

# THE RULES OF NO CONTACT

The important no-nonsense rules of no contact to follow in helping you to get your ex back.

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# THE RULES OF NO CONTACT TO HELP YOU GET YOUR EX BACK

There's a lot of information going around about the **rules of no contact**, or as it's more popularly known - the no contact rule.

This tactic is mostly widely known and used in a complete strategy in helping one getting back an ex.

That's, of course, if no contact is used for it's main primary function.

A wide misconception is that no contact is simply just cutting off all communication with your ex and disappearing for a while. This is somewhat true, but there is so much more.

There are actual rules you need to follow while cutting off all communication with your ex. There are things you should be doing other than waiting around.

These rules of no contact is just an in-depth look to help you understand a bit more about this tactic, as well as how to use it correctly to help you [get an ex back](#).

## **Rule Number One: Determine If You Can Even Use No Contact.**

The no contact rule cannot always be used. The first rule is to determine whether you can use this tactic or not.

Here are some reasons why you should NOT ever use the no contact rule.

- A. If you have kids with your ex.
- B. You go to school with your ex.
- C. You work with your ex.
- D. You live with your ex.

If your breakup situation contains any of the above, you cannot use strict NC (no contact). Instead of NC, you will have to use limited contact.

If you're unsure about [what limited contact is](#), you can visit the link to learn more about the alternative tactic of limited contact.

Do NOT use limited contact if you can go into strict NC or no contact. It WILL not work, and you will screw up your chances for good.

## **Rule Number Two: Go Into No Contact ASAP After A Break Up!**

As soon as you can do it, go into no contact after a breakup. Especially if you were the one who was dumped!

Do not accept friendship, do not try to convince your ex is wrong in breaking up.

You're still in a highly emotional state, and you will screw it up. Even worse, you'll probably just end up pissing your ex off even more by trying to argue with them about the break up.

We have been led to believe by lame romantic comedies that we're suppose to fight for our exes. Especially us guys.

Make no mistake, most of the crap you see in most romantic comedies is just garbage.

If you already took advice from some lame romantic comedy to fight or convince your ex to stay together, you probably realized just how much that **DOES NOT** work in real life.

In fact, you may have realized, like I did, that arguing with your ex about staying together just pushes them even further away.

**GO INTO NO CONTACT AS SOON AS YOU CAN!**

There's no need to announce it to your ex. Just do it.

## **Rule Number Three: Make Reminders of Her Or Him Disappear!**

Breakups are extremely hard, and I know just how hard it is to try not to think about your ex. I remember her being on my mind constantly.

This made me want to break and contact her again, and you will and are probably going through this right now.

That's why it is highly imperative that you collect all the things that remind you of her and box them up. Reminders only make the heart break worse.

What I did when I went through my time during no contact was realize that this wasn't the time to be sentimental. A lot of stuff that reminded me of my ex I threw away.

Yeah, I junked a lot of it. I'm not saying that you have to do this, but getting those reminders out of your sight will help.

Things like photos and gifts I boxed up and stored away some place that wasn't easy to get to. In fact, I don't even remember to this day where I stored them even though my ex and I are an item again.

I still don't even have her on my facebook, as I deleted her off of it, because I knew I would look at her profile.

Now you may be thinking that's kind of extreme and hardcore to just throw away reminders of her and delete her off of my facebook. You may even be right to think that.

All I know is that if I would've kept her on my facebook and looked at her profile during a weak moment, chances are I may have seen something that may have thrown me over the edge.

Maybe I would've saw a post on her wall about the new guy she was dating and how wonderful he was. Maybe I would've saw some terrible things she posted about me on her wall.

I don't know, but reading those things would not have helped me in any way. They just would've drove me to do stupid, like breaking the no contact rule and contacting her!

I knew this was no time to lie to myself. I was completely honest with myself. I knew exactly what I was capable of handling and not handling.

Be honest with yourself. Don't lie. Box up any reminders of her and get them out of your daily sight.

If you know you can't handle reading bad news or don't want to read about her or his latest dates, the only way to keep from doing this is to delete them off your facebook or myspace.

## **Rule Number Four: No Contact Means Just What It Says - NO CONTACT!**

It certainly amazes me when some think that it's okay to bend this simple concept.

They they think it's okay to just write a simple text to see how they're doing, or to try to run into them somewhere, or try to establish some sort of contact while telling themselves they're not doing so.

Look, during the no contact rules, you do not try to seek out your ex, you do not see how they're doing, you do not bother their parents or friends to try to get the latest scoop on them.

You disappear from her or his world for a bit. You make yourself as scarce as possible.

Yes, this is extremely hard to do at first when you really miss someone. I won't lie and say it's easy. It isn't

However, giving you and your ex space after a breakup just has to be done. There's no other way around it. Unless, of course, you don't want any chance at all of getting them back.

Believe me, there were many of times during no contact when I wanted to simply call or text my ex. Then I remembered what had happened the previous time I did so.

What do you think happened?

If you guessed that her and I got into fights about the breakup and begin slinging mud at each other, you are 100% correct.

Look, I'm going to let you in on some secrets about how your ex is feeling shortly after a breakup. This is what I've learned from my own experience.

Usually, shortly after a breakup has occurred, the one who called it off will feel relief. Yes, that's correct. They will feel a sense of relief.

Most times when exes use the old, "we can stay friends" line, they really don't mean it. Or, putting you in the friend zone after a breakup means something even worse like:

They want to use you as a SAFETY NET!

This is a terrible position to be put in if you were the one who was dumped, and guess what? You are the only one who can allow yourself to be in that position.

Statistically, women are more prone to use the safety net card than men. However, both do use it so watch out!

To put it quite simply, if you agree to be a safety net, you will have the same girlfriend or boyfriend duties, but your ex will not have the same girlfriend/boyfriend responsibilities towards you.

How do you think that situation will end up?

There are two scenarios of how the SAFETY NET or more commonly known, “Backup Plan” situations will end up. I’m sure you can guess the first.

The first, and most common, is that the one being used as a backup plan will get frustrated. It’s only a natural feeling when someone is being **USED!**

This frustration will lead right back to arguing and fighting all over again. And guess what?

You’ll end up right back at the start. A good chance is your ex will ignore you all over again. You won’t get her back, nor will you have a friendship with them.

You will be right back in no contact. Most likely for good.

The other result of being a “Backup Plan” is that you will help your ex to ween themself off your relationship.

Do not mistake that there is a fear of being alone. Even if it was your ex who called off the relationship.

Most likely, they will keep you around only when things aren’t good. Let’s use a classic example here.

Let’s say your ex is dating again. Who do you think she or he is going to call to complain and whine to when things aren’t going so good with this new person?

**IT’S YOU!**

And when things are going good with this other person, you'll be dropped like a hot sack of \_\_\_\_\_ ( you can use your imagination and fill in the blank.)

However, maybe your ex isn't dating yet. As a backup plan, you'll be used when your ex has weak moments and feels lonely.

Guys, pay attention here, and this is where most of you will completely mess up by allowing yourself to be a backup plan.

You'll find out that you will still have boyfriend duties, while she will refrain from keeping girlfriend responsibilities towards you.

Simply put, that means you won't be getting laid, but you'll be expected to be there at her beck and call.

She's keeping you around while looking for something better to come along. When something better comes, you'll be dropped like a hot sack of...you know what I'm getting at.

Ladies, if you're being used as a backup plan, you may be being used as a booty call. Once he's had his fill, he'll be gone.

Both situations of the SAFETY NET syndrome end up with the exact same result, and that's **YOU LOSE!**

The way to avoid being used is to **GO INTO NO CONTACT!** Instead of allowing your ex to slowly ween themselves off you, you're forcing them to do it cold turkey.

If you're a smoker, you'll know that you will have less of a chance to succeed in quitting smoking cold turkey. That's why it's recommended to slowly ween someone off nicotine.

It's very much the same concept. Don't allow yourself to be used as a safety net. Save yourself the pain and time.

You'll end up in no contact regardless. The difference is going no contact permanently, meaning you lost her forever, or using the no contact rule for a little while to help you get them back.

## **Rule Number Five: Don't Just Wait Around!**

Jeez, if I had nickel for everytime someone does this one huge mistake, I'd be richer than Bill Gates.

Unfortunately, this is one of the most common and damaging mistakes people will make concerning the rules of no contact. It's caused by people not knowing this tactic properly.

Don't just sit on your butt and wait around hoping they'll contact you everyday. This breeds anxiety and frustration.

It's very strange that most people trying to get an ex back do exactly this when they're in no contact. Watching a pot doesn't make it boil any faster, does it?

Waiting around and doing nothing will just make thinking about your ex that much easier.

## **Rule Number Six: No Contact Is NOT The Full Strategy To Get An Ex Back.**

This is the absolute main reason why there are people out there who claim no contact does not work. It's also one of the main misconceptions I'm trying really hard to make right.

There's a lot of terrible information out there that's misleading people into thinking that no contact is all you need to get an ex back. It's no wonder a few people discredit no contact.

Look, the only discredit about no contact are the people using it that haven't a clue about what this tactic is or really does. So let me repeat this to make it astoundingly clear:

**NO CONTACT IS NOT THE COMPLETE STRATEGY TO GET AN EX BACK!**

No contact is only part of this strategy. It's a tactic that sets you up for the next stage, and that stage sets you up for another stage.

I suppose I should really call the no contact rule a stage rather than a tactic. After all, it does have it's own steps and rules.

A complete and proven strategy will teach you the full process or formula on exactly how to get an ex back. Not only just the no contact rule.

A full strategy teaches you what to do during no contact, what

what to do after no contact (how to win her back or re-attract her) and the last stage of how to keep a healthy relationship.

More important than the steps and the little tricks and tactics, a complete strategy also teaches you the psychology behind breakups, attraction, and relationships.

Everything is covered in a complete strategy to arm yourself in [getting back an ex](#) and keeping them.

This is where most who believe all they need is no contact to get their ex back fail. I'm going to illustrate exactly what they do.

Those who troll the internet looking for just articles on the no contact rule or how to get an ex back, get really bad advice and walk away thinking, "Oh, all I have to do is cut off all communication with my ex and they will come back after a few weeks."

Look, you won't get great information in a tiny little article. All you'll get is a basic overview.

Why do you think I've written yet another ebook on this subject of the no contact rule? 'Cause it takes more than a wee article.

The first ebook I written on the subject of no contact is called, [Behind No Contact](#), and details much about no contact. It's also free and a great companion to this ebook.

If you want to download it, click the link to go to the [Behind No](#)

[Contact](#) page. I highly suggest you do.

Remember, those who neglect good information on a subject often fail at whatever it is they're trying to achieve. That's just goes for everything in life.

No contact is not the complete strategy. There's actually two other stages after no contact.

No contact doesn't [win your ex back](#), and no contact does not keep your ex. It wasn't designed for that purpose.

The tactic doesn't do anything about keeping a healthy and happy relationship. Most who fail in getting an ex back don't even think about that.

They're so concerned about getting an ex back they forget that the real hard part is keeping them. If you didn't even think about that, I'm glad I brought it to your attention.

More than 90% of those that fail to get an ex back neglect one crucial and very important rule during the no contact period. This rule of no contact is a real killer of chances if chosen to be neglected, and it's a shame many do choose to do so. I didn't.

I don't mean to toot my own horn here, but I didn't neglect this rule. That's why I'm writing this ebook. I know it works, and I know how much of a huge mistake not to follow this and the next rule is.

## **Rule Number Seven: Get The Full Strategy To Get An Ex Back.**

It's what I did, and it's what thousands of others did. I actually heard about no contact when I had got my first "get your ex back strategy."

I learned of no contact in [The Magic of Making Up](#) by T Dub Jackson. When I learned of no contact, I went straight into it.

Before that, me and my ex were slinging nasty comments back and forth. You can believe that our texts to each other were quickly decreasing.

If I didn't learn about no contact or the complete strategy to get an ex back, I wouldn't of backed off. I would've completely damaged our relationship beyond any repair.

It was during no contact when I begin to learn the full, complete strategy on how to get an ex back. However, I'm an info junkie and I was curious about other strategies that were around.

During no contact, I also got Matt Huston's Ex2 System and learned everything I could from that ebook. I learned a lot.

I liked [Matt Huston's Ex2 System](#) to get her back because it was specifically written for guys to get an ex girlfriend back. However, I was still curious for knowledge.

The new #1 get your ex back strategy is Michael Fiore's

[Text Your Ex Back](#) system.

Now, I'm NOT saying you have to run out and get all the ebooks you can on the subject.

Sure, there's little things you'll learn here and there only one particular strategy may cover that the other systems don't. However, they all cover the same core principles and steps. It's these core principles you must learn.

The exception is **Michael Fiore's Text Your Ex Back** system which shows you how to create text messages to crawl inside your ex's mind and get them to think positively of you again and re-attract them.

Remember, getting your ex back is a process. It isn't one tactic or magical text that will have your ex running back to you.

Those who solely use no contact are the ones who mostly fail. They're the ones crying how no contact doesn't work.

Well, of course, it didn't work to get your ex back. It's only one part to the entire strategy. It's not its primary function. If they gotten a full, proven strategy, they would've known that.

If they had gotten a [complete strategy](#), they also would've learned a very important aspect of the no contact rule that I will reveal in the next rule of no contact.

This may shock you so be ready.

## **Rule Number Eight: No Contact Is NOT About Her Or Him.**

If there's one question that I see over and over, it is this: "What does no contact do to her or him?"

There's also this popular one: "Does the no contact rule make her or him miss me?"

I'm going to reveal something that may sound strange to you at first. No contact isn't about her or him. It's about **YOU!**

No contact is time apart from your ex so you can get yourself together. Get your emotions under control. Get your head on straight.

You have to have this distance from them. Being around your ex shortly after a breakup will only make you say and do stupid things. It will only fuel negative emotions.

Those who have ill information will only be concerned about the effects of this tactic on their ex. They are the ones who fail.

**Yes, no contact can make them miss you.**

**Yes, no contact forces them to face the breakup alone.**

**Yes, they may wonder about you.**

**Yes, they may question their decision of breaking up.**

These are all secondary effects that no contact does. They are good things. Don't get me wrong on that.

However, these secondary effects won't do a bit of good unless you follow the next rule to the rules of no contact.

## **Rule Number Nine: Heal From The Breakup!**

In order of having any chance of getting an ex back, you have to heal from the breakup. There's no other way around this.

Remember what I said about getting your head on straight and getting your emotions under control? There's a reason for this.

The reason is that when you are the one who was dumped or rejected, the sting of a breakup is twice as hurtful. I remember I had felt that way.

Being dumped is a HUGE blow to one's ego. It doesn't matter if you're male or female. It just sucks.

It's quite natural to be emotional and hurt, but you will have to rid of yourself of these emotions if you want to get her or him back.

There will be quite a few emotions going through you. Mainly emotions that deal with fear. This fear will cause two things:

- 1. Neediness**
- 2. Desperation**

The fear of being alone or the fear of being single again is quite common. These fears will drive you to desperation.

Desperation will cause you to do quite a lot of damaging things that you would not normally do. These acts will damage your ex's outlook on you.

Begging your ex for another chance just makes you look like someone who has no pride nor dignity. You will lose respect.

Calling or texting or emailing your ex 20 times a day makes you look like a psycho. It's harassment.

Trying to convince your ex about staying together just makes you look desperate and needy. It also shows that you do not respect your ex's decision.

All these do not win points with your ex. In fact, most will do all three shortly after a breakup.

What do you think your ex is going to think if you're doing all these actions? It's not good.

They're going to think that you're a needy, desperate, psycho! These actions are only going to reinforce the decision that your ex made in breaking up with you was the right one.

Heal from the breakup! You will have to get rid of neediness & desperation. These two emotions are killers when it comes to relationships, as well as trying to get an ex back.

The truth is that NOBODY wants someone who has no pride nor dignity for themselves. That's just a fact.

Right now your self-esteem may be quite low. That's natural. However, the next rule will help you to deal with this.

## **Rule Number Ten: Begin To Move On!**

I know it sounds strange and counter-intuitive. It sure did to me when I was learning all this. However, it works.

It worked for me, and it works for a lot of others out there also. You need to begin to move on.

It's true what they say about loving someone then letting them go, and if they were truly ever yours, they'll come back.

There's a great scene in the movie *Swingers* in which the main character and his friend are talking about the main characters recent breakup. This theory is so dead on.

The friend says that in the beginning you'll pretend to forget about your ex but as time goes it will actually happen. It's then when an ex reconnects.

That scene is about beginning to move on, and it actually did happen exactly that way for me. I was dancing with a friend and having a great time when my ex texted me.

By the way, the movie *Swingers* is actually based on the writer, Jon Favreau's, true experience of when he first moved to L.A.

He, indeed, was dealing with a breakup at the time, having to leave his girlfriend behind to move to L.A.

Many who don't get very good information about the no contact rule will not begin to move on. They will sit around and wait, and if their ex does contact them, they'll blow it.

A great mistake is thinking that you can just pick up from where you and your ex left off. You left off broken up.

You can't just pick up from where you left off. In order to get an ex back and make it last, you'll have to start off somewhat fresh again.

If you take the "pick up from where you left off" route, there's a great chance you'll end up right back to a breakup. I'll get into more about why this is important later.

It's vital to get yourself back to a good place. You can't do this until you break free from the damaging emotions of a post breakup.

Heal from the breakup and begin to move on from the breakup. This is when you will get your life back.

The next few rules will help you to achieve this. I'll also debunk a few terrible get your ex back advice that I've personally read in articles on the internet.

It won't be pretty, but I'm not here to tell you what you want to hear. Only what you need to hear.

## **Rule Number Eleven: Stay Busy!**

To think about your ex less, to heal, and to begin moving on, you will need to keep yourself busy. Once again, refrain from just sitting around.

I'm going to keep stressing the important mistake of just sitting around and waiting for your ex to come back. It only sets you up for failure.

Sure, you can grieve over the breakup. It's only natural, but don't do this for too long.

Get back out there as soon as you can. Call up your friends and hang out. That's what I did. Meet new people.

Get back into that old hobby you neglected while you were with your ex. For me, I put a lot of concentration and energy back into my love for collecting comics.

This helps to not think about your ex as much. I'm not saying you won't think about them at all. That would be great.

All I'm saying is that staying active and busy helps. Sitting around doing nothing but moping does not.

The only thing sitting around does is breed anxiety and that old, ugly monster - Desperation!

You'll just sit there anticipating your ex calling or contacting you again, and all you'll get is dissatisfied and more depressed.

That's what people who don't know the rules of no contact do. That's what people who don't know what the no contact rule is really meant for do.

It's also what people who don't know a complete formula or strategy to truly [get back an ex](#) back do. Those who don't know are also the ones who FAIL!

That's just a fact. It's not a hard concept to grasp. If you didn't know the rules of how to multiply would you be able to do a multiplication problem?

No, chances are you would fail.

Get your life back, and your life is NOT your ex. If you think it is, you are still needy and desperate. If you're a needy and desperate type of person, that needs to be fixed immediately. It's NOT attractive.

No matter who you are with you will have major relationship problems due to being needy and desperate. However, if you're not and just going through that breakup emotional roller-coaster, staying busy will help to get rid of neediness and desperation.

Staying busy will help you to heal and start to move on. It's essential in getting an ex back.

## **Rule Number Twelve: Improve Yourself & Your Life!**

Remember how I was talking earlier about how it's a mistake thinking that you can just pick up from where you left off with an ex?

Remember how I spoke of needing a fresh start in order to get an ex back and keep them?

The best way of adding freshness to a relationship starts with you! Only you can change. You cannot make another do that.

I seriously don't see what's so wrong with improving oneself. I read an article from someone who claimed to just "be yourself" when trying to get an ex back.

Uhhh...here's the major flaw with that. Your ex lost attraction for you. That's why the breakup happened.

Too many out there think that they don't need to re-attract their ex. This is a huge mistake.

I'm not saying you have to be somebody else. All I'm saying is to be a better you.

Your ex was attracted to you in the beginning. So there was something about you that attracted him or her, right?

Keep those attractive qualities about you, but pay attention.

Though there were qualities that attracted them to you, there were qualites or lack of that made your ex think twice about you. You'll have to figure out whatever it was and fix it or them.

### **Perhaps, you were overbearing and suffocating?**

Learn to give people more space then.

### **Perhaps, you were overly flakey?**

Learn how to keep your word better.

Those are just examples, but whatever it was, it's up to you to figure it out and fix them. No one else can do that for you.

That does count for improving yourself, but to add freshness, it takes a tad bit more of work. Don't worry. It's fun.

When I was going through no contact, I started opening myself up to a lot of new experiences. As in the previous rule, I hung out with old friends and met new people.

I started selling comics and made quite a bit of extra money on the side. How is that a bad thing?

I volunteered for a charity organization for the first time in my life, meeting new people and enjoying helping others. I started working out again. And why not? I had the time.

You see, when I first started doing all this self-improvement, I

thought it was to help get my ex back. After time, I realized I was wrong. It was purely for me.

As time went on, it just felt good. I was meeting new people and having fun. I was moving on.

Let me give you reasons why I'm suggesting all this. Here are two highly typical situations of when exes first meet up again after the no contact period.

Person A is the type I've warned you about throughout this entire ebook. Person A didn't bother to learn about the rules of no contact.

This person A also didn't bother getting a complete strategy to [get an ex back](#). All they did was sit around and wait. They didn't bother moving on, healing, nor improving themselves.

## **FIRST SITUATION AFTER NO CONTACT.**

**Person A's ex:** So what you been up?

**Person A:** Oh, nothing, you know? Same old. Same old.

Okay, that answer is not going to get your ex's attention. It won't re-attract them to you. Talk about a boring answer.

That's the typical answer from someone who didn't bother learning about the no contact rule. I mean, intimate knowledge of the no contact rule. The intimate knowledge you're reading in this very ebook.

That example is the typical response of most who just sit around, wait, and do nothing during no contact. However, I do have to make one thing clear though.

Nothing gets you **nothing!**

Most who don't get the complete strategy don't even make it to the first meet up with their ex. Most mess it up when their exes first contact them or when they have to contact their ex.

A very small percentage of these people who neglect a proven strategy ever get to the first meet up. The first scenario I gave you is typical for the *small percent who got lucky*.

Here's the second situation for someone who actually learned the rules of no contact and took my advice.

## **SECOND SITUATION AFTER NO CONTACT.**

**Person B's ex:** So what you been up to?

**Person B:** I've been great! I'm taking these dance lessons and it's so much fun! The people there are really cool.

**Person B's ex:** Oh, really? What kind of dance lessons?

**Person B:** Salsa.

**Person B's ex:** Oh, wow! That's really cool.

**Person B:** Yeah, I'm just getting the hang of it, but I'm learning

really fast.

**Person B's ex:** Maybe you can teach me a few moves?

**Person B:** Maybe.

Do you see how this is much more interesting than the first scenario? The second example draws your ex in more. There's more to talk about.

Remember, the second example is just an example. You don't have to take Salsa lessons. It can be anything that improves or enriches your life in some way.

You are adding a freshness to yourself, instead of appearing just the same old you to your ex. It's the same old you that your ex dumped. The improved you is what your ex will be coming back to.

The improved and better you is what will re-attract them back to you! However, that scenario is for when you two actually meet up. Remember, you need to contact your ex if they didn't contact you first.

Visit the link to learn the best way of doing that and more about what's called [across the bow text messages](#) from the Michael Fiore Text Your Ex Back system.

## **Rule Number Thirteen: Date Again During No Contact!**

While you're still in the no contact period, I highly advise you to start dating again. Do this for yourself, however.

Don't start dating just to make your ex jealous. It works sometimes, but I believe the jealousy bit often backfires.

Many times, I hear people on my newsletter, [The Break Up 2 Make Up](#), talking about how nice it would be to date again solely for the reason of pissing off their ex.

My question to that is: *Why spend so much of your energy just to piss off your ex?*

*Why give your ex that much power? Why have your life be so influenced by your ex?*

You will need to break away from that mentality. Your life is your life. Date again for you, to make you happy.

Dating again will help you to get your mind off your ex. It will also help you to regain your confidence.

Who knows, maybe you'll meet someone else and forget all about your ex? It has happened!

And who knows? Maybe this new person will be a lot better than your ex? This happens all the time as well.

## **Rule Number Fourteen: Kick Them Off That Pedestal!**

Often, and I mean very often, there will be someone who will have that thinking that their ex is their one and only and how they're so perfect for them.

They will completely have their ex on some pedestal, and think that they're nothing without them. This is not the thinking that will get your ex back.

Actually, it's not the kind of thinking that will get you anyone. Have some value in yourself.

Saying that you'll never find someone like your ex and just how perfect they are is a lie. You're lying to yourself.

For one, nobody is perfect. Not in this world. Not in this life.

Two, out of all the people on this planet, out of all the people in your city alone, you mean to tell me that you will never, ever find another person better than your ex?

C'mon, now! We both know that's a flat out lie and not true. This makes it sound that you need your ex more than your ex needs you.

Where do think that leaves you? I've always had the frame of mind that I didn't need my ex. I wanted her. There's a huge difference.

Many times I hear, “I can’t live without my ex!”

Do you realize just how needy and desperate that sounds? I hope you also realize just how ridiculous that sounds as well.

**You can very well live without your ex.**

**You also can find someone else.**

**You also have a good chance of finding someone better.**

All the above in bold are very true. The above are not lies. The examples below are the **LIES** you may tell yourself:

*I’ll never find anyone better than her or him.*

*They are the only one for me.*

*I can’t live without her or him.*

*I’m nothing without them.*

*They’re so perfect for me.*

The above in bold italic are lies most tell themselves shortly after a breakup. These lies are caused by desperation.

Stop these lies from getting out of control. They are lies, and they only make you feel worse.

Once you sense yourself saying these ridiculous statements,

catch them and rid of them from your mind.

**KICK THEM OFF THAT PEDESTAL YOU HAVE THEM ON!**

If you don't, you'll never be in the right frame of mind to get your ex back, nor attract someone new. Give yourself value again.

## **Rule Number Fourteen: Decide If They're Even Worth Getting Back!**

There's a great movie called *500 Days of Summer*. The basis of this movie is a great lesson to learn.

In the movie the main character goes through a breakup and continually remembers just how perfect his love interest is. He pretty much goes through the typical breakup depression that most of us do.

Like most us also, he only remembers all the good moments he shared with her. Only until the end does he begin to really remember how bad she really treated him.

It's true when they say, "Love is blind!" That's why there's the rule of kicking your ex off that pedestal you put them on.

Only until then can you really see your ex and the relationship in a true light.

Maybe they really didn't treat you all that great.

Maybe they did.

You must honestly look at your ex and the relationship you had with them and decide if they're really worth getting back. Were you really happy with them? Did they treat you good?

After all the emotions of a breakup, the depression, and when you really begin to heal is when the truth begins to reveal itself.

The one thing that I've stressed over and over is that the no contact rule does NOT cure a bad relationship. Don't rely on no contact do this, because you'll just be disappointed.

When you get your head back on straight, sit down and think about whether the relationship is really worth getting back. Ask yourself some questions.

- 1. Did they treat you with respect?**
- 2. Were you getting what you needed in a relationship from them?**
- 3. Were there way too many arguments?**
- 4. Were you really happy with them?**

I've had newsletter members thank me for helping them realize their exes weren't worth getting back. This is only some cases. Not all.

I've known many friends who were with overly self-fish people, who were continually disrespected in some form or another. I've always applauded the day they left those relationships.

And **NO!** I never helped them to get back a God awful ex!

I never will, either!

That's why I always advise someone to just walk away and start to heal and move on. You never know just when they'll truly realize they don't want their ex back.

So truly ponder this question. Be honest with yourself. Lying to yourself only hurts you.

However, if you're honest and truly do want to get them back, then make a commitment to do so.

**LEARN ALL YOU CAN ABOUT HOW TO GET YOUR EX BACK!**

## **Rule Number Fifteen: Don't Rely On Just The No Contact Rule To Get Your Ex Back!**

I'm going to keep stressing this rule, because it's a fact that so many out there are either missing or choose to neglect:

The no contact rule is NOT the entire strategy to [get an ex back!](#)

I must commend you because you are here right now reading this ebook. You choose to get good information on this subject of no contact.

It's amazing how many people are misguided about no contact. They run around thinking this one tactic is all they need.

I'm not going to lie. You see how much info there is to the rules of no contact. This tactic is just a peice of the full strategy.

Imagine just how much information is in the full and complete strategy to get an ex back! There's a lot!

Not one measely little article is going to cover it. Not one teeny blog post will cover it.

An article or blog post just gives a brief overview. Visit my blog and see the post I have on the [rules of no contact](#). Compare it to this ebook. Which is more in-depth?

This ebook covers the rules of no contact alone. How long is it? It's longer than a mere article that's for sure.

The people who fail think no contact is all they need to get their ex back. They believe reading a few articles is good enough.

I'm not surprised when I see them on some forum posting how the no contact rule did not work! I'm not surprised when I read their story, and it's full of mistakes.

It's not surprising that they didn't spend the time to get good information on the no contact rule. If they had, they wouldn't have assumed no contact was the entire strategy.

They wouldn't have thought no contact [wins an ex back!](#)

They would've learned exactly what you're learning right here in this ebook.

So now you know, and now you've been warned. Do you want your ex back or not? The choice is yours. It's up to you.

You can get a complete [get your ex back strategy](#), or you can be like the others who fail and neglect to do so.

It's really up to you, and now that you know no contact will only bring you part of the way in getting an ex back, you have no else to blame but you.

## **Rule Number Sixteen: Don't Stalk Their Family Or Friends.**

No contact is hard, and though some do follow it and refrain from contacting their ex, there are some who try to find loop holes. They think they're clever, but really they're not.

Instead of contacting their ex, they will continually try to dig up information about them through friends and family. This is a huge mistake.

With no contact, you are suppose to disappear. That means your ex shouldn't know what you're up to.

If you think that talking about your ex to their friends or family won't get back to them, you need to rethink that strategy.

You may be thinking what can it hurt to ask their friend about your ex? Here's how it hurts you in getting them back:

**1. It will get back to your ex.**

**2. They will know that you have not moved on.**

**3. They will know that you're still interested in them.**

**4. You may hear something you really don't want to.**

**5. They will see you as spying on them.**

Look, I don't care how much one tries to justify breaking this rule. Doing so only means you are still needy and desperate over your ex and not thinking too clearly.

You should be trying your best not to think about your ex. How's asking their family and friends about them going to achieve that?

It doesn't!

#4 on how breaking this rule hurts you is extremely important. What if you find out they're dating again?

I'm going to tell you what the majority who break this rule end up doing when they ask a friend about their ex and find out if he or she is dating again. Maybe you already know the answer.

Well, those who make this mistake break! That's right. This is

when their emotions will take complete control. Desperation will rear it's ugly head again before even realizing it.

Next thing they know, they are texting or calling up their ex, and guess what? Another argument happens.

The ex most likely will be extremely pissed because of the snooping around behind his or her back. The ex will most likely say, **“It’s none of your business!”**

Sometimes, one of my newsletter member will try to break this rule, and they’ll often have their ex tell them those exact words. They also end up losing any chance of getting back with them.

Then this member will write me asking, “What can I do now?”

I want to be very clear about this: If you’re trying to get an ex back, you don’t have much room for mistakes. It amazes me how many mistakes some think they have.

Not following this rule is one of the mistakes you cannot afford to make. It’s in the rules of no contact for a reason.

## **Rule Number Seventeen: Don't Fall Back On Drugs Or Alcohol.**

Look, I know it hurts and the pain is quite excruciating, and sometimes all you want to do is just escape from it. Don't use drugs or alcohol as a means to escape.

Why? Well, there are several reasons why drugs or alcohol can damage your chances of getting her back. Some should be quite obvious.

Now, don't get me wrong here. I'm not saying don't go out with your friends and have a good time. I highly recommend it.

It's okay to have a few drinks, sure. Just don't get plastered, and don't do it on a regular basis.

Those of my newsletter members who neglect this rule...almost all of them who do end up turning to alcohol or drugs ends up drunk dialing their ex.

And, those who drunk dial an ex ALWAYS look like an idiot in their ex's eyes. So they messed up the no contact tactic and further devalued themselves in their ex's eyes.

Do you think they have a better chance of getting her or him back? No, of course not.

But, drunk dialing could be the least of your problems. A DUI or getting into serious trouble with the law isn't something you

want to have happen to you.

## **Rule Number Eighteen: When Worst Comes To Worst Get Professional Help.**

If the depression gets to be too much and you just can't snap out of it or you're in a dangerous zone mentally, it's best you seek professional help.

Go see a doctor or visit a psychologist if it gets too bad. Your health and well being is number one here. Don't forget that.

## **Rule Number Nineteen: Beware of Time Limits.**

Now, it's true that you should not contact your ex before the minimum of 30 days. However, just because 30 days is over doesn't mean you're ready to reconnect.

There's advice that says 30 days, 60 days, or even 90 days. I don't like to give time limits, though I would say 90 days is pushing it a bit too long.

A lot of people like to ask, "How long does the no contact rule last?" This is a tricky yet simple question to answer, and there's two answers to be wary of:

**1. The no contact rule ends when you're ready to reconnect with your ex!**

**2. No contact ends if you're ex contacts you!**

Let's go over #1, because I know this is tricky and you'll need to know exactly what I mean by "When you're ready!"

So let's make this as simple as possible and make a check list of when you're ready!

**1. You've gotten over the breakup and healed.**

**2. You are no longer at a needy and desperate place.**

**3. More than 30 days has passed, giving your ex enough time to miss you.**

**4. You are a better you than what your ex remembers.**

**5. You know exactly how to re-establish contact with your ex in a manner that will get them interested enough to respond!**

**(#5 is important, and many of the get your ex back strategies cover exactly how to contact your ex again.)**

**6. You know how to execute the win her back stage after the no contact rule has been completed.**

The other way for the no contact rule to end is the one I prefer, and it's the one I had to deal with when I went through my own ordeal in getting back my ex.

If number 2 happens and you're ex girlfriend or boyfriend does contact you first, you may be in a better position than if you had to contact your ex first. Then again, you may not be.

Here's what I mean by this.

There's a very good chance if he or she contacts you first they might want to get back together. On the flip side, there may be a good chance they're just having a weak moment.

Remember how I talked about being a Safety Net? You have to watch out for that.

The complete strategy to get an ex back teaches exactly how to handle yourself if your ex contacts you first. It will also show you what to do if you have to contact your ex first.

Click the link to get the full [get your ex back strategy](#) and learn how to handle if they contact you first or if you have to contact your ex first.

In my personal case, my ex dumped me and there was no way I was to going to contact her first. If she didn't contact me, I would've moved on. Call me prideful or whatever.

However, this choice is completely up to you. If enough time goes by and you're ready to contact your ex, do so if you still want to get them back.

Remember, however, time limits on when the no contact rule

is tricky. Who is to say that you'll be ready in a month, two months, or even three months?

Some people need more time, right? Well, that's true but I'm going to lay down a guideline to make it easier for you.

### 1. NO LESS THAN 30 DAYS OF NO CONTACT!

That is standard, and that can only be broken if YOUR EX CONTACTS YOU FIRST before 30 days is up. If that happens it's okay to break no contact.

### 2. MORE THAN 90 DAYS IS PUSHING IT!

90 days, or three months is a long time. This is my personal opinion, though. I've had newsletter members reconnect with an ex longer than 90 days and [win them back](#).

However, those who do that are just a few. While the 1st guideline is a strict rule that should be followed, the 2nd one is just my personal recommendation. I leave it up to you to choose.

## **Rule Number Twenty: Don't Ignore Your Ex.**

If you happen to unfortunately run into your ex somewhere, don't ignore them. Don't throw looks of scorn their way or evil glances. Don't try to avoid them.

Don't try to actively seek them out either if you happen to run into them. Just be polite if they come up to you.

You see, if you try to avoid them or throw evil looks their way, the only thing you're showing your ex is that you ain't over the feelings of the breakup yet.

The best way is to show them that you're the better person, that the breakup hasn't affected you. No matter how much it hurts or how you have to bite your tongue, just be polite.

It shows you have class, and **ARE MATURE!**

Even if you're ex is seeing someone and introduces you to their new date, no matter what...just smile and be polite.

Then politely excuse yourself and go back to your friends or whatever you were doing. Don't show them you're that affected.

Trust me, it will mess with their heads and their egos! Why will it mess with these two things?

Because, humans are vain creatures. When they see how you've moved on so quickly, they'll start to think, "Wait? Did I mean nothing to you at all?"

Also, they will expect you to be nasty when you two run into each other, but when you throw them a curve ball and show them you're not, it'll make them wonder why even more.

So don't avoid or ignore your ex if you bump into them. Be nice, cheerful and polite, and keep the interaction short.

# CONCLUSION

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a few last words

You got the in depth look at the rules of no contact. You should now know what no contact is, what it can do, what it's suppose to do, and everything it isn't.

I highlighted many points, and some of them repeatedly. I did so for a purpose.

There's so much bad information and misconceptions about the no contact rule out there. Way too many people just don't know what this tactic or stage is really about.

If the rules of no contact were that simple, it would take a measely article to tackle the subject. The truth is it's not that simple.

If you still feel like you need more information about the no contact rule, you can visit the link and download my first ebook on the [no contact rule](#), called "Behind No Contact." It's free!

I've made it pretty clear that no contact is NOT the complete, full, or entire strategy on [how to get an ex back](#). I've made it clear that it's only one part to the full strategy.

I've also made it clear that you need to decide whether or not your ex is worth getting back together with or not. This is purely your choice.

As always, I can point you in the right direction to the absolute best resources that I used myself or highly recommend.

Trust me, there aren't many quality get your ex back strategies that I recommend. The ones that I recommend in this book are the few that I stand behind.



## [TEXT YOUR EX BACK](#)

Is the newest and now the #1 most popular and effective get your ex back system out there!

Text Your Ex Back is written by **Michael Fiore** and teaches you the process of how to write various texts that will get your ex back no matter how bad the break up was.

Even if she or he is seeing someone else. **Text Your Ex Back** is a complete system that shows you how to contact your ex in a way that will give you a better chance of them responding.

Also, you'll learn how to create your own texts from his examples to ultimately re-attract and seduce your ex, as well as have them fall in love with you all over again.

Don't think this is legit? Michael Fiore made national and international fame with his Text The Romance Back system.

He appeared on the Rachael Ray show, was interviewed by the New York Times, as well as FOX, NBC, and CBS Radio!



**Text Your Ex Back** and Mike Fiore is no joke when it comes to the texting game, and this system is amazing.

Having someone teach and guide you on exactly what to say during the whole process of re-attracting and winning your ex back is priceless.

No other get your ex back system does what the Text Your Ex Back system does in terms of things to say to your ex.

# GET YOUR EX BACK!

1000's of couples are starting over, better than ever, thanks to this easy-to-use text message relationship-fixing system.

**Watch the FREE Video Guide**

No Credit Card Required • As Seen on *The Rachael Ray Show*

[Click Here To Learn About How To Text Your Ex Back](#)

## THE EX2 SYSTEM

This is the original get your ex girlfriend back system by Matt Huston, and still one of the best. The formula is easy to understand, and [The EX2 system](#) is a bit more structured than The Magic of Making.

The [EX2 System](#) is strictly a blue-print guide for guys to follow to get their ex girlfriend's back, which is probably why I think it was more structured or clearer than The Magic of Making Up for me.

However, there is version for the ladies that's just as effective. You'll see it in the next pages to come.

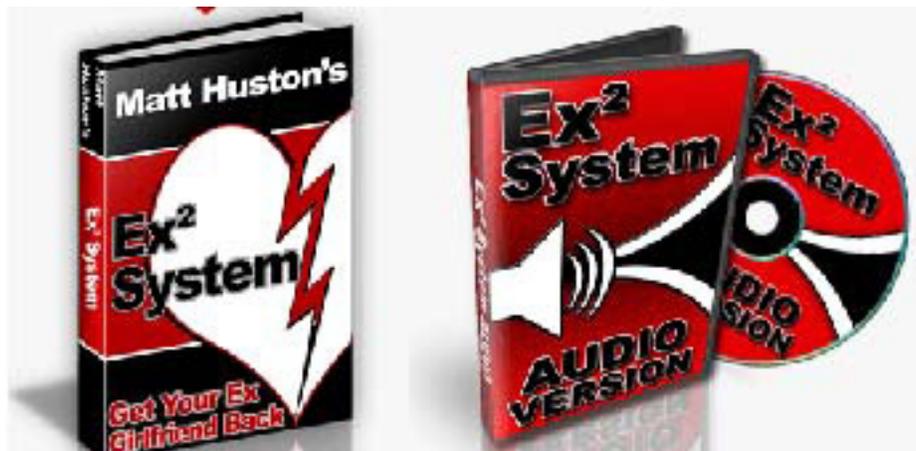
There are loads of tactics and techniques, and the package even comes with an audio version of the book for those who would rather listen than read.

There is also a free bonus gift if you purchase the Ex2 System, and that's the ebook, "Train Your Girlfriend."

This free bonus ebook goes into the psychology of male and female relationships. It uncovers attraction and what women really want from a man.

Why women dump men, the key to lasting attraction, traits of an attractive man, and much more.

Both well worth checking out, and highly recommended for guys.



[Click Here To Discover The EX2 SYSTEM & TRAIN YOUR GIRLFRIEND EBOOK BONUS](#)

# GET HIM BACK FOREVER

Get an ex boyfriend back! The Get Him Back Forever ebook is written by Matt Huston, and because I used his Ex2 System successfully, I recommend this ebook.

Gals, here's just some of the things you'll learn to get him back:

- How to push his emotional “hot buttons” to get him crawling back.
- The real reason he dumped you.
- Five secrets women will never know about men.
- How to keep him hopelessly in love with you, forever!

And, much, much more. [Get Him Back Forever](#) is tailor-made for women to get back their ex boyfriend, and is ranked as one of the best systems to get an ex boyfriend back.



[CLICK HERE TO GET HIM BACK FOREVER!](#)

# THE MAGIC OF MAKING UP

This was the most popular get your ex back guide. Both men and women can use the strategies contained in The Magic of Making Up.

However, [The Magic of Making Up](#) is much more than a guide to just get your ex back. It shows you how to keep your ex by establishing a healthy relationship. I STILL read it to keep my relationship going smoothly with my girlfriend.

As you all may know by now, this is the very first guide I got shortly after my girlfriend broke up with me. It's the one that set me on the right path to get my girlfriend back and keep her.

However, though I used this ebook to get my ex girlfriend back, The Magic of Making Up is for both men and women.

The Magic of Making Up has an over 80% success rate, and you'll also get the Mind Magic ebook as a free bonus gift with every order.

The Magic of Making Up has an over 80% success rate, and you'll also get the Mind Magic ebook as a free bonus gift with every order.

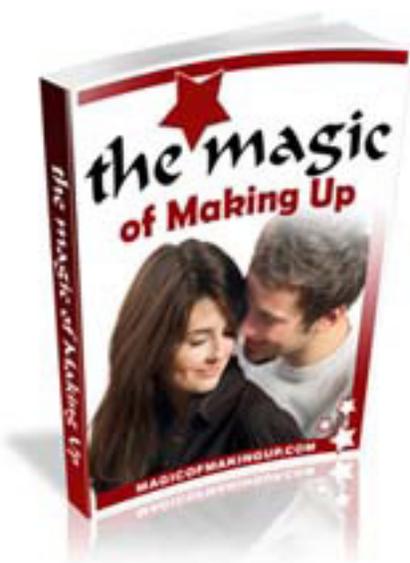
Mind Magic is an ebook that reveals a whole treasure chest of psychological relationship tactics including:

1. The famous Magic Letter to get your ex to respond to you after no contact.

2. How to get anyone to return your call or text message.
3. How to get anyone to do just about anything.
4. How to train anyone to act the way you want.

Plus, so much more.

Mind Magic alone is worth getting, as is the Magic of Making Up ebook.



[Click Here To Discover The Magic Of Making Up & Get Mind Magic Free](#)

# MORE RESOURCES

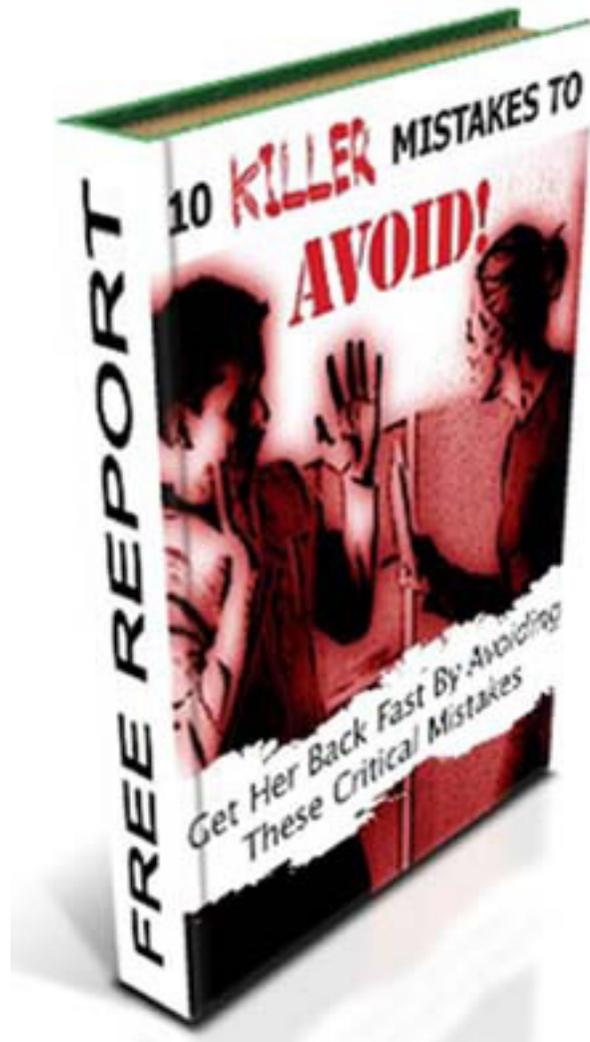
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## BEHIND NO CONTACT



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# 10 KILLER MISTAKES TO AVOID IF YOU WANT HER BACK FAST



just click the link or image to be brought to the download page in order to get this free ebook.

Wishing you success,

Vin Jones

[thebreakup2makeup.com](http://thebreakup2makeup.com)