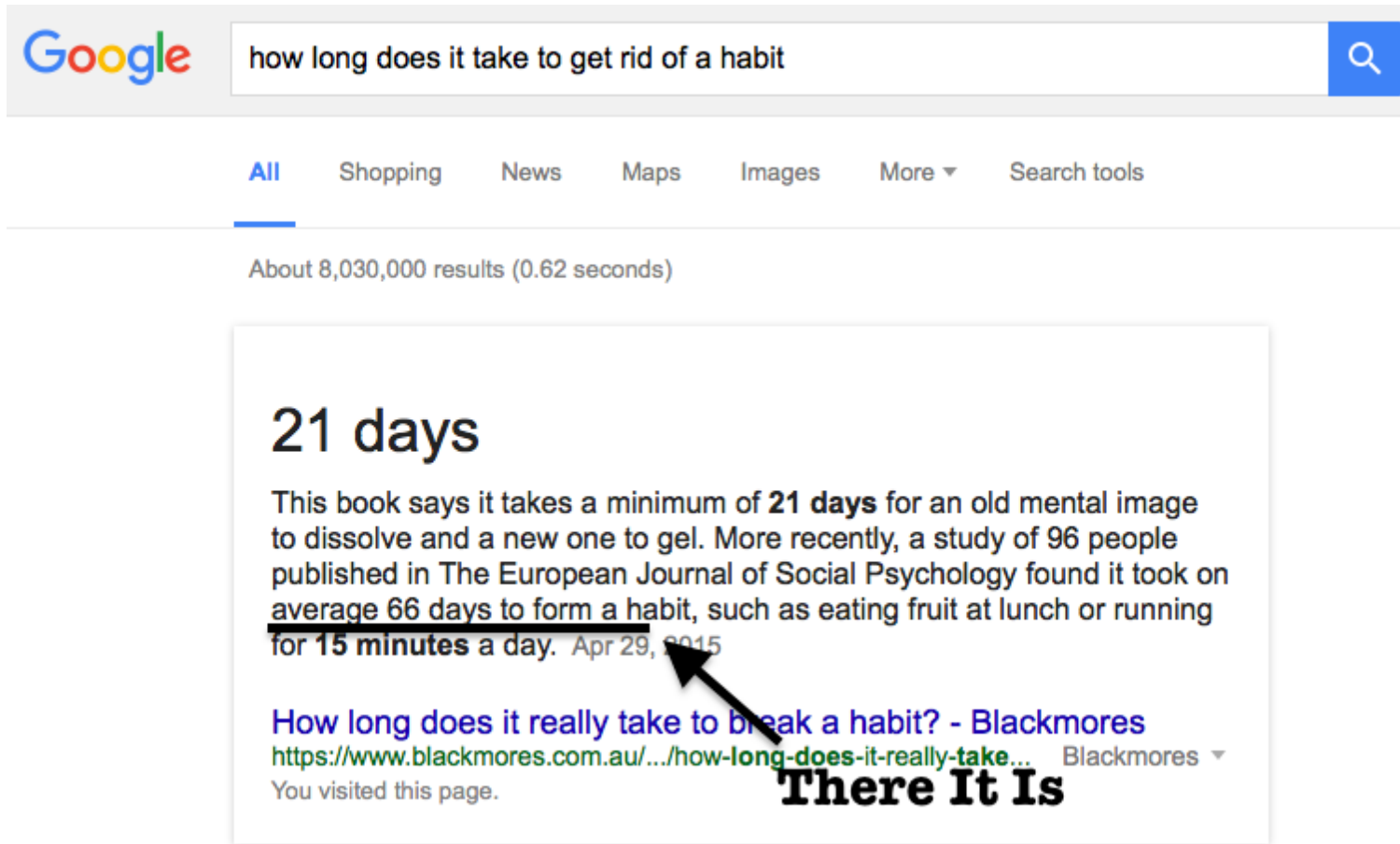
Let's ask Google.



Wow, 21 days does not seem that long.

But actually...

The Google result is missing something important.



So, contrary to popular belief, it DOES NOT take 21 days to develop a new habit or routine.

It takes about 66 days on average...

Of course, we are talking about averages. It could actually occur sooner (18 days) or take a much longer period of time (254 days).

Also bear in mind, there are many factors that influence habit forming behavior, ranging from the person's attitudes, personality type, and the circumstances at play.

But let's not get lost in all of the minutia. A good benchmark to use is around two months.

Like I said.... about 66 days!

<http://www.bustle.com/articles/58195-how-long-does-it-take-to-develop-a-new-habit-66-days-says-science-or-debunking>

Now, how does this apply to the No Contact Rule?

Good question!

Let's pretend that your Ex decided that they wanted to get out of the habit of thinking about you.

Like I said much earlier, given the seductive forces of "attachment theory", this is not an easy thing to do. (Oh, don't worry....we will be talking more about attachment theory!)

But let's just say, your Ex was determined to put you out of their mind.

In other words, they wanted to completely get over you.

Well, according to scientific research, it would take them, on average, 66 days to get out of the habit of thinking about you so much.

You want to know what would help this 66 day process along?

IGNORING THEM FOR 60 OR 90 DAYS!

That's why I don't like recommending a "No Contact Rule" that exceeds 45 days.

This begs an interesting question.

Is there an exact guideline that you should follow when it comes to the time period of the No Contact Rule?

Hmm...

What is the best way that I can answer this?

Ok, below I have put together three "No Contact" time frames that you could follow.

1. The 21 Day Period
2. The 30 Day Period
3. The 45 Day Period

So which one is perfect for your situation?

Well, that really depends on your situation.

I know that sounds like I am avoiding the question. But the truth is there are many variables that impact such a matter.

However, I know you guys always want more definitive answers, so here is all I will say when it comes to choosing a time frame to embark on.

**The 21 Day Rule** = Usually effective for situations where the breakup ended on reasonably good terms and you feel your healing process won't be too difficult. (more on that later).

**The 30 Day Rule** = Good for situations where the breakup wasn't well received by either party or other people (i.e. a new boyfriend or girlfriend) are involved. You feel damaged and some work is needed to help you regain your confidence and self esteem.

**The 45 Day Rule** = Probably a good time period if the relationship is reeling from a cheating episode, betrayal, or serious lying. Considerable personal recovery is needed.

Let's move on to the next element of our definition.

The No Contact Rule - A period of time where **you ignore your Ex, DELIBERATELY**, in an attempt to make them miss you more and ultimately allow them time to erase any bad feelings they have towards you; while simultaneously providing yourself an avenue to emotionally recover and grow as an individual

Ignoring...

You get that concept, right?

Your Ex contacts you wanting to talk. You politely tell them you wish not to communicate. You need time for yourself.

Simple, right?

Well, not so fast!

In the past, I said numerous times that you should not communicate with your Ex.

Exceptions to this rule were very rare.

Well, I have softened my views on this point.

For now, all you need to know is that you should not communicate with your Ex so long as it's reasonably possible, unless you run into CERTAIN exceptions which I will talk about later!

Pretty simple, right?

Nah, not really!

Of course, that is why I have written this detailed book!

Ok, lets move on and talk about the REAL purpose of the No Contact Rule.



# WHAT IS THE PURPOSE OF THE NO CONTACT RULE?

Isn't the purpose to make our lover suffer?

Don't we want them to miss us terribly?

Isn't revenge a "dish best served cold"!!

Actually, the purpose is much less about your Ex missing you and much more about you finding yourself and becoming a BETTER you.

The No Contact Rule - A period of time where you ignore your Ex, DELIBERATELY, **in an attempt to make them miss you more and ultimately allow them time to erase any bad feelings they have towards you; while simultaneously providing yourself an avenue to emotionally recover and grow as an individual.**

In my view, this is the long pole in the tent.

If you cannot take the necessary time and action to recover and heal, then you will be in a less advantaged position to reunite with your Ex.

And just perhaps, during this recovery time, you may decide you do not even wish to pursue any future relationship with your Ex.

When you get to my Chapter that deals with Recovery Strategies, please read every word!

Your goal should be to detach from your Ex, then become the best version of your HAPPY self.

So ultimately the No Contact Rule serves three main purposes.

Yes... you read that correctly, THREE PURPOSES.

Let's begin with the first one!

# PURPOSE ONE: TO MAKE THEM MISS YOU

Have you ever heard the phrase,

Absence makes the heart grow fonder?

Well, the No Contact Rule definitely plays into that type of thinking.

The belief is that if you utilize the No Contact Rule (NC) on your Ex, you will let enough time go by such that they miss you and ultimately will want to reach out to you.

Sounds too good to be true, don't you think?

Well, for most people who implement NC, it is.

Sure, every once in awhile all it takes to get an Ex back is to complete your NO Contact Period, but even I will admit that a rare occurrence.

There is a lot more one should be doing during and after No Contact.

And by the way, just getting through 21 or 30 days of No Contact is no easy undertaking.

But I am getting off topic here.

What you need to know for now is that the No Contact Rule can contribute to an Ex missing their lover.

Will it make an Ex come back for good, just by doing this one thing?

That's obviously your hope, but I want you to understand that it's rare.

So don't get your hopes up too high.

But it definitely sets you up in a position where you have a good chance of success.

After all, you can't miss what you see every day.

OR We Could Say.....

"Absence makes the heart grow fonder,"....."Growth from love comes from a place of absence",....."How anxious I yearn for those I forsake",....."Missing someone broadens the feelings shared".

Ok, enough of that! You get the picture!

Let's move on to the next purpose of No Contact.

## PURPOSE TWO: ALLOW YOUR EX TO ERASE BAD FEELINGS THEY HAVE TOWARDS YOU

In all my time of dealing with breakups, there is one thing that is certain.

Breakups cause people to get pissed beyond belief.

The heartache and pain you feel by going through a breakup can be immense.

In fact, it's so immense, it has caused some people descend to very dark places.

My point is that going through a breakup tends to bring out the worst in people and this same principle probably applies to your Ex.

Particularly those very early days following the breakup.

Let's pretend that we could grade your Ex's anger or bad feelings for you on a 1 - 10 scale.

With 1 being not very angry and 10 being so angry they would have no problem breaking every precious item you owned.

Ok, maybe that's too graphic.

Maybe they don't break everything, but they might imagine it happening in their mind.

Immediately after a breakup is when your Ex is probably going to be the most emotional. So let's assign that a very high ranking. Maybe a 9 or 10.

But let's say that a month passes and their anger and resentment has subsided quite a bit to the 5 or 6 category.

Another month goes by and their bad feelings have largely dissipated. Now we are in the 3-4 range or lower.

Basically, as more time goes by, anger and resentment becomes less.

So, in case you missed all of that:

Immediately After A Breakup = 9-10 (Very Bad Feelings)

A Month After The Breakup = 5-6 (Moderately Bad Feelings)

Two Months After A Breakup = 3-4 (Improved Feelings)

Now, I will give you an example of this phenomenon from my own life.

My very first breakup was HORRIBLE!

I said things...

She said things...

I yelled...

She yelled...

You get the picture.

Anyway, in that moment immediately following the breakup, I was pretty upset. So, I would have definitely been a 10 on the bad feelings scale.

Such are the ways of young love. I admit, I lacked maturity. And so did she.

At the time I did not realize it. But the experience, as horrible as it felt at the time, was a growth experience. I learned a great deal about myself and about how to cope with disappointment.

I started noticing that slowly and surely as time went on, I began to feel better and better about the breakup.

You see, at a 10 on the bad feelings scale, you couldn't even talk to me without me going into a red hot rage.

When emotions runs high, logic and control runs low.

But a few months after the breakup... I wasn't like that anymore.

I was calm... cool and collected.

Time heals all wounds after all...

Well, almost all wounds!

And so does the No Contact Rule.

Think about it. By purposefully ignoring your Ex, you are essentially forcing your Ex (and yourself) to experience their own "healing time".

Let's hope they use their time as wisely as You will!

And like I teach on my website....

It's easier getting an Ex back, when they are in a happy place (post NC), as opposed to an angry place (following the breakup).

Let's move on and talk about purpose number three!

## PURPOSE THREE: PROVIDING YOURSELF TIME TO RECOVER AND GROW

Hey, you didn't think that your Ex was the only one who could benefit from having some time away from their lover!

While you are allowing your Ex's pent up, negative emotions play out, you will also be providing yourself an opportunity to recover.

Why is that important?

I always tell my clients to approach getting an ex back from a logical mindset, as opposed to an emotional one.

Why?

Because oftentimes, to take the steps necessary to win an Ex back, you have to be willing to do some things that will make you step outside of your comfort zone.

These things will be hard to accomplish at first, particularly if you are possessed by a highly emotional mindset.

But imagine if you have made progress with your recovery.

Well, your chances became that much higher. As you draw closer to becoming the best version of "Yourself", you become a happier person. You can become a more desirable person.

Don't forget.... your Ex probably won't come back just because you want them too.

Their motivation is aroused often due to another reason.

Sometimes they come back when they fear they can't have you.

## STORY TIME!

A few months ago, I started a podcast where I encouraged my readers to ask me questions about their particular situations. One of the questions that I received has always stuck with me.

It was from a woman whose question went something like this:

*“I dated a guy and we broke up about a year ago. Since that year, my business has taken off. I have changed my look completely and I am like a totally different person. Of course, when I tried to get him back, none of this had happened. Do you think that getting over an ex is a way to get them back?”*

Now, I bet you're wondering why this particular question stuck with me.

It's because, time and time again, I see this trend.....

A person tries to get their Ex back after the breakup and fails. However, when they moved on and get over the breakup and do some self improvement, all of a sudden, their Ex is back in the picture.

Why is that?

# PSYCHOLOGICAL REACTANCE

I think it plays into the notion that “people want what they can't have”.

People want “that” which they feel should belong to them. By taking something away from them (e.g. you make yourself unavailable by not communicating), the person will be motivated to pursue.

In the world of psychology, it's called “Psychological Reactance”. This concept emerged from the work of the American psychologist, Jack Brehm in 1966.

“Brehm argues that individuals have a set of “free behaviors” that they believe they can engage in at present or some time in the future. Behavioral freedoms vary in importance, with some being highly important because they deal with critical survival. Stephen Worchel (2004) suggested that these freedoms help define the individual's self-identity. A threat or elimination of freedom results in an increase of attractiveness of the forbidden act and the motivation to engage in that behavior.”

<http://www.encyclopedia.com/doc/1G2-3045302191.html>

In really simple terms, when you implement the No Contact Strategy, it's like you are secretly saying, “You can't have me. You can't talk to me. I am depriving you of your freedom to be with me”.

With psychological reactance in play, your Ex is secretly thinking, “I want what you say I can't have. It should belong to me and is part of me, so I will pursue it”

I guess I can give you another example of this principle using my own personal life!

Last year for Christmas, my wife got me an amazing christmas present. She got me a surround sound system for my TV.

Unfortunately her gift was a little too nice, because my TV was outdated and the sound system wasn't compatible.

But the gift she got me was too nice to go unused, so I decided to treat myself to a new TV.

A BIG TV.

I figured I would get a 65 inch television to be exact :) . I thought, "yea", that size should suit me fine!

I figured I would love my new TV and my surround sound system. But when I was time in a Best Buy, I couldn't help but wander back over to the TV section and admire the big 78 inch high definition screens.

My mind would start working on me. I wanted that even bigger television.

Why?

It's probably because I don't have it.

I am not suppose to have it!

It's just huge and cost a lot.

But, that didn't stop me from desiring it and buying it.

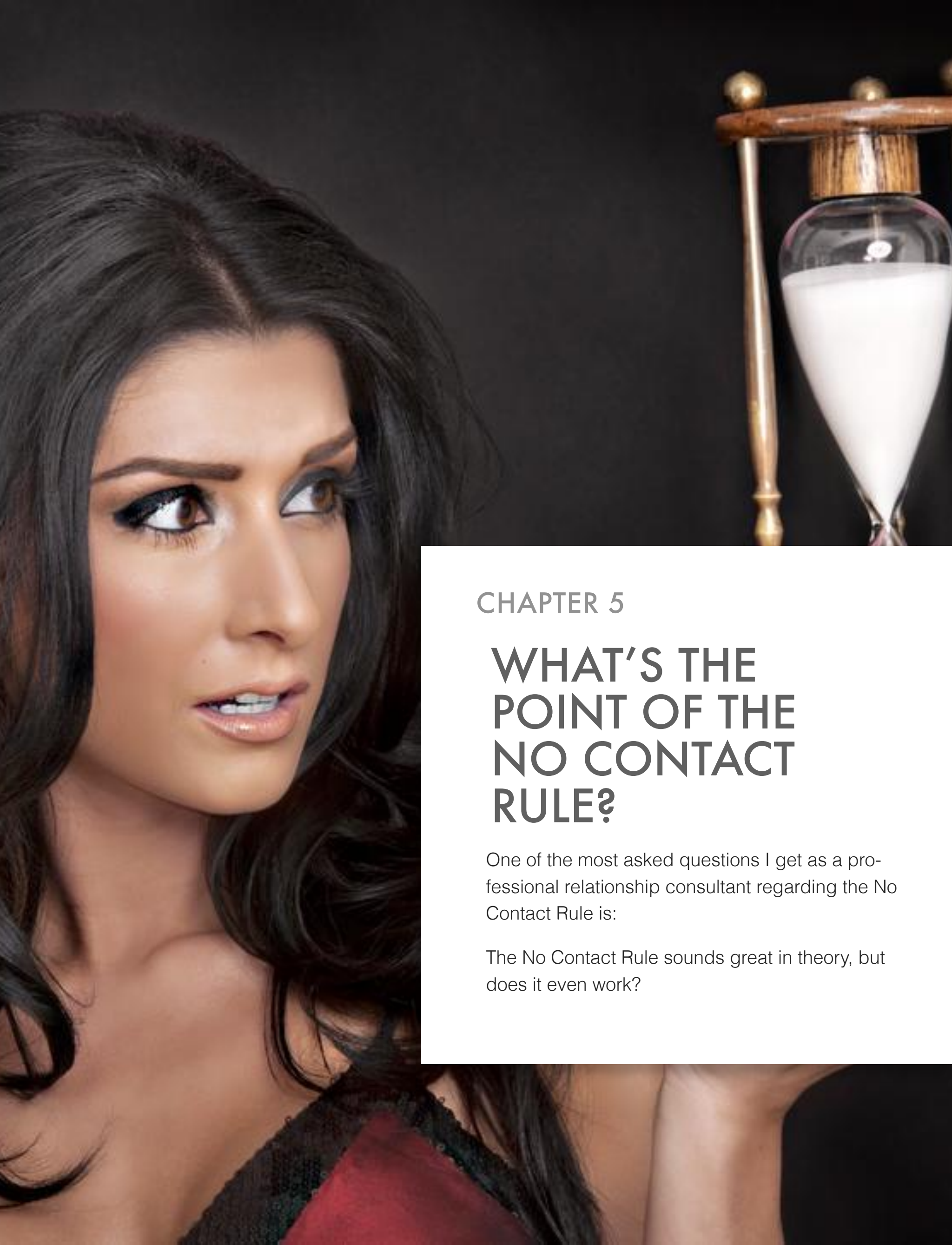
And the same principle can apply here with your Ex. Because after all, what we are talking about here is behavior and attraction.

By using the No Contact Rule to heal yourself, you can become more attractive to your Ex, partly because you are less available.

Humans have this weird ability to sense when someone is over them. I am betting, that you Ex is not over you.

And as we all know...

Humans want what they can't have.



## CHAPTER 5

# WHAT'S THE POINT OF THE NO CONTACT RULE?

One of the most asked questions I get as a professional relationship consultant regarding the No Contact Rule is:

The No Contact Rule sounds great in theory, but does it even work?

Is it even worth the risk?”

I am sure these questions have been in the back of your mind since you started reading this book.

Well, without a doubt, there are a lot of moving parts to correctly implementing the No Contact Rule.

And I offer no guarantees of success.

But I think you should keep reading on!

Let's just get right to it!

## DOES THE NO CONTACT RULE WORK?

DUHHH!!!

That's why you bought this book, right!

Deep in your heart, you want it to work.

But I don't want you to look at this concept from your heart's perspective. I want you to look at all the information I present in the most logical and analytical way you can.

I can tell you what I think you need to know about the No Contact Principle. But you have all of the insight about your individual circumstance.

So weigh it all

But I suppose you need more than me just telling you that I believe it works for most situations.

I suppose you want something more concrete.

Well, before I pull out my “ace in the hole”, let me underscore how the No Contact Rule can make a difference in 3 critical areas. And there is something else, really important, you should know. These 3 areas enjoy a synergistic relationship.

Do all three, you significantly improve your chances!

These 3 areas include:

1. Personal Recovery

2. Letting Your Ex “Level Out” Emotionally
3. Creating Interest/Attraction Within Your Ex

Basically, what you are trying to do is to create a situation where your Ex will ultimately see you as “the prize”.

You want them to spend energy, trying to win you back.

Playing “hard to get” does have a scientifically based rationale going back to studies started in the 1970s.

For example, dissonance theory puts forth the argument that people strive for harmony. When they are confronted with two conflicting beliefs, they will experience feelings of discomfort.

And that is what is happening to your Ex right now.

Your ex holds two conflicting beliefs. One of their beliefs is that they loved you and you meant a great deal to them. Your Ex would have expended a great deal of energy falling in love with you. And that counts for a lot.

The opposing belief, that has now entered into their mind, is they are unsure if they love you. Maybe they do, but perhaps they are uncertain if they “want” the relationship.

So that is the psychological dilemma often facing an Ex. A struggle is ensuing in the mind of your Ex. Eventually they have to choose between these two competing beliefs. Remember, we all seek harmony in the long run.

The way you help them choose you is to enable situations to unfold where your Ex “expends” more energy trying to win you back. They already “invested in you” when they pursued you in the first place. Now you want to build on that.

And by doing so, the more appreciative the person who pursues the goal will be, once it is attained.

This is perfect for you, as you want your Ex to stick around, once you get them back, right?

In most situations, your Ex will desire you more, if you are not too available. People love to chase.

People are drawn to that which they are told they can't have and the science behind this principle is strong (i.e. remember, it's called psychological reactance!).

This is why being too clingy or being a Text Gnat, can result in failure.

A person that is a little standoffish, can frustrate a potential suitor, thereby heightening their target drive level.

This would make the acceptance of their advances, a larger reward.

Based on this psychological reactance theory, elusiveness can be associated with value, as there is more competition for desirable partners.

Was that a little too scientific for you to grasp?

Yes....No....Maybe?

No worries, you are probably a lot like me.

You see, I hate it when people talk in a way that I can't understand and that happens a lot when you are looking at psychological principles.

Luckily, I am a stud when it comes to boiling things down so just about anyone can understand it.

So let's go over one more time because it is SUPER important!

## DUMBED DOWN VERSION OF "REACTANCE THEORY"

The harder it is to get something, the more you want it and the greater your appreciation of it will be when you actually do get it.

Let me give you an example using the No Contact Rule.

If you implement the No Contact Rule on your Ex, then that is going to make it harder for them to actually lock you down in a relationship.

Much of their anger will likely fade. They may start missing you. They will hear good things about you. They may get a bit jealous about what you are up to.

But you won't be immediately available to them. They will have to work to get your attention and show you that they are willing to work on the relationship.

The Chase will be on.

Something really cool happens when your Ex becomes frustrated at their inability to communicate with you.

It raises the chances that they will try to contact you again to get a hold of you.

And what does this do?

Well, it creates an environment where instead of you pathetically begging for your ex back, your Ex will likely be itching to talk to you.

A far cry from the position you were in before.

See, psychology can be fun!

## IS THE NO CONTACT RULE FOOLPROOF?

As much as I would love to say that it is... it isn't.

Though is anything you try to do to get your ex back going to work 100% of the time?

Absolutely not.

The No Contact Rule is not perfect.

I consider it a Pragmatic Principle

So what do I mean by Pragmatic?

Well, pragmatism is when you deal with problems and challenges for various situations in a realistic, logical and practical way as opposed to depending on untested ideas and theories.

Now, arguably, there are risks associated with it (more on that in a second.)

But that's the beauty of this book.

I am trying to minimize the risks, by increasing your knowledge of how you can go about implementing the No Contact Principle.

I am trying to point you to pragmatic solutions and insights.

# LEARNING FROM SHINOBI



If you don't know me very well, then let me tell you that I am a self proclaimed nerd.

Ok, I guess I am somewhat more than that. I am a very good athlete. I love all sports and particularly enjoy playing more than watching.

But yes... I love nerdy things.

"Magic The Gathering"... LOVE IT

Anime... LOVE IT

Naruto Manga.... LOVE IT

Ah Naruto... Absolutely LOVE IT

I love that damn anime/manga so much! Just ask my wife.....she teases me about it all the time!

But Naruto taught me something amazing that I am applying right now in this book.

You see, Naruto is all about the Shinobi (i.e.Ninjas). I know it sounds goofy, but stick with it for a second.

The way the Shinobi conduct their lives in this story is captivating.

You see, for them, they lived every single day trying to achieve perfection. But perfection was impossible, so they would train to become as close to perfect as possible.

What a concept!

Understanding that perfection is impossible to achieve, the Shinobi was determined to try to become that which is closest to perfection.

So, they trained every day to try to become flawless, knowing full well that perfection was impossible to achieve.

The way I am reshaping the No Contact Rule in this book, in part owes itself to this principle.

I am taking a concept, that will never be perfect, and shaping it to be as close to perfect as possible, understanding that the pursuit of excellence is a worthy endeavor.

Here is my philosophy.

If you train every day trying to become as close to perfect as possible, you will inevitably see positive results.

You too, can become a Shinobi!

And if I keep seeking to improve the No Contact Rule, you will be the one that benefits.

Now, I will get into some of the “tinkering” I am doing with the core concept of the No contact Rule in a second, but for now let’s discuss some of the things that can go wrong with the No Contact Rule.

“What”, you scream!! “Something can go wrong??”

Well.....yesssss. I am not a miracle worker!

There are these things that make the outcomes of the No Contact Rule impossible to predict.

Can you say, UNPREDICTABLE HUMAN BEHAVIOR! How about, IRRATIONAL HUMAN EMOTIONS!

Yep, these things can sometimes throw a monkey wrench in our best laid plans.

For now, why don’t we look at the other side of the argument.



## CHAPTER 6

# THE ARGUMENT AGAINST NO CONTACT

I am not going to say they are completely wrong, because are always cases in which any strategy or Principle you adopt, will come up short. But I do feel their views are mostly wrong for the majority of people.

Hence, I don't wholly sul have always believed that no one has a corner on wisdom.

As we tackle this most difficult topic of who, what, when, where, how, and why we should make use of the No Contact Principle, I think it is appropriate to discuss the Argument against implementing No Contact.

Now, you should know that there are some relationship experts who advise never to implement the the No Contact Principle following a breakup.

Others say it should be implemented only in rare situations.

Now, I don't necessarily subscribe to their philosophy, though I agree there exists certain situations in which the No Contact Principle either won't work or should be modified given evolving circumstances. I will be discussing this at more length in upcoming Chapters.

For now, let's look at what drives their thinking and narrative. I always feel my clients benefit most when they receive the full range of viewpoints.

Ultimately, it is YOU who has to make a decision on what you wish to do and how you will do it.

Their logic usually revolves around points such as:

**1. It is best NOT to pursue a strategy of emotional distancing and defensive detachment.** At the end of the day, it is how effective you communicate with your Ex. It is about pursuing attachment and creating an emotional connection. It boils down to how your Ex thinks of you and feels about you. That is what will pull the two of you together.

**My thoughts:** This is a simplistic way of looking at the dynamic of what is happening on the ground. More often than not, emotions are flying around after a breakup. Hence, if you try to rush back into the melee that led to the parting of ways, you may very well run smack up against more resistance, creating more distance and chaos.

People need time to decompress and if the breakup was of a serious nature and/or has followed previous breakups, then an extended time away from each other is usually beneficial.

**2. Using the No Contact Rule to try and make your Ex miss you is wrong.** It is not about love. It is an effort to trigger fear and feelings of rejection and abandonment.

Why should we prey upon one's insecurities? It is better to stay in contact and try to work things out. Usually a person adopting a No Contact strategy is hopeless and desperate, so the approach hardly works because it is a last ditched effort to manipulate.

**My thoughts:** I think this argument is really stretching the reality of how relationships really work. I believe the vast majority of couples wish to avoid breakups and do everything they can think of at the time to avoid breaking off the relationship.

So when it happens, usually both parties are devastated, irrespective of who initiated the separation. The time leading up to the breakup is usually a disruptive period, as the relationship wobbles in fits and starts.

While it is true an Ex may come to miss their partner after the No Contact Period has been initiated, that is not the prime driver for why No Contact is implemented.

Getting healthy and putting space between each other to facilitate greater insight and perspective on how to proceed or whether to proceed, is the driver of the process.

I do agree that no one should enter into No Contact with the express purpose to cause the other person to feel rejected or abandoned. The reality is that has already happened when the couple broke up. That genie of emotions is already out of the bottle.

**3. People who were in decent relationships, but eventually broke up, should always maintain some level of contact.** If contact should cease, it should do so naturally and should never be forced. No Contact just destroys the foundation of the relationship. It fractures trust and creates anxiety and is really just a power play.

**My thoughts:** The reality is that people have relationships that range from weak to strong. But once things have deteriorated to a place where a breakup has occurred, then arguably, all such relationships are now “weak”.

And in most cases, you won't be able to simply talk your way right back into a healthy relationship. It will take time. Both people will need time to get in touch with their feelings. If you force your communications upon your Ex, you are likely to weaken the foundation even further. You can become a gnat. The divide between the two of you will likely grow wider.

I don't see the No Contact Principle as a power play. Rather, I see it as a “Personal Play”, in which you are trying to get your mind, soul, and body in shape. And hopefully your Ex is on the same journey.

**4. If you must use No Contact, then do so only for your personal health.** Use it to see things with greater perspective, but only if you don't want the person back in your life.

Sometimes it does help to have a little space, even if you want them back in your life. But chances are that they will have already moved on after not hearing from you. If you pop up back in their life after being separated for a long time, it may just interrupt their new normal.

**My thoughts:** I certainly agree with the personal health/perspective view, but I think the rest of their argument is quite weak. Certainly, we can all agree there is variability to how people will behave after a breakup and a lot of that depends on how strong or weak the relationship was prior to the breakup.

And there are several other factors that can play into this whole business of just how long you should implement No Contact. Indeed, I will be covering this in much greater detail in a few of the upcoming Chapters that address the EXCEPTIONS to the No Contact Principle.

But to wave off the potential value of implementing some form of No Contact with a stroke of a pen and assert that your “Ex” will just move on and not want you back in their life, disregards what science has to say about the lasting effects of attachment.

Now, if you ignore your Ex for 60 to 90+ days, then research tells us that new routines can form. I usually recommend 21-30 days for the No Contact Period. But even after 60 days, I am not convinced that most Ex’s will think they are better off without you, particularly if the prior attachment and relationship history was relatively fulfilling.

If the previous relationship was highly dysfunctional, then it may very well be a good thing that the couple does not reunite.

How one modifies The No Contact Principle is largely dependent on 7 different variables which we will discuss later in the book.

All of these variables impact how and when it should be used.

Since the No Contact Principle operates on so many levels, it can produce some surprising results for you.

Sometimes the No Contact Period should be interrupted if certain circumstances unfold. We will discuss this at length in the Exceptions Chapter of the ebook

Sometimes it should NOT be deployed at all (e.g. not a serious breakup), which we will also discuss later.

Wow! We still have a lot of things to discuss.

For now, let’s take a deeper dive and explore your fears about what can go wrong when implementing the No Contact Principle.

A close-up photograph of a hand moving a white chess piece on a wooden board. The background is a warm, golden sunset over a body of water, with other chess pieces visible on the board.

# WHAT CAN GO WRONG WITH THE NO CONTACT RULE?

## **What Can Go Wrong #1: You Use No Contact And Your Ex Moves On**

I'm not going to deceive you.

Sometimes, I REALLY hate being completely honest.

And this is one of those times.

I don't want you to give up hope. Hope can be a powerful mechanism in your mind. Hope is about being positive.

What I am saying is that I want you to be hopeful, but pragmatic!

Yes, it's entirely possible that you can use the No contact Rule on your Ex and they can find someone else.

Of course, that could happen even if you don't employ the No Contact Principle.

Anyway...back to the risks!

When you initiate No Contact, you are essentially ignoring your Ex (sort of) and they may not just sit around waiting for you to respond.

Hold it now!

You might be wondering what I meant when I said, "sort of". Well, I sort of want to tell you now, but I sort of would whether wait until later.

Let's do this. I promise we will discuss the "sort of" communications with your Ex when we get to the Chapter on Phantom Communications.

I hope that is cool with you!

Now don't go off and leave me. Stay here in this Chapter, as we have some important things to talk about!

In a perfect world, your Ex would be so caught up in their relationship with you, that they would find it very difficult to move on.

But we don't live in a perfect world.

The question you probably have at this point is how likely is this to happen?

In my experience, I have found it to be quite rare, which is good news for you.

But why?

Why wouldn't an Ex just move on to someone else after you have ignored them throughout No Contact?

Well, I think one can point to dissonance theory as a reason.

Remember, your Ex has also invested a lot into the relationship. That is what dissonance theory teaches us. Their love for you was a strongly held belief. That just does not disappear overnight.

Seldom are connections of the heart totally broken easily.

I also think you can point to the fact that there is a negative connotation which surrounds "moving on too fast", after a breakup.

Now, do I know your exact situation like the back of my hand?

No...

Actually, I can't even describe the back of my hand unless I examine it really carefully!

But I do know that if you are considering the No contact Rule, you are probably fairly close to B-day (Breakup Day).

But what proof do I have to back up this negative connotation that surrounds, "moving on too fast"?

There was a recent study released by the AP-WE TV Poll, in which people were asked:

"Do you think it's usually better for someone to wait before getting into a new relationship after a breakup, or is that not important?"

Guess what the results were?

73% of people claimed that it was better to wait before getting into a new relationship.

Now, does that mean that your ex boyfriend or ex girlfriend won't wait?

Who knows...

But I like your odds!

After all, rebound relationships tend to happen infrequently.

And guess what?

Even if your Ex goes on the REBOUND, it is not all bad.

Studies reveal that most people who get involved in a rebound relationship are trying to rebuild confidence and self esteem. They want to feel safe and stable. All of this helps them with their recovery.

<https://www.psychologytoday.com/blog/meet-catch-and-keep/201405/can-rebound-relationship-be-the-real-deal>

And the way I look at it, that can be a good thing. You want your Ex to get better and feel better about themselves. You both need to heal in order to progress to a place where you can potentially be successfully reunited.

If your love for each other is “in the cards”, then it will eventually play out.

## **What Can Go Wrong #2- You Complete The No Contact Rule And It Doesn't Work**

First things first, how does one assess if the No Contact Principle worked or not?

It truly is a relative thing.

I think everyone will have a different answer depending on their situation.

Let me give you an example.

Let's pretend you have three people doing the No Contact Rule.

Person A.....Person B and..... Person C

Person A: This individual deems the No Contact Rule successful because their Ex contacted them multiple times and now that they are finally back in touch and things are going well. The couple is work on long term solutions.

Person B: This individual deems it a success because even though their Ex didn't contact them, they made great strides in recovering from the breakup and restructuring their life in a positive way. They are read to move forward without their Ex.

Person C: This individual deems it a success because now that they have completed No Contact and are back in touch with their Ex. Their Ex's anger towards them has calmed considerably, but the

jury is still out. Meanwhile, Person C is still working on becoming a happier, healthier, and stronger person

So, what do these examples tell us?

Well, it's that the No Contact Rule is deemed a success if you are better off than when you started.

Look again at the three situations above. These outcomes are fairly representative of the feedback I get from men and women.

Persons A, B and C, all considered NC a success because they advanced to a position that made it more possible for them to win their ex back. In doing so, they improved themselves and embraced a positive lifestyle.

Remember in the last Chapter when I discussed the point of the No contact rule?

Well, the underlying theme behind the "point" is that the No contact Period enables you to be in a better position than you were in when you first started this process.

Now, when you look at things in this way, there is a high probability that the No Contact Principle will work for your situation.

Of course, you can run into trouble when you get people with unrealistic expectations.

What do I mean by that?

Well, what if I told you that a portion of the visitors who come to my website expect the No Contact Principle, just by itself, to deliver their Ex back to them.

In other words, if the No Contact Principle alone doesn't get their Ex back, they freak out and deem the entire process a failure.

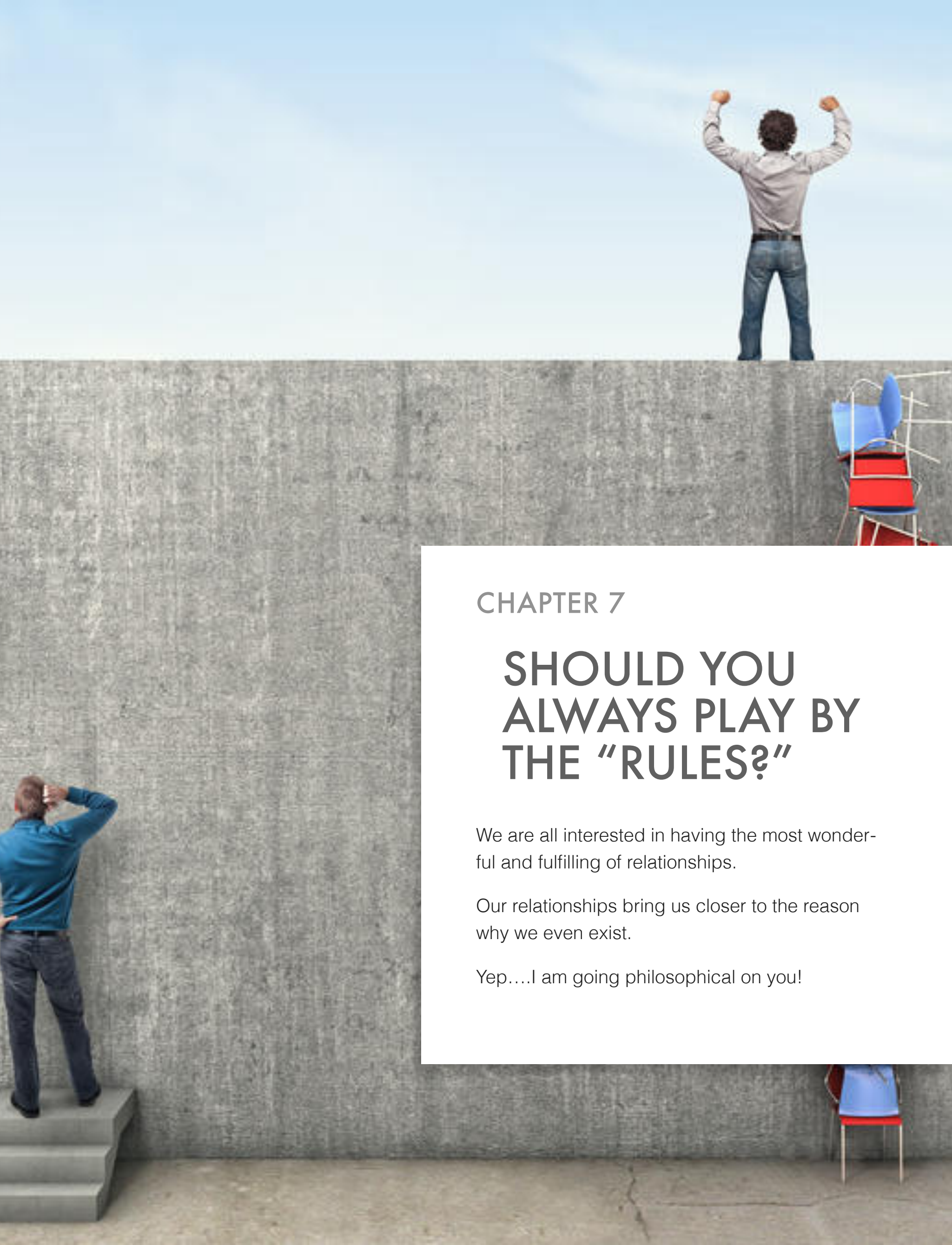
Ummm....

That's is a disconnect when you consider that the main purpose of the NC is to improve your personal situation (i.e your recovery) and improve the odds of eventually recovering your Ex.

Sure, every once in awhile, someone gets lucky with the No Contact Principle and it does end up being all they needed to do to win back and keep an Ex.

But that's extremely rare.

Clarifying and managing expectations when it comes to the purpose of the No Contact Principle is important.



## CHAPTER 7

# SHOULD YOU ALWAYS PLAY BY THE "RULES?"

We are all interested in having the most wonderful and fulfilling of relationships.

Our relationships bring us closer to the reason why we even exist.

Yep....I am going philosophical on you!

Without contact and interaction with other people we love, then our very soul gets whittled away.

So are there exceptions to how one should apply the No Contact Rule?

It can be pretty scary for someone when they are told to cease all communications with the person they love.

Where is the wiggle room?

And for those who may still be hesitant, let me again voice your objection.

You may be thinking, “Gee Chris, It is difficult enough to tackle the world out there by myself. Now you are telling me to just go it alone for 21, 30, or even up to 45 days”.

Well sometimes, to draw closer, you have to step back to gain some perspective and reconnect.

And I am talk about both drawing closer and reconnecting with “yourself” and your “Ex.”

Can your relationship definitely be saved by strictly using the No Contact Rule?

No it can't.

No set of rules are foolproof.

But if implemented properly, you and your significant other stand a good chance of benefiting.

By the way, let me dispel another myth. This notion that there are strict “Rules” that govern the “No Contact Period” is nonsense.

Let me teach you something real quick!

It is what I refer to as the “Word Problem”.

Sometimes it is difficult to convey meaning using words, because words do not always specifically describe the full meaning behind the author's thoughts.

Of course, I used the title, “The No Contact Rule Book” as the name of my book because most people identify with that phrase. They have a decent understanding of what it means.

But the truth is, I am not thrilled with the phrase “The No Contact Rule”.

I prefer other words like “Guidelines” or “Principle”.

As I have said before, the word “Rule” is too confining. It puts everything in a nice, tidy little box.

Rule thinkers say, “If you go outside of the box, you are in big trouble”.

Well, I guess I am in trouble!

Relationships cannot be reduced to information you can fit into a little box.

Every individual client case I deal with has its own set of variables and complications. So it's not like I can drag down a stone tablet from the mountaintop and recite the the appropriate verse that applies.

It just does not work that way.

I like the idea of having a “principled” game plan I can share with you. Within these guidelines, we will discuss many different scenarios in which modifications to these guidelines may be appropriate.

So this will be the approach we will continue to take as you progress through the various chapters of this book.

I believe that is the best way to give you insight about these matters.

## WHY NO CONTACT IS SO HARD TO IMPLEMENT

So why is it so hard to actually implement?

I mean, after all, the whole idea is that this is suppose to be YOUR time. It is intended to be time for you to get back in touch with your feelings.

It is suppose to be an opportunity for you to be extremely honest with yourself and look at the things you can do differently to be a better relationship partner.

It is intended to gain perspective and heal.

So why do some people report that going through the No Contact Period is one of the most difficult things they have ever done?

Well, if you recently experienced a breakup, you are already suffering. Just about anything you do following the breakup will seem agonizing.

You probably have been spending far too much time trying to pick up the pieces of your relationship. And as you enter into a No Contact Period, that hollow feeling inside you will not just immediately disappear.

So I expect that you will still be a bit shell shocked in the early days.

So from an emotional perspective, you come into the process already suffering.

The impact of the breakup on your emotional and physical health can be profound. None of those things just simply go away once you start the No Contact Period.

Our minds and body do not operate that way. The lingering effects can last days, weeks, or longer.

But hey, let's not make this a pity party.

What you are doing is saving yourself.

Think of your house as being on fire.

What do you do?

You get out!

Obviously, your relationship was not in a healthy place.

So you are out of it now.

It's time to rebuild.

As I have told you before, you have a lot on the ball.

And now you are embarking on a different experience.

It is meant to allow you to heal, but still the process will be new and you will have some uncertainties as to what to expect from yourself.

Your routines will be somewhat different and you will miss certain things. Some things you will miss a lot. Irrespective of the problems you encountered with your boyfriend or girlfriend, you might miss him or her terribly.

If you feel this way, it's Ok.

No really....it's going to OK!

It is necessary to work through these feelings. The fact that you are reading this right now is going to help you.

So don't panic.

The intensity of these feelings will diminish over time, particularly if you take proactive steps to become the best version of yourself. I promise you, we will talk about this a great deal more!

There is something happening deep in your brain. We have touched on this before.

Experts tell us that withdrawing from the relationship, particularly if it comes to a sudden end, is akin to coming off of an addictive drug. Studies reveal that the withdrawal symptoms are uncanningly identical to an addict. And this is because of certain vulnerable parts of the brain that are being activated.

The feel good chemicals, such as dopamine, is on the decline and your stress hormones are on the rise. All of this amounts to a really crappy chemical cocktail.

Brain chemistry can be a bitch sometimes!

Did you know that having excess stress hormones can create inflammation (i.e raises the level of cortisol)?

Breakups are not a healthy thing to experience. You need to start healing

Quickly, before I forget....did you know that if you walk 10,000 steps daily, it can do wonders in reducing those stress hormones and getting rid of the body's inflammation?

Why not get one of those Fitbits and start walking!

I am tell you, once you get one of those devices, you will love it. Focus on something positive like walking a lot!

The way I see the world is when one door closes for you, another one opens.

I want you to adopt this attitude!

There are actionable things you can do to speed up your recovery. And no matter how bad you feel now or tomorrow or a week from now.....you WILL feel meaningfully better in the near term future.

The brain has evolved over millions of years and it is quite resilient.

Balance will be restored.



# EXCEPTIONS TO THE NO CONTACT RULE

Now we are going to talk a bit about what might qualify as a PRACTICAL Exceptions. I characterize such exceptions as “practical” because it makes sense to tweak things sometimes.

That sounds reasonable, doesn’t it?

Let’s start with the period of time!

When you find it necessary to implement a No Contact Period, you should realize there is no magic number of days that is guaranteed to be optimal.

I have discussed this already in the previous Chapter, but let’s make sure we are all on the same page.

Remember, the primary reason you utilize the No Contact Principle is to allow you to focus on your own emotional needs and personal growth goals.

And sure, you want your Ex to work on their needs as well. After a breakup, pain and suffering is cast in all directions. So both you and your Ex will need time to recover.

I have advocated that you utilize this Principle only if you have broken up with your lover and it’s the “real deal”.

We are NOT talking about the two of you experiencing a temporary fit of anger, in which one or both of you stormed out.

Nor are we talking about an empty threat to break up.

And if this is the first breakup between the two of you, just make sure it is the real deal before you initiate No Contact.

I have had several cases in which I received an urgent email from an individual desperate to get

help with their breakup. Then two hours later, I get another email in which the same individual informs me it was a bit of a false alarm.

Moral of story: Don't initiate the No Contact Principle unless you are certain that the breakup is for real...not a test of wills or a hissy fit.

The period of "No contact" can range anywhere from 21 days to 45 days. So there is some flexibility, depending on the particulars of your situation.

Later, I will talk about SPECIAL Exceptions to this time period range. But for now, we are still discussing the PRACTICAL Exceptions.

Whoa...did I just do that! Did I acknowledge that there are certain Special Exceptions to the No Contact Principle? Yep, I guess I did. Well, you still will have to wait a spell before you learn about them!

Let me give you a little advice based on the thousands of people I hear from on this topic.

Forget about those relationship experts that say you must set a specific period of time, like 60 days, and come hell or high water, you have to stick with it.

I just don't think it is wise for me to be too specific on the time period.

And I certainly am not a fan of telling folks that they should never make an exception. But I would recommend you read this book thoroughly, before making any exceptions.

Inflexibility is not my cup of tea.

That is not how the real world of relationships operate.

There are many variables, occurrences, and complexities associated with relationships.

So it would be silly for me to advocate that you take a certain set of actions, but never deviate. Circumstances can change that may require revisiting the initial plan.

If you are entering into a No Contact Period for all of the "right" reasons, then I would recommend it range from 21 to 30 days immediately following the breakup.

Don't exceed 45 days for the reasons I discussed in the previous chapter (i.e. the theory of forming a habit or routine).

## SHOULD I GIVE MY EX A HEADS UP?

I have thought long and hard about this topic and have not previously recommended you take this action.

But my views on this matter have evolved and I am thinking you have more to gain than lose by implementing this tactic.

Perhaps the word “tactic” is not ideal. Think of this as a “classy act”.

When you decide to institute the No Contact Period, I would recommend you convey to your boyfriend or girlfriend what your intentions are.

It need not be complicated. Avoid being too wordy. I recommend you convey your intentions by text or email. Meeting in person to discuss such a matter usually leads to complications.

Remember, less is more. Keep it classy and respectful, irrespective of how crappy you believe the person behaved in handling the breakup.

Here is an example of what you can say:

“I want you to know that I really need time to think about things and start my process of healing. Please respect my privacy over this period as I will not be responsive to any efforts to contact or meet with me. Thank you for your support.”

If your Ex inquires about how long this period might be or if they have other questions or comments, do not respond. Do not take the bait.

As I described, use this time to heal.

Remember, this process is not about punishing your Ex. Nor is it to cause him or her to come running back to you after a few days, once they realize you are off the radar.

It's is for you to gain perspective and become the best version of yourself.

Before we move on, I want to emphasize on last thing!

Once you establish your time period, stick with it, unless certain SPECIAL situations unfold that call for an exception.

As promised, I will touch on that topic later, but for now, let's get into the Practical Exceptions!

## THE PRACTICAL EXCEPTIONS

The “No Contact Principle” can be a foundation for self healing and even an avenue to resurrect your relationship. So once you commit, I want you to think very carefully before breaking it off.

But there are some situations where it may be beneficial to you and your relationship, to momentarily break your commitment. I consider these type of exceptions as a brief “interruption” of your strategy for practical reasons.

The Practical Exceptions include:

- **Children:** There could be times when you will need to interface with your boyfriend or girlfriend regarding matters involving your children. Keep your communications civil, respectful and short. For those of you who have children, be sure to read the Chapter dealing with “Limited Contact” if you are still living together.
- **Financial:** Same as above. Sometimes financial matters are one of the triggers of conflict. If that is the case, then communicating by email might help with avoiding uncomfortable and potentially negative conversations.
- **Work:** If you work together, you can employ “limited contact” at work and “no contact” outside of work. Again, keep conversations at work only about business. If your Ex tries to bring up personal matters, just state you are not ready to engage in those discussions.
- **House/Apartment:** If you have been living together, it is likely that some household issue will occur which may require your Ex’s input or intervention. If your boyfriend or girlfriend needs to come to the home/apartment for some matter, arrange to have a friend present and keep the conversation with your Ex limited to just the issue at hand. Or just arrange to be away during the time your Ex comes by.
- **A Genuine Fig Leaf:** In some cases, your boyfriend or girlfriend may make genuine and sincere efforts to reconcile. They may have sent you several text messages or left phone messages or sent you emails....all with the same friendly, respectful tone. If this happens in the first several days following the breakup, it may still be too soon. You have a few choices. You could break off the No Contact Period and try to make a go of it. I don’t recommend that. What I would suggest is you send your Ex a one time text or email expressing your heartfelt appreciation for their “kind gestures”. Then respectfully tell them you need more time for healing and reflection. Then resume your No Contact Period for a while longer. If they are coming to you from a “real” sense of reconciliation, they will understand. Ok...here is another scenario. If your Ex has extended a genuine fig leaf (e.g. made multiple friendly contacts) and at least 14 days of your No Contact Period has elapsed, then you could take the risk of ending the No Contact Period if you feel you have had an adequate period of time to experience self healing. But you must be convinced that your boyfriend or girlfriend is really open to talking and repairing the relationship. Talk with them first. If you are still convinced, then set up a meet up. I recommend the location be a neutral, public place. During the meet up, your goal is to as-

sess your Ex's intentions and level of commitment to working through the problems. Don't grill them or make demands. Just let them do most of the talking. This is a time to take small steps. Take things slow. The truth eventually reveals itself.



## CHAPTER 8

# HOW TO EXECUTE NO CONTACT

It's simple!

You need to understand it completely, then do it.

Ok...that sounds easy, right!

Hold it, not so fast!

Understanding this Principle, COMPLETELY, is not so simple!

Have you ever noticed that relationship experts like to talk about this topic but they usually just grind out just a few paragraphs without going into a lot of specifics?

One thing I learned in short order is that my many readers want details. Every one of them have somewhat different situations.

I guess it is normal for experts to grab a hold of a generic concept and put it out there for masses to digest.

But that is not my style. I like to provide a lot of color and look at all of the different permutations and possibilities. I think that provides my readers the best of value.

There are tons of couples who are seeking help with getting their relationship back on track. And when they hear about a technique or strategy that can help them, they will in most cases latch on to it and ride it as far as it may work in their personal situation.

A problem can arise if the person gets incomplete or inaccurate information. When that happens, they are left to speculate and fill in the gaps with their own ideas.

Or a person can become paralyzed, unsure what to do.

You purchased this e-book because you wanted to learn more about the No Contact Principle and how it works and what it could do to help you with the problems you are presently experiencing.

So I am going to do my very best to straighten out some of the misinformation on what the “No Contact Rule” is all about, how it works, and most importantly..... how it can help you.

First, let's say we get out of this pattern of following the crowd.

For starters, let's take a look at the phrase itself... “The No Contact Rule”

Relationship gurus like to throw around these phrases and promises and sometimes, quite frankly, they seek to rope you in so you will buy their product.

Always use good judgement with what you choose to implement, particularly when it comes to something as important as the No Contact Rule.

Despite what they may say, no marriage expert knows exactly what is in your best interest.

Nor do I.

I may know a lot, but I certainly cannot guarantee results.

All of the factors and variables associated with any individual's particular situation is just far too complex to be absolutely certain that one's advice will be completely foolproof.

I am happy to admit this reality.

But I will give you the very best of my knowledge about this topic and a big picture view of the benefits and potential disadvantages. With this information, you are smart enough to sort through the best potential choices.

So, in keeping with my lack of interest in following the crowd of copycats, let's do this.

We are going to "play" with the name of the "No Contact Rule" concept.

First of all, the phrase starts with a negative.....the word "No".

Don't you just hate it, when someone tells you No?

As you have probably realized by now, I don't like to lead first with negatives.

Indeed, the most successful of relationships revolve around the Principle of "Positivity".

So you may be wondering, what the heck is the Principle of Positivity?

Positivity is a state of mind.

It can be your savior.

When we drill down to more specifics, I think of words like "kindness", "nice", "generous", and "up-beat" as descriptive of being a positive person.

Researchers have learned that "positivity" is the key factor that can make or break a relationship.

Kindness is like your best friend and we want to be in its presence....all of the time.

I want you to be kinder to yourself during the No Contact Period.

One of the most amazing and well known studies by researchers (i.e. Dr. John Gottman, "Why Marriages Succeed or Fail") revealed, after studying couples for decades, that the most important thing a couple can do to be successful is embrace kindness.

Kindness is the most common thread that shows up in successful, highly functioning relationships.

There is no reason why Kindness can't be your guardian angel during your recovery phase. Remember to be nice to yourself!

Ty Tashiro, psychologist, also talks about this phenomenon in his work (i.e. The Science of Happily Ever After). He talks about "kindness" as being like a muscle that you can exercise.

While some people may bring into their relationship a high level of innate positivity and kindness, it is still a behavior that can be learned, practiced, and become more of the norm.

And therein lies the science behind this interesting phenomenon.

When people become committed to practicing positive behaviors, such as exhibiting kindness in small acts, generosity in spirit, friendliness in behavior, these acts and behaviors can take form and shape in your brain from a neurological perspective and influence other aspects of the relationship.

Hey, Did We Just Get Off Trail?

Ok! So I did tell you upfront that I sometimes get off on tangents.

But this one is worth it, because at some stage you may be reuniting with your Ex. And it will be important for the two of you to lay down a foundation of how to improve the relationship going forward.

The Principle of Positivity should be the cornerstone of how you treat each other.

## THE ESSENCE OF THE NO CONTACT RULE

So let's get back to the essence of the No Contact Rule.

The idea behind this strategy is that you are to stop all communications with your Ex, so that is why it took on the name of "No Contact".

Right?

Well, not completely!

One of the greater benefits derived from implementing such a strategy is to allow YOU to get in contact with yourself. It allows you to get in touch with your own feelings and begin the self healing process.

And bear in mind, the self healing process can take weeks to take root.

As I said, I just don't care much for the word "No".

I bet you don't either. So let's, for purposes of this little discussion, just get rid of the word "No".

Hey....we can do that. We are in this moment together.

Perhaps we should change the name of this concept to the "Contact Rule".

Because after all, you most likely will need to find yourself. Breakups are incredibly confusing and chances are that you will find yourself wandering around in a fog of confusion.

So I don't want you thinking in terms of "No".

I want you to say "Yes" to getting back in touch with yourself.

I want you to say "Yes" to healing yourself and potentially your relationship.

If you are ever in a position where you need to invoke the "(Yes) Contact Rule, then you are going to be experiencing one of the roughest times in your life.

You will be needing a huge dose of recovery and that path is found in becoming "one" with yourself.

You will need to get yourself together, before you have a chance of pulling your relationship back together.

But, let's not stop there.

I am not too fond of the word "rule", either.

It is much too confining.

When it comes to relationship advice, one should be very careful about proposing strict "rules", particularly when we are dealing with the complexities of relationships.

Human beings and their relationships are incredibly complex. When we are told we should stop communicating with our Ex and never or rarely make an exception.....well that is a BIG ask.

Let's be sure we understand how all of this works.

After all, that is what this "Contact" business is about.

It is about how long you should wait before you start communicating with your Ex. It is also about what are the special situations that may require an adjustment to your strategy.

What I propose is that when you think of the concept of the "No Contact Rule", let's also think of it as the "SELF CONTACT PRINCIPLE".

That sounds a lot more pleasant and is actually quite descriptive of one of its key outcomes...specifically "becoming the best version of yourself".

That is the most important element of this Principle....YOUR personal recovery.

# WHEN SHOULD YOU START IMPLEMENTING THE NO CONTACT RULE?

Start with the end in mind, so saith a very wise man.

When you decide to implement your No Contact Period, you really need to first understand all of the reasons why you are doing it. And all of the reasons why you are NOT doing it!

Confused? I hope not!

Let me explain.

I don't want you rushing out to just do it because it seems like a popular notion. I want you to think about why you feel it will work in your situation.

This is why I wrote this book.

Usually, an optimum time to start the No Contact Period is immediately following the breakup. Just make sure the breakup is the real deal and not a bout of hysteria.

Initiating the No Contact Period is a meaningful thing to do. Once started, you should stay the course.

The No Contact Principle loses value if you flip and flop out of communicating....then not communicating.

That will seldom net you any results.

## TAKING THE HIGH ROAD

I have come to believe it is useful and respectful if you take the high road.

What do I mean by that?

Essentially, I am talking about giving your Ex a heads-up. Remember, we talked about this a bit earlier. I am assuming you both have spent a good amount of time together as a couple.

Perhaps, considerable time.

So, you may want to simply reach out by text or email to your Ex and let them know you appreciate not being contacted as you feel you need to go through a period of self healing.

Saying something like that will do. Keep it respectful and brief.

You really have very little if anything to lose by reaching out this way. Sure, if your Ex acts rudely and email/texts you back and says, “good riddance” or something to that effect, it will be a downer.

But odds are that won’t happen and that the effect of you “taking the high road” creates a sense of understanding and expectation.

In my book, it is definitely a classy act.

And quite honestly, if you peel back all the layers, you would see that such an act play right into your hand of creating psychological reactance.

## WHEN SHOULD THE NO CONTACT PERIOD END?

I guess I could be a smart ass and tell you, “well, it ends when it’s all over”!

Ok, that won’t work. Too vague, right!

So let’s say it ends after 21 days or 30 days or maybe even after 45 days.

Ok, that sounds a bit more helpful.

But, it is still not fully accurate. Nor does it leave room for exceptions and changing circumstances.

So what is the answer?

It can get pretty complicated actually.

Look, let’s try this. Let’s talk about some other factors you need to take into account in order to properly assess when you should bring your No Contact Period to a close.

I think this is a good approach because you will almost always be the best judge as to what you should do. You are the closest to the situation. All I can do is be your guide.

So take into account these factors, if you would be so kind!

- Ending No Contact may not necessarily be when you think you are ready to resume the relationship. During the early stages of the No Contact Period, you may not be the most objective person on the planet when it comes to your Ex relationship. In fact, you should expect to have numerous “close calls”. Literally, you will find yourself thinking of calling, texting, emailing, and accidentally on purpose, bumping into your your Ex.
- It may not be when your Ex contacts you without any prompting from you. I know your heart will leap into your throat, but one text or phone call rarely make everything just fine again. If that happens, be nice and respectful and calmly explain you need more time to emotionally heal and think about “things”. Let some life unfold.
- It may not be until your are sure you have experienced a meaningful healing period. Same goes for your Ex. Your Ex also needs time to get their head on straight. You need to have had time to go through the different cycles of emotions we discussed earlier. If you have any of those needy or desperate like urges, they need to pass.
- Unless there is a “clear” exception, then it is best to achieve your target date. Whether that be 21, 25 or 30 days of No Contact. Just stick with your plan and keep the focus on “yourself”. You will feel proud of your accomplishment, particularly when you look back and realize how well you have done. Remember, the goal is to become a “better you”.
- You may not be ready to resume communications until you understand exactly how you should re-establish contact with your Ex. It is important that when you reach out, you do so in a manner that will get them interested enough to respond! Of course, I cover this topic in detail on my website and my other ebooks. I will also be touching on this in the final Chapter of this book.

## REMOVE REMINDERS OF HIM OR HER

Now, this may seem like common sense, but I would advise that you remove all reminders of your Ex, otherwise it will make your No Contact journey much more difficult.

In some ways, the gathering up and removing of all items associated with your Ex, can serve as a symbolic form of detaching from your Ex.

You are not removing him or her from your life.

You are just removing any painful reminders of him or her, until it is determined whether the two of you will again be a couple.

### **How Should You Handle Social Media?**

There is a term used in social media circles that describes when a person is keeping really close tabs on their Ex.

It is called “creeping”.

It’s something you really want to avoid. Not just because it sounds creeeepy, but research findings tell us that the more time people spend on Facebook or other social media sites, the less they are able to put their breakup behind them.

This creeping activity serves as constant negative reinforcement. A person can end up wrapping themselves up with negative emotions and a painful longing to be reunited with their Ex.

So out with the creeping!

But is there something constructive that you can do with Social Media to help you?

I say yes.

Now, this does not apply to your recovery. But it can help you plant some seeds.

What I am talking about are little social media tactics you can employ that can play on the psychology of your Ex.

Does that sound devious?

Well, actually it is not meant to be devious. Simply pragmatic.

Look, you may want your Ex back, right?

When you first enter into the No Contact Period, you may be uncertain as to what you really want.

Eventually, you may decide you wish to explore reuniting with your Ex.

This is where pragmatism meets up with some Social Media tactics.

You may be thinking, “there has to be something I can do to better my chances.”

Well, there is!

But, I am not quite ready to talk about this yet! But I promise we will cover it in a Chapter that I call, “The Phantom Contact Strategies”.

I know....I know. You probably would rather hear about it now.

But “Good things come to those who wait”!

## **What if you Run Into Your Ex?**

So you are doing what you are suppose to be doing and then all of a sudden there is a knock on the door.

It's your Ex standing right there. What do you do? Is your No Contact strategy busted?

First off, no, you are not busted.

You are doing what you should be doing and cannot control if or when your Ex comes by to visit with you. If this should happen, thank your Ex for coming by. Tell them you feel it is too early for you to hang out or have discussions about the relationship.

Be respectful. Hold your ground. If they press you for "when will you be ready?", just tell them you don't know. Keep the exchange brief.

The idea here is to keep communications pleasant, but short and return to your No Contact Period.

So what if they call you? If you recognize their number, simply do not answer. If you accidentally answer, then I suggest you do as I instructed above.

So what if you run into them somewhere out in public.? You got it.....it's the same drill!

These things may happen. Having read this, you will be better prepared.

Ok....so what if you have this inner voice in your head that starts telling you, "talk with them...talk with them...find out what they are doing, etc"?

Just know, the ole inner voice is looking to get you in trouble!

Ignore it.

Look, you can be friendly if you run into them. You don't want to feed any negative energy. Indeed it plays to your advantage to be polite, humble, classy, and non-blaming. But you defeat the purpose of what you are trying to accomplish if you engage.

By the way, I am big on kindness. Kindness rules.

So just be kind and considerate, but don't get engaged in a lengthy discussion. If your Ex truly cares about you and is in the right frame of mind, they will respect your wishes.

Trust me. This all feeds into attraction. Remember, most people want what they can't have. So they will keep chasing.

## **What Do You Do if you Break the “No Contact Rule”?**

Look, I understand it is really tough out there. You will be tempted many times to break the No Contact Rule.

So if it happens, it happens.

Don't beat yourself up over it.

We are not robots who are programmed to follow the letter of every rule.

Anyway, you know how I feel about hard rules. I believe in Principles.

So if you have a weak moment and break off the No Contact, here is what I want you to do.

I want you to give me 50 pushups and 100 situps!

Well, not really! But if it would make you feel better, go do it!

So, what to do....what to do?

Let's say you broke off the No Contact early and you are now talking with your Ex and it seems to be going OK.

My advice is to take things really slow. If you had a 30 day No Contact Period in place and your broke it off 10 days in, you could be on shaky grounds as some of those emotions and unresolved feelings could be hanging around.

So take things really slow. Eventually, you will want to get to a face to face meeting. And after that, eventually you will want to address the issues that triggered the breakup. Otherwise, you could be right back where your started.

If you are further down the road and break off your No Contact, that could be good or bad depending on the reaction you got from your Ex. Since you are deeper within the No Contact Period, you stand a better chance of making things work.

But I offer the same advice. Take things slow.

But usually when my clients report ending their No Contact too soon, things did not go well. They want to know what they should do. They want to know if they should re-start No Contact from where they left off or implement an entire new No Contact Period.

You see, this stuff can get complicated!

And it can get even more complicated depending on whether the breach of the No Contact led to a terribly result or mediocre result. Another factor is how far along were you in your No Contact Period.

If this thing really blew up on you, then I usually advise starting a new No Contact Period. If the result of the contact was not neutral or slightly negative, then I might advise reducing the No Contact Period. If it was originally 30 days, then make it 21 days this time around.

You need to use your best judgement in these cases because your situation is unique to you.

Whether the reset is 21 days, 14 days, or even less, is entirely up to you. You should carefully consider factors such as whether you have achieved your personal recovery goals, the type of response you got back from your Ex, the severity of the breakup, and how long your original No Contact Period lasted.

But let's say you have advanced fairly far into your No Contact Period and you get a neutral or somewhat positive response from your Ex. I wouldn't reset the No Contact Period, rather I would recommend you try out some of the contact messages I discuss throughout my website and ebooks. The idea is you need to build some attraction.

## WHAT NOT TO DO

There are some common pitfalls people need to be on the lookout for.

Forewarned is forearmed!

1. Please do not stalk your Ex either in person or on social media. This type of behavior will only prolong your recovery.
2. Nor should you silently stalk their parents or friends
3. People sometimes turn to drugs and copious amounts of alcohol to escape their bad feelings. Take a look at my Chapter that deals with a Two Front Campaign. It includes numerous Recovery Strategies that can help you immensely during the hard times.
4. Avoid unwanted pursuit behaviors such as gift giving or exaggerated displays of affection, either in person (i.e. if you run into them) or on social media.
5. Don't just automatically answer your phone without checking caller ID. If a call comes in and you recognize it's your Ex, your heart will likely skip a beat and you might just start having some panicky thoughts. That's OK. You will settle down in due time. But avoid answering the phone. The only exception would be if your No Contact Period is coming to a close. Then treat the phone call as the initial Contact which I discuss at length in my ebooks.

6. Don't block your Ex on Social Media as that just fans the flames. Also, you do not really want your Ex blocking you as there are some social media tactics you can employ after you are further into your No Contact Period.

7. Avoid going to places where you and your Ex hung out. I don't want you to change your comfortable routines, but nor would I recommend you spend a lot of time at your Ex's favorite gym or hangout.

8. If you run into your Ex or hear from them, don't lie to them about why you do not wish to "engage". Don't say something like, "Oh, I am too busy now" or "I have an appointment in 10 minutes". Don't hit them with a zinger like, "Oh, I have a movie date, got to go". It is almost always better to simply and politely tell them you are not ready to have a meaningful discussion. Then politely end the conversation. However your Ex reacts, what you conveyed will eventually be understood. You neither said yes to their interest in talking more to you, nor did you say "No". This keeps your options open.

## IF TIMES GET TOO TOUGH

I am neither a trained or certified psychologist, psychiatrist, or therapist.

So if you ever feel that your struggles are overwhelming or if you feel like you could be significantly depressed or if you ever have suicidal thoughts or a drug and alcohol dependency or have risk taking behaviors, PLEASE Get Professional Help.

You can always call 911 or seek other help immediately (i.e. such as a hospital emergency room or doctor's care or counselor at a school or college).

Other very useful Contact Information includes:

Suicide Helpline:

1800 – SUICIDE

Suicide Prevention Hotline:

1-800-827-7571

National Suicide Hotline:

1-888-248-2587



## CHAPTER 9

# WAGING A TWO FRONT CAMPAIGN

When you enter into a No Contact Period, you are embarking on a journey that could change your life in a meaningful way!

I want you to think of the No Contact Period as a PROCESS. You own this process. It is all yours to do with it what you wish.

Now, I have a lot of ideas on how you should maximize your time while you are engaged in this proc-

ess; but remember, you own this process and I want you feel proud about how you come out the other side.

Think of this journey as waging a two front campaign.

The main front of this process is your healing. We will spend considerable time in this Chapter talking about your personal recovery. While you are seeking to become the best version of yourself, you should be mindful that your Ex is going through a similar process. Except, your Ex is unlikely to have the benefit of your training.

Your focus will be on detaching from your Ex.

Bear in mind that your ex-boyfriend or ex-girlfriend could very well be struggling with why you have not reached out. They may be second guessing some of the choices they made in the relationship that contributed to the breakup. I will show you some tactics you can employ which can potentially enhance your attraction!

Think of this process as being two sides of the same coin.

Your Recovery is the Cornerstone of your Campaign. If you had ground troops, most would be deployed to support your Recovery.

Perhaps we should rename this entire book and call it: “Your Recovery Contact Period”, because my teachings on helping you get your Ex back won’t work very well, if you don’t first help yourself get better.

We will work on that together.

But first, let’s talk about how your self healing is directly tied to getting your Ex Back.

Recovery supports your aim to raise your overall Attraction.

Attraction supports your effort to Recover fully.

They are “like two peas in a pod”.

There is a synergistic relationship between these two aims.

## THE “GET YOUR EX BACK” ATTRACTION FRONT

At first glance, it seems odd that by not communicating, one can enhance their level of attraction.

But when you pull back the layers, the forces at play are as old as time!

We are talking about "The Chase".

Chase theory operates under the psychological assumption that individuals pursuing a romantic attraction attain excitement and thrill when they have to work at it. The chase gives them purpose and challenge. It feeds their ego to pursue and lay claim to that which they desire.

Remember all that good stuff I talked about earlier as it relates to people often wanting that which they can't have?

Well, guess what! By going into No Contact to work on your recovery, you are effectively taking yourself off your Ex's radar.

But in reality, your Ex's subconscious has a radar that sweeps out and remembers all. It remembers the good times and all the fulfilling moments.

Your Ex's brain chemistry is working overtime, trying to reconcile how it can regain that buzz it gets when you are close. And with every passing day of No Contact, your Ex is realizing on multiple levels, that you are far from reach.

The Chase is wired into our brains. It is in part ritualistic and biological. Animals throughout the kingdom participate in chasing rituals.

The ideal scenario is if your Ex is the one putting in more effort than you.

In other words, you want to ensure that your Ex is the chaser and you are the chasee.

But how?

How can you accomplish this dynamic?

By combining everything I will teach you.

Are you aware of the idea of synergy?

In general, synergy (pronounced SIN-ur-jee , from Greek sunergia , meaning "cooperation," and also sunergos , meaning "working together") is the combined working together of two or more parts of a system so that the combined effect is greater than the sum of the efforts of the parts.

<http://whatis.techtarget.com/definition/synergy>

When you learn to think of the No Contact Principle as the combination of two powerful strategies....one focused on making yourself the best version of YOU and the other force focused

more on psychological and biochemistry aspects of attraction..... you will be well on your way to implementing an effective game plan!

# ABSENCE MAKES THE HEART GROW FONDER

Ironically, implementing the No Contact Period can help with re-igniting attraction in the mind of your Ex.

At first, your Ex will likely not feel this way as anger and frustration and resentment (and a host of other emotions) may occupy their mind.

And you thought you were the only one feeling this way!

I have coached a lot of couples who suffered from a breakup and in almost all cases, both parties will have their laundry list of gripes.

Even if your Ex was the initiator of the breakup, they will follow a predictable emotional cycle as they try to make their way through life.

But over time, something very interesting occurs.

The Ex, who is accustomed to the regular routines of the relationship they had with you...many of which are remembered with fondness...starts wondering why you have not called or texted.

They may deny to themselves and their friends that they miss you, but it is there. That feeling of “something is missing or awry” is lurking deep within them. If it is not at a conscious level, it is there in the subconscious.

We can forget about the past, but the past does not forget about us.

If you had previously been perceived as the more needy and attached partner in the relationship, your Ex's expectation is that you would have reached out by now.

When you don't, your Ex starts getting sideways with their emotions. They begin to question if they made the right decision to breakup. Their sense of “self” comes under fire.

They experience relationship reactance. You remember when we talked about “reactance” earlier, right? Well, essentially people desire that which they can't or don't have.

In every relationship, there is what I characterize as “Personal Power”.

It is the unspoken measure of who has the greatest influence within a relationship.

When you adopt a “No Contact” approach with your Ex, the perceived “personal power” can shift more in your direction.

Those things that he or she may have taken for granted in the past, are now looked upon in a completely different way.

Maybe only a week or two has passed, but the time away from you can cause your Ex to gain a bit more perspective...a greater insight about things...and a greater appreciation of what you offered.

They may start to crave some attention. Maybe they just want to check in with you because they are still trying to get in touch with their feelings.

Their insecurities can grow, as they sense they could lose you forever.

Whatever the case may be, this gradual shift in their feelings and outlook works to your advantage. The balance of personal power may start to gradually shift more in your direction.

This type of development is almost always a good thing.

But for the relationship to benefit for the long term, it is usually wise to allow these feelings to play out for a longer period of time.

## THE PERSONAL RECOVERY FRONT

The single most popular question I receive from my many visitors is “How do I get my Ex back”? People want to know, “what do I do next”?

People who come to me are singularly focused on what they can do to get their lover back. As far as they know, they have lost something special and must get it back. Often, it is the only thing they can think about. It would not be an exaggeration to say that most of my clients are OBSESSED with reuniting with their Ex.

So imagine their shock when I tell them, “No, what you really need to do is focus on getting yourself back”.

You do this and you stand a better chance of getting your Ex back if that is what you ultimately wish to do.

Recovering from losing your Ex is not an easy endeavor. But it is the right mission.

People who are struggling with the pain of a breakup tend to gravitate to isolation. Sometimes it is a good thing to spend some quality time, just with yourself. It is only when your behavior to seek out isolation becomes the norm, that we can enter into a dark place.

An idle mind and body “is the devil’s workshop”.

The devil is not a nice guy. I think of him as the King of Chaos.

So how do you combat the tendency to isolate yourself?

## THE “STAY PUTTERS” VS. “WHAT THE HECKERS”

So how do you go about telling the devil to get lost?

How do you stay out of his workshop, because if it’s left to the King of Chaos, he will rev up your negative thoughts to such a ferocity, you will be spinning like a top.

I have a simple, but very effective solution.

In all of my coaching with literally thousands of love-lost clients, I come across two main personality traits.

First we have what I would characterize as the “Stay Putters”.

When a relationship breakup happens, these folks tend to shut down and stay down. They don’t feel inclined to go out. Rather, they find comfort in just staying put. We all have some “Stay Putter” in us and that can be a good thing in moderation.

Just getting some alone time, at first feels perfectly natural.

At least, that is how it all starts. But soon a Stay Putters can get locked into a routine of shutting out the outside world. They can be seduced to over eating, drinking, excessive video game playing, and other addictive behaviors. However they act out their misery, they frequently will just stay put.

Then we have the “What the Heckers”.

These are my kind of people! Now don’t get me wrong...the “What the Hecker” can sometimes take it a bit too far. I once had a client who convinced himself that nothing was wrong in his life. He acted like the breakup was really not a big deal. That delusion lasted about 3 days and he morphed into a “Stay Putter”.

But generally, a “What the Hecker” will exhibit an attitude that irrespective of their sorrows, they are going to make an effort to “keep living life”. A “What the Hecker” is usually good at moving forward and keeping up their healthy, daily routines.

They like to get out. They might go shopping a bit more or spend more time with family and friends. These folks tend to be more pragmatic and less given to emotional fits.

The key hallmark of a “What the Hecker” is their willingness to embrace a recovery strategy.

I want you to consider something very carefully....

You may not be in the right place to process things right now. Remember, when emotions run high, logic runs low.

You may be lost.

That is why I think the No Contact Period can be magical. It allows you to get in touch with your feelings and to improve your station in life.

You will benefit from having additional perspective.

You will want to take an objective look at what may have gone wrong in the relationship and shore up those things you can control.

This is how you are found. You hold the key.

I want you to read the rest of this Chapter thoroughly!

There are a lot of things I want you to consider as you embark on your journey to become the best version of yourself.

And many will be found in this Chapter.

Perhaps you should take a Yoga or Fitness class to reduce anxiety and gain a better life balance.

Perhaps you will realize you have been too clingy or too demanding.

Perhaps you will want to start a journal.

The No Contact Period can also be a time for self examination.

Go out and get feedback from those you trust and feel are objective. Ask them what they think you can do differently.

Maybe it is several things or just a few things or possibly very little you could have done differently.

Perhaps it's your Ex that needs to realize the "wrong of their ways".

But the core of the No Contact Period is about healing.

Spend time with close friends and family.

Make new friends

Do not isolate yourself.

Your tendencies may be to obsess over your Ex.

You need to keep to your routines.

Add more routines .

Seek counseling as needed to enhance your awareness and understanding.

While you may feel like you have entered the "wasteland" following your breakup.....trust that these next few weeks of your life have every opportunity to be lesson filled and enriching.

## THE PERSONAL RECOVERY FRONT REVISITED

I like to do little summaries about IMPORTANT concepts to make sure we are all on the same page.

Now I promise you, I have a lot more to tell you about what you need to know and what you should be doing while the No Contact Period is underway.

So hold onto your hat because this Section on the "Recovery Front" is full of pearls of wisdom.

But let's make sure we all understand why you use No Contact and the game plan going forward.

Right now you are a little crazy:

Immediately after a breakup is when you are at your most vulnerable.

Taking an extended break from your Ex will give you time to calm down and think more rationally. It will also give your Ex some time to calm down as well. Nothing is going to get accomplished if both of you are constantly a word away from getting into an argument.

It's a psychological tactic for getting your ex back if you want to:

Think of it this way, by ignoring your Ex, he (or she) will begin to wonder why YOU are not begging to take him (her) back. This approach empowers you. Your “personal power” increases. It potentially allows you to turn the tables and gain control over the situation.

Instead of focusing on fighting with your Ex, you should focus on healing:

The No Contact Principle isn't just a psychological tactic for getting your ex back, it is also a way to ensure that you have time to properly heal. With several weeks of free time away from your Ex, you can really get a lot done in the healing department.

Prevents the infamous on again-off again relationship:

I am sure you have met couples that break up every few months, only to get back together again after a few weeks. Healthy relationships should not resemble a revolving door. They are not constructed on a shaky foundation. The No Contact Period allows you the proper amount of time to start building that strong foundation again. While most of the heavy lifting will take place after your reconcile, the No Contact Period sets the table.

You might learn after some soul searching that you don't want to get back with this person again:

This happens a lot more than you realize. Someone who feels strongly about their Ex goes on a multi week freeze out period. As time has passed, they eventually realize that they have no desire to get back with this person again.

A romantic couple is shown in profile, kissing on a beach. The sun is low on the horizon, creating a warm, golden glow that silhouettes the couple. The ocean waves are visible in the foreground, and the sky is a mix of blue and orange. The title 'ATTACHMENT THEORY' is overlaid in white, bold, sans-serif capital letters.

# ATTACHMENT THEORY

The No Contact Period affords you an opportunity to see many things in a different light.

One important learning I wish to pass on to you, revolves around something called “Attachment Theory”.

Our understanding of a person’s “attachment preference” emerged from research that took place over 50 years ago.

It has a lot to do with how people relate to each other. It goes to the feelings they express, how they think, and ultimately how they behave

Understanding this concept will give you greater insight into the psychology of what drives some people to push others away.

It might just help you understand a bit more about yourself and your Ex.

Perhaps your boyfriend or girlfriend has an “attachment style” that is conducive to having a successful relationship.

Or, maybe they don’t.

Possibly, the catalyst that drove your boyfriend or girlfriend to call it quits was based on their “avoidant style”.

Ok, so let’s get into this!

This is how it shakes out.

There are essentially 3 types of attachment styles.

And some words of advice! While we each may have a dominant style, we all possess elements of each of these attachment styles...some more than others.

Now, I will tell you right up front, since we humans are such complicated creatures, I am always a little skeptical when a psychologist or whoever reduces our complexity to only 3 types of attachment styles.

But with that said, I think this is very useful and insightful information. Just understand, there are very complex environmental and biological forces at work that shape and mold us all.

So, let's get started with describing these styles:

1. The Secure Attachment Style: This person tends to embrace the world with positivity. They see the glass as half full. This individual is relatively secure with who they are and have a network of meaningful relationships with friends, family, acquaintances. They tend to gravitate to other individuals who are positive and when relationship roadblocks are encountered, they take action to make constructive changes. Such a person is usually socially adept, with a balanced attitude. In most cases, a person with a secure attachment style was positively influenced by their parents who were supportive. Though one cannot ignore the biological component as helping shape an individual, one's family upbringing plays a meaningful role. This person has a history of forming strong bonds and believes a relationship should be filled with trust and intimacy. While many who embrace a Secure Attachment Style adopted this behavior when they were quite young, anyone can learn to embrace the mode of thinking.

2. Anxious/Preoccupied Attachment Style: This individual tends to give out a vibe of being somewhat insecure. Mind you, they are not totally insecure. For the most part, they may have a lot on the ball. It is just that sometimes, this person can fall prey to needy behaviors. While they can interact in the world effectively and are often socially well adjusted, they can succumb to their insecurities. Fear is usually the driver of their insecurity....fear of doing something wrong or losing out on something. Sometimes an individual with this style can be obsessive or moody. Then again, they could be relatively upbeat much of the time, but may tend to follow the cues of their partner since they are determined to please. Sometimes this person worries too much about pleasing their partner (lover). All of us can be anxious and preoccupied for a variety of reasons.

3. Avoidant/Dismissive Attachment Style: This individual tends to avoid commitment. They may be afraid if they get too close to another individual, they could get hurt. Their trust levels are often lower for those around them. They tend not to be very supportive if their partner is distressed and are generally uncomfortable with sharing their own feelings or hearing about other's feelings. Empathy is not their strong suit. They tend to view the world as chaotic where others often treat each other badly. When confronted, they tend to push away their partner (lover), creating emotional distance. This approach to "escape" can backfire and make matters even worse, which confirms their secret fear that "relationships" are inherently troublesome. Of course, they are wrong, but they cannot seem to escape thinking about things in this way. Fear lies at the heart of this kind of thinking. The fear of

rejection, abandonment, or even the fear of falling in love and what they might really hold for them in the future.

There seems to be considerable research which strongly supports the notion that our attachment styles formed when we were as young as 12 months old and that the parental influence is a strong component in the attitudes ultimately shaped.

It is said that if one's parents were consistently available to love and support their children, it can positively shape one's attachment style.

If an individual grew up in an environment in which intimacy and feeling close to another individual is considered a vice, this can adversely shape one's attachment style.

But as you probably realize, our behaviors are not all shaped by parenting and environment.

There is a biological (i.e. DNA) and nutritional component that plays a role in how our brain develops and this accounts for some of our behaviors.

So how does knowing all this, help you?

Well, for one, it gives you a perspective of how attachment styles can shape and influence relationships. No one individual is forever trapped in any particular style. It may take effort to adopt and embrace a new way of looking at yourself and how you wish to interact with your lover, but it certainly can be done.

And the same goes for your Ex. Once you have insight into the attachment style they tend to embrace, it can enhance your understanding of their behavior and support future discussions about the root of the problems within the relationship.

Also, knowing about someone's attachment style give you a window into their behaviors during and after the breakup.

Those with an "Anxious/Insecure Style", tend to deal poorly with rejection and can easily jump from one relationship to another. The rebound relationship is an effort to placate the anxiousness of being alone, which can be very uncomfortable for some.

The individual with the "Avoidant Attachment Style" has little interest in reconciling at first. They are pushing away from any form of commitment. Such individuals are more known for seeking out one "night stands" or quick sexual encounters and/or dates to satisfy their physical needs.

Now, if you are concerned that your particular attachment style contributed to the breakup or may not allow you to reunite with your Ex (if you choose that path), please STOP thinking in negative terms!

Most everyone, on occasion, will experience the "mind wandering into the dark place syndrome"!

If you have some insecurities.....well join the club! We all do.

Just recognize when the dark inner voice is speaking. Tell it No.

Seek to recognize your strengths and weaknesses. Work on the things you want to improve. But take little steps. Don't over think things and don't rush things as you will put more pressure on yourself than necessary.

We can all make meaningful strides in life, but they tend to happen incrementally, which is more realistic.

And by the way, I see lots and lots of successful relationships with and between people whose dominant attachment style is "Secure" and/or "Anxious/Preoccupied".

## SEEKING CLOSURE

Often, after a break up, a person will find themselves mired in this compulsion to make sense of it all.

They will try to summon up rational explanations for why their Ex broke up with them.

Time out!

There are not always rational explanations for why your Ex broke up with you.

Ok, Time back in!

They will toil endlessly away at trying to carve out some understanding as to why it all came crashing down.

Those days immediately following the breakup is a slippery slope.

Many experts recommend that you would be better off to avoid trying to make sense of it all, because sometimes none of it makes much sense, particularly in the beginning.

Therapists argue that instead of chasing this endless quest of gaining closure, you are better off to accept you may never understand everything that went down.

Remember, humans are incredibly complicated creatures. We do not always act or think rationally.

We do not always know what we want.

Let me repeat that, We Do Not Always know What We Want!

That goes for both You and your Ex.

Accept that it is very possible, you will never obtain full closure.

Then turn the page.

Turn the page and begin focusing on becoming the best version of Yourself.

That is where you will find meaning and contentment

## THE PEDESTAL EFFECT

There is this thing that happens after a breakup.

I like to think of it as when Reality meets Myth.

Let's go back in time, for a moment, and look at the peak of the relationship.

Sometimes what happens in relationships is that one or both parties will place their lover on a Pedestal.

It is as if their lover "walks on water".

They think of their lover as the single most important person to them in the world. Even if there has been a few bumps along the way, a person may look at their boyfriend or girlfriend as absolutely essential to their life and welfare.

Guess what!

Nobody is that important.

You will discover that you can get along quite well without your Ex in your life. Now, it may take a while for you to realize this, but I am telling you, it is true!

You are much more resilient than you think your are!

What sometimes happens is after the breakup, there is a sort of Pedestal Effect Hangover.

You may be desperate to get your Ex back. You may be temporarily blinded to any other way of looking at your situation.

But you need to know something very important!

You should have the mindset of learning to "live" without your Ex. Only then do you offer yourself a better chance of potentially getting back with your Ex.

And by the way, did you know that over idolizing someone can actually cause them to pull away?

It makes the person feeling “idolized”, uncomfortable (see link below).

So for your own sake, if you are in a relationship with someone, avoid falling into the trap of putting them on a pedestal. It is not healthy for either you or your partner.

You have to move forward without him or her in your life. That is what the No Contact Period is mainly about. Your recovery.

You need to operate under the assumption that your Ex may no longer be a meaningful part of your life.

<http://www.scienceofrelationships.com/home/2013/11/22/the-dangers-of-putting-your-partner-on-a-pedestal-relationships.html>

## LET’S PLAY “TRUTH AND LIES”

Ok, so let’s play a quick game of truth and lies to help you get into the right mindset regarding how you should be thinking about things!

And by the way, when you read the statement that is a bold face, ridiculous “Lie”, I want you to pretend you hear a loud BUZZER sounding off!

Are you ready?

Ok, let’s go:

**Truth:** I know I will feel better about the breakup, in time!

**Lie:** I can’t live without my Ex. (...annoying sound of buzzer!)

**Truth:** If things do not work out with your Ex, you will be just fine and will very likely find somebody better for you!

**Lie:** I will never find someone better.

**Truth:** I will become a better version of a happy me.

**Lie:** My Ex made me who I am.

**Truth:** You are much more resilient than you ever realized!

**Lie:** Your presence here suggests your Ex probably screwed up letting you go!

**Truth:** You still have much to learn, as do we all!

Hope that was fun for you!

By the way, I heard “that the truth will set you free”

# WAS YOUR RELATIONSHIP A FANTASY BOND?

When you feel everything is in shambles due to your breakup, it could be because your relationship was predicated on a “Fantasy Bond”.

A psychologist, Robert Firestone, coined this phrase which is defined as:

“An imagined connection a person develops to another person, thereby creating an illusion of security or false sense of safety”

Think about it for moment.

You entered into the relationship with high hopes and a connection with this person develops.

But after awhile, the actual relationship begins to erode. We tend to ignore the reality of our relationship woes, as we would rather cling to an illusion that everything is OK.

But in reality, things were not OK before the breakup. The acts of love and kindness and affection, which marked the beginning of the relationship, have been replaced with stifling routines of poor communications, sarcasm, and/or a lack of affection.

So when you are trying to pick up the pieces after the breakup, ask yourself which pieces you are reaching for.

Is it the vision of your Ex, as you remembered them in the beginning?

Or is it the dysfunctional relationship of two people that were really not getting along very well?

So if your are reaching for pieces of your relationship, my advice is, NOT SO FAST!

You might be reaching for an illusion.

Sometimes it takes a while to realize it is not the loss of your boyfriend or girlfriend that you are mourning, but the loss of the illusion of the security that the boyfriend or girlfriend provided.

## **Most People Overestimate the Time it Takes to Recover**

The good news is you will recover faster than you think.

Most individuals think it will take longer to get over their break-up due to what is called the “initial intensity bias”.

What happens is we end up fooling ourselves.

I don't know about you, but I sure don't like being fooled!

Here is how it works!

The more “in love” you were, then the more you will feel a new relationship is out of the question. You will swear on a stack of bibles that your life is near utter destruction and that you see no possibility of ever recovering in this decade.

Ok, so maybe I am exaggerating just a tad about how you might feel. But I think you get the point!

And if you were the one who was dumped....then the greater the intensity bias. You will think your personal recovery is far, far away.

So, if you think this way. Just know that your are so wrongggggg!

If you want to read up on it some more, then check out the link below for the actual scientific documentation.

The good news is seldom are things as bad as you may think.

What does not kill us, makes us stronger.

<http://faculty.wcas.northwestern.edu/eli-finkel/documents/ForecastingPageProofs8-14-07.pdf>

# **RECOVERY IS ABOUT GETTING OUT OF YOUR OWN WAY**

Sometimes our biggest problem is ourselves.

Ouch.....that kind of hurt, didn't it?

Some people just can't get out of the way of their anger, resentment and tendency to to blame their Ex for everything bad that has happened.

It is is an age old game we all play. I have done it and you have done it. We all play what is called the “blame game”.

My guess is things went south in your relationship for numerous reasons.

And I bet you both cast your share of blame at the other.

The “blame game” is something I see a lot between couples as they compete to outdo the other on who is to blame for whatever.

When things are not working out, it is easier to blame someone else, because the alternative is to blame yourself.

I once coached a client on his unraveling situation with his ex-girlfriend. He came to me with his “blame game” in high gear.

But he was approaching it from the “victim’s” perspective. At least, that is how he started to “play”.

According to him, his girlfriend blamed him for everything.

She held him responsible for the breakup.

It was his fault they fought so much as the story goes.

She claimed that he was “insensitive”.

And he kept telling me, “look Dude, I don’t deserve it. It’s really her fault. She is impossible to deal with”.

Ahhh....did you see that.

That is what often happens when one is playing victim. It takes very little to jump right into “blaming”.

Please don’t misunderstand. Like I said, it is not unusual for people to fall into a rut of playing the “blame game” or “victim game”.

This behavioral preference is like two sides of the same emotional coin. It is easy to flip from one to the other.

In fact, I think it is a normal reaction we all have when we have had a falling out with our Ex.

But, don’t embrace this state of mind very long. It will lead to nothing but more despair. You cannot progress when you are living in the past.

The “blame game” and “victim game” are disablers.

What you need to focus on are Enablers. We will be covering Recovery Enablers throughout this Chapter.

Ok....so let's get back to my story!

So my client is feeling pretty down and out and is coming at me with his perspective of what went down.

My experience with such things has taught me that there is usually a lot more to the story.

While it did sound like his ex girlfriend held him accountable for far too many things, I was interested in understanding what, if any, behaviors my client may have exhibited that could have been triggers to his ex-girlfriend's accusations.

So that is where we began, as we journeyed through his relationship.

I wanted to understand how things started between them.

I wanted to understand what were their normal routines.

I wanted to gain greater insight into when the fights started and what they were often about.

I wanted to understand if there was some kind of triggering event that got the relationship headed off into the wrong direction.

So there was a lot for me to learn. But part of this process was to help my client learn these things too.

You see, what often happens is that we get so engaged with all the negative events happening in our relationship, that it can be easy to get lost in the muck.

When someone tells me their Ex is constantly blaming, condemning, accusing, or finding fault, it sounds a lot like one way traffic.

Now, I am NOT saying your Ex was an angel. Indeed, the day the two of you broke up may have been a godsend!

I am just reporting what I was hearing from one of my clients.

After hearing a full hour of why his ex-girlfriend is a dreadful person, I wanted to turn the focus around.

I wanted my client to hold the mirror up and take a really hard look at things he said or may have done that could have contributed to the demise of their relationship.

Over the next few minutes we are going to explore that line of inquiry and much more.

And I think you will see that in most cases, the “blame game” is really a symptom of a larger problem.

It was crystal clear to me that my client was angry and hurt. It was clear he was confused about why the relationship had unraveled.

And I could see, he was not ready to accept any blame.

His ex-girlfriend’s tongue lashing tirade had stung him hard and he was not quite ready to move on. At least that was his mindset in the first hours of our conversation.

You see, I realized he needed to purge before he was ready to see things in any different light.

So I let him purge.

He was quite content at making petty comments about his Ex and playing victim.

And I was hearing very little in the “lessons learned” department.

I figured, if my client continued to thrash around in this role of “victim”, then things were never going to get better.

As I have said, feeling victimized is perfectly normal. And perhaps you bore the brunt of being unfairly treated.

But one cannot stay in this type of funk too long.

There comes a time where it matters less who casts the “blame” and who plays the “victim”, because it is a losing proposition to play either role.

It was time to turn that around.

I have come to learn, there is always more to the story. Breakups are usually messy and sometimes individuals come out of the relationship with a selective memory.

I have learned there are always missing pieces of information that I need to coax out.

It was time for me to help him turn the corner.

As long as my client was convinced that his ex girlfriend was the sole instigator of all his troubles, we were going nowhere, fast. I could see this guy would have difficulty recovering from his breakup woes if he continued in this way.

Then something happened.

I think of it as, “getting out of your own way”.

After reflecting back on the good times he had with his ex girlfriend, he was starting to find a better frame of mind to accept there must be something more going on.

So I decided I would launch into my own little tirade.

He asked me, “so what do you think?”

I told him, “I think it is a bunch a crap.”

“Yea, me too”, he said.

“No”, I said with a big smile, “I think what you have been saying is a bunch a crap.”

He look at me like I was nuts. So I explained.

I don’t like at all what I am hearing!

This kind of talk does not work for me because I know it will not work out for my clients if they continue to play “victim”.

Anyone walking around with the look of “victim” all over the face is not very attractive. Such a person stands little chance of re-establishing their former relationship with that kind of mindset. And it takes a heck of longer time to recover when one embraces that attitude.

Now, if your Ex was a truly an awful person, you should count your blessing they are no longer part of your life. You will not want them back.

But you still need to climb out of any “victim” persona you may be inhabiting. It is for your own good.

Love and hate...these two things are always products of two way traffic.

“If you and your ex-girlfriend are busted up now”, I told him, “then it is because BOTH of you did something wrong. It is never just one person who is at fault.”

So I asked my client a simple question.

“What did you do that really pissed her off?”

He looked at me like like I was not listening to a word he had said.

So, I repeated my question.

“You must have really screwed up. So what did you do?”

You see, sometimes when a client of mine is playing the “victim” game, I like to jolt them back to reality.

So he is looking at me with this incredulous expression like, “why the frack am I paying you for this”!

I could see that I was going to have to do some relationship preaching!

I started in with another confusing thought for him to chew on.

I said, “look, this thing with your ex-girlfriend is probably very simple. Look for the simplest explanation.”

You see, unless his girlfriend was some kind of “she devil monster” (which she was NOT), then his explanation for what has been going down between the two of them was far too complicated.

I mean really, all of a sudden, his lovely young girlfriend turns into a she devil monster!

Nope, I was not buying that!

Remember, I prescribe to the theory that relationships and everything good and bad about relationships, emerges out of two way traffic.

It takes two to tango.

It takes two to fight.

It takes two to make love.

And you need two people to play the blame game.

Yes...that is what was going on here. She was playing the “blame maker” and he was playing the “victim”.

Now, I am not saying this is what happened in your relationship with your Ex.

But I want you to understand that to be successful in your RECOVERY, you must leave the roles of “victim” or “blame maker” behind you.

You see, I tend to have a simple way at looking at things.

“Simple” is an interesting word, don’t you think?

Have you ever heard of Occam’s Razor?

There was this 14th century logician and Franciscan Friar called William Ockham.

He was a really smart guy.

He was also a philosopher and problem solver.

The term “Occam’s Razor” originated from his hypothesis that given two competing possible explanations, the “simplest” one.....the one that requires the fewest assumptions, is usually the correct one.

Pretty cool notion, don’t you think!

Scientists use this logic frequently when problem solving.

So let’s lay it out. What might be the simplest of these two competing explanations?

1. My Ex is mean spirited and unfairly blames me for everything, even though I seldom do anything wrong. I am the “victim” and my Ex is the “blamer”.

2. My Ex has accused me of some things, because I may have made some mistakes. But my Ex made mistakes too.

Explanation number 2 requires fewer assumptions because in the real world, when we have two people involved in a relationship, both will make mistakes.

This kind of outcome is “simply” much more common.

Couples will encounter problems and it is rare that only one person is to blame for everything.

Those who insist on playing the “blame game” or “victim game” for too long after the break up, are usually “getting in their own way”.

So after I introduced my client to Occam and after we talked about some of the wonderful qualities his ex girlfriend possessed, he was ready to “spill the beans”.

After some probing, I finally got him talking about what he might have done to get sideways with his ex girlfriend.

He and I both knew that all this “blaming” just did not emerge like some evil genie in a bottle.

It got its start somewhere, somehow, and at some time.

I told him when “blame” is passed around within a relationship, it usually results in a massive withdrawal from the trust bank you have worked so hard to establish with your lover.

Perhaps sometime in the future (maybe sooner than you think), you will be back in a relationship.

Maybe it will be with your Ex after the two of you have ironed out your problems.

Or perhaps, you may meet someone else.

So if you are thinking about playing the blame game, stop yourself.

And if you are blamed for something, then don't play victim.

The blame game takes two people to work.

There is the blamer and there is the victim.

My advice, is don't rehearse or try out for either part, no matter the circumstance.

It is a zero sum game.

## OUR SELFISH GENE

I want to conclude this discussion of "Getting out of Your Own Way" with a few interesting thoughts about our Selfish Gene.

You may be thinking, "what the heck is that?"

Well, no worries. We all have it.

It is just some people don't know they have it or how bad they have it!

When there is some kind of major problem in the relationship, in which something really bad happens which threatens the very survival of the couple, you can bet one or both parties will be looking to cast blame.

It is just a normal reaction.

We react this way because in all of our hearts, there is this place called "selfish".

I know, it sounds terrible.

I don't mean to portray everyone as completely selfish, because we are not.

It is just that all of us have some degree of selfishness that is very much part of our make up.

From the moment we are born to the very present moment.....we are governed to some degree by our selfish desires.

So when something bad happens and it hurts....most of us look to blame or strike back.

I look at "negativity" as a case of our "ego" merging with our "selfish desires".

That is the catalyst to how negative behaviors emerge.

And look out if someone blames or accuses us first.

Most of us are programmed to launch our counter measures to protect our ego and selfish needs.

If you blame me, guess what?

I am going to strike back with a ferocity.

And this is when the dominos begin to fall.

At that stage of the interaction between the two lovers, it can easily develop into a no holds bar, ugly, and messy fight where “negativity” becomes like a cheap poker chip, thrown around with little consideration.

And those that prefer to play the “game of victim” are as guilty as those that sling the mud of accusations.

So who is REALLY to blame for all of this craziness?

Well, of course, it is both of you.

Ok....maybe your Ex is more to blame. Actually, I don't know if that is true! But it makes me feel better to say that!

The bottom line is that there are no winners when you and your Ex play the blame game and the victim game.

Only losers.

### **So What Can You Do?**

It so happens, there is a lot you can do.

For starters, you need to stop playing victim if that is what is going on in your mind.

It will get you nowhere.

It also makes you look and sound weak.

Your Ex (or other people) does not want to be around someone they perceive as weak.

Another thing you need to do is evaluate just how serious the breakup really was.

Was it just a momentary blow up?

Is it more drama and less of a real “breaking up”?

Or are we dealing with something that is systemic, involving a lot of issues over a longer period of time?

If it is the latter, then you probably would be a prime candidate for implementing the No Contact Principle.

As I have discussed, the No Contact Period allows each of you to cool down and get your act together.

Eventually, the time will be ripe to sit down and have a heart to heart with your Ex about how all this “blame stuff” got started.

Right now, I care about you.

I know that the sooner you can move forward and leave behind the negative past, then the sooner you can heal.

Going forward, you will want to cast yourself into a position of strength and attractiveness.

Oh, by the way, if you keep blaming YOURSELF for something you think you may have done to trigger the breakup, then you are playing at the worst kind of blame game.

Stop it now!

Even if you KNOW you did things that contributed to the relationship breaking down, you cannot live in the past.

Learn from your mistakes and turn the page.

The future is always moving and is full of opportunities for YOU.

## RECOVERY IS ABOUT SEEING THE BIG PICTURE

There was a movie that came out some time ago called, “Contact”.

It starred Jodi Foster and was about a woman in search of extraterrestrial life. The movie has some very interesting themes which actually are very instructive for relationships.

The character in the movie experienced her own personal journey by traveling far away.

I want you to experience a personal journey by becoming the best version of yourself.

Your sense of “self”, most likely has been damaged.

I think you need to get outside of yourself to properly appreciate who you are and just how significant your problems may be.

You just need a little Perspective!

You may not realize it, but you have a lot going for you.

It is the way the movie (i.e. “Contact”) began, that I find to be useful in our discussion about “PERSPECTIVE”.

In the opening frames we are on Earth.

Then the camera pans further away and outward. The earth becomes slightly smaller as we pull away. Then smaller still.

As the “eye” of the camera pans outward, we, “the traveler”, pass by the the moon....our solar system.....the Milky Way Galaxy....and so on.

Now, let’s just for a moment, pause the movie.

Right now, (here on Earth) you are in the midst of a relationship that has gone terribly wrong.

You are in a bad place, emotionally.

In the early days, you may be emotionally compromised and blind to what is probably in your best interests.

You may find yourself obsessing over the state of the relationship and what you should do.

Your behavior may become compulsive.

You may feel desperate to repair the relationship connection which is now broken.

Your emotions have conspired to cause you to feel extremely vulnerable.

You are a prime candidate to say and do things that could contribute to the relationship worsening.

What is one to do?

I say, let’s take a journey to the stars.

## RECOVERY IS ABOUT RELAXING

Remember that movie, “Contact”, I was talking about just a bit earlier?

Well let’s take a ride and see where it takes us.

Now, let me, let you in on a little SECRET!

If you follow along really closely, you might just discover this little journey you are about to undertake will be somewhat hypnotic.

Whoa! Did someone say hypnosis?

Yep. I sure did. Just play along and you will see where this is all going!

So, you may be thinking, “Really Chris! You believe you can hypnotize me right NOW, just by me reading some words on the page?”

Uhmnnnnnn

Actually, it is really up to you! That be the truth!

First, we need to separate myth from reality.

Hypnosis is a highly relaxed and focused state of mind that is open to positive suggestions.

It is not a case where an individual drops into a deep sleep trance. On the contrary, the subject is alert. It is more like daydreaming or being in the zone or losing yourself in something. It is a meditative event.

If one provides certain stimuli (suggestions), these notions can get lodged into our mind and can positively affect our mood and behavior.

This heightened state of relaxation is much more common than you realize.

Watching a movie or reading a book are forms of a mild self hypnotic state of mind.

As you continue to read this e-book, you are engaging in a form of a relaxed and focused state of mind.

When you are sitting in a darkened movie theatre, you can become very focused and eventually become engulfed in the story which is unfolding on the movie screen.

Before you know it, you are so caught up with what you see and hear on the screen, you suspend reality, and actually begin to care a great deal about the characters in the movie.

You laugh and cry and experience a wide range of emotions.

And you can learn things....make important connections, only because the movie enabled you to do so, right?

Actually, not entirely.

Those important connections you made when watching the movie occurred because YOU chose to be very silent and relax. You opened up your mind and was receptive.

Should we call this phenomenon a form of self-hypnosis?

I guess you can call it whatever you want.

But it is un-mistakenly a form of hypnosis.

So, would you like to relax some more!

Let's take a little journey together.

Consider it part of your recovery which is a critical component of the "No Contact Principle". But first, I want you to go some place really quiet and read what I am about to say very carefully.

I also want you to visualize the meaning of the words.

And I want you to allow the words to form images in your mind.

And remember, it is not really me that allows you to enter this heightened state of relaxation....it is all YOU.

Your Journey

Ok...are YOU ready!

Let us BEGIN!

Imagine You are in the middle of a FOREST.

As you look around, all you can see are the trees nearest you.

Your view of the world around you is confined.

Imagine now that You are on the MOON.

Your view of earth has expanded such that the entire Earth is now in focus.

You see continents and the grand scale of the oceans. You are amazed at the beauty and vastness of your planet.

Imagine now that You are on the edge of the Milky Way Galaxy.

The earth is a tiny blue dot, far away in the distance.

The enormity of the universe is beyond explanation.

Suddenly you realize that your worries and concerns are very small in the scheme of all things.

The gravity of your problems start to shrink away.

You look upon the universe in awe and are delighted to be part of it.

Ok.....you are released from your self induced state of relaxation!

I hope this little exercise helped you realize that your problems.... those that seem to mushroom into gigantic proportions in your mind..... are occupying far too much space in your life.

## A TIME TO REAP

Now I want you to think about it in another way.

Think about the time you have remaining in life.

We are all mere specks of dust in a universe that is 13.3 billion years old.

Our universe is so vast and expansive that there are no words to adequately describe this reality.

Our life span is measured in the smallest of fractions as compared to the age of the universe.

With perspective, one should realize that our time is the most precious thing we have.

Our clock is ticking.

We have 29,220 days (on average) to live.

What a shame it is for us to allow ourselves to get muddled into a state of negativity, sadness, or depression.

While we cannot always control what happens in our lives, we have considerable control over the attitude we elect to have in our life.

The power of the “No Contact Principle” is to allow you to get in touch with your feelings, put things back into proper perspective and begin healing from the wounds you have suffered.

Only then, will you be best equipped to make sound decisions about whether reconciliation with your your boyfriend or girlfriend is something you want to strive for.

# RECOVERY IS ABOUT DETACHING FROM YOUR EX

In the beginning, you spent your time forming this very special bond or attachment with your Ex.

But after the break up, for the sake of your personal recovery and to optimize your chances to reunite with your Ex, you will need to detach from your Ex.

For some, that is a scary proposition.

“I mean really”, you might be thinking, “what does that mean...detaching from my Ex”?

Ok, I guess I will be a smart aleck!

It means exactly what I said.

Ok, that probably didn't help you much!

Think of it this way. You are carrying a burden. It is holed up deep inside you. To move forward, you have to let go. The burden has to be lifted and carried away.

You have to be able to stand alone to fully recovery.

Your Ex won't be there to help you. You cannot count on him or her.

So detach from your Ex.

That does not mean that you will never be able to “re-attach” with him or her in the future. It just means that for your own personal recovery to be fully realized, you have to proceed under the assumption that your Ex may not be part of your life.

I know that sounds hard and maybe even impersonal. But you cannot move forward if you are banking on the notion that your Ex will be part of your life in the future.

Maybe they will...maybe they won't.

You will be made stronger if you operate under the premise that you life is moving forward and good things will happen. But your Ex may not be part of the equation.

That is the mindset you should embrace!

“How do I detach?”, you might ask?

Well, the best way is to simply heed all my amazing and wonderful advice, right!

Ok, maybe you need more than that.

A practical strategy is to ATTACH to other people.

I am not talking about attaching to another boyfriend or girlfriend or going out and having a one night stand.

What I mean is you should attach to people you know that you already love and care about.

Spend more time with your friends and family.

Go out and meet new people.

Attach to your love of nature.

What?....you don't care for nature!

Well, hopefully that is not the case! Because to get grounded, sometimes you need to get away from all of the concrete, sidewalks, buildings, and all the other man made objects.

Go out and feel the wind in your face. Take a walk in a park. Do it often.

Ok....so let's get back to attaching yourself to the right things.

Try attaching to your love of participating in sport activities.

Attaching to physical exercise is also a good idea as it fills up your time and has many physical and emotional benefits.

Your world is made up of much, much more than your Ex.

And if you free yourself up from the emotional clutches of your Ex, you will feel much more independent and confident.

Besides, detaching from your Ex is also a great way to enhance your personal attraction.

Do you remember our discussion of Chase Theory?

There will come a time in which you are ready to return to the dating scene.

I am not advocating you do this right away, but eventually going out on a few casual dates, may help you get closer to your own feelings, never mind help you with potentially meeting some people you may end up liking a lot.

Oh, and I am sure you have not lost sight of the possibility that casual dating can also have the dual benefit of creating “jealousy” in the mind of your Ex.

We will talk more about creating attraction and jealousy “plays”. But first, let’s turn our attention back to your recovery.

## RECOVERY IS ABOUT MANAGING YOUR PANIC

You start shaking uncontrollably.

Your heart is racing.

You can barely breath.

You feel like you are going to explode.

You get light headed.

Welcome to the world of panic attacks.

These physical symptoms can be accompanied with confusion, denial, anger, fear, sadness and/or resentment.

The degree in which you experience this panic can range from a mild to a full blown attack.

And you can feel all these things within a few minutes. It could happen immediately following a break up or days or weeks later.

A certain sight or noise could trigger an avalanche of these emotions.

We are talking, lots of bad feelings that seem to have a mind of their own.

The point of this section is to assure you that whatever brought on your panic, **YOU WILL GET THROUGH IT.**

In this very moment you may feel hopeless.

But I am telling you, do not underestimate your resilience.

It starts with understanding that what you are experiencing is not unusual.

It's no treat, that is for sure.

But there is a reason why your body is reacting like it is. It's the body's and mind's way of dealing with some very bad news.

So let me just take a moment and offer you some coping and healing strategies in case you ever find yourself a victim of a panic or acute anxiety attack:

1.     Breath - It sounds simple, but when you are in panic or experiencing a lot of anxiety, you forget to breath. Or you might hyperventilate. Your nervous system is wired to go into a fight/flight/freeze response if you become emotionally overwhelmed. On a count of 4, take a deep breath. Exhale slowly. Do it again and again and again.
2.     Take Ownership of your Anxiety - Accept that anxiety is a normal thing. You cannot entirely be rid of it. Tell yourself that this bout of acute anxiety or panic will run its course. Because it always does.
3.     Brain Games - Realize your brain can fool you. It can trigger this physiological response we call panic. But give yourself a "trap door". When it happens, know that it is your brain and nervous system seizing temporary control. Keep reminding yourself that your panic will end. It always does.
4.     Challenge Your Thoughts - When in a panicky mode, you may think of every worst scenario. But that is just one side of the brain's opinion.....the emotional side. Just tell the emotional side of your brain to get lost! Appeal to the rational hemisphere of your brain and remind yourself that things are not anywhere near as catastrophic as the other side of your reactionary brain may make you feel. No one has died. The world is not coming to its demise. You have many journeys and adventures ahead of you.
5.     Look for the Drops of Jupiter - When I think of "Drops of Jupiter", I think of a really cool song that makes me feel good. So use positive visualization techniques to turn around the negativity in your mind. It is akin to a form of meditation. Say really nice things about yourself. Just go to a positive place in your mind....like a field of flowers....a sky of puffy white clouds. Assign your negative thoughts to these objects and allow them to just drift or float on by. Basically, you are de-fanging the negative thoughts. Realize that the "thoughts" in your mind are just mental constructs. They are NOT REAL. So don't let them run away and cause you pain.
6.     Use Positive Talk - You get a bad text. Delete it. Send yourself a positive text message every single day! Keep a journal and record all of the good things that happened to you that day. Remind yourself that you have beat these bad feelings before and you will do it again. Say it outloud.

7. The Present Moment is a Powerful Goddess - When we panic and when anxiety runs amok, so do our thoughts. Like a rampaging river or freight train, your mind can quickly conjure up all sorts of absurd scenarios. Guess what? The future is always moving and you have very little control of it. Spend your time thinking about the present and perform your breathing and positive imaging exercises. There is plenty of time for you to plan and seek a future outcome more to your liking.

8. Stay Engaged - The worse thing you can do is sit around and obsess, allowing your running thoughts to keep you focused on the negative. Keep to your routines. Add more routines. Seek a physical release. Walk around the block. Go on a jog. Get busy with life!

9. Rinse and Repeat - Read numbers 1 - 8 several times. The more these ideas get imprinted in your mind, the better off you will be.

## RECOVERY IS ABOUT GETTING ANCHORED WITH YOUR FEELINGS

There are a few things you can do from a psychological perspective which can help immensely.

One technique is called, “anchoring”.

The way it works is that we naturally make associations (i.e. anchors) between experiences we feel, hear, smell or see and we connect these experiences to our emotional state at that time.

For example, when I smell certain flavors of bubble gum, it takes me back to the days I played Little League baseball.

When I see a hot air balloon, I immediately think of the amazing time my wife and I had on a hot air balloon ride.

Here is the cool part. You can call upon “anchors” to paint your mind’s “attitude”.

So “anchors” can be deliberately created or resurrected and that can help you achieve a more desirable emotional state.

It is simple to do. Let me show you!

The idea is you focus on the positive mental imagery you have stored within your mind and take a joy ride. Do it often enough, you can transform a negative and depressive state of mind to one that is positive.

I would recommend immersing yourself using all of your senses that are anchored in positive memories.

“Choose your attitude”, is what some people say.

I would add to that.

I say, “Practice your attitude” and it will become your reality.

Check out the link, I provide below, to learn more about anchoring and other neuro linguistic techniques you can use.

That is a pretty darn fancy word....neurolinguistic.

I bet you can't say it 5 times really fast, without messing up!

I screw it up every time!

# RECOVERY IS ABOUT EXPRESSIVE WRITING

Earlier, we talked a bit about “coping strategies”.

We talked about the importance of making an emotional pivot away from your Ex.

Another idea I would like you to try is expressive writing.

It is simply to do and can be powerful.

This coping technique has been studied extensively and what has been learned is that for those who have experienced a breakup, a faster route to recovery is to write about ONLY the “positive aspects” of that breakup.

This approach is based on the cognitive teachings of “Positive Psychology” and supports your well being and personal prosperity.

This is how it works.

You can simply write on a pad, notebook, journal, or diary. It's your choice. But the rule is you only write about the positive things associated with your breakup. You would write for 3 consecutive days and spend about 15-30 minutes a day recording your feelings and thoughts.

You would write about the positive things leading up to the breakup.

You would write about the positive aspects associated the actual breakup.

And you would write about the positives in your life since the breakup.

The study revealed that when people did this, they experienced higher levels of positive emotions, along with greater confidence, energy, happiness, thankfulness, empowerment, optimism, relief, satisfaction, and wisdom.

Try it!

# RECOVERY IS ABOUT EMBRACING THE “HOLY TRINITY”

As you embark on your journey, I thought it would be fitting to tell you about 3 synergistic principles that can be life affirming.

What are they exactly?

The biggest gift I could ever offer you is to believe in the Holy Trinity.

Ok, reality check! I am really NOT getting all religious on you!

When you look at your life in a very general sense, you can essentially categorize it into three key components.

1. Health
2. Wealth
3. Relationships

These three broad life components encompass many things. You need each of these three major elements in your life to prosper.

Your mission in life should be to learn how you can improve in each area.

This is the Holy Trinity as it pertains to personal recovery.

Ready to become a disciple!

When I offer relationship coaching services to my clients, I teach them about the Holy Trinity. When we are suffering through a broken relationship, it is easy to lose perspective. What I like to do is help these individuals re-discover purpose in their lives.

What is magical about the Holy Trinity is its simplicity and the synergistic way in which these three life components can come together to provide a person a new focus.

If you just broke up with a girlfriend or boyfriend, you need a new focus.

Each of these three elements are interdependent, which means for example, that if you take one away, the other two are negatively impacted.

Few people are masters of all three “areas” of life.

So don’t get down on yourself if you are struggling in one or two of these life impacting areas.

Seek to improve.

Throughout this book, we have talked about the No Contact Period as being a campaign on Two Fronts. Recovery is your most important Goal.

If you feel yourself drifting or if you wish to realize greater self potential, then I would encourage you to seek The Holy Trinity.

I did a Podcast a while back and took a call from a woman whose Ex had left her. She was crestfallen by the breakup and was exhibiting all of the characteristics of a needy, somewhat desperate person. She explained that the balance of Personal Power within the relationship was tipped completely in the direction of her Ex.

We talked quite a bit offline.

She took my advice about the Holy Trinity to heart and worked hard to improve in each area. She drew closer to family and friends. She began working out and lost weight. She started her own business. At first, she was afraid to embark on her life’s dream. Being self employed myself, I understood her fears. But I told her that 30% of the American workforce operate their own business. By 2020 that figure will be 40%.

I told her not to fear failing. I explained that most first efforts at self employment don’t turn out well...just like most first relationships.

But if you stick with it and learn from your mistakes, good things usually happen.

Little by little, she made improvements in all facets of her life. It did not happen overnight, but over time she told me that she became a much better version of herself.

Several months passed and lo and behold, her Ex showed up again in her life, taking stock of all the things she had done. It was almost as if he was meeting her for the first time.

There is a lot more detail to her journey and how it ultimately ended, but what was clear to me, as she related her story, is that her personal confidence had soared.

She did not rush back into the relationship. But eventually, empowered with her new confidence, she chose to resume the relationship.

So let's take a closer look at each Component, as these three areas may not be as obvious as you first think.

## **Health**

This category includes everything from how you look and feel, to what you eat.

That is the physical side of health. On the flip side, there is also our mental and emotional health.

One affects the other.

Think of everything that affects the physical and mental health in your life and you will have essentially summed up the health category.

## **Wealth**

Wealth is one of those interesting components in our life.

Do you need to be filthy rich?

Nah!

Does one have to be financially independent to be successful and fulfilled?

I think the answer is Yes, No, and maybe!

Sorry for that.

People (and life in general) are very complicated. And I don't think there is one stock answer for each one of us.

For some, achieving a degree of financial success through the work they do is an important element in their life. It is one of their measuring sticks.

And certainly, having sufficient money to be able to live independently is a worthwhile endeavor.

After all, if you google the definition of "wealth" you will learn that it is defined as "an abundance of valuable possessions or money".

But wealth is not just about money in your pocket or owning a lot of assets.

My definition of wealth expands to having a wealthy set of life experiences.

Without a diverse set of experiences in different places, with different people, doing different things....we are spiritually poor.

Spiritual wealth includes feeling really good about yourself and having some wisdom.

Spiritual wealth could be a sense of connection with an organized religion.

Or it could be the feelings that are evoked when you attend your Yoga class.

Spiritual wealth is many things to many people.

With this sub-component of the Holy Trinity, people strive to gain spiritual capital through self healing, counseling, coaching, and/or self development.

Reading this book is a form of building Spiritual Wealth.

## **Relationships**

This one is pretty obvious. Or is it?

Right now, let's not include your Ex in this discussion.

I know! I know!

It's why you are here, right?

Well, actually No. What you want to do is detach from your Ex, right!

But for purposes of keeping it real, let's assume you have arrived at this page and are presently in a "breakup" situation.

Now eventually, your boyfriend, girlfriend, or spouse will be included when we talk about this component of the Holy Trinity.

After all, you are striving to have healthy relationships with all of the people that matter in your life.

But I want you to understand how the OTHER relationships in your life can be a powerful healing force.

Did you see that!!

Did you see how strong "relationships" can positively impact your "Health" (e.g. emotional health) and "Wealth" (e.g. spiritual wealth).

Remember....the Holy Trinity is a Synergistic Principle.

Your relationship area of your life is probably the most powerful component of the Holy Trinity.

It is the nuclear fuel that fuses things together.

noun

noun: fusion; plural noun: fusions

1. the process or result of joining two or more things together to form a single entity.

And if your are feeling broken, you need people you love and who love you that can help you come back together again.

People such as:

Friends...

Co-workers...

Brother...

Sister...

Mom...

Dad...

Grandparents...

Support group members...

Counselors....

Therapists...

Clergy...

Even Pets!

Ok now...don't get me started on pets! I want you to read up on that yourself.

Ok, Ok...I am going to give you just one thought on pets.

Pets can be AMAZING for your recovery. Consider getting one, if you don't have one.

Alright, so let's get back on track...

Developing and sustaining ongoing healthy relationships with people around you is very much coded into your DNA.

Don't think for a minute that you can soldier through life all by yourself!

I think you are starting to see the big picture.

As you seek to regain the relationship with your Ex, remember the value of practicing the Holy Trinity and strive to improve in each of its three areas.

You will grow as a person.

You might just succeed in winning back your Ex.

Or, you may find another person you wish to share your life with.

You always have options.

## RECOVERY IS ABOUT BECOMING THE BEST VERSION OF YOURSELF

While your mind may be flooded with thoughts about your Ex, you have a tremendous opportunity to reconnect with yourself.

So just how do you become the best version of Yourself?

Well, you need to aim HIGH! Really high.

If you are a guy, I want you to aspire to be "Unbelievable".

If you are a gal, I want you to aspire to be "Ungettable"

# THE UNBELIEVABLE GUY

Let's take a look at what a guy can do to better himself and draw closer to that ideal, "Unbelievable Guy".

Trust that if you get anywhere near this level, it will help you in the self confidence department; not to mention help improve your prospects of attracting women, including your Ex.

I have listed what I believe are the key qualities women consider when choosing a potential mate. Some of these qualities are more important than others and some are mostly out of your control.

So pleaseeeee. Don't obsess over any of this.

Remember, we are shooting high. And there are some things, you have no or little control over.

Think of it this way. Any kind of progress you make is meaningful.

Ok, let's get back on track....

Now, my advice is general in nature. I want to be clear on that! It is impossible for anyone to know with certainty what every woman prefers.

I just happen to believe (based on my experience) most women consider these qualities when they take stock of you.

So if you are shooting for the "Unbelievable" status, then the idea is to maximize as many of these qualities as you can.

## **Quality (Appearance)**

Let's do a fun exercise.

I think we can all collectively agree that most women think Brad Pitt is good looking.

Alright, here comes the fun part.

If I were to put you and Brad Pitt up against a wall and have your Ex girlfriend choose someone based on looks solely, something tells me that Brad just might nudge you out.

I know...I know...it would be close, but Brad wins out.

Whether we like it or not, looks will play a role in how women think about men.

Notice, I said “think about men”.

I did not say that women generally select their mate solely on looks.

Nope, I did not say that!

The main point I want to make here is to not put too much stock into whether you are the most handsome guy around.

As it turns out, studies have revealed that “looks” are not terribly high on women’s short list. It turns out, women value other things like personality, commitment, stability, kindness, and humor.

Let’s say that you are just an average looking guy. You aren’t terrible looking but you aren’t a stud. If you were to rank really highly in the rest of the qualities in this section, your looks wouldn’t really matter as much to women.

Don’t believe me?

About a year ago I went out to lunch with a few friends (3 girls to be exact). Of course, when you are the only guy among girls, the conversation eventually turns to dating. I don’t remember exactly how it happened, but someone brought up the question of looks.

One of the ladies said:

“Wow, I would NEVER date a guy better looking than me. I did it once and felt horrible about myself.”

Did you get that?

These girls actually all agreed that they preferred men who weren’t as great looking as themselves. Perhaps we have a little vanity “play” going on here.

But, I think it something more basic that operates at the conscious and subconscious levels.

On the practical side, woman may prefer ordinary looking guys for fear that a great looking guy may not be faithful or willing to commit.

So, trust me when I say that while looks matter, they don’t matter as much as you may think.

## **Quality- Height**

This is another one of those qualities that you really have no control over.

Women tend to prefer a taller man over a shorter guy, relative to their own height.

Ok...now did you notice that?

I used the phrase “relative to their own height”.

So if you are 5 ft, 5 inches and your lady is 5 ft, 3 inches, then your girl will likely be comfortable with that spread. I doubt if she would want to date a 6 ft 10 inch guy.

Just as with most things, preferences can vary widely.

But the thing I really want to talk about with this quality is the fact that just because you are tall, it doesn't mean that you are guaranteed a great shot at getting your ex girlfriend back.

Nor does it mean that if you are of below average height, you are at a disadvantage.

As I said, there are a lot of variables that come into play when we are talking about physical preferences.

As I alluded to earlier, there are many attributes women consider, and height is only one.

There is also a principle of pairing to take into account. Men and women tend to pair off along similar physical attributes. So your mate is out there, no matter what you look like.

It is going to take a lot more than good looks to re-flip the attraction switches of your ex girlfriend. And therein lies the dilemma for good looking and tall men. They may not be that much better off than shorter and below average looking guys.

I have a pretty good looking friend (who also happens to be tall). Every time I would go to the bar with him, I was amazed at the amount of women that hit on him.

Of course, with me being somewhat jealous, I started studying exactly what he was doing to get these women to flock to him.

I watched him pick up women left and right and I still couldn't figure out what he was doing. It was probably just as well.

Undeniably, he was a great looking guy. But as it turned out later, he struggled within his relationships.

Physical attraction is a multi-faceted phenomenon. It is an important variable. It may get you through the door. But you will need to bring a lot more with you to be invited to stay for the long term.

You see, when you have a real relationship with someone, it goes far beyond looks and height. You need to do a lot more....offer a lot more.

So, if you are tall, short, good looking, or average in looks, my point here is that you can't assume that those aspects alone will enable or disable you.

### **Quality- Health & Hygiene**

If you are a bit overweight, then why not do something about it.

Trim up!

You know it can be done.

If you don't have the perfect or near perfect physique, it won't doom you. But this is an area that is actionable and a fit and healthy looking guy is a confident guy.

Women will almost always find a man who is fit, more attractive than a man who has let himself go.

But we are really focusing on your needs right now.

I think you will like the "fit" version of yourself a lot more.

Now, I am not saying that you have to get in Olympic level shape or anything like that. What I am trying to tell you is that if you get fit looking, it is going to help you in your quest to become the best version of yourself.

Let's move on to the hygiene.

Please do not screw up in this area because it can be a real turn off with the ladies.

The good news is that if you have poor hygiene (e.g. bad breath, body odor, long fingernails, dandruff, smelly feet, etc), you can do something about it, quickly.

By the way, did you catch that?

You can do something about your hygiene like "right now"! Make it a new routine in your life. It will pay you dividends in the future, when you are around the ladies.

When I was in College, I sat next to one of the most interesting men I had ever met. This guy was good looking, tall, intelligent and the more I got to know him, the more I thought to myself,

"This lucky guy must have women flocking to him like white on rice."

That was when I smelled it.....BO (body odor.)

Do you know what poor hygiene says about a person?

They don't take care of themselves.

Yellow teeth and horrible smells coming from your body is a huge red flag to a girl.

Don't be the bad smelling guy.... be the good smelling one. This puts you ahead of the pack.

### **Quality- Grooming**

I want to continue with this theme for a moment.

You know..... the "not taking care of yourself" problem.

I would also say that grooming falls into this area. Now, I may get some disagreement on my views...and that is OK.

Just consider my views.

Look, the only two people that can pull off a full grown beard are Santa Claus and The Most Interesting Man In The World.

Since I know for a fact that you are not either of those men, you might need to rethink your Gandalf beard.

Now, just for your edification, I am not just throwing out a lame opinion.

The fact is that studies show that women are less attracted to full beards.

Ok....Ok.

For all of those who read the same study as I did, it does say that those with beards can be perceived as mature, stable and a potential protective force.

But if we are ranking facial hair or lack of, women more often are attracted to some scruff.

I am not saying a little scruff will immediately turn you into stud. It's just that the research studies reveal that the ladies prefer this look.

Since we are talking facial hair, let's move up the value chain and mention the hair on your head. Messy, ugly, greasy, dandruff laden hairstyles won't cut it.

Speaking of cutting it, well, that is more of an individual choice.

The point here with grooming is it needs to be obvious that you take care of yourself and care about your appearance.

Just don't take it too far. You don't want to be the "prettiest" guy around. That is not going to send the right message.

### **Quality- Fashion**

I want you to imagine something for a moment.

Let's say that the best looking man in the world walked into the bar full of women. Now, this guy is so good looking that all he has to do is walk in and sit down and women immediately swoon. Every single girl he ever attempts to go after, he gets.

Now, let's take the best looking man in the world and dress him like a homeless person. His clothes smell, they are covered in dirt and it literally looks like he lives under a bridge.

Something tells me that if this version of the best looking man in the world walked into a bar, he would not have the same effect on women.

Whether you like it or not, fashion matters to women, including your ex girlfriend.

I am not saying that you have to dress like a hollywood actor or anything like that, but you do need to look nice every time you see a girl (especially your ex girlfriend going forward).

### **Quality- Comfortability**

Have you ever had a woman so comfortable with you, that she could be herself...comfortable with just acting natural around you?

In my experience, women are some of the most guarded creatures in the world. They may not always show it. They employ this magical cloaking device that hides it. But they are not going to reveal what they are all about until some trust is developed.

Think about it from their perspective for a moment.

An attractive woman will generally question every man's intentions toward her. She probably gets hit on multiple times a day, so she has her guard up.

Heck, this is true of even average looking women. Actually, every woman has their guard up to some degree. It's just that some are more guarded than others, given their particular situation.

If you are able to get a woman to lower her guard and let you in, then you have taken an important step forward.

Usually "comfortability" and "letting someone in" goes hand in hand. So, if you can make a woman completely comfortable with you, then she is more likely to let you in.

Guys, we are talking trust here.

It is not freely given. You have to earn it through all the little and big things you do when you are with a woman.

I really want you to be considered an Unbelievable Guy by everyone who you come in contact with.

Do you want to know how you can do that?

With practice and commitment of course!

From now on, whenever you talk to someone (ESPECIALLY other women), I want you to make it your goal to make them completely comfortable.

If you can get a girl to be comfortable with you, then you have done a very impressive thing, because there are a lot of guys out there who give little consideration to this.

Some guys are just clueless. Ok, well maybe that is a bit too harsh. But, I come across a lot of clueless, selfish guys.

Don't be one of those.

This begs the question. How do you make a woman comfortable?

Well, that is actually a complicated question and quite frankly, I don't have the time to explain it to you in detail in this book. So let me give you the most important highlights.

Whenever you are talking to a woman, imagine me standing right next to you. Every time you think about any of the following:

- Having sex with the woman.
- How pretty she is.
- Looking at her tits
- Or thinking about anything else remotely physical about her body.

Just imagine me slapping you really hard, upside the head.

Look, you want to know the keys to a woman's heart, right?

LISTEN!!

Seriously, when a woman talks to you, you need to listen to what she says. Then once you have listened to what she has told you, I want you to UNDERSTAND what she has told you.

Oh, and I am not talking about that fake understanding stuff where you really didn't listen, but just nodded your head every once in awhile.

She will see through that!

I seriously want you to listen and understand what she said to you.

That means you will have to engage her in conversation and ask follow up questions about what she is talking about. This demonstrates to her that you are "actively" listening.

After you have done those things, then you are allowed to give her a response and it is usually smart to show support....real support.

Let me brief you in on another very important thing.

When a woman is talking to you about a problem she is having, don't think you need to help her solve it it. Don't think you are going to come to her rescue with an amazing solution.

It is very likely, she needs no rescuing.

She just wants to talk and share her feelings. She probably already knows the solution. Just listen. As soon as you think you are really smart, tap down that thought. It will get you in trouble.

If you do those things, trust me, a woman will get comfortable talking to you.

Think of all these things we are talking about as a series of small, but important steps.

It is not through one step you arrive, but through taking many steps.

### **Quality- Actually Having A Life**

Would you like to know the successful approach almost all people recovering from a breakup take in order to get their Ex back?

They actually have a life outside of their relationship with their Ex.

If your entire world right now revolves around thinking about your Ex, then you probably aren't going to do well when it comes to getting her back.

Why do you think that is?

I mean, an argument can be made that someone who is hyper targeted on an Ex can devote more time and attention and yield more successful results. Right?

Wrong.

The most persuasive fact I use to combat this argument is actually pretty simple.

Have you ever been hyper targeted on your Ex before?

Speaking from experience, it isn't really that enjoyable.

If you are on the edge of your seat for every text, response or call, then you aren't going to do well.

You don't want to rush this thing. Instead, you kind of want things to unfold naturally after you have implemented the No Contact Principle.

Get back into the swing of life.

An idle mind, is the devil's playground.

Keep up your routines and add new and healthy ones.

If you wish to become the best version of yourself, then you need to take a mind, body, and soul perspective.

Get your head together. Get yourself fit. And if you feel you will benefit, then get in touch with the spiritual qualities of life.

Become YOUR own best friend.

# (WOMEN ONLY)



## THE UNGETTABLE GIRL

Ok, ladies, it's your turn!

I just walked the guys through some things they should seriously consider to become a better version of themselves. I have a few things to share with you on that topic as well!

So first things first. What is the Ungettable Girl?

The Ungettable Girl- The highest quality girl that there is. She is both beautiful (physically and spiritually) and has the personality to match her beauty. This type of girl is extremely rare and few women can achieve the "ungettable" status.

Just as I explained for the guys, your focus to become the best version of yourself is important on numerous levels.

It gives you something positive and constructive to focus on.

It can lead to you building some much needed self confidence.

It can help you repair your ego.

And, if you draw a bit closer to the "Ungettable Girl" status, it definitely can help you in your love life.

Hey...I am not talking sex here! I actually referring to building and sustaining a relationship with a guy you love.

So why do I characterize the "ideal girl" as "Ungettable"?

Men love to chase after that which seems impossible to achieve or something that has been taken away from them.

Now admittedly, it is quite difficult to accurately define what an Ungettable Girl really is because it is highly subjective. The physical and personal attributes of such a “woman” are somewhat variable depending on a guy’s perspective.

In a way it is a mental construct, meaning it is not a real real thing.

But don’t tell that to a guy.

A man is always pursuing this “mental construct”. When he sees it or some part of it, he knows it deep inside. He may struggle somewhat in defining exactly what it is in its entirety. But a guy is not thinking about such things in that moment anyway.

It is like an Avatar representation.

It exists in our minds.

It can lie dormant inside a man’s subconscious. He may act upon this image of the “ideal woman” without even realizing it.

If he sees qualities of the “Ungettable Girl” within you, it will fire up his juices. Attraction will build.

Every man has their own image of the Ungettable Girl dancing through his mind. In his mind, such a woman is the top of the totem pole....the quintessential 10.

I want you to think of the “ungettable” status like an aura surrounding a person.

Now, I am sure that we are all adults here, so my next statement shouldn’t be taken out of context.

But, have you ever gone out and just admired the way another woman looked or acted?

Hey, I am as straight as a straight guy can get, but even I have gotten jealous over the way another guy looked or how smooth he was with the ladies.

It is just human nature.

This phenomenon is what I call the “ungettable” aura.

Now, contrary to popular belief, it is not entirely something that you are just “born” with.

Though I am sure some may argue this point.

There seems to be some women who grace us with their innate Ungettable Girl presence as if it is instilled in every fiber of their being.

I believe that striving to become an Ungettable Girl (i.e. UG) is a result of several actionable things you can choose to do.

Notice, I said “become”.

That is the key, operable word in this discussion. The journey to become an Ungettable Girl will almost always yield positive results.

Whether you achieve “Ungettable” status (whatever that truly is), well, as I said, that is a subjective thing.

Becoming an UG is realized with a lot of practice and (I will be honest) some good genetics. I will be talking a lot about how looks play a role into the ungettable persona, but for now I want to talk about how personality plays a critical role.

I don’t want you to forget the fact that an UG’s (ungettable girl) is truly a very rare thing.

Some time ago I was interacting with a reader of my website site via Facebook. She was telling me how insightful she thought my writings are on the Ungettable Girl.

Trust me, I was flattered. While I have given considerable thought to the Ungettable Girl notion, it is most difficult to explain.

She then proceeded to tell me that while she was out with a few of her male friends, she ran the UG theory by them and they all agreed that it was true.

This made me think about her friends!

She told me that they were all male.

Deep down, I am not sure they understood what an “Ungettable Girl” truly is in that context. My friend is quite the “looker” and may very well have some UG qualities of her own. So her male friends may have been struck by her “presence” and were just being agreeable.

You see, society places too much emphasis on looks. When most men hear about the UG, they still don’t quite grasp the concept of what really goes into making a woman unbelievably attractive.

They can sense it and feel it, but when you try to get them to explain what it really is, they usually get stuck.

You see, looks are only one part of the UG equation.

For me, personality is truly what seals the deal. Personality is the central core...everything else radiates from the center for support and balance (i.e. like spokes of a wheel).

As an adult male, I can tell you that looks grab your attention, but it is the personality that keeps it.

One of my best friends in the world said it best:

“Looks will get you in the door, but your personality will keep you in the house.”

Every ungettable girl has a special type of quality which immediately comes to mind..... the day-dream quality.

Men rarely talk to other men about their innermost thoughts.

How do I know this?

Well, because I am a guy and I am this way.

My friends are this way.

Every guy I know keeps most things contained.

So whenever I meet what I think may be an ungettable girl, something really interesting happens in my mind and I can see it happening to other men as well.

Allow me to explain.

You see, the ungettable girl has the ability to make a man daydream.

It is as if she has a hypnotic effect on the man.

This “daydream effect” is important because it starts like a virus in the mind and slowly takes over. It is the DE (daydream effect) that constantly keeps a man COMING BACK FOR MORE!

Why?

Because it awakens something very much deep inside the core of a man’s brain. It is something very primal. It probably took millions of years for our brains to evolve to respond this way.

Just know that what is going inside a man’s brain is chemical based.

And that is a leverage point for you.

Hang in there....this will be made clearer.

## **Taking Care of Your Looks**

Hopefully, you don’t think me shallow, but your overall look is kind of a big deal.

Hey remember, we are talking UG here.

Now, I don’t mean to suggest you need to be a beauty queen. But you need to make an effort to optimize your looks.

As a general rule, when men look to date someone over the long term, they initially judge attractiveness more by a woman's "look". Men are just kind of wired that way.

Men are image oriented, particularly in the beginning of an encounter.

The good news is "that" side of a man's brain does not always control their behavior. As time goes on, all of the other important qualities, a woman possesses, become increasingly more important.

So, your "look" matters, but it is not the most important part of the equation.

There are many variables.

That is why I said, "men initially judge attractiveness". But all of the other components of becoming an UG come into play over time and can significantly impact a guy's view of you.

Oh....and in case I forgot to tell you, men assess your degree of being an "Ungettable Girl" usually in the first few minutes of your encounter with them.

Women are the same when they evaluate a man.

It does not take very long for our brains to make all of these calculations, some of which we have no clue about since they are happening in our unconscious mind.

Don't you find it interesting that our attraction for another is something we don't always have control over?

How "beautiful" you are is truly subjective and there are many qualities that influence a person's assessment of beauty.

Why am I telling you this?

Well, I want you to remember that no one has a perfect face. We are all imperfect in our own ways and men and women will take this into account.

Granted, many men don't take it into account as much as they should initially, but our mind eventually sees the whole picture when the "other" side of our brain kicks in.

## **Hairstyle**

The way this section is going to work is pretty simple.

I am going to carefully go over what I have learned about what men find attractive in women, characteristic by characteristic, besides their looks.

Let's start with the hairstyle.

I don't personally know a lot about hairstyles and I will be the first to admit that. However, I do know what I find attractive and I have done research.

For me, short hairstyles are less attractive than longer hair. Though there are plenty....I mean plenty of people who feel different.

Now, I am not saying that I am completely opposed to shorter hair styles, but I will say that I am definitely more attracted to women with longer hair.

What does that mean?

Probably nothing.

And that is my point. Essentially, your hairstyle choice should be governed more by your own individual preferences.

If you are coming out of a break up, don't let yourself go into the "I don't care about my hair" mode. Perhaps, you might benefit (internally and externally) if you decide to remake your hairstyle, along with some of the other changes you undergo.

I don't recommend you try to transform the person you are. That never works. Stay who you are. Just become the best version of yourself.

I think women enjoy more the experience of redoing their hair....getting a facial, the nails done....things like that. If you do, treat yourself. Shine.

If you feel inside like a million bucks, that will be the image you will project to the world....and that is UG like!

## **Skin & Smile**

That is kind of a weird pairing isn't it?

Believe me, there is a method to my madness.

Today, I ended up seeing a girl that I would definitely classify as pretty, but she had two things that turned me off a little bit.

Want to take a guess at what those qualities were?

Yup, her skin and her smile.

I actually ended up pulling up next to her at a stoplight and noticed she had her window down. She was chattering away on her cellphone and doing something that I am not a fan of, but not overly judgemental about, smoking.

It was the smoking that caught my attention as she flicked her cigarette and it hit my car.

Already we are off to a bad start, she and I.

When I took a good look at her, I saw potential. She structurally had a beautiful face, but it was obvious to me (even from my car) that she had not taken care of her skin or teeth.

Research studies reveal that guys like it when women smile.

So make sure you smile and why not also make sure your teeth are white and your breath is fresh.

I am no cosmetic expert. But I think most every guy will agree that nice, clean skin is attractive. I think this is an easy one because there are so many options on the market to make skin look velvety smooth and glistening in appearance.

## **Body**

Your weight does matter to men, but not as much as you initially think.

Just like I told the guys above, if you need to lose some weight, please do it.

I consider this a triple play opportunity for you because you have a chance to feel: (1) More attractive inside as you see some pounds shed away. (2) You definitely will be perceived as more attractive and (3) if you are utilizing fitness workouts to help you lose weight, you will also benefit from the release of chemicals that make you feel oh so good after a long session.

When I say that your weight matters to men, I bet you automatically assumed that I meant “women who were overweight.”

While that was certainly implied, I was also talking about the women on the opposite end of the spectrum too.

If you have stopped eating or just find yourself well below the recommended weight for your height and body type, then you will want to address this.

## **Attitude**

Every UG has an amazing personality.

Talking with them is as “easy as pie”.

The rapport just comes naturally and it as if she knows exactly how to totally disarm a guy and essentially everyone she comes into contact with.

If she is at a party, it is as if the room revolves around her.

Let me tell you a quick and interesting story of when I met this girl some years ago. We were both in a beginning art class at college. Interestingly, the class was very early in the morning and both of us arrived early. So early in fact, that we were the only two people there.

It gave us about ten minutes to talk and both of us felt an instant connection.

She could hold her own with me and I could hold my own with her.

Yes, love was in the air!

Well, not really, but things were going nicely.

Rapport was being built in record time.

When the class was over, we both stood by our cars and talked for an extra hour. I was instantly attracted to her and I am sure she was attracted to me as she invited me out to go get lunch.

Ah, but then she did something interesting!

What did she do?

She left me wanting more.

Interestingly, this is a quality that I talk about extensively in my other E-Books and this girl (who I am now good friends with) was about to do it to me.

“Ohhh... I forgot it is my friend’s birthday today and I have to go buy her a present. Rain check?”, she said.

I am sure she didn’t do what she did intentionally, but it worked like a charm. You see, the rapport that she built with me created an emotional connection that made me want to spend more time with her. I was at my emotional high point of this particular experience and right when I wanted more, she pulled the rug out from under me.

What effect did this have on me?

Well, it just made me want to see her even more.

Ungettable girls have this uncanny knack for leaving men wanting more!

You see, things are seldom done on the man’s schedule.

They are almost always done on the UG’s schedule and the end result is she leaves the man wanting more; and HE IS TOTALLY FINE WITH IT.

Confidence

This is where many women tend to struggle.

A friend of mine recently made a point, that really struck a chord. She said:

“Women tend to dress the way they feel.”

What does that have to do with confidence?

It's Simple.

A confident woman will often showcase their confidence and positive feelings by their choice of dress. Brighter colors and bolder patterns usually exude confidence.

Ungettable girls are confident. It's as simple as that.

But how does confidence manifest itself?

Is it how we dress, like I was talking about above?

Well, yes that is a part of it, but that isn't the whole picture.

Let's explore more...

## **Body Language**

People often appear confident based on their body language.

So, in my opinion, the most important way to appear confident is to exhibit confident body language.

Confused yet?

Allow me to explain.

Now, I am not an expert on body language, but I have consulted them. It turns out that when a woman is confident, her body language and posture will be more erect...she will make more eye contact....she will reach out and tap you on the side of your shoulder (either making contact or near contact) to underscore her verbal points.

And she will smile and laugh (very important).

Men find women attractive when they smile.

On the contrary, women find men attractive when they smile a bit less, but make gestures of power and authority.

The science of human attraction is pretty darn interesting!

Let's not stop there.

A confident woman will tend to take a longer stride.

A confident woman will exhibit robust posture by lifting her rib cage and pushing out her chest, holding that position.

No slouching, please!

Body language and confidence are two sides of the same coin.

If you work on improving your body language, you will get a boost in your confidence and importantly, you will project the right vibes.

### **Her Wardrobe**

The UG will look confident partly because she dresses confidently. Yes, I am back to reinforcing this point.

Sometimes, just going out and buying a new wardrobe, not only makes you feel better, but now you have taken measures to change how the outside world views you.

And your Ex may be checking out some of those new pics of you and your new “stylish look” as it makes its rounds on social media.

### **Putting it Together**

As I said earlier, there is no single attribute or measure you can take to become the Ungettable Girl or the Unbelievable Guy.

It's a collection of many attributes, behaviors, and choices.

Becoming the best version of yourself is what you want to focus on, particularly if you have instituted the No Contact Principle.

You will find your endeavors well rewarded on a personal level and you may be very pleasantly surprised how you are able to re-attract your Ex by simply putting the best version of yourself out there.

# **RECOVERY IS ABOUT DISPELLING MYTHS ON ATTRACTION**

It is a common thread throughout our lives.

It is an age old occurrence.

Boy meets girl. Boy and Girl are attracted to each other. Boy and Girl break up. Boy and Girl put aside problems and get back together.

I assume you are about to enter into the No Contact Period and are considering the possibility of re-suming your relationship with your Ex at some point in the future.

I think the real challenge is how do we prevent “Boy and Girl” from breaking up again, and again.

What can you do differently?

What things must be better understood to avoid an endless cycle of breakup and recovery?

Well, that is a very, very long topic.

But I believe at the heart of it is learning to better understand the principles of attraction between the sexes.

We are wise when we “begin with the end in mind”.

So what is our desired outcome? What is it that you should be trying to achieve?

In essence, you want to shine. You want others to be attracted to your inner light.

When you are seeking to become the best version of yourself, your aim is to become attracted to who you have become.

As a result of this, others become attracted to you.

Hey! Like I told you, I want you busy and engaged during the No Contact Period.

So let me help you get a bit smarter when it comes to “Attraction”!

Attraction is the glue that draws people together.

And effective communications is the varnish that keep things shining.

Sounds easy, right?

Isn't it a matter of just putting on something nice and acting a bit sexy and flirtatious?

Easy as pie, right?

Well, not really, because acting in that matter is the superficial way of trying to attract.

It's like a vapor cloud. Here for a moment, then gone.

The fitness of your future relationships is dependent on many things. And one of them is understanding what attraction is really all about.

There are verifiable principles that govern how we are attracted to the opposite sex.

Wouldn't you like to know more about these?

Just as with the physics of planets circling our solar system, there are laws and principles that govern the attraction of us mere mortals here on earth.

So when it comes to our love lives, what are the things that make us tick?

What are the ingredients of attraction?

Knowing this makes you wiser in the ways of arousing attraction.

Do you remember what I said earlier..... Begin With the End in Mind!

Well, you won't make it to the end unless you can see the path. It is most difficult to complete a journey, if you have no map on how to get there.

Sure, we all come to this place on this page with some knowledge about attraction. Some of it just comes naturally. Some of it, we modeled from watching others.

But a lot of what we know about attraction resides in our subconscious. It is wired into our genes over 3.5 million years of evolution, which eventually led to the development of modern man and woman.

Do you think that great looks and a fantastic body is necessary to be attractive?

If you think "beauty" rules the roost when it comes to attraction, you are wrong!

It is an ingredient, but there are so many other components that even evolutionary biologists and psychologists argue amongst themselves as they sort through all of their findings.

It is not enough to have some really clever texting strategies to use at your disposal.

Nor will you be well served if you fall back on "attraction" tactics that are predicated on myth.

When I walk into a bookstore and see some of the titles targeted at men and women....titles like:

"Meet Her, Fool Her, Bed Her"

or something like....

“Make Your Man Your Bitch Every Hour of the Day”

Well, such titles usually make me laugh, then gag. I guess if you approach such books like “pulp fiction, then maybe you can glean some entertainment from them. I seriously doubt if you can gain much practical advice from these works of imagination.

My advice is you should seek to understand and see the larger picture of what things arouse a person's attraction and why.

I like to stay with more fact based information and allow science and my own experiences with clients be my guide.

So let's take a closer look at what has been learned about attraction.

# 15 THINGS YOU SHOULD KNOW ABOUT HUMAN ATTRACTION

1. Age Attractiveness - A study from the University of St. Andrews reveals that it matters how old your parents are. If your are born to older parents, you will have a tendency to be more attracted to older, mature faces.

2. Symmetry Matters - It has been well documented that people subconsciously pay attention to symmetrical faces. It has long been the standard of beauty for centuries. Presumably, symmetry signals health and good reproductive genes. No worries, though, as essentially everyone has symmetrical features. Some people are slightly more symmetrical, but in my book, symmetry is just one of the many faces of attraction.

3. Average is Good - This does not suggest that plain looking people are the most attractive. But rather, biologists state that the people who have a collection of mathematical average features, have a more diverse set of genes and that end ups being a preferred selection criteria when your subconscious brain scans the environment for attractive looking people.

4. The Parent Effect - Another study from the University of St. Andrew indicates that sons and daughters tend to be with partners who have the same hair and eye color as their opposite sex parent. So if you are a woman and your Dad has blue eyes and blond hair, then you will tend to be attracted to a blue eyed, blond guy.

5. The How of the Chin & Brow - We have these people called evolutionary biologists and after a lot of years of study they have concluded that women are more attracted to men with larger jawlines and a prominent brow. We are talking testosterone. Whereas men are attracted to women with a smaller chin and less obvious brow. That is the estrogen at work.

6. The Golden Ratio - I remember watching a documentary about this a few years ago. It dealt with where certain facial features should be placed to be optimally attractive. According to this well researched ratio of beauty, the ideal distance between your mouth and eyes should be 36% of the length of your face. The ideal distance between your eyes presumably should be 46% of the width of your face. While we cannot change the placement of our facial features, plenty of people seem to have a subconscious (or conscious) sense about the so called Golden Ratio. This may explain why women often tweak hair styles and apply makeup to dial in the beauty.
7. The Color Red - The University of Rochester reported that women are more attracted to men wearing a red shirt as the color red signals power and higher status. Men were also more drawn to women wearing red (as opposed to blue) as the color signaled sexual desire and readiness.
8. Voice Matters - A study in the UK discovered that men prefer women with a higher pitch voice as that is associated with estrogen. When attraction rises, women tend to speak in a higher pitched voice. Women prefer men with a deeper voice as that signals manhood.
9. Hungry Men - Weird as it may sound, a 2006 study showed that when men are hungry, they prefer women with relatively higher body weights. This finding is believed to be due to an evolutionary preference as a higher body weight woman signals access to resources.
10. Chalk One Up For Facial Hair - An Australian study demonstrated that women prefer men with heavy stubble as opposed to clean shaven or a full beard.
11. Smile or Not - Research suggests that women who frequently smile are perceived as more attractive. While women prefer men who smile less or slightly. Male gestures of pride and dominance are often considered desirable.
12. Love at First Sight? - Psychologists report that it usually takes 2 - 4 minutes for an individual to assess if they are attracted to another. If you are one of those smooth talkers who try to gin up attraction...guess what! Put it on the back burner! The studies reveal that attraction is based on 55% body language, 38% on the tone and rapidity of your voice, and only 7% of the words you use.
13. Chemicals that Rule the Day - When the love bug strikes, you have these things called neurotransmitters that can literally take over your life. Dopamine is released which courses through your body causing you to experience euphoria. It's like you are on cocaine or a blast of nicotine. Adrenaline is released and you feel like you could jump over the moon. Your heart rate quickens. You are sweating more. You are entering the lovesick zone! Then there is this very powerful cocktail called serotonin which is the chemical that is responsible for the most insanely, exciting elements of attraction, love and sexual arousal. Now you see why breakups are so hard. Coming off of all these chemicals in rapid fashion is tough.

14. First Impressions - The sexiest, most beautiful person in the room is not necessarily the one with the best waistline or the most symmetrical face. More often than not, it is the person who radiates confidence, happiness, and positive self esteem. This is probably my favorite of all the scientific findings because it jells with my own experience with attraction and is actionable. What do I mean by that? I mean that you can take affirmative steps to make yourself more attractive by simply exhibiting more confidence, charisma, charm, and other positive behaviors. I have always believed that the earliest impressions, when we meet someone, is an important crossroads between the sexes. Whether you are attracted to someone is based on both the conscious and subconscious mind. I think in many situations, the conscious trumps the subconscious if you are around someone who is charismatic, confident, and fun.

15. Reciprocation - Research suggest that attraction can be ignited through reciprocation. For example, you learn that someone really likes you. You never knew this. Feeling complimented by these feelings, you return the affection. It is thought that the force of highly suggestible and positive attention can be a catalyst for your reciprocal affection. This is probably my second favorite finding because I am a huge believer in the power of “positivity” and “suggestion”. Think of it as the “Force”. You know...like the force that we all learned from Yoda. Except this is a real and powerful psychological force. It radiates from within. Just the mere suggestion of something, when made with the force of positive energy, can move objects. The guy or girl of your dreams, could very well be drawn right in.

## RECOVERY IS ABOUT EMBRACING POSITIVITY

Think of the attitude you adopt as a choice.

You can strive to be consistently positive and pull people up with you.

Or you can flood your zone of influence with negativity and pull people around you down.

It is a choice.

You control your attitude. No one else climbs inside your head and turns the wheels.

You are in charge.

Negativity is a path to toxic thoughts and outcomes.

Relationship research reveals that when people dwell on the negative, it can have adverse effects on both their physical and emotional health.

Negativity promotes chaos and ugliness.

Chaos theory teaches us that everything we do and every negative act we set in motion, affects everything else, most often in a bad way.

So here is the deal!

I am asking you to embrace positivity. Be a role model for positive behavior. This type of attitude is highly contagious, affecting your own outlook on life in the most wonderful way.

That is what I want for you.

You need to wear positivity like it a form fitting suit.

Anger, fear, frustration, resentment, hate, depression, and the other negative feelings, poison your soul like a growing cancer. Worse, it spills into all areas of your life and the landscape around you.

I am not suggesting that the occasional rain clouds will not burst upon the scene and dampen your mood.

But learning to weather these natural occurrences are all part of the seasons of your relationship recovery.

When the tide turns against your relationship, know that this is normal.

It happens far more often to people than you realize.

Put it behind you quickly. Seek constructive solutions and get back on the positive track.

## GRABBING THE TIGER BY IT'S TAIL

Imagine you are walking along a trail.

I really love walking in nature. It is one of the things you should consider doing frequently.

Well anyway, I digressed!

So you are walking along this trail and a tiger jumps out. Of course this won't happen to you, but just pretend!

People will almost always act in one of three ways. This is because a certain part of your brain takes over. Chemicals come flooding through you and the fight or flight syndrome will kick in.

What happens is that your field of choices of how to act and how to process the information gets very narrow. You might not see the other choices available to you, like picking up a stick or rock or climbing a nearby tree.

This is just the way our brains work after millions of years of evolution. The brain is programmed to shut off the other potential solutions when confronted with this negative outcome (i.e. the tiger). Our programming tells us to freeze, fight, or run.

Well, if you just broke up, your field of choices become narrow in that moment. You may feel temporarily paralyzed by the flood of negative thoughts. You may feel so angry, you desire to strike back. You may feel so shocked, you run away to embrace denial.

These are not unusual reactions, though they are not optimal.

What I mean is that when confronted with an adverse situation, people are conditioned to give in to their survival instinct. And often, they make the wrong decisions.

I am sure you have heard the saying, “blinded by rage”. Well, it is partly true.

So how do you train the tiger that resides within you?

Barbara Fredrickson, a psychologist from the University of North Carolina, published a landmark research paper that discusses the role of being positive and how it impacts your mental and physical health.

She discussed how a positive mindset can create real value in your life.

She performed an experiment, putting various groups of people into situations where they viewed positive, neutral, and negative images.

When later asked to complete a task, guess what happened?

The people dealing with negative images were blunted in how they viewed the world. They had considerable difficulty in completing the exercise. Whereas the individuals who were exposed to positive images, were highly functional, coming up with numerous solutions to the task.

Clearly, positive emotions opened up these people’s minds to many possibilities.

Fredrickson coined the phrase “broaden and build theory”, which she described as the person’s capacity to take the positive experiences they engage in and turn them into new positive experiences and accomplishments in other areas of life.

So what do these behaviors look like within a relationship or during a period in which someone is recovering from a breakup?

I think we all have a pretty good idea. But if I was to build a template of habits you should strive for, it would look like this:

- Frequently express appreciation
- Smile and laugh a lot and when you are finished, do it some more!
- Praise those around you that you love
- Plan fun outings and smile and laugh and play
- Share affection with friends
- Flirt
- Sing and dance
- Hug a lot
- Surprise your friends and family with delight
- Walk with nature. Listen to the wind, the birds, and smell the freshness of the air
- Meditation
- Write about positive experiences
- Play and go on adventures

## RECOVERY IS ABOUT EMBRACING YOURSELF

I want you to think of the phrase, “drops of Jupiter”!

What do you see in your “mind’s eye”?

We are all partly informed by the images we strike in our minds, right?

So what do you see when you open up your imagination?

Do you see images from a bizarre science fiction movie?

Do you think of the graphic novel, "Watchmen", and Sally Jupiter?

Do you think of that cool, heartfelt song that came out a few years back by Grammy award winning, rock band, "Train"?

Do you think of an "atmospheric" voyage to the actual planet of Jupiter?

Do you think of tear drops?

Do you think of love lost and self discovery?

I think the most fitting use of the phrase (i.e. Drops of Jupiter) occurred when a song was recorded by Pat Monahan of the band, "Train". The song dealt with a time in his life before texting and cell phones became prevalent.

In a way, we are all on a voyage of self discovery.

When we face difficult times, our journey can become more informed.

When we open ourselves up to positive imagery and perspective, our wounds can heal. Monahan was quoted as saying, "the best thing we can do about the loss of love is find ourselves through it".

I think there is much to be learned here.

When we are struggling with a loss of love (or a temporary break up), I don't think we should look at things as a zero sum outcome.

Not at all.

Whether your relationship is later regained or not, think of this junction in your life as an opportunity.

You will be much more attractive to others and yourself, if you look upon things in your life, in this way.

Someone once told me, that if you are going through a breakup, you better get along well with yourself.

No doubt, a break up HURTS. But you really have an opportunity in front of you.

I want YOU to be your new best friend.

I challenge you to look at yourself differently.

And I want you to think of only the positives. I am not asking you to delude yourself. I am asking you to appreciate the many good qualities you have. And I am asking you to remember the many good things you have to be thankful for.

Write down those things that you are thankful about.

While you may have experienced a “loss”, you should not feel utterly lost.

Remind yourself that what you have experienced thus far has been a gain.

You have acquired more life experiences.

The future is always moving. It is full of opportunities.

I told you much earlier in this book that you cannot appreciate the magnificent and glorious view from the peak, until you have walked through the valley.

When I think of drops of Jupiter, I think of radiant possibilities.

You should too.

The future is always moving. Pick your path.

A woman with long brown hair, wearing a white long-sleeved dress and a flower crown, is bending over in a forest. She is looking down at the ground. The background is a dense forest with green foliage and tree trunks. The lighting is soft and natural, suggesting a sunny day in a wooded area.

## CHAPTER 10

# PHANTOM CONTACT

Phantom contact...

It sounds kind of scary, doesn't it?

Actually, I am going to deviate here for a minute and go on a "Chris Tangent."

Every single time I see phantom written down like this, there is only one singular thought that comes into my head.

It's of the little girl staring at the screen in the movie, "Poltergeist".

It scares the crap out of me every time.

But why was that movie so scary?

Well, it's because of the things you can't see.

The freaking ghosts...

And that leads me to my next point.

The No Contact Principle is the perfect time to utilize a specific strategy that I like to call.....

Phantom Contact.

## WHAT IS PHANTOM CONTACT?

Put simply, phantom contact is a way that you can contact your Ex without actually communicating with them.

In other words, phantom contact is allowable throughout the No Contact Principle! Though I recommend you not utilize this tactic until you have progressed partly through your No Contact Period.

Pretty cool, right?

### **When Should You Use Phantom Contact?**

Ahhhhh, now this is an important question!

If you try some of these phantom contact tactics too early in the No Contact Period, you end up getting in your own way. Remember, the No Contact Principle is primarily about you getting better, feeling better, and growing as a person.

If you are too eager in rolling out some Phantom tactics, it can backfire. Your Ex may very well not be in the right frame of mind. Allow some time to pass by. This gives you a better chance that your Ex will be more psychologically receptive.

Time needs to pass for the heart to grow fonder.

I would suggest you spend at least two week in No Contact, before you try out some of the ideas I will offer up.

So, how the heck does it work?

Well, there are a lot of different ways that you can utilize “phantom contact”, but today I just want to focus on two key areas.

1. Creating interest through social media
2. Creating interest through others

Let's just dive right in.

## CREATING INTEREST THROUGH SOCIAL MEDIA

Are you ready to be shocked?

According to University of Western Ontario graduate student Veronika Lukacs, 88% of Exes, engage in “Facebook creeping.”

Personally, I like “round” numbers, so let's just round up and say 90% of the individuals creep on their Ex's Facebook profiles after a breakup.

What does this tell us?

Well, it tells us that there are a lot of curious Exes out there, who keep an eye on their own Exes through social media.

So, here is my idea.

Why not take this knowledge and use it to your advantage.

How?

Simple!

We already know that the probability that your ex is going to be looking at your social media profiles is very high, so let's give them something interesting to look at.

Now, I know you are familiar with my work on the “Holy Trinity”, because I discussed it at length in an earlier chapter.

Well, guess what! We are going to leverage it in another way.

Just as a reminder, the Holy Trinity is this idea that there are three major areas of life that are interconnected and can enhance a person's overall attractiveness to the opposite sex.

The trinity is as follows,

1. Health
2. Wealth
3. Relationships

So, what I would like to do is take the idea of the Holy Trinity and put it into practice using social media.

How?

Well, there are these amazing things called words, pictures and videos that you can utilize to tell a story!

Lets hit pause for a moment, because what I am about to say next is very important and I want to make sure that you fully grasp everything I have told you.

So, to recap there are three big areas of life that you need to display on Facebook or other social media platforms, to appear more attractive to your Ex:

1. Health
2. Wealth
3. Relationships

Here's what I want you to do.

Let's pretend that you have a Facebook account that you know for a fact your Ex is going to stalk, post breakup.

Given this circumstance, what can you do to prepare your profile so that it's optimized and will increase the chances that your Ex will miss you?

Well, what you want to do is find clever ways to display how your health, wealth and relationships are at an all time high.

That's it!

It's that simple...

What?

You want me to give actual examples of how to do that on Facebook, don't you?

Sigh...

Fine!

Alright, let's start with Health.

## HEALTH

Before I get too in-depth here, I want to make sure that you understand what the overall goal is with, "Health".

Our goal is to find ways to use Facebook or other social media platforms (I am just using Facebook for this example) to display positive things relating to your health.

Now, health is one of those things that is all encompassing in the fact that a lot of things can be considered "health."

Particularly, I want to zone in on the way you look.

From now on, I want you to post pictures of yourself that are only the best.

In other words, you absolutely have to be the best you have ever looked in the pictures that you choose.

Think of each of these picture your post as little seeds that you are planting. You sprinkle them around and patiently wait for them to germinate.

If you Ex is watching, these pics will make a little mark on his psyche.

## WEALTH

This one is easy to display on a social media website like Facebook, right?

I mean, all you have to do is show a picture of your bank account! If you have a ton of money, you ought to be in the driver's seat, right!

Hell, maybe you can go full Walter White with it and show a picture of a big stack of cash!



WRONG!

That is not the type of arrogant thing I want you to be associated with. Instead, here is a better way to display that you are wealthy.

Why not post pictures of yourself engaging in experiences that the average person can't afford?

Let me give you an example.

Let's say that I entered a contest on the radio and won a full paid trip to Hawaii.

Now, most everyone knows that a trip to Hawaii is not cheap.

So, imagine if you went to my Facebook page and all over it were these pictures of me having this awesome time in Hawaii?

You'd probably think to yourself,

"How the hell did he afford this?"

And then what if the next week, after I got back from my awesome trip to Hawaii, I went to this amazing Shinedown concert and posted pictures of that.

What would you think then?

Heck, what would you think if every single week, I did something epic like that and had the pictures to prove it?

You'd probably think,

"This guy has some coin and is having a great time."

Bam! That is what you want your Ex to think.

But that's not the ultimate lesson here.

I want to teach you something about money.

Human beings don't really care about money....

You might be thinking, "Dude... you are freaking nuts. EVERYONE cares about money."

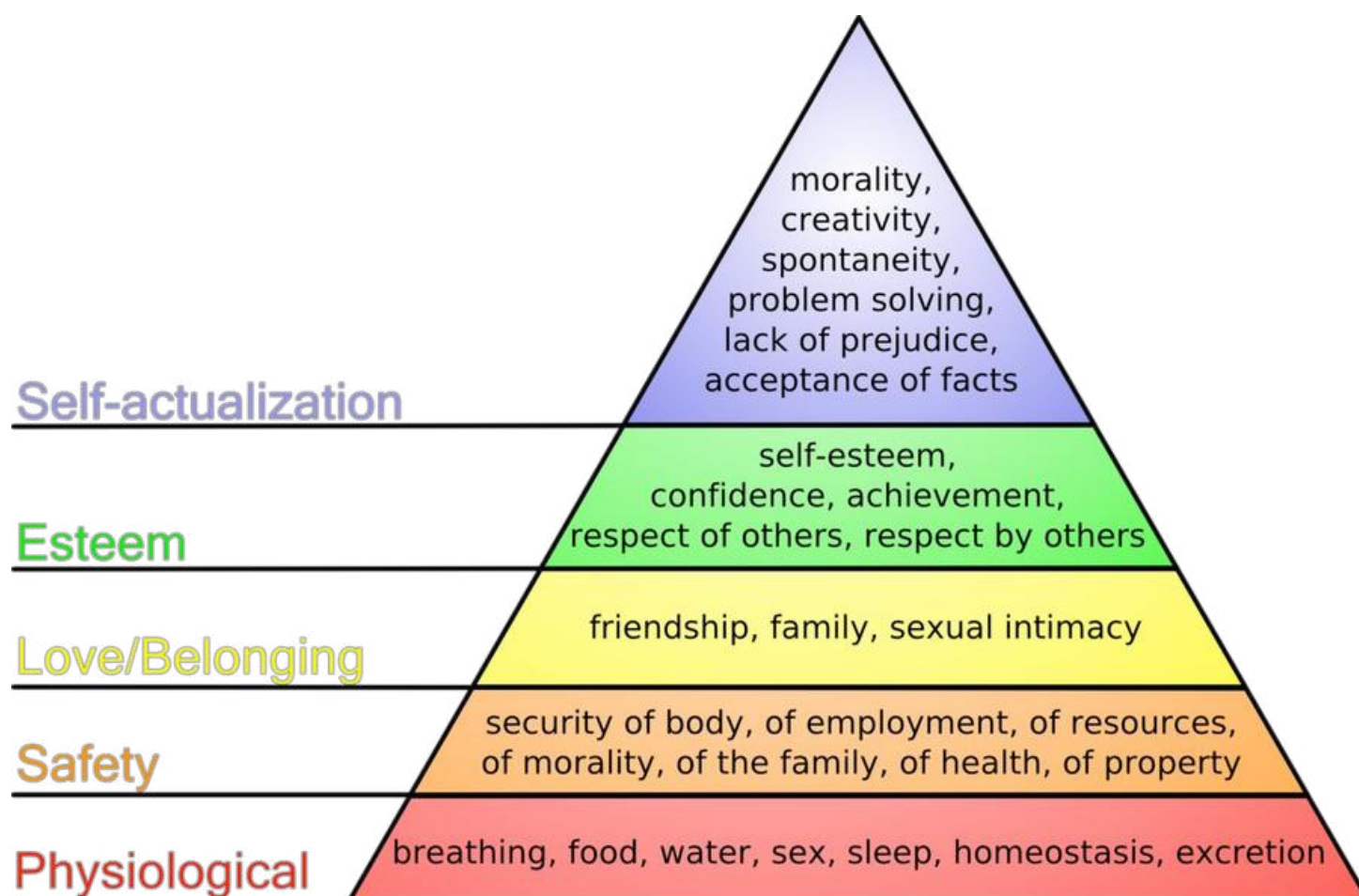
No they don't.

Bear with me here, because I promise this will make sense after I am through with my explanation.

People don't really care about money. They care about the experiences and things they can obtain with money.

# THE MASLOW MAN

Take a look at Maslow's Hierarchy Of Needs Below:



If you aren't aware of Maslow's hierarchy of needs, allow me to give you a brief lesson.

There was a guy named Abraham Maslow who created this hierarchy of the important needs a human being requires in their life.

Notice how the hierarchy is in a pyramid format.

Basically the way it works is that the most essential needs are at the bottom of the pyramid and then it slowly works up from there.

Let's take a good, hard look at each level of the hierarchy, starting with the bottom.

### **The Bottom Level - Physiological**

The physiological level includes things like breathing, water, food, clothing, sleep, shelter, warmth.

Hmm... how many of these things can you buy with money?

Breathing... technically you can't buy that with money unless you had some serious breathing problem and needed a respirator.

Water... You can definitely buy that. How many of us have to pay a water bill, raise your hand?

Food... Yup, every time I get the grocery bill, I roll my eyes and pay.

Clothing... Again, something you have to pay for unless you get hand-me-downs, but even then the person who is giving you the hand-me-downs had to pay.

Sleep... You can't really pay for that unless you have trouble sleeping and have to buy sleeping pills or a nicer pillow or a new mattress. Wow, this stuff just keeps piling up!

Shelter... Apartments and homes tend to be expensive. Again, something you have to buy or pay for.

Warmth... They make us absolutely pay for that don't they. And you are more than willing to fork over the money in the winter.

### **The Next Level- Safety**

This level includes things like security of employment, of property, of family, of your body.

Ah... this is the ultimate money level.

I mean come on... when the very first thing that this level includes is security of employment, what were you expecting!

But what about property?

Heck yes... last time I heard, you have to pay up, to own something.

And what about a family?

Well, security for your family often costs money as well, doesn't it?

What about your body?

Going to the doctor to make sure everything is Ok, health wise, is another one of those things that costs money.

### **Level Three: Love/Belonging**

Ah, surely this level will be cheaper, right?

This level includes things like friendship, family and sexual intimacy.

Hmm...

We might have found a level that is free.... oh wait, NO IT'S NOT, well not completely!

### **Friendship**

I have a challenge for you. The next time you hang out with your friends, I want you to engage in an activity that doesn't cost any money.

That means you can't listen to music (it costs money to buy the music.)

You can't play video games (again, it costs money.)

You can't even go out to eat or see a movie (MONEY!)

Heck, just to drive your car around cost money.

I wonder if your friends will think you are boring after you embark on this challenge. Part of the fun of being friends with someone is engaging in activities that, big shocker here, cost money.

Ok....so I do have a caveat just to be sure we are on the same page.

It is certainly very possible to hang out with friends and participate in activities that cost nothing or next to nothing.

I don't want you thinking that money is the root of all your happiness because clearly, it is NOT.

But having some bucks is an ENABLER and allows you freedom to do things for yourself, with your friends, or for your family.

And it is a worthwhile endeavor to seek to have some degree of financial independence to do all these things.

## **Family**

But what about family?

Surely family is free?

Hmm... who is going to have a happier family life...?

A person who is dirt poor and constantly struggling to take care of their family, OR a person who who is blessed with some income and comfortably supports his wife, children and/or parents?

Something tells me that the person with means will have things a bit easier.

People who have their head screwed on right, care mostly about what money enables them to do.

For some, it buys security. We are talking food and shelter.

It can also buy things that make our lives easier. We are talking creature comforts.

It can allow us the luxury of fanciful play or it can stroke our egos.

Yep, we just can't seem to get around that, can we!

We all have egos and they need some stroking. Having some disposable income can certainly accomplish that.

## **SUMMING IT UP**

Always keep these notions in mind when you are posting pictures on Facebook or any other social media site.

You want to paint a picture of yourself as a person who is secure with who you are and what you are doing in life.

While we can debate the merits of whether it should be so, most of us are chasing "status". If not consciously, certainly subconsciously.

We want to be accepted and fit in.

We want to be valued.

We may secretly want others to envy or feel attracted to what we have to offer.

We want folks to know we have met some measure of accomplishment.

It is all really just a natural outgrowth of our ego....or quest to fulfill our self esteem....to become self actualized as Maslow would say!

There is nothing wrong with this kind of quest for wealth so long as it occurs with perspective. Too much of anything can be a bad thing.

So understand that this is the case. It is a part of how we and others view ourselves.

If you strive to raise your “social wealth profile”, your Ex will take notice.

# RELATIONSHIPS

Ahhhh.... the final aspect of the Holy Trinity.

Relationships!

Well, this is where we get to have some fun (but more on that in a second).

For now, lets just cover what “relationships” encompasses within the “Holy Trinity”.

Relationships includes a lot of things outside of your intimate relationships.

It's an easy trap to fall into, isn't it?

Some people think that when I refer to relationships and the Holy Trinity, that I am only talking about relationships with your boyfriends, girlfriends, husbands or wives.

But relationships are more than just that.

Relationships include:

- Romantic relationships
- Friends
- Family
- Co-workers
- You get the idea!

But how can we create phantom interest using “relationships” on a site like Facebook or in other ways?

Easy!

We can create interest through others and jealousy plays a role!

### **Creating Interest through Others**

There are many ways in which you can collaborate with others to create attraction. It is a form of phantom contact when we have others do our bidding.

The question becomes, what do we want them to do for us?

Well, let’s talk about a few tactics that will require a little help from your Friends!

Now this first strategy we will be talking about is a bit tricky to pull off, I must admit.

But I have seen it work.

I call it, “Castaway”!

What you want to create in your Ex’s mind is this sense that your are gone and no one seems to know where you are.

Now, I am not suggesting you go off to an island and make friends with a soccer ball, called Watson.

But with a little help from your friends, you can create this little drama of being gone.

Just be careful you don’t overplay your hand!

If it is laid on too thick, the Ex may see right through your gambit.

Or, if there is too much worry attached to you “being gone”, then you could end up scaring your Ex. You don’t want that!

So we are talking about a fine line here. You are trying to play on your Ex’s feelings of anxiety around missing you and wondering where you are off to.

What you want to see happen is over time (e.g. a few days up to a week) your Ex begins to slowly wonder where you went.

You want your Ex’s brain to do all the work. You want your Ex to increasingly think more about where you are and what you are doing.

That is the emotional edge of curiosity you are trying to ferret out. You want your Ex's curiosity aroused to a higher level.

You can use friends to gently make inquiries of your Ex about where you might be. Of course, your friends know exactly where you are. But they will just act like, "oh, well I just haven't sent her/him for a few days, isn't that kind of odd".

This tactic needs to be spread out over several days to be most effective.

Remember, you are NOT trying to scare your EX into checking up on you.

Rather, you are trying to slowly arouse their curiosity through the use of subtle inquiries instigated by your absence and posse of friends.

In effect, you are trying to grease the emotional skids and just maybe you might ferret out a response from your Ex.

Then we have what I call, The Rose

Sometimes it only takes one small action to create an avalanche.

Let me just point out again, this particular tactic won't likely work unless you are far into your No Contact Period

There is great good in the old ways.....such as going old fashioned once in awhile.

Go buy a single rose.

Red will do, but if you know your Ex's favorite, then get that color.

If we are talking about a guy, I think a rose still works. It might even work better, because they would never expect it. But if you have another idea, go for it!

You are going to ask a friend (or you can ask UPS) to deliver the rose to your Ex.

Now, let's talk about the note that will be with it.

Listen up, because you can't screw this up!

You should make it from Anonymous.

Chances are that your Ex will suspect it is from you, which is what you want them to think. But your Ex won't be sure.

That is also what you want them to feel.

Uncertainty and curiosity causes people to explore things.

## **Jealousy Plays**

How about creating jealousy through others!

What will this accomplish?

Ideally your Ex will get jealous and realize your value.

It's the law of scarcity.

Wait! Do you know what the law of scarcity is about?

Ok, here is a quick crash course!

Human beings tend to value things that are rare.

In other words, the more common or easier it is to get something, the less value it has.

This is the law of scarcity at work.

So, right now your Ex probably thinks you are easy to get.

Why?

Well, I don't know. Why do you keep asking me all these questions!

Ok, Ok, so I do know a little something!

Your Ex may think you are "gettable" because they have already been with you. They may also be thinking that they have more "personal power". Maybe it was your Ex that instigated the breakup.

So we need to do something to interrupt that kind of thinking. We are going to need to do something to knock off that chip on their shoulder.

We are going to use a little jealousy. Just a little!

Like perfume or cologne, if you use too much, it backfires.

Once they see you with someone else of the opposite sex (assuming you are both straight) they will think,

"Wait, maybe they aren't as easy to get as I thought".

In other words, when something makes you more scarce to them, their attraction for you will grow.

Now, obviously you have to create some jealousy for this to be possible.

But how?

Well, there are two approaches you can take when employing phantom jealousy:

The “Light Jealousy” Method

And

The “Aggressive Jealousy” Method

I am going to teach you both methods and then let you decide on which one you want to use.

Though a word of warning with jealousy.

It can be very effective, but if you aren’t careful with it, it can ruin everything.

So, proceed with caution.

Let’s start out with the light jealousy method.

### **The Light Jealousy Method**

One thing that always scared me when I first started dating my wife was when she would go out.

Sometimes the evil inner voice would tell me that some guy would come up to her and sweep her off her feet.

I mean, she is a very beautiful woman who used to be a professional model...

So, you can see why I was worried.

Anyway, I would remember after she would go out I would always, very strategically, find a way to fish around to see if any men had hit on her.

The experience taught me one thing.

All it took was for her to go out alone to a place where she could get hit on.....which was everywhere in my mind....to cause me to worry.

Of course, I am not the only one who listens to the dark inner voice.

Thousands of men and women who have come to my site, worry about the same thing.

Raise your hand if you’ve ever worried about this before?

You see....I just saw 10,000 hands go up!

See, I told you, that dark inner voice is sneaky! It just gets right up in there in your mind and can be hard to shake off.

Anyway, it was at that time that I pinpointed this phenomenon.

It wasn't the actual act of her going out that was the problem. It was that I gave too much credibility to the dark inner voice.

The human mind can be your worst enemy or your greatest ally.

What do I mean by that?

You'll see in a second.

Here is what I want you to do.

I want you to go out to a place where it's likely you will be hit on or where you would typically hit on someone else.

Go with a few friends and take some pictures at this place.

That's it!

Have fun and let it show in your pictures.

The idea here is that your Ex, who is stalking your profile, finds these pictures and automatically assumes the worst.

Once they do, your scarcity rises and your attractiveness with it.

In this situation, the human mind can be your Ex's worst enemy and your greatest ally.

## **The Aggressive Jealousy Method**

Less is more.

I want you to remember that phrase as I teach you the "aggressive method" of jealousy through using Facebook or other social media outlets.

You will be taking a picture (if you are a girl) with another guy and (if you are a guy) with another girl.

Aren't you glad we got that out of the way.

The idea here is to be more direct with your "jealousy play".

Now, a few rules to abide by.

No kissing...

No touching...

And definitely, no romance.

Remember, less is more.

Your Ex's mind will fill in all those details for you.

All you really have to do here to make a noticeable impact is take a friendly picture with one of your friends of the opposite sex (again, assuming you are straight).

Sprinkle a few of these around social media.

Then sit back and wait.

Jealousy starts off like a little seedling. Sometimes it can grow to a level where your Ex finally shows interest in you.

Sometimes it does not.

Nothing ventured, nothing gained.

## THE PSYCHOLOGY OF USING YOUR SOCIAL NETWORKS

So we have discussed creating interest through social media using a three prong attack (i.e. Health, Wealth, and Relationships).

And we have talked about how you can create interest through others to help you with implementing your Phantom Contact strategy.

We even talked about how Jealousy Plays can be leveraged.

What I want to do now is take a deeper dive into the psychology of why this should prove to be fruitful for you.

Think of your friends and social media platforms like Facebook, Instagram, Twitter as your “enablers”.

So what is an “Enabler”?

Well, it is a heck of a lot better than a disabler! Ok, that is not much of a definition, is it?

Let's try again. An Enabler is defined as:

“a person or thing that makes something possible.”

These individuals (i.e. friends) and media platforms can be your co-conspirators as you hatch out your moves.

It is unpredictable how your Ex will respond to these efforts, but these enablers, when put to use, can continue to sprinkle out tidbits of information about you and the things you are doing.

These little updates, when conveyed to your Ex, will invariable work on your former boyfriend or girlfriend....if not consciously...certainly at the sub-conscious level.

Remember, no matter what your Ex might tell themselves on a conscious level, the subconscious is the ultimate truth machine.

And if they really have strong feelings for you, these tactics can help flush them out.

Are we being devious with all this phantom contact?

Not at all.

You are only being pragmatic.

You want a relationship. If it's not with your Ex, then it will be with someone else. All these things you do will serve up a certain attractive image of you.

It will be noticed.

Look....I know this on a personal level. It is exactly how I came to meet my wife. But that is a longer story which I will save for another day.

But a word of advice. Remember the lesson of “less is more”.

Don't over do it. If you go hog wild using phantom contacts, it will likely backfire.

You want to take little steps...little things add up to bigger things.

Avoid stupid stuff!

You don't want to post a pic of you laying a big fat kiss on some other potential love interest. That is jealousy play on steroids!

As a general rule keep the images positive and upbeat.

Let your social profile reveal that your life is moving forward, but you need to strike a balance. You don't want your Ex thinking you are out there partying it up and acting irresponsibly.

And remember, it is likely your Ex will be checking up on you via social media, irrespective of how ugly things may have gotten in the past.

My advice of taking things slow and keeping it positive, also extends to utilizing your friends.

If they pass on little status updates about you, it needs to come off as perfectly natural and not solicited by you.

And the updates should range from sounding neutral to positive.

You don't want your friends passing on negative information such as you complaining about how you were treated by your Ex.

Indeed, it should be quite the opposite.

They should represent you as having never uttered a negative thing about your Ex.

What you are doing is slowly working on their conscious and subconscious states of mind.

You are sowing seeds.



## CHAPTER 11

# EXCEPTIONS FOR SPECIAL SITUATIONS

It seems to be something that is always on the mind of everyone who has initiated the No Contact principle.

They will wrestle and even obsess over it.

It is probably the most asked question I get from visitors of my website.

It can keep them up a night and literally dominate their thoughts during the day.

So what is this matter that plagues and even tortures the souls of all these folks looking for relationship advice?

Quite simply, they are begging for a reason to “break” the No Contact Rule.

Generally, my advice is to stay the course. You may end up doing more harm and than good, if you try to contact your Ex too soon.

But sometimes, a certain situation may unfold, in which it makes sense to communicate with your Ex and begin the rebuilding process.

In an earlier Chapter, we talked about the “Standard Exceptions” to the No Contact Principle. Now it time to turn our attention to the “Special Exceptions” in which the playing field for the No Contact Rule changes.

What is it that might trigger an interruption or modification in your No Contact strategy?

Well, it is quite frankly a tangled web!

For starters, you need to know who you are up against.

It's not your Ex.

It's yourself.

Part of you will be thinking of every way to break the No Contact Principle. It is natural for a person to be seduced by their inner voice. It will taunt you and and constantly offer up reasons why your should prematurely end your No Contact Period.

To survive this onslaught of urges to reach out out to your Ex, you need to arm yourself with a set of assessment criteria.

That's right! If you are thinking of making a “special” exception to your No Contact strategy, it best be based on some reasonable “data points”.

So what we are going to do is examine those things you should consider and carefully weigh.

But first, there are few things I really want you to understand, so that you don't have unreasonable expectations.

You see, everyone's relationship is unique.

A relationship is defined by the totality of the experiences you and your Ex have had together as a couple and what you bring into that relationship.

All of us have different skills and capabilities we bring into a relationship. I like to call them “relationship competencies”.

Some people are blessed with a lot of these competencies. Other individuals struggle in their relationships due to a lack of competencies. All of this contributes to compatibility.

Did you get that??

Compatibility is a pretty darn complicated thing!

Then we have what I think of as “lessons learned”.

People with more experience with relationships will try things out and learn from the things that worked out and those things that do not.

Then we have what I would call, “personality styles”.

I think you will agree there are numerous ways in which people can “click” or not, depending on their personality preferences.

Oh...and I suppose if we really want to add even another layer to this complexity, we could talk about how cultural, religious, and regional differences can impact how people get along.

You mix all this together and you get the big kahuna of relationship bliss... “compatibility”.

And since there are two people involved in a relationship, you have all sorts of combinations of pairings, with all different degrees of compatibility.

And compatibility can wax and wane depending on any changes to the competencies, lessons learned, and personality styles.

Sounds pretty complicated, right?

Well, it is.

I think you see why relationships can be so transient (impermanent).

People are trying things out to see how things work.

Some relationships work better than others. This is largely why we see so many breakups.

People are searching for “fits”.

So I want you to keep this in mind.

I don't want you to get too excited if you implement your No Contact Rule, then lo and behold something happens where your Ex is suddenly friendly and nice and wants to talk with you.

My experience is that if you had a relationship which was weak or somewhat dysfunctional prior to breakup, you will benefit more from a longer period of No Contact.

Folks in this category are not good candidates for "breaking" their No Contact Period.

If the relationship was reasonably solid, prior to the breakup, then interrupting the No Contact Period could be successful under certain circumstances.

That is what we are here for!

We want to talk about the circumstances that would support the idea of ending the No Contact Period.

I have distilled these important "considerations" down to 7 key factors. And among them is what I call the "Golden Factor".

The golden factor is something that must occur and unfold as a prerequisite of even considering making a special exception.

So let's get started!

## WHAT IS THIS ALL IMPORTANT GOLDEN FACTOR?

It works like this.....

You are in No Contact. Things are going fairly well. You have been focusing on yourself and seeking to improve many things in your life.

Perhaps you are starting to feel better about yourself and life in general.

You believe there might just still be a chance for the two of you (i.e. you and your Ex), but you have been trying hard to not get ahead of yourself. Rightly so, your focus has been on becoming the best version of yourself.

Then it happens.

You hear from your Ex. He texts you a message and the tone sounds friendly and caring. It's obvious he is reaching out and testing the waters.

What do you do?

This is the kind of scenario that plays out thousands of times everyday. The question is what should you do?

You have been hurt badly from the breakup and you have invested a great deal of your energy and commitment to executing the No Contact Principle.

So you don't want to screw any of that up.

You may be feeling that you are just starting to turn the corner. The last thing you want or need is another emotional setback in your life, right?

But there is that little voice in your head that tells you that this could be "IT".

This could be what you have secretly dreamed of and hoped for. You may be thinking that your Ex has learned what he or she needs to learn and it is time for the two of you to make a go of it.

## YOU ARE AT A CROSSROADS

This is what I call the old Crossroads Problem.

Not to be confused with the Crosswords Puzzle!

That is a different thing!!

So you feel pulled in two different directions. All you want to do is the right thing. But what is it?

Unfortunately, none of us are blessed with a crystal ball. All we can be sure of is that the future is moving with many different possibilities.

It is impossible to know which path to take, which will lead you to your rainbow world.

I really feel for you when you are confronted with such a situation, because it can be agonizing.

You may feel like you are being torn apart. Fear of doing nothing and it being the wrong decision, dances through your mind. But the fear of doing something and it blowing up in your face, also plays on your psyche.

What you should not do is be impulsive.

Rushing to a decision and acting rashly is never a good choice. I warn you now, be on guard for that kind of thinking because it can easily take hold of you.

What you should do is take a deliberate and thoughtful approach to how you should proceed. I want you to think about things in a logical and insightful way.

We have arrived at the crossroads of whether You should make a Special Exception and break the No Contact Principle.

I am going to give you some data tools to help you with this decision.

I know your relationship means the world to you. And I think these data tools will help you with this situation! And whether you are able to successfully reconcile with your Ex and re-enter the relationship, keep in mind it is quite frankly a hit and miss outcome.

So don't beat yourself up if it does not work out.

At best, it is a 50/50 proposition.

I say this not to be negative, but to emphasis that if you wish to give yourself the best chances to reunite with your Ex, you have to be mentally prepared to lose your Ex.

You cannot succeed, if you are haunted by your fear of not winning back your Ex.

So here you stand at the crossroads. First let me take away some fear you may have.

Whatever you do, it will not doom you.

It is unlikely to damage forever your chances of reuniting with your Ex in the future, if that is truly what you wish to do.

A single, solitary decision on whether you should prematurely end your No Contact Period to respond to your Ex, is very unlikely to be the straw that breaks the camel's back.

Just look at the facts on the ground.

You guys have already broken up. It does not get much worse than that. I suppose it could get a bit worse, but not likely.

What is more likely is that things will get better. It is certainly more likely that things for you personally have already improved if you have been working to become the best version of yourself.

Remember, you are not doing that for Him or Her, but for Yourself.

So if you have arrived at this crossroads, steady the nerves and think with the logical side of your mind.

# THE KEY DATA POINTS YOU SHOULD CONSIDER

The Golden Factor is one of the key data points.

The Golden Factor is the “mother of all data points”. It is by far the most important data point. It MUST happen before you decide to get off course and violate the No Contact Principle.

The Golden Factor is when your Ex reaches out to you while your are in the midst of your No Contact Period.

The Golden Factor is when your Ex makes an effort to communicate with you at least twice within a relatively short period of time (e.g. 7 days or less).

Now, if you want to tweak the definition of the Golden Factor, go right ahead. I sure can't stop you! Never mind that I am the brilliant one!

The Golden Factor is when your Ex's efforts to communicate with you could be described as either heartfelt, genuine, kind, polite, loving, considerate, sweet, or respectful.

If this happens, you have arrived at the Crossroads.

If this happens, you have reached the triggering point in which you can now weigh whether you should respond.

So the question in your mind should be, what information should I weigh to make this decision?

There are 7 Key Factors:

1. How long were you in the relationship?
2. How many Days have passed since you started the No Contact Period?
3. What is the Couple's Track Record with “Break-ups”?
4. Where are you in your own Personal Recovery?
5. What was the Cause of the Break Up (i.e. cheating involved, how serious was it, etc)
6. Who initiated the Break up?

7. How many Positive Communications have you received from your Ex?

Let's take each data point and talk a bit about it.

I believe you will be better prepared to make a decision on which "road" to take, if you understand each piece of the puzzle. Only then can you fit them together and see what picture emerges.

You see, there is a synergistic relationship between these 7 data points. They need to be evaluated and considered together as a whole.

Sort like the 3 Musketeers!

You know...one for all and all for one!

Except in this case, we have the 7 Musketeers!

## FACTOR ONE: HOW LONG DID THE RELATIONSHIP LAST?

This can be a useful data point because if you have been involved with your Ex for a lengthy period of time, then this history between the two of you should give you some valuable insights as to how to approach this situation.

If the history reveals a relationship plagued with many conflicts and multiple breakups, then you should take note of this pattern. It is probably telling you something. You may benefit more from staying on course with your No Contact strategy.

Then we have the situation in which the relationship was only weeks or a few months in duration.

Relatively speaking, that is not a very long time to build a solid foundation.

Breaking up after such a short time, suggests something is not working out for one or both partners. In such a situation, making an exception and ending your No Contact is probably most unwise.

Maybe things will work out.

Maybe not.

But I would think long and hard before breaking off the No Contact.

## FACTOR TWO: HOW MANY DAYS HAVE PASSED SINCE YOU STARTED NO CONTACT?

If you hear from your Ex on day 5 of your No Contact Period, it may be too early to make an exception.

While not a “deal breaker”, since all of these data points need to be considered as a whole, you should know that your Ex reaching out to you so soon may be more to do with his “rebound emotions”.

You both may need more time to sort things out on your own, before you try to do it together.

Now on the other hand, if your Ex reaches out to you on day 26 of your 30 day No Contact Period, I would be inclined to recommend you consider ending “No Contact” and exploring what is on their mind.

Unless, of course, your Ex was spewing some nasty venom.

## FACTOR THREE: WHAT IS YOUR TRACK RECORD WITH YOUR EX?

If you guys have had multiple breakups in the past, then it probably is not in your best interest to make an exception.

The on again, off again relationship cycle is not healthy.

Where on the other hand, if you guys have been pretty solid in the past, that bodes well for your future.

Maybe you can cut short your No Contact Period on the strength of this factor and other data points.

# FACTOR FOUR: WHERE ARE YOU IN YOUR RECOVERY?

Are you truly ready to talk to your Ex again?

How much time has gone by since you last spoke?

How far along are you in your No Contact Period?

The more time that has gone by, the better, because it takes TIME to heal.

Have you been able to set aside the angry and resentful feelings you may have had following the breakup?

Do you feel you have progressed emotionally in other ways?

Are you drawing closer to becoming the best version of yourself?

Can you honestly say you have learned something meaningful about yourself?

These are the kind of things you need to think about. The last thing you want is to try to re-enter your relationship when your wounds have not healed.

# FACTOR FIVE: WHAT CAUSED THE BREAKUP?

If your Ex cheated on you, then I am not an advocate of ending the No Contact Period early.

Not unless all of the other Data Points are strongly and positively in place.

When weighing whether an exception should be made, one really needs to put a lot of weight on what caused the breakup.

Ask yourself, how severe and ugly was the ending of the relationship?

The more severe, the longer one should stay with No Contact. Breakups can be damaging and both parties need to time heal.

All breakups hurt a heck of a lot, no matter the degree of severity.

But it is usually easier to spring back from breakups if they did not cause considerable spite, anger, and hate.

## FACTOR SIX: WHO INITIATED THE BREAKUP?

The forces of “personal power” play a role during and after the relationship.

If you initiated the breakup, you have more personal power, at least on this matter.

But be careful with power.

It can go straight to your head in a matter of speaking, but you may not be thinking with the right side of your brain.

If you are feeling really cocky and confident about this new development of your Ex reaching out to you, you may not be in the right place “emotionally” to properly gauge your situation.

Now, if your Ex initiated the breakup and is now reaching out, you still need to weigh things carefully. On its surface, it may appear that the balance of personal power has swayed to your favor. Perhaps, your Ex realizes they made a mistake. Just tread carefully

## FACTOR SEVEN: HOW MANY POSITIVE CONTACTS DID YOU RECEIVE?

I saved the best and most important data point, for last! This is why I call it the Golden Factor.

What you should be looking for are multiple positive messages sent by your Ex to you. One attempt to communicate, even if it’s made in a most positive way, is usually not enough, particularly if the other data points are not favorable.

When an Ex reaches out to you and tells you something really nice and pleasant, that demonstrates good faith. If it is repeated, that shows the person probably really cares. If you receive a few more communications, that demonstrates a persistence.

As long as those messages sent to you have a positive energy, that bodes well for you.

Now if you get bombarded with message after message, to a point where it seems the Ex is obsessing....well, that is not a good thing. If that happens, I would suggest you ignore those many obsessive contacts.

Positive contact can come in multiple forms.

It could be text messages. It could be emails. It could be phone messages. It could be old fashioned letters. It could be a message in a bottle. It could be a bouquet of flowers or a gift with a card.

The main thing is that such messages need to number more than one.

They need to be positive and friendly and respectful. And they need to occur within a brief period of time (e.g. over a few days, perhaps over a week).

What if they show up at your door?

Don't fall for it the first time around. Be nice and tell them you need more time. If this happens a few times and your Ex conducted themselves respectfully, well, an exception may be in order.

Remember, I said it may be in order! You need to look at all of the data points and judge whether you wish to end your No Contact Period.

Is there any magic number of data points which have to be met, before you make an Exception?

Well, certainly, the Golden Factor has to be met before you even consider making a Special Exception. That leaves 6 more data points. A majority of these data points should be in your favor.

This not an exact science.

You do the math!

Just make sure it is your "mind" doing the counting, not your heart.



# THE LAW OF LITTLE STEPS

Ok.....so let's say you decide to make an exception and reach out to your Ex.

My advice is to take little steps.

Start off with brief and neutral conversation. Texting is my preferred approach, though there are others that can work as well.

Avoid any discussion of the relationship or anything that is complicated, sad, political, or religious, in case any of these things are sore points.

Just catch up.

You have heard of the saying, "fools rush in", right?

That definitely applies for this situation.

Just keep everything "chill" and "easygoing".

Create no expectation and ask for nothing. Let things take their natural course. Your first com-

munication with your Ex, as the two of you try to right the ship, should be marked by a comfortable and easygoing vibe.

What follows from that will largely depend on how the communications went from the perspectives of both parties.

Beware of What is Called "The Insecure Attachment".

Couples who break up, then come back together but still have the same problems are usually driven by what Psychologists call the "Insecure Attachment" Problem.

Oh.....don't you just love all of this psycho babble talk!

Let's see if we can make some sense of it, because I think there is something useful here for you to be aware of.

Usually breakups happen because the couple was experiencing considerable conflict.

Now, that is not always the case.

Sometimes things end abruptly because of the discovery of a betrayal.

Sometimes things end abruptly because one or both parties to the relationship were immature and not ready to be a couple.

Sometimes things end abruptly because one of the partners is just downright mean or cruel.

Or perhaps they are selfish or flighty.

But most of the time, a relationship comes to an end after the couple have struggled off and on, for a meaningful period of time.

An “insecure attachment” can form when you are in the No Contact Period and anxiety builds to such a level that you miss your partner terribly.

You begin to fear that the separation triggered by the No Contact Period is the cause of your problems.

Then in haste, as you are bombarded by the feelings of anxiousness and even panic, you decide it is time to contact your Ex. In this state of mind, you will jump at any rationale to contact your lover.

In a lot of these cases, a contact is made and the Ex, who may be suffering in a similar way, offers reassurances.

You may both start feeling supported by hearing each other's voices. You may meet up and seeing each other brings back all of the good memories. Maybe sex gets worked into this chemical cocktail of emotions and feelings. Without realizing it, you both fall under the spell of the Pied Piper of Insecure Attachment.

Except what you don't realize is you are answering to a part of the brain that is highly addicted. That part of the brain, like an addict, will do almost anything to get those juices flowing.

This kind of attachment usually does not last because it emerges from anxiety and insecurity.

The problems that plague a relationship must get addressed if a couple ever expects to avoid the on again - off again break-up cycle.

A man in a white shirt and tie is sitting at a desk, looking down at a laptop screen. The background is a wooden wall.

## CHAPTER 12

# LIMITED CONTACT

So let's do a little recap over what we have learned about the No Contact Principle!

Let's call it "getting calibrated."

Because, in a minute or two, we will be discussing a different permutation of the Principle.

When break ups occur, many relationship experts advise their clients to institute a period of time

where they do not communicate with their boyfriend or girlfriend.

This period of time, in which you are to avoid communicating with your significant other in any way, includes all forms of communication such as verbal, written, text, email, person to person, and phone calls.

It is not intended as a game or designed to punish or “stick it to” your Ex.

This Principle of No Contact is implemented in support of a two front campaign.

The two of you were in a relationship because you fell in love and loving somebody is not about teaching them a cruel lesson.

The intent behind your strategy is to create a meaningful change.

Sometimes, something profound needs to happen to break the old, negative habits.

You now know all about habits and how long they take to form.

Well, there are assuredly some old habits and routines you and your Ex engaged in, that you will want to see come to an end.

I do not recommend you utilize this strategy of shutting down communications with your boyfriend or girlfriend, unless the relationship has deteriorated to the point where the two of you have separated.

What does that mean, exactly?

Well first of all, when it comes to relationships, hardly anything is exact or can be described with precise meaning.

Such are the vagaries of communication.

But I will give you my take on what separation might look like for you and your lover.

It is usually a situation that has evolved over weeks, months or even years.

The two of you have been pulling further away from each other. The bond of love, which always had been a most wonderful attractive force that pulled the two of you together, is now fractured.

You and your boyfriend or girlfriend are fighting more.

Perhaps there has been an affair.

Perhaps you have gone to counseling or have read some self help books, but it has not helped.

Or maybe, you and your significant other have had long discussions about your future together and the outcome looks bleak.

Eventually one or both of you decide that it's time to breakup.

The two of you might have even agreed that this breakup is a trial separation or a "timeout". There are a lot of catchy little phrases people use to describe what they "think" they are doing.

However it comes down, what is clear is that the two of you are no longer "dating", "living together", "exclusive", "going out", "hanging out", "an item", "hooked up", "going together", "seeing each other", "engaged", "going steady", or whatever you may wish to call it!

This period of separation could last days, weeks or many months.

It is also entirely possible, the couple never gets back together.

## WHEN IS LIMITED CONTACT APPROPRIATE?

Sometimes, we don't need to shut everything down.

If you were to totally shut down all communications with your boyfriend or girlfriend, while the two of you are actively working on your relationship, you most likely will cause more harm than good.

There are some situations in which limited contact can awaken your boyfriend or girlfriend and help them realize something is terribly wrong with the relationship.

In almost every situation within a relationship, balanced and quality communications is something you want to strive to achieve each day.

But what happens if the relationship is on the rocks and neither of you are making any progress getting it back on track?

Should one utilize some form of the limited contact rule?

First, let's make sure we are all on the same page!

I would define the limited contact principle as a self imposed cooling off period.

If your relationship has eroded to such a point where communications are often negative, then something needs to happen to break that trend.

Limited contact with your boyfriend or girlfriend could accomplish that.

TIMEOUT!

Let's make sure we are clear about something!

DO NOT try to institute "Limited Contact" following a serious "breakup".

That is not what it is intended for.

If you are dealing with a serious, painful breakup, the "No Contact Principle" is what you should strongly consider.

The No Contact Principle is a broad strategy. It is a process.....a two front campaign.

The use of "limited contact" is much more tactical. It has the potential for being effective for couples who have not yet broken up, but are struggling.

When implementing "Limited Contact", communications would be limited to just the most pertinent information you need to convey to your boyfriend or girlfriend.

You will want to avoid initiating conversation.

Of course, there is a rhyme and reason for this communications tactic.

When your boyfriend or girlfriend tries to raise a topic for discussion or ask a general question, your response should be very brief, neutral in tone, but respectful.

If necessary, you should quietly, with measured control, remove yourself from the immediate environment, so as to discourage further attempts at communication.

## WHY SHOULD YOU DO THIS?

With this approach, you are trying to accomplish two things.

One, you want to break the negative cycle of communications that has harmed your relationship.

It takes two to tango, so why tango if it is hurting the relationship?

If you limit your communications, it makes it more difficult for conflict to take root.

Have you ever heard of the concept of "less is more".

Yea....I know! I have used it multiple times already!

Umhhhhhh, maybe there is something to it!

Less communications should lead to more perspective, serenity, and hopefully a greater appreciation from your boyfriend or girlfriend. You want your Ex to be aware that something is terribly wrong, otherwise you would not be shutting down.

It is like hitting the reset button on the computer, when the operating system is all fouled up.

Before it reboots, it goes through a period in which it audits all of the internal systems. When it finds a problem, it attempts to fix it, but not before it goes through a quiet reboot period.

With a relationship that is off the tracks, sometimes you need to go through a quiet period to properly assess things.

Unlike the “No Contact Period”, where all communications come to an end, the limited contact principle allows you to coexist with your boyfriend or girlfriend, while at the same time, try to slow things down.

Once implemented for a few hours or a few days, it should become abundantly clear to your lover that there is a problem and something meaningful needs to happen to address the problem.

Consider it a wake up call for your significant other, except you are doing all of your talking through your demeanor.

Remember, sometimes less is more.

Oops, there is that phrase again!

So will it work?

Sometimes it does.

The boyfriend or girlfriend gets the message and takes advantage of an opportunity to reevaluate his or her role in the conflict.

You want to create an environment where the hostilities have ended and rational thinking prevails. In this environment, your lover will be more inclined to act in a positive, pragmatic fashion; which lends itself to solutions.

Now, on the other hand, your efforts to limit conversation and interaction with your lover could have the opposite effect for what you desire.

A lot depends on the nature of the people involved and the strength of the relationship.

Some people react very well to the limited contact and seize the opportunity to make things right. After all, if you have a reasonably solid relationship, it is in both people's interest to bring an end to the bickering.

But in some cases, I have seen this approach backfire. No matter how civil and respectful you are in carrying out the limited contact principle, some people will get very angry and resentful.

Chances are that such individuals are very controlling, possibly very selfish, and your failure to engage in lengthy debate causes them to dig in their heels even more.

My thinking is that even when you encounter resistance, as you apply the limited contact principle, give it time. It is very difficult for people to have a one way argument.

Remember, it takes two to Tango!

If your lover persists for many hours with a poor reaction and the situation becomes even more volatile, it is likely that this person is far from having a peaceful and constructive dialogue.

In such cases, you should consider leaving for several hours....possibly overnight; but convey you are willing to have a constructive and peaceful discussion when your boyfriend (or girlfriend) is ready.

# SITUATIONS WHERE LIMITED CONTACT SHOULD BE USED

So, that's the gist of the limited contact "principle", but I am guessing you still have a few more questions, right?

Specifically, you might be wondering about other situations in which the use of the Limited Contact Principle is advisable.

Well, below I have compiled a list of every situation I could possibly think of where you may choose to use Limited Contact.

Are you ready?

## **If You Have Kids With Your Ex**

This one is pretty obvious.

Let's do some imaginary role playing here.

Imagine that you and your Ex have just broken up and you decide to use NC on them, but the two of you share a child.

Well, what are you going to do if your Ex contacts you about:

Who will pick up your child from school?

Who is going to take little Tyson (I named your kid ;) .) to soccer practice?

Oh, and what if Tyson breaks his arm under your watch and you have to rush him to the emergency room?

Shouldn't your Ex know about that?

I mean, it would be kind of a bad move to just flat out ignore your Ex in a situation like that.

Thus, if you share kids with your Ex, limited contact is the way to go for certain situations.

Remember, coexistence is key here.

## **If You Work With Your Ex**

Role play time again!

Are you having fun yet!

So, you and your Ex are working together and your boss tells the two of you that you are going to have to work on an upcoming project in tandem.

Well, what are you supposed to do if you are currently using NC?

You can't exactly ignore your Ex in this instance, can you?

Instead, what you should do is follow the limited contact principles I laid out above in how to handle the interactions you have.

And diving a little deeper into that line of thinking, I am constantly advising people to keep things "strictly business" in situations like this.

What does that mean?

If you are forced to break NC, then make sure every interaction you have with your Ex is business related.

In other words, make sure everything you talk about with your Ex is related to work.

Avoid getting dragged down to discussing personal issues. Always be polite and respectful. But be firm as well.

### **If You Go To School And Share Classes Together**

It's not lost on me, that a lot of the men and women who will be purchasing this book, may be at that age where they are still in school.

In fact, I can't tell you how many times I have come across a question like this:

"Chris, I go to school with my Ex and we have a class together. How do I do the no contact rule?"

Well, that's the funny thing....

When it comes to No Contact in school, the thing that you really have to take a look at is how often you will actually see your Ex.

Let me give you an example.

Let's say that I was you and I had to go to school with my Ex, but I didn't have any classes with her.

Should I use the No Contact Principle?

Absolutely!

If there is a minuscule chance that I will actually run into my Ex, then No Contact is the way to go.

Oh, just in case you have forgotten. If you do run across them in the hallway, at lunch, or on school/college grounds, do not converse. Simply nod your head in a subtle way and/or smile slightly and keep moving. This lets them know you have you are a classy person.

But don't pretend you don't see them. That is not a classy move!

But let's change the game up a bit and say that I shared a class with my Ex.

What should I do then?

Well, limited contact seems ideal, but I want to put an asterisk by it.

Why?

Well, sometimes when I give you guys some leniency... I am afraid you will take advantage of it.

So here is the rule I want you to impose.

**DO NOT START ANY CONVERSATIONS WITH YOUR EX.**

I want you to be your best version of your happy self. Engage with others around you, but the only time you should talk to them, is if they start the conversation first.

If they do, then I want you to follow the advice I recommended earlier.

Do you get it?

Awesome!

So, Let's move on.

### **If You ACCIDENTALLY Run Into Them While Doing No Contact**

I am having fun role playing, so let's stick with that for another round.

You are walking down the street or anywhere for that matter and are in the middle of your No Contact Time Period. Which by the way, you have been doing fantastic with.

Doing Fantastic With It = You haven't contacted your Ex once and have been working on being the best Fantastic Person, you possibly can be.

When all of a sudden you see your Ex.

Now, upon seeing them, you're a little startled.

Your Ex has always been very personable and when they see you, they walk right up to you and try to start a conversation.

At this moment you are faced with a couple of choices.

Choice One: You break your No Contact Period and talk to them.

Choice Two: You continue your No contact Period and ignore them as they try to talk to you.

So, what do you do?

Well, let's pretend that you picked choice two and decided to ignore your Ex as they walked up to you.

How do you think that would make them feel?

I know how I would feel if I was in your Ex's position.

I would probably think,

"What a crummy person... I am so glad I am not with her anymore."

Do you want your Ex thinking that?

Of course not!

Choosing to briefly break your No Contact Period to allow for some limited contact, is the right way to go.

Now, the keyword that you need to take note of here is "briefly."

Just because you choose to break your No Contact Period for one brief interaction, doesn't mean that's the way it's always going to be.

Remember, this should be a one time thing.

### **What If Pregnancy Is Involved?**

Did I ever tell you the story of how I came up with the idea my Ex Boyfriend Recovery website?

Side Note: Those of you who bought this book from my Ex Girlfriend Recovery website, don't think I am not giving EGR the love it deserves! It's just that the Ex Boyfriend Recovery website came first.

Anyway, I had a friend who found out she was pregnant the day after her boyfriend broke up with her.

Talk about horrible timing.

For nine months, I would constantly get updates on how this saga unfolded.

Eventually, my friend started asking me for my opinion on certain situations and I happily obliged.

After a while of implementing my advice, she was able to win her Ex boyfriend back before the baby was born.

It was at this point that I thought to myself,

“Wow, I’m not too bad at this. I wonder if there is a site that helps people through breakups?”

And BAM!

“Ex Boyfriend Recovery” was born.

But I am getting off topic here.

Should you use the No Contact Principle if you are in a situation where you or your significant other is pregnant?

No, you should not! Limited contact would be a better choice. Though every once in awhile, I come across a really bad dude that does not deserve a second of your time.

But, let’s just keep this mainstream.

At some point in almost every case, you are going to have to talk to your significant other about the pregnancy, right?

So, here is what I recommend.

Any time that you talk to your Ex, keep it about the pregnancy.

If you are a woman, then just keep your interactions about your next appointment with the doctor and/or the support your Ex will provide in the care of the baby.

Remember, the closer you get to your due date, the more you will end up seeing the doctor.

(But more on that in a second.)

Now, if you are a guy, my feelings are that you have some very important responsibilities here.

You need to be mindful of the calendar of upcoming doctor visits, particularly one special date.

Ok, since I am fresh off having my first child with my wife, I know a lot of things about what women go through when it comes to a pregnancy.

The number one thing that any man can do, regardless of the circumstances, is be there as support.

Besides, if you are a man who is trying to win his pregnant ex girlfriend back, this is going to score you some serious points.

First though, I need to explain how often women who are pregnant visit the doctor.

As a general rule, the longer the pregnancy continues, the more often she will see the doctor.

Let me give you an example.

Month One: 1 Doctor Visit

Month Two: 1 Doctor Visit

Month Three: 1 Doctor Visit

Month Four: 1 Doctor Visit

Month Five: 2 Doctor Visits

Month Six: 2 Doctor Visits

Month Seven: 2 Doctor Visits

Month Eight: 3 Doctor Visits

Month Nine: 4 Doctor Visits

Now, don't hold me to that schedule, since it will be a little different for everyone depending on their circumstance. But to the best of my recollection, this is the schedule we followed.

Anyway, the month that you should highlight is month one.

Why?

Because NC or LC will typically only last a month.

So, we know that during that first month there is one doctor visit. I want you to do everything in your power, while still abiding by a LC period, to go to that doctor visit.

It's your building trust and credibility date!

So, how can you convince her to let you come with her to the appointment?

It's simple. Once a week, I want you to send a text message checking on her and asking her how she's doing with the pregnancy.

That's it.

Just show you care and most likely she will let you come!

# ALTERNATIVES TO BREAKING UP

We talked about the technique of “Limited Contact” and how it can be applied if you are undergoing relationship struggles. I have another tactic you can employ!

The last thing you want, when you are in a relationship, is to breakup. And using the No Contact Principle within an active, ongoing relationship is unwise.

But I am not blind to the woes within relationships.

Sometimes that very special “thing” the two of you had together, just slowly erodes and now you find yourself separated emotionally and spiritually.

Things may look pretty hopeless.

It is not always necessary to end the relationship.

There is something else you can do that can give you and your boyfriend or girlfriend much needed time alone.

Using this technique, allows each of you to be separated in a healthy way.

It can lead to many good things for you and your significant other.

Now, it does not always work, but I certainly would try this strategy before throwing in the towel.

So what is this stop gap measure you can employ to avoid the dreaded “Breakup” event?

As you know, I am a fan of sports.

And in all sporting events, teams can utilize what is called a “timeout”.

It provides them an opportunity to rest, work through conflicts, draw out a game plan, and then get back into the game.

Sound familiar!

I think the use of a timeout in a relationship can be beneficial. Sometimes it is as simple as agreeing to a “cooling off” period, if a fight has been dragging on too long.

We all know that no matter how strong your relationship, fights will happen. But that does not mean we can’t put some rules around them. And one of them should be calling a timeout if the fight has lasted more than, let’s say, 10 minutes.

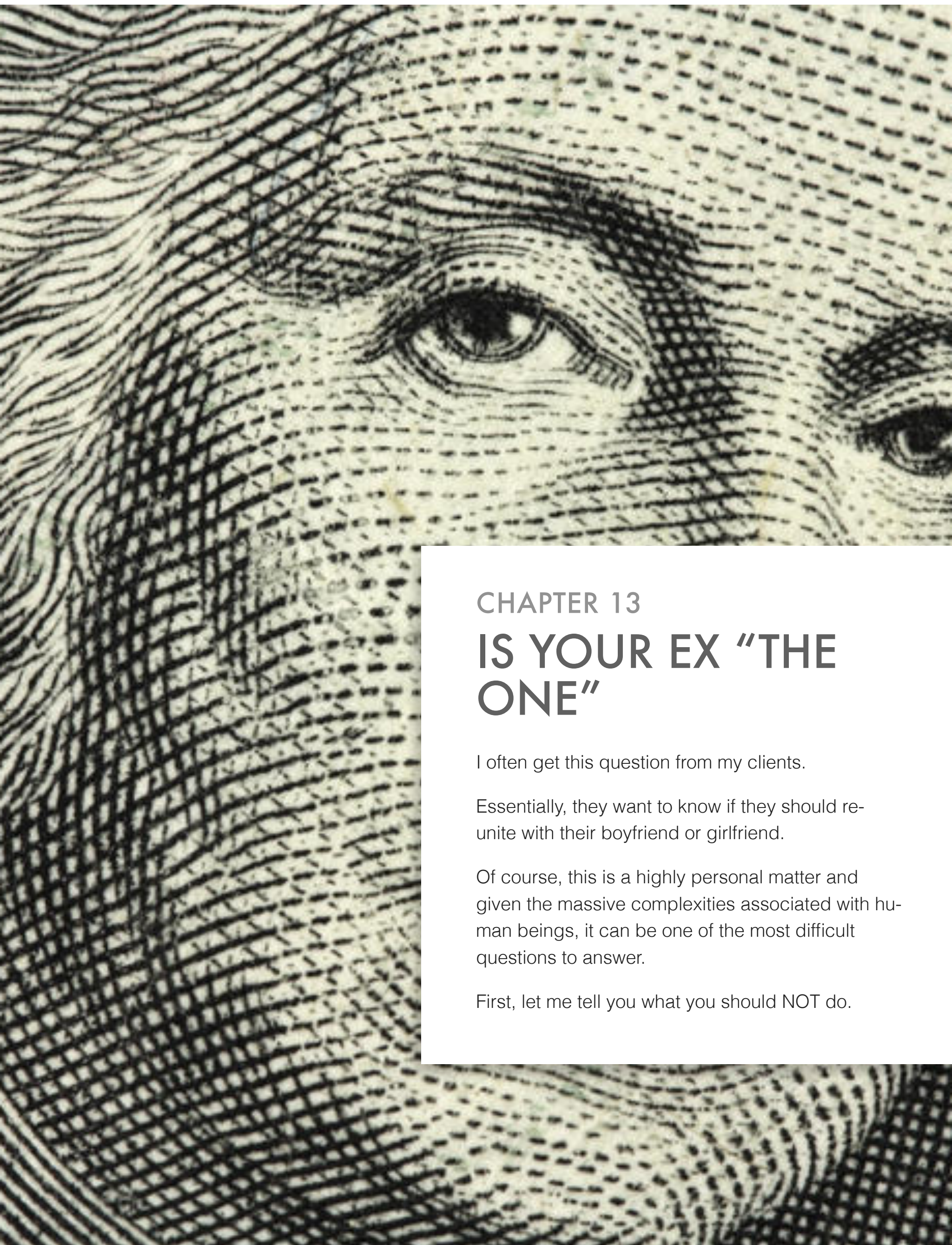
My feeling about fighting is that as soon as you both engage in conflict, you both lose.

So if things begin to go south in your relationship, then just call a timeout and try to resolve the problem.

This “Time Out” period can be several minutes, several hours, a day, or an entire weekend. You will be the best judge of how long it should be based on your particular situation.

Be sure to make it clear you are not “ending” the relationship. Just tell your boyfriend or girlfriend you need time for “yourself”.

This “timeout” affords you some quality time alone to collect your thoughts and removes you from a negative environment. But the real magic of the technique is it has the potential of serving as a “wake up call” for your boyfriend or girlfriend.



## CHAPTER 13

# IS YOUR EX “THE ONE”

I often get this question from my clients.

Essentially, they want to know if they should reunite with their boyfriend or girlfriend.

Of course, this is a highly personal matter and given the massive complexities associated with human beings, it can be one of the most difficult questions to answer.

First, let me tell you what you should NOT do.

Do not think that the answer is in the stars!

So astrology won't help you!

And please.....promise me.....do not rely on one of those online assessments that presumably tells you if you and your significant other are compatible.

I am not saying such instruments are completely off base, it is just there are limitations to what you can learn from taking a quiz.

When it comes to matters of love, I tend to be more inclined to place more stock into verifiable, empirical research.

So what does that mean?

It means that social scientist and psychologists who spend their life studying and researching such matters, probably have more value to offer when it comes to questions of compatibility.

There is quite a bit of literature out there that says Kindness Rules.

If your Ex is a natural when displaying acts of kindness and positivity, then things are looking up.

There was quite a famous study of couples that looked at the single most impactful success factor in relationships. You guessed it...couples that are nice to each other, last a long time.

But not every individual seeking a serious relationship is motivated enough to firmly embrace the Kindness Principle.

Do you know what I mean?

For example, some people are just not very nice or pleasant. Kindness may be like a foreign virus they come down with only now and then.

Some people have little internal motivation or ambition to become the best version of themselves. They may be poorly self motivated, almost slothful.

If you are in the No Contact Period, you should start taking stock of the strengths and weaknesses of your Ex. You now have seen your Ex at their best and worst. Use that information to make an objective assessment.

Of course, you may still be uncertain as to your future with this person.

But it is probably a really good time to re-evaluate your Ex's readiness.

# WHAT DOES SCIENCE SAY ABOUT COMPATIBILITY?

Research has a lot to say about how compatible you are with your boyfriend or girlfriend.

Of course, it is not a straightforward situation. Human behavior can be pretty puzzling at times.

There is a highly respected study, referred to as the “Cornell Marriage Advice Project”, which points out that while there are many variables influencing whether we will be happy in our relationships, some factors are much more important than others.

With all of the hit and miss outcomes of relationships, some people think of relationships as a form of gambling or an art form that defies explanation.

It does not have to be the way.

I tend to look at past results and science to help in making sense of things, particularly if the research is focused on the big picture.

What do I mean by that?

Well, if you look at something long enough, certain patterns will emerge.

That is what I like about the Cornell study. They studied 400 individuals who have been involved in a marriage (or a romantic relationship) for at least 30 years.

Good God, that is a long time for a study!

Anyway, when you look at success long enough, usually certain important findings will emerge and this what the people from Cornell University discovered.

According to this study, if you had to boil it down to 3 key things that predict relationship success, it would revolve around:

(1) The strength of your current communication with your significant other - We have already established that balanced and transformative communications is really important. Since you already have some history with your Ex, you will have an opportunity to evaluate the strength of their communication skills. When it comes to verbal communications, does he or she open up and talk freely? Or does your Ex keep things closed off as tight as a clam?

Does your boyfriend or girlfriend dominate all of the verbal conversations, such that there is little balance?

Do you have a hard time with getting them to listen effectively and respond to you when you are sharing?

On the written side of communications, is your boyfriend or girlfriend balanced in how and when they respond to your texts and emails. Or is the individual a “me” person, which I would describe as an individual who thinks their time is much more important than yours.

Then there is the non-verbal side of communications.

Is your guy or gal a hugger?

Do they enjoy giving and receiving little subtle touches or make gestures that reinforce the positive support you each seek?

Do you feel serene and safe in their presence?

What about the quality of the communications?

Remember when we talked about how the Principle of Positivity was a very good predictor of marital success?

If you had to measure your significant other’s “kindness in communications”, how would you rate it on a scale of 10 (i.e. with 10 being the highest quality).

If you have them coming in at a 3 or 4 or 5, you really need to ask yourself if this person has the generosity of spirit that will enable a serious relationship to succeed.

When you fight, does it last a long time? Does your Ex fight fair? Does your boyfriend or girlfriend apologize for the role they played in a fight?

The key take away is how open is the communication channel.

If there is balance and a lot of words going back and forth, with some degree of positivity, then you are on a good path.

(2) The demonstrated level of commitment - Since the two of you were dating or “together” prior to the breakup, you have some insight into the person’s level of commitment about things in general.

Has there been a long string of breakups initiated by your Ex?

Do they follow through on what they say they will do?

The No Contact Period can sometimes help open your eyes to the quality of the relationship.

So how does one know if a your partner is committed?

There are essentially two tactics you can employ. One is more aggressive, while the other is more passive.

And you shouldn't try either of these approaches until your No Contact Period is over and after the two of you agreed to meet-up.

Now, I wouldn't recommend you have the "commitment conversation" during the first meet up. Way too risky!

Probably, the most effective way to to gauge a person's level of commitment is to specifically ask them.

But you cannot just blurt it out. You have to do your due diligence. Like a good attorney, you should already know the answer to your question, even before asking.

Why is that?

Because you have already done your homework, having spent a great deal of time with this person evaluating their behavior in all facets of the relationship.

So like a well versed and prepared attorney, when you ask "the question", you will have a darn good idea of what they will say.

Essentially, in this scenario, you are looking for confirmation of what you already believe.

Of course, words are not the only thing that matters. You are also going to be reading their body language and the tone and inflection in the voice.

If you don't get that confirmation your are looking for.....if your significant other hedges....well it's not the worst news. Just take things slow and allow "time" to sort things out.

The other tactic is never to ask the question, but direct the conversation in such a way that the other person feels compelled to explore commitment levels.

My experience with couples who cross the bridge of commitment is that they do so naturally over time and there is usually little doubt what each wants.

If you are plagued with doubts or if the other individual does not seem very enthusiastic, then take a step back and re-evaluate.

Remember, little steps can get you to your final destination.

(3) Your knowledge of each other - Before re-entering into a serious relationship, a couple should have an opportunity to know a great deal about the other. None of us are without fault and all of us have some wonderful qualities.

Knowing the “good” along with the “areas of opportunity”, prepares you for whether you ultimately will be a good match.

I recommend you do a Plus/Delta on your Ex.

“So what the heck is that”, you may be thinking?

It is nothing terribly complicated. But it can be eye opening and help you see the bigger picture of whether your Ex is worth your time.

The way it works is you take out a sheet of paper. At the top, write down the Proposed Future Outcome”. In your case it would be something like, “Should We Get Back Together Again”.

Then draw a line halfway down the entire page so that it is split in two. On the left side of the paper, you can list all of the positive reasons for why you should pursue a relationship with your Ex. List out all of the benefits you will gain from the relationship resuming. Jot down the things that worked. Write down everything you can think of. That is the PLUS side of the equation.

On the right side of the paper, list out all of the things that would need to change for you to pursue your Ex. Not just things you can control, but behaviors of your Ex that would need to change. Be completely honest and jot down every conceivable thing you can think of. That is the DELTA side of the equation.

Now stand back and just stare at the results and begin weighing in your mind if the Proposed Future Outcome is a likely and a worthy endeavor.

It won't always be crystal clear what it is you should do. But this method can help you with seeing all of the important elements that impact your decision.

If you wish to make your Plus/Delta a bit more sophisticated, you can also choose to prioritize certain things. Put a star by those things which are important to you.

It is never wise to rush into things.

As you reflect on all of the qualities (good and bad) of your Ex, you enable yourself to make an important decision.

I have often seen people, overcome with loneliness or even desperation, jump right back into their relationship far too soon.

When emotions run high, logic runs low. Both you and your Ex need to decide what is truly in each of your own best interests.

This is not easy to do. This is why we see so many relationships suffer from the cycle of on again and off again.

Don't be that person who is blind to the important things you should know about your Ex.

The canvas of things you should look at in your potential partner for life is wide.

I want you to think about a great many things.

Do you have a shared belief or faith?

Do you really like your Ex's friends?

What is this person's experience with love?

How often have breakups occurred in your Ex's life?

Who initiated the breakup?

Is your Ex kind and generous?

Does your Ex insist on controlling everything?

How is your sex life?

Do you each share similar goals regarding family and children?

What is this individual's ideas around parenting?

What is this person's ambitions in life?

What is their track record regarding financial matters?

Behavior psychologists and learning theorists are fond of saying that a person's past history is "predictive" of their future behavior.

Essentially, this means that what a person has done in the past, is often repeated in the future.

I place a great deal of credibility on this line of thinking as I have seen how an examination of a person's history can be a very useful way of figuring out what they are likely to do in the future.

So please do not make the mistake of turning a blind eye to a person's past or fall victim to only listening to the words they have to say.

Actions do often speak "louder" than words.

Now, this is not to say that a person cannot learn from the mistakes of their past or lift themselves up from negative experiences in their life.

So I think you are getting the picture here!

It takes time to learn about all these things and it also takes discipline, because you will be fighting against emotional urges to hook it up and get the relationship back on track.

But I would advocate you do something very, very important before re-entering into a serious relationship.

I want you to Wait.

Yes, I want you to wait and ensure you have thought objectively about this person.

The picture of the strengths and weaknesses of your significant other will come into clearer focus over time.

And don't be surprised if you ultimately end up with someone with many of the same qualities and values you possess, so says the experts.

The road to happiness is often forged along a familiar trail.

## **"LIONS AND TIGERS AND BEARS OH MY"**

When Dorothy, from "The Wizard of Oz", was skipping down the Yellow Brick Road, she was quite frightened of the world she was thrust into.

Everywhere she turned, there seemed to be danger looming and her problems were mounting. But once she took time to understand and confront them, most of them dissolved away.

The fearful lion turned out to be a cowardly lion. The frightful scarecrow, was just searching for insight. And the evil witch, it turned out, could be easily defeated.

When you are in the midst of your No Contact Period, it is a great time to appraise just how well things were going in your relationship with your Ex, before the breakup.

Earlier in this Chapter, we talked about utilizing a Plus/Delta Evaluation of whether you should seek to resume your relationship. Hopefully, that helped you with looking at things in a different way.

Now, what I want you to do is conduct an honest appraisal of your relationship.

I would like you to go through a list of key relationship problems that I have summarize below and identify issues you feel existed in your relationship.

Then I want you to do a tally of the problems you checked off.

Later, I will provide you with a very simple way to evaluate the health of your prior relationship with your Ex.

Bear in mind, this is not a validated, proven assessment tool.

But we are not talking rocket science here!

If you recognize that several problems described below existed in your relationship, then you have your work cut out for you.

But don't be intimidated if that is the case.

Every relationship needs some work. Certainly, those that end in a breakup are the most damaged.

But what we are trying to do here is help you assess if you should even bother to try and win your Ex Back.

Is there enough potential upside to make it worth your while? Well, let's see!

What I want you to do is to carefully review this list and identify those issues that apply to your situation.

Be honest, but try not to over analyze.

I think every relationship has problem ingredients from each of these areas. Just check off those that you deem to be a clear and present problem in the relationship you had with your Ex.

1. Trying to change the Partner - If you entered into the relationship already aware of your partner's unattractive attributes and expected to change them, you could be fighting an uphill battle. Such efforts usually fall flat on their face, causing resistance, resentment, and ultimately a lot of conflict.

2. Lack of effective communications - This is a big one. In the beginning, the two of you only wanted to talk and talk and talk. It was magical and exciting and you just could not get enough of each other it seemed. You would both spend long, endless hours talking on the phone, in person, or thru text messages. You probably thought, "Wow, we are really connecting on so many levels". But what happens over time is that the two lovers, who previously could not be pulled away from each other, slowly settle into some familiar habits and routines. And for many, this routine communication groove seems a bit less exciting, maybe even boring. Now conflicts and disagreements are occurring with greater frequency and disrupting your lives.

3. Money Issues - One would think that when two people come together and share in the costs of living, that financial stress would be minimized. But what actually happens is that the synergy surrounding the relationship can cause the couple to begin accumulating more material possessions. You start off with hardly anything and after awhile you look around and realize that you have lots of stuff, some of it purchased on credit. Maybe there is a new automobile or possibly you and your Ex cosigned an apartment lease. Perhaps you have children and I need not tell you how that can put additional stress on your finances. As time goes by, this phase of "material possession accumulation" begins to take its toll. And when you factor in that both of you may have come into the relationship with a different set of ideas about managing finances, it is not difficult to see how all these things can collide and bring about serious conflict.

4. Lack of Sexual Intimacy - Most relationship experts agree that if the couple is experiencing problems with either the frequency of sexual relations and/or the level of satisfaction in your sex life, then the relationship is at risk. Can we conclude that the relationship is at high risk or doomed just because you are not hooking up enough? I say No, at least in most cases. There are a lot of other important moving parts that make up a relationship, so let's not just throw in the towel quite yet if the two of you are struggling in this department. But obviously, couples that experience a healthy and vibrant sex life are among the most successful when measuring stability.

5. Emotional Affairs - It's one thing when you discover that your Ex has cheated on you. The very thought that they have slept with someone else is shocking, painful, and the feeling of betrayal is one of the rawest emotions a human can experience. But what might even hurt more is to discover that your lover actually is not just chasing after sex, but has bonded with another individual on an emotional level. Emotional affairs can also include, non-sexual affairs in which your Ex is romantically obsessed with another person at work or online. Whichever the case, this is one of the most serious problems a relationship can face.

6. Unwillingness to Forgive - The one thing we can always count on is that during the course of a relationship, things will be said or done and things will get all screwed up. Whatever happened, just know that we all make mistakes. And one of the biggest mistakes we can make....the mother of all mistakes...is not to forgive the person we love who committed the mistake. I realize sometimes the nature and severity of the offense can make it very difficult to forgive. And since we are talking somewhat in generalities, it is hard to analyze exactly what course of action is appropriate for every given offense. But know, that at the end of whatever process you and your Ex go through to reconcile, true and heartfelt forgiveness has to close the curtain. It is when we get petty and mean spirited, withholding forgiveness and constantly reminding the person of their mistake(s)...it is this type of behavior that sucks the energy and spirit out of a relationship.

7. Lack of Positivity/Appreciation - There is probably no better lightening rod for measuring a dysfunctional and unhappy relationship than evaluating whether it is plagued with negativity and a disregard for showing kindness and appreciation. If I had a magic wand and could grant every couple in the land one wish, I would declare that all couples be given the fullest dose of behaving with kindness and appreciation. That is how important I believe this type of behavior truly is in our lives. Appreciation is a form of Kindness and Positivity. And it's not just me who thinks this way. Social scientists have studied the most successful relationships that have lasted decades and it is acting with positivity and kindness that wins in the end.

8. Lack of Quality Time Together - When you were dating, spending quality alone time was seldom a problem. We owe a big assist to all of those love chemicals rampaging through our brains. But eventually, the buzz of romance begins to wear thin and unfortunately, the inertia of life makes prisoners of us all....taking away that special quality time we use to frequently spend with our significant other. The reason this element of your relationship is so important is because without time "alone" with your significant other, you are unable to bond, communicate, have sex, discuss problems, and simply just relax with someone you feel safe and happy with. Ask yourself, before the breakup, did we spend quality time together alone.

9. Division of Responsibilities - It is surprising sometimes the things that can stir up fuss. I think every couple will struggle to some degree in this department. Depending on the personalities involved, resentments and frustrations can accumulate over time and eventually spill out. From a logical perspective, it should not be very difficult for a couple, who are living together, to divide up the duties and just get it done. But how often do men and women act exclusively in the world of logic! My experience is that more often than not, conflict over the household chores is a symptom of a larger problem. So what is the problem? Is somebody a clean freak or a slob? Was your Ex incredibly lazy?

10. Unwillingness to Have Kids - This issue can evolve into a serious problem if not resolved expeditiously. While this is more of a potential problem for married couples, it is still something you should consider in the event there was friction around this topic.

11. Differences in Parenting Strategies - I once met a couple who loved each other very much. They connected on so many different levels and I have little doubt their marriage will be sound for many years to come. But one of the problems they discussed with me was their conflicts over how to discipline their children. The husband was reared in a family where clear lines of authority had to be established and reinforced. This meant rules needed to be enforced and there were no grey areas. If someone violated a rule of the house or exhibited troubling behavior, there would be clear and immediate punishment. This often was in the form of a whipping. On the other hand, the wife grew up in a much less strict household and the use of positive reinforcement, patience, and timeouts was more the rule. This difference in how to administer punishment to the kids was a constant sore spot, sometimes rising to fights over how to discipline the children.

12. Conflict over the Parents or In-Laws - It's funny, but when I mention to people how they get along with their "in-laws" (or parents of your partner), I very often get this big smile, followed by what sounds like a practiced answer. When I probe further, the truth comes pouring out. More often than not, at least one set of in-laws (or parents) are described in such a way that I immediately think of all those movies in which the in-laws are horrible, perhaps even a little bit crazy. I tend to look at things a little bit differently than most other relationship coaches. Ok, so what if you have some in-laws (or parents) that are difficult to connect with? You are not married to them. Indeed, the way I look at this whole issue is to put some "math" to the problem. What does that mean? Well, it's like this. You have two sets of in-laws, right? So that is 4 people right there. In most cases your in-laws will have children, right? And there might be a grandfather or grandmother in the mix and even a favorite uncle or two. So now we are dealing with maybe 8 or 10 people that make up the in-law family group. So ask yourself, what are the odds that you will get along with every person you meet. Zero odds! So don't expect to get along well with, let's say, all 10 of your in-laws. So lower your expectations. Don't expect your in-laws will be your favorite people, but know that the odds are usually stacked in your favor because most in-laws will open up their hearts to you so as to please their daughter or son. Now, from an Ex recovery perspective, I just want you to honestly assess if this was a meaningful issue in your relationship.

13. Boredom - If you list this as one of the key problem areas of your relationship, then guess what, "so have millions of others". We all get bored at some time with those we love most. Granted, for some, their degree of boredom can be a barrier to a fit and healthy relationship. When things get boring, be careful where you point the finger. We are all guilty of contributing to the problem of boredom in relationships. Yep, that is right. We all need to up our game in making our relationships more interesting and engaging. The main reason for relationships becoming dull is that boredom is like a cancer. It attaches itself to all relationships and slowly whittles away. Expect it, but don't embrace it. When a client and I are talking and they start telling me how bored they were with their Ex, complaining that he (or she) offered little in the way of excitement; I always turn the question around and ask the individual to write down 10 things they did to create excitement in the relationship. You see, bore-

dom is a product of two people and what they choose to do or not do. A boring relationship can never be entirely blamed on just one person.

14. Neglecting Your Partner - This is a big, big problem for relationships. When I see “neglect” operating full force within a relationship, then I am seeing what I call the “Relationship Black Hole Effect” Once neglect sets in, such as ignoring your boyfriend/girlfriend, becoming a workaholic, or succumbing to addictive behaviors, then the relationship can swiftly break apart. Ignoring each other’s needs is a destructive pattern. Think of a bad relationship as a black hole. Imagine that you are caught up along the event horizon which is whirling around this giant black monstrosity. The more often you are neglectful, the faster you swirl and the closer you come to taking the plunge. And once you fall into the relationship black hole, you get stretched and torn apart. This is what neglect looks like over time. It utterly destroys relationships. Was this a meaningful problem in your relationship?

15. Depriving Your Partner - When couples are sensitive to their partner’s needs, taking time from their own agenda to be attentive to their partner, then mark that down as relationship job well done. So what does relationship deprivation look like? Imagine heavy doses of affection, caring and loving behavior....well it would be the opposite of these behaviors. If your partner withheld their blessings and deprived you of your personal needs, both you and the relationship will suffer.

16. Attacking and Criticizing Your Partner - Negativity rains down on us from all sorts of places. So when you are receiving wave after wave of criticism from your boyfriend or girlfriend, the feeling of being pushed down can weigh on you. In successful relationships, the partners lift each other up. Playing the blame game will just slowly rip you away from each other. Remember, a relationship is like a bank. The more deposits of positivity you both can make to it, the greater the security and capital you will have in your relationship account. If a couple spends too much of their time carving up each other with nagging and nitpicking behavior, it will negatively weigh on the relationship and empty the emotional bank account. If you feel compelled to say something negative to your partner, stop and think about what you wish to say. This approach works for some, but unfortunately when I coach couples about some of their negative communication tendencies, one or both may not even realize that what they are saying could be perceived in a negative way. It is as if they have blinders on regarding what qualifies as blaming or fussy remarks. When I explore their behavior in more detail, the individual will sometimes hide behind the pretense of, “I was just being honest” or “I was just kidding” and the ever so popular, “Sorry, but I was just in a bad mood”. Did this happen a lot with your Ex?

17. Personal Annoying Habits - We all have them, right? We all can say and do things that can be annoying and upset the positive vibes. What causes certain personal habits to bother people can be complicated. Your challenge as a couple is to discuss those things that your significant other finds bothersome and learn to curtail it. Did that ever happen before the break up? Well, it seems it is pretty darn hard for many because this issue comes up a lot. It seems that we all have personal

habits that can nearly drive our mate crazy. But often we wait for our boyfriend or girlfriend to bring it up. By then it's often too late. The trick is to initiate the conversation yourself. Ask your partner, what things you do that causes them to feel annoyed. This is one of those big grown up conversations and quite frankly, I really do understand why it is hard to carry out. Seldom do we invite our partner to tell us something that will probably hurt our feelings a bit. But the alternative is to ignore discussing such issues and hope these annoying habits will just go away. That course of action will assuredly result in some kind of blow up. Annoying habits rarely just vanish. Have you ever heard the sound of chalk screeching on a blackboard? Do you remember how it made you cringe and want to just run away from the sound? Annoying habits have a way of just being mostly ignored, meanwhile our hidden intolerance for them accumulates and finally something sets it off and everything explodes. If you wish to avoid the relationship big bang, then be proactive and be first. If you eventually get the opportunity, ask your partner to be honest and tell you what you do that annoys them. Then flip it around and you tell your partner what you find annoying. But stick with the "high hard ones", which means don't bring up petty stuff. If handled this way, you are making deposits into your relationship bank account that will pay off in the long run. On the other hand, if you and your Ex did not have this kind reciprocated dialogue prior to the breakup, it would suggest a less open relationship.

18. Controlling Your Partner - This problem in relationships can have devastating results. I think to some degree we all seek to control things around us. It seems everywhere we turn, we are faced with uncertainty. This can create anxiousness and insecurity. So naturally, we develop these coping strategies to govern our environment and influence the future. Unfortunately, trying to exert control of your potential destinies, large and small, is a slippery slope. I am reminded of the story of the little boy who attempted to stop a dyke from leaking by placing his finger in a hole to stop the leak. But imagine if another leak sprung, so another finger was used; then another leak and another, and another. Controlling behaviors operate in the same fashion. Somebody is trying to stop things from happening or influence things in a certain way, but it is utterly impossible to completely succeed. Our personalities in how we cope with the uncertainties of life vary. Have you ever met those individuals who are just really, "chill". Not much bothers them and they tend not to try to overly exert their preferences on others. Then we have others who feel like they have to be in charge of everything. Was your Ex that way? Show me someone who is very controlling and I will show you a person that has internal fears outside the norm, that is anxious far too much, and possibly a person with some unusual insecurities or obsessive tendencies. I think we all fit that picture to some degree, but a problem arises when people exhibit a high degree of these behaviors. Hence, the control freak is born. And when this type of person starts acting out their controlling behavior in a relationship, it can be either suffocating and/or explosive, depending on how the significant other responds to the controlling behavior. I consider this one of the more serious of relationship problems, because it touches on deep personal and psychological factors. It is not possible to wave a hand and make this person's controlling behavior easily disappear. It takes longer to work through this type of problem and it

starts with discussing and understanding the nature of what causes a person to behave in this manner.

19. Always Putting Themselves First - Selfishness is the cause of a lot of turmoil in relationships. If your Ex frequently put themselves first, ahead of you, such behavior acts as a corrosive agent. I am a big fan of each individual within a relationship, seeking to realize their potential. But if it is at the expense of the partner, that type of selfishness will eventually tear apart the strongest of relationships.

20. Not Listening to You - Do you ever get the feeling that your Ex was just going through the motions of pretending they were listening to you? Or worse, do they just outright ignore you when you spoke or failed to show much, if any empathy? Look, we all have concerns that are weighing on us and having a partner you trust that is willing to simply listen and offer support is a huge communication boost. Demonstrating love is many things. Love is simply being willing to sit quietly and lend an ear. Often, the person pouring out their heart, already knows what they should or should not do. What they are looking for is a means to offload some of the frustration or disappointment. Show me a good listener and I will show you an individual with a foundation for a very successful relationship. Was this one of the strengths of your Ex?

## SO HOW DID YOUR RELATIONSHIP FARE?

No one's relationship is without problems.

I have listed 20 of the top problems confronting couples. Each one of these problems, depending on the severity, can cause further issues in a relationship. Some are more troubling, if they persist.

The question you should be asking is whether your Ex is worth pursuing?

Is this a complete list of all issues that can bring down a relationship?

Of course not. It is impossible to account for every problem that creates dysfunction.

But you have a strong list here to work with!

So it's now time to rate your prior relationship. Go back through the list I provided and honestly ask yourself if you and your Ex struggled with any of these problems in a major way. Simply check off those items that represented a CLEAR problem in your relationship.

Hopefully, when all of the results are tallied, you will have a better view of whether you wish to seek reconciliation at some stage in the future.

Use the Assessment Guide below to help you with evaluating the condition of your relationship.

### **Relationship Assessment Guide Scorecard**

3 or Less - Congratulations, it appears you have a strong relationship foundation to work from. Like most couples, you have some room for improvement, but the two of you appeared to be bonding well and were doing a lot of things correctly. Whatever caused the break-up, while possibly quite serious in nature, can be recovered from.

4 to 5 - Depending on the specific problem factors you checked off, your relationship was probably on a reasonably solid foundation. You have some work to do if you get back together and you have taken the first step by becoming more aware of the opportunity areas.

6 to 7 - Things were probably somewhat topsy turvy in your relationship. It's understandable why the breakup occurred. The fact that you are seeking self help, in an effort to evaluate what to do next, is definitely a step in the right direction.

8 or more - This relationship was most likely dysfunctional. While it is not necessarily time to give up, it is clear from the number of key problems being experienced, a major change in how the two of you interact would need to take place to reduce future breakups. Now there is another factor you should consider. I call it "rater error". Now don't get mad at me, but it is possible that your standard in judging your relationship against these problem categories is too high. So it may be that your relationship was not quite as bad as you think. As I have said before, one has to be careful in drawing definitive conclusions from assessment tools.

## **LEGEND OF THE THORN BIRD**

I am going to tell you something that few relationship experts will ever talk about.

My jaw drops when I read about some of the claims some relationship gurus make about their teachings and methods.

I particularly find it bordering on the ridiculous when certain individuals claim these super high success ratios, such as 90% or higher.

Though, I suppose it depends on what you are measuring, right!

I could say I have a 100% success ratio because if you just try out everything I recommend, it will certainly help you to some degree.

Of course, to get access to some of these relationship guru's marvelous products, you have to pay \$400, \$500, or often much more.

If you get individualized personal coaching or couples therapy, the costs can run much higher as the sessions mount. Often, you may eventually invest thousands of dollars trying to get your relationship back on track.

Forgive me for being skeptical.

But I really get upset when I see these kind of claims.

I have purchased some of these products and they vary from below average content to very solid advice in my humble opinion. And I do not offer my opinion blindly. I have considerable experience in this field.

My experience has taught me that individuals and couples who are seeking help are, more often than not, in a vulnerable place. Sometimes, they fall prey to these slickly written sales pages that promise them the moon.

Really, give me a break!

Does anyone really believe that there exists a relationship recovery system that is so highly effective (e.g. 90%+ success rate), that couples are dancing in the aisles ready to renew their vows!

Frankly, I doubt it.

Relationships are extremely complicated.

There is a transitory nature to relationships to begin with. People move in and out of them as they seek compatibility.

People enter into relationships with varying degrees of maturity and experience. So don't expect everything to fall in place.

More often than not, things fall out of place.

This is the natural order of how relationships ebb and flow.

Yes, there are things people can do to enhance their chances of success.

But, every you have relationship is not meant to be eternal. We weave in and out of them until we eventually come upon a "fit" that works for both parties.

I am so sorry if I busted any pre-conceived notions you may have had about relationships.

I am really a big time romantic in my heart!

But I am a realist as well and I also want you to be one.

I want you to remember this in case things don't work out.

So, a relationship recovery system needs to be pragmatic, focused and grounded in realistic goals.

Let me be one of the few relationship recovery experts to tell you that while I genuinely feel my advice has great potential to make a meaningful difference in your relationship, I would be delusional to suggest that it will always absolutely save your relationship.

It is hard enough for us human beings to understand and control every aspect of "love" and human behavior. So for anyone to say they have a near foolproof relationship recovery system....well, I don't think they are being straight with you.

So let me tell you something else that most other relationship coaches will not admit!

Some relationships are dysfunctional and will never work.

Now, if you are in a relationship or seeking to reunite with a boyfriend or girlfriend, I want you to commit yourself to everything you can do to make your endeavor successful.

I believe you and your partner need to take reasonable steps to improve the relationship.

The words "can't" or "won't" should be stricken from your relationship vocabulary.

And remember, your first, second, and third attempts to make things right between the two of you, may not succeed. If everyone quit on their relationship after encountering rough waters, then failure rates would be even higher.

Nevertheless, sometimes, despite your best efforts to turn things around, a relationship may prove to be detrimental for both people.

There is a story that comes from a Celtic legend that helps us understand how dysfunctional relationships can wound both of the partners.

According to this story, there is a very special species of bird called the Thorn Bird.

This bird is most beautiful and filled with love and song. The Thorn Bird is driven to find a thorn tree, upon which this lovely bird settles down into a place it believes to be filled with peace and security.

As times goes by, the Thorn Bird begins to slowly suffer from the nicks and pricks of the Tree's thorns. As the Thorn Tree inflicts pain, the tree also suffers as it becomes scarred and broken in places.

Neither the bird or tree meant to injure the other, but with the passage of time, it becomes evident that neither Thorn bird or Thorn tree are suited for each other.

Then the Thorn Bird sings the most beautiful song ever heard. The Thorn Bird had finally realized that if it was to achieve its own inner beauty, as well as support the magnificence of the tree, it would need to fly away so to recover from its wounds and become renewed.

In the original Celtic version of the story, the bird chooses not to depart and dies singing while impaled by the thorns.

Well....I don't really like that ending. So I changed it. I always believe there are options for most everything in our lives.

The lesson of the Thorn Bird is that despite our best intentions and after suffering great pain inside a relationship, we may need to lift ourselves up and away in order to heal and become the best version of ourselves.

It is possible, that with time, even a prickly tree can lose its thorns. But once in awhile, the relationship should come to an end in order to benefit both partners.

That is a painful process too, but sometimes it is necessary.

But remember, an end to one relationship, is the introduction to another.

I am reminded by what Mark Twain said about relationships!

"To get the full value of joy, you must have someone to divide it with".

If things do come to an end with your Ex, you will land on your feet. You will find someone else to share your life with.

A woman with long brown hair, wearing a straw hat with an orange band and dark sunglasses, is smiling while talking on a black corded telephone. She is holding a tablet computer in her left hand. The background is a vast field of green grass with many small yellow wildflowers. The scene is bright and sunny.

## CHAPTER 14

# TRANSITIONING FROM NO CONTACT

So my friends, we have finally arrived at the final Chapter!

But in reality, your story is just unfolding. You have everything in front of you and I think you will have an amazing tale to share with me when it is all said and done.

Which brings me to the question. What should you say and do AFTER you have completed the No Contact Period?

Well, first of all, you should treat yourself to something very special, because completing the No Contact Period is VERY HARD.

But if you follow my teachings, completing your No Contact Period is also VERY REWARDING.

After all, you have spent a good amount time striving to be the best version of your HAPPY self.

No matter how things shake out in your efforts to reconcile with your ex (if that is what you choose to pursue), you deserve some big time kudos.

Go out and party. Do something special for YOURSELF!

Ok, so let's say you still have some designs on your Ex and want to know what to do next.

Well, geez, haven't I already told you that I have written about this EXTENSIVELY in my other ebooks!

Well, Ok, since we are all here together, we might as well talk about it a tad!

First things first.....the No Contact Rule is Not a Complete Strategy of Recovering your Ex.

There are multiple steps you should execute to get your Ex back. What you don't want to do is just troll the internet and make it up as you go along.

After you have finished your No Contact Period, you should not count on your Ex just suddenly reaching out to you.

Even if you are one of the lucky one's in which the No Contact Principle contributed to your Ex reaching out (e.g. like day 27), you still need need a Game Plan on how you should proceed.

You definitely will want a Game Plan on how to Restart Communications if you have not even heard a whisper from your Ex.

And, oh by the way, the No Contact Principle is not a "Cure" for the problems that caused the breakup.

Once communications are on a more solid ground, the couple will need to have a heart to heart discussion and work toward solutions, otherwise the breakup cycle will repeat itself.

So how do you tackle these challenges?

You could get some 1x1 relationship coaching, but quite frankly that can get expensive (e.g. \$200 to \$300 per hour). I do very little coaching these days because I feel I can do more good for more people through my websites and ebooks.

If you want a digital or audio ebook that deals with the topic of Restarting and sustaining Communications with your Ex, then my ebook, [The Texting Bible](#), would be a good choice. It deals with this topic and others in a comprehensive manner.

There is just so much to learn!

You need to understand how to use text messages as a way to “crack open the door” .....to get inside your Ex’s mind.

You would need to understand about the different types of text messages you can send and which ones might work best with your Ex.

For example, what would be an appropriate, “Initial Contact Message”. And what would be examples of messages you could send after that.

You would want to learn about what to do if you don’t get the desired response.

You would want to learn more about text message “length”, “duration”, and “response time”

You would want to learn about “Tide Theory”, which is a principle that addresses how often you should be texting your Ex.

You would want to understand the pitfalls of being a Text Gnat.

Essentially, when it comes to reuniting with your Ex, often you only get one chance at a 2nd Chance! So you want to be prepared.

That’s why learning things like the psychology of ending many of your text messages and phone calls at the High Point is so valuable.

That is one reason why I wrote [The Texting Bible](#). There is just so much valuable information I think folks should know about.

It’s kind of funny.

I remember thinking a lot about the title of the ebook which would eventually become The Texting Bible. It consists of over 350 pages of content and some really cool images. It also has over 250 text examples.

But it deals with so much more than texting strategies, tactics, guidelines, and text message examples. I cover extensively the topics of the No Contact Rule, Recovery Strategies, Attraction tactics, any many more topics.

So I wasn't sure what to call it.

Finally I realized the answer was staring me in the face!

I just listened to my website visitors who were asking for a Texting Book that could help them with the Who, What, When, Where, Why, and How of all things in the World of Relationship Texting!

Sorry, I digressed a bit from what I was discussing earlier.

And it's good to get back to the discussion around ending conversations at the High Point, because is an important thing to appreciate.

And oh, yea. I discuss this as well in [The Texting Bible](#)!

Let me flush it out a bit...this notion of ending on a High Point.

So have you ever heard of something called the Zeigarnik Effect?

Well, I don't want to bore you with the fancy shmancy psychological definition. So, I will just describe the definition of ZE (The Zeigarnik Effect) in a way that I know will be easy for you to understand.

It goes like this:

"Human beings remember uncompleted tasks better than completed ones".

I always like to use the analogy of a TV show.

If you think about it, television show writers have one of the hardest tasks out there.

They have to captivate an audience in a moment and make that moment so powerful and memorable that the audience will tune in to find out what happens the next week.

TV writers have found a very clever way of doing this.

Ending shows on a Cliffhanger.

Take a moment and think of your 5 favorite TV shows that aren't reality shows.

Chances are that there is some massive cliffhangers that can be found at the end of each of these shows, leaving an audience desperate to find out what happens next.

Well, a cliffhanger is an extension of the ZE (Ziegarnik effect.)

If a show ends on a cliffhanger, then it has ended on an uncompleted task.

And as the ZE teaches us, an uncompleted task always leaves people remembering more and potentially wanting more.

Ending at the High Point, can create attraction.

## THE END GAME OF RECOVERING YOUR EX

You can't get your Ex back JUST through text messaging.

Yes, it is true that knowing how to use text messages when it comes to getting an ex back is super important, but it isn't the be all, end all.

In fact, text messaging is just one piece of a very large and complex puzzle.

You should strive to master effective text messaging, but you also have to master the other strategies of getting an Ex back.

Below, I am going to give you a quick crash course of what that might look like.

In this graphic you will notice that there are three key methods of communication you can use when trying to get an Ex back.

Text messaging can encompass things like, phone texting, Facebook messaging, WhatsApp and any other messenger type services.

Calling encompasses things like, phone calls, FaceTime, Skype, etc.

And in person interaction which entails the how, when, and where you should meet face to face.

The idea behind my method of getting an Ex back is that I teach people to move up the value chain.

In other words, you first earn your stripes by texting your Ex.

This is the easiest and less threatening proposition. Once you have built enough attraction there, you can move up the chain to phone calls.

Once you have reached the phone call level, you work on building attraction during that stage. Once enough attraction has been built, you can transition from a phone call to an in person interaction.

In person interactions are fun, because the end game is near.

But in order to realize a full and successful recovery of your Ex, you will need to work with your Ex to tackle those key problems that caused the breakup.

Have you hear of the saying, “Start with the End in Mind”?

Well, that is how I want you to think about the Ex Recovery Process.

It is not good enough to just get back in the good graces of your Ex. Full recovery is not realized until the both of you have really worked on improving your relationship.

Otherwise, you could both be back at square one, wondering why another breakup has occurred.

All this easy to say. But in reality, it is very hard for a couple to face up to their shortcomings and work together to improve.

So here is the deal!

While this next subchapter is not what I planned to do, let me end this ebook with a Communication Game Plan which you can use to help strengthen your relationship.

## THE MEETING AFTER THE MEET-UP

I think of the Meet-up following the period of No Contact as the meeting before the MEETING.

Sometimes you need to have a few of the more casual, non threatening “Meet ups”, before the two of you are really ready to talk “Relationship”.

Once it is clear that you both are wanting the same thing, then it is time to discuss with your Ex your desire to have a more serious discussion about how the two of you can avoid a breakup from happening again.

This is what I call the MEETING after the Meet-up.

When you meet to talk to your Ex, be sure it is NOT at the place where the two of you have argued and certainly not where you broke up.

You don’t want any of the those bad memories of the past being resurrected in the current meeting you are about to have.

Choose a setting that is neutral, private and free of distractions.

### **Set The Tone With Being Positive**

Remember to set the tone of the meeting in a positive way.

My view is that when two people have fought, they are both losers.

Well, now it's time to make amends.

So be the first to roll out an apology.

Express that you are sincerely sorry that the relationship got off track and and are excited about the two of you working together to make it better.

### **Be Calm and Considerate To Your Ex**

As the meeting with your Ex progresses, remain calm, considerate, and respectful.

There is a technique that is called “mirroring” which you can use to keep the tone of the discussions positive and constructive.

If you are calm and re-assuring, your Ex will tend to echo those same sentiments. That is the mirroring effect at work.

If you move slowly and calmly, as opposed to jerky and nervous movements, your Ex will likewise follow suit.

If you act and say things that are kind and considerate, your Ex will often reciprocate.

It is through this technique of mirroring, that you can influence the pace and tone of the meeting on a subconscious level.

And through kindness and improved communications, you both can re-build the foundation of your relationship.

### **Validate Your Ex's Concerns**

In the beginning, you will be putting on your “listening” hat!

One of the first things you want to do is express that you understand why your Ex was upset about how things evolved.

Express how you understand the breakup was painful for both of you.

Tell your Ex that you genuinely wish to hear their perspective on things. Put it in just those terms. This is what is called, keeping things open-ended.

Listen carefully to what your Ex has to say.

Sometimes the best communication is simply listening.

Showing empathy is an anger buster and it is entirely possible your Ex still harbors some angry feelings.

So it is important you show your Ex that their concerns have merit and you genuinely wish to discuss them.

### **Let Your Ex Vent As May be Necessary**

Sometimes the best thing you can do is ask an open ended question and let your Ex just vent and purge pent up feelings.

Just doing that is therapeutic in itself.

An open ended question is the type of question you ask that can't be answered with a simple Yes or No.

It is the type of question that allows your Ex to talk and share.

You need to practice the "less is more" communication strategy.

You do less talking and let your Ex do more of the talking.

Ask follow up questions to allow your boyfriend or girlfriend to expand on their thoughts and feelings.

Have you noticed that much of my advice revolves around open communications, kindness and consideration and heightened listening?

The reason is simple, yet powerful.

Many couples breakup largely due to their poor communications, controlling behavior, erosion in trust and lack of kindness.

These things will probably be areas you and your Ex will want to focus on in the future to strengthen your relationship

### **Thank Your Ex For Sharing Their Feelings**

Another anger buster (or trust builder) is simply thanking your Ex for opening up to you.

It can be a huge way to regain trust and help alleviate whatever pain they may still be holding inside.

A sincere “thank you” is an act of kindness. Tell your boyfriend or girlfriend you appreciate their candor and tell them they are “brave” for opening up.

It is not always easy for someone to share their feelings, particularly if those feelings have been bruised and hidden away from you.

### **Come Together on the Nature of the Problem**

Your aim is to reach a stage in the discussion where you each can find some common ground and arrive at a mutually agreed upon solutions.

Achieving these solutions won’t happen overnight, but one has to start the process.

But first, you must agree on what is the problem.

Something caused the break up.

It could have been a singular significant event. Or it may have been a series of things that culminated in the erosion of the relationship.

Whatever got in the way, it is time to identify what it is.

### **Apologize Again for Your Contribution to the “Problem”**

That’s right!

Your Ex needs to hear from you again about how you regret your role in causing the problem.

This is important.

Earlier, you apologized for fighting with them. As I said, fighting, while it can happen frequently in a relationship, makes losers of you both.

Now you want to offer an apology for your role in the breakup.

I am sure your Ex played a significant role in what caused the breakup. But for now, you want to express your genuine regret.

Ask your Ex how they feel about their role in the Breakup.

Contrition is a way back into each other’s heart.

Don’t just say you are sorry.

Describe the undesirable behavior you are sorry for. That way, your Ex understands you mean it.

If the mirroring phenomenon is at work, your Ex should be doing the same things.

### **Together Brainstorm a Solution**

Just as you agreed on the problem, now turn your attention to jointly coming up with a solution.

If you and your Ex are both part of developing a long term solution, the chances of it being implemented and it “sticking” is far greater.

### **Create a Symbolic No Fight Pact going Forward**

Once you have a solution, you need to do something symbolic to brand the solution.

What do I mean by that?

Well, for starters, if you want the solution to stick, then you need to reach down into the psyche.

It needs to be an experiential action (i.e. something you both experience together).

Try putting your solution (and vows of commitment) on paper and place it in a bottle (i.e. message in a bottle).

Go together to the ocean or a lake at sunset, then cast the bottle out into the ocean.

Or you can float your solution up high in large helium balloon.

Whatever you choose to do, it needs to stand out in your memories and you both need to participate in the activity, to brand it into your psyche.

Such actions increase the possibility of both of you sticking with the plan you agreed upon.

## **HOW TO REGAIN TRUST**

Trust takes longer to rebuild.

You may have made some inroads by getting your Ex to talk to you and work through the problem.

Your boyfriend or girlfriend may say all the right things and their outside demeanor may suggest that everything is just fine.

But don't be so quick to believe it.

There is a nurturing period that needs to take place following a breakup.

You need to make consistent deposits to your Ex's trust bank.

It is about gaining trust and making the person feel safe. Remember our discussion of Maslow's hierarchy of needs. Safety and security are very important needs.

Let's explore some of the things you can do to regain your Ex's trust.

### **1. Hug and Hug Some More**

In the days following the Discussion, I want you to give your Ex a lot of hugs.

Hugging your Ex gives them a much needed sense that you care... that they are safe and you can be counted on.

Humans need to be touched and there are tremendous therapeutic benefits for the hugger and the person being hugged.

Hugging your Ex also confers many health benefits.

A hug reduces stress, helps with regulating breathing, relaxes the tension, and aids the immune system.

Hugging your lover is a deposit into the relationship trust account.

### **2. Demonstrate you have Changed**

Your Ex will be watching you.

It is only natural for your boyfriend or girlfriend to be somewhat concerned that this "making up" is just a short term phase and that whatever the problems were before, may return.

You need to be proactive to ensure such anxious thoughts don't take hold.

Demonstrate you are fully committed to the "Pact" you each made. Bring up the topic about how much you enjoyed the experience of brainstorming solutions to the relationship issues.

Describe how much you enjoyed the symbolic act you both participated in (e.g. message in a bottle).

### **3. Make Up Sex**

Make no mistake, working in some make up sex can help forge the trusting bond you seek to re-establish.

When two people quarrel and when there has been a lengthy break in the relationship, the bond or connection between the two lovers is damaged.

It needs fixing.

#### **4. Cuddle to Rebuild Connection**

Women seem to enjoy cuddling much more than guys.

But I firmly believe it is important for both individuals to connect in all sorts of ways.

Cuddling is a reinforcement of the love between the two of you. The act of cuddling makes people feel safer, appreciated, and bonded.

In those early days and weeks following the re-attraction period, be sure to give your Ex a healthy dose of cuddling.

It is medicine for you both.

#### **5. Listen..... Listen....Then listen some More**

No matter how often I tell people about the importance of really “listening” to your Ex, they seem to either forget the importance of this skill or they fail to understand “how” to listen.

You may be wondering, “how the heck could someone not know how to listen”?

You may also be thinking, “if you have ears and can hear, then you can listen....it’s easy”.

I have a wake up call for you....it is NOT easy!

I coach men, women, and couples and I am telling you that one of the most common complaints I hear (particularly from the ladies) is: “My partner never listens to me”.

Sorry guys, but it usually a guy who sits across from me with this dumfounded expression on their face, saying to himself, “what is she talking about, of course I listen to her!”

Mars and Venus, right!

Do me a favor.

When your Ex is talking about something...anything....even if it sounds stupid or unimportant....you need to listen to every word.

And it has to be what I call “active listening”. This is when you demonstrate through your body language and brief verbal cues that you are indeed listening to a person.

Ask follow-up questions. Say things like, “I see” or “I understand” or “I agree”.

But most importantly, let your Ex purge the things on their mind.

People, in general, feel better when they can talk about things...their experiences...their problems.

Here is one of the most important things I can teach you today!

It is HUGE. Ready for it! Ok, here it comes:

“Merely asking your Girlfriend or Boyfriend How They are Doing and Then Just Shutting Up and Listening, Validates the Person’s Self Worth.

## **6. Stroll Through Memory Lane**

To effectively rebuild trust, you need to rebuild the good memories the two of you enjoyed together.

Now, I also want you to build new positive memories with your Ex in the weeks and months to come.

But guess what? You have an inventory of really powerful, good memories that the two of you experienced together.

So summon those up.

Talk to your boyfriend or girlfriend about those experiences.

Put yourselves into those nice places that are in your minds. It will awaken the positive neurons of your brains and help with transforming the way your lover thinks about you.

## **7. Paint the Future**

This discussion on rebuilding trust and attraction is hugely important.

So let me lay another idea on you!

To strengthen that connection and to help ward off any insecurities your lover may have that past negativities will be repeated, simply paint a bright future.

Just lay it out there for them to see.

Talk about the things you want to do with them.

Better yet, get your lover talking about what they want to do with you in the future and what the relationship should look like.

By talking about this, you are helping your lover build ownership into a future that includes YOU and happy times.

## 8. Play the SELFLESS Game

Actions speak louder than words, right?

So I want to see you both play, the “Selfless Game”.

You start off explaining to him or her that sometimes you feel that “you” are too selfish or too controlling.

So you are going to be a bit self-critical.

But tell your lover you have a remedy.

It is called the “Selfless Game”.

To demonstrate your goodwill and intentions about improving this problem, you will spend an entire day doing EVERYTHING that your girlfriend or boyfriend wants to do or talk about.

You remember that movie with Jim Carey called, “Yes Man” where magically he could not say “No” to anything?

He spent the entire day agreeing and saying yes to everything people suggested to him.

Well, the “Selfless Game” is sort of like that.

It is usually a fun filled adventure and along the way you will learn something about yourself and your lover.

## 9. The Golden Ratio of Kindness

I saved the best thing I could teach you on this topic of re-attracting your Ex, for last.

Relationships that succeed and survive conflict and hard times, experience a 5 to 1 ratio of good to bad interactions.

It is called the “Kindness ratio”. At least, that is what I call it.

Studies reveal that the most successful couples spend much more of their time saying positive, kind, and considerate things to each other.

Think of each act of kindness or instance of consideration or a positive comment as a healthy deposit into your couple’s Trust Account.

If you wish to rebuild trust and attraction, go positive in a big way.

# CLOSING WORDS FOR YOU

So we have finally arrived at the ending of my ebook.

I sure hope you enjoyed it!

I tried to pack a great deal of useful information in it.

Soon, I will be creating an audio version of this ebook. Since this book contains so many ideas and concepts, you will likely sponge it up even more by listening to it in the audio format.

I encourage you to visit my websites and Youtube channel as often as you wish. There is a lot of information there on a variety of topics. In addition, you can participate by sharing your comments.

In the near future, I plan on starting the Ex Recovery Forum so my website visitors can come and talk with each other and help support each other.

I expect a lot of great ideas will be exchanged. I will be assigning a member from my team to help moderate the forum. And it will be completely free for you to log-in and participate!

So before we say our goodbyes, I would like to share with you a Special Story I wrote, which hopefully will leave you with a larger sense of perspective as to what it ALL could possibly mean.

Yep....you got it! I am going to go a little philosophical on you!

Intrigued?

Well, I sure hope so!

See ya on the other side!

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