

She blocked me.

What to do?

The separation from this woman was very difficult, but you never lost hope of being able to speak to her about anything and perhaps seeing each other again.

However, you see that your chances with her diminish little by little because your worst suspicions about your ex are being confirmed more and more:

"Damn it, she has blocked me!"

What makes it so certain are worrying signs, like the sudden loss of her profile picture on WhatsApp.

Or the solitary and unique check mark of her last message, which does not want to "double-check" even after days...

The situation with this involuntary contact ban seems especially desperate, if a mature understanding doesn't come soon:

"My ex has blocked me everywhere!"

The same happens with channels like Facebook or Instagram... and in the worst of cases, you can't even call them.

Surely such a sudden break in contact hurts a lot, especially when there are still many unexplained things in the room and you want to get back with your ex after the breakup.

But perhaps there is still hope that the relationship can return.

So that you can do it, in this article I will explain the possible reasons why she has blocked you.

I will also show you the only correct way to get in contact with your great love and win her back afterwards!

Has she blocked you on WhatsApp? How can you find out?

Of course, it's insulting and disrespectful when a woman simply removes you from contact by blocking without a final reply. There's no doubt.

Because you deserve at least an explanation or the opportunity to express yourself to forgive each other's mistakes.

Despite the chaos of longing, anger, sadness, disappointment, and yearning for your separation, I ask you not to jump to hasty conclusions.

Because in the first stage the question arises:

Has she really blocked me?

First of all, you should pay attention to these signs with which you can easily find out if someone has blocked you on WhatsApp:

- You can no longer see when the person was "last seen" (date/time).
- In general, you cannot see that the other person is online at that moment.
- Their profile photo is no longer visible; instead, you only see the default "white avatar".
- Your messages do not reach her (only one checkmark appears on your message instead of two).
- Their WhatsApp connection statuses do not occur.

Make sure that your ex has blocked you

But be careful!

Just noticing the hints mentioned does not necessarily mean she has blocked you:

- **Your ex can also hide the "last seen" timestamp through privacy settings.**
- **Maybe her message simply isn't being delivered because the lady has been disconnected for a long time (busy, lost her phone, etc.).**
- **Or she simply deleted the profile photo because she could no longer access the old one.**

But if you notice several signs at once, it's a strong indication that your ex-girlfriend has blocked you on WhatsApp.

To be sure, you should also wait a few days (which you should always do when contacting women so as not to seem desperate!).

If after a week your message does not receive the second gray checkmark, it is a big red flag of blocking.

3 possible reasons why she has blocked you

Especially when your breakup was quite peaceful and there was no argument to the end, her blocking you on WhatsApp and all other channels can be very surprising.

The shock is then even greater.

And the piercing question "Why has she done this?" won't let you be at peace.

Thoughts keep spinning non-stop, and you go back to reviewing the chat histories to see if you've written something wrong that could have bothered them.

You just want to know why she is doing this.

But there can be many possible reasons why your ex has blocked you, and not all are directly related to you:

Reason 1: She felt uncomfortable with you

How do most people behave after a breakup when they are still in love?

Correct: Instead of accepting the situation, staying calm, and allowing some distance first, they cling to their ex-partner like crazy.

Men, in particular, constantly bombard their ex-girlfriends with WhatsApp messages, writing all kinds of things that irritate women:

Getting in touch with an ex, that specifically means:

- **Constantly begging for a second chance in the relationship**
- **The "I'm sorry" messages and writing how you feel. Endless fights and quarrels, mutual reproaches.**
- **Several questions about the reasons for the separation**

Maybe your ex has blocked you on WhatsApp because at some point she got tired of all the drama.

Of course, her reaction is understandable.

You love her, you have a burning desire for her and you want to get her back.

That's why you write all the time, because you want to find out the reasons for your relationship issues and have one last chance.

And because you still have many unsaid things to say that seem to stand between you like an invisible concrete wall.

But even so: at some point the woman could have felt very pressured because she no longer had "room to breathe".

Your ex then blocks you on WhatsApp because she needs to distance herself from you.

With her blocking contacts, she wants to leave behind the stress of the breakup, forget about you for a while and calm down emotionally.

Reason 2: She is seeing someone else

An attractive woman, in theory, can always have contact with a handful of men, because many types surround her like hungry hyenas and prey.

Take, for example, Marcelo from the gym, her other ex-boyfriend Marco or Iván from work, who has been eyeing her for some time...

As a jealous man, you can go crazy, I know. And it may be that your ex-girlfriend even has a new boyfriend with whom she meets regularly. Horror!

And now imagine:

This guy "sleazes" his way into a date with your ex and somehow gets her mobile phone in his dirty fingers.

He then randomly reads her WhatsApp messages, where there is a sweet phrase like "I still love you"...

Ouch!

Then the big jealousy sets in. Your ex's new man will think that she's cheating, that she hasn't gotten over her breakup with you and that she might want to get back with you.

In simple terms, a simple message at the wrong time and place can mean a lot of stress.

Her contact could be like a bomb that suddenly explodes.

Maybe that's why the woman has blocked you on WhatsApp to be able to avoid a complicated love triangle story and to get to know her new lover without you (in the true sense of the word) "interfering" with them.

And maybe she wants to forget about you in general, blocking to be able to be at peace to build a relationship with her new boyfriend.

Reason 3: she has to deal with her separation

But it might also be that your ex needs, in general, a clear distance from you, regardless of whether you have overwhelmed her with messages or not.

Because depending on how long you have been together as a couple, whether it was love or just a passionate fling that they had made and said at the end of their relationship, the pain of separation is deep.

Reading and having to respond can mean for them that they immediately reopen old emotional wounds.

It is a deep stab in the heart each time - especially when she still loves you a little.

That is why she blocks you on WhatsApp. She decided to block contacts to properly process her breakup and heal the wounds of heartbreak.

Then you should leave her in peace and also give yourself the necessary time to be able to forget your ex-girlfriend for a while.

With a bit of luck, she will contact you again after blocking the contact, when she's willing to have a chat and maybe return to an amicable relationship with you.

Maybe then a new version of your relationship is possible... who knows!

Despite the block: how to get your ex back?

Well, now you know the most common reasons for this situation, when women completely break off contact and block men.

But the next question, at least as important for your current problem, is:

What can you do if she has blocked you on WhatsApp? How should you react to the contact ban to behave appropriately?

And how do you manage to contact her again and win her back, even though she has blocked you?

What you should NOT do now

I understand that the situation after your breakup is very stressful for you and you want to take advantage of the last drop to contact that woman again.

She still is your great love, or at least she was...

However, you should now avoid the following mistakes:

- Trying to technically circumvent the WhatsApp block (with a new number or account, hacking or any other "hack" you may find on the internet)
- Attempting to call her directly (especially not with the number she retained)
- Try to get in contact with her through other channels, such as Facebook or Instagram (which is not possible anyway if she has blocked you on both sides)
- Going to her house or her workplace to confront her Writing a "romantic" letter or a page
- Getting in touch with her best friend or other people from your environment and ask what is going on with your ex

Of course, I know you are itching to do so because not only do you miss her, but you also have an enormous need to discuss.

However, these poorly thought-out actions only make things worse if you want to win her back.

Because of this behavior, the woman will feel even more pressured and will get the feeling that you do not respect her wish to distance herself.

Moreover, this contact seems quite needy and makes you look unattractive like a begging vacuum cleaner salesman.

Needless to say, she is not going to answer like that.

On the contrary, it all leads to the fact that she distances herself even more from you after the breakup and that a new relationship becomes impossible.

With your attempts at intrusive contact that you perceive, you only achieve the opposite of what you really want.

Golden rule: give her enough time!

When I was in love, my grandparents used to tell me: "Time heals all wounds."

And there is a lot of truth in that for us humans.

So, in the first step, do not try to contact the woman immediately, but respect the fact that your ex has blocked you on WhatsApp, even though this attitude may have been unfair from your point of view.

Instead, you should wait a few weeks, go through the contact block and do nothing.

Because in these situations, as I have said, it is better to first react calmly.

With this defensive behavior, you can achieve exactly two things:

- 1. Your ex has time to calmly process your breakup, to reflect on the love lost and forgive the possible mistakes if you have fought.**
- 2. You do not act too pushy towards her as she could with her old boyfriends and other men. By stepping back, you seem interesting and might even make your ex miss you if she still has feelings for you.**

With this, you create the best conditions to still have a chance to get back with your ex-girlfriend.

Contacting correctly in case of a block:

Did you wait a few weeks, not lift a finger, and give the woman the space she wanted?

Could it even be that she misses you despite the block? Very good!

Now comes the next step: try to get in contact with her again if she has not shown any interest on her own.

If she has blocked you on WhatsApp, the easiest way to get in contact is by sending a text message or via Facebook.

Or look for other channels where she has not blocked you.

But, what if she really has blocked you everywhere?

The last option is the letter... or rather, a small postcard with a nice motif that reminds her of a shared experience and awakens her nostalgia (for example, a cool vacation spot where you were together).

Next, write an appropriate refrain as a greeting.

Try to construct the text like this.

But, please, DO NOT write messages that sound desperate like "I miss you so much!" or "We need to talk again about everything!"

Avoid that kind of parentheses and arguments.

Also, please do not bother with "Hi, how are you... I wanted to get in touch again!"

In the same way, you should never ask why: "Why do you block me?" or ask if she also misses you.

However, your message should comply with the following criteria for successfully ending the contact block:

- It should be formulated as positively and emotionally as possible, so that the woman does not remember the bad moment of your separation with all the tears and discussions**
- It should contain a plausible reason for why you are getting in touch with her again after all this time**
- It should sound casual and not give any hint or suggestion that you want her ex-husband back (so as not to appear desperate).**

The best is to include in the message a positive memory shared from the time of your relationship.

The best chance of her responding (text template)

What can you specifically say to her now? Here are some examples of phrases that you should adapt to your couple situation and the moment of reconnection:

- "Hi Cristina, earlier I was at the lake with some friends. Then I remembered how we had our second date there and how that cute old dog chased us all the time."**

- **"Hi Marcela, by chance, I found some old photos on my computer. There was also this photo that made us laugh so much... we were together at the amusement park on the roller coaster and those funny faces we made. Delicious! Do you remember?"**
- **"Well, you? This morning I found the old tickets from the XY program while cleaning. Guess what? We were at the first row and then you caught this t-shirt that the singer threw into the crowd."**

If you manage to stir her emotions with your words in that first contact and remind her of the good times, she will hardly ignore you.

There is a high probability that she will respond, simply because she misses you after all these weeks.

Then she might admit to herself that she still loves him. And if she unblocks you on WhatsApp, it's a big step on the path to having a relationship between you again.