



FACEBOOK

EX SEDUCTION

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Foreword

A Goddess Is Who She Is



Right off the bat – if you don't use facebook that much, don't start using it more after your break-up. Not just to make a point, not to use it to get him back. Because otherwise you'd change to please him. And that's not really ok.

Now that that's out of the way, let's see some dos and don'ts regarding your facebook profile and activity.

It boils down to two main steps:

- 1) Don't Change much
- 2) Do project a positive image

We'll detail all of that in a moment – first, I'd like to discuss the benefits and caveats of using facebook (or any other social network) to grow and build your relationship with your ex.

PROs to using Facebook:

Being an online channel, Facebook is a bit less personal than talking on the phone or face to face. This makes it easier to express your feelings because it gives you a bit more time to think things through. It differs from texting and email because you can reply at a later date (even to a private message) and nobody gets hurt. The newsfeed will distract them for you.

Being a very public thing, everything you do can be seen, in one way or another, by your ex. Keep this in mind, we'll be using it later on.

It can be a very subtle way of adding to your attractiveness. I recommend you use it to complement your offline fun life (check the system for how to let the fun back in your life).

CONs to using Facebook:

It can be a bit impersonal. I mean, Facebook friends aren't really friends, right? Well, yes and no. While the above might be a bit true, there's evidence showing that Empathy Shown On Facebook can Precede Empathy Shown In Real Life. That means you can work on getting him to like you on facebook and he'll like you offline as well – sweet!

It can become a burden or a curse – stalking is an easy thing to do. If you're doing it right now, I'm not going to tell you to stop. Instead, I'll show you how to do it in a more healthy way, that will help you get your ex back.



Another problem comes from the newsfeed – remember when I said it’s useful because it’s distracting? It’s also not useful because it’s distracting.

Also, the fact that everything is so public can turn a rejection into a humiliation circus (he might post mean things about you). If that happens, keep away from Facebook for a couple of days – it prevents you from responding AND from seeing all the bad stuff while you’re still suffering. He probably doesn’t mean it anyway and there’s no point in rubbing it in.





**Who You Are,
Who You Are on Facebook
And How That Affects You**



Who you are on facebook isn't necessarily who you really are. Most people try to show-off their best side: that's why you'll see a lot of holiday and clubbing photos but little to none stay-at-home-crying-eating-ice-cream photos. On the internet, we're all happy, strong and joyful – regardless of what we really feel.

I'm telling you this because you'll find it hard to be positive on facebook while suffering after your break-up. So, until you pull yourself together, avoid it as much as you can. Take that time you'd spend on facebook and do something fun with it – something you like (cook something new, read something, visit a museum, doesn't matter). Once you're ok again, get back to your old habits.

Another reason for which you should avoid facebook in the early stages of your break-up is cyber-bullying. See, you might be tempted to contact your ex – and he might snap, big time. This could turn out ugly – bad words, hurtful accusations, name-calling, even public statuses that are about “how awful my ex was”. If a fight with him hurts, think about a fight with him in front of everyone you know. Again, this might not be who he is – such behavior is extremely masculine. Something he might want to come off as after a break-up. It's normal and natural for a guy to act macho after being dumped (or dumping) – not pretty, but common.

As a general rule, I'd keep away from facebook for at least two weeks after picking up the Ex Back Goddess system. Following it should be enough to get you up and running – ready for a one-on-one with your ex on facebook.

Ok, enough foreplay – let's get in the meat of it.



A Goddess' 10 I'd Rather You Didn'ts



Think of the things below as rough guidelines, rather than as commandments. You might be able to pull off breaking some of them, just be careful – break too many, and things could get messy. Treat facebook as just another way of showing your inner Goddess.

1) I'd rather You Didn't Fight in Public

This means no passive-aggressive statuses/pictures, no liking “Exes Suck Ass” pages, nothing that says, in any way “I hate you and I want everybody else to know it”.

If he does it, don't retaliate. Let him be. Not feeding a conflict helps solve it, as you already know if you've already read the Ex Back Goddess System.

You can take back what you've said to each other, but you can't take back what your friends have heard/ seen. So avoid conflict, at all costs.

Oh, and if he changes his facebook relationship status to single, just hide yours. Don't go for single, it's complicated or all that stuff. Set the privacy level to “Just Me”. This way, your friends (and himself) will not be notified of the change.

2) I'd Rather You Didn't Beg

Look, I know it's hard. And that you'd do anything you could to get him back. But begging him on his timeline is a big no-no. This not only pushes him away (remember what I've told you about men avoiding needy women?), it also sends the wrong message to his friends. And once they start seeing you as the “crazy lady that keeps nagging him”, you're lost. You want his friends liking you. Or at least be neutral about you. So mind your appearances, for they matter much.

3) I'd Rather You Didn't make Him Jealous

You know what's worse than losing your girlfriend? Seeing her with another dude shortly after you've broken up. It damages his ego – “Oh, so I really wasn't good enough for her! GOOD! BE THAT WAY!” is what he's going to say before deciding to forget all about you.

If you'd hate to see him in pictures with a very foxy lady, holding hands or laughing together, don't post one with some guy sniffing your neck.

If he does post a pic with his new girlfriend, take a closer look. Does she look like you? Dress like you? Do anything like you? 'Cause he might be looking for a replacement you (that's a good thing – it means he really loves who you are and the break-up is just a minor hiccup in what should be a long, lasting relationship).

4) I'd Rather You Didn't Rant About Everything

One thing I used to do was complain about everything – my latte was too hot, my room too cold, my bed too comfy or my work too boring.

I disliked everything. Because I was in a bad mood, everything was dislikable.

As my mom (and probably yours, too) used to say: If you've nothing good to share, don't share anything.

That rule applies here as well. Why? It all comes down to the image your projecting – do you really want him to know how much he's hurt you? Or do you want him to see you as the emotionally-strong woman he'll fall in love with?

5) I'd Rather You Didn't Get Creepy

You're going to stalk him. I'd rather you didn't, but I can't really stop you. So, if you're going to do it anyway, at least do it in a subtle way. Don't like his photos. Or his posts. Don't comment on everything he's sharing. And, most of all, don't start befriending all his facebook friends just so that he sees you. It's downright creepy.

And it won't help you much – people talk, and if word gets out that you're throwing friend requests everywhere, he'll see you as a desperate, needy woman. We've talked of this before. You know why it's wrong.



6) I'd Rather You Didn't Flirt With Him

Well, not until you're at least dating again. Remember, you want him missing you – flirting too soon will only delay that gut-crunching feeling he'll get once he realizes he needs you back. So stay away and don't offer closure. If you absolutely MUST talk, keep it short. Remember the Limited Contact rule and follow it.

7) I'd Rather You Didn't Ask His Friends For Advice

One of the biggest mistakes women make is taking it up with HIS friends. Because “they probably know him better”. Know what that does?

That's like telling him you'd do anything to get him back. That you want him more than he wants you. That he's everything to you – just that his friends will be the ones doing the talking for you. And that's double the trouble: showing neediness AND giving his friends reasons to gossip.

Moreover, why do you think they'd help you? HE is their friend. Not you. So, while they'd do anything for him, they'll refuse to help you (politely or not).

8) I'd rather you Didn't Become an Attention-Whore

Ouch, harsh! I know... but look – posting a lot of stuff that will attract attention: selfies, humble-bragging, fishing for compliments, you know the drill.

It's a cry for attention. And it stands against the very concept of a Goddess – people should genuinely love what you post and who you are, not fall for tricks meant to get their like.

9) I'd rather you didn't change your profile picture/ cover photo

Unless it is a pic of the two of you, no need to change it “just because you're broken up”. If there's some viral trend where everyone switches their profile pic to a giraffe photo and it got to you, that's fine (and you should totally do it). But don't change it to make a point about your ex.



10) I'd rather you didn't Randomly Tag

Don't tag his friends just to get his attention. If you don't generally interact with them, leave them alone. If you do there has to be a valid point behind tagging them (they'd genuinely like what you've shared or have expertise on a question you asked).

Phew! That was a lot. Next, let's take a look at what you could and should do. Next up, the things you should be doing.





The Right Way
To Facebook-Stalk Your Ex-Boyfriend
& other useful tips



Yeah, you read that right – there’s a right way to facebook stalk your boyfriend without being intrusive or creepy.

Use this as an opportunity to get to know him better. Dig deep in his profile and see what his most frequent posts are about – figure out what he likes to talk about and use that for when you formulate your ex-back plan. Next, sweep through his liked pages. Don’t like them, but check a couple of them (the most recent ones). If they’re bands, look them up and listen to them. If they’re movies, watch one or two.

You should do this because it will help you put yourself in his shoes. Understand him better. Relate.

Take notes, if you have to. Here’s a couple of questions to get you started – answer these questions about your ex and you’ll see how approaching him becomes less terrifying than it is right now:

- 1) What movies does he like? Top 3.
- 2) What are his favourite bands? Top 5.
- 3) Where does he get his news from (newspapers, blogs etc)? Top 3
- 4) What does he post about the most? (Cars, sports, motivational quotes)
- 5) What is he trying to be on facebook? (Macho, sensitive etc.) – this will show you how he wants to be seen; use it in your plan – pinpoint what strong points he’s trying to emphasize and compliment him on those, when you start dating again
- 6) Whom is he talking to the most? Top 5. Find out what they have in common, because that’ll show you what he likes in other people. See where you would fit in and show off those specific traits you share with those people (maybe most of his friends are the sensitive-type => talk about what music/poetry/art you enjoy)
- 7) Now take all of that and put it all on paper (just make sure to destroy it once you start dating again, you don’t want him seeing this). Next, open up a google search and type in the following: bands like *name of band he likes* or movies like *name of movie he likes* and so on. Try to discover something new he might appreciate. Something he hasn’t



discovered himself, yet. When you start talking again, post something about it on facebook – you saw it on 9gag and it reminded you of him, youtube recommended it on its homepage, doesn't matter – just make sure he understands you found it and thought of him. Shows you know him and care about what he likes. More on that, below.

Once you have a pretty clear image of who your ex wants to be, what he likes and what he enjoys talking about, you should be nearing your second week of limited contact. Work on your plan of getting him back. Add to it all the details the questions above helped you gather.

And here's what to do once you start talking again.

First of all, freshen up a bit – do these one at time (with 3-4 days in between):

- 1) Change your profile picture with a photo of you, smiling; or, better yet, put up the image of a cartoon character you used to love as a child -> this will spark some conversation with your friends. But the kind of conversation that's not entirely about you. What you want from this is to show people like you. So you throw at them something you know they'll genuinely love to talk about.
- 2) Remember when I told you, in the system, that you should get a hobby? Post something you made or read. Show off your offline life.
- 3) Post a song both of you like – and tag him. It's ok now. Just say something innocent and funny, like “what if they had goats with tophats dancing to this?”.
- 4) Go out for drinks with some friends (maybe Karaoke) and make sure you get at least one nice photo taken and tagged. Again, show off your social life, but be subtle.
- 5) Did he post something you genuinely like? Share it. You want to retie the friendship knot, so baby steps like this one are more than welcome.
- 6) Do you have any common friends? See if you can spark a conversation with one of them (maybe you've known each other for a long time, but haven't been keeping in touch that much). Engaging common friends gets you noticed, and if you make them feel good about themselves/say



something nice about what you've shared with them, you score even more points on likeability (hint: People appreciate what their friends appreciate. Get his friends on your side. Mwahahahaha)

- 7) After your second or third date, you're allowed to post things like "tonight was fun" – but no sooner than that.

Again, the point of all of the things above is to send a subtle message – "I'm ok". That means no sudden changes, no tricks to get his attention, nothing too "in your face".

You want him to see that you're fine and that you can be yourself regardless of your relationship status. That you are who you are, not defined by your being together.

Regarding the private chatting on facebook, my only advice is – follow the Ex Back Goddess teachings. If you're in Limited Contact, do that. If you're starting to talk, take it slowly. Remember, the plan is everything – this particular guide is only meant to add to it, not to replace it.

