

VIDEO TRANSCRIPT

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THE THREE BIGGEST MISTAKES MEN MAKE AFTER A BREAKUP

One of the great things about exgirlfriend recovery is the fact that we have over 250,000 people coming to our website every single month. And it's really amazing because, when you have that many people coming to one place and communicating with the community that we've created there, we've been able to learn certain things about the behaviors that men exhibit when they're going through break ups.

And that's what today's video is all about. We're going to be focusing on certain behaviors that men exhibit that negatively impact their chances of getting their ex girlfriends back.

Hi! I'm Chris Seiter, founder of exgirlfriend recovery. And today we are going to talk about the top three things that you are doing to kill any chance you have of getting your exgirlfriend back. Now, I know what you're thinking.

“Yeah, Chris. I don't need any kind of refreshers on behaviors to avoid.”

Well, actually according to our own independent research, using the people who come to ex girlfriend recovery, you actually do need a refresher on the behaviors to avoid. Even if you think you know everything there is to know about getting your own ex girlfriend back, you can fall prey to these things because it's so easy to make mistakes when you are trying to navigate a difficult situation like this. So, with that mind. Let's begin with behavior to avoid number 1:

1) BEING TOO AVAILABLE

Now, what does that mean? What does being too available to your exgirlfriend mean? Well, being too available can include multiple different behaviors. For example: like begging.

“Please, please! Take me back please!

Gnating,

...Actually, I can see why you would think that gnatting means having a bunch of gnats flying around your head but the truth is that is not what it means. GNATTING simply refers to how you act after a breakup.

Have you ever been walking around and then had the misfortune of having a bunch of gnats fly around your head and it seems that wherever you go, you can't get away from them. Well, the same principle applies to your exgirlfriend if after a break up you text her non-stop. You show up unannounced. You call her non-stop. It's almost like you are gnat and wherever she goes, you follow. You're annoying to her and you're too available. Now, what's that phrase that women are always pedaling out there when they're asked, "What is the number 1 thing that makes you attracted to a man?"

"Confidence!"

Confidence right? And what is the opposite of confidence? Well, it's showing up at your exgirlfriend's house unannounced. It's begging for her back. It is gnattting her. These are all the opposite of confident behaviors and they are also behaviors that align with being too available.

Now, I'm not going to lie to you. We experience a severe problem on exgirlfriend recovery with this. So many men beg and act desperate after a break up with their ex girlfriends and it kind of ruins any chance they have of getting her back or being considered a high value male in her eyes. So, what I'm going to do for you now, is giving you my top tip for how to handle the emotions that you experience after a break up.

In Karate, there's a term used to describe the position of perfect readiness. Mind like water.

"Imagine throwing a pebble into a still pond. How does the water respond? The answer is totally appropriately to the force and mass of the input and then it returns to calm. It doesn't over react or under react."

Now, what can we use this mind like water idea for? Well, after a break up, you are certainly entitled to feel bad for yourself. To feel bad for the position that you are in. To feel depressed. To feel angry. So, take a day. Just one day to feel all those emo-

tions, to get angry, to punch a punching bag, to scream into your pillow but only one day.

“Wait. Why just one day?”

Well, do you remember how the pebble was dropped into the still pond? With the mind like water idea that Karate uses? Well, when the pebble was dropped into the pond, the pond reacts to it but then after it's done reacting to it, it's perfectly still. It's perfectly calm and that's how you need to be. You need to take that one day to be angry, to be upset with yourself, to be upset with your ex girlfriend but just that one day. You need to become the pebble that drops into the water, the reaction that the water has but after that reaction is done, after your one day is over you need to be calm. You need to be zen.

And you'll find that after you adopt this zen attitude other things in your life seem to calm down. You seem to be more at peace with things. You seem to be more in control of the situation. Now, let's talk about the second biggest mistake that I see men making on exgirlfriend recovery.

2) NOT HAVING A PLAN

Tell me if this sounds familiar.

“Many calculations lead to victory and few to defeat. –Sun Tzu”

Sun Tzu who wrote the art of war is responsible for that quote. He understood that if you have a goal, you need to plan to get there. You need to plan for it. And if you have a goal and your goal is to get your exgirlfriend back, you certainly need a plan to get there.

Look, the way I see it is you have two choices.

Choice number one is you can sit there. You can listen to this video. You can digest the information and you can do nothing.

Albert Einstein once said that the definition of insanity is doing the same thing over and over again and expecting a different result each time. It's insane of you to think that you can get your exgirlfriend back just by doing what you are already currently doing. Something absolutely needs to change if you are going to have any hope of getting her back.

The second choice is far more attractive. You can use what has already been taught by me. Who has taken psychological concepts and merged them into real life principles in order to get your exgirlfriend back. I have come up with a game plan for you to follow every single step of the way.

You can go to www.exgirlfriendrecovery.com and find dozens of these game plan.

Now, if you're kind of new to my brand or you really don't understand what I do. I'm really big into having proof to back up my claims. So, when I teach you something. I will absolutely provide the proof either psychological research or scientific studies done proving that what I'm saying has a basis in real life psychology or science.

And you know, I think that's one of the biggest issues with the get your ex back in general niche. So many experts out there make this outrageous claims like,

“If you follow my steps, I'm going to get your exgirlfriend back a 100% of the time!”

Or

“I'm going to show you the 10 secret text messages you can send to your ex girlfriend to make her come crawling back right now.”

And people are desperate enough especially when they're going through a break up. They fall victim to this scams and when they purchase this products that claim these things, they find out that there's no substantial evidence to back up these claims. There's no really structured game plan to take you from point A, where you are right now to point B where you want to be.

And honestly, that's one of the things that we are so proud of on exgirlfriend recovery. We don't make those kind of outrageous claims. We can't guarantee that you're going to get your exgirlfriend back. No one on this earth can guarantee that except maybe your exgirlfriend. And every game plan that we put together has a substantial proof to back up why it works or it has worked for someone in the past that we have consulted. Now, let's move on to the third biggest mistake that we see men making consistently.

3) NO PERSONAL GROWTH

I know this seems counter intuitive especially since you came here looking for advice on how to get your exgirlfriend back but actually the men who have the most success at getting their exgirlfriend back aren't the ones that focus so much on their exgirlfriends. It's the ones who focus so much on them.

Really it's a matter of control. You have full control over what you do. You have full control over the actions you take. You don't have any control over how your exgirlfriend thinks or what she thinks. You can only influence those things. So, when I started recommending to men on ex girlfriend recovery to focus more on themselves. We saw substantial positive results because of what happened.

Well, coming out of the break up, your exgirlfriend has certain stereotypes that she puts you under. She thinks she knows how you are. So, maybe 30 days down the line you're a completely different person than she knew. You're a much more attractive person. It's this idea of moving on without actually moving on.

“Wait. What the heck does that mean?”

Great question. Moving on without moving on is a mindset that we teach men to develop. The premise is very simple. After the breakup, you need to approach things in your personal life and every other aspect of your life as if you're trying to move on from the break up but deep down you understand you're really not trying to move on from break up. You're simply trying to appear more attractive to your ex girlfriend. Therefore, you're moving on without actually moving on.

So, that's going to do it for today. I just want to take a moment to thank you for watching the end of this video.

You can learn more about us at www.exgirlfriendrecovery.com and we actually have an amazing quiz available for you there. You can go take our quiz and find out your exact chances of getting your exgirlfriend back. This has been Chris Seiter from exgirlfriend recovery. Had a blast. I'll see you next week.

