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THE INTRODUCTION

I feel that one of the things that has always set me apart from other experts out there is that I am never satisfied.

In other words, I am always looking to improve my strategies.

You see, other "guru's" out there don't care about that.

They are in this for the money.

What they think is that if they can come up with a strategy that is halfway decent that works for some people then they can sell that strategy and make millions of dollars.

But the truth is that this is such a complex process that one simple strategy isn't going to be enough.

Times are constantly changing and human beings are so unique that one set strategy won't always work on them.

So, one of the things I have been doing lately is taking a look at my success stories and trying to find correlations between the people who succeed in getting their ex back.

Care to take a look at my research/findings so far? Lets dive in.

"MY THEORY- WITH ENOUGH SUCCESS STORIES THE MOST ESSENTIAL ELEMENTS OF GETTING AN EX BACK CAN BE FOUND AND FROM THERE I CAN IMPROVE UPON MY OWN STRATEGY AND TEACH IT TO YOU!"



THE SUCCESS STORIES

Below is a list of all the success stories that I have began compiling over the past year.

Now, are there more success stories out there?

Yes, this is only one small sample that I have managed to save.

Are there more out there?

Oh ya... I estimate that there is probably something close to 500 success stories that have been featured on the websites at one point.

I mean, I practically get one every day.

However, out of pure laziness I didn't save them or take a screenshot.

Nevertheless, it is something that I am committed to doing now so I have a feeling that the list below will get a lot bigger.

Anyways, what I have learned so far about the success stories below has been.... interesting.

But more on that after you read them all.

The stories below I have taken directly from men and women on my websites. Just thought I would throw that in there.

Ready? Get set.... GO!!!!

Submitted on 2015/03/02 at 8:21 pm | In reply to Chris Seiter

Hey Chris,

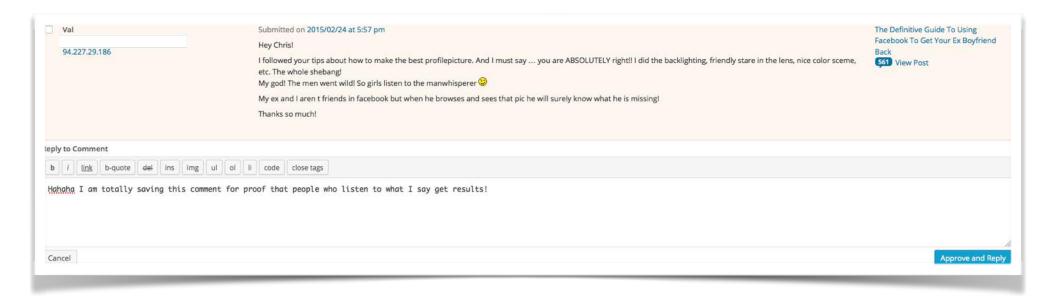
Good news..!!

As u predicted, she came back to me.. someone told her i was seeing someone.. n she said she couldn't imagine me with someone else.. Then I told her to let the other guy know she's with me.. but she just told him that her parents are opposed to their relationship.. today i found her talking on the fone with that guy for 1 hour.. she asked me to give her time to tell that guy she's with me.. n we had a big fight over it.. she said she's with me.. n sees a future with me.. but still likes that guy, and asked me to give her time to remove him out of the picture. So, I asked her to think again if she wanted me or him.. she said she's made up her mind about being with me... What should I do now? u think she will be with me? or is she still confused.? n how should i behave

Approve Reply Quick Edit Edit History Spam Trash

Success 1- Ex Girlfriend Dates Another Guy

- The girl came back to him.
- Someone told her that he was seeing someone which woke her up and made her realize she couldn't imagine him with anyone else.
- Needs time to break up with her current boyfriend but committed to ex.



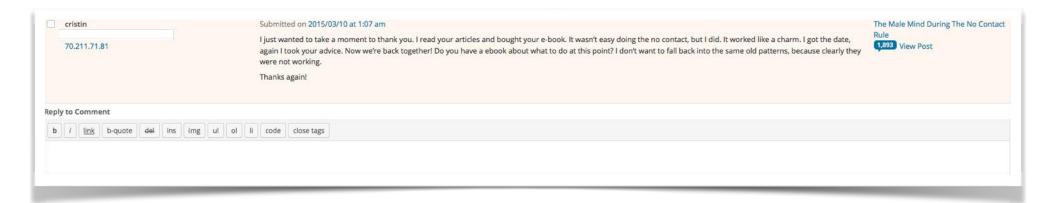
Success 2: Facebook (Using Social Media To Your Advantage)

- She followed my advice regarding how to take a "sexy" profile picture.
- Men went wild giving her praise.



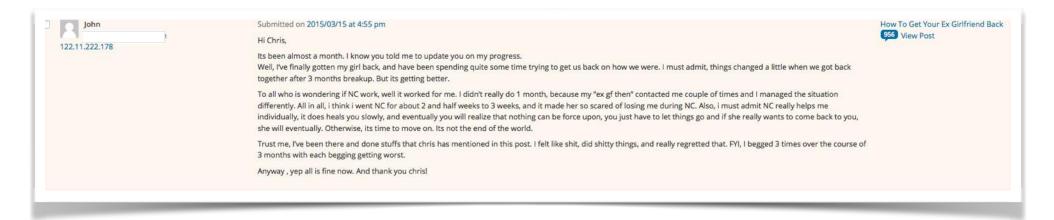
Success 3: Ex Girlfriend Got A New Boyfriend

 Not much to go on here. I lost context of our pervious conversation BUT I do know for a fact his ex had a new boyfriend due to him commenting on an article about that.



Success 4: General Breakup (Followed Value Chain)

• She made a big mention of no contact BUT you can also tell she followed the value chain I talk about in "The Ex Recovery Plan" to advance her way up to a date.



Success 5: General Breakup (He Begged 3 Times For His Ex Back)

- Begged for his ex back 3 times.
- Specifically credits the no contact rule as being essential.
- Talks about the two fronts in which it can work.
- Seems like ex contacted him during NC and he broke it early to manage the situation differently.



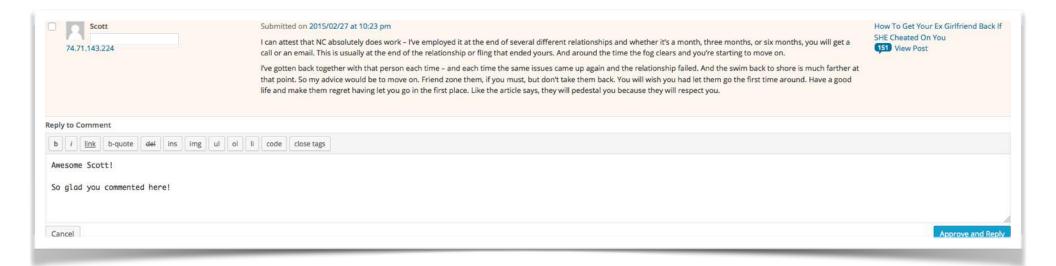
Success 6: Army Ex Boyfriend (Text Messages)

- Specifically credits the text message form that I teach for getting an ex back.
- Her ex is in the army.
- Hasn't gotten him back 100% yet BUT she is on the cusp of getting him back.
- He kissed her.



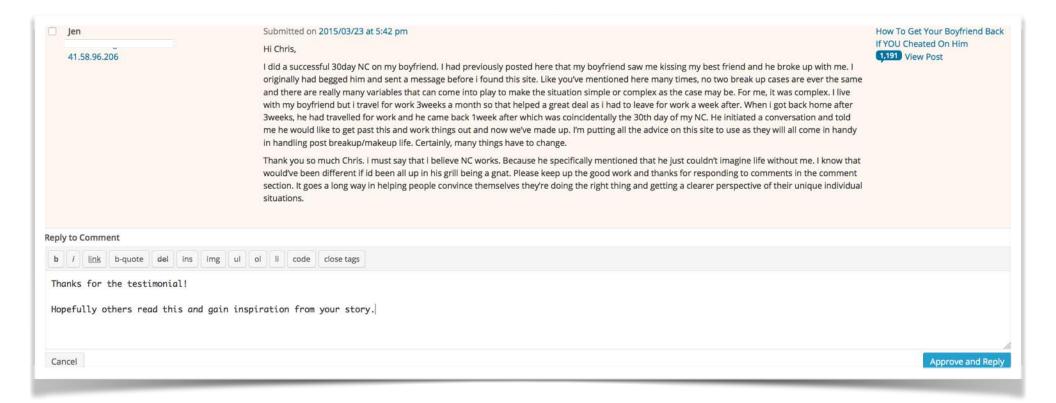
Success 7: General Breakup (By The Books)

- Big takeaway here is the fact that she thinks he broke up with her to protect himself.
- Perhaps he was scared that they were getting too serious?
- Read the website so we can assume that she implemented NC and followed value chain advice.



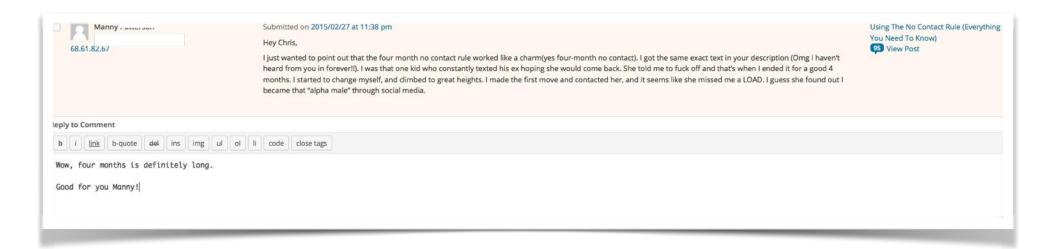
Success 8- The No Contact Rule Works

- He has implemented the NC rule several times and it worked EVERY time for him.
- Says to use it at the end of the relationship
- Says to follow my advice regarding friend zoning them to raise your value
- Moving on without moving on



Success 9- She Cheated

- She kissed another guy and her boyfriend caught her.
- She begged for him back and acted desperate.
- She found my site and starting following the advice.
- Even though she lived with him she travelled 3 weeks away for work.
- She implemented 30 day rule during this time
- After NC he initiated convo and things took off from there.



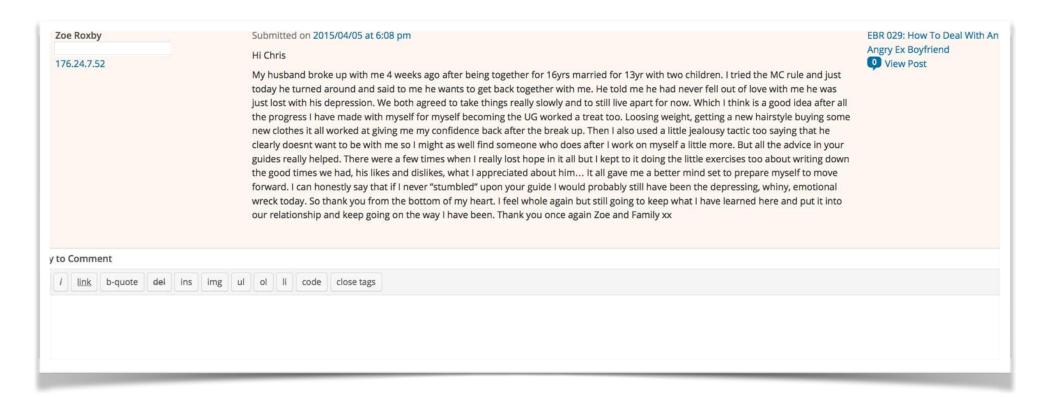
Success 10: No Contact Rule Advocate

- Did four month no contact rule.
- Her response to him after four months was strangely the same in my example.
- He begged for her back and was a text gnat
- Told him to f*ck off
- Improved himself during NC.
- She stalked him on social media and saw he became an alpha male.



Success 11: Someone Who Wants Me To Charge For Advice

- Thought what I taught was so valuable that I should charge people.
- Thinks I can help more people by one on one coaching.



Success 12: Depressed Husband Wants Her Back

- Married for 16 years.
- She tried MC (a form of NC)
- Living apart
- Tried to become UG (lose weight, work out, new hairstyle, etc)
- She sprinkled in jealousy
- Used my guides
- Did exercises like writing down good times, his likes and dislikes.
- Took control of her life.

To: cfwebvoyager@gmail.com I got my boyfriend back!

Hi Chris,

I am very happy to tell you I followed the no contact rule, and he contacted me several times to which i did not reply. After my thirty days i contacted him with a first contact text and he responded very positively. Since then we have spoken everyday, initially just a few texts back and forth, him always very enthusiastic and positive, and me always ending the conversation first. He even was the one to text me first about 80% of the time. He invited me for on several "catchups" where he paid for everything, was very complementary, and was basically gushing over me. We have got to the point where he brought up the breakup and said that he wishes he could rewind time and change things, and that he wants to fix things. I told him i wanted to take things slow, but that i wanted to keep seeing him - where he then asked me to be exclusive!!! As he couldn't bare the thought of me seeing anyone else but him, and that he also didn't want to see anyone but me. He told me hes also working on himself so he doesn't mess up and end up losing me again (even though he was the one to break up with me).

Hes even planning future things for us to go to, talking about trips we could take this year, and is overall talking about a future together.

Im very confident in the fact we will be getting back together officially, its still early days but thankyou Chris for helping me get my boyfriend back!!

Your website was very helpful and it gave me the patience to carry out the no contact period as well as giving me some insight into the male mindset. It gave me confidence and actually helped me grow as a person. He even noted that i looked like i was really happy as he has seen things on my facebook (i used the social media blog to my advantage).

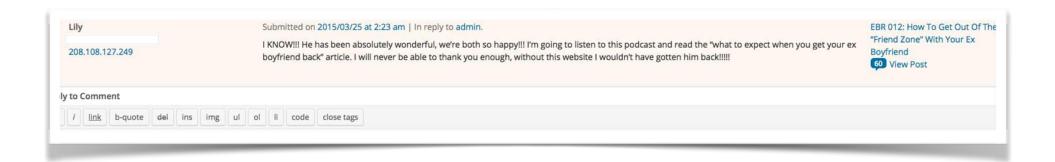
I feel like not only have i grown as a person, i think its also going to help this new relationship grow, as i feel happier with myself and want to focus on myself too, rather than putting all my efforts into him. I think this time round its going to be a much more even-level relationship. Im looking forward to what my future has in store.

Again, thankyou Chris!!!

Regards, Another success story (Sarah)

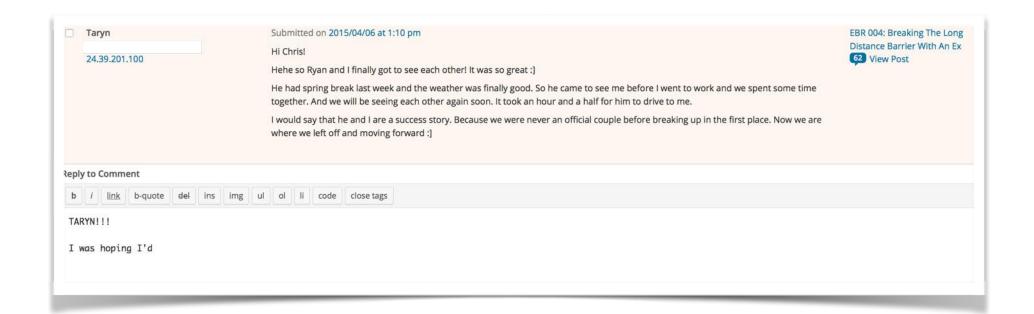
Success 13: General Breakup (Followed Advice To A "T")

- Did the 30 day rule.
- Didn't break it.
- Positive response on her first text
- He was the first to text 80% of the time
- Went on several dates
- · Got more confidence
- Grown as a person
- Happier with herself!



Success 14: Lilly!

- That's my daughters name!
- Also, couldn't find much context here but another success story.



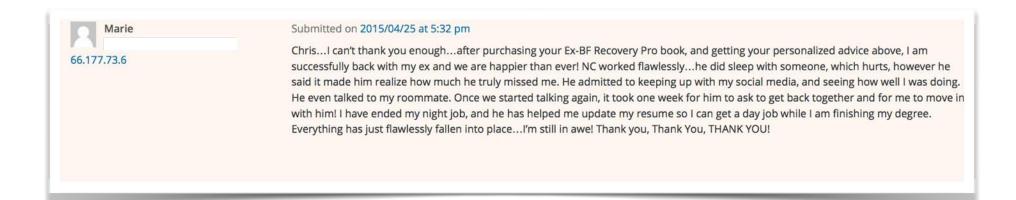
Success 15: Long Distance Taryn

- Taryn got a lot of personal advice from me.
- Her and her ex were long distance.
- She made slow progress under my advice but ultimately succeeded
- It took a while though



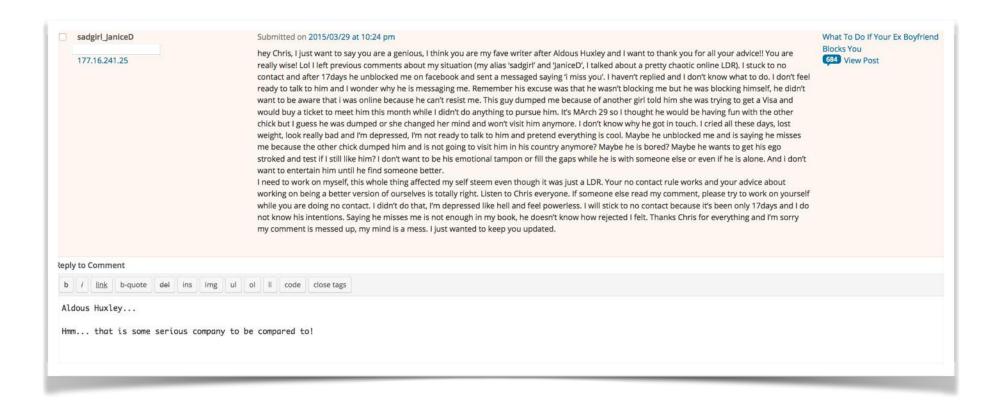
Success 16: Texting Game

- Did no contact
- After NC followed my texting advice.
- That was all she wrote.
- He begged for her back. Total reversal of how things started.
- She listened to instructions very closely.



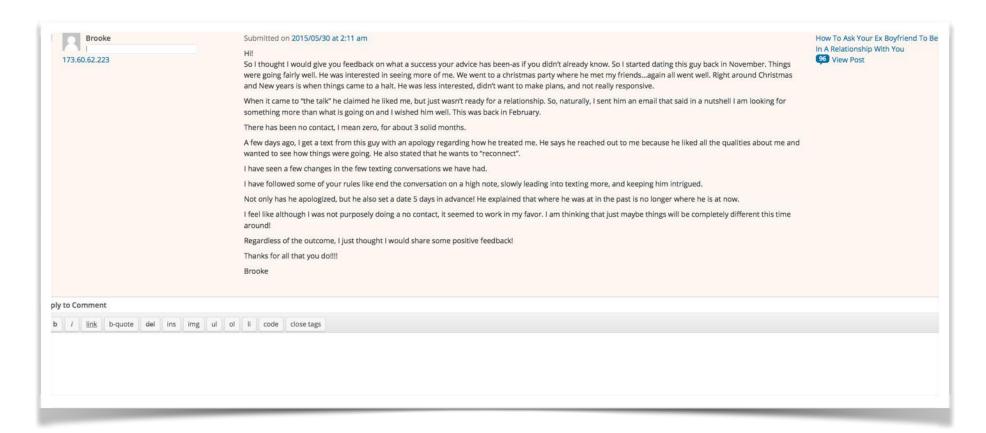
Success 17: Followed PRO Advice

- Did NC (worked flawlessly)
- GIGS on ex
- Spied on her through social media
- Talked to her roommate
- Already moved back in together



Success 18: Blocked (Aldous Huxley)

- She was blocked on Facebook
- After 17 days he unblocked her on his own saying he missed her
- GIGS
- LDR
- No contact rule worked



Success 19: LONG NO CONTACT

- No contact of three months
- Out of the blue he texts back apologizing.
- She ends convos on high not.
- He set up a date in advance due to this

Success 20: Fiancé Broke Up With Her

- She acted a bit too desperate
- Followed all of my rules
- She did NO Contact
- Became the girl he fell in love with again
- He came running back
- Still haven't been invited to that wedding though...



April 19, 2015 (Edit)

My fiance and I broke up about a month ago and I was D-E-S-P-E-R-A-T-E for him to come back. I begged, I cried, & even made HIM cry lol... I couldn't believe that someone, who was prepared to marry me and spend their life with me, could suddenly just... DECIDE that he no longer wanted to be with me.

Whatever. I quickly dried my tears, and in my typical R-style, I brainstormed. I googled like you have never seen a woman google. I spent HOURS, and HOURS trying to figure out not only what I wanted, but how to get what I wanted. Vveeeelllll, I decided that I wanted him, and then googled the crap out of "how to get my ex back".

I kid you not, I read every single article that google threw at me. Even my FB advertisements starts offering me solutions haha. However, it all came to a crashing halt when I found your site. I read every single thing I could find that was relevant to my situation, and I attempted to follow every single rule that you've laid on the table.

No contact obviously killed me, and I didn't do too well at it other than not starting any conversations through fb, calling, or others. However, everything else? Yeah.. I joined boxing, revamped my personal style.. got my hair done, reached out to numerous friends and family, and MADE PLANS! I took this past month to really, really remember who I am.

Bottom line is, I became the girl he fell in love with again.

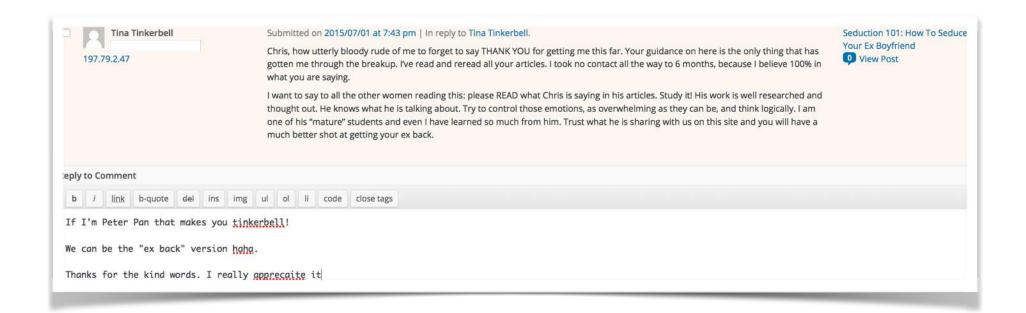
Well, long story short, he came running back with speeches of undying love and happiness. 9

R 1, fiance 0,

I'll invite you to the wedding.

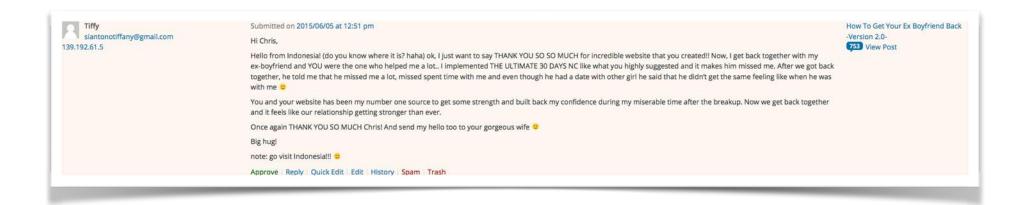
Thanks a ton, you saved my ass big time!

REPLY



Success 21: Tinkerbell

• I'm brilliant what can I say?



Success 22: Yet Another NC

- Did NC
- He missed her a lot
- He dated another girl
- Advice to me was to visit Indonesia where she is from.

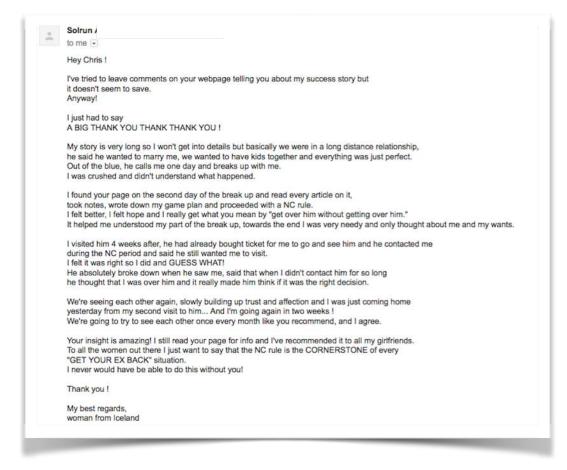


Success 23: Almost There

- Not too much context here.
- But from what I can decipher he is almost close to getting his ex back.
- Also he called me MR. So he gets to be in this book :)

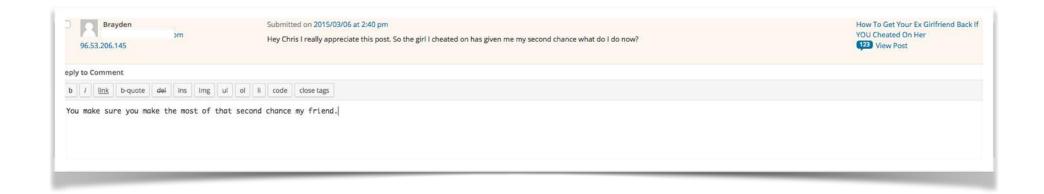
Success 24: Long Distance Success

- Broke up out of the blue
- NC Rule
- Moving on without moving on
- Deviated from the rule a bit to face her situation
- Visited him
- Taking things slow but back together



Success 25: I Was RIGHT!!!!!!!

- Did her own unique form of begging
- He broke up with her initially and she tried NC.
- She now is trying it again
- Got him to write her a long loving email during NC.



Success 26: He Cheated And Got Her Back

• Not too much to go on with this one.

Success 27: Mystery Man

- Read all the pages of the site and followed a lot of the advice.
- Implemented advice via ebooks
- Follow every step.
- ESPECIALLY no contact



MYSTERY MAN

October 31, 2015 (Edit)

Hi all,

I'm just leaving a comment here to say that I followed all of Chris's advice on this website of his step by step... And I have to say, it helped me not only overcome all the odds and getting my GF back yaaaay...I would definitely recommend not only reading every one of these pages on this website, but also purchasing his ebooks, if you're really serious about getting your girl back. But I have grown as a person and feel much more independent and stronger as an individual!

Anyone reading this please follow Chris's advice, it works if you follow and nail every step! Do not be tempted to ignore these steps, especially the no contact rule, to this most recent page! It takes a lot of patience and that is something ex gf recovery has really pointed out time and again.

I hope this message helps you all the same way it has me Θ thank you Chris for your awesome website and advice!

REPLY



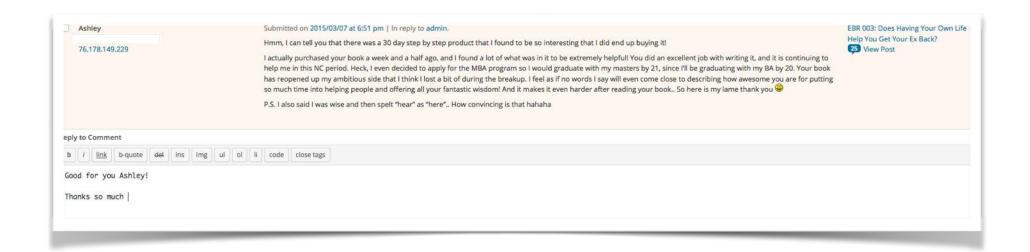
CHDIS

November 1, 2015 (Edit)

Well this is just awesome.

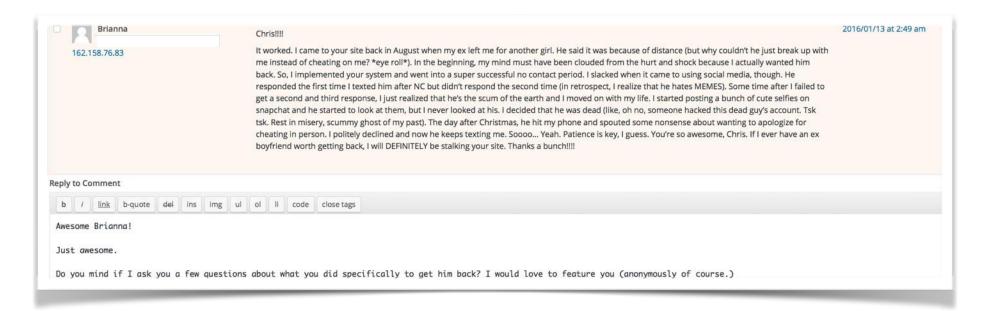
Thank you Mystery Man.

I really appreciate you taking the time to comment.



Success 28: Buy The Product

- Took massive action during NC to improve herself
- Bought the book took the steps to succeed.



Success 29: Ex Left For Another Girl

- Long distance
- NC worked.
- Slacked during social media
- He responded positively after NC
- He cheated on her
- He keeps texting her all the time now

Success 30: Five Months Later (Success)

- Made positive improvements with his life
- He didn't stop contact completely
- Didn't ever give up
- GIGS



DAN JAZZ

December 7, 2015 (Edit)

Hey everyone. I got the love of my life back in June, after a terrible five months of anxiety. The first two months were terrible, and after that I got back on track with my life by hitting the gym, traveling a little more and just having a good time with life. Trust me though, she was on my mind everyday and every second of the day. She told me to stop getting in touch with her, but I didn't stop contact completely. I texted her or asked her if she would like to meet up probably about three times a month. Point it, I DID NKT give up. I never gave up, and you won't be able to either if you truly love your lady.

How we broke up is, we had a rocky December and January, and then she met one guy who she used to go to school with., she went to Washington DC with him in early February without my knowledge. I had no idea where she went,, they spent four nights down there in a hotel suite, and yeah, they made love. She was with the guy for three months before she noticed it going downhill and becoming rocky, realizing that she didn't have a connection with him like she initially thought, and she rralizes her and I had he deepest and best connection.

I just never gave up. I WAS NOT a crazy ex stalker boyfriend, but I didn't give up either. You can do it!





CHRIS

December 8, 2015 (Edit)

AWESOME AWESOME success story here.

Success 31: Got Her Back

- Progress during NC really helped.
- She took notice over his new look and new hobby
- Wanted to rip his clothes off



Keith

Sep 6th, 1:45p

I'm sorry I keep reaching out this way. I cannot find comment section on website. The one concern I have is that she is spending a tremendous amount of time with female co worker who is a hot mess.



Keith

Sep 25th, 3:39p

Chris

You are the man! All is going great. Blew her away on our first date... She couldn't get over my new look...new hobby (piano and vocals.) She wanted to rip my clothes off!!! Needless to say we are back on track to a life long commitment to each other. Just planned a little vacation to fla in November and Caribbean in February. I cannot thank you enough for all your support

Keith

Success 32: Got Ex Back

 Not really a lot to go on here other than she got her ex back. Date: Fri, January 16, 2015 5:46 pm
To: "Chris Seiter" < chris@exboyfriendrecovery.com>

Chris,

Hi! Actually it has nothing to do with the page at all but I got back w my ex .

I would also like to take the time to mention how much I appreciate the fact you are so involved in your project. It is so personalized and it really helped me in dark times just to feel heard. For the constant updates and new info...

Congrats on how much you enjoy your project!

S2,

On Tue, January 6, 2015 10:38 am, Melissa wrote:
Hi Chris,
I cheated on my ex, I told him about it, I used a few of your steps, and then he PROPOSED to me!

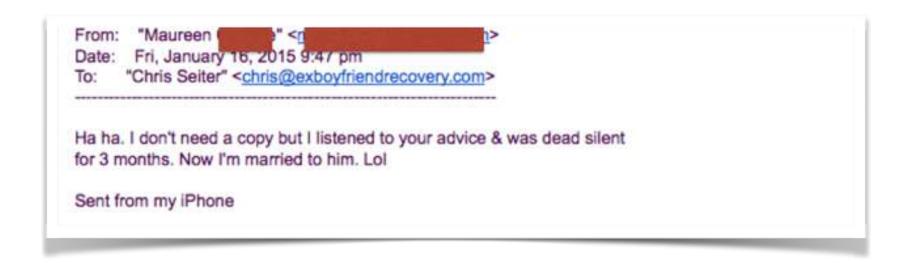
We are planning on starting our lives together in a new country, with different surroundings and new adventures.

Thank you for your insight again, and for the support you provide for the brokenhearted ted women on a global scale.
Kind regards,

Melissa

Success 33: Cheated On Ex Got Him To Propose

- She cheated on her ex... he broke up with her.
- She used a few of my steps (NC, Texting, Value Chain, Etc)
- He proposed



Success 34: Now She Is Married To Him

- One of the original people I helped.
- She used NC, used some of the strategies and won her ex back
- He proposed to her and now they are married.



THE CATEGORIES

So, here is what I learned from this sample.

Actually first... lets break down what category to put these situations into.

What do I mean by "category?"

It's quite simple really.

No two people who go through a breakup are ever going to have the same situation.

We already know that.

However, one thing I have learned in all my years with dealing with breakups is that you can categorize the type of breakup.

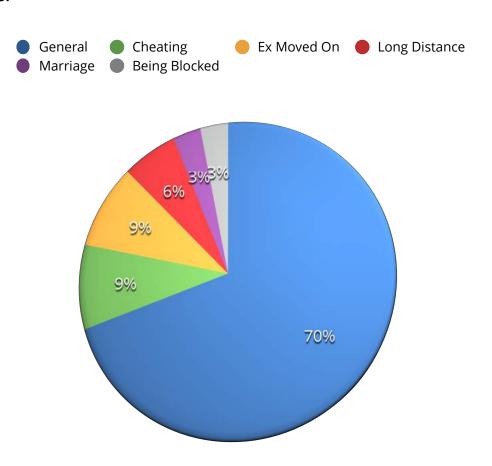
For example,

- You can have a long distance relationship breakup
- A general breakup
- A breakup where cheating is involved
- You get the picture

The Category Breakdown

We have a total of 34 success stories above.

- 23 of those successes can be categorized under the "General Breakup."
- 3 of them are categorized to be under the "Cheating" category
- 3 of those successes are categorized under the "Ex Moved On" category.
- 2 of those successes can be categorized under the "Long Distance Relationship" category.
- 1 success is under the "Army Ex" category.
- 1 is under the "marriage" category
- 1 is under the "being blocked" category



So, right there that tells us that the vast majority of success stories in this sample are under the "general category."

Now, what is the "general category?"

Think of it as the stereotypical breakup. None of the other extracurricular factors are involved with it. It's just two people who piss each other off enough to want to cut ties.

The big takeaway here is the fact that if you have a breakup that you would classify as "general" then you have the greatest chance of success.

Nevertheless, there were some other shocking results.

Cheating, in particular.

This was a surprise to me but the results speak for themselves.

Cheating tied for second place with 3 success stories. So, this tells us that if your chances are completely gone if you or your ex cheated in the relationship.

Hope is always a nice thing to have!

Next up is the "moved on" category.

I remember as I was reading through all the success stories I found myself thinking,

"Wow, there are a lot of successes where exes moved on to someone else."

It's funny because that's actually everyones worst nightmare.

I especially get that as a concern from people who do the no contact rule. They worry that the time away from their ex will cause their ex to stray but it seems that a good number of our successes were able to succeed despite this fear.

The other interesting thing to note is long distance.

Now, long distance is typically one of those types of situations that is hard to succeed in.

Yet, we have two big successes. Anyways, lets move on to the big things that I learned doing this little exercise.

THE KEY FINDINGS

Now, looking at the data I was able to uncover some really amazing things which I am about to share with you.

Here is a quick run-down,

- No Contact Is Essential (Almost all successes had it)
- A lot of people begged for their exes back
- Social media was utilized
- Exes seem to stalk on social media a lot in successes
- Jealousy was an effective tactic
- A lot of the successes were people who bought the book
- The Grass Is Greener Syndrome is alive and well
- Exes are more forgiving than I imagined
- A lot of the successes implemented my idea of "moving on without moving on"
- Sharpening your "text game" seems to be important
- Adaptation was present in almost all successes
- Self improvement is a biggie

Now, I imagine that you want me to expand on these key findings a bit, huh? Ok! I will do it but only under one circumstance. YOU have to use this data in your own situation. Deal? Ok, signed, sealed, delivered! The No Contact Rule Is Essential I started off with the big kahuna first. Lets just look at the facts.

Out of the 34 success stories listed above 25 of them implemented the no contact rule.

And in those situations where the no contact rule wasn't used there wasn't enough information for me to determine if they had used it or not.

But still...

25 out of 34 is HUGE.

This tells us that the no contact rule is essential for success. At least according to our data.

A Lot Of Begging Occurred

Turns out that a lot of the successes started out begging for their ex back.

Why am I talking about that?

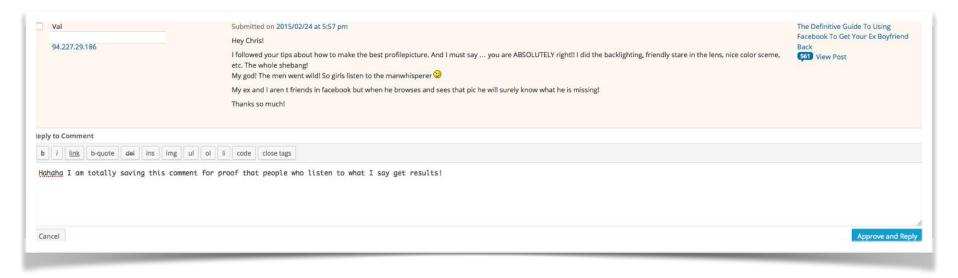
Because I want you to see with your own two eyes that even if you start out begging and feel like you have absolutely no chance to succeed there is light at the end of the tunnel.

In other words, don't give up!

Social Media Was Utilized

It also looks like a lot of our successes took my advice on revamping their social media accounts like Facebook, Twitter, etc.

In fact, this woman in particular



Seemed to take my advice to heart and was rewarded for it as a lot of men gave her attention.

Exes Stalk You On Facebook

On my websites I establish that a study was done that proved that close to 90 percent of exes stalk their exes on Facebook.

Well, we certainly did see that happen a lot in the success stories above which is all the more reason to utilize social media in the correct manner!

Jealousy Seemed To Be An Effective Tactic

Now, I have always taught men and women to utilize jealousy but not to an extreme level.

Why?

I thought there was a risk to making an ex too jealous due to the fact that they can get upset and you would lose out on any chance you had of getting them back.

However, it seems that jealousy was a very effective tactic.

Though I will say I still don't think going to an extreme with it is preferable.

A Lot Of Successes Bought My Book

I am not saying this to push sales or anything like that.

I just think that the people who are willing to fork over cash are much more incentivized to follow directions than people looking for freebies.

The Grass Is Greener Syndrome Is Alive And Well

Scroll back up and take a look at the "category" section again.

We actually had three successes that fell into the "ex moving on" category.

In each of those instances the grass is greener syndrome played a role in an ex coming back.

Now, if you aren't familiar with what the grass is greener syndrome is then I will give you a crash course.

It's basically when an ex breaks up with you because they think they can find someone better than you.

Now, will they find someone better than you?

That's up to them (and a little bit on how you treated them during the relationship.)

Sometimes the grass is greener on the other side and sometimes it isn't.

Exes Are More Forgiving Than I Imagined

We also had three successes where cheated was involved.

Now, that in and of itself is pretty shocking to me.

But it's not as shocking as this next part.

In one of those cases the girl who cheated on the guy actually got the guy to propose to her.

YES PROPOSE!

Exes are a lot more forgiving than I imagined.

Moving On Without Moving On Seems To Be Very Successful

On my websites I put forth this idea of "moving on without moving on."

You see, a long time ago I began to notice that a lot of the successes I was seeing didn't get their ex back when they wanted their exes back.

They actually had their exes come back when they had moved on.

So, I decided to take this phenomenon and find a way to implement it into my strategy for getting an ex back.

It seems that a lot of our successes who utilized this phenomenon did well.

Sharpening The "Text Game" Is Crucial

After the no contact rule the other strategy that I see talked about a lot is texting.

Specifically how you should text an ex.

It seems that the people who had a hold on what they were going to say or how they were going to approach texting did well.

Adaptation

This is another important thing I noticed.

No two situations will ever be alike. That's just the nature of the game we are playing here.

Thus, the people who seemed to do really well when it came to winning their ex back were actually the ones who adapted to their circumstances.

For example, one girl made the decision to break no contact early after her long distance ex boyfriend invited her to see him for a weekend.

It is because she made that call that she ultimately got him back.

Adaptation is important.

Self Improvement Is Key

Also the men and women who drastically worked on themselves and found new hobbies during the no contact rule got a new lease on life.

You will see a lot of them mentioning how they feel better than they ever felt or how they fell much more confident.

That definitely plays a role in re-attracting an ex.