

**Interview With  
Ernie Rohrbacher**

**Author of  
Falling In Love  
Over The Internet**



**Ernie Rohrbacher Answers 10  
Commonly Asked Questions On**

**Falling In Love Over the Internet**

**By Ernie Rohrbacher MASC (NLP) and  
Hinia Gunawan**

## Interview with Ernie Rohrbacher, author of [Falling In Love Over The Internet](#)

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**1. Ernie, would you please tell us a little about yourself and what made you write the ebook *Falling In Love Over The Internet*.**

I got connected to the Internet back in March 1998. It was for reasons of looking up topics of interest to me at the time, using search engines and the like. I had no interest in going on chat channels until about a month later when my own curiosity got the better of me.

It was about a month later that I met Deb on a chat channel and we both very quickly fell in love. The Internet had changed my life direction forever. Deb brought to me the meaning and experience of love. Our relationship lasted for about 15 months and we were only boyfriend and girlfriend for around 3 months. Deb came to me on channel and said she only wanted to be friends because she felt she couldn't commit. Our relationship ended up being very much one-sided and I let it go by moving on, which happened quickly once I learned some healing techniques.

It was a very painful yet valuable experience with all the things I had learned. It was during my relationship with Deb that I decided to learn more about love and relationships to increase my chances of success because I realised these things do not happen by chance, or seldom so.

Once I had emotionally and mentally let go of Deb, I began to search dating agencies and one month later, I met Alla. I wrote to her and admittedly, what I did in the beginning with Alla was done very consciously, as to 'test out the waters.' It was during the reading of books, listening to courses, and attending seminars that answers came to me as to how people fall in love over the Internet. It was not that I went out of my way to find the answers.

Many people were asking me how is it possible to fall in love with someone over a computer screen? Or .... how can we fall in love with someone we have never met? Also, how can one

feel connected with someone emotionally when they are thousands of miles away? I also began to understand that by having these answers, it may be possible to use these same principles to attract someone to us, that we want. That was when I initially began to consciously use these techniques with Alla.

It was more that I was guided to write this ebook rather than me thinking up something to write about. I felt as if I had been drawn to these answers so that I may share them with people who wish to discover what very few, so far, know .... how we fall in love over the Internet, and once that is understood, how we can use these techniques to attract to us someone that we want.

This is the purpose of writing my ebook and I hope it helps enough people to find the love and give the love they always dreamed of, and to have the relationship they always had hoped they would have, one day.

**2. Is it really possible to fall in love over the Internet?  
By what process does this happen, if you would give a  
brief overview?**

Yes it is definitely possible to fall in love with someone over the Internet. We hear stories nearly everyday of people traveling to places to meet someone they had met online. The amount of online relationships I hear about is ever increasing. In addition to that, so is the hurt and pain of many broken and ended online relationships. The pain I endured was the greatest I had experienced until that time. It took me nine months to let go of Deb mentally, and emotionally.

Answering how people fall in love over the Internet is much more easily understood once we know why people fall in love with each other at all, in the first place. According to Dr Ellen Kreidman, who teaches the courses Light His/Her Fire (which I recommend everyone to listen to), she states ....

“We fall in love with someone because of the way we feel about ourselves when we are with them.”

The ‘how’ of making a person feel good is the context of my ebook, and uses the concepts of Neuro Linguistic Programming (NLP) to explain it.

### **3. What is Neuro Linguistic Programming (NLP)?**

Neuro Linguistic Programming is the study of both subjective experience and human excellence. NLP has no strict definition. Dr Tad James, from Advanced Neuro Dynamics, says that NLP is an attitude and a methodology that leaves behind a trail of techniques. The attitude is one of curiosity. The methodology is one of having a willingness to experiment. And the trail of techniques comes from modeling those people who are successful in their chosen fields.

NLP goes into finding out the mental ‘buttons’ or ‘switches’ of an individual that generates their emotions and hence their behaviour. An example could be....what makes one person feel attracted to someone and yet someone else will feel no attraction to the same person? It goes into understanding the mental ‘switches’ that makes someone ‘tick.’

By understanding how people perceive their environment, we are able to enter a person’s world and look at it through their eyes, which then gives us the ability to communicate with someone in a way that makes sense to them. In addition, we can find out what the mental ‘switches’ are for them that makes them happy, sad, feel loved, etc. We are in a position to discover what they do to relate to their world, and how they define their experience, as well as discover the way that allows them to fall in love, and hence connect with them on a very deep level .... emotionally, mentally, spiritually etc.

How does NLP relate to Falling In Love Over the Internet? Using the knowledge from NLP, we can begin to understand how people fall in love over the Internet. Once we begin to know how that happens, we can then begin to use these exact same principles to attract to us the person of our dreams.

#### **4. Who do you feel would want to read your book and why?**

The people who would want to read my book come into three basic categories.

Firstly, you have people who are interested in learning new things, concepts, ideas, and techniques. This book shares many of those. Falling In Love Over The Internet shows ways for us to understand ourselves and others in a much better, improved, and simpler way, without the need of a Degree in Psychology. Instead of spending four years at University studying a degree, it takes an hour or so to read the ebook.

This won't suddenly make you an overnight expert. Since everything in the present is a sum total of the past, Falling In Love Over The Internet brings together some of the latest research and experience from a number of fields and in this way, you are getting the essence of various pioneers without the long years of study.

Then there are people who are wanting to find and have a long term relationship and to share their life with their soul mate. Knowing how to attract them to you is extensively shown in the book. Increasing our chances of attracting that special someone is part of our success.

And finally we have people who wish to improve their current relationship, for example, if it's a bit 'flat.' As with many couples, relationships seem to go into a routine phase, where we go to work, come home, eat, have a shower, watch TV, and run the same cycle over again the next day. With the

information in *Falling In Love Over The Internet*, it shares in detail, communication techniques where both partners can feel connected and in love, once again. As Dr Barbara De Angelis in her book *'How To Make Love All The Time,'* states ....

'The secret to having a long lasting relationship is to fall in love with your partner over and over again.'

I have also added in the ebook a small 'goal setting' section for those who wish to find their life partner and to give them a 'kick start' in a new direction.

**5. You mention that your fiancée, Alla, was approached by more than 800 men via dating agencies. What did you do to create that feeling of attraction and connection between yourselves?**

The first and foremost thing I did was to create rapport. Rapport says that people like people who are like themselves. I wrote to Alla in the same way she wrote her profile. That on its own allowed Alla to feel as if we were on the same 'wavelength' and this generated interest because she would have thought that here is someone she can relate with.

Another important aspect to attract someone to you is the sense of being honest and open by sharing enough of ones self to let any emotional barriers come down. By giving self disclosure about myself allowed her get to know me quickly and easily and to further deepen her desire to get to know me even better.

And then also by knowing her basic human emotional needs, I was able to write to her in ways to assist her to feel connected with me and to establish a foundation for a relationship.

**6. From your perspective, what do you think is the most important ingredient for a lasting relationship, and**

## **what is the most important thing to be cautious of?**

There are four things I wish to mention here. The number one thing to think about in terms of relationships is our intention. It is unfortunate that many people enter relationships to get something out of it, rather than it being a place to come to, to give. If we focus on getting something out of it rather than a place to give, we long term will end up losing. Relationships include giving and sharing. The 'receiving' is a result or reward of us sharing and giving that which the other person needs and wants. The phrase 'what goes around, comes around,' has real truth in this case.

One other important ingredient for a long lasting relationship is commitment. Without 100% commitment, we have nothing. I wrote a few things on commitment in my book. As Tony Robins mentions on a tape of his called 'The Power of Successful Relationships,' ....

'If you are truly free, then you are free to commit to a relationship that can last,'

as well as....

'Nothing truly great was ever achieved without absolute total commitment.'

The final point I wish to share here as a very important ingredient to having a long lasting relationship is the concept of Faith.

Many people fear that their relationship may end and with that focus, they generate the result, so it becomes a self fulfilling prophecy. If we have the faith of a mustard seed and do the right things ( whatever that may be ), and enjoy our relationships where we are now, and not focus on some future event which may not happen, we are much more likely to keep

it going, and growing. The enjoyment on its own may be enough to keep it going.

In regards to relationships, they are either growing or dying. There is no middle ground, and is why commitment and faith are imperative.

Another thing I wish to share with you that is extremely important is to discover the main underlying emotion(s) that is governing your mates behaviour. There are so many people whose life is controlled by fear, it is almost amazing. When there is fear as a base emotion, then there cannot be love. As we know....

“True love cast out all fear.”

If fear is the foundational emotion of your potential partner, my basic advice is to look for and find someone else, unless they are willing to learn let go of the fear, or use their feeling of fear as a counselor rather than a jailer. Fear causes more problems than what it is worth. I have seen so much damage done in relationships where even one partner was controlled by fear. Fear prevents total commitment in a relationship. It stops true love coming out. It can make the person become inactive. It can cause lack of growth in the relationship, and more horrors than what is mentioned here.

**7. We now know what NLP is. Would you briefly share with us what some of the techniques are?**

To explain some or even all the techniques would take up a whole book, hence why I wrote ‘Falling In Love Over The Internet.’ What I will do is to give a basic summary of the ebooks contents, starting with Chapter 2.

Chapter 2: NLP Basics and Foundations

\*What is NLP? \*Brief history of NLP \*Filters \*Goal setting

### Chapter 3: Experience: Representational Systems and Sub Modalities

\*Eye Accessing Cues \*Modalities and sub modalities \*Word predicates

### Chapter 4: Values, Beliefs, Rules, and Strategies

\*Values \*Beliefs and Rules \*Strategies

### Chapter 5: Language Patterns

#### Part A: Words and Phrases

\*Meta Language \*Clichés \*Questions

#### Part B: Language Patterns

\*The Agreement Frame \*Nominalisations \*Meta Programs  
\*Linguistic Presuppositions \*Hierarchy of Ideas \*Milton Model  
(Hypnotic Language Patterns ) \*Meta Model

### Chapter 6: Anchoring and Conditioning

\*What is Anchoring \*Basic laws of conditioning a behaviour, or emotional state \*Re-enforcing methods

### Chapter 7: Reframing

\*What is Reframing \*Content Reframe \*Context reframe

### Chapter 8: Rapport, The Leading Edge

\*What is Rapport \*Process of creating Rapport \*Indicators of rapport \*Time line and personality

## **8. What do men and women generally look for and want from each other?**

We are finding out more and more these days about the differences between men and women. Also, as with most things, these are generalisations and should never be taken as written in stone, and be allowed the flexibility to fit individuals. Both Alla and I have some 'opposite sex' attributes, and is interesting to see.

In answering your question though ....

What women look for in a man is someone who is Strong, yet Tender.

Some of the Strong character traits are confident; someone who takes charge; someone they can rely on; a man who makes decisions; someone who is goal orientated; a man who is dependable etc.

Some of the Tender qualities are a man who is sensitive; humorous; generous; patient; attentive; loving; caring; tender, etc.

What a woman wants from a man is quite different. Some things she wants is to be number one in your life; to be on the top of your priorities; wants herself to mean more to you than your friends; wants to feel connected; wants your love validated, etc.

What a man looks for in a woman is very different. Some things he looks for is a woman who makes him feel strong; special; sexy; worthy, needed, etc.

And what he wants from her is much simpler. He basically wants to feel accepted, appreciated, admired, and understood.

**9. Are there any other emotional needs we have, other than those you gave in question 8? If so, would you share what they are with us?**

Yes, there are other emotional needs we have. There are 6 emotional needs we have and these are mandatory to be fulfilled for us to have any meaning in our lives.

Simply they are: Certainty/comfort; Uncertainty/variety; Love/connection; Importance/significance; Personal growth, and lastly Contribution.

Lets have a look at how all this relates. We will see that understanding just these 6 emotional needs can explain all human behaviour. Lets say you love your job and spend little time at home with your family.

If we have a close look, we would discover that on a scale from 1 to 10, 10 being the highest, the person who spends long hours at work will have at least four out of the 6 emotional needs rank high, compared to spending time at home. They would feel a high degree of certainty in what they do; feel a high level of surprise and variety; they would feel emotionally connected to their job. And with their job, it would give them the feeling of significance is doing a job well done, or whatever.

Lets compare this now to a child who is in a gang and lives on the street instead of being at home. His ( or her ) emotional need of certainty of belonging may be more fulfilled than being at home. His element of variety would be greater because he never knows what is to happen next. He feels loved by his gang peers. His level of significance is high as he feels he belongs to something important. And we haven't even considered the last two emotional needs.

In terms of relationships, it can now be clearly seen how all this relates. It is up to us to fulfill these emotional needs of our mates, and for them to do the same for us. This is part of the

ongoing mutual commitment in having a long term relationship.

With the six emotional needs above, I wish to emphasize one point because it is so extremely important ....

“People will sometimes violate their values in order to fulfill their needs.”

Have you ever met someone whose partner had an affair and they were the kind of person who swore they would never do it themselves? If so, on one hand they may value highly not having an affair, and on the other hand, their emotional needs of their current relationship is not being fulfilled. The greater of the two motivating forces was not their values, rather their emotional needs.

Many internal conflicts also come from the apparent paradox's of these six emotional needs, and it is possible to find balance.

**10. You mention values, beliefs, rules, and strategies and how they can both positively and negatively impact our relationships. Would you explain what these terms are and how to use them?**

I am so glad you asked that question because it is extremely important for people to know and then apply ...

‘ALL conflict between people is a Rules conflict!!!!’

Also,

‘Our rules are the source of All our pain and pleasure.’

Let me start with values. Values are what we find important to us. They cover all areas of our lives. If I asked you what is

important to you in a relationship, you may answer with love, respect and honesty.

If I were to ask someone else the same question, their answers could be quite different. The answers could also be similar yet in a different order or hierarchy. For me, for example, the top two values in a relationship are commitment and communication. Am I right though? Only to myself, because anyone with differing values could argue with me and say .... 'no, love is most important.'

Next is beliefs. Beliefs are nothing more than a feeling of certainty that something is true or not true. One of the most provocative examples I can share is between Alla and myself. I used to mention to Alla that I wouldn't bring her here to Australia until she fully committed to our relationship ( fear stopped her a lot ). On her side, she felt there was not a relationship to fully commit to as a long distance relationship is not real. Did this cause challenges and unnecessary pain? You bet it did. With values, they are a sub-set of beliefs as to what we feel is important to us in life, our relationships etc.

Next we will talk about Rules. Rules are the standards we hold for ourselves and others. If I asked you if you are successful, you would have to compare it to some standard to answer yes/no/partly. If I were to then ask you, how do you know, or what has to happen for you to feel successful, that would give me your rules. Rules are often worded in the form 'if ....., then ....' For example, some people may say.... If I make \$50,000 this year then I will feel happy. If I have this kind of person in my life, then I'll be in love etc. I am sure you get the main message. In fulfilling our mates values and emotional needs, it is absolutely mandatory that we find out their rules so that we know what we can do and what needs to happen for them to feel these emotions and hence feel fulfilled and thus have the quality relationship we seek to have.

Finally, we share about strategies. Strategies are simply the order and sequence of events for an outcome to occur. Rules

are a sub part of strategies. Again, using rules, for example .... 'if someone shouts at me, then I will feel upset.' This is one of the persons strategies for feeling upset. What would happen if you knew your mates strategy for feeling loved, at the deepest of levels? And what if you could access this emotional state in your mate any time you pleased? To what level would this take your relationship to?

I hope the answers I have shared with you during this interview have been helpful to you.

If our paths don't meet again, I wish you all the best in your relationships.

With love,  
Ernie Rohrbacher MASC (NLP)

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Ernie Rohrbacher is the author of his best selling ebook [Falling In Love Over The Internet](#).

He also offers, for free, the Introduction and Chapter 1 of his ebook via email, over a several part series.

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