

EPISODE 48

# MY EX BOYFRIEND UNFRIENDED ME ON FACEBOOK



**X3** BOYFRIEND  
RECOVERY

# THE EX 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 what's up and welcome to episode 48 of The Ex boyfriend Recovery podcast. Now, before we get started today, I want to ask you a pretty simple question. Do I sound a little bit different to you? Well if I do it's because I ended up going out and purchasing a very expensive microphone. I wanted to sound good for you guys. And one of the reasons I was able to do this is because I got my own office.

My wife and I, we just ended up buying our very first house. Now, before we had our house, I was working in our apartment which was a very small apartment where my wife, my child and I were all cramped together and as you can imagine it's hard to record high quality episodes of podcasts when you have a screaming baby in the background half the time but now that we have this new house, I have my very own office. I've got my new microphone and I am ready to roll and help thousands of

people. I can't tell you how excited I am about this change because for the first time I think ever, I really feel like a professional.

I feel like I've got my own office space. I feel like I can do consultations. I can help multiple people. I can start performing webinars. I can record high quality podcasts like this. I am just so excited to help as many people as possible and that leads me to today's podcast episode.

Today were going to be talking about what you should do if your ex boyfriend unfriends you on Facebook and we're going to be hearing from a woman named Melanie who, as you guessed just had this very thing happened to her. So, rather than listening to me ramble on any more like I tend to do, let's just get right to it and hear from one of our callers, Melanie.

## **Melanie:**

Hi,

My name is Melanie and I've been on the no contact rule now for 5 days and during the 5 days my ex boyfriend unfortunately unfriended me on Facebook. Should I be worried about this or just keep continuing on with the no contact rule for 30 days?

Thank you.

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**Chris:**

Alright. I want to thank you Melanie for having the courage to call and what I like to do before I kind of get into the meat of this episode is do a quick recap of your situation. So, here's what you said. Your name obviously is Melanie. You've been in the no contact rule for 5 days so it's the start of the no contact rule and I've always found that when it comes to exes they tend to overreact more in the beginning right when the no contact rule has happened to them. Why? Well, because during your relationship you've probably gotten into this routine where he's used to having you text him every single day and responding to his texts every single day.

So, you're early into the no contact rule, 5 days to be exact and you noticed that he unfriended you and you are wondering what you should do about this. So, here's what I'm going to do for you Melanie. I'm going to divide this episode up into three separate parts.

The first part is solely going to focus on why he did it. In other words why he unfriended you. The second part is going to focus on what it means that he unfriended you. So what does it mean? And finally the third part is going to focus on how to approach things

going forward. Now, if you are new to the ex boyfriend recovery podcast or you're listening to this episode and you think maybe this one doesn't really apply to me.

I would actually listen to it because what I'm going to really do is dive in deep and teach you how a man thinks. So, let's begin. Let's start with why he did it.

Alright, so the thing you really need to know about why he did it is there are probably thousands—well, maybe thousands is overdoing it a bit. But there are hundreds of reasons for why he unfriended you on Facebook. And I don't have the time to sit here and teach you or tell you about a hundred different reasons for why he did something. So, instead here's what I'm going to do. I'm going to stereotype and talk about the most common reasons for why he unfriended you on Facebook.

The first most common reason for why he unfriended you on Facebook is something I already kind of talked about. He's upset about being ignored. So, like I mentioned earlier, when you are dating someone you get into a certain amount of routines and one of the routines, usually for most people, is texting the other every single day and more specifically responding to texts every single day. So,

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whenever he would text message you, you would respond to him. Pretty simple right? Well, now that you're broken up and you have tried the no contact rule Melanie. You are going against the routine that he has gotten used to and I know even though that you've broken up and things are supposed to change, internally he still feels like he's entitled to a response. So, the fact that he's gotten ignored by you at the beginning of the no contact rule and it's a new trend, it's a new routine if you will, he's not going to take too kindly to that and he may potentially go on Facebook and think to himself, "You know what screw her. I am unfriending her."

So, that is one common reason that we see here on ex boyfriend recovery for why ex boyfriends end up unfriending their own exes.

The second most common reason is he's trying to get a reaction out of you. Now, what does that mean? Now what does trying to get a reaction out of you mean?

Well, it simply means that he knows that when he goes to Facebook and unfriends you, that you are going to notice that. You are going to inevitably come search his Facebook one day and find out that you are no longer

friends with him and I'm going to talk about a study in a little bit that you know backs that up. So, he knows that when you do this, he's more likely to get a reaction out of you. So, he's trying to gauge and see how much you really care or in other words, he's trying to gauge by unfriending you to see if you will respond to him or reach out to him in some way shape or form. It's sort of like throwing a fishing pole line into the water with bait on it to see if you take the bait. In other words, he's going fishing hoping that you will text him.

And the third most common reason which is,--I put it third for a reason because it's probably the most least likely of the reasons is that he's upset and he's trying to get over you. I am the type of guy, personally speaking, who thinks that the fastest way to get over an ex is to completely cut them out of your life. That way you have no temptation to contact them and you don't have any reminders of maybe those past times that make it so difficult to get over an ex and some men think just like I do where he is going to unfriend you and cut you and block you out of everything that he can think of because he wants to get over you.



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Now, does that mean that that's what's happening in your situation Melanie? Well, looking at what you said, how it's the beginning of the no contact rule and how he unfriended you right when you started ignoring him, I'm beginning to think that this is the least likely reason for what's happening to you. Why?

Well, like I said that routine thing—where this is new routine for him and he's not used to you ignoring him. Well, I think that's more likely in your situation Melanie. What's likely in a situation where he's trying to get over you? Well, usually it's a gradual process where he's not going to come to the conclusion right away where you know, he's going to block you and unfriend you. He's going to reach out multiple times and then over time he will start blocking you and unfriending you and even then sometimes curiosity gets the better of us and you'll find that an ex boyfriend will unblock you and re-friend you because he's curious to see what you're up to because he just can't quite get over you.

So, those are some of the most common reasons for why I think that your ex boyfriend Melanie may have unfriended you.

Lets' move on and talk about what it means.

To me this is a much more fascinating question. What does it mean that he's unfriended you? Well, let me tell you. In the grand scheme of things, it really doesn't mean a lot.

There is a study done by a Western Ontario graduate student studying for her graduate degree. I believe her name was Veronica Lukacs. I'm not quite sure if I pronounced that right. So, by any chance if a Veronica Lukacs is watching this and I just butchered your name, please don't take it personally. I don't, you know, I'm not Canadian or French so I don't understand or know how to use the proper pronunciation of your name. But this girl who is a graduate student studying for her graduate degree decided to conduct a really fascinating study. She took multiple men and women and asked them one simple question. In the past x amount of months have you looked at one of your ex boyfriend's or ex girlfriend's Facebook profile? And she found that 88%, yes 88%, almost 90% of people that she surveyed said yes, they had.

So, the no contact rule or rather Facebook is amazing tool that you can use during the no contact rule to stay relevant. To be continuing to be in your ex boyfriend's mind. To continually remind him that you are still there. It's an indirect way of contact. Now, does it mean

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that it's the be all end all of the no contact rule where your success hinders on you being friends on Facebook with your ex? No! Absolutely not.

In fact, the no contact rule is so much deeper and so much stronger than that. Ok? It doesn't necessarily rely on you being friends with your ex on Facebook. In the grand scheme of things, what it means that your ex boyfriend unfriended you, it's really not a big deal. It's not going to affect how you approach things going forward and here's kind of a bit of good news. I have a story to tell you and the story directly relates to what were talking about here. Just because your ex boyfriend has unfriended you on Facebook Melanie, doesn't mean that he still won't be snooping around.

I'm going to tell you a story about my wife, more particularly one of my wife's best friends. So, here's a bit of background, one of my wife's best friends went through a break up a few years ago where she and her boyfriend at that time where, you know, having a romantic getaway, really romantic. There were staying at this really nice hotel and he happened to want to take a shower. So, he took a shower but he made a mistake of leaving his phone on the bed right in front of his girl-

friend. Now, he wasn't exactly the most faithful type and even though he hadn't ever cheated on my wife's best friend, she always had this bad feeling that he had and there it sat right in front of her.

The ultimate answer to her question, "Is he being faithful to me?" So, what she did is she picked up his phone that he left on the bed and started scrolling through it and what she found was absolutely horrifying. Yes, horrifying. She ended up finding out that he was cheating on her. Horrible right? Obviously they broke up and she hated his guts but that didn't stop her from being curious as to what he was up to but she unfriended him on Facebook. So, she had no direct way of figuring out what he was up to or how things were going in his life. That's when she came to my wife.

She came into my wife, Jennifer and said, "Hey, I know you're still friends with him on Facebook. Can you show me what he's up to?" And so, my wife logged in and through her profile showed her friend what her ex boyfriend was up to. So, just because he unfriended you on Facebook, doesn't necessarily mean that he's not going to still spy on you. In fact, all it takes is having a mutual friend show him what you are up to and that

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has happened multiple times throughout the history of ex boyfriend recovery. I can't tell you how many times people come to me and say, "You're not going to believe this but my ex's best friend just told me that he asked him to spy on me." This happens all the time.

Now, this bags the interesting question, "How should you approach things going forward?"

So, the big thing I want you to keep in mind with this is that, things Melanie aren't perfect in your situation. They would be perfect if he didn't unfriend you on Facebook or if he didn't block you if that's happened yet because like I said, even though the no contact rule and him unfriending you on Facebook isn't the be all end all. It's still very helpful to have a direct line of communication in an indirect way but like I just said, him unfriending you on Facebook doesn't necessarily mean that he isn't going to spy on you. So, it's important for you to treat things the same as you're going forward.

So, what do I mean by that? What do I mean by treating things the same? Well, if you have had the chance to read any of my Facebook posts on ex boyfriend recovery and what I'd recommend to do during the Facebook—basically revamping your Facebook profile to be-

come the best version of yourself possible and displaying that so when he comes and looks at it, he kind of sees that life is going really good for you, that you're looking better than ever and that maybe you can use some sort of jealousy tactics on him. Like I said, he can still—in fact when you look at the statistics and the poll that I mentioned with Veronica Lukacs or whatever her name was. There's a high chance that he will be stumbling across your Facebook profile even if he isn't friends with you on Facebook, like that story I told with my wife's friend. So, I want you to treat things like he never unfriended you on Facebook. I want you to act the same exact way. I want you pimped out your Facebook profile. I want it to be the best version of yourself. I want you to display the best version of yourself that you possibly can. Going forward, the no contact rule is an amazing way of not only making your ex boyfriend miss you but allowing you to have all of this personal growth and that's what I want to leave you with because you're really focused on the no contact rule and I don't want to get too far ahead of myself. I just want to leave you with the no contact rule. I want you to approach things that very same way you would have approached them if he hadn't unfriend you. Pimped out your Facebook profile and

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do everything that you need to do to be successful during the no contact rule.

Now, a little note on that Melanie. When people talk about the no contact rule, I feel they really only focus on one aspect of the no contact rule. You see the way I like to teach the no contact rule is that there's two kind of prongs to the no contact rule strategy. The first prong really revolves around making your ex boyfriend miss you. It utilizes something that is called psychological reactance which basically states that human beings have a certain amount of set freedoms and when those freedoms become threatened, they react in a way to try to reobtain those freedoms. So, by utilizing psychological reactance, you essentially escalate your ability to make him miss you. In other words, he'll miss you more. Absence makes the heart grow after all but no one out there ever focuses on the second and what we have found to be most important aspect of the no contact rule, facilitating personal growth. So, what do I mean by that?

Let's pretend that you can divide your life up into three different aspects: health, wealth and relationships. This is what I've commonly referred to you on ex boyfriend recovery as the holy trinity. It's not anything biblical like that. It's just the three big areas of life where

you want to focus all of your efforts on. So, if you improve those three areas of your life. If you take each one individually and do things to improve each one, you're not only going to become or feel more attractive with yourself. You're going to become more attractive to those around you including your ex boyfriend and most people utilize the no contact rule to make their ex boyfriend miss you but those aren't the people that get their exes back.

The people who get their exes back aren't the ones who just sit on their hands all day hoping that he'll come back utilizing the no contact rule. They are the people who are active during the no contact rule. They are actively going out and improving their lives. Who are taking every aspect of the holy trinity. Every aspect of health, wealth and relationships and improving upon it ok? And like I said, most people out there only talk about the first aspect of the no contact rule: making your ex boyfriend miss you. That is really easy to do. It's the simplest thing to do. All you have to do is ignore your ex and bam he starts missing you. What's harder to do and what the people who we have found have had a success to or the people who utilized that time wisely during the no contact rule.



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So, let's say that you're doing a 30 day no contact rule Melanie which is something that you mentioned in your call to us. You're doing a 30 day no contact rule. So, you have a whole month of uninterrupted time where you don't have to dedicate it to your ex or spending time with your ex. It's a whole month of time where you can focus on yourself. Where you can take every aspect of that holy trinity and improve upon it and not only do you become more attractive to the others around you but you feel more confident with yourself and confidence breeds success. Don't ever forget that and people who have done this, who have successfully improved their lives during the no contact are generally the people who succeed in getting their exes back.

So, keep that mind going forward Melanie. Just treat things like you normally would. It doesn't really matter that he unfriended you on Facebook. I gave you insight into why he did it. I talked about what it means and how does it mean a great deal in the grand scheme of things and how even though he unfriended you, there's a pretty high likelihood or pretty high chance that he will still spy on you. Focus on the no contact rule. Focus on the holy trinity. Focus on becoming the best version of yourself and you won't regret. You will get something out of doing this.

That's it today for this episode of the ex boyfriend recovery podcast.

Again, I just want to take a moment to thank all of you who binge listen to this podcast or who listen to it or who are interested in what I have to say. I'm going to be doing a lot more of this in the future and I just want to say thank you. It's because of you that I have been able to get this new microphone. That I've been able to become productive and help more people and help thousands of people. So, I just want to take a moment out of my day to say thank you. It's because of you that I am the man that I am now. So, from the bottom of my heart. Thank you. I'll see you next week.