

A person wearing a yellow shirt is looking down at a smartphone held by two hands. The phone screen is a solid teal color. The background is a blurred outdoor setting.

# EPISODE 53

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Chris  Seiter



# THE ANATOMY OF A PERFECT FIRST CON- TACT TEXT



**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:**

What's up and welcome to episode no. 53 of the exboyfriend recovery podcast. Like always, we are still recording live for Itunes, Stitcher, all of the good podcast places. We are also recording for Youtube which is why we have this awesome video cameras.

Yeah, I just kind of winked at a camera!

Anyways, today's episode is going to be structured around text messages, specifically the first contact text message. Now, if you're not familiar with my stuff or exboyfriend recovery, we have a specific way that we teach women to--or specific strategy that we teach women when they're trying to get their exboyfriends back.

The first thing we usually tell them is to go into a period of no contact. Now, I'm not going to take the time to explain it here because I want to do the research and go to [www.exboyfriendrecovery.com](http://www.exboyfriendrecovery.com) to figure out what the no contact rule is. But after the no contact rule, I highly recommend that women send a first contact text message to touch base with their ex and just kind of remind him that you are still alive and that is what this episode is all about.

We are going to hear a question in a moment here from a woman named Sarah, who has a question or asks a question that I get asked a lot on exboyfriend recovery. So, let's hear that right now.

**Sarah:**

Hi Chris,



My name is Sarah and I have purchased your ebooks and have listened to your podcasts and I just want you to know that you truly have been a blessing to me. Thank you so much for helping all of us ladies whenever we feel absolutely helpless. And I was calling because I've put the no contact rule in place--I'm on day 25 now. My goal has been and is 30 days.

However, I have something on my mind. My ex started his first job today in the real world, if you will. Is this a good time that I should text him to break the ice and wish him a great first day and let him know that I'm thinking about him and praying for him?

I'm just--I don't know if I should wait until 30 days or if this is a good time to break them in. So, if you could help me out, I would appreciate it.

Thank you so much Chris!

**Chris:**

Ok, I want to take a moment to thank you Sarah for asking your question and believe me, I also really appreciate all of the nice things that you said about my website, about me, about the products, the books and everything. So, thank you for that. Nice little plug there but let's get down to business. Now, if you're new to the podcast or you don't really know how we do things.

The first thing that I typically do is do a quick recap of the person who's asked the question, their situation. I like to do that because it gives personally a bird's eye view and I always take notes before I record these things so, I make sure I am delivering high value information to you. Now, Sarah's situation is interesting because she is on day 25 of the no contact rule which means she is almost completed. It seems like she mentioned that she wanted a 30 no contact rule which that means she's 5 days away but she has an interesting question.

Her exboyfriend is starting a real job in the real world. Not sure what that means but I'm assuming he's just got his first job out of college? Anyways, he's starting his first job in the real world and she wants to text him to remind that she's there or that she's praying for him or good luck or I think she's also she's curious because she wants to find out how the job went.

Now, what should she do? I guess the question or the reason she's asking a question of me is she wants permission to break the no contact rule early but can she? Well, I do want to say Sarah that you are a very sweet human being and I like people like you the most because I can tell just from your voice and just from your question and the way you were talking that deep down you have a good heart. You have a beautiful heart but when it comes to attracting males, especially an exboyfriend, you can't be too available. In sending that text message--first off, breaking the no contact rule early and sending that particular text message isn't going to serve your purposes.

Now, I'm on the mind that when you set a goal and you create a plan to reach that goal, stick to it until it doesn't work. That's when you need to alter things. Now, I mentioned that you are being too available. Now, what do I mean by that? Well, we found that playing hard to get or having or sprinkling some aspects of playing hard to get work extremely well but that is kind of more big picture stuff. You are wondering what you should text him right after the no contact rule.

So, my recommendation for you Sarah is to finish out your 30 days and then text him with a first contact text message and we're going to talk about that extensively today. I'm going to be kind of doing a little--kind of mini lecture on the podcast about the anatomy of a perfect first contact text message.

So, the thing you really need to understand about texting an ex is something that's called The Zeigarnik Effect. Now, what does that mean? Well, it means that human beings remember interrupted or uncompleted tasks better than completed ones. So, in other words if you create an open loop, naturally a human being will want to close the loop. Now, perfect example of this will be a tv show. Let's take your favorite tv show or rather, my favorite tv show Game of Thrones. You'll notice at the end of every episode, the episode ends on a cliffhanger. And that's done on purpose because the show runners know that if they create an open loop, in other words a part of the plot that hasn't been resolved. If they create an open loop like that, viewers are going to tune in the next week to close that loop.

It's The Zeigarnik Effect at work. Basically the show runners of Game of Thrones create this cliffhangers or they create this open loops because they know for a fact that you don't like interrupted tasks. You don't like uncompleted things. You're naturally going to want to complete that circle. You need to be working this into your first con-

tact text message Sarah and that is kind of the entire premise of the first contact text message. You are utilizing The Zeigarnik Effect that you create an open loop so, he's more likely to text you back the next time that you text.

Now, what does a perfect first contact text message look like? Well, there's--I guess before I get into that. One of the biggest issues that women have when I explain the fact that "Hey, you need to be texting your exboyfriend first." Is, "Wait. I should never have to text a guy first." And to that, I'm just going to say that if you believe that, if you're a woman and you believe that you shouldn't make the first move, then you are not very old fashioned. Women have been making the first move for centuries. Literally centuries.

Let's pretend you're in the 18th century ok? So, you're in the 18th century and you noticed a guy walking by and you find this guy extremely attractive. Now, how do you get his attention? How do you make sure that he talks to you? Well, you walk over to him and accidentally drop your handkerchief. 18th century, every woman in the 18th century had handkerchiefs. So, you drop your handkerchief and walk off and you did this purposely.

Now, the guy sees you drop your handkerchief and thinks to himself, "What a perfect opportunity. I can get this handkerchief and talk to the pretty girl." It's the perfect opening. Now, the beauty of this is he thinks it was his idea. He thinks that you just dropped the handkerchief` accidentally but you really didn't. You didn't accidentally dropped it. You dropped it on purpose because you knew he would pick it up and give it to you and bam! A conversation has been started. So, if you don't believe in first contact text message or the fact that you will need to take the initiative and text first, just realize women who do this right--it's almost as if it's the guy's idea when it's really them manipulating the situation.

Now, let's talk about that perfect first contact text message. What does the anatomy of a perfect first contact text message look like? Well, prerequisite no. 1, it has to be interesting. Now, in order for a text message to be interesting, you need prior knowledge of what your exboyfriend is interested in. So, think back to your relationship and think of the things that he was always dying to talk about or something that he was really interested in. If you can think of those things, you will know that you need to weave it within your text message.

Now, the second thing you really need to do is, tell a story. Human beings love stories. The story I just told you about, the handkerchief. You probably connected to that because I created a visual story while I was talking. Human beings love stories. So, make sure that you work his interest into a story. Now, you also you want to start with an action phrase. Something like, "Oh my god!" or "You're not going to believe what just happened!". If you can start with a phrase like that, it captures his attention right off the bat and he becomes interested in finding out what happens next. It's a little bit of The Zeigarnik Effect at work. And then finally, you want to end a perfect contact text message with something like, "It made me think of you." or even better, "It was the first time I thought of you in a while." And I'm going to give you a perfect example using my wife because I have knowledge of what she is interested in.

So, what if I were to send a perfect first contact text message to my wife, I would need to know something about her. Something that she's interested in. Well, I know for a fact that she's really interested in hot air balloons. Back before we were married, she told me that it was her dream to ride in a hot air balloon. So, when I proposed to her I made sure that I got a private ride in a hot air balloon because I knew it was something that she would be interested in. So, kind of getting off topic here.

Back to the perfect first contact text message. If I were to send a perfect first contact text message, I would tell a story about a hot air balloon and it would go something like this,

"Oh my god! You're not going to believe what just happened to me!" To which she'll respond, "What happened?", "I was driving down the road today and I happened to look up and saw about a dozen hot air balloons. It was the first time I thought about you in a while."

Now, what does that do? Well, it was a story about me driving down the road and seeing a dozen hot air balloons. Obviously she's going to be interested in that because it's something that she's interested in but notice how it was a visual story. A dozen hot air balloons and it made me think about you in the first time in a while.

Now, the no contact rule, you're ignoring your ex for an extended period of time. So, that little--slipping that in at the end, the "It made me think of you for the first

time in a while." The purpose it serves is to kind of make your ex go, "Wait. You haven't been thinking about me all this time?" And you want him to do that. And if you do this correctly, you end the conversation immediately after sending that first contact text message.

So, let's take the text message example I used with my wife, the hot air balloon message. I would end the conversation right after that. Immediately after sending that, "Oh my boss is coming over. I have to go back to work." It would be quick. It's The Zeigarnik Effect at work. You tell him something interesting. So, in the example I'm using with my wife, I tell my wife something fascinating. Something I know she's going to connect with and then before she has a chance to engage with me, I pull the rag out from under her to where she can't engage with me and this is going to ensure that you get him to text you back in the future or if you do have to reach out to him again, he will more likely or most likely respond to you if you do that. And that's the anatomy of the first contact text message. Now, if you want or more of a visual learner,

I'm going to put all of this information up on the show notes of this episode on [exboyfriendrecovery.com](http://exboyfriendrecovery.com). So, all you need to do is go to [www.exboyfriendrecovery.com/episode53](http://www.exboyfriendrecovery.com/episode53). You type that in and you'll be able to get the show notes and I'll create a graphic for you with the anatomy of the perfect first contact text message. So, you can always have it and of course you can always download the transcripts there. I put them in PDF formats. You can always refer to them. That's going to do it for this episode of the exboyfriend recovery podcast. I'll see you later.

**Emcee:**

Thanks for listening to the exboyfriend recovery podcast at [www.exboyfriendrecovery.com](http://www.exboyfriendrecovery.com)