



LuxSpot Weekly Cam-News



Luxxxenergy Presents!

How i met your father blog series by Lydia Script.



Welcome to [The Cam Realm Newsletter](#) only on Camgirlz Planet

Do you ever wonder why isn't she talking to me? How can she just ignore me like this? You may not know this but in girl world, we have this thing called the "no contact" phase. In this article I'll explain what, no contact is, what this specific phase is for, and in the end I'll share my personal experience on how I met a guy I was head over hills for a guy i met off of

instagram, hooked up with, and had a 6 month relationship that ended in the "no contact phase".

Men can benefit from no contact because it creates the mental and emotional space needed to break reactive patterns and regain clarity after attachment-driven situations like breakups or relationship conflict. Instead of staying stuck in cycles of over-texting, over-explaining, or seeking immediate validation, distance allows emotions to settle so decisions are no longer driven by anxiety or impulse. It also helps shift focus back onto personal growth—rebuilding identity, discipline, goals, and self-respect outside of the relationship dynamic. Over time, this space reduces emotional dependence and strengthens self-control, making future communication or relationship decisions more intentional rather than reactive.

As a "professional girlfriend," the underlying need of affective communication I'm pointing to is real: during no contact, a lot of men struggle with sudden silence, loss of routine, and the urge to reach out. Having structured, ethical support—like a coach, therapist, or even a clear accountability system—can make a big difference in getting through that phase without falling back into reactive patterns.

A support system helps by giving you a place to process instead of react. When you feel the urge to text, explain, or reconnect, having someone neutral to talk it through with can slow that impulse down. Instead of acting on emotion in the moment, you're learning how to sit with it, understand it, and respond intentionally. Over time, that builds emotional control rather than dependence on another person for relief.

It also helps rebuild confidence and identity outside the relationship. A structured support dynamic—whether that's coaching, peer support, or guided conversations—can keep you focused on personal goals, routines, and growth. That shift is important because no contact isn't just about distance from someone else; it's about reconnecting with your own direction so you're not defining yourself through the relationship anymore.

Another benefit is accountability. Many people break no contact not because they've made a thoughtful decision, but because the moment feels overwhelming. Having someone or something that

holds you accountable—check-ins, journaling prompts, or even a simple rule system—helps you stay consistent when your emotions fluctuate. That consistency is what allows the real benefits of no contact to actually happen.

Ultimately, the goal isn't to replace one emotional dependency with another—it's to use support as a bridge back to independence. When done right, you come out of no contact more grounded, more self-aware, and better equipped to handle relationships in a healthier, more stable way.



Hello my name is Lydia Script! Today I present you as promised Lux's Guide on how I met your father! This is a **FREE No Contact formula**

Every week I will share some professional “girlfriend” tips that the girlies been using for ages to level the playing field in the dating world. Most of the techniques I've used personally after researching and documenting these experiences in my personal diaries. Every week my A.i bestie/Assistant will publish them in case you missed my live streams, in need of fantasy coach, Or caught my story times on my YouTube channel this weekly Newsletter will bring perspective until the next time—*Luxury B. Smith*

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The "no contact" idea gets talked about a lot in dating advice, but it's often framed unevenly. The reality is simpler: it works the same way for both men and women—but many men misunderstand what it's actually for.

First, what "no contact" is really meant to do

*At its core, no contact isn't a "strategy to get someone back." It's a **reset tool**:*

- *It creates emotional distance after attachment*
- *It breaks reactive communication patterns (arguments, chasing, reassurance-seeking)*
- *It gives time to regain self-control and clarity*
- *It stops reinforcing unhealthy dynamics*

That applies equally to men and women.

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Why many men misunderstand it

1. Men are often socialized to "pursue"

A lot of men are taught—directly or indirectly—that:

- persistence wins*
- not giving up is attractive*
- silence = losing control of the situation*

So when a breakup happens, many men default to:

- texting more*
- explaining more*
- trying to "fix it in real time"*

No contact feels unnatural because it goes against the "keep trying" instinct.

2. Emotional processing tends to be delayed

On average (not universally), many men:

- process emotional loss later rather than immediately*
- stay in "problem-solving mode" instead of "emotional processing mode"*

So instead of stepping back, they often stay engaged longer than is healthy, thinking they're "working on it."

3. Misunderstanding it as a manipulation tactic

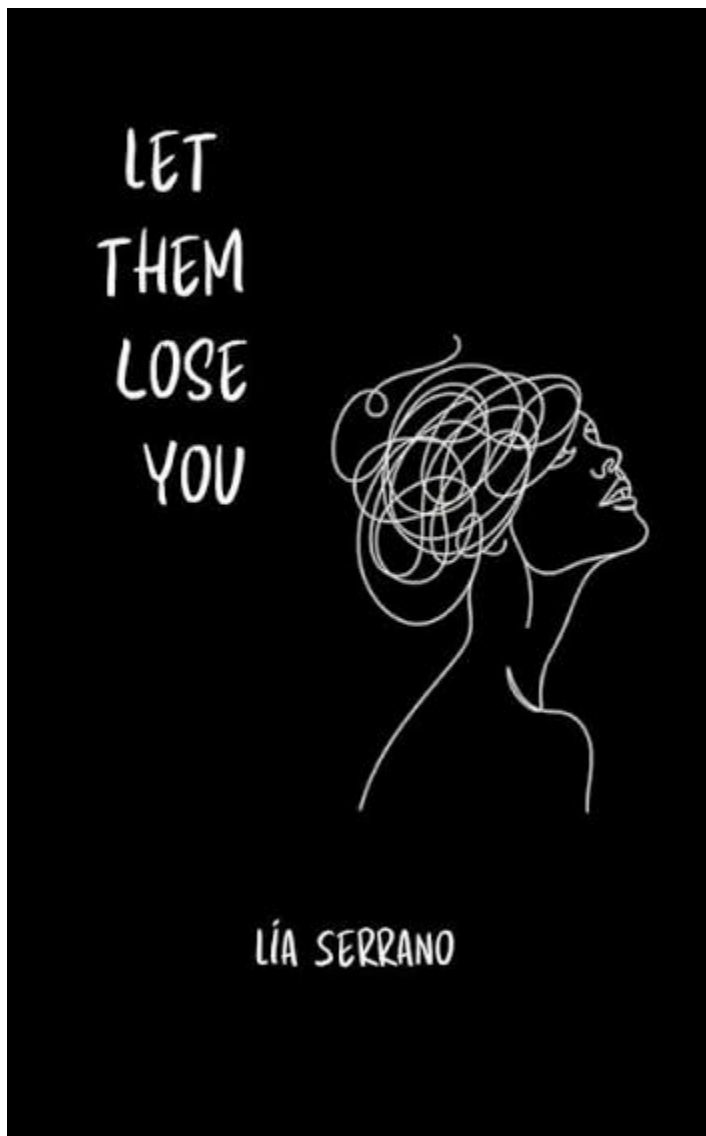
Some men see no contact as:

- a way to "make her miss me"*
- a strategy to regain control*
- a psychological game*

But when it's used like that, it usually backfires because it becomes reactive rather than genuine.

*Healthy no contact isn't about controlling someone else—it's about **regaining control of yourself.***

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Why it matters just as much for men

When used correctly, no contact helps men:

Rebuild emotional clarity

Without constant contact, the emotional noise settles. That allows clearer thinking about:

- *what actually happened in the relationship*
- *what patterns were unhealthy*
- *what needs to change personally*

Stop validation dependence

Many post-breakup behaviors come from seeking:

- *reassurance*
- *answers*
- *emotional relief*

No contact interrupts that loop so self-worth isn't dependent on responses.

Break reactive cycles

Without space, interactions often become:

- *emotional texting spirals*
- *arguments that reopen wounds*
- *mixed signals that confuse both people*

Distance reduces reactivity.

Rebuild identity outside the relationship

This is the part most people miss:

- *relationships can blur identity*
- *no contact restores individual focus*

- *it shifts attention back to personal direction, goals, and stability*

The key misconception

No contact is not:

- *punishment*
- *manipulation*
- *a guaranteed way to get someone back*

It is:

a boundary that creates emotional space so a person can regain stability and clarity.



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Bottom line

*Men often struggle with no contact not because it doesn't work for them, but because they're taught to **stay engaged, fix things, or prove value through persistence**. In reality, stepping back is often what restores emotional balance fastest—for*

If a man feels like his girlfriend is using no contact as a way to gain control or provoke a reaction, the most effective move is to stop treating it as a game and start treating it as a boundary. Instead of chasing, over-explaining, or trying to “break the silence,” he benefits from staying grounded and focusing on what he can control—his routine, mindset, and emotional responses. That means not reacting to indirect signals, not checking constantly for updates, and not trying to force clarity before emotions have settled. Whether her intention is space or leverage, responding with calm consistency removes the power struggle entirely. Over time, this approach builds self-respect and emotional stability, which matters far more than trying to win the situation in the moment.

THIS WEEK'S
TOP STORIES

No Kenny Contact



No Kenny Contact

by [Lydia Script](#) on 4/02/2026

Kenny used to text like he was afraid silence meant abandonment.

“Where you at?”

“You good?”

“You seen my message?”

At first, Maya liked it. It felt like attention. Then it started feeling like pressure.

By the end, it wasn't even conversations anymore—it was loops. Kenny would say something that upset her, she'd pull away, and he'd flood her phone with messages trying to “fix it right now.” When she didn't respond fast enough, the tone would shift from worried to frustrated, then to apologetic again. It was always urgent. Always emotionally loud.

The breakup didn't come from one big moment. It came from exhaustion.

One night after another argument that started over nothing and ended over everything, Maya said the words she had been rehearsing without knowing it.

“I think we need space. No contact.”

Kenny laughed at first. Not because it was funny—but because he didn't believe it would last.

“You can't just go silent,” he said. “That's not how this works.”

But it did go silent.

Week 1: The Withdrawal Phase

Kenny broke no contact in less than 24 hours.

A “hey” text. Then another: “Just checking in.”

When she didn't respond, he tried logic:

“We can still be mature about this.”

“Ignoring me won’t fix anything.”

When that didn’t work, it turned emotional:

“I miss you.”

“This feels cold.”

He told himself he was being reasonable. Really, he was trying to stop the discomfort from building.

Maya didn’t respond because she finally understood something simple: every reply pulled her back into the same cycle.

Week 2: When No Contact Actually Works

This is where people misunderstand no contact.

It doesn’t work because the other person “misses you enough.”

It works because the emotional system resets.

For Maya, something shifted:

The constant tension disappeared

Her emotions stopped spiking every time her phone buzzed

She could think without reacting

For Kenny, the absence felt like confusion first... then discomfort... then reflection—but only in brief flashes.

This is the phase where no contact *helps*:

When both people need emotional distance

When communication has become reactive or unstable

When space is used for clarity, not punishment

But it only works if it’s actually respected.

Week 3: When No Contact Backfires

Kenny couldn’t hold it.

He showed up in person.

Not angry—just emotionally overloaded.

“I don’t get it,” he said. “We were fine. We can fix this.”

But Maya didn’t see “fine.” She saw the same pattern trying to restart without change.

This is where no contact can backfire:

When it becomes silent punishment instead of growth

When one person uses it to create anxiety or control

When nothing actually changes during the distance

Space without reflection just resets the cycle, not the relationship.

The Truth No One Likes

Maya finally said it clearly:

“No contact isn’t to make you miss me. It’s so I stop feeling like I’m in the same argument every day.”

That landed differently.

Because that was the part Kenny didn’t understand—he thought the issue was distance. It was actually repetition.

How Long No Contact Should Actually Last

Not a magic number. Not a trend.

In real life, it lasts:

Long enough for emotional reactivity to settle (often weeks, not days)

Long enough for behavior patterns to be seen clearly

Long enough to decide without emotional pressure

And sometimes, it becomes permanent—not because of silence, but because clarity arrives.

Why People Break No Contact (Even When They Know Better)

Kenny wasn't weak. He was human.

People break no contact for predictable reasons:

Emotional discomfort: silence feels worse than bad communication

Attachment habits: the brain is used to reaching out for relief

Hope cycles: "maybe this time it'll be different"

Ego pressure: needing to be understood or "win clarity"

Anxiety loops: overthinking creates urgency to act

Most of the time, breaking no contact isn't about logic—it's about regulation. The nervous system wants relief.

The Ending That Isn't Really an Ending

Months later, Kenny would still think about that silence.

Not as punishment.

But as the first time someone stopped participating in a cycle he thought was just "normal relationship conflict."

Maya didn't "win" no contact.

She just finally got quiet long enough to hear what the relationship actually sounded like without emotion covering it up.

And Kenny—whether he liked it or not—learned something harder:

Sometimes the most powerful response isn't what someone says back.

It's what they stop responding to entirely.

by [Lydia Script](#) on 4/02/2026

Lux Smith (No Kenny contract) Formula

Phase 1

No contact

(Never initiate conversation 1st)

Don't invite them over
Don't Call EVER
RESPOND SLOWLY
DELETE CONTACT OUT OF PHONE
DELETE OFF SOCIAL MEDIAS
PUT PAGES ON PRIVATE

Phase 2

Become Aloof & Mentally Stimulate

(Mentally detach yourself with self love rituals)

New HairStyle
Nail Salon Day
Work (on your Devine Passions)
Spend time with family& friends
Create/Find Safe space to Vent
Watch Your Fav Tv Show
Create playlist (Music Therapy)
Candles (Aromatherapy)
Tarot Readings
Exercise
Quit a bad habit (unhealthy associations)
Read a Book
Take a social media cleanse
Socialize (casual dating)
Start a New Project
Write your feelings down
Say your Daily Affirmations
Self evaluation day (be honest with yourself about your feelings do not lie to your self,)

Phase 3

Re-Evaluate through self discipline

(Make changes and improvements in the relationship you have with yourself)

self assessment (what are your triggers, desires, what do you like about yourself?

Etc

The perfect partner wish list

Acknowledge Patterns

Does The Good Outweigh The Bad?

What are your boundaries and non negotiables? Compromise much, Or to much ?

Phase 4

Withdraw or/and Withhold

*(Resist energies that keep you from relapsing in your toxic bond) * you can be intimate in other ways and still be kind without being drained)*

NO SEX

NO PHYSICAL TOUCH

BE MYSTERIOUS (no talking in front of him, leave the room to create distance, become wrapped up in what your doing at the moment)

NO SMALL TALK

NO HUGS OR KISSES

NO CRYING WHINING OR COMPLAINING

PASSIVE AGGRESSIVE TACTICS

SHORT RESPONSE (call,txt,in person)

Provide awkward silences when feelings are in tangled

No Flirting

Phase 5

No Communication Cycle

(Restriction systems that come with your decision based upon your partner or ex toxic behavior)

NEVER RESPOND to txt(3,7,30 days straight)

After the first day or initiation of this phase you must say your peace before you go cold turkey so there's no words left unsaid on your end

NEVER RETURN MISSED CALLS

BE GRACEFUL & Kind (esp if they know where you live)

Don't entertain suspect

Find someone else to talk to

When you finish these stages and realize you need space this is what you do

Save number as I DONT WANT HIM

When he calls don't answer but forward calls to voicemail during mid ring
NEVER ANSWER TEXTS DURING THE FULL PHASE 5 Cycle
Reward your self for every contact avoided because it's not easy (you can't pay yourself for every call or text you didn't respond to and set a reset goal once goal is met you can buy yourself something and if they haven't gotten the point keep buying yourself stuff when they do call)
Once you feel like their being receptive to hear from you hear is your opportunity to say your peace (tell them you need space and you don't wanna talk // cuss they ass out)
Go to settings silence unknown callers then delete their contact and messages also silence there messages and don't talk to them for the rest of the cycle

Bad Bitch Diaries

by [@badluxdiary](#) created 12/20/23 7:01pm

I've found, time and time again, that when even just implying suspicion on a guilty persons concious the reaction is swift, over-the-top and aggressively angry. If they scream and curse you plenty - they did it! They over react and go ballistic, and start blaming you for doing something.



[Lxxxenergy.com](#) [@badluxdiary](#) [@atoxicone](#)

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