

BY CHRIS SEITER



THE
SUCCESS
STORY
REPORT

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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.

☐ Val

Submitted on [2015/02/24 at 5:57 pm](#)

[94.227.29.186](#)

[The Definitive Guide To Using Facebook To Get Your Ex Boyfriend Back](#)
[561](#) [View Post](#)

Hey Chris!

I followed your tips about how to make the best profilepicture. And I must say ... you are ABSOLUTELY right!! I did the backlighting, friendly stare in the lens, nice color sceme, etc. The whole shebang!

My god! The men went wild! So girls listen to the manwhisperer 😊

My ex and I aren t friends in facebook but when he browses and sees that pic he will surely know what he is missing!

Thanks so much!

Reply to Comment

[b](#) [i](#) [link](#) [b-quote](#) [del](#) [ins](#) [img](#) [ul](#) [ol](#) [li](#) [code](#) [close tags](#)

Hahaha I am totally saving this comment for proof that people who listen to what I say get results!

Cancel

Approve and Reply

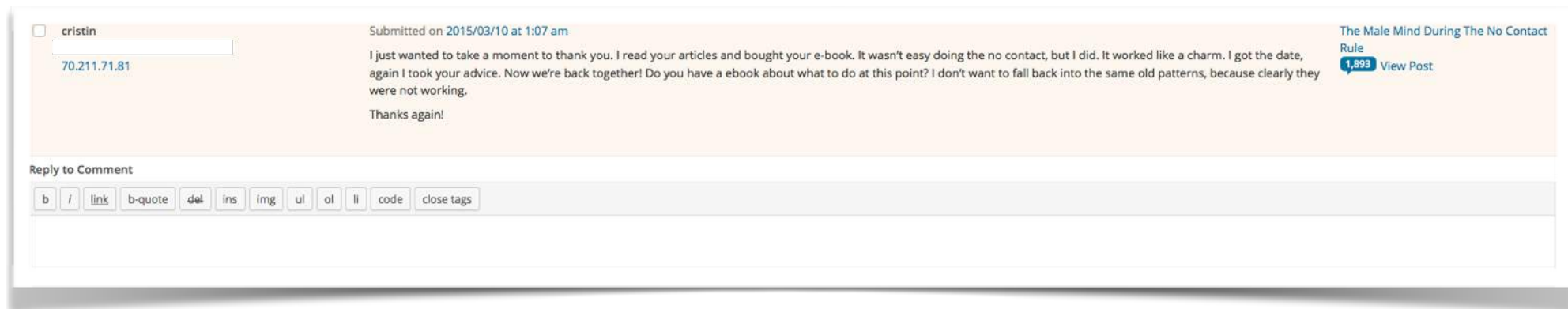
Success 2: Facebook (Using Social Media To Your Advantage)

- 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.

Shannon

66.87.137.157

Submitted on 2015/03/15 at 6:10 pm

Hi Chris! So first off I wanna say you're a genius! Things have been going awesomely with my ex and I did everything you said. We were texting and he brought up that I should come over his house so Friday night I did. It was great!! We talked and had a good time and he brought up getting back together and asked me what I thought about it and stuff. He said he's definitely going down that path of us getting back together. And then we just started talking about stupid stuff and out of no where he kissed me! And then we started to make out and things got hot and heavy but I left before it went too far. We've been texting and stuff and he's only home for the weekend so I have a couple questions.

We hung out Friday, he told me he was gonna see me again and I asked him to hang out tonight (Sunday) but he's sick. He's going back to base until Friday night and he only has until Sunday night and then he goes back to base. He comes home usually every weekend. Should I ask him to hang out when he's home or should I let him initiate it? And should I go into mini nc periods? Right now he knows I want to get back together and I want him to think I'm harder to get back than I really am.

What Your Ex Boyfriend Says Vs. What He Really Means

22 View Post

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.



Erika

82.227.145.66

Submitted on 2015/08/25 at 8:37 pm

Dear Chris,

I have been an avid reader of your website. And I just wanted to let you know that thanks to your precious advices, I actually got my boyfriend back! Telling me he was an idiot to think about leaving me and that we should get back together. I accepted, carefully but happily. We didn't broke up because we had a bad relationship, because actually it was great, but it was what you described in "will he break up to protect himself". I don't know where our relationship will go because I still cannot read the future, but we both agreed on working on it, and I am hoping for the best for us.

So I really wanted to thank you, and also tell the other girls, that yes, it is possible!


How To Keep Your Ex Boyfriend Once You Get Him Back

View Post

136

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.

☐  Scott
74.71.143.224

Submitted on 2015/02/27 at 10:23 pm

How To Get Your Ex Girlfriend Back If SHE Cheated On You
151 View Post

I can attest that NC absolutely does work - I've employed it at the end of several different relationships and whether it's a month, three months, or six months, you will get a call or an email. This is usually at the end of the relationship or fling that ended yours. And around the time the fog clears and you're starting to move on.

I've gotten back together with that person each time - and each time the same issues came up again and the relationship failed. And the swim back to shore is much farther at that point. So my advice would be to move on. Friend zone them, if you must, but don't take them back. You will wish you had let them go the first time around. Have a good life and make them regret having let you go in the first place. Like the article says, they will pedestal you because they will respect you.

Reply to Comment

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Awesome Scott!

So glad you commented here!

Cancel [Approve and Reply](#)

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

☐ Jen

41.58.96.206

Submitted on 2015/03/23 at 5:42 pm

Hi Chris,

I did a successful 30day NC on my boyfriend. I had previously posted here that my boyfriend saw me kissing my best friend and he broke up with me. I originally had begged him and sent a message before i found this site. Like you've mentioned here many times, no two break up cases are ever the same and there are really many variables that can come into play to make the situation simple or complex as the case may be. For me, it was complex. I live with my boyfriend but i travel for work 3weeks a month so that helped a great deal as i had to leave for work a week after. When i got back home after 3weeks, he had travelled for work and he came back 1week after which was coincidentally the 30th day of my NC. He initiated a conversation and told me he would like to get past this and work things out and now we've made up. I'm putting all the advice on this site to use as they will all come in handy in handling post breakup/makeup life. Certainly, many things have to change.

Thank you so much Chris. I must say that i believe NC works. Because he specifically mentioned that he just couldn't imagine life without me. I know that would've been different if id been all up in his grill being a gnat. Please keep up the good work and thanks for responding to comments in the comment section. It goes a long way in helping people convince themselves they're doing the right thing and getting a clearer perspective of their unique individual situations.

How To Get Your Boyfriend Back
If YOU Cheated On Him
1,191 View Post

Reply to Comment

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Thanks for the testimonial!

Hopefully others read this and gain inspiration from your story.

Cancel Approve and Reply

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.



Manny

68.61.82.67

Submitted on 2015/02/27 at 11:38 pm

Using The No Contact Rule (Everything You Need To Know)
95 View Post

Hey Chris,
I just wanted to point out that the four month no contact rule worked like a charm(yes four-month no contact). I got the same exact text in your description (Omg I haven't heard from you in forever!!). I was that one kid who constantly texted his ex hoping she would come back. She told me to fuck off and that's when I ended it for a good 4 months. I started to change myself, and climbed to great heights. I made the first move and contacted her, and it seems like she missed me a LOAD. I guess she found out I became that "alpha male" through social media.

Reply to Comment

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Wow, four months is definitely long.
Good for you Manny!

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.



Max

132.147.81.49

Submitted on [2015/04/26 at 1:54 pm](#) | In reply to [Max](#).

You know, u can charge for dishing out advice and should! It's more personal than the book. I know i would pay u for your personalised coaching than getting the book – no offence pls. Your experience is extremely helpful!
(just my views – dont need to make this comment public).

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.

Zoe Roxby

176.24.7.52

Submitted on 2015/04/05 at 6:08 pm

Hi Chris

My husband broke up with me 4 weeks ago after being together for 16yrs married for 13yr with two children. I tried the MC rule and just today he turned around and said to me he wants to get back together with me. He told me he had never fell out of love with me he was just lost with his depression. We both agreed to take things really slowly and to still live apart for now. Which I think is a good idea after all the progress I have made with myself for myself becoming the UG worked a treat too. Loosing weight, getting a new hairstyle buying some new clothes it all worked at giving me my confidence back after the break up. Then I also used a little jealousy tactic too saying that he clearly doesnt want to be with me so I might as well find someone who does after I work on myself a little more. But all the advice in your guides really helped. There were a few times when I really lost hope in it all but I kept to it doing the little exercises too about writing down the good times we had, his likes and dislikes, what I appreciated about him... It all gave me a better mind set to prepare myself to move forward. I can honestly say that if I never "stumbled" upon your guide I would probably still have been the depressing, whiny, emotional wreck today. So thank you from the bottom of my heart. I feel whole again but still going to keep what I have learned here and put it into our relationship and keep going on the way I have been. Thank you once again Zoe and Family xx

EBR 029: How To Deal With An
Angry Ex Boyfriend
0 View Post

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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.

Sarah [redacted]
To: cfwebvoyager@gmail.com
I got my boyfriend back!

April 20, 2015 at 5:54 AM

SB

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 he's 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).

He's 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.

I'm very confident in the fact we will be getting back together officially, it's still early days but thank you 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 it's 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 it's going to be a much more even-level relationship. I'm looking forward to what my future has in store.

Again, thank you 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!

Lily

208.108.127.249

Submitted on 2015/03/25 at 2:23 am | In reply to admin.

I KNOW!!! He has been absolutely wonderful, we're both so happy!!! I'm going to listen to this podcast and read the "what to expect when you get your ex boyfriend back" article. I will never be able to thank you enough, without this website I wouldn't have gotten him back!!!!

EBR 012: How To Get Out Of The "Friend Zone" With Your Ex Boyfriend
60 View Post

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Success 14: Lilly!

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

☐ Taryn
24.39.201.100

Submitted on 2015/04/06 at 1:10 pm
Hi Chris!
Hehe so Ryan and I finally got to see each other! It was so great :]
He had spring break last week and the weather was finally good. So he came to see me before I went to work and we spent some time together. And we will be seeing each other again soon. It took an hour and a half for him to drive to me.
I would say that he and I are a success story. Because we were never an official couple before breaking up in the first place. Now we are where we left off and moving forward :]

EBR 004: Breaking The Long Distance Barrier With An Ex
62 View Post

Reply to Comment

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TARYN!!!
I was hoping I'd

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

**Abby**
50.5.10.117

Submitted on [2015/05/10 at 10:26 pm](#) | In reply to [Abby](#).

How To Get An On Again/Off Again Boyfriend Back
19 [View Post](#)

Chris, nevermind! A few days after my initial texting him, I texted him again and we had a short conversation. Later that night his friend called me saying that my ex was scared to call me but NEEDED to talk to me...when we met up he cried like a baby and begged for me back! He begged for ME to take him back! 😊 thank you for all of your helpful articles Chris, I followed the instructions in them very closely and got the results.

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.



Marie

66.177.73.6

Submitted on 2015/04/25 at 5:32 pm

Chris...I can't thank you enough...after purchasing your Ex-BF Recovery Pro book, and getting your personalized advice above, I am successfully back with my ex and we are happier than ever! NC worked flawlessly...he did sleep with someone, which hurts, however he said it made him realize how much he truly missed me. He admitted to keeping up with my social media, and seeing how well I was doing. He even talked to my roommate. Once we started talking again, it took one week for him to ask to get back together and for me to move in with him! I have ended my night job, and he has helped me update my resume so I can get a day job while I am finishing my degree. Everything has just flawlessly fallen into place...I'm still in awe! Thank you, Thank You, THANK YOU!

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

☐ sadgirl_janiceD

177.16.241.25

Submitted on 2015/03/29 at 10:24 pm

hey Chris, I just want to say you are a genius, I think you are my fave writer after Aldous Huxley and I want to thank you for all your advice!! You are really wise! Lol I left previous comments about my situation (my alias 'sadgirl' and 'janiceD', I talked about a pretty chaotic online LDR). I stuck to no contact and after 17days he unblocked me on facebook and sent a messaged saying 'i miss you'. I haven't replied and I don't know what to do. I don't feel ready to talk to him and I wonder why he is messaging me. Remember his excuse was that he wasn't blocking me but he was blocking himself, he didn't want to be aware that i was online because he can't resist me. This guy dumped me because of another girl told him she was trying to get a Visa and would buy a ticket to meet him this month while I didn't do anything to pursue him. It's MARCH 29 so I thought he would be having fun with the other chick but I guess he was dumped or she changed her mind and won't visit him anymore. I don't know why he got in touch. I cried all these days, lost weight, look really bad and I'm depressed, I'm not ready to talk to him and pretend everything is cool. Maybe he unblocked me and is saying he misses me because the other chick dumped him and is not going to visit him in his country anymore? Maybe he is bored? Maybe he wants to get his ego stroked and test if I still like him? I don't want to be his emotional tampon or fill the gaps while he is with someone else or even if he is alone. And i don't want to entertain him until he find someone better.
I need to work on myself, this whole thing affected my self steem even though it was just a LDR. Your no contact rule works and your advice about working on being a better version of ourselves is totally right. Listen to Chris everyone. If someone else read my comment, please try to work on yourself while you are doing no contact. I didn't do that, I'm depressed like hell and feel powerless. I will stick to no contact because it's been only 17days and I do not know his intentions. Saying he misses me is not enough in my book, he doesn't know how rejected I felt. Thanks Chris for everything and I'm sorry my comment is messed up, my mind is a mess. I just wanted to keep you updated.

What To Do If Your Ex Boyfriend Blocks You

684 View Post

Reply to Comment

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Aldous Huxley...

Hmm... that is some serious company to be compared to!

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

**Brooke**
173.60.62.223

Submitted on 2015/05/30 at 2:11 am

[How To Ask Your Ex Boyfriend To Be In A Relationship With You](#)
96 View Post

Hi!

So I thought I would give you feedback on what a success your advice has been-as if you didn't already know. So I started dating this guy back in November. Things were going fairly well. He was interested in seeing more of me. We went to a christmas party where he met my friends...again all went well. Right around Christmas and New years is when things came to a halt. He was less interested, didn't want to make plans, and not really responsive.

When it came to "the talk" he claimed he liked me, but just wasn't ready for a relationship. So, naturally, I sent him an email that said in a nutshell I am looking for something more than what is going on and I wished him well. This was back in February.

There has been no contact, I mean zero, for about 3 solid months.

A few days ago, I get a text from this guy with an apology regarding how he treated me. He says he reached out to me because he liked all the qualities about me and wanted to see how things were going. He also stated that he wants to "reconnect".

I have seen a few changes in the few texting conversations we have had.

I have followed some of your rules like end the conversation on a high note, slowly leading into texting more, and keeping him intrigued.

Not only has he apologized, but he also set a date 5 days in advance! He explained that where he was at in the past is no longer where he is at now.

I feel like although I was not purposely doing a no contact, it seemed to work in my favor. I am thinking that just maybe things will be completely different this time around!

Regardless of the outcome, I just thought I would share some positive feedback!

Thanks for all that you do!!!!

Brooke

ply to Comment

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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...



R

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. Vveeeellllll, 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. 😊

R 1, fiance 0,

I'll invite you to the wedding. 😊

Thanks a ton, you saved my ass big time!

R

REPLY

Tina Tinkerbell

197.79.2.47

Submitted on 2015/07/01 at 7:43 pm | In reply to Tina Tinkerbell.

Seduction 101: How To Seduce Your Ex Boyfriend
0 View Post

Chris, how utterly bloody rude of me to forget to say THANK YOU for getting me this far. Your guidance on here is the only thing that has gotten me through the breakup. I've read and reread all your articles. I took no contact all the way to 6 months, because I believe 100% in what you are saying.

I want to say to all the other women reading this: please READ what Chris is saying in his articles. Study it! His work is well researched and thought out. He knows what he is talking about. Try to control those emotions, as overwhelming as they can be, and think logically. I am one of his "mature" students and even I have learned so much from him. Trust what he is sharing with us on this site and you will have a much better shot at getting your ex back.

Reply to Comment

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If I'm Peter Pan that makes you tinkerbell!

We can be the "ex back" version haha.

Thanks for the kind words. I really appreciate it

Success 21: Tinkerbell

- I'm brilliant what can I say?

Tiffy
139.192.61.5

Submitted on 2015/06/05 at 12:51 pm

How To Get Your Ex Boyfriend Back
-Version 2.0-
753 View Post

Hi Chris,

Hello from Indonesia! (do you know where it is? haha) ok, I just want to say THANK YOU SO SO MUCH for incredible website that you created!! Now, I get back together with my ex-boyfriend and YOU were the one who helped me a lot.. I implemented THE ULTIMATE 30 DAYS NC like what you highly suggested and it makes him missed me. After we got back together, he told me that he missed me a lot, missed spent time with me and even though he had a date with other girl he said that he didn't get the same feeling like when he was with me 😊

You and your website has been my number one source to get some strength and built back my confidence during my miserable time after the breakup. Now we get back together and it feels like our relationship getting stronger than ever.

Once again THANK YOU SO MUCH Chris! And send my hello too to your gorgeous wife 😊

Big hug!

note: go visit Indonesia!!! 😊

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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.

Re: Neal Vs Mark Day 4: Let's Size Your Situation Up Inbox x



sakunda I

to me ▾

MR.Chris you totally saved me,i am nearly getting my EX GF back with ur opinion!She followed me back!this is all because of you MR.chris!you are the survivor of both of us!
Thanks a lot!
I don't have words to thank you!

On Mon, Oct 12, 2015 at 7:41 PM, Christopher Seiter <chris@exgirlfriendrecovery.com> wrote:

Welcome to day 4 of this training.

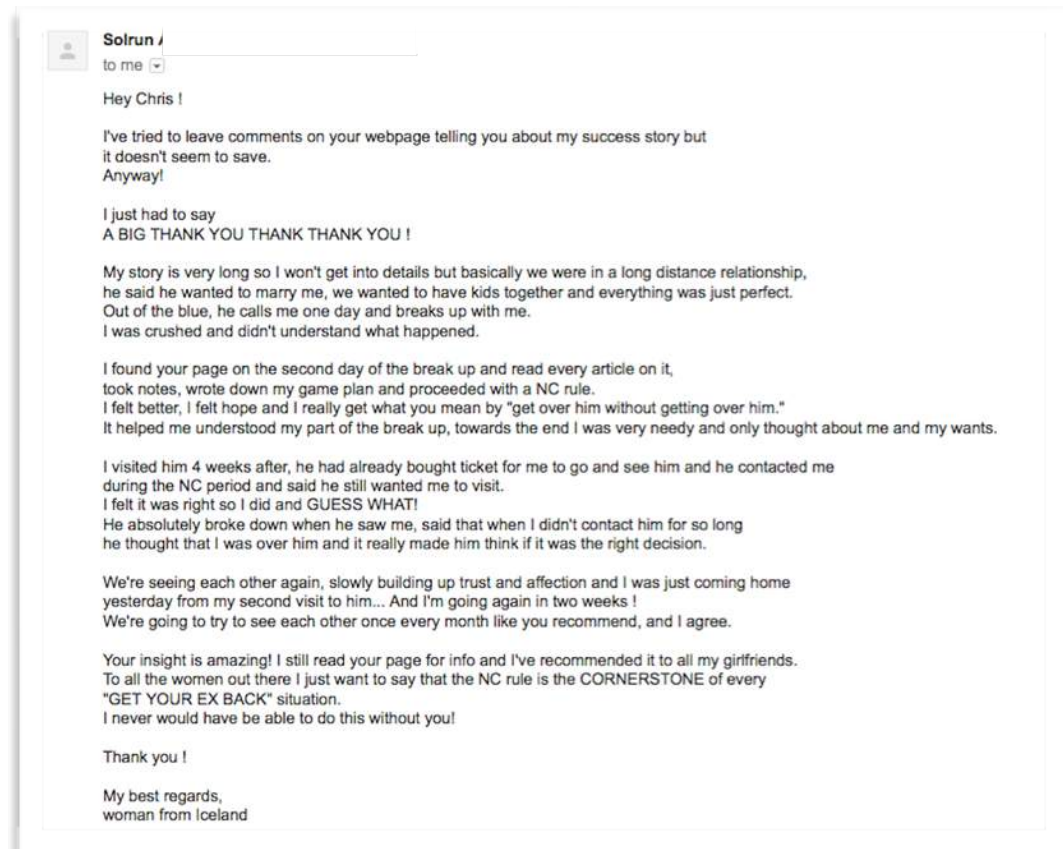
Did you notice how this little course started out as a simple commentary on the Marks of the world versus the Neals of the world and turned into a full blown training course?


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



 You Were Right!!!!!!!!!

24.32.235.82

Submitted on 2015/09/22 at 5:54 pm

Chris -

As I sit here with tears in my eyes, all I wish I could do in this moment is give you the biggest hug. My bf broke up with me at the end of Aug. For the next 2 days I chose to be kind to him and say I knew he didn't really mean it. It was my way of begging, without showing desperation as I've done in the past. On the 2nd day I said I love you and he didn't say it back. I realized he actually ended it. I was stunned, terrified, weak, and worst of all hopeless. I remembered your site and looked it up. About 6 mos ago I learned about your site and tried NC - and in fact he came back, though I didn't hold to the 30 days. It only took about 2 wks. This time around I wanted to be stronger, today marks 20 days of zero contact. I have gone through the range of emotions, and on various days I've considered giving up. Others sites suggest how awful NC is and how I could actually be driving him away. I did what I have little capability to do for anyone - I trusted you. After 5 days he sent me a msg saying he missed me and hoped I was ok. Then nothing. It ate away at me. 10 days in, 14 days in, 16 days in... just agonizing, wanting to come to you and ask if he even remembered me anymore. Yesterday I was breaking down, despite all the ways I have become a stronger woman (also by your advice). But, I just checked my email today and there sat one from him... The first words I see across my screen are "My dearest friend..." I can't tell you how it jolted my soul. He wrote a loving letter, saying all I mean to him and always will. He asked me to contact him. Its particularly touching because he wrote it on the day of our 18 mo. anniversary. I was breaking but with your help and all of the hours you've spent explaining everything, I managed to hold on. I haven't responded, and don't think I will yet. I considered making it a 21 day NC, but perhaps I should continue on to the 30 days. I want to get it right. By the way, we are in a LDR. You helped me pinpoint what was going wrong that led to this and its because he once saw me as the unforgettable girl, and while I thought he would love knowing I am his forever, I think it did take away some mystery and excitement. In the time apart I've been transforming myself and making a life for ME. Now rather than living for US, he is just a part of my world. Please know when I say this, its sincerely from the bottom of my heart... Thank you. — Ladies - please be strong. I am the weakest woman in the world when it comes to the man I love, haha... but if I can do it, anyone can do it!!! :)

[The No Contact Rule \(Version 2.0\)](#)

[View Post](#)

108 ⁹²

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.

Brayden

96.53.206.145

Submitted on 2015/03/06 at 2:40 pm

Hey Chris I really appreciate this post. So the girl I cheated on has given me my second chance what do I do now?

How To Get Your Ex Girlfriend Back If YOU Cheated On Her

123 View Post

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You make sure you make the most of that second chance my friend.

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 😊 thank you Chris for your awesome website and advice!

REPLY



CHRIS

November 1, 2015 (Edit)

Well this is just awesome.

Thank you Mystery Man.

I really appreciate you taking the time to comment.

Ashley

76.178.149.229

Submitted on 2015/03/07 at 6:51 pm | In reply to admin.

EBR 003: Does Having Your Own Life Help You Get Your Ex Back?
25 View Post

Hmm, I can tell you that there was a 30 day step by step product that I found to be so interesting that I did end up buying it!

I actually purchased your book a week and a half ago, and I found a lot of what was in it to be extremely helpful! You did an excellent job with writing it, and it is continuing to help me in this NC period. Heck, I even decided to apply for the MBA program so I would graduate with my masters by 21, since I'll be graduating with my BA by 20. Your book has reopened up my ambitious side that I think I lost a bit of during the breakup. I feel as if no words I say will even come close to describing how awesome you are for putting so much time into helping people and offering all your fantastic wisdom! And it makes it even harder after reading your book.. So here is my lame thank you 😊

P.S. I also said I was wise and then spelt "hear" as "here".. How convincing is that hahaha

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Good for you Ashley!

Thanks so much |

Success 28: Buy The Product

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



Brianna

162.158.76.83

Chris!!!!

It worked. I came to your site back in August when my ex left me for another girl. He said it was because of distance (but why couldn't he just break up with me instead of cheating on me? *eye roll*). In the beginning, my mind must have been clouded from the hurt and shock because I actually wanted him back. So, I implemented your system and went into a super successful no contact period. I slacked when it came to using social media, though. He responded the first time I texted him after NC but didn't respond the second time (in retrospect, I realize that he hates MEMES). Some time after I failed to get a second and third response, I just realized that he's the scum of the earth and I moved on with my life. I started posting a bunch of cute selfies on snapchat and he started to look at them, but I never looked at his. I decided that he was dead (like, oh no, someone hacked this dead guy's account. Tsk tsk. Rest in misery, scummy ghost of my past). The day after Christmas, he hit my phone and spouted some nonsense about wanting to apologize for cheating in person. I politely declined and now he keeps texting me. Soooo... Yeah. Patience is key, I guess. You're so awesome, Chris. If I ever have an ex boyfriend worth getting back, I will DEFINITELY be stalking your site. Thanks a bunch!!!!

2016/01/13 at 2:49 am

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Awesome Brianna!

Just awesome.

Do you mind if I ask you a few questions about what you did specifically to get him back? I would love to feature you (anonymously of course.)

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!

REPLY



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 [redacted]

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 [redacted]

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.

From: Nadyne [REDACTED] <[REDACTED]>
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 [REDACTED] 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

From: "Maureen [REDACTED]" <[REDACTED]>
Date: Fri, January 16, 2015 9:47 pm
To: "Chris Seiter" <chris@exboyfriendrecovery.com>

Ha ha. I don't need a copy but I listened to your advice & was dead silent for 3 months. Now I'm married to him. Lol

Sent from my iPhone

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,

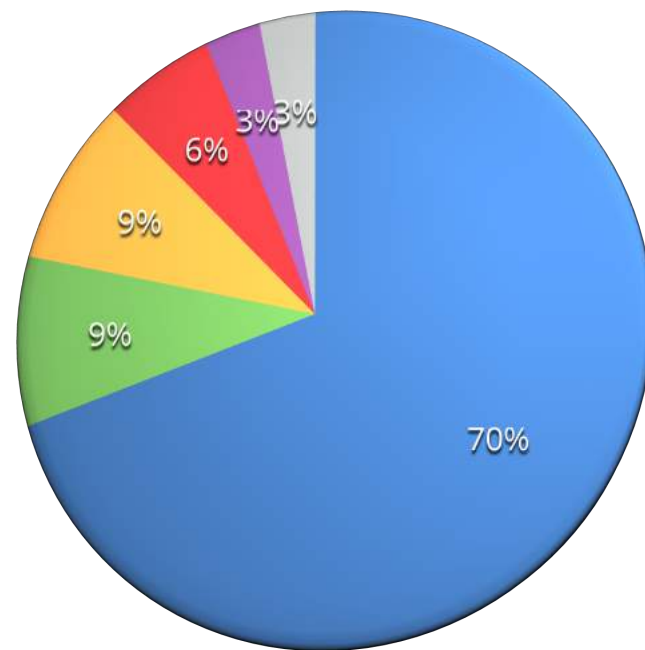
- You can have a long distance relationship breakup
- A general breakup
- A breakup where cheating is involved
- You get the picture

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

General Cheating Ex Moved On Long Distance
Marriage Being Blocked



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 everyone’s 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. Anyway, let’s 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

☐ Val

Submitted on 2015/02/24 at 5:57 pm

94.227.29.186

Hey Chris!

I followed your tips about how to make the best profilepicture. And I must say ... you are ABSOLUTELY right!! I did the backlighting, friendly stare in the lens, nice color sceme, etc. The whole shebang!

My god! The men went wild! So girls listen to the manwhisperer 😊

My ex and I aren t friends in facebook but when he browses and sees that pic he will surely know what he is missing!

Thanks so much!

The Definitive Guide To Using Facebook To Get Your Ex Boyfriend Back

561 View Post

Reply to Comment

b *i* [link](#) **b-quote** **del** **ins** **img** **ul** **ol** **li** **code** **close tags**

Hahaha I am totally saving this comment for proof that people who listen to what I say get results!

Cancel

Approve and Reply

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 felt much more confident.

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