



EPISODE 52

Chris (XE) Seiter



INSECURE EX BOY- FRIENDS AND HOW TO HANDLE THEM



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. 52 of the exboyfriend recovery podcast. We are really excited to have you here today. I'm really excited to start helping you and again we are recording this podcast.

We enjoyed doing it so much the first time that we decided that we're going to be doing this from now on. Yes, it's a little bit of extra effort and extra work on our part but I think the end result looks amazing! And besides we have all this cool camera equipment and a cool microphone while wouldn't we want to show that off?

But before I get off on a tangent like I typically do, let's just get right down to business today. Today we're going to hear from woman named Briana, who's found herself in quite the pickle. So, let's hear from her right now.

Briana:

Hey Chris,

My name is Briana and I'm hoping that you can help me out with my situation. So, my ex and I dated for 3 years. We were each other's first really serious relationship and I broke up with him a few months ago because of Grass is Greener Syndrome and basically I slept with someone else really soon after we broke up. Well, a few weeks later my ex reached out to me and said he wanted to work things out and that he missed me and I realized that I did want to be in a relationship with him and wanted to give things another try.

So, I ended up saying yes but when he asked me if I had slept with anyone while we were broken up, I told him no. And about two weeks later, he found out that I did sleep with someone while we were broken up and he was extremely angry but we were

actually on vacation together and so, we were forced to be together for the rest of the vacation but as soon as we got home, he kind of blew up on me. He said that he never wanted to see me again. He said that he hated me and so, right after that I started no contact with him and I'm just wondering if you have any advice for when I should contact him and my chances of getting him back.

Thanks.

Chris:

Ok Briana, here's what I'm going to do. I'm going to do a quick recap of your situation and then we're going to get down to business. So, looks like your exboyfriend broke up with you or rather, you broke up with your exboyfriend because you got a little bit of The Grass is Greener Syndrome which believe it or not is a very, very common thing. It seems like you dated for a total of 3 years and you claimed that you were each other firsts and I'm assuming that means you were the first person he dated, first person you slept with, so on and so forth.

A few weeks later after the break up, he wants to get back together which is good right? That's really good. But a little side note, after the breakup you met someone else and slept with that someone else which of course made you come to the realization that you really didn't want to be away from your exboyfriend. So, when your exboyfriend came back you happily accepted him but he had a question. As exboyfriends with some insecurities typically do. He was wondering if you had slept with anyone while you were broken up and you lied to him and you said that no, you hadn't. Of course he found out about it as the story typically goes and he freaked out and broke up with you and now, you're wondering what to do and how to text him.

Now, I want to make one thing really clear. In the grand scheme of things, you really didn't do anything wrong. It's not like you cheated on your exboyfriend. You were broken up at that time correct? So, in the grand scheme of things, you really didn't do anything wrong. Where you went wrong, or maybe the only mistake that you did make is the fact that you told a lie to him and he caught you in the lie. Now, is that the worst situation I've ever seen in the history of exboyfriend recovery? Absolutely not. In fact, you mentioned that you are in the middle of the no contact rule and you wanted to know how you should go about contacting him and how you should advance

things. And you also wanted to know your chances, like what is your chance of success? Now, I'm not one of those internet type gurus that's going to sit here and give you an exact percentage of chance. There's just no way that I could ever accurately do that but what I can do is point to studies. Specifically studies of cheating. Now, I realized you didn't cheat on your exboyfriend but when you look at the game plan for getting him back, you almost need to treat it as such because you did sleep with someone even while it was during the breakup and he feels a little betrayed by the fact that you slept with someone even though it was after you had broken up and you weren't together anymore.

So, when you look at our success stories with cheating. Believe it or not, cheating is our second most common success story. One of the things that I've done recently as I've started taking some of our success stories and categorizing them into different situations and, we found that roughly 9% percent of our success stories are cheating which is a lot higher than I thought because personally speaking I think cheating is the hardest situation to recover from. Especially if you're trying to get an exboyfriend back. Now, the cool thing about your situation Briana is you did not cheat on your ex-boyfriend. You just lied to him. It's not like you cheated but the game plan for getting him back will be very similar as if you had cheated.

Now, kind of my go to person when I tried to give people advice on cheating is a woman by the name of Esther Perel. She's a psychotherapist and she is amazing at what she does. She works with clients who specifically had infidelity in the relationship or have undergone affairs and she's learned some very fascinating things. She's even done TED talks on those things. Now, using her findings and for the record, I definitely want to give Esther Perel credit for everything that I'm about to say because I based a lot of my strategy on her findings and on the papers that she's written.

So, in the show notes of this episode on exboyfriend recovery, I'm going to link to her TED talk and some of her research for you so, you can directly find it and in addition to that, I'm also going to link to the success story report that I put together where we determined that the second most popular success story that we have gotten from the visitors of exboyfriend recovery have actually been people who have cheated. And I think one of the coolest things is we actually got a success story once where a woman who was engaged to a guy cheated on that guy and he broke up with her and then using our strategy, she was able to get him back and they are now married and having a

good life. So, that's one of my favorite kind of cheating success story that's my go to when people ask me, "What's your craziest success story?" I always kind of cite that one. Just a little fun fact.

So, I got a little off topic there. Esther Perel, what did she find, what did she learn about cheating? Well, the first things is that if you really want to repair a broken relationship, you probably need to stop the affair. Now, Briana I don't think that's a problem with you. I think you are no longer in contact with this guy that cost your breakup essentially and the other thing that Esther Perel found is the fact that, you really need to express legitimate guilt and remorse for what you've done to the person you did it to and here is where her findings really get interesting. When she told this people, especially people she was working with, she noticed that the vast majority of people felt extreme guilt and remorse for what they had done to their partner. They felt bad for hurting their partner but when it came to the actual affair itself, they didn't feel bad because they quite enjoyed the experience.

So, this is an important determination or distinction to make because if you are going to have any chance of getting this guy back Briana, you absolutely need to express guilt and remorse consistently because it can take up to a year for someone to get over something like this and I'm not BS-ing. Now, here's the good news, in Esther Perel's findings she found that the vast majority of people who are in a relationship together who have undergone cheating, end up staying together which is amazing to me. It just goes to show you that forgiveness is a real thing and that statistics don't lie.

Now, how should you approach the situation with your exboyfriend Briana, because you did not cheat on him. That's important to know. So, the game plan for getting him back will be very similar to if you cheated on him but you're just kind of trying to rebuild trust. You lied to him which was wrong but we're going to see what we can do about that. Generally speaking when I'm advising people who cheat, the big thing that I want them to do is to kill all contact with that person. Essentially you are cutting the person that you cheated with, out of your life. That means you will never see them again. You will never talk to them again and if they confront you, you will tell them point blank, "I do not want you in my life."

I know it seems harsh but that's the steps that you need to take if you want to salvage the relationship with your ex-boyfriend Briana. So, the guy that you cheated with,

block his number. Never talk to him again. That is the cold hard truth of what you need to do. And you'll notice that when you look at my overall strategy for getting an exboyfriend back, I utilize jealousy a lot. And in our findings jealousy works extremely well except this is the one case where I will not recommend it all. It will just serve as salt in the wound and will not help you do anything towards getting your exboyfriend back Briana. So, the one big take away here is guilt and remorse.

Now, Esther Perel also found something else that was also interesting. The partner who was cheated on often has trouble bringing it up. Whether it's because they're hurt, whether it's because they just don't want to think about it but often times, the best way to heal is for the partner who cheated to bring it up. I'll call this a preemptive strike. So, you bring up the situation, you express guilt and remorse but you need to do this very tactfully.

You cannot do this consistently because then you're just a jerk who keeps reminding your exboyfriend that you did this and there's a certain time when you're going to want to bring this up because at a certain point, especially if you get him back and you're in a relationship with him again, he is going to think back to that hurtful memory when even though you didn't cheat to him, it feels like you did. And rebuilding trust is a lot about rebuilding--expressing your guilt and remorse. So, throughout your strategy towards getting him back, you need to express legitimate guilt and remorse. You need him to understand that you are crushed by what you did. That you are sorry. Doing this consistently and also coupling it with the strategies that I teach is probably going to give you the best chance of success.

Now, the preemptive strike thing I just talked about, the best time to use that is when you get back into a relationship with him or if he seems very bothered about it but won't bring it up. It's your job, to bring up what you did and express that guilt and remorse. That's kind of my top tip for you. So, that's going to do it for this episode of the exboyfriend recovery podcast.

Remember, if you want your question featured or you want your question answered. We recommend that you go to exboyfriendrecovery.com

Go to our contact page and leave us a voice mail. We are happy to feature your questions. I'll see you next week.

Emcee:

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