

A close-up, over-the-shoulder shot of a woman with dark hair, wearing a white, textured lace-knit sweater. She is looking down and to the left. The background is a bright, out-of-focus window with horizontal blinds. Overlaid on the image is the text 'XLF BOYFRIEND RECOVERY' in a bold, black, sans-serif font. The 'XLF' is significantly larger than the other text.

**XLF BOYFRIEND
RECOVERY**

EPISODE 49



49

**HOW TO
HANDLE SEX
WITH YOUR EX**



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 49 of the ex boyfriend recovery podcast. If you've been listening to some of our more recent episodes of the ex boyfriend recovery podcast then, you'll have just heard about the fact that my wife and I just purchased our very first home and as a result of getting this home, I now have my very own office. And it's really cool too because in my entire life, I've never had an office.

I first started ex boyfriend recovery when I was actually living with my parents 4 or 5 years ago. And I started it from my room but it would be—it wasn't like a professional work space. It was just like my room and to be honest I didn't think ex boyfriend recovery would become as big as it has become and then I met my wife and we moved in together. We started dating eventually, obviously we got married. And we moved into a little small apartment and I would work on ex boyfriend recovery in the apartment but it wasn't like my own cordoned off space. It was out in the open. Whenever my wife would walk by I could obviously hear her. She was in plain view the entire time.

It wasn't like a place where I could just kind of really sit down and put my nose to the grindstone and just grind away on content for you guys and then we found out my wife was pregnant. And that's where things really got interesting because we were in a small little one bedroom apartment and then once we found out that we were going to have my daughter, Lilly, we decided that we're going to have to move into a bigger apartment, a two bedroom apartment and it was in the same complex. It was a small two bedroom apartment and I actually hated that apartment more than anything because I had even less space to work and at that time, me working was at the utmost importance because that's how we made our living as a family. And it became difficult when



my child Lilly was born because she would be in the background the entire time while I'm trying to work and she would be screaming and I'm trying to concentrate and had these really creative thoughts and create this really high quality content for you guys and sometimes it would be just very difficult.

So, when I found out that we were going to get our house and when I found out that I was going to have my very own office, I was so excited. And now that I'm here, now that I have my very own office, I am going to be creating amazing content for you guys because for the first time, I think ever in my entire life, I'm going to have uninterrupted time where I can be creative, where I can really be consistent with the content that I create and I don't know. I feel just better about this. I've actually invested in getting a custom designed logo for the office. I've also invested in getting a custom designed glass dry erase board in the office which I'm going to film certain aspects there.

I am just—I can't wait until it gets here. It was very, very expensive but I think it's going to be worth the investment because it's going to look very cool. It's probably going to be the coolest thing in the house. No lie. And I'll be able to film YouTube videos for it and what's more is we are also going to start recording this podcasts through video. So, not only we'd be able to digest the content that I'm creating here for you through just listening to it on Itunes for example.

You're going to be able to watch it live on YouTube. Well, not exactly live but you will be able to watch it on YouTube and we are just really excited about this change. My wife, who now works with me and is a part of the ex recovery team, she is going to be taking over YouTube and when she is taking over it, she is going to rule with an iron fist which means we are going to be creating a lot of content for YouTube and that also means we're going to be doing a lot more of these podcasts.

So, I know I've said that before and it's been kind of slow going but you'll have to forgive me. It's sometimes difficult to get things done when you're in this small tiny,



cramped space but now that I'm in this office I really feel like we are going to do some amazing things.

Alright, but enough about me. Let's talk about you. Today's episode is going to specifically revolve around how to handle sex. Yes, sex with your ex boyfriend. We're going to hear from a woman named Natalie who left me a pretty interesting voice message. So, let's cut to that right now.

Natalie:

Hi there Chris! I'm currently seeing a guy at the moment and I'm just wondering what I'd do. I'm really not sure at the moment how things are going to pan out but he's really very keen to have sex with me but I've just read that you say to basically make guys back off and not have sex at all for quite a while and just help them to want to chase you and continue to chase you.

I'm really not sure what I'm doing and what I'm not meant to do. We're catching up with each other for soon. That will be the first time we'll see each other. I really don't know what to do. He seems pretty keen on me and I'll be very interested to get to know him. He does seem genuinely interested in getting to know me, all of me and not just in sex but it's so hard to know sometimes isn't it?

So yeah, I'd really appreciate some advice.

Thanks! Bye!

Chris:

I just wanted to take a moment Natalie to thank you for having the courage to ask your question to the world. I know it does take a lot of courage and guts to ask a question of me on this podcast because most people are afraid of maybe my answers. Some people are afraid of letting their situation be kind of alive for the world to see.



So, Natalie, I just really want to take a moment to thank you and I really appreciate it because your question was interesting enough for me to choose it and feature it on this podcast. If you're not aware of how I kind of work with this podcast is, I have this app called SpeakPipe. It allows people to ask me a question on their phones or through their desktops and it goes into this kind of gigantic bucket of other voice mails.

So, I logged into SpeakPipe once a week and I start listening to the different voice mails that I've gotten and when I find one that interests me enough or one that talks about situation that I haven't covered already, I choose it and I start dissecting it. I write the whole situation down, so I can kind of get a bird's eye view of what's going on and then it also helps me have this big picture thoughts and create this very insightful insights that I can give people to help them with their situations and I chose yours Natalie and I know what really drew me to your question specifically is that I don't ever think I've talked about sex this in depth before on the podcast and it takes a lot of guts to talk about sex in public.

I've found that most people like you shy away from that topic but today we are going to be taking it head on. If you're not aware of how I format this podcast, what I like to do is I like to give a quick recap of Natalie's situation so everyone can kind of get on the same page and then from there, I start talking about what I think, what I would do, some of the strategies that I would employ. That's the general kind of format of the podcast. So, let's do that now. Let's talk about Natalie's situation.

She's seeing a guy and she's confused at what to do. Now, one thing she wasn't clear on was whether this was just a new guy or this guy was actually her ex boyfriend. Now, from listening to her entire voice mail. I got the assumption that this was her ex boyfriend or if it wasn't, it was someone that she has known or is familiar with. He has been actually very, very bold with the fact that he has said that he wanted to have sex with her or he wants, more specifically, to have sex with her the next time



that he sees her. Again, very, very bold. He has said that he has wanted to have sex with her for a while and he seems, (from Ash—or Ashley sorry. Sorry Natalie I called you Ashley) from Natalie's perspective, it seems like he doesn't just want sex. It seems like he actually wants to get to know her and she's a little confused because she doesn't know what to believe. It's hard to know what his true intentions are. So, that's what we're going to do.

We're going to kind of decipher what's going on in your situation Natalie and we're going to help you understand what's going on in his mind. Now, I figured the easiest way to approach this going forward was to divide this episode up into three separate parts.

The first part I'm going to talk about my personal thoughts on sex and dating and exes. And then second part, I'm going to talk about playing hard to get and then the third part, I'm going to talk about what happens when you wait to sleep with a man and the huge, huge benefit that you get from that.

Now, you said something in your voicemail Natalie that struck me as interesting. You mentioned that I say not to have sex with an ex for a while and there's a reason for that. So, my personal thoughts on sex are this: Men are hardwired to want to have sex.

I remember 6 or 7 years ago, I was listening to this Youtube video and even though I'm a little ashamed to admit this, this Youtube video was from this master pick up artist.

It always interested me, this pick up artists and how they approached things and how they would talk to women and how women would actually fall for their BS but what this guy had to say, he was lecturing in front of 40 or 50 men ok? And he was explaining our sole purpose in life or what he thought our sole purpose in life was and he mentioned that he thought that human beings or a man's sole purpose in life is to sur-



vive and replicate. In other words, to live as long as possible and to have sex with as many women as possible.

Yes, it's a disgusting way of looking at dating but if you look at the evolutionary or how human beings have developed evolutionary or throughout of evolution, it kind of makes sense. I mean we cannot survive as a race if we don't replicate right? And so, maybe back in the cavemen times, it was socially acceptable for men to have sex with as many women as possible and throughout time and laws and I don't know, soul mates you know. All that happened and it's now looked down upon.

Maybe there's something in a man's DNA that you know, hardwires him to want to have sex, ok? So, I think there is something to that. I think for sure that men want to have to sex as many times as possible. I'm a man and I can tell you, I like sex very much and I think any man out there does. Now, I'm going to get a little bit controversial. So, what I've said so far is my personal thoughts are that men are hard wired to want to have sex. If you don't understand that by now, being a woman, you probably need to understand that because it's kind of an important thing to know going forward because it can give you some insight into how they act, the way they act. It can give you insight into how to approach your situation. Now, like I said, I want to get controversial with you here. I personally think that men primarily date because they want to sex with the girl that they're dating or they think that the girl that they're dating is someone that they want to have sex with.

I've never conducted this experiment before because I'm pretty sure no man or woman would be willing to participate but let's imagine that you have a man who wants to have sex with a beautiful woman. So, the man starts dating this woman and he's doing it because he knows it's the fastest and most widely acceptable way that he can have sex with her but the woman doesn't tell him that she will never have sex with anyone for her entire life. She will be celibate forever but let's say that the man decides or somehow catches wind of this fact. Do you honestly think he's going to



continue dating someone if he knows there is no way of them potentially mating or having sex? Something tells me he's not going to want to date her.

So, women out there who don't like the fact that a man is only after sex, don't understand that maybe the fact that dating is all about a man wanting sex. Otherwise, a man's probably not going to want to date many people if he can't have sex with them. I mean that's kind of the general consent since I think all men think in their minds but aren't willing to say out loud. That's personally what I think.

Now, that doesn't mean that sex isn't a big deal. In fact sex is a gigantic deal and it's also something that you can use to your advantage going forward Natalie. Just understand the fact that this guy has verbalized that he wants to have sex with you and there's nothing wrong with the fact that he wants to have sex with you but whether or not you act on it, that's going to determine what happens in the future. So, let's talk a little bit about how I advised women who ask me the sex question, "Should I have sex with my ex?"

I typically say no, wait play hard to get and make sure that you don't have sex until you have a firm commitment in a relationship from him because once you have that. It's a little bit safer.

Now, let's talk about part two of this podcast episode.

Part two revolves around playing hard to get. One thing that you seemed a little confused about Natalie was the fact that I mentioned that you probably should wait to have sex with them for a while but there's a reason for that and it's playing hard to get. One of the things that I've began to start doing is I'm starting to approach this whole ex boyfriend recovery website and brand and everything that comes along with it in a lot more—I'm just trying to be smarter about it.

So, what I did a few months ago is—I can't believe I hadn't done this before but, I started compiling all of the strategies that I think work or have been proven to work



with getting an ex back and I've got this gigantic document of just strategy after strategy after strategy that has scientific or psychological basis for the fact that it works in getting an ex back and one of the strategies that I found that you know, continually worked on men was the fact that women who play hard to get, often get men to be more attracted to them.

So, I started looking for research to back that up because I'm the type of guy who doesn't really believe things until I see it with my own eyes or I find something to back it up and I ended up finding this really amazing study that was done that pretty much proved the fact that playing hard to get is a really, really good strategy for dating.

So, the study was like this. They took a bunch of college students and they presented them with three candidates for dating. So, one of the candidates was readily available to date. Another candidate was not readily available to date but not kind of a low priority to date or had a low chance to date. It was kind of in between. And then finally the third candidate that they were presented with was a low chance of dating like, this is the type of person that you would not really have a good chance of dating and they asked all of this college aged students.

“Which of this people would you prefer to date?”

Aand then the thing to remember here is that the three candidate that this people were presented with were the same level of attractiveness ok? They were even. They were equal. They did studies to figure out that you know, these are the top three attractive level candidates. So, there was nothing separating them there. It was just—they were trying to study their availability. One was more readily available to date than the other two candidates. One was medium availability to date and one was a low availability to date. Without a doubt the candidates that men and women preferred, without a doubt were the intermediate availability to date and the low availability to date.



And they followed that up with an even more fascinating study where they took more college students and specifically the people who picked the low availability to date, they found that the people who are attracted to the person who didn't have a really good chance of dating or the person who play hard to get, they found that that person would be more likely to take them out on a nicer date or to shell out more money for the date. So, they found that playing hard to get actually has psychological and scientific basis for the fact that it works and it works extremely well and I think that you should play hard to get when it comes to sex. Now, why is that?

Well, I think that it really revolves around the law of scarcity. It stands to reason that if you don't sleep with your ex, he's going to place you in a higher value bracket. He's going to respect you more and that leads me to my next point. If a man has to wait before he sleeps with a woman, he's more likely to take the time to appreciate her. Now, far too often I see women who sleep with their exes too soon but if you take a step back and really think about it. Women who sleep with their exes too soon are kind of like doormats. They have sex with their ex too soon and they won't—an ex will sleep with a woman ok? But he's not going to take the time to get to know her. He's not going to take the time to respect her.

So, imagine this, you have two women. One woman sleeps with her ex way too soon. He didn't have any chance to reconnect with her. He didn't have any chance to reignite some of the feelings that he was feeling before he had sex with her. He just had sex with her and it was done. It was a friends with benefits situation and then you have the other one. The other woman waits to have sex. She plays around with him a little bit. Maybe she alludes to the fact that she is going to have sex with him but she doesn't ultimately do it but while that process is happening, while he's chasing her, while he's trying to get her to have sex with her, he's also taking the time to get to know her. He's also taking the time to reconnect with her, to reignite some of those feelings that created a successful relationship in the first place. That is why you should not sleep with your ex soon. You should wait. You should play hard to get.



There is proof that it works and it's not just me saying, "Hey, this works!" There's actually scientific and psychological proof that says playing hard to get works. Studies had been done on this and by waiting you are going to make a man take the time to get to know you.

Now, there's a quote that I love.

"Before sex, a man isn't thinking clearly and a woman is. But after sex, a woman isn't thinking clearly and a man is."

Remember that.

Right now a man is thinking clearly but after sex, you are going to become much more involved in the relationship because I think sex is a bigger deal for women than it is for men. They attach more emotions to it. Men—since like I mentioned early, survive and replicate right? They are hardwired to have sex. They are hardwired to kind of have sex and move on.

They haven't—not to say that every man out there has an easy time doing that but they generally have an easier time doing that. Women on the other hand don't. I always like to think of it like this, back when—I guess I always say back in the caveman times.

So, back in the caveman times. Women generally aren't as strong as men right? They're weaker. They're not as powerful. They can't lift heavy things. They're weaker. It's a fact right? Men are strong. They're physically masculine. You get the whole thing. So, back in the caveman times, what was the only way that a woman could survive? She couldn't fight off the other tribes that were trying to kill her. She couldn't lift up the big rock that was in her way. She couldn't do those things. All she could do, was pair up with the strongest man right? And I think a little of that still is in our society, except the strongest man isn't necessarily—doesn't necessarily mean the most muscular man or the man who can lift the most or the man who can fight the best.



Things like status matter, things like your job. It's more about who can provide. So, women generally don't have an easy time of just you know, having sex and moving on. They attach more emotions to it because they are hard wired to pair up. They are hard wired. Their ultimate way of surviving is pairing up and creating a family right? And ideally the family is supposed to make the man stay but like I said, sometimes men are hardwired to have sex with many different creatures. Survive and replicate right?

--Many different creatures! Sorry! Many different women. Survive and replicate right?

So, before sex a man is thinking clearly or sorry--a man isn't thinking clearly and a woman is but after sex, after you take that step, you are not going to be thinking clearly. You are going to become desperate. You are not going to be the type of woman that he's attracted to enough to stay right? Especially if you have sex with him too soon. Now, does that mean that is for every single person out there who has sex too early. Absolutely not. There are people out there who have sex too early, who get married and have a fairy tale ending but now that you're broken up with your ex that's very unlikely to happen.

Now, most men wants sex first, without a commitment. They will try for it. They will try for it. It's a fact of life. Otherwise there wouldn't be so many friend with benefits questions on ex boyfriend recovery. So, the ultimate way to approach things is the fact that you really, really need to wait until you have a firm commitment of being in a relationship with your ex before you take that step and become intimate with him. Doing this will safeguard your feelings. It will allow him time to respect you, to reunite some of the feelings, to actually pay attention to who you are as opposed to sleeping with him early and him having no time really have a chance to respect you. Men are going to be drawn to a woman who makes him wait. They just are because they will continue to try to get sex but in the same time, it's this interesting thing that happens where he will end up getting to know you and he will end up falling for you.



So, that's why I always, Natalie, recommend women to wait to have sex because playing hard to get works. It will make you more attractive to your ex boyfriend. And two, the fact that if you sleep with him too soon, he will not really have a chance to get to know you. He will not have a chance to respect you. He will not have a chance to reignite his feelings with you. You're going to miss that opportunity. Instead it's going to be most likely a one and done type of situation or you're just going to get plugged in to a situation where you feel very connected to him but he doesn't feel very connected to you. Remember women aren't thinking very clearly after sex. They're emotions go haywire. They want a lasting relationship that lasts for a long time and you know, that's not what happens if you have sex with him too early without a commitment.

So, just a recap. My thoughts on sex are men are hardwired to have sex so, don't be shocked or offended if that's what they're pushing towards. Just understand that's part of the game. Playing hard to get works extremely well like getting an ex back and if a man has to wait before he sleeps with a woman, he's more likely to take the time to appreciate who she is. So, that's going to do it for this episode of the ex boyfriend recovery podcast.

We are super excited to have you listening here today and if you would just take the time, if you enjoyed what I said or if you want to hear more. Just take the time and go to iTunes and leave me an honest review. Even if you hated it. Please go and leave an honest review. I try to be transparent with everything that I do and even though I would really, really appreciate a good review on iTunes because it's going to make this podcast more likely to survive in the vast sea of podcasts out there. If you didn't like it, I'm not going to stop you from going to iTunes and saying that you hate it and you think I'm an idiot. If that's what you think then by all means go and leave your review.

I just want to tell you that I really do appreciate everyone who listens to this. I'm going to be taking or making an act of effort to up my game on everything that I do.



I know maybe I'm not the most perfect person with this podcasts and sometimes I make mistakes. I know when—I have my notes here in front of me, when I was talking about some of the things, as I'm talking, I'm literally thinking in my head, "Oh no, I probably should've worded that differently but practice makes perfect. So, hopefully by episode 200 or something I'll be really, really adept in making everything sound really good on this podcast and I'll be able to phrase things the way I want. I would say I'm a much better writer than I am a podcaster but that doesn't mean that I'm not going to continue to try to develop my skills as a podcaster. I just want to take a moment to thank you so much for listening to this podcast and I hope you have a great rest of the week.

If you have any questions, comments or if you want me to just answer a question about your situation, I recommend going to the show notes of this episode. It can be found at www.exboyfriendrecovery.com/episode49 just go ahead leave a comment for us there. We love when people comment. Amor, my virtual assistant who helps me answer comments, absolutely loves it when people comments. We always try to get—everyone who listens to our podcast, who reads our websites, who goes to YouTube and comments on our videos, who goes on Facebook and asks us a question, we always try to get a response to them as soon as possible. We're not always perfect at it because when you have half a million coming to your website every single month, it can be difficult to keep up with the demands and questions that people have but we do try our best.

So, from the bottom of our hearts, the ex recovery team and I, thank you for making this what it is. I appreciate you. Thank you so much. I'll see you next week.

Emcee:

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