



EPISODE 51

Chris (XE) Seiter



HE BROKE INTO HER
HOUSE ?!?!

X3 BOYFRIEND
RECOVERY

Emcee:

Welcome to the ex-boyfriend recovery podcast where we help you get your ex back and have the fairy tale ending you deserve! And now, your host, he's been dubbed as the ex-whisperer, Chris Seiter!

Chris:

Hey guys! What's up? And welcome to episode no. 51 of the ex boyfriend recovery podcast. We have something very exciting happening today and it's a big day for the ex boyfriend recovery podcast in general because for the first time ever, we are recording live. Yes, as I am talking on this podcast there are currently three cameras recording me live. So, I better be on my A game right?

Today we're going to hear from woman who wants to remain anonymous. Now, if you're not aware of how this podcast works, we simply have a lot of visitors coming to my website; ex boyfriend recovery, who want to ask in depth questions of me and I have given them the opportunity to call in using an internet messaging system called SpeakPipe. They can use their phone, their webcams and all sorts of ways to communicate with me and leave me a voice mail. And it's really cool because I can pick out the questions that I think haven't been answered yet. And today we've got one heck of a question for you. In fact, I think in the history of ex boyfriend recovery, I have never heard of anything like this happening.

The question is or the whole episode that this podcast episode is going to revolve around is, a woman broke up with her ex boyfriend or rather, her ex boyfriend broke up with her and broke into her house. Let's hear that question right now.

Anonymous:

My ex boyfriend and I broke up due to wanting different things in life. I wanted to get married and he doesn't know what he wants. He doesn't know if he wants someone to move in or not. We've been dating over a year. We broke up. It was a friendly break up. We hugged. We kissed. We cried and now, I was gone from my house and he broke in into my house to get a hoodie and sweatpants and dropped off my belongings but I wasn't home. He left a note for me that said,

“I let myself in. Dropped off your stuff, got my pants and hoodie. Just need my easy pass. Sorry I missed you. Have a great weekend. CJ”

I don't know what to think. He wants to be friends. He wants to be friendly but I can't be friendly. He broke into my house.

Chris:

Alright, as I mentioned earlier in the introduction of this episode. I like to give people the opportunity to remain anonymous when they call in. And the reason for that is, a lot of personal information is getting out there online and some people, I definitely respect their privacy or their right to be private. So, this woman in particular did not tell us her name in her message. So, therefore we're going to be referring to her from this point on as anonymous.

Now, what I like to do is give a quick recap of anonymous' situation so, we can kind of get a bird's eye view of what's going on. Now, she mentioned that her and her boyfriend broke up because they wanted different things. She mentioned that she wanted to get married and he really doesn't know what he wants. They did it for about a year and then broke up.

Now, it was generally a pretty friendly breakup and her definition of friendly breakups mean that they hugged a lot, they kissed a lot, they cried together and now this is kind of where things get a little bit interesting. And you can hear kind of the anger in her voice. She's upset from the breakup and it's definitely understandable but she claims that her ex boyfriend broke into her house to get, I believe a hoodie and sweat pants and he left her a note saying there's a few more items. Especially like an easy pass which is kind of one of those easy ways of getting onto the freeway, if you don't know what that is. It's sort of like a pass you can put in your car and I'm really way off topic here!

So, he left her a note and she really doesn't know what to think about all of this. Now, the interesting thing about this situation is I don't think I have ever encountered this situation where an ex boyfriend has broken in to someone's house. I've encountered things with ex boyfriends stealing money, thousands of dollars sometimes. I've encountered crazy situations where an ex boyfriend will show up at a woman's work

and try to embarrass her or getting into fights with her in front of her coworkers. I've seen a lot of crazy things but no one has ever taken the opportunity to break into their ex girlfriend's house or rather no ex boyfriend out there has taken the opportunity to break into an ex girlfriend's house. So, what is the deal with him breaking in?

Well, I'd be kind of curious to know anonymous, did he have a key? Were you sharing apartments? Did he have a way to get into the apartment or house or wherever you live? Because when you say breaking in, it sounds like he broke a window to open a door to get his stuff but you didn't mention any of those kind of details. So, I'm thinking either he knew or maybe you have hidden a key to get into your apartment or house or he had access to it already.

If that's the case, it's really not that big of a deal that he broke in. I think you're speaking from a place of anger and being upset but what he did was wrong. He should've asked your permission first. Now, this brings an interesting question. Why did he do this? Why would he, instead of asking your permission go into your house or to exchange items like most normal ex boyfriends would do. Why did he take the opportunity "to break into" your house?" I'm going to kind of put the air quotes there, "to break into your house?"

Well, I wrote a few things down for you and what I think is going on. I think generally, when you look at his actions, he does not handle confrontation very well. And so, in his mind, he's probably having this daydream and he's thinking, "How am I going to get my hoodie back? How am I going to get my stuff back from her without going and getting into a confrontation about this?" And you mentioned that you wanted to be married.

So, I'm also wondering if maybe you pushed the marriage a little bit too much on him and it scared him off, to the point where he doesn't want to communicate with you about it. Maybe he doesn't want to get into a confrontation. And you can tell just from your voice mail that you are very upset about this situation and you have absolutely every right to be upset about this situation but maybe he senses that and he does not want to get into a confrontation.

So, he picked the time of day when he knew for a fact that you wouldn't be home and he let himself in and he got some of the things. And maybe he knew it was bad

and he mentioned he wanted an easy pass right? He probably looked for that easy pass but felt or knew subconsciously or knew internally that what he was doing is bad. He shouldn't be in your house and he's looking around for it and he can't find it but the stress of being bad I guess, made him just want to give up and write a note. So, that's what I think is going on in his head. Now, let's talk about what you should do going forward.

Obviously you need to communicate with him that what he did was wrong. That he needs to ask your permission to go back into your house but I kind of want to look past that.

What do you want out of this relationship? Most of the women who come to ex boyfriend recovery, they're trying to get their ex boyfriends back but you didn't mention that at all in your message to me. So, it tells me maybe you do want to get over the breakup but maybe you do want to get him back. To be honest, I don't want to put my effort into answering something that I don't even know you want to hear the answer to.

So, here's what I'm going to do for you. I do know what you want, a long term. You mentioned that you want to get married and he does not want to get married because if he did, he probably would have proposed to you but the thing about marriage is, a lot of times, it takes dating someone, especially a man who is a little bit of a commitment phobe.

It takes him some time to warm up to the idea of marriage and you mentioned in your situation or rather when you are explaining your situation to me, that you had only been dating him for a year. So, it may have been too early to bring that up to him and you may have scared him off. I mean that's completely plausible. So, what I'm going to do to you.

What I'm going to do you?! Excuse me! I'm not going to do anything to you. What I'm going to try to teach you is about commitment. So, if you're listening to this and you want to know what makes a man commit to a woman. I have just the thing for you. So anonymous, I know you're listening to this and I know you want me to dive a little bit more in depth on your situation but you really didn't give me anywhere to go. You just kind of wanted to understand maybe why he did what he did but I'm going to

go above and beyond for you.

I'm going to explain to you how commitment works. Not the definition of commitment but what makes someone want to stay committed in a relationship. Now, I did some research and what I found relies on the inter-dependence theory. Now the interdependence theory was thought out by this guy named Carl Rusbult. Now, I don't know if I'm saying your name right Carl. I apologize if I'm not but his theory is genius.

He posits that we commit to partners because we are dependent on that partner. That makes sense right? You're going to want to commit to someone because you are dependent on that someone but here's where things get really interesting. You can divide commitment up into three separate aspects.

You have:

ONE: SATISFACTION

Now, satisfaction is, the individual receives benefits with few costs to the partner. So, let me give you an example.

Lets' say I'm in a relationship and I get a lot of this relationship. I get a lot of satisfaction out of this relationship and the negatives—so, the pros are high and the negatives are low essentially. I feel very satisfied with the relationship. So, that's one aspect of commitment. That is one thing you definitely want to have if you want to make a man commit to you.

The second thing is:

TWO: ALTERNATIVES

Now this one's really easy to understand. The individuals can't get their needs met elsewhere. So, let me use me as an example again. Let's say I am dating you anonymously.

So, I'm dating you and there are no other alternatives. No one else can compare to how I feel about you. That's another way or another reasoning or reason for why men stay in committed relationships.

Now, the last one is:

THREE: INVESTMENT

How much does the individual have invested in to the relationship? So, this can include things like money, time and resources. So, what is happening when a break up occurs? Well, when a break up occurs, usually satisfaction is low which is common sense, satisfaction is low. Alternatives are high so, they're not happy in the relationship. So, your ex boyfriend is not happy in the relationship and he's thinking "I can find someone better.

I can do better than her." And the investment is low. So, maybe he did not invest as much into the relationship as maybe someone else's boyfriend. Now, this is the fascinating thing. When they did studies on this theory, everything they found backed up it's truth. And probably the most—the coolest little gold nugget I can leave you with today is the fact that men will continue to stay in a committed relationship even if they're unsatisfied but there are certain conditions that have to be met for this to happen.

So, satisfaction has to be low. The alternatives have to be low and the investment has to be high. So, he will continue to stay in a committed relationship even if he is unhappy but he thinks, I can't find anyone better than her and I have too much invested into this relationship.

Now what does the interdependence theory teach us about keeping a man committed or making an ex boyfriend commit to you finally?

Well, I kind of gave you the entire game plan of what makes a human being want to commit to you. What you need to do is get his satisfaction to a high level, to prove to him that there is no other woman out there that can compete with you, and sometimes he does have to go through a break up to realize this.

It's called the Grass is greener syndrome. It's where he, in the middle of the relationship with you, thinks to himself, "Hmm.. I can do better than her." And he breaks up with you, thinking that he can do better. Except when he goes to find someone else, he can't find anyone better. And of course you need to make sure that his investment is high.

And really the big investment thing that I want you to take away from this is time.

Make sure that you make him give you as much time as possible. If you can those three things. You can get a man to commit to you, especially your ex boyfriend. And that's going to do it for this episode of the exboyfriend recovery podcast. I had blast researching, filming and recording this for you. I'll see you next week.

Emcee:

Thanks for listening to the ex boyfriend recovery podcast at www.exboyfriendrecovery.com