

LUCIA

**NO  
CONTACT  
SECRETS**



HOW TO EASILY GET YOUR EX BACK  
USING RADIO SILENCE

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USING RADIO SILENCE**

*Thank you for purchasing:*

**NO CONTACT SECRETS**

*by Lucia*

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# INTRODUCTION



There's always that one event or experience in a person's lifetime which changes the course of their life forever. For some, it's a spiritual encounter; for others, it's a movie or a book that blows their mind.

For me, it was the times I got dumped.

I started dating at 18.

Since then I've dated in six cities, four countries and two continents.

Three breakups come to mind where I was broken up with.

The first one was the only time I begged and pleaded when the guy broke up with me. The break up was a total shock. I didn't see it coming.

But within the hour, I asked myself, *“What was that all about? Why did I beg and plead? If he doesn’t want me, fine. Then I don’t want him either.”*

I instinctively knew I had to change my attitude. When he called me a few days later, I was a totally different person, with him probably wondering what the heck had happened in those few days.

I was upbeat and happy, and I said, *“Hey, how are you doing? Yes, I was a bit shocked from the breakup, but now I’m good, no problem,”* and I soon ended the conversation.

I just knew that if there was any hope of getting him back, that was what I had to do and what do you know, two weeks later, he contacted me and wanted to see me.

The next breakup occurred when I caught my long-term boyfriend of five years cheating. He stopped seeing me and started seeing the other woman. I knew enough to leave him alone. The one time I did reach out, he had an attitude towards me, and I realized I couldn’t reach out again.

Within three months, they had broken up. We started talking again, but we never got back together. I concluded that the relationship had probably run its course. Today we're friends.

The one breakup that changed me entirely was the last one.

I was a general dating coach/expert at the time, talking about a variety of topics.

Getting your ex back was not a specialty of mine for the mere reason that I didn't have a lot of experience with people breaking up with me.

Ninety percent of the time, I would be the one to end the relationship. The upside of this was that being the dumper, I knew how and what dumpers think during a breakup. The downside of this was that I had a knowledge gap when it came to how to get an ex back. I had not had a strong reason to learn to do that.

Until I met this guy...

We first connected on Facebook. I was instantly attracted to him. In the beginning, my strong connection was surely a red flag, but who has time for red flags when emotions are raging, right?

Things progressed really fast. We were talking all the time on Skype, we held hands all day when we met, and the date lasted 9 hours.

Now you're either thinking this was the most romantic thing in the world, or the craziest thing in the world. I mean, holding hands and hanging out for 9 hours? That must be real love, right??

No, it wasn't. The bitter confirmation came the very next day when I woke up in the morning to no messages at all.

No "Good Morning," "How are you doing?". Nothing. Zilch! Nada!

Time went by. It was 10 pm the following day and still...crickets.

I started losing my mind at that. It was a feeling I had never felt before. This was not just a bad feeling. This was actual physical pain.

It was horrible.

Right then, I made a decision: If he didn't contact me that night, I wasn't going to see him again.

That was that!

He finally contacted me about 30 minutes later, and then I made another mistake by asking him with an unpleasant tone.

“Where were you?”

Bad Idea.

We continued talking that week, even though we still hadn't gotten together. Then came the next in my string of mistakes.

I mentioned to him about getting together the next day, which caught him off guard, leading to him reluctantly agreeing to meet. Of course, he canceled on the day of the

meeting. He had to attend a family picnic...for the whole day!

### Who the hell does that?

After that, I stopped responding to him. He started showing a little more interest, texting and calling many times.

That whole thing passed, and then one Sunday, the day we usually got together, he said he couldn't because he was "doing his laundry."

Around this time, I started to see some inconsistencies. On Mondays and Tuesdays, he would disappear. So I guess we could call it a 'consistency.'

Also, he suddenly started getting a lot of texts when we were out. This was not so before. Naturally, I got suspicious.

A lot of things happened after this that finally sent me over the edge. I had gone on a trip for a month and we only talked twice on Skype. Both times I had to initiate the contact. I decided to break up with him when I got back.

My girlfriend talked me out of it.

As I said before, I was always the dumper, so my friend told me to try and make an exception for this one, if I was really that into him.

*“Why do you always have to run away?”* she said.

So I decided not to break up with him.

We met up after my trip, had a great time, and of course he expected us to get intimate that night. I told him I didn't want to because I felt like I was not important to him.

He apologized, told me I was right about how he had been neglecting me.

Things looked okay.

Then it happened.

A few days later, he broke up with me.

I still have the actual text he sent me.

Here it is:

*“Hi Lucia, I’m not going to be able to make it tonight to the club. Also, things aren’t going to work for us in a relationship. We will be better off as just friends. Have fun at the club.”*

The next five minutes after that was a defining moment.

It changed everything for me.

Here was my response:

*“I agree. You’re an amazing guy, and it was always a pleasure to spend time with you. I wish you the best and hope you find what you’re looking for. You deserve it”*

Boom!

That was it!

If he didn’t want me, fine.

As I said before, I didn’t know a lot about how to get an ex back at the time. So just like most of you do when you want to learn how to do a pancake flip, I went on Youtube...

...and I found the 30-day rule (which you will learn later in this book doesn’t work).

Luckily I never got the chance to use it, because in 15 days, he contacted me. I had posted on Facebook that I had to go to the emergency (which was true).

*“Oh, what happened, honey? Are you okay?”* he wrote.

However, by then, I was angry with him, so I didn't respond. He continued to reach out occasionally over two months but never said anything significant. He was acting as if we were friends, so I never responded.

Finally, he said something. Something significant.

*“I wish you wouldn't ignore my messages I was hoping we could at least be friends.”*

I still wasn't having any of it. I didn't want to be friends.

But instead of following my own advice, I let another friend convince me to respond.

My friend said that maybe he was saying that to get a foot in the door and get back together. That was the only reason I finally got back in touch with him.

We talked and had fun pleasant conversations. He mentioned meeting up but then never made any plans and so then I stopped talking to him.

The same thing happened again three months later. We started chatting, he never mentioned getting together, so I never responded to him again.

And that was it.

I later found out he was seeing a girl who had a job where she could have Mondays and Tuesdays off. Ring a bell?

### **What is my aim for this book?**

This breakup changed my life for the better. It led me on the path of helping people get their ex back.

It was a painful experience, but I learned so much that I now want to share with you.

You don't have to make the same mistake I did. You can learn from me and have a better chance of getting your ex back.

I realize there is a lot of misinformation out there about how to do this effectively. Most people do not even think it is possible to get back with an ex.

You might be making mistakes now that are preventing you from getting your ex back—trying so hard to out-think and out-manuever your ex with corny tricks and mind games.

You are precisely the one I wrote this book for. I want to demystify this whole ‘getting your ex back’ thing and give you a written guide you can use every time you find yourself in this situation. I want you to become a stronger, more confident person who knows exactly what to do when you go through a breakup.

I want to help YOU get your ex back.

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**PART – 1**

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THE BASICS

## WHAT IS THE NO CONTACT RULE?



What is the definition of the no contact rule? There seems to be a lot of confusion around it, so let's clear it up. In order to understand what the no contact rule *is*, let's talk about what the no contact rule *is not*.

The no contact rule is *not* when someone breaks up with you, they reach out to you, but you never respond. How are you supposed to get your ex back if you never respond?

It isn't that your ex contacts you and you don't respond if they contact you within 30 days.

The contact rule also does not mean that if you don't hear from your ex, that you wait 30 days, and then you contact them. No, no, no.

If someone tells you to contact your ex after 30 days of no contact, watch out. They do not understand no contact. 30 days is not nearly enough time to get an ex back, most of the time.

Now there is a 60 day no contact rule, which I named and brought to light. No, it doesn't mean that you can contact your ex after 60 days, so get your fingers away from that phone. It basically means that if someone breaks up with you and you don't reach out to them, there's a very high probability that you will hear from them within 60 days. Usually within 45 to 60 days.

The only exceptions to the no contact rule are: If you were dumped because you cheated and/or if you took your partner for granted.

Now, if it's the second one - taking the partner for granted - you have to make sure that you really *did* take your partner for granted and you're not just feeling guilty about something that may not have been your fault.

I had a coaching session recently and the guy wanted to reach out because he thought he had taken his ex for granted and I pointed out that no, he had not taken her for granted. So if you're not sure, it's always best to find out. You can always contact me for a coaching session via my website, <http://www.theartoflove.net>

The definition of the no contact rule, the one that works, is: When someone breaks up with you, you go radio silent, you disappear as if you were in witness protection. You do not contact them, you wait for them to contact you, unless the breakup falls into one of the two exceptions I just mentioned: You cheated or you took them for granted. However, even then, you still need to do a no contact period where you give your ex some space. Why? Because if someone breaks up with you, they are generally not going to get back with you the next day or the next week, unless it was a fake breakup.

When you're in no contact, you don't do any of the following:

Text

Call

Send Facebook/WhatsApp messages/Smoke signals

Like their status updates

Comment on their posts

Snapchat (even if it means you break a snapchat streak)

Tweet your ex

Go out of your way to accidentally run into them

Go to places where you think they might be

Go to their house

Look at their Instagram stories

Sometimes you have no choice and can't do full no contact. Maybe you're still living with the person. In that case you want to have as little contact as possible. You want to be out when they're home if possible. If you work with your ex, stay away from them, unless you have to discuss business. Your behavior should be polite and professional, as if you were talking to any other co-worker.

By doing no contact, you accomplish two things. One is that you have a much better chance of your ex contacting you and possibly wanting to get back together if you just leave them alone and disappear. Obviously easier said than done, since when someone breaks up with you, they become like heroin. They're the drug, you're a junkie, you need your fix and that's why you can't help it. You want to reach for that phone. But understand that by leaving them alone, even though it may be counter intuitive, there's a higher probability of them contacting you, wanting to get back together.

The second benefit of doing no contact is that it allows you to take a step back and be able to see things a lot clearer. When you're right in the middle of something, you can't think straight. You can't see the situation for what it really is.

When someone breaks up with you, at that moment, you want them back. However, with no contact, after a while, you may think, "You know what? Maybe, I really don't want them back. Maybe, my life is better without them". That's

one of the many reasons why the no contact rule is important.

I remember with my last breakup, as soon as he broke up with me, I wanted him back. For the first two weeks I really wanted him back. Then he contacted me. I didn't respond. I was a little calmer. I had started to put pieces together and I realized that there was a very, very high probability that he was seeing someone else at the same time that he was seeing me, even though he said we were exclusive. When I was in it, I wasn't able to see it, but stepping away, suddenly I could think a lot clearer and I realized that he was probably up to something. So, I went from really wanting him back to being angry.

Finally, the no contact rule only applies if you were the one who was broken up with. If you did the breaking up and you change your mind, then it's up to you to contact your ex, unless they cheated on you or took you for granted.

## 7 REASONS WHY THE NO CONTACT RULE WORKS ON EVERYONE



Let's talk about why no contact works on everyone. It's not just because your ex is going to be missing you or feeling anxiety. There's much more to it than that and it works on all humans. So, if you're dating a human, great. If you're dating an alien, I can't help you. LOL.

The first reason is because we're wired to respond to loss. I have a quote from one of my favorite dating books, which you may know about, "Love Tactics". It says: *"While people disrespect that which they have in the palm of their hand, and are attracted to what they can't get, they become absolutely frantic with desire over that which they already possess but are in danger of losing"*.

When your ex broke up with you, they thought they would still have you in some form. They thought that they'd be able to reach out and you'd respond or they thought you'd reach out to them. They didn't realize that they were going to miss you. They didn't realize what you meant to them and the positive effect you had on their life.

By being radio silent, their loss, even though they wanted it, hits them even harder. They feel it sooner that if you stick around begging or pleading, trying to convince them to change their mind. You've now taken away their freedom to talk to you because they thought they'd still be able to talk to you anytime until they see that you're not reaching out or responding to their messages.

The second reason is because as humans, we have a need for both predictability and unpredictability. By not reaching out, you have now satisfied their need for unpredictability because if everything were predictable, how boring would that be? Even though they broke up with you, they didn't expect you to just disappear. They thought you would at least put up some type of resistance, but you didn't. Now

you're unpredictable, so now you're more interesting. They're wondering what you're doing and as they're wondering, that question mark becomes a hook, which hooks them in and hooks them back, hopefully, to reach out to you.

The third reason is that silence creates mystery. They're going to wonder what is going on. You've now created what's called an information gap. When they don't hear from you and they're expecting to hear from you, their mind is going to start filling in the blanks. It's going to start creating stories, and usually those stories are negative stories.

Think about it: If you've ever said to someone, - *Well, let me know that you got home safe* and then they didn't let you know that they got home safe, you're going to start wondering. You're going to start worrying that something went wrong, that's something bad happened.

You're not going to think that you didn't hear from them because something good happened. You're not going to think, "*Oh, they must have met the man of their dreams or the woman of their dreams on the way home. That's why I didn't*

*hear from them.*” No. Who ever thinks that? People usually think, “Oh my God, something happened. I haven't heard from her/him”. That's what happens when you disappear and you don't reach out to your ex.

Their mind is going to fill it in with something negative and they're going to assume that you haven't contacted them because maybe you really weren't that into them or maybe you found someone else. Or maybe even worse, you already had someone else that they had no clue about, or you went back to another ex. Their mind is going to start filling in the blanks and, as it does that, they're going to feel the anxiety, and this anxiety is going to cause them to do – what? That's right – reach out.

Reason number four is that scarcity creates value. By disappearing, you have now raised your value. Let's use the example of something as simple as water. We don't usually think about it very much - I think about it a lot because I love water, but that's just me. We get it for free from the tap and most bars/restaurants give free water. It's readily available everywhere.

Now, what if something happened to the water supply and it wasn't flowing as freely from our taps? We would suddenly start to value it a lot more. We would think, "*Oh my God, am I gonna be able to get water today? Will I have enough water?*" Something that you once took for granted, as always being there, you're now going to worry that you're not going to have access to it. No contact raises your value, it raises their interest level, and it makes them more likely to reach out

Number five is respect. When you don't contact your ex, even though you have strong feelings for them, and they know that you have strong feelings for them, their respect for you is going to go up. You cannot have love without respect. You can't love someone that you don't respect. You want your ex to respect you because maybe that was one of the reasons they broke up with you. Their respect for you went down, taking with it their interest level in you. By leaving them alone, their respect for you goes up, as does their interest level. Taking another quote from "Love

Tactics”, “*If you let them disrespect you, you can kiss your love life goodbye*”. That's why respect is so important.

Reason number six is FOMO. Do you know what that means? Fear of Missing Out. By not reaching out, you've now created mystery. They're wondering, what the heck you're up to, especially if you're not posting on social media. If you *are* posting on social media, they see that you're going to new places, hanging out with new people, maybe doing things that the two of you had talked about doing and now you're doing it without them. They're going to begin to second guess their decision and wonder if they're missing out and maybe made a mistake when they broke up with you. And that's exactly where we want them.

Finally, number seven is the open loop. The mind hates open loops. Let me give you an example of what it is. If someone says to you, “*Hey, guess what?*” And you say, “*What?*” If they then say, “*Oh no, forget it.*” your natural inclination is to respond with, “*No, no. What? Tell me what, what? What?*” That's an open loop. Another example is when something you're trying to recall is at the tip of your tongue,

but you just can't remember it. It bothers you, because it's a open loop!

The mind hates open loops in conversations and in situations. One of the best examples of this is soap operas. Did you know that Days of Our Lives has been around for over 50 years? How many TV shows have been around for that long That's the best example of an open loop, although they call it a cliffhanger for TV shows. Every day at the end of the show, something happens which makes you think, "*Oh no, what's going to happen tomorrow? I've got to come back and find out.*" The brain doesn't like open loops because when our curiosity is piqued we want a conclusion.

Your ex assumed that you would contact them, beg them and continue to pine for them. They thought they would be able to reach out to you any time they wanted to and you'd respond. By not reaching out to them, and not responding, you've created an open loop. They're wondering what is going to happen?

Will you respond if they reach out to you again or are you going to ignore them? They don't know and this gives them

FOMO (Fear of missing out). It raises their respect for you. It raises your value. It creates mystery. It satisfies their need for unpredictability and plays into their fear of loss.

Who knew that no contact could do all that? Who knew that something so simple is actually so powerful?

Does it work 100% of the time? I know you're wondering that. No, that would be impossible. If it doesn't work, that usually means that their interest level is so low that there's no coming back, no matter what you do.

Think about it. Aren't there people you've dated that you would never get back with, under any circumstances? You are done and you want nothing to do with them. Even if they won \$1 billion in the lottery, you would still want nothing to do with them. Right?

If that's the situation, then nothing will work. But usually it's not like that. In most cases, you *will* hear from your ex if you do no contact.