



EPISODE
55

CHRIS (XE) SEITER



SHOULD YOU LIE TO YOUR EX?

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:

What's up and welcome to episode no. 55 of the ex boyfriend recovery podcast. As always, we are recording this podcast episode and recently we are starting to film this podcast episodes. So, if you want to listen to our podcast, we recommend that you go to Itunes to listen to the podcast or stop by our Youtube channel to watch this podcast which adds a very interesting and kind of aesthetically pleasing element to watching this podcasts. So, today's questions is going to be featured from a woman who wants to remain anonymous. Who has a question about lying. Let's just jump to that right now.

Anonymous:

Hi Chris,

I'd like to remain anonymous. I was contacting you because me and my ex had been broken up for about three months now. We do have a daughter together. Infant daughter, she's 2 months old but I started the no contact about a week and a half ago and it's working until today when he asked to come to see the baby. Well, I texted him and told him

"Well, what time are you coming to see her because I have a date tonight?"

Well, my question was, even though you don't have a date, does lying--saying that you have a date, does that work or is that a bad idea?

Chris:

Well, thank you so much for commenting and leaving a voice message anonymous. You found yourself in a very interesting situation I suppose. Obviously, you

want to remain anonymous. So, from this point on, just for your reference, we are going to refer to you as anonymous. Ok, so, here's kind of the lowdown on your situation. You mentioned that you've been broken up for a total of 3 months and you have an infant daughter who is 2 months old. Now, I'm not great at Math but from what I can tell, it appears to me like he broke up with you one month before you were due to give birth which I'll talk about in a minute.

You started the no contact about a week and a half ago and it's been working pretty well for you until he texted you because he wants to see the baby which is his fatherly right. You responded that you asked him what time he was coming because you had a date even though you really didn't have a date. So, this is clearly a jealousy ploy on your part and you're wondering if it's ok to lie.

So, very fascinating question. Actually, I like being challenged because I feel it will make me grow as a human being if I can try to figure out how to navigate the most difficult situations and without a doubt, lying is one of those moral questions that is kind of hard to navigate. So, I'm interested to see what you think about my thoughts on it. But first things first. You have an infant daughter who is 2 months old. Now, speaking from personal experience with my own daughter who is now 10 months old, I certainly remember those early days when my daughter was 2 months old and I didn't get any sleep and I'm not going to lie. It was like a living nightmare for a little while there but just letting you know, things do get better.

I know probably you're up to your head and stressed and just kind of how unfair the situation is and it's even made worse by the fact that when I did the Math here, it appears like your ex boyfriend broke up with you a month before you were due to give birth which, to me tells me that he's very afraid of commitment. Either that or he's a total A-hole. So, one of those two probably and I just want to say that I'm really glad that you found our website because we are going to take care of you. We are going to build your self-confidence back up and try to help you out in any way that we possibly can. So, I definitely have a soft spot in my heart for single mothers because I know what it's like to have a child and my wife and I watch our child together and it is very difficult. So, I can't even imagine doing that alone. So, we want to help you out. So, if you have any questions, if you have any fears or you need support please come visit ex-boyfriend recovery. Comment, email us, we'll get back to you. I'll make sure I tell my

assistants to give you a kind of precedence because like I said, I've got a soft spot for single mothers.

So, what's going on here?

Well, I think the very first thing that we should address here is your lie. Your lie was clearly a jealousy ploy and he probably does know that. Speaking from experience, when you are a newborn or when you have a newborn, you really don't have a lot of time to dedicate to dating. So, he may end up figuring out that you are lying to him and it may not go too well for you. Now, you asked a question. Does lying work? And I'm not going to lie to you. Yes, it does work. I know it is a moral question. Some people swear by it and some people will swear against it. I feel like I'm kind of in the middle. You know on one end of the spectrum you have people like Neil Strauss, who is an amazing author. He wrote this book called *The Game* which where he kind of infiltrated a pick up artist society and learned about what they did to pick up women.

And he said, he's been quoted as saying, "Oh, it's not lying. It's just flirting."

So, that's one end of the spectrum. Is that necessarily a good mindset to adopt? Not necessarily but does it work? Probably. And then you have the other end of the spectrum. The other end of the spectrum when it comes to lying are people who swear against it and tell-- say, that you should never tell a lie. Now, people who say this are contradicting themselves because statistics prove that we lie every single day and sometimes there are lies out there that serve a positive purpose.

So, I'm going to tell you a couple of stories here. Relating to lying of course.

There was a woman who we featured on this podcast episode, a couple of episode ago. Where she broke up with her ex boyfriend. I don't know why she broke up with her ex boyfriend but the important thing to know here is that after she broke up with her ex boyfriend, she slept with someone else and came to the realization that after sleeping with this someone else, she missed her ex boyfriend. So, she got back with her ex boyfriend. So, she gets back with her ex boyfriend and her ex boyfriend asks her that inevitable question because he's insecure.

"Where you with anyone while we were broken up?"

So, here is she is at a crossroads. At one point, she can say--she could tell the truth and she knows he'll break up with her. And then on the other point, she could lie to him and live the lie but continue the relationship.

So, if you find yourself in a position like this, what are you supposed to do?

Are you supposed to lie to spare his feelings because you know for a fact if he finds out that you slept with someone else during the break up, he's probably going to break up with you or do you tell the truth and he breaks up with you?

Well, she lied and he find out about it a couple of weeks later and he broke up with her. Now, did she do the wrong thing? I don't know. The truth is, I really don't know. I don't know what the best way to approach every single situation is. Especially that it's a moral question. Your morals are going to dictate what you think about this lying question that we're posing here.

I can tell you what I would have done. I would have probably lied as well trying to spare my significant other's feelings, knowing for a fact that they would break up with me. And I think most people out there, at least most people I've encountered on ex boyfriend recovery would probably react the same exact way and I don't think they should be blamed for that. I don't think they're bad human beings. I don't think they're bad for lying. They're just trying to spare their significant other's feelings. And it's not like the woman who is in this situation did anything wrong. They were broken up. She slept with someone else while they were broken up. That's what happens when you are no longer in a committed relationship, you are no longer allowed to be tied down. That's the way it works but she knew for a fact that her ex boyfriend would not like this. So, she lied to him. Again, did she make the right decision? I don't know. That's a question for her. If I was in her shoes, I probably would have done the same thing and I think most people out there would have done the same thing. And then, so that's kind of a really tough question to deal with lying but then you have the lies that are good. The good lies and these are the kind of lies that I think I will sanction here on the podcast episode.

So, what is a good lie?

Is there a good lie is perhaps a better question.

Yes, there are great lies.

Imagine this. Imagine that I want to throw you an incredible surprise birthday party. I spend months planning the surprise birthday party and I coordinate with a bunch of different people and eventually after months, it comes to fruition. I have planned the ultimate surprise party and then the day comes and I'm faced with a decision.

How do I get you to the surprise birthday party?

Well, I'm going to have to lie to you. I'm going to have to say, "Hey, meet me for brunch at this exact time, at this exact location." So, you are thinking or you are under the assumption that you're meeting me for brunch at this exact time whereas when you actually show up for brunch at that exact time, you are in the midst of a surprise birthday party! Which is incredible right? That would be a good lie.

Now anonymous, let's get to your situation. You lied about the fact that you had a date. I do have a couple of issues with your lie. Your lie is easy to see through. You're clearly trying to make him jealous and there's a specific way if you're going to make him jealous that you need to approach things. One thing for sure is, I know for a fact that since this is a lie, he probably will find out about it. How do I know that? Well, it just is common human logic.

Number one, you are a single mother and you probably don't have the time to go on a date. I know that from personal experience of watching my baby even being married. We didn't have time to do anything for months.

And then you have to take into account the fact that he will probably look on Facebook or any other social media--mediums that you are friend on to see about this date. To see what you're doing on the day of the date. So, he will probably find out that you are lying and the way you used it is a little too obvious. There's a very subtle art to jealousy and there's a specific thing that you have to do with jealousy. You were right to try to make him jealous during the no contact rule. That has been proven to be an effective method to get your ex boyfriend back.

The problem with it is you were too direct with it. I'm a very big fan of indirect jealousy. I find that often times all you have to do is give people little rope and you know, they'll do the rest of the work themselves. So, what's a perfect example of indirect jealousy? Well, maybe if you do find the time which I realized is going to be extremely difficult for a single mom, maybe you go out with a guy friend and take a few pictures with the guy friend but don't kiss him or get kind of all lovey dovey with him. Take pictures with the guy friend. Post it. That will often times be enough to make your ex boyfriend jealous. That is a good way of using indirect jealousy. Notice how you're not directly telling your ex boyfriend that you're going on a date. You are showing him in an indirect way through social media that you are on a date and you don't have to lie because technically even though if it's not considered a date, it's a hang out. He can do the work himself and he'll just assume it's a date.

So, there are other ways of utilizing jealousy but the thing I want to leave you with anonymous is the fact that you really do need to stay strong during the no contact rule but also realize he does have the right to see his child. So, if he does contact you about your child, keep things only about the child. You are allowed to break the no contact rule just to talk about the child and then after that interaction of talking about your child is over, you go right back into the no contact rule. You want him to understand that this is kind of his punishment for breaking up with you. It's a way of making him regret his decisions and obviously to make him miss you more.

As for the lying part, I don't think I'll recommend you to lie to an ex boyfriend unless there is some sort of good aspect to it. So, in a perfect example of a good aspect to it is the surprise birthday party example I gave you and then maybe if you're texting your ex boyfriend and let's say you know he's really big into Game of Thrones or something like he likes some sort of TV show. Even if you are not sitting in front of a TV watching Game of Thrones or if you haven't watched Game of Thrones in the past week or so, you can lie to him and say, "Hey, I just saw this incredible episode of Game of Thrones last week. It made me think of you." Those are the kind of lies I think you can get away with.

Really hard core ones that he can catch you in often have a risk with them and I am all about minimizing risk when it comes to getting your ex boyfriend back because so many women make so many mistakes and often shoot themselves in the foot and I don't want you to be one of those women anonymous. Especially since you are a single

mom and getting him back will not only make you happy but, it will make your life easier.

So, that's going to do it for this episode of the ex boyfriend recovery podcast. I'm really excited to have you listening to this podcast episode today. I hope you enjoyed it. If you want to hear more, subscribe to us on our Youtube channel or leave us a review in Itunes.

I know it sounds weird to leave a review but by leaving a review for us on Itunes, you can actually ensure that the podcast stays high in the Itunes rankings and continues to get the traffic it gets because part of the reason that we spend so much time on this podcast episodes is the fact that so many people listen to them. And if people didn't listen to them or if I'm speaking to a wall essentially where I'm not speaking to an audience, it becomes a little counter productive on our part to do it.

So, please subscribe to our Youtube channel and please also leave us an honest review on Itunes if you could. We would really, really appreciate it. This has been great. I'll see you next week.

Emcee:

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