



EPISODE 50

Chris

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My Ex Boyfriend Is Trying To Make Me Jealous



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 number 50 of the ex boyfriend recovery podcast. We're so excited to have you here today. I hope you had a great week. We really got an action packed episode prepared `and planned for you but before we get to that, I have a few really big announcements. I know, in previous iterations of the ex boyfriend recovery podcast or previous episodes, excuse me--I've mentioned that I have wanted to do coaching and the more I thought about it, it was a question of time.

Was it worth my time? Could I use my time more wisely elsewhere? And the more I thought about it, the more I came to the conclusion that, yes. I could actually use my time more wisely in other places of my business but I just had probably the most amazing conversation with my wife last night. We were sitting in my office, talking about some of the areas where we can improve as a content development website. I'm really big into `the user experience, the content development of ex boyfriend recovery.

I want to provide the best content for you. I want to help you as best as I can. So, we were sitting down. We were kind of brainstorming some of the best ideas that we could think of for creating content. We came up with creating content articles which is what we already do. Podcast, which is what this is. YouTube videos which is what our YouTube channel is but I was looking for something more.



I wanted something. I don't know. Something that no one else out there was offering and then my wife is the one--to her credit--who came up with the idea. Live coaching for free. Coaching where we would take someone on and they would be able to ask us anything that they wanted and we will record it live and post it on podcast, in videos, I think it's something out there that no one else is offering and the coolest part is, I think it would be even more valuable if I didn't charge people for this. If it was completely free. But of course, I like to get your feedback first before I make any big steps in any direction.

So, go ahead in the comments section of this episode on our website. Give us some feedback. Would you like us to see or do some live coaching with people like you?

Another really big thing that's going to happen is probably in a week or so, I am going to be doing my very first live webinar. Where you're going to be able to get on live. Thousands of people will be able to get on live. Ask me questions on the spot and I will be answering them. I've put together a really amazing presentation. I've been practicing this exact presentation for over a month and a half now, preparing for this webinar. I'm not quite sure how it's going to go because I don't know how many people will sign up and I don't know how many people who signed up will show up but I'm not going to lie to you.

I'm really optimistic about this. I really, really am hoping that this is a success because honestly, I would love to do more live webinars. I just love the format and I love the fact that it's live and you're going to be able to sit there and ask me questions. I feel that this is probably the thing that no one else out there in our niche--the get your ex back or the ex recovery or the break up niche really does. I think they're scared to get put on the hot seat but not me! I don't care if I'm on the hot seat and I don't care if there's a question that I maybe don't know the answer to. I'll just simply look it up later and get back to that person later. So, this is something that I'm really, really ex-



cited about and something that I know I really haven't done a good job or promoting yet but when I do start promoting it which, I hopefully will be in about a week. I can't wait to see the results.

So, I guess the reason I'm telling you on the podcast here is I want some of your feedback on it. Just like with the live coaching and I asked you how to comment on the show notes of episode 50 of the ex boyfriend recovery podcast. I'm really curious to hear what you think about this. I'm really curious to hear if this is something that you would actually attend because it's not enough for me just for you to say, "Oh yeah that sounds like a good idea."

I want you to give me feedback on if this is something you would actually attend. It's free. There's no charge for it all and you're going to be able to ask questions and I'm going to stay on for probably something like 3 hours to answer everyone's questions. So, everyone feels like they're getting involved. You know the community can really help everyone out. So, this is something that I'm very excited about and I'm definitely interested in hearing your thoughts on it but I think I've really hooked on enough.

So, let's get to today's episode which really highly revolves around jealousy. We're going to hear from a woman named China. Yes, China and she is in a unique position because usually most of the people who come to ex boyfriend recovery have been broken up with by their ex boyfriends but China, that's not the case.

She is actually the one who broke up with her ex boyfriend which gives her a little bit more leverage when it comes to getting him back but does she even want him back? Well, let's find out.

China:



Hi Chris, My name is China. Long story short, I broke up with my boyfriend on July 4th and I started the no contact on that point so, I'm about 9-10 days in. When I broke up with him, he didn't seem to care. He just hung up. He basically hasn't said anything to me. I haven't said anything to him.

There's been no contact between us at all but on Facebook he's been really out of character posting things that he doesn't normally post and they seem to be things to make me jealous or attempt to make me jealous and my question is if you did not care that I walked out of your life, why would you turn around and try to make jealous on purpose? The things that I felt were to make me jealous when I didn't react to them, he erased those things. Just those things. Every last thing that he posted that I felt was to get under my skin has gotten erased.

So, I just really want to know what would be the purpose in trying to make someone jealous if you didn't care that they were walking out of your life?

Chris:

Well as always, I want to take a moment to thank China for having the courage to ask a question live to me. I know it's really difficult for some people to put themselves out there or to talk about a situation with their ex that maybe they're not comfortable talking about with other people but rest assured, I'm going to do everything in my power to help you understand this situation.

So, what I like to do is I like to give a quick recap of the situation for you, the viewer, so you can kind of get a bird's eye view of what is going on with China's situation and then we are going to hit the ground running. So, obviously the person who commented or rather, left a voice mail, her name is China. That's like the very first thing I wrote down on my notes, believe it or not. I thought it was an interesting name.



So, she actually broke up with her ex boyfriend on July 4th which happens to be an independence day here in the United States. So, kind of a bit of bad luck there I suppose. The big kind of take away that I took from this was that she was actually the one who broke up with her ex boyfriend which is rare because most of the people like I mentioned in the introduction to this episode, most of the people who come to ex boyfriend recovery are the ones who actually get broken up with but that's not the case with China. So, that does give her a little more leverage.

She started the no contact rule right and as it stands, she's about 9-10 days in. Her exboyfriend was very unresponsive about the breakup so, when she talked to him on the phone about the breakup or told him that, "Hey, I want to break up with you." He was very unresponsive. He just simply hung up the phone which I supposed meant he was probably mad but we'll talk a little bit about that later. He has been doing things on Facebook as an attempt to make her jealous and China's ultimate question here is, "If you don't care that I walked out of your life, why would you try to make me jealous?"

She's trying to understand why he's posting this things on Facebook and the fact that he was unresponsive about the break up or didn't seem to give her any emotion whatsoever. Why would he act this way if he didn't care? And we're definitely going to talk about that China. So, I'm going to give you the insight into what's happening. And then finally, when she didn't react to the jealousy posts that he posted on Facebook, he took them down. Now, why would he do that? Well, that's a great question and again we are going to cover that later.

Alright China, here is what I think is happening in your exact situation. From what I've seen, from what you've told me, you have done pretty much everything right which is an amazing credit to you. Most people when they go through a break up, they don't go immediately into the no contact rule like you did. Most people simply beg. They cry. They make every mistake imaginable when it comes to getting their ex boy-



friend back, assuming that they do want to get their ex boyfriend back but not you. You went right into the no contact rule which is an amazing credit to you. Now, here's the thing about the no contact rule.

The no contact rule really works because it's based on Psychology. So, in Psychology, there's this theory called reactance, Psychological reactance. I've talked a lot about this in the past episodes of the podcast and that's because it's a very, very big thing that I think certainly holds true when it comes to the no contact rule. So, psychological reactance basically states that human beings are born with a certain amount of set behavioral freedoms.

In other words, I have the ability or the freedom to walk up to my wife and, who's watching our child in the other room right now-and striking up a conversation with her. I have that freedom to do that but if someone were to get in the way of that, I am more likely to react in the way to try to reobtain that freedom. So, let's imagine that I am doing just that.

I am sitting here in the podcast room now recording an episode for you and my wife is in the other room, watching our baby right? And so, I get the idea that I want to go over and talk to her. So, I get up. I stop recording the podcast. I get up. I walk through the doors of my office and I start walking towards her but midway through the walk towards her, some alien creature comes and gets in my way and prevents me from getting to her. Now, how am I going to react? Am I just going to walk back into my office and sit down and say, "Well, that was that."

No. I'm probably more likely to push that alien creature out of the way to walk around the alien creature or to call the cops because oh my god, there's an alien creature in my house! So, psychological reactance basically states that we are born with a set amount of behavioral freedoms and when someone comes in or something comes



in and threatens that freedom, we are more likely to react in a way to reobtain the freedom and I think there's a little bit of reverse psychology woven into this.

Imagine that you are very concerned about me because I am not eating enough but you understand the idea of psychological reactance so, you come in and you decide. Ok probably the best way to get him to eat more is to take his ability to eat away from him because what is that going to do?

Well, it's going to make him want to eat more. He's more likely to reobtain that freedom. So, again there is some bit of reverse psychology woven into it and I think there's also a little bit of the law of scarcity woven into it. Everyone knows that the more scarce something is, the rarer it becomes, the more valuable it becomes and by utilizing the no contact rule, by utilizing psychological reactance on your ex boyfriend China, you are becoming more scarce in his mind. So, he's likely to react in a way to try to get you to respond to him.

To try to get you to acknowledge him and I think maybe, just maybe, that is what is going on with those Facebook jealousy post. Now, I do think that your ex boyfriend--when you look at your situation, one of the big points that you mentioned was the fact there has been no contact between the two of you. In other words, you have been in the no contact rule for, it looks like, 9-10 days and throughout that 9-10 days, he hasn't made any deliberate attempts to contact you.

He hasn't called you. He hasn't Facebook messaged you. He hasn't texted you. He hasn't done anything deliberately. He's just done things indirectly with this jealousy posts or posting these really weird things that aren't in his normal character but he's maybe too scared to talk to you directly and I think that is a sign that he may be a bit vindictive and vengeful. So, what do I mean by that?



In his mind, he knows, "Ok, she is ignoring me. So, what is the best way that I can get back at her? What is the best way that I can get response at her? Oh, I know. I will just try to make her jealous."

So, he goes on to Facebook and he tries to make you jealous but you didn't respond to him and that's where things really get fascinating here because you notice that after some time, after you hadn't responded to any of his jealousy attempts, he erased all of his Facebook messages that were attempts to make you jealous. So, he didn't erase everything on his Facebook.

He just erased those particular things that were making you jealous.

Now, what does that tell us? What does his action of doing that tell us about him?

Well, what it really does is it tells us that he is probably very confused internally about what he's feeling. It's kind of like a pendulum swinging back and forth. One moment, he's very vindictive and vengeful and angry about the breakup. "How could she break up with me? I'm going to make her jealous. I'll show her!" And then the next moment the pendulum swings over to the other side. "Oh, what have I done? I've made a mistake. I still have feelings for her. What if I lose my chance of getting her back?" So, he takes the Facebook posts down.

Now, just as a fore warning here. Do not be shocked if the pendulum swings back over to the other side and he does something to try to make you jealous. I think it is probably more good news than bad news China because it does mean that he's confused and from one moment he's angry about the breakup but the next moment, he still has feelings for you very much so. Otherwise, he wouldn't have made any of this jealousy attempts. I mean this are clearly jealousy attempts to get your attention because the no contact rule is being enacted on him.



He does not know how to handle that because probably no one has ever done that to him in his entire life. So, you always get this really fascinating things that happen when the no contact rule is done to this men. I've seen some of the craziest things you can imagine.

Now, the one thing I want to talk about is what do you do going forward? You never really made any mention in your voice mail to me about what your intentions were with your ex boyfriend. You mentioned that you wanted to understand why he did something and that's completely normal.

I get women coming every single day to ex boyfriend recovery wanting to understand why their ex boyfriend is acting in a certain way and I certainly just did that with explaining the psychological reactance to you and the pendulum swinging back and forth on how he's feeling but what do you really want China?

Do you want to get him back? Because you are seriously in a really good position of doing that if you wanted to get him back. So, going forward. The first question I would ask to you is determine if you want him back. Now, you broke up with him for a reason and you did not specify that reason in your voice mail because your voice mail really wasn't about the break up.

It was about why he's trying to make you jealous but I know there must have been a good reason for why you broke up with him and if you determined that that reason was good enough to not want a relationship in the future then don't have a relationship in the future with him. Move on, that would be my advice to you but if you do want to get him back, the good news is you are doing everything right China.

You have an incredible chance of getting him back. Now, do I say you will get him back a 100% of the time? Absolutely not. I can never guarantee that to anyone who ever comes to ex boyfriend recovery. That is not what we are about. We are about



helping you improve your chances, helping you understand the situation and we like to merge our concepts with psychological reasonings and scientific studies and all of that good stuff and I think that's what I've done here a little bit for you but let's assume that you did want to get your ex boyfriend back China.

How would you approach things going forward? Well, what you really need to do is just continue down the value chain. Now, if you're familiar with this idea of value chain, you've definitely probably listened to some of my more recent podcast episodes because it's something we push heavily on ex boyfriend recovery now because we found through doing multiple stress tests, through multiple psychological studies, through our own independent studies that the best way of getting your ex boyfriend back is to approach it like a value chain. Going from point A to B to C to D, all the way down to Z.

So, what's the next logical step after the no contact rule

Well, after 21-45 days of being in the no contact rule against your ex, the next logical step is to start the text message phase of the value chain. So, what's your goal there? Well, simply your goal there is to increase attraction. Reassert your self. Reassert some of the rapport-flirt a little bit and build up enough attraction to where he'll be comfortable with talking to you on the phone. Too many times, I see people make the mistake of transitioning immediately from the no contact rule to a phone call or immediately from the no contact rule to a date. Some people--I'm not going to lie to you. It works for some people but the vast majority of people this will not work for. The vast majority of exes out there will need some subtly, will need some movement up the value chain.

It takes some time to get them to open up again. It takes some time to get them to open up to wanting to be back in a relationship with you again. So, understand that this is not a sprint. This is a marathon. That is the best way to approach getting your



ex back. So, let's say you've built enough attraction through text messages and you have transitioned to phone calls with your ex. Well, obviously the goal there is to build up enough attraction on the phone and then once you've done that, you can transition to those dates where you can really get a lot done.

Now, I recommend something called three date theory and I'm going to make a note here to link to that in the show notes because I'm running out of time here and if I really get into talking about the intricacies of the value chain, we will be here for probably three hours and that's kind of what the webinar I'm going to talk about on a few weeks from now will be on. So, what I'm going to do is just link to my guides on dating and I'm going to link to my guide on the overall value chain of getting your ex boyfriend back so, you can have some reference materials there.

Now, is there anything that you want me to talk about on this podcast? Yes, I mentioned that I'm going to be trying to do live coaching. I want to get your feedback on that but is there any particular topic that stands out to you that you really want me to cover? Is there any kind of way your ex boyfriend is reacting that you want me to dissect for you? I am really, really open to hearing your thoughts. That's going to do it for this episode of the ex boyfriend recovery. I know it's a bit shorter than in the past. I wanted to keep it sweet to the point there is actually --I read some of the reviews I had gotten on Itunes and one of the people out there mentioned that I rambled on a little bit too much and I remembered that sitting back and thinking to myself "You know that person is absolutely right." And so, this was my attempt at not rambling on so much.

Getting straight to the point for you guys because I know life is busy. People have busy schedules. People have kids and sometimes it's hard to sit there and listen to a 38 minute podcast. So, keeping it around the 15-20 minute range is probably the best way to go. So, again I want to thank you for listening to this episode of the ex boyfriend recovery podcast. As always, I really appreciate you. If you would take a moment to go to



Itunes and review, just leave an honest review of the podcast. Anything helps. We are trying to become big in Itunes because that's really the holy grail for all podcasters I guess.

So, if you could just do that, I would be immensely grateful. If not, I completely understand. Sometimes, it takes time before you realize how awesome I am! [laughs] And also arrogant but thank you so much for listening. I'll see you next week. Bye.

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