



EPISODE 54

Chris (XE) Seiter



MY EXES MOM MADE
HIM BREAK UP WITH
ME

X3 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:

Hello and welcome to episode number 54 of the exboyfriend recovery podcast. As always we are recording in that camera, in that camera and that camera! Yeah, I just wanted to do that so, I'd be featured on the cameras. Anyways, today we're going to be talking about a question that we've really never covered before and it took me a while to think about it because we have covered so many different topics. I mean we've covered topics like religion, long distance relationships, how to handle what goes on during the no contact rule and I was a little shocked when I got this question because initially when I first listened to it, I thought to myself "You know, we've covered that before."

And then when I was looking to respond to the person who asks the question, I started looking through the website trying to find something that we've talked about relating to this very thing because it's a question that we get a lot and no matter how hard I looked, I couldn't find anything.

So, you're probably sitting there wondering, "What the heck is this question?" Well, this question revolves around families. Let's hear it right now.

Anonymous:

Hi Chris,

I was wondering if you could possible do something on getting an exboyfriend back who broke up with you due to pressures from his family. Me and my ex come from different backgrounds and his parents, specifically his mother was extremely upset about our relationship. We're together a year and a half and we had a really great relationship but the pressure and constant fights between his parents and towards the end we fought over this. It just got to be too much and he says he loves me a lot. He

really cared for me. Our relationship is the best part of his life but that he just couldn't do it anymore and that he can't see us having a happy future because of the differences in our families and that he's still out in love with me but he just tells himself that to make it easier and that he can't see himself being a part of my family. For me, there was no fight that I wouldn't fight for him and I was always willing to be a part of his family's traditions and everything like that.

And we had talked about serious things like moving in together and marriage. I just don't feel like this is a good reason to break up. I broke all the rules in the beginning but now I've been on day 5 of no contact but I just want to know if you think there is any hope to this or I should really just move on?

Chris:

Well, thank you so much for commenting, or rather, leaving a voice mail for me. I really appreciate that. I know it takes a lot of guts and courage to kind of air whatever's is going on in your life out there for the public to know and I just realized that one of the things that I forgot to do was I forgot to mention that you obviously have a name and you mentioned this name to me in your voice mail but you also mentioned to the fact that you wanted to remain anonymous. So, rest assured from this point on we are just going to refer to you as anonymous.

So, anonymous what is going on with your situation? It looks like his family doesn't approve of you. He mentioned that he was feeling a lot of pressure from his family to break up with you and his mom especially disapproved of your relationship. You also mentioned that you're together for a year and a half and the pressure from his family caused a lot of fights between him and them and also, at the end of your relationship, it kind of carried over into your relationship. So, I'm sorry for that. I know that's very, very unfortunate. He mentioned that he can't have a happy future because his family does not approve of you and you're wondering if there's hope and you have started the no contact rule. It seems like you made a few errors. I took a few notes here while you were talking.

You made a few errors during the no contact rule but now that you're kind of back on the band wagon, you know what you're doing here on day 5 of no contact rule. So man, what the heck should you do if an ex boyfriend disapproves of you and his

relationship--sorry an exboyfriend's family. I need to kind of enunciate my words here.

Alright so, the first thing I want to mention here is that this is a situation that we see a lot on exboyfriend recovery and it's also a situation that I myself have had personal experience with and also one of my best friends growing up has had personal experiences with. Except when you look at the two of us, me and my friend, I experience my ex girlfriend's family disapproving of me and the funny thing is, on the flip side my friend has experienced when his family has disapproved of one of his ex girlfriends.

So, I have some insight or some opinions on what to do when someone's disapproves of your relationship. Now, I'm sure you're sitting there wondering well, "What the heck happened in your situation with your ex girlfriend?" So, here's the low down. My ex girlfriend and I, we dated for about a year and it was my first serious girlfriend and it was a high school relationship. So, we weren't exactly mature on the most levels but I seem to remember the jest of situation going like this.

Back in high school where I went to high school or back in the day when I went to high school 10 years ago, one of the things that we would do to stay relevant, I guess, in our significant other's mind was write notes in between classes. So, during our classes we would write notes to each other and then when you know, would be over, we would see each other. We would exchange this notes. Pretty cute right? And I seemed to recall one day that the two of us got into an argument.

Probably about some guy that was hitting on her and her reaction to it or jealousy on my part. I don't know. But the point of the matter or the point of the story that I'm trying to tell you is that she ended up apologizing in a note. So, she ended up writing to me, "I'm sorry." And then I wrote back in a note to her. "I forgive you." Now, here's where things get a little interesting. About a month later, her family, I think her dad went snooping around in her room and he found one of these notes. And he found the note of this situation which honest to God, I do not remember what it was about and all that was said by me was, "I forgive you." Now, this guy, this dad, being a protective father which I can certainly understand because I am father myself, freaked out because god forbid, why would anyone need to forgive his little angel?

So, what ended up happening was he ended up calling me on her phone. So, he called me and I remember when I got the phone call it was him calling me and it was her number or her name. However she came up in my phone so, obviously I picked up and I thought I was going to be talking to her. And so, I picked up and I'm all cute and I'm like, "Oh hey babe!" but then I heard a male voice and the male voice started screaming at me and the male voice ordered me to come over to the house and I don't remember what words but I remember being very frightened and scared and I didn't want to lose my girlfriend at that time. So, like an idiot I drove over to his house.

He was--and I'll never forget it to this day and I have a very vivid memory of this incident because he was on his lawn mower mowing his grass on his house waiting for me to show up. Now, this is the guy for our prom who entered the door with an AK-47 ok? So, he shows up and I'm thinking, "Oh my god. What if he shoots me? I don't even know what I did. What did I do wrong?" And he walks up to me and he's got a very angry look and he looks at me and he says, "Do you know what you did?" And honestly I looked back and I said, "No, what did I do?" And he looks at me and he goes-- he pulls out a piece of paper out of his pants. "Read this." And I read the words--like he pointed at some words to me and said, "Read this."

So, I read the words "I forgive you." and he flipped out. He flipped out, "Why would she need to be forgiven?" and you know it just kind of went on like that and then I posed a very simple question. "Well, what was it that I needed to forgive her for?" and he looked at me and he goes, "You know what that doesn't matter." and he put the paper in his pocket and I believe the way the situation turned out was I was not allowed to see her without him and his wife accompanying us and that went on for a few months before inevitably I ended up breaking up with her.

So, her family did not approve of me and that made things very, very difficult going forward because having her family's blessing in a relationship was paramount to her. It was important and I'll admit, having a family especially you're significant other's family like you and be on your side certainly makes things better and easier in a relationship but that's not the situation you are in anonymous. So, the question now becomes, how can we take your situation where your ex boyfriend essentially broke up with you because his family disapproves of you--how can we take that situation and get to a point where he will not only get you back, but essentially not care about what his family thinks?

In my experience, it will be very, very difficult to get--to approach the situation where you're going to be trying to get his family to either forgive you or get on your side. In my experience, it will be very difficult to do that because people are set in their ways and obviously the way to make him do something isn't to get his family on your side because they're not on your side. So, instead of focusing so much on his family. I would focus more on him, specifically how he feels. Now, how can you make him regret his decision?

I've done the research. 90% of people admit that they have regrets and I honestly feel anonymous that he's going to regret his decision to break up with you because it's what his family wanted. He needs to kind of grow a spine here. And what you need to do is ask yourself a question. A very simple question. Do you want to be with a man who doesn't have enough spine to think for himself? Who is just constantly listening to what his family says and doing what his family says even if it isn't in his best interest? Because the only person who knows what it's in his best interest is himself. He knows what he wants. His family doesn't know what he wants. So, my strategy for you is going to really revolve around making him regret his decision of breaking up with you. It's going to actually alienate him from his family because he's going to feel very resentful that he missed out on what could have been the greatest thing in his life because his family didn't like her. Even when you've clearly shown effort on your part to adopt their traditional values. You've shown effort on your part to become a very nice member of their family and they just won't have you for whatever reason.

Now, I don't recommend getting into a fight with his family. I don't recommend even engaging them. Your sole purpose needs to be focusing on him and making him regret his decision to break up with you.

So, how are we going to do that? Well, Frank Sinatra had this amazing quote once.

"The best revenge in life is massive success."

And that's how you do to approach things right now. Everything that you do needs to be focused on making your life as successful as possible. Everything you do needs to be about enriching your life and becoming more complete as a human being. Becoming more beautiful, more sexy. Everything you can imagine to just improve

your life. To become more successful and when he catches wind of this, he's going to see what he missed out on. He missed out on what could have been his future wife. Now, how is he going to see that?

Well, we already know from statistics that close to 90% of people Facebook stalk their exes and unless you're living under a rock, you probably are still friends on Facebook. And even if you're not friends on Facebook, it won't matter. The statistics still applies. He will still find a way to find your Facebook profile. So, why not live this incredible life. Why not take pictures of this incredible life? Of all the workouts that you do, of all the incredible places you're visiting, of all people you're meeting, of your friends having fun and why not post that on Facebook for him to see that you are not totally relying on him? Because right now, that's what they thinks you are. Maybe you are too available. Maybe the fact that you want to adopt his family's traditions, maybe the fact that you want to get his family on your side shows that you care what they think. Maybe it's more attractive to him that you don't care what they think.

So, Frank Sinatra: "The best revenge in life is massive success." But another great way of making him regret his decision to break up with you is to utilize jealousy. Of course, jealousy needs to be approached with extreme caution. When I say jealousy, do not take it that I mean to find the first guy you can meet and make out with that guy. That's not what I mean. You light jealousy in a very subtle manner. Maybe the guys that you hang out with, take pictures of. Post them on Facebook. Let him fill in the gaps of what you are or what you aren't. Often times subtlety is perfect with jealousy.

Now, the other thing you have to understand here is, making him regret his decision to break up with you isn't always going to be enough to make him take action. Often times, you have to do other things for that to happen but that's where the value chain--that's where ex boyfriend recovery comes into play.

We are all about making men take action. So, you're doing a good thing right now. You said you're in day 5 of the no contact rule. That means you probably have 21 more days to go or sorry. 21! I can't do Math! Uh, 25 more days to go or if you're doing a 21 day no contact rule--please don't make me do Math. I suck at Math! That's why I write for Exboyfriend recovery. I can't do Math! But fill in the gaps! If you are on day 5 of no contact, stay strong on the no contact rule but utilize the Frank Sinatra effect.

Make sure that you are making him regret his decision to break up with you. Influence him enough to take action. So, here's the idea of how the whole strategy is supposed to work.

He broke up with you because his family disapproves of you right? Well, his family disapproves of you for who cares what the reason is. What you really care about is making him regret his decision and you're in a prime position to do that. You're in a prime position to make him regret his decision of breaking up with you. And it's this regret or this feelings of regret that is going to spur him to take action but often times making him regret the break up isn't enough to make him take that action. Often times, you have to do extra stuff. So, on top of making him regret his decision of breaking up with you anonymous. You're going to have to utilize the value chain. You're going to have to do the no contact rule. Figure out the correct way to text him. Figure out the correct way to talk on the phone with him. Figure out the correct way to navigate things. If you can do these things, you are going to have a substantially better chance of getting him back. And one of your questions was, is there hope?

Of course there's hope. I think you have a very good chance. Does that mean you'll get him back? No. But as long as you utilize the Frank Sinatra effect, you really work on yourself, you are going to get something out of this. It's going to be time well spent. Even if things don't work out for you. But more often than not, people who listen my advice, end up doing pretty well when it comes to getting their exes back. Otherwise, I wouldn't have lasted this long online. People would be--probably having all sorts of negative reviews but they don't. All I tend to get are very positive reviews and that's because the advice that I recommend to people has real life substantial proof. Either I have recommended to the people and they have gotten their exes back or I can point to some psychological study done proving that what I'm saying is true.

So, that's going to do it for episode no. 54 of the exboyfriend recovery podcast. I had a blast filming and recording this. Now, if you want to be featured on our podcast, a great way to do so, is to go to the contact page on www.exboyfriendrecovery.com.

And I also want to ask you guys a favor. If you like my content, if you like what we're doing here, helping women through breakups, whether it's to get over their break up or get their exes back, could you please go to iTunes and leave me an honest review? Even if you hate the podcast.

I still welcome your reviews. I don't want any kind of free advice. I don't want any kind of pay cheap reviews. I want real reviews from people who legitimately like what I'm saying but if you don't like what I'm saying, again I welcome those reviews.

So, if you could just please go to Itunes and leave us an honest review. We really appreciate it. Thank you.

Emcee:

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