



EPISODE
56

CHRIS (XE) SEITER



MY EX BOYFRIEND
CHEATED ON ME
MULTIPLE TIMES

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. 56 of the ex boyfriend recovery podcast.

Excited to have you here today. As always we are recording from cameras as well as recording from a nice sounding microphone here. So, if you want to not listen but maybe watch yours truly record this podcast and answer the question that were going to feature today, go ahead and hop on to our Youtube channel.

You can find our Youtube channel by simply going to Youtube.com, typing in my name Chris Seiter and that is Seiter with an S-E-I-T-E-R. A lot of people think my last name is (Ceedar) for some reason and I can understand why but as goofy as it sounds, even though I took flak from it, when I was a kid my last name is like Apple Cider and that's an easy way to remember it.

So, before I get started today because we have an amazing episode planned for you. I want to give you an announcement. We have decided to go ahead and do a free live coaching. And if you remember, if you are an avid follower, let's get into DeLorean from you know, Back Into The Future and go back in time.

Go back into some our earlier episodes, I mentioned a lot that I was really wanting to do coaching. Specifically paid coaching but the more I went around in my head with it, I want to do free coaching. I want to help you out more. I think money--if you help people, money just takes care of itself. If you are interested in the free coaching, all you're going to have to do is let me know in the comments section of the show notes of this episode.

Now, you can find the show notes of this episode if you go to www.exboyfriendrecovery.com/episode56 since, obviously this is episode no. 56.

Ok, so how is this coaching going to work? Well, the way it's going to work is I do not want you to use your real name. Privacy is really important to us here at exboyfriend recovery. We want to make sure that you feel protected and safe. So, we don't want you to use your real name or your ex boyfriend's real name.

You can make up whatever name you want. We can refer to you as anonymous but you do have to realize that we will be recording the call because we want to give multiple millions of people access to this session. So, they can feel like they are you I guess and put themselves in your shoes and feel like they're getting advice with you. So, how is this going to work?

Well, probably what we're going to end up doing is we're going to jump on Skype. Now, I want to be clear. Your face will not be shown. So, we'll just do a skype call and I will simply record the skype call and beforehand I think you and I will talk a little bit. We'll communicate through email. We'll talk a little bit about your situation because I don't want to come in unprepared.

I think preparation is key when it comes to getting an exboyfriend back and that applies to me as well. So, essentially we'll get on Skype. We'll talk, we'll go back and forth and hopefully about 30-40 minutes, I'll give you a really good idea with you. I'll draw up a game plan for you, and we will be recording so, I just want to be upfront and honest with you. My intention is to post these live sessions on the website, on the podcast and on our Youtube channel. Now, with the Youtube channel, we will just be doing recorded things like you're seeing here now with me. As well as showing our Skype conversation but your face will not be shown. That's important. I want to make that clear. So, your privacy is protected and no one can figure out who you are. So, now that I've rambled on for far too long like I tend to do.

Let's get down to business with episode no. 56:he cheated on me multiple times.

Christina:

Hi Chris,

My name is Christina. My exboyfriend cheated on me and it's a very difficult situation because he is a police officer and the young woman was much, much younger and she was a police explorer. So, it was against his work policies. I told the department because I felt so disgusted but the truth is I really want him back. I want to support him through this time and this isn't the first time he's cheated on me but I still love him and it's been about 3 weeks no contact and I don't know what to do. I really want to talk to him but I think he doesn't want to talk to me. So, I'm just hoping to have a fourth shot at this. If you can help me, please respond.

Thank you.

Chris:

Alright, I want to thank you Christina for commenting or rather leaving this voice mail for us. We really appreciate it. I know it takes a lot of courage so, I always like to thank the people who leave voice mails for us because it does take a lot of courage to kind of let everything fly out there and open yourself up to I guess, receiving advice or my thoughts on your situation.

So, let's do a quick recap of what is going on. It seems like you found yourself in a very, very difficult situation, very painful for you. So, I want to do everything I can to relieve some of that pain, give you an idea of my thoughts on your break up and my thoughts on your relationships from everything that you've outlined so far. And also, I'm going to tell you what I would do if I was in your situation I guess and add a little bonus after that.

Ok Christina. You're obviously--your name is Christina. Ok, pretty simple right? Your exboyfriend has cheated on you. He is a police officer which is interesting and he cheated on you with a younger woman. Particularly a woman who was a police explorer, which if you don't know what that is, it's essentially like women or I guess a person who wants to become a police officer, goes and tours and spends a few days in the police officer(office?) It's sort of like those ride along type things. It's for people considering a career in law enforcement. And if you don't know what a police officer is, don't feel bad.

I actually had to look it up myself. So, he cheated on you with a police explorer and you were so upset that you told the department out of disgust which I can't imagine felt too good for him when he found out that maybe he's going to get fired perhaps which, we'll talk about in a minute.

So, right now you're in your 3rd week of no contact and then at the end you said something really interesting to me. You want a 4th shot at this. Now, that struck me as really interesting because to me it seems like you mentioned that this wasn't the first time that he had cheated on you. I'm assuming that he's cheated on you multiple times perhaps 4 times and you've broken up multiple times.

So, I have some good news and I have some bad news. Which would you like to hear first? Well, let's start with the good news first. The good news first is the fact that you have been in this on and off relationship. So much history is in your favor of getting him back. Now, here's the bad news, personally I think a man who has cheated this many times, it's a pattern now. And even if you do get him back, I'm pretty sure that the pattern won't end. So, when I was listening to your situation, I took down a few notes and here are the notes that I took down and I think you'll find them really fascinating.

1) He probably feels that he can get away with the cheating. Now what do I mean by that? Now, I mean since you have taken back, he's obviously cheated on you multiple times right? Let's assume, let's go out of our way and assume that he's cheated on you a total of 4 times. So, he's cheated on you 4 times and you've taken him back every single time. Well, every single time that you've taken him back, you have essentially enabled him. You have enabled his addiction of cheating on you. He thinks he can get away with anything. And that's not a good thing to portray and it's certainly--I think it contributes to his pattern of cheating on you.

2) Now, the 2nd note that I took down is obviously, the multiple cheating is now a pattern which I just discussed but this a really big problem because it impacts you in the future. Let's say that everything goes perfectly and you get your exboyfriend back. Well, the problem is, he's already established a pattern of cheating. Yes, I realized human beings make mistakes. I realized that and people do deserve 2nd chances but people do not deserve 4th chances. You know the 2nd chance--ideally one of my favorite quotes I guess is, you know,

“I believe in 2nd chances but I don't believe in 3rd.”

I truly believe that quote. That is something that I think that you potentially need to adapt because the fact that you've kept taking him back after he kept cheating on you is enabling that behavior and it's created a pattern where he thinks he's essentially Superman and can get away with anything.

There's no repercussions for his actions.

3) So, the 3rd note --this is kind of funny. The 3rd note I took was Police Explorer definition. So, I just basically wanted to define what the Police Explorer was because I didn't know what it was and I'm always fascinated by things that I don't know.

4) The fourth and final note that I took was particularly my initial thoughts was, the fact that you reported him puts you in a very tough position.

So, let's forget about the cheating for a second and just focus on the break up. You find out he was cheating on you with this younger woman who is in the Police Explorer. I'm assuming she's probably 19-20 years and he's much older, maybe he's in his 30s. You were so disgusted by this fact that you went to his boss and reported him. Now, that's a major problem for him because not only will he probably lose his job. Let me rephrase that. He absolutely should lose his job. He should. Really, I don't know. There's a lot of different thoughts on this. He probably should lose his job but eventually he is going to find out that you did report him and it is going to put you in that position of the crazy exgirlfriend.

So, in other words, I know it was out of hurt. I know it was out of anger that you told on him but it is not going to help you to get him back. Now, let's talk a little bit about why I think he is cheating on you so many times.

Alright if you're familiar with me or you've watched my podcast before, you probably know that when it comes to cheating, I am not an expert and I don't claim to be one. I do know quite a bit because I've seen the situation happen so many times and I've figured out kind of what works versus what doesn't work but I always love to refer people to my favorite expert on cheating. Her name is Esther Perel. She's world renowned psychotherapist who works with people specifically married couples who

have undergone affairs and she's learned some fascinating things from working with thousands of people who have cheated. She kind of understands--learned to understand why they do what they do and I came across a really, really cool interview when I was researching your particular situation Christina to try to understand why does your exboyfriend keep cheating on you. And I came across this really amazing article from Esther Perel and I'll make sure that I take a note to link to that article in the show notes of this episode so, you can read it for yourself. But the gist of the article was that primarily human beings have two needs. They have two needs when they get into a relationship.

Need no. 1 is they have a need for excitement, adventure and mystery right? We need that as human beings. We need it excitement. We need adventure. We need some mystery in our partner.

Of course need no. 2: we have a need for reliability and stability. Now, essentially what we have here, two needs on the opposite ends of the spectrum. Excitement, adventure, mystery, there's nothing usually stable about that. There's something unstable about that. And then of course you have stability and reliability. There's nothing adventurous about that. So, here's what I think is happening in your particular situation Christina. I think it really, really outlines what this two need factor or theory perfectly. I think it really highlights that. So, your exboyfriend has cheated on you multiple times. So, what I think is, he has those two needs. He has on one hand the need for adventure and excitement and mystery but on the other hand, he has a need for reliability and stability. Now, here's the thing. With you he is only getting one of those needs.

Now, do you care to guess what you need he's getting. Probably if I were to take a guess and I don't know you personally, but I'm guessing since he keeps coming back to you and keeps cheating on you, he thinks that you're reliable and stable. And that would seem to connect with the fact that you let him get away with the cheating. There's no, I guess repercussions for the cheating and he keeps coming back to you after he's exhibited this pattern right?

So, essentially what's happening here he's cheating on you because he knows for fact that you're reliable and you're stable but you don't have maybe, every bit of adventure and excitement and mystery that he needs. So, what he does is he has you as an

anchor. You are his reliable and stable girlfriend. Right now, you're his exgirlfriend obviously. Then, he goes out and cheats on you because he needs the other need fulfilled. He needs excitement, adventure, and that's where all these other women come into play. I mean think about it from his perspective. You are the type of girl that he would probably see himself marrying.

The problem is he doesn't want to marry you because he thinks then he will never have that excitement, adventure and mystery again which is completely wrong. Studies have actually shown that married couples have a lot more sex than single people.

So, what's happening is he finds this new women right? I mean it's like a trademark are perfectly described here with this Police Explorer, this young woman. There's nothing more exciting right? He's trying to get that need fulfilled from that young woman. Now, here's my opinion. My opinion is he's cheated on you multiple times. It's a pattern and in my opinion, I don't want to hurt your feelings and I realized this may. My opinion is that you should not get him back. You shouldn't try. I think eventually you're going to find yourself in this self fulfilling prophecy where you break up with him, you miss him, but you want him back, you get him back, he cheats on you. You get hurt, you break up with him, you miss him, you want him back, you get him back, he cheats on you.

That has happened four times already. I don't think you should subject yourself to that. That is like literally mental torture but I realized that often times when I tell people, "Hey, you probably shouldn't try to get this ex boyfriend back." They really don't care and they still try to get them back. And often times when I say, "Hey, don't get that exboyfriend back." and they obviously ignore my advice and try to get him back, what ends up happening is they ended up trying to get their exboyfriend back but they don't go about it the right way. They don't use any of the strategies that I teach. They don't employ anything that I teach and that's a problem.

So, here's what I'm going to do for you. My bonus to you. Because I realized, probably no matter what I say, you're going to still try to get him back and that's fine. I know that happens. What I really want you to do is really, I don't think you're going to have any trouble getting him back personally. You've already done it multiple times. He does see you as that reliable and stable force in his life but where you're running

wrong is keeping him interested, keeping him committed. And that's because he has to seek the adventure, mystery and excitement from some other woman. So, I think if you were to get him back or even if you are working to get him back show him that not only are you stable and reliable but that you can work in this mystery and excitement and adventure into the relationship. That is probably the best way to keep him connected.

Now, I'm not going to lie to you, being cheated on is not easy to get your ex back a lot of times. You're in the unique position because most of the women who come to ex boyfriend recovery want advice on how to get their exboyfriends back because they've cheated on their exboyfriends. On the other hand, you're coming to exboyfriend recovery because you want your exboyfriend back because he cheated on you.

Now, I don't want you to fall into the trap of this self fulfilling prophecy that I described to you. So, what I really want you to do is focus on the mystery and excitement and adventure but also focus on the idea of moving on without moving on. We've seen incredible success stories, incredible results with women who employ this. Essentially the way to move on without moving on is understanding that truly deep down you want your exboyfriend back but you understand that right now, probably the best way to get him back is to simply move on. And what you do utilizing that mindset is you don't waste any time. You're using your time wisely. You're not obsessing about your exboyfriend as much as most women out there do when they go through a break up and at the same time, you are moving on. You are showing personal growth. You are improving yourself. You're feeling good about yourself and you're truly killing two birds with one stone.

Not only do you appear do you appear more attractive to him but you start to get over the breakup in case things don't go right for you. In case things don't work for you.

So, that's going to do it for episode no. 56. Just to recap, patterns are not good especially when it comes to cheating. Some patterns are good, I take it back. But when it comes to cheating, a pattern is not good. And then people generally need two things out of a relationship. They have two desires, two needs. No. 1 `is the need or desire for stability, commitment and reliability. No. 2, the need no. 2 is the ability for adventure, mystery and excitement. We need those two things out of the relationship to be truly

happy and often times what happens when someone cheats is because that they're getting one need met somewhere but maybe another need met elsewhere with someone different. So, keep that in mind as you're trying to get your exboyfriend back. Even if your exboyfriend hasn't cheated or there's no cheating involved at all. Still, he will have those needs for excitement, adventure and mystery. As well as, reliability and stability. So, make sure you hit on all those needs.

This has been a blast! I had a really great time filming this and recording this. I'll see you next week.

Emcee:

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

