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works every time when you follow its rules down to the T. This includes no stalking, refusing to get rid of gifts and reading old texts. Basically, anything that is considered hazardous to your health and well-being is a no-no.

### **What Happens if You Break the No Contact Rule? | The ...**

Generally speaking, if after no contact, your ex gives you this response it means he is either holding some type of resentment or anger over either the breakup or the no contact rule. Now, is that a good thing or a bad thing for you? Well, I personally think it depends.

### [The No Contact Rule: A Powerful Strategy That Can Work On ...](#)

Whether you want to win him back or you just need clarity on what you want, following the no contact rule is a great way to have some space emotionally and physically after a breakup. Find out the benefits of stopping all communications with your ex so that you can heal yourself and move on, with or without him.

### [No Contact Rule: How Long Should You Do It For?](#)

Essentially, the belief around the 30 Day No Contact Rule is that if you ignore your ex for a

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### *The Horrible Truth About the No Contact Rule | The Modern Man*

The no contact rule is a set of guidelines to follow after you break up with someone. In essence, it's designed to give you the time and space needed to heal your heartbreak, get perspective on the relationship, and (if you want and are ready) give you the best chance of getting your ex back.

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The no contact rule can be difficult to deal with, both for the dumper and for the dumpee. Even if you were the one to be unceremoniously dumped, enforcing a no contact rule can lead to pent-up resentment. Especially if attempts on their end to reach out went unheeded. Defensiveness is the bane of post-breakup communication.

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### **When To Break The No Contact Rule After A Breakup**

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