



# EPISODE 57

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CHRIS (XE) SEITER



# BIRTHDAYS & THE NO CONTACT RULE



## **Chris:**

What's up and welcome to another episode of the exboyfriend recovery podcast. Wow! We've done a total of 57! This will be our 57th episode of the exboyfriend recovery podcast. I'm really happy to have you here today. I'm glad that you joined us. We're going to be making history because today, for the first time ever, we're going to be featuring a male question.

One of the really cool things about our website is that a lot of the advice is applicable but not on women but men as well. So, there are a lot of different men who come to exboyfriend recovery seeking advice on how to get their exgirlfriends back and we are about to meet one such man.

Now, I do want to say that if you are a man and you are listening to this podcast, I would like to direct you to my other website which is essentially the same thing as exboyfriend recovery except that it's geared towards men obviously. It's called exgirlfriend recovery. I kind of have the monopoly on ex recovery domain names. I suppose you could say. So, we're making history today. The first male question but we're also making history today because we're going to be answering probably the question that annoys me the most.

I probably get asked this exact question on a daily basis multiple times and my wife and I have even taken towards joking about it because this is a question that we get so often. It is not necessarily the most prevalent situation that you'll ever find but it is one of those situations that happens enough to where we get asked a lot. And even though I've talked a little bit about this on the website, in articles, I think I may have even mentioned that in a few videos or podcast episodes. I've really never done an episode or an article or a video dedicated solely to this until now, which is the second history making thing.

So, let's hear from the male. The gentleman who wants to remain anonymous. Who's going to ask us a question about the no contact rule.

## **Anonymous:**

Hi Chris,

The no contact rule is something that I'm probably going to go start to go through now with my now exgirlfriend as of yesterday and I simply just wanted to get a better understanding of what I should do with her upcoming birthday. It's supposed to be next Wednesday. Today being Monday, so it's about a week and a half away and I'm entirely unsure what to do because I really want to start a no contact rule now because the break up had just begun.

So, I really want to start it. However, her birthday is coming up and I feel that if I don't say anything when I knowingly know that it's her birthday and she knows that I know her birthday, it just seems so harsh and I think she's going to take it completely the wrong way and it's actually going to end up doing more harm than any good. Despite what people have said about no contact rule on the internet, I just want to get a better understanding really. She's quite sensitive. So, anything you could say would help.

Thank you.

**Chris:**

Well thank you Mr. Anonymous for asking your question and leaving a voice mail. I'm really happy to have you featured here on the podcast. You did ask a question, like I mentioned that is kind of my pet peeve because we get asked this question so many times and I can understand where you're coming from and I'm definitely going to dive deep into that and I want you to know, it's not a bad question. I think I've just been asked this question so many times. It's getting on my nerves a little bit but what I would really like to do for you is recap your situation and then really talk about specifically if your ex's birthday comes up on the no contact rule and I really want to divide this episode up into two parts.

So, the first part is going to be like how to handle it if you're in the middle of the no contact rule and you know for a fact that your ex has a birthday coming up. Do you wish her a happy birthday? Do you wish him happy birthday? We're going to talk about that and I'm going to kind of lay out the pros and cons for you. And then of course the second part which is going to be really, really tiny because it's really easy to explain is what to do if your no contact rule ends on your ex's birthday. Do you con-

tact him then with a first contact text message or is there some other better route to go? So, that's what we're going to be talking about today.

So, before we get to that, let's do a quick recap of your situation. You want to be called Anonymous. That is the first little note I have put down here. You literally just went through a break up. So, it's very recent which you--I'm actually really happy to hear this because a lot of times people come to the website months after their break up and that is a bit of an issue because the longer removed you get from the break up, the harder it is to get your ex back. It's just a fact of life. Now, the other interesting thing to note is that your ex has a birthday coming up which is cool and it's next Wednesday and you don't know whether or not to start the no contact rule now or wait until at the end or to break the no contact rule to wish her a happy birthday I guess.

So, I suppose we should preface this by saying or rather defining what the no contact rule is.

If you're new to the podcast or if you're new to the website, the no contact rule is essentially a period of time where you ignore your ex. So, if they called you, you ignore them. If they text you, you ignore them. If they reach out to you on Facebook or some other means, you ignore them. Now, the purpose of doing this really serves two purposes.

Purpose number one is you want to make your exboyfriend or exgirlfriend in this case for anonymous miss you and by doing ignoring them, you can facilitate that process but I actually find--we've had more success personally with the exboyfriend recovery brand from people who utilize their time ignoring their ex wisely. Who have personal growth and move on from the break up. Even if they're trying to get their ex's back, if they act like they're moving on or if they take the steps like they are moving on, they appear to be more attractive for when they do reach out to their ex which is kind of the next step that you take after the no contact rule. So, it's kind of like a little crash course in the no contact rule.

Now, specifically Anonymous here has found himself in a bit of pickle because his ex's birthday is coming up and he doesn't know whether or not to wish her a happy birthday. So, like I said, we're going to divide this up into two parts. I'm going to start with the really easy part first.

Let's assume that Anonymous, his ex's birthday ends on the last day of the no contact rule. So, let's say that right now, today, he enters into a 21 day no contact rule. And then 21 days later, he decides, "Ok. It's time to reach out to her. It's time to move on to the next step of this process to win her back." The only problem is, it's her birthday. So, what does he do? Does he stop everything that he's doing and contact her for the no contact--

Excuse me. I'm totally having a brain fart here! And I like to leave this brain farts in so, you can see that I'm a real person, a real human being. So, let's see. Where was I?

So, the no contact rule has ended and it's ended on his ex's birthday. So, should he stop all of his game plans to wish her a happy birthday? No. That is not the right way to approach this. The right way to approach this is to actually extend his no contact rule by a few more days. He doesn't want to be associated with her birthday. Because what do people do when they wish you a happy birthday? Excuse me.

What do you do when people wish you a Happy Birthday?

You send a canned response right? Thank you, thanks, thank you so much-- something really, that doesn't have a lot of meaning to you and it's just a canned response because if you--for example, on my birthday, I get Zillions of Facebook comments wishing me Happy Birthday, do I go in and give everyone a really long winded, in depth reply?

No. I don't have time for that and I don't want to do that. I simply either like their post or say thank you or thanks or some variation of that. That's it and that's essentially what's going to happen if he reaches out to her at the end of the no contact rule and wishes her a Happy Birthday. Not only will all this hard work ignoring her and facilitating that personal growth and making her miss him kind of go down the drain but she's just going to think, "Oh he's reaching out to me because of my birthday." Whereas if he had waited for a couple more days and reached out to her instead of thinking, "Oh he's just reaching out to me because it's my birthday." She's going to be thinking a couple of thoughts. One, the first thought is, "He's not reaching out to me because it's my birthday." And number two is, "Why didn't he reach out to me because it's my birthday?" And you kind of want her to think that Anonymous.

So, that's part 1. Really simple, it's simply extend the game plan or excuse me, extend the no contact rule and work that into your game plan if the no contact rule ends on your ex's birthday. Where things get a little bit complicated for a lot of people I think is when their ex's birthday happens during the no contact rule. Are they allowed to break it? So, I think the best way to start this particular section off is by talking a little bit about what purpose will it serve if you break the no contact rule to wish your ex a happy birthday. One thing that I've already established is most likely you're going to get a canned response especially since you are her ex anonymous. You broke up with her or she broke up with you because your relationship wasn't working out. You aren't her most favorite person in the world right now. You may have been at one point during your relationship but right now you're not.

So, you are definitely more likely to get that canned response if you even get a response at all by wishing her a happy birthday. So, you're going to get like a thank you or a thanks. Something that has no meaning to her at all. Something that isn't going to really mean a lot. So, what really purpose does it serve to break the no contact rule? The no contact rule is a proven entity ok? It proves that you will make your exgirlfriend miss you or exboyfriend if you're a woman and if you facilitate personal growth and really work hard to improve yourself during that time to the no contact rule, you will appear more attractive to your ex. These are facts. We have seen this kind of results. So, what purpose does it serve for you to break the no contact rule and wish your exgirlfriend a happy birthday anonymous when you are pretty much almost guaranteed. Almost I say. There is always a chance where you can get more than a canned response but you're almost going to get a canned response like thanks. It's not worth it to break the no contact rule.

Now, you said something really interesting to me. You said, "Well, I think she'll take it the wrong way. She knows that I know it's her birthday and she's going to take it the wrong way if I don't reach out to her."

So, I want to make one thing crystal clear to you Anonymous and for all the people out there who are wondering, "Well, can I break the no contact rule for my ex's birthday, to wish them a happy birthday?" If you honestly think that you exgirlfriend or exboyfriend or ex in general is going to simply decide not to get back with you based on the fact that you didn't wish them a Happy Birthday, you are nuts because

that's not the way it works. They don't take that into account at all. They don't even care about that.

In the grand scheme of things, do you remember who wished you a Happy birthday last year? Like exactly every single person that wished you a happy birthday? And there were probably a lot. Do you remember every single person? No, you probably remember like 10% of them right? Now, your exgirlfriend Anonymous may get a little upset but that actually can work to your advantage. Instead of thinking, "Oh he just gave me a canned happy birthday response. I'm going to give him a canned response back." She's going to think, "I know for a fact he knows it's my birthday and he didn't wish me a happy birthday." You want her to think that because even though she's going to get upset at you Anonymous, she's going to be thinking about you. And one of the biggest, scariest ideas that people have around the no contact rule is the fact that their ex will simply forget them and it doesn't work that way but at least this way, by ignoring her, you are going to stay fresh in her mind.

Now, I have a bunch of notes written down here. Obviously we've covered the what purpose will it serve but really I find it really interesting that if you wish your ex happy birthday, it is going to get in the way of your personal growth. So, what do I mean by that? One of the biggest issues that we have with men and women who come to our websites is the fact that they are too hung up on their ex. They are too available for their ex. There's no mystery. There's no sense of adventure. Their ex literally knows that if they wanted, they could get them back and that's a problem. We want what we can't have. That's a basic human need. Playing hard to get works. There's statistics proving it. I can site multiple studies done where they have found that playing hard to get works and here's the thing, during the no contact rule I said there's really two purposes: one, you want to ignore your ex to make them miss you but number two is the personal growth aspect. And sometimes with personal growth, you have to forget your ex a little bit. You have to do things for you, instead of for them. You are clearly obsessing about this otherwise, you wouldn't have asked me a question. I mean it takes a lot to go onto a website, read the website and then leave the website creator, me, a voice mail. It takes a lot for a person to do that. We get a total of 620,000 people coming every single month to exboyfriend recovery. And out of those 620,000 people a month, do you care to take a guess at how many actually leave me a voice mail? Not many, 20 maybe, 15 a day I think--20 day when you consider that we get around



20,000 a day. Those are the people who are desperate. Those are the people who want their exes back. Who want answers right away.

So, I know for a fact that you are obsessing about this Anonymous and that's fine but if you wish your ex a happy birthday, not only are you going to be telling her 1, you're still thinking about her but number 2, deep down you really will still think about her and it's going to get in the way of your personal growth. It literally serves you no purpose to wish her a happy birthday and you have no obligation to. Remember, you're not in a relationship. You don't have to do these things. You're broken up. You can do what you want. You have the freedom. So, don't waste your freedom or waste your chance at getting her back on some silly question like if you should wish her a happy birthday.

She doesn't deserve a happy birthday wish from you. Seriously, she doesn't deserve it. I don't know what you did on your relationship. Maybe you cheated on her, maybe you didn't, maybe it was a perfect relationship and she just blindsided you. Either way, you have no obligation to wish her a happy birthday. You're not dating and it's going to serve you no purpose. It's going to hurt you more than it helps you to wish her a happy birthday and break the no contact rule.

So, that's just my two cents obviously. I realized that often times when I advise people, they do not listen to what I say. They do what they want and I understand them. I don't mind but at least I can rest easy at night knowing that I told you what I personally believe and what I think is going to give you the best chance of succeeding. So, Anonymous I would highly recommend that you do the no contact rule. You're fresh from the break up and the fact that your ex has a birthday coming up may work in your favor because if you start the no contact rule right now, you're going to be fresh in her mind when you don't answer her, when you don't reach out to her for her birthday. You're going to be fresh in her mind and that's going to carry over during the no contact rule.

So, that's going to do it for this episode of the exboyfriend recovery podcast. Again, if you like this episode, if you like what you hear, if you like our podcast, if you hate our podcast, we just want you to tell us and you can do that by leaving us a review on iTunes. Now, one of the things that we're going to be doing on iTunes is soon we're going to be trying to be trying to--we're trying to get more reviews. I'm not going to lie

to you. We want good reviews but I would never tell you to leave a good review. I want you to leave an honest review and some people have certainly let me know. There was a woman the other day who called in just to give me feedback about how much she hated the fact that I rambled on and talked about things that were specific to the person asking a question. She wanted broader things and it really annoyed her. It annoyed her so much that you could tell her voice, it was angering her but I welcome that kind of thing. I want your feedback but leave it on Itunes.

This podcast only survives if we get Itunes reviews. I don't care if they're good. I don't care if they're bad. I just want honest Itunes reviews. I can improve this podcast with those reviews, honest reviews and in the end, I'm doing this for you. So, if you have a recommendation on what we can do to make this podcast better, please let me know. One of the things that we're going to start trying to do is more one on one coaching live for you to see and also interviewing high up relationship experts not including myself. So, that's some of the things coming up for this specific podcast. Again, if you want to give us some feedback, we highly recommend that you go to our Itunes page and I'll make sure that I'll link to that in the show notes of this episode which is you can find at [www.exboyfriedrecovery.com/episode57](http://www.exboyfriedrecovery.com/episode57). It's been a blast. I'll see you next week.