

**BEHIND**



**by Vin Jones**

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# NO CONTACT

Heya guys!

Yep, here's another totally free ebook. I know. I know. You've musta heard No Contact about a million times by now.

On the other hand, I'm beginning to notice from quite a few on-line discussions that a lot of people have misconceptions about this so called "No Contact Rule."

If you think you're an expert on the subject then just think of this as a refresher course. However, I'm going to clarify The No Contact Rule, so there may be some information that may be new to you.

I want you to have the absolute best possible chance of success in [getting your ex girlfriend back](#), so if I have to go over some concepts please bear with me.

I think it's vitally important to make sure you understand what the no contact rule is and what it isn't.

So let's kick this off shall we?

## WHAT NO CONTACT IS

No contact is exactly what it means - no contact!

That means you do not call, text, email or communicate with your ex girlfriend by any means. You make yourself scarce. You perform the world's best disappearing act when it comes to your ex.

Now, is this all to what no contact is? Absolutely not. The no contact rule is a technique that's implemented to [pull your ex back](#). It's a technique you use shortly after a break up.

Let's repeat that: No Contact is a technique, tactic, or method. It's a very powerful tactic that forces an ex to go through different stages to achieve the end result of missing you.

## WHAT NO CONTACT IS NOT

No contact is NOT the all cure, all fix it remedy that will make you and ex girlfriend live happily ever after when she comes back.

It's not a technique that will win her back. Like I said, it's a tactic to help [pull her back](#) to you. It will help her to feel a powerful urge to communicate with you again if all things go smoothly.

Winning her back involves other techniques and tactics.

Too many people think that if they just slap the no contact rule into place than it will all take care of itself. This is absolutely why so many fail in getting back with their ex girlfriend.

The truth is that a large percentage of guys will fail during no contact. This means they will break and contact their ex again out of neediness and desperation.

The average this mistake is made is within the second week.

A large percentage will blow it once no contact is finished. Once an ex girlfriend re-establishes contact, they'll commit damaging mistakes while they try to [win back their ex girlfriend](#).

Further, many guys who end up winning back their girlfriends will only have their girlfriends break up with them once again.

The average lifetime of these reunions lasts two months!

This happens BECAUSE people misunderstand the no contact rule.

If you had major problems prior to the break up, The No Contact Rule does NOT fix this. Those problems will still be there when you and your ex girlfriend reunite.

Unless, of course, you follow what you're suppose to be doing during no contact.

## WHEN TO APPLY NO CONTACT

You should apply no contact shortly after the initial break up. If you find yourself doing any of these things then go immediately into no contact:

- Constantly trying to convince your ex to work things out.
- Constantly annoying your ex with calls, texts, emails.
- Begging, crying, pleading.
- Picking fights with her.
- Refused her offer for friendship.
- Continually contacting her even if she ignores you.

## WHEN TO NOT APPLY NO CONTACT

Sometimes going to into no contact with your ex girlfriend is not possible. This is when contact is unavoidable, and for whatever reasons you have to maintain some sort of contact with your ex.

I'm going to highlight the top reasons why this impossibility may happen:

## **1. YOU HAVE KIDS TOGETHER**

If you have kids together then this totally changes the game. I do not advocate being a “dead beat father” to try to get your ex back.

You do have to stay in contact with your ex girlfriend if you have kids together, but you do not have to try to make her life miserable.

The same rules apply about not harrasing your ex to get back together or work things out. Keep contact short and always be cordial and polite.

## **2. YOU WORK TOGETHER**

If you work together, it's unprofessional to just start ignoring your ex girlfriend. Keep in contact at the work place. Be polite and smile, but keep your interactions short.

Remember, you still have the Mystery and Intrigue Card to salvage. Don't get into long-winded discussions about your private life.

## **3. YOU GO TO SCHOOL TOGETHER**

The same applies here to the coworker situation. Just play things cool. Remember, Desperation and Needy are the enemy.

# WHAT TO DO DURING NO CONTACT

I know I mentioned this in [The Break Up 2 Make Up](#) ebook, but when you enter no contact that's when the real work takes place. (If you've yet to download this ebook, click the link above or [click here](#)).

First, it will take a lot of determination and strength not to contact your ex girlfriend.

Second, this is the time you need to work on yourself. Here's a list of suggestions on how to do that:

- 1. Get your emotions under control.**
- 2. Get your life back in order.**
- 3. Get rid of neediness and desperation. These two are killers.**
- 4. Find out what went wrong in the relationship. What was it the relationship lacked that she needed to remain in it?**
- 5. Improve yourself.**
- 6. Set a new goal for yourself.**
- 7. Emphasize your best qualities again.**
- 8. Try new things. New experiences build confidence.**
- 9. Stay active and busy!**

# WHAT NOT TO DO DURING THE NO CONTACT RULE

The one thing that I find most people do during no contact that's a major no-no is this:

## **SIT ON THEIR BUTTS & WAIT FOR THEIR EX TO CONTACT THEM AGAIN!**

Doing this is the #1 cause of failure! Like I said before, your girlfriend left the relationship for a reason. No contact will not fix this.

Another thing not to do is overly whine and pine over your break up and ex girlfriend. Sure it's okay to seek the comfort of friends and family. I suggest you do.

Get it out of your system and then begin to move on. Follow the tips on what to do during no contact.

Overly whining and sobbing about your ex girlfriend only keeps her at the forefront of your mind. This leads to depression and desperation.

If you overly do this then you are setting yourself up to break no contact sooner than what is required.

Also, this grows weary and tiresome to the ears of family and friends.

Stay busy and get out of the house.

## **WHAT NO CONTACT DOES**

- 1. Gives you and your ex space.**
- 2. Gives you time to gather yourself.**
- 3. Makes you stop harassing your ex girlfriend and pushing her farther away from you.**
- 4. Makes you two stop arguing and fighting about getting back together.**
- 5. Gives you time to heal.**
- 6. Gives you time to improve yourself.**
- 7. Gives you and her time to cool off.**
- 8. Forces her to find out what life is like without you.**
- 9. Forces her to transition out of the relationship on her own.**
- 10. Adds mystery to you.**
- 11. Adds intrigue.**
- 12. Forces her to face a sense of loss.**
- 13. Makes her wonder about you.**
- 14. Makes her miss you!**

As you can see there are so many benefits the no contact rule provides if done properly. It really is a win-win situation.

Okay, so let's find out what the no contact rule does not do.

## **WHAT NO CONTACT DOESN'T DO**

I'm going to be mighty frank in this section, so here goes:

No Contact **DOES NOT FIX A PROBLEMED RELATIONSHIP!**

If you have issues or if your ex girlfriend has issues, no contact does not make these disappear. I forgot to include this in the what no contact does section, but it should also help you determine...

### **IF YOU REALLY WANT HER BACK!**

I have a buddy Mark who is constantly making up and breaking up with his girlfriend. His girlfriend is an absolute psycho and has many, many, many issues.

I wouldn't touch her with a hundred-foot pole. I'm not into crazy, but Mark seems to be and continually goes back to her.

They are the perfect example that no contact **DOES NOT FIX** crazy!

Yes, they enter a no contact phase after every break up, but they use it incorrectly and when they reunite they come back exactly the same as they were after each break up.

Hey, if this floats your boat then all the power to you. However, I believe this would drive most people bonkers. Most wouldn't put up with this very long.

Another thing no contact DOES NOT DO is **WIN HER BACK!**

Very rarely when an ex girlfriend contacts you again will she suggest for another try at the relationship.

Don't get your hopes up thinking that your first text or call from her will be, "Hey, baby, I was thinking...I want you back!"

It does happen, but most times, an ex girlfriend will be cautious about it. She will test you to see how you are different. This is when you will have to use different techniques to win her over again.

## **BREAKING NO CONTACT**

There's three reasons when no contact is broken, and it's quite important to discuss each three in detail.

## **#1 SHE CONTACTS YOU**

Okay, it's perfectly fine to reply to her if she contacts you. It's recommended that you do reply to her. This is what you want isn't it?

This is the result no contact is suppose to produce, especially after she's been ignoring you for awhile.

### **BUT BE WARNED:**

I mentioned before a large percentage of guys will mess up once they reach this stage. Much of it will have to do with not following what to do during no contact.

However, the #1 killer will be because they won't have a proven strategy to actually [win her over](#) again!

## **#2 YOU CONTACT HER AFTER 30 DAYS OR MORE**

There is much debate about this rule. Some believe it's fine to contact her after a grace period of 30 days or more.

I have a more extreme view on the matter. I personally believe that if she was the one who broke up with you, it becomes her job to chase you and make things right.

This means her contacting you first. It's strange that the people

who are often rejected end up being the ones who chase. I believe this goes against improving yourself during no contact.

When you improve yourself and gain a new found confidence and respect for yourself, doesn't chasing her lower your self worth?

I think it does, and when I worked on myself during no contact, I got to the point where I could've cared less whether my ex girl contacted me or not.

I was moving on, and I truly thought that if she did not contact me again it was her loss...not mine!

So there are two schools to this thought - those who refuse to contact until their ex contacts, and those who have time limits of 30 days or more before breaking contact.

I personally don't like the time limit aspect, but this is your call. If you want to mark your calendar for a specific date to contact her if she doesn't then do so.

However, this move is to be handled very delicately. Even more delicately than if she contacted you first.

Please have the [proper strategy](#) if you want to go this route in breaking contact. The ice really is a lot thinner on this particular path. Click the link above if you want to increase your chances.

## **#3 YOU COMPLETELY MESSED UP DUE TO NEEDINESS & DESPERATION**

This third reason is the worst of the worst. This is when you contact her before even 30 days is up. This is when you skipped everything you should be doing during the no contact phase.

Hey, if you went this route, you're chances of [getting her back](#) just became slim to none.

### **NEEDY & DESPERATE ARE NOT ATTRACTIVE**

Your issues will rear it's head soon, and you'll be back to square one again. This has to change. You will have to change in order to make the relationship work.

**If you contacted her when your ex girlfriend is still annoyed with you, good job in pushing her even farther away from you.**

This is another reason why I'm not very fond of the 30 day rule. Who knows when your ex girlfriend will cool off and begin to miss you?

People are different, and some take longer to calm down than others. Others take longer to figure out that their lives are empty without you in it.

One of the main reasons why people will commit this mistake

and break no contact so early is because they didn't have the right information about no contact.

They think it's a cure-all. They'll think it's a technique that will fix everything. They also **REFUSED** to get a proper strategy.

With the proper strategy, you'll be more confident in being able to pull her back. With the proper strategy you'll be more confident in seeing no contact through.

You will also be confident in **WINNING HER BACK** when you two start communicating again. Your chances of success will increase because you will **KNOW** what not to do.

You'll also **KNOW** what to do, how to handle things properly, and even **BETTER**...you'll know how to make your relationship a healthy one and keep her!

I don't mean to bash on my friend, Mark. He knows I love him, but I'm not into wasting my time. That applies to every aspect of my life.

Break Up 2 Make Up 2 Break Up 2 Make Up 2 Break Up is not what I want for any of you.

On the other hand, if the above is your thing then there's nothing much I can really do for you.

If you want to get her back and make a healthy, lasting relationship, I've always stressed that the willingness to be educated in how it's done is the first and foremost step to success.

When it comes to that, I will always point you in the absolute right direction so you don't waste your time, energy, and most of all...cash!

## **THE MAGIC OF MAKING UP**

This is the most popular get your ex back guide there is out there as of now. 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.

The Magic of Making Up has an over 80% success rate.

**[Click Here To Discover The Magic Of Making Up](#)**

## **THE EX2 SYSTEM**

This is the original get your ex girlfriend back system, 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's more structured or clearer than The Magic of Making Up.

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. Well worth checking out.

**[Click Here To Discover The EX2 SYSTEM](#)**

## **PULL YOUR EX BACK**

Highly informative, and perhaps the most comprehensive book on the subject. I must say I like it a lot.

It goes really in-depth about the strategies. **Pull Your Ex Back** has tips, tricks, and techniques written for both men and women, and is very structured like the EX2 system.

**Pull Your Ex Back** ranks as one the best Get Your Ex Back

guides out there and can stand toe to toe with the heavy weights.

Of course, this is in my opinion. On the other hand, the guide has a very high success rate like both of the guides above.

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



Wishing you the best and success,

Vin Jones