



EPISODE 58

CHRIS (XE) SEITER



WHY HE REALLY BROKE UP WITH YOU...

X3 BOYFRIEND
RECOVERY

Chris:

Hey there and welcome to another episode of the ex boyfriend recovery podcast, episode no. 58. So, if you look around, if you are watching this on Youtube or if you're listening to this, we've made a few changes with the office here. Behind me, I have a very, very nice looking, I don't know what you call it- a logo or something and also a glass dry erase board which you can really see this really well on Youtube if you come and look.

The reason I'm telling you this is because number 1, it looks really cool. And number 2, it also helps us be more productive and helps our authority so you know that we are in this for the long run. We aren't just one of those little websites that pop up that has kind of a good run for a year. We are in this to win it, so to speak but anyways, you probably don't care about that. No. What you probably care about is learning about your ex boyfriend or learning about how men think or act in general and we have one hell of an episode for you today.

Today we're going to hear from a woman named Mckenzie. Now, Mckenzie is in a difficult situation. So, difficult in fact that she ended up sending me three voice mails. It's one of those things where, often times when you're asking someone for help, the best way to get help is to continually be open with your situation so to speak. And that's difficult for a lot of people because a lot of people don't want to let it all fly out there.

Now, what I imagined happened with Mckenzie is that she left a general voice mail like most people do and I imagine after the voice mail was finished she realized, "Oh wait. I left a few things out." And then when it comes to getting an ex back or when it comes to recovering from a break up or just getting through a break up, the more information that you can provide me, the better.

And it's a little bit difficult too because there is 90 second maximum on the voice mails that you can record for this podcast. So, what I'm going to do for you and this is something that I have--I think I've only done it once in one episode where I kind of did like a rapid fire question from a woman who just kept asking me question after question after question and it turned out that that episode turned out into being one of our top episodes ever.

So, today I'm going to be playing two of Mckenzie's voicemails. The third voice mail that she sent me has her number in it and I want to respect her privacy certainly and it really doesn't have anything to do with her situation. She was just asking me if I would coach her which believe it or not Mckenzie, if you are listening to this and I know I sent you an email letting you know that we picked your question for the podcast. If you are listening to this we are going to be doing free live coaching sessions on the air on this podcast.

So, watch out for that. We'd love to have you on but for now let's- like I said play two of her voice mails and we are going to dissect her situation and help her out the best we can. So, here you go. Here are two of the voice mails that Mckenzie sent to me.

Mckenzie

Hi,

This is Mckenzie and I really need your help. I was broken up with 10 days ago and I'm on my 9th day of no contact with my ex. We dated 9 weeks and we are both 28 years old. We got very serious very quickly. He was very expressive in making me aware of how head over heels he was for me and that he's never felt this way about anyone. It was simply amazing because we are both infatuated with one another. He invited me to fly to Milwaukee with him over the 4th of July to spend the holiday with his family which I met for the first time. I loved them and they loved me. It was awesome.

I was the first girl that he has ever brought home to meet the family. About the three weeks ago, he started acting distant. Simply put, he seemed very bleak. I was so convinced he was the one and I thought he felt the same way based on what he has expressed to me in the past. He really couldn't give me a reason for the break up other than he just isn't happy and that things just aren't right. He repeatedly told me things just aren't right. The day he broke up with me, he removed our relationship on Facebook. Around day 5 after our break up, I noticed that he hid the tagged photos of him and I on Facebook. There are 3 photos I've previously posted of him that he kept showing on his Facebook. These are photos without me but have captions referencing my

guy. I am so confused by the entire situation starting with the break up and also understanding his Facebook motives.

I'm on day 9 of no contact. I have not made a point to contact him and I have not heard from him. Please help.

Hey Chris,

This is Mckenzie again. I just sent you an audio message but I wanted to provide you with just a little bit more information to help you gain a better understanding of my ex boyfriend's current stressors in life, I guess. About 2 weeks after we started dating--keep in mind we dated 9 weeks. 2 weeks after we started dating he gained two roommates and his roommates are 22 and 23 years old and that was kind of the big change as he owns his own and he's lived by himself for quite a while. His roommates do have girlfriends. They're very nice guys but maturity level I think there is a little bit of a difference considering we are 28 years old.

Additionally, my exboyfriend, a month and a half ago received genetic testing results and he tested positive for a heart mutation in which it restricts him from working out. His Grandmother and Aunt both passed away from this and he sees a cardiologist this week but that can be stressing him out and also his work load has been crazy but I feel like all of these factors, he is taking out on me. I don't know. I just-- I wanted to give you that insight and I hope it helps but I'm so confused and I'm so thrown through a loop and yeah, any help would be great.

Chris:

Ok, thank you for reaching out to me Mckenzie. I promise you I'm going to do everything in my power to help you and your situation. Now, before I get into it, let's do a quick recap of what's going on because you threw out a lot of information and often times some of the information that people can throw out don't really matter as much as other pieces so, I'm just going to recite to you what I think are the most important pieces of information in your particular situation and I do want to commend you. The fact that you are able to get me so much information just means that the advice that I'm going to be able to tailor towards is going to be just that much better. So, here's is Mckenzie's situation.

She's currently in day 9 of the no contact rule. So, she is maybe a third of the way through. When you look at the relationship that she had with her ex, they dated for a total of 9 weeks which doesn't sound like a lot to most of the people out there and I can certainly understand that but McKenzie assures us that it was an intense relationship and it was very serious and he was a very good about telling her about how much it meant to him.

Now, where it gets even more interesting is the fact that she is actually the first girl that he ever introduced to his family which I am not quite sure I buy that. Maybe he just told you that and maybe I could be completely wrong about this but at 28 years old, which McKenzie is 28 and also her ex is 28, I have a hard time believing that this is the first girl that he has ever introduced to his family. I just have a very hard time wrapping my mind around that. At 18 I had already introduced a girl to my family. So,

I'm pretty sure that maybe he just told you that to make you feel good but I'm not quite sure I buy all of that. McKenzie. So, she met the family and it went really well then it seems like about three weeks later, things started to break a little bit. He would just constantly say things aren't right, things aren't right and it eventually caused a breakup and obviously there's this Facebook situation too where McKenzie is very, very concerned about the fact that he took down all of their pictures together but left a few of the pictures that she was tagged in but she doesn't appear in. That's my understanding at least and that was the end of her first voice mail.

And ok, I'm pretty sure using that voice mail could come up with a decent game plan but it's a general game plan. You know, there's nothing really tailored to her. It would just be sort of like, ok this is what you do which is kind of what I recommend everyone to do but that's where the second voice mail comes into play and I'm so, so happy that you sent the second voice mail McKenzie because it holds a key piece of information.

So, the second voice mail talks about the some of the external factors going on in his life that may have contributed to their break up. So, the first factor is the fact that he got two new room mates all of a sudden. A 22 year old and a 23 year old which I would agree with McKenzie, at 22 and 23 generally a man is not going to be as mature as a 28 year old man. He hasn't been through enough life experiences yet and that

could have certainly played a role in the break up Mckenzie but perhaps, I think the most important piece of information is his heart mutation.

Turns out her ex's, I believe Aunt and Grandmother passed away from a heart mutation that he just tested positive for. Man, what a blow! And of course she mentioned that his work load was crazy. So, that is the situation we have in a nutshell and the more I played around and toyed around with this episode and if you can see, I typically--I'm kind of holding my paper up to the cameras. I typically take pretty in depth notes on everyone's situation.

This part right here just focuses on the notes that I take about this situation. The rest is just kind of what I think she should do and the more I played around with this episode, the more I realized that I think this would really work well if I divided this episode up into three parts.

Part 1, is going to be talking about why I think Mckenzie's exboyfriend broke up with her. What caused him to do that when things seemed to be going so well? Part 2, is going to talk about a little bit about the Facebook reasoning. Mckenzie was very concerned about the fact that her ex had taken down his Facebook pictures on his profile of them but left a few up that she wasn't tagged in. So, I'm going to talk about that and give you my two cents on that Mckenzie. And then finally we're going to talk about what you should do going forward and I think I have an excellent game plan prepared for you.

So, let's start with Part 1.

So, why did he break up with your Mckenzie?

Generally a man can break up with a woman for a lot of reasons. I'm of the mind that actions always speak louder than words and often times when you're dealing with a break up, specifically what a man says when they breakup, you don't get a lot of honest answers and there's a reason for that. Most men don't want to be honest with you about the break up when they're breaking up with you because the real reason may hurt your feelings. And generally I try to stay away from this topic as much as possible because often times when a woman is trying to get her ex back, she's holding on to any little shred of hope that she can get and when I come in and say, "Here's what I think

the real reason that he broke up with you that he's just too scared to tell you." It can crush them. So, I try to avoid it at all costs. Not to be mean, I'm sure--when people ask me directly, I would be honest with them but often times I think ignorance is bliss a little bit when it comes to this because often times when you're trying to get an exboyfriend back, it doesn't really matter what the break up reason is. You can follow the strategy and it can be just as effective, at least I have found that to be the case.

Now, when we look at your situation Mckenzie, you're a little bit unique and it really boils down to that second voice mail that you sent me where you mentioned that he had a heart mutation. Now, this is a little striking to me because he already had a family member, a couple of family members in his family passed away as a result of this heart mutation which is horrible and I feel bad for him. You know it's a tough situation. He's basically facing his own mortality at this point. One thing--there are two things certain in life. As the common quote goes, "Death and taxes" and right here we have death.

He just was told that he has tested positive for a heart mutation of which he will probably die from one day, at least that's what he's thinking but he hasn't--he's internalized it but he hasn't said externally. So, he's thinking, "I might not have a lot of time left." And I imagine when a human being goes through or comes to that realization, things kind of get wonky. What they thought was important before, they got this information that, "Hmm.. maybe I'm going to die the next 10 years." No longer becomes important. He becomes scared. He becomes frightened and often times when I think of that movie, "Seeking a friend for the end of the world." It has Steve Carell in it. It has Keira Knightly. Essentially the premise of the movie is there is a gigantic--I think--it's been a while since I've seen it. So, don't hold me to it but I believe there's like a gigantic asteroid coming in that's going to impact Earth and blow it up and people know about this. I think it's like a month out and they realized they're just going to die.

There's nothing they can do. They've tried to stop the asteroid. There's just nothing they can do and the whole movie just revolves around Steve Carell who's life just kind of falls apart in front of his eyes because everyone's is going to die. It just really goes to show what people would do once they're realized they're going to die in exactly 30 days. There's nothing they can do about it. They just stopped caring about the things that they normally cared about. Often times, I think there was like a scene

where a married woman tried to sleep with Steve Carell because she's going to die and she's just kind of have that mind like, "Well, I don't care about the repercussions anymore." and a little bit of that might be going on.

Now, I don't think that's the entire reason why he broke up with you. He just doesn't want to stay committed right now. Maybe when he was dating you he was really gung ho about being committed but now that he realizes he could maybe die, he doesn't care about that so much anymore and I think it's almost prodded forth by this roommates that came in.

Now, you mentioned that they're really nice guys and they have girlfriends. So, I have seen situations where a man gets a few new room mates and all of a sudden, bang! You know their single roommates, they try to tear him out of his relationship to come have a hang out with them and I'm not saying that's what's happening with your exboyfriend Mckenzie but what I think is happening is they're young. They're probably not as serious about relationships as maybe he was. He sees that. He realizes, "I might not have my time as you know, I don't know how much time I have left. They're not too serious about their girlfriends. They want to go out. They want to party a lot. I kind of want to have fun. I want to live it up with what time I have left." And like I said, I'm talking like he may have 50, 60 years left. He may have 10 years left.

He may have 3 years left. I don't know. I don't know enough about the situation but internally I think this is the dialogue that's going on. I don't have all the time in the world left. I need to live it up while I can. And then of course you have work. You mentioned that his work load is insane. Now, when you couple this with the fact that he just realized his time is expiring on this Earth as a result of his heart mutation that scared him to death with the fact that he's working all the time and he's having this internal dialogue where he's thinking. "You know what? I need to live it up while I can. I need to enjoy this life with what time I have left and then have that time maybe 60, 70% of the time spent working, and then he looks at a relationship with you where you're essentially going to take up the extra 30% because relationships take work, let's be honest. You have to commit time to the other person and he's thinking, "I have no time for myself to live it up." And I think that maybe a cause of what's going on with the break up.

Now, like I said, I like to look at actions and not words. So, I'm going to go against my advice a little bit here and look at what he actually said. You mentioned he said things just aren't right. Now, he may be being honest. He may be saying, "Things aren't right between us." But if you look at it with removing you where he's just saying things aren't right with this situation, it might make a little bit more sense. And I think personally that could be what's going on. Again I can be completely off base with this but when I try to internalize it myself and look at it as my point of view. I think this makes the most sense.

Now, let's move on and talk about Facebook. What the heck is up with this Facebook pictures? So, in my opinion it's pretty much common practice to erase Facebook pictures after a breakup. I remember when I went through a break up. I went through my entire Facebook profile and got rid of all of my pictures of my ex. Why? Because I knew it would hurt me to look at the pictures and I also knew it would irk her. Now, what do I mean by that? Well, I knew-- without even doing research. I mean I must have been, I don't know, 19 at that time, the first break up I had. I knew that for a fact, she would be spying on my Facebook profile. Facebook was big back then, you know? It was like the thing. It was how we communicated. So, I knew for a fact she'd be looking at my Facebook profile. And studies have shown--I found a study by Veronica Lucks. I don't know. It's a Western Ontario graduate student. She found that 90% of people end up spying on their exes after a break up. That's staggering! 90%! So, essentially that means you have a 90% chance after the break up of your ex just strolling by your profile and I've cited this multiple times. In fact, I'm going to create a link for you in the show notes of episode no. 58 so you can actually read that study for yourself and see just how many people are actually doing this.

Now, I'm getting off topic here. I kind of do that sometimes when I get on a tangent. The thing that we have to really look at here is that it's specifically meant to irk you and I think it is. I think that fact that he is taking down his pictures means he knows you're going to look. He knows maybe it hurts him to look at things with you because let's be honest, the relationship went great. It's kind of hard especially if we follow in that line of mortality type thing where he's thinking, "I might not have the most time left in the world even though this is probably the best girl I've ever dated in my life. I don't want to get tied down because I want to live it up." Maybe it hurts to look at those pictures because things were so great with you but the fact that he left a few up that you were tagged in, I wouldn't read too much into it. It means he may be try-

ing to irk you. I'm not going to lie about that. He may know that you're going to come looking around. You're going to find the tagged ones and it's going to annoy you and you're going to kind of project your feelings onto him and not get over him. And men loved to be admired, let's not lie. Men love it but it also could just be a simple fact of he's getting rid of the Facebook pictures, you're not in those particular pictures, he didn't see a need to remove them. You like the way he looked in them, so he decided to keep them up. It could be as simple as that.

Either one, 50/50, if I were a betting man, which I'm not because I'm horrible at it but if I were a betting man, I would probably put all of my stock behind the fact that he was just removing all the pictures he could. You weren't in those pictures even though you were tagged, he just decided to leave them up. It's less work. It can be a pain in the butt to go and erase a bunch of pictures especially if you have like 800 pictures with that particular person. That's a lot of work just to remove all those pictures. I think a lot of times women get really stuck on this idea of, "Oh my god he left a few pictures up of me on Facebook." That's small stuff. Honestly, if you're trying to get your exboyfriend back, that's not going to mean anything in the grand scheme of things. Just because he left some pictures of you, it doesn't mean anything. It's not going to help you get him back. So, I wouldn't worry about it if I were you.

Now, perfect segway. What should you do now that maybe we have a better understanding of what's going on with him, why he broke up with you, the Facebook profile stuff, everything. What should you do going forward Mckenzie? Well, honestly, there's not a ton you can do different than the general strategies that I teach in exboyfriend recovery pro which is my top ebook. It kind of detailed into a strategy of what you need to get your ex back and on the website. I am going to give some personal advice though Mckenzie because I know that's what you are wanting.

So, when I thought about this situation, I thought--for a good hour, I've been prepping for this particular podcast. I thought he has probably broken up with you as a result of the heart mutation thing. He facing his mortality, he realizes, "You know what, I need to make the best of my time on this earth and being in a relationship is going to tie me down. I'm not going to be able to have fun. I don't want to hurt her."

So, I think the best thing for everyone is if I just break up with her. Things aren't right. Blah blah blah. We know the story. We get it. ok? Now, here's the thing. One of

the most fulfilling things that you can do on this earth and take this from someone who's married in a lifelong commitment with someone, is to have a committed relationship, is to have children. These are the things that enrich your life and he's going to come to that realization at some point. You can do everything in this world but there's something about having a committed partner. Someone you can trust implicitly, someone who you can start your life with, buy a house with, have children with, start a family with. There's just something about it. Human beings are the only animals on this world who try to stay and get committed. Perhaps that's not entirely accurate but we are one of the only animals in this world that try to have committed relationships with a person for life.

You know you think about other animals, how they just mate, they move on. They mate again, they move on. That's kind of the way of life. That's how they survive. We're one of the few animals out there that try to stay mated with a partner for life and there's just something special that and eventually he is going to want to experience that too.

So, I think what we have here is kind of a little bit of The Grass is Greener Syndrome. The Grass is Greener Syndrome maybe spurred on by the fact that the heart mutation has come up. People in this particular family have died from this heart mutation thing. It's a really scary thing to go through especially if you are frightened that you are going to die from it. So, that action that what happened there spurred him to break up with you and try to live life to the fullest. Grass is greener syndrome, he's thinking, "Ok, I kind of know what I got here. I kind of see where this is going with this McKenzie girl. She's probably the most incredible girl that I have ever dated in my entire life but I want to experience more of life. "So, I think we have a little bit of The Grass is greener syndrome but that actually is really good news for you McKenzie and I'll tell you why.

The fact that your relationship with him was so good, you know before the break up, nothing was going wrong. He claims that you were the first girl he ever introduced to his family and that's a good sign if that is true. Personally, I don't think it's true but that's a good sign if it is true because it means things are very serious with you and he was feeling things with you that he hadn't felt with other women before and chances are, when he does meet other women out there, He's going to use you as the ultimate comparison.

Does this new girl stand up to Mckenzie?

And the fact that you kind of broke up when you were in the midst of a honeymoon period, you know you had this unforeseen thing when the heart mutation happened but the fact that you broke up and you were in the middle of the honey moon period means it's going to be really hard for him to enter into a committed relationship and have the girl stack up compared to you and that's really good news because that means when he does eventually come around to the realization that, "You know what. Maybe a committed relationship is what I want. Maybe a family is what I want. Maybe having someone like Mckenzie is what I want. Oh, wait. Mckenzie. I wonder how she's doing?" It can be kind of easier to get him back, I'm not going to lie.

Now, let's talk about you specifically. One of the things you did is you left me three voice mails. Now that tells me that you are-- you want him back bad and this is really internally bothering you, you know? And I think women, often times who come to exboyfriend recovery, they have a tendency to let the situation with their ex just bear them down completely. Now, what do I mean by that?

Well, women who come to ex boyfriend recovery, they go through a breakup and it's horrible right? Everything about it hurts them inside and then something else happens. They let that kind of seep into another part of their life and it brings that part down. It's kind of like quicksand. How you get stuck in quicksand and you know you move and you kind of go down further and then you try to move again to get out of it and you go down further and further and further. You know, one bad thing happens and you try to compensate to improve that bad thing and then another bad thing happens as a result then eventually you're just up to your head in sand. We don't want that to happen Mckenzie and I think the fact that you reached out to me so many times, the fact that this is bothering you so much, you are at risk of having that happen to you. I don't want that to happen to you and so what I'm going to do for you is that I think what you should do is make yourself feel good.

Bear with me here. I know it sounds weird but women who are trying to get their exes back often times come from a place of obsession. They are obsessed in trying to get their exes back. Studies have been done that prove that when you go through a break up, the same chemicals in your brain that are released are the same exact chemicals that are released in a drug addict. Now, think about that for a moment. When you

go through a break up, you go through a withdrawal. You go to the same type of withdrawal. Assuming the connection was strong enough that a drug addict would go through. Now, that is scary. I think women who approach a situation from a happier place as opposed to a negative place which is what most women who come to ex-boyfriend recovery do. They try to approach their ex in a negative way. They're down on themselves. Their self esteem is low. They haven't felt good about themselves and they don't get their exes back.

Whereas you have a woman who comes and tries to get their ex back and she's excited about herself. She feels good about herself. Maybe she read a new book and it made her feel good. Maybe she's feeling good because she got into the best shape of her life. She looks better than she's ever looked before. Things are different. She's more confident. She knows more about history. She has more topics to talk about. Something tells me that particular woman is going to have an easier time of getting her ex back. As opposed to someone who's just obsessed with her ex and has nothing new to bring to the table.

Don't get me wrong. Getting an ex back is not easy. Anyone who tells you that it's easy is lying to you and with that point, anyone who tells you that you can get your ex back a 100% using this particular method is also lying to you. I can't guarantee that you're going to get your ex back McKenzie. All I can do is give you the particular skills, the particular tools necessary to improve your chances. And I think the best way for you to do that is to literally take care of yourself.

Do things that make you feel good. Pick up a new hobby. Read a book that really is addicting. That you want to continue reading. That something that really speaks to you. Learn a new skill. Work out more. Become more beautiful. Buy clothes. Get haircuts. Maybe clean up some of the acne that you're insecure about. Maybe, get your teeth whitened. Do things that are going to make you feel good. Do things that only benefit you. I can't stress that enough. Too many times, women beg for their exes back. Too many times women crawl, pleading, hoping that their ex is going to come back if they just say this one magic phrase and it doesn't happen. I'm sorry to break it to you. It doesn't work like that. Women who do that are not doing anything to benefit themselves. When you take an action McKenzie, when you do something, I want you to ask one simple question, how does this benefit me? If you can't say this benefits me in this way and it's positive, I don't want you to take that action. Do you understand?

Do things that make you feel good. Try not to think about your ex. Seriously, I know it's weird but if you think about your ex too much, you're playing into that addiction withdrawal thing. Don't think about your ex. Don't worry about him. Worry about yourself. Take care of yourself. If you've read my website. If you've gone--you read the books, you've read exboyfriend recovery pro and you know what to do to get him back, you know the strategy that we have found that works best but often times I can lead a horse to water but I can't make it drink. I can't help the horse have a specific mindset. That's up to the horse. I can give the person the exact strategy that will improve their chances substantially to get their ex back, but if they're not in the right frame of mind, if they don't have what it takes to get their ex back, there's no way they will ever succeed. Which is why I can't stress enough how you need to have a mindset of just making yourself feel good. It's going to play into other areas of your life. Instead of sinking down into the quicksand, you're going to sink up. You're going to get out of the quicksand. You're going to be able to walk away. You're going to be able to walk to your ex. And we talked about your situation Mckenzie, we know that your ex is facing his own mortality. He's afraid of dying but eventually he's going to want to experience a committed relationship and he is going to use you as the benchmark for other women.

He's going to say, "You know Mckenzie was better. You know this girl has a lot going for her but it didn't feel like it did with Mckenzie. " And the more that happens, the more your chance of getting him back increases. Are you going to get him back in a couple of months? Something tells me you're not. I'm just going to be honest with you. I don't want you to lead on it. I don't want you to think you're going to get him back in a week ok? You can do things to stay relevant. Often times, I think really the biggest proponent for him coming back to you Mckenzie is just him working through internally whatever he's feeling. Once he comes to the realization that he wants a commitment, he wants a relationship, he wants to get married, as long as you stay relevant, as long as you project yourself in the positive way into his life without seeming pushy, without seeming begging. Begging--that doesn't even makes sense. Without seeming like you're begging for him back. That's kind of what I was trying to say. You're going to have a great chance.

So, that's going to do it for this episode of the exboyfriend recovery podcast. I know I got a little bit preachy at the end there but I think it's for the best Mckenzie and I think you, going forward, if you listen to my advice, if you just do things that make you feel good. If you simply focus on every action I take has to benefit me in some way

shape or form, if you can say yes, this action benefits me and say no to the actions that don't benefit you, you are going to be in a great spot of your life and you may find that you meet someone new and you may find that your ex comes back to you. That is kind of the best advice I think I can give you. Take care.

