# TABLE OF CONTENTS:

**Chapter 1** Introduction: Not Your Average Introduction ........................................ 5

**Chapter 1: Every Word Carries A Feeling** ......................................................... 4

  Subconscious Commands & Internal Reward Systems .................................. 5

**Chapter 2: What Every Man Desperately Needs From You** .............................. 4

  The 6 Pillars Of Love ......................................................................................... 5

**Chapter 3: “Attraction Fire Cracker” Command** .............................................. 4

  Use This On A First Date To Instantly Mesmerize Any Man ....................... 5

**Chapter 4: “Instant Lovebirds” Command** ...................................................... 4

  Make Him Feel Like You’re The Complete Package ....................................... 5

**Chapter 5: “Be My Darling” Command** .......................................................... 4

  The Instant Attraction Builder ......................................................................... 5

**Chapter 6: “I Am Your Princess” Command** .................................................. 4

  The Blueprint To Becoming a Precious Part of His Life .................................. 5

**Chapter 7: “I Am Your Lady” Command** .......................................................... 4

  Build Addictive Committed Attraction .......................................................... 5

**Chapter 8: “Knot Of Commitment” Command** ................................................. 4

  Making a Non-Committal Man Commit .......................................................... 5

**Chapter 9: “Shiny Object Syndrome” Command** ............................................ 4

  How To Punch Through The Players, Commitment Flakes, And Bored Partners.... 5

**Chapter 10: “Desire Reset” Command** ............................................................ 4

  Desire & Intensity Builder For Men Who Have Fallen Out Of Love ................ 5

**Chapter 11: “Love Me Again” Command (PART I)** ........................................... 4

  The Keys To Getting Your Ex Back .................................................................... 5

**Chapter 12: “Love Me Again” Command (Part II)** ............................................ 4

  How To Get Your Ex Back .................................................................................. 5
Chapter 13: "Feeling Enhancer" Command ................................................................. 4
How To Hook In “Hot & Cold” Types & Emotionally Distant Men.......................... 5

Chapter 14: "Candy Love" Command ........................................................................ 4
Activates His Male Hormonal System Immediately, Turning You Into The Ultimate Temptress .................................................................................................................. 5

Chapter 15: “Queen of Seduction" Command .......................................................... 4
Turns Him On In Ways He Can’t Even Imagine .......................................................... 5

Chapter 16: "I Am The Master" Command ............................................................... 4
The Secrets To Training Him Any Way You Like, Have Him Do Anything You Please, And So Much More .................................................................................................. 5

Chapter 17: "Total Devotion" Command ................................................................. 4
Receive The Power To Create Total Devotion And Ultimate Pleasure ............... 5

Chapter 18: “Freeze-Defreeze” Command .............................................................. 4
What To Do When All Else Is Failing ......................................................................... 5
How To Bring Difficult Or Extreme Situations Back Into A Pleasure Zone .......... 5

Conclusion: Mapping It All Out For Ultimate Results ............................................. 4
Not Your Typical Introduction

So, by getting to this point, it’s safe to say that you’ve taken a path that isn’t exactly what you’d call “typical”. Typically, people hesitate to take action and settle for an unhappy relationship with constant disappointment; you, on the other hand, have rejected that fate and struck out on your own.

By TAKING ACTION, you’ve asserted your right to be somewhere that’s better than you are. You’ve recognized your worth as a woman of value, and you’re horrified at the prospect of robbing yourself by settling for less. It is my absolute pleasure to greet you at the gate to this journey of getting what you deserve.

Now, I have to make this disclaimer first and foremost: I’m happy that you’ve made it here, but I can’t necessarily congratulate you on a job well done just yet. If you’re truly as motivated to do right by yourself as I believe you are, then the time for congratulations will come sooner than later - in the meantime, we’ve got a little bit of work to do.

Let me make one thing clear: if you genuinely apply the tools that I’m going to put on the table for you, you just might be a little bit overwhelmed at the results. It’s like getting behind the wheel of a powerful car for the first time and feeling the raw potential for a police chase just pulsing from the pedal.

Control this power- that is to say; show patience with it- and you’ll soon consistently be going places in your relationship faster than you can imagine.

You might catch your reflection wearing a sinister grin like the Cheshire cat at random moments; don’t try to correct this, it’s a natural effect of knowing something most people don’t know.
With these tools in hand, you’re not going to need to do a lot of memorization - it’s all a matter of constant application until you’re doing it **UNCONSCIOUSLY**. That is to say that this ability will feel insanely natural after only a short time, and your ultimate goal should be to slip into this power seemingly effortlessly with your man.

Just as it becomes natural to know where your hands and feet should be as you drive your car- the more you do it, the easier it becomes and the more naturally you flow into the role. When you reach this point of mastery, you’ll have your own personal reality empowerment field that every man who talks to you **will get taken over by**.

Once in you harness this power; the man becomes the cobra, and you slip into your place as the effortless charmer. Though he may not be aware of the influence you’re radiating, he won’t quite be able to put his finger on how deeply drawn to you he will be- and better yet- he won’t want to stop feeling that way even for a second!

There is infinite potential in the powers of in subtlety and suggestion, and what I’m about the share with you comes at the forefront of knowledge about how these powers can be used on a daily basis.

But before I can open up this breathtaking world of influence to you, we’re going to have to acknowledge something very important:

**There is a massive elephant in the room.**

The elephant is a sensible question: “*Can this really work for everyone?*”

The answer to this question might actually surprise you.
You’re an individual, and you have unique, individual needs; if that weren’t true, you probably wouldn’t be reading this right now. I believe that different challenges call for different measures, and of course, we’re all born blessed with our own strengths and weaknesses that emerge during these challenges.

However, I also believe in the Law of Averages. In this context, the Law of Averages applies to the sheer number of times that these techniques have been practiced and applied with success.

The more familiar you become with the information you are about to experience, and the more you work with it and tweak it to your situation, the higher your chances are of seeing definitive, tangible success.

Can I give you a crystal ball to look into the future?

No; I can give you something better than that. I can give you something that lets you fix the odds in your favor. A crystal ball only lets you look and watch. As a person who TAKES ACTION, looking and watching isn’t going to be your style from now on. You aren’t going to be stuck on the fence sitting and waiting to move. You will be the person who shapes and moves.

You will become the ultimate influencer.

Ultimately, that’s what the gift that I have to share with you is all about. Giving you time-tested tips that lead to having more “dexterity” when you’re taking the future of your love life into your own hands.

Excitement, enlightenment, and emotional fulfillment come to those who have the courage to reach out to them – but also to those who have the courage to have the patience and flexibility to work with them as well.
I am not here to give you a quickie “pump and dump” style series of Band-Aids for your love life.

You are not here to accept that either.

You are here because you KNOW that there is something more for you here waiting, and you CANNOT move or breathe another inch until you know that each and every step, and each and every breath from this moment forward is one that is going to breathe life into your ultimate desires.

I promise you that I have breathed this very essence into the commands you are about to receive. This is your assurance that from this moment forward, you will be able to grab and HARNESS these things without feeling like you’re fumbling around your love life with a set of proverbial “butterfingers”.

Now of course, because we’re going to be breaking into some very emotional topics, we have to prepare for trips into some of the more serious areas of the emotional spectrum. There may be points during this program where you find yourself feeling frustrated, and you may even get pissed off, depressed, or sad etc…

Accept first and foremost, that it can actually a GOOD thing to get upset.

That might sound crazy, but it’s important to accept and understand that any time something is upsetting you- it’s because that thing matters THE MOST to you.

So get upset if you need to, or even GET passionate- dive deeply into this.

Don’t be that person who dives into something THIS important with an apathetic approach. But equally, if you DO get passionate, the trick is to channel your pissed off or passionate state into righteous productivity.
Anger is a real thing to embrace and understand, not a toxin to try avoiding. It can be an amazingly well-burning source of natural energy that pushes you to brand new heights. Anger can lead you to healing, and anger is actually a massive activator for CHANGE in your life- because you’ll never change something if you are happy with where it is at.

But you are looking for something to be different or BETTER, it’s good to harness those feelings and emotions into propelling you toward MORE of what you DO want vs. having them take over your life to give you less of what you want.

Once you’ve mastered the art of getting productively pissed off, you’ll have the type of emotional mastery that’s necessary for pulling the full potential out of these techniques. The quickest way to mastering it, is to remember to channel those feelings inward first, before you channel them outward.

Use your feelings and passions to motivate yourself, use them to learn, use them to grow- but also be patient with them. Remember not to rush into action with your feelings, but to let them resonate and hear them out. Hear their needs, hear their thoughts, hear their desires.

LISTEN FIRST.

ACT SECOND.

I want you to follow the same principle with my program, I want you to hear and understand these commands on the deepest of levels. I want you to listen to your gut and listen to your needs and situation, so that you can best apply these commands for the ultimate results.
And then I want you to act, and create the pathway that will unfold for you within this program, to allow those desires to manifest and to give birth to truly inspiring reality.

I can’t promise to hold your hand until you’ve mastered the art of harnessing your emotions to bring forth powerful and positive motivating results without any independent effort— I’d actually be doing you a massive disservice if I did that for you— but what I can promise you, however, are three very significant things:

1. The Oxygen Promise

There is a special man out there who, after having you take these commands to heart, would need you on the very same level as he needs OXYGEN.

You will become as important as “breathing” itself on his list of priorities. People don’t grow bored of air, and they naturally fight to have it— because it’s impossible for them to go even SMALL prolonged moments, let alone minutes without it. That is the kind of impression-making power you are about to have at your fingertips right now.

2. The Elastic Promise

You’re going to learn to love the law of physics. Well, to be specific it’s a very unique kind of physical phenomenon (that actually won’t be physical at all in this context).
We’re talking about *elasticity*.

Plainly put, there will come a time when you experience a phenomenon called the “Elastic Effect”.

It may be something you pick up on gradually or abruptly, but eventually, you won’t be able to ignore it. You could compare it to a rubber band or even sheer magnetism, but whatever you refer to it as, the result will be that a man just can’t stop coming back.

At first, he may try to go cold turkey, but this is just the natural pull before he comes flying back at you at lightning speed, rebounding back to you just like an elastic tied around your finger. It’s frustrating to the uninitiated, but with patience, you’ll learn to love the balance.

### 3. The Addiction Promise

To be honest, this could be considered both a promise and a point of caution.

I chose the word “ADDICTION” because it is a word that can be playful when dressed casually; but life-threatening when formal. Getting men to swarm around you is nothing to take lightly. As some of my clients whose skills grew a bit faster than their patience can tell you, being too bold with the beehive can backfire.

While the things that I’m about to share here are naturally to be used for the sake of becoming irresistible, this is something that must be done mindfully and cautiously.
We’re dealing a toolbox of techniques that can be used either good or evil with equal effectiveness, and if you haven’t sold your soul, you’ll probably want to do more of the former than the latter.

Let me be crystal clear: I do not advocate using any of these techniques for revenge, sabotage, blackmail, mind games, or anything else in-between.

If you consider it at some point, I won’t judge you. We’re only human. A big part of humanity is knowing how to rise above the urge to be aggressors, and instead to come into a place of being our own advocators.

I trust you’ll make the right choices, and obviously encourage you always to take the softer, more patient approach when you can- as you’ll learn soon, the more you are able to do this, the more you can get a man to open up around you and trust you.

Now that we’ve gotten the more serious side of getting men addicted to you laid out on the table, we’re free to talk about the potentially downright wacky side of it. What I’m about to tell you is a story that I’m still not exactly sure whether I find more funny or bizarre, but you should hear it all the same.

There once was a woman from Los Angeles. This California girl, as plenty of perfectly girls have been prone to, got just a little bit out of her mind after getting into a relationship.

Like countless other tales of love gone off the rails, this story began when the woman met a man of particular “tastes”. This type of man takes many forms and wears many different hats, but women meet him every day, and they quickly find out that what he’s into isn’t what they’re used to.
Because he’s just so damn good looking, or funny, or any other of the 10,000 “Rose Colored Glasses” qualities that I could list—however “crazy” his behaviors get, they always somehow end up being quietly slipped into the “quirky” folder.

The California woman had learned something about this man through the grape vine. He didn’t really have a thing for big girls. He didn’t want a chubby girl. Fat girls were out of the question, but only because that just wasn’t enough woman for him. He wanted nothing less than a morbidly obese matriarch. A mountain molded from mayonnaise and marshmallows.

He didn’t want a big girl, he wanted the BIGGEST girl.

Despite this man’s unconventional tastes, our Californian heroine liked him. Like most women who like a man, she was willing to make a couple of exceptions to make him happy. In this woman’s case, a “couple exceptions” just happened to be 721 pounds in gained weight.

It wasn’t just a mindless binge on chocolate cake that got her up into the 700+ club. What made it possible was nothing less than the most dangerous kind of madness; the kind of madness backed up by a method. She methodically consumed 13,000 calories per day until she fully blossomed into the biggest size of her life.

What was she thinking? Your guess is as good as mine and as good as any guess there ever will be. Truthfully, “what was she thinking” is a trick question, because thinking simply didn’t happen. Thought was less than an afterthought. Love didn’t just make her blind. Love locked her in a sensory deprivation chamber and stuck her up to an IV full of pure calories.

Make no mistake, no professional person worth the price of their education will ever deny that your emotional state can have physical consequences. Maybe you won’t wake up heavier than the mattress you sleep on, but if you don’t play this game
with a good head on your shoulders, you could wind up losing something precious before you know it’s gone.

A rational person would probably turn down an offer to be a professional Russian Roulette player; however, these same people will gladly commit to an entire lifetime of blindly putting their entire physical, mental and emotional well-being at risk for the uncertain reward provided by a guy they just met.

If you asked the woman from California if the relationship was worth all of the health risks of gaining 700 pounds, and you expected her to have no answer, chances are you’d be surprised. Rather than having no answer at all, chances are that this woman would probably come up with multiple ways to justify what she did to herself.

That’s just plain human nature. The more people crave something, the more ways they’ll come up with to justify getting it at all costs. It’s not a matter of being “smart” or “dumb”. Believe it or not, some of the smartest women can make the most careless mistakes, just because they’ll create perfectly intelligent-sounding ways to rationalize something reckless.

That reckless, life-endangering misconception that women trap themselves into chasing a very simple misconception:

“If I do exactly what he expects of me, he’ll have to fall in love with me.”

There are only so many things in the world that can sound so right on paper while being so wrong, and this is one of them. After all, it seems as simple as square block going into a square hole, don’t it? Learn what they expect out of a lover, please them by giving them exactly what they expect, receive their affection for meeting their expectations. Simple, logical, and absolute bull.
This “transactional” misconception of love and affection is almost widespread enough to be considered an epidemic. You could call it the perfect lifelong setup to a bad joke, and unfortunately, no one is born being in on the joke.

Thankfully, we’ve got access to books that were written by people who don’t want other people to get pranked by reality. Better yet, we’ve got books that not only teach us how to avoid losing the game, but how to become masters of it; that’s what you’re reading right now.

By picking up this course, you’ve already gotten one essential piece of the master key to a man’s heart: knowing what not to do. The example set by the woman in California illustrates the extreme polar opposite of what we’re looking to achieve here, and there’s great power to be gained in choosing not to take any steps in that direction whatsoever.

Now, a few more sensible questions:

Am I about to learn some kind of voodoo? Am I about to break the law by hypnotizing a guy without his consent? Am I supposed to sacrifice small animals to make any of this work?

Rest assured, the answer to all three of those questions and any related to them is a resounding “NO”. If you want to learn how to magically turn guy into a mindless meat slave or make him believe he’s a goose on eye contact, I’ve got nothing for you.

This isn’t about learning the occult, this is more about learning the rules of mental chess. Unless you were born with clairvoyance and x-ray vision, chances are that you won’t make it far in chess with a strategy of “make the same move over and over until it finally works out for you.”
If we want to become chess masters, we start planning our moves before the game is even underway. We calculate, apply, test, learn, and refine our best strategies until we can unconsciously adapt to and take over any situation in the game.

Now of course, the point isn’t just to go around assuming that every man you come across is your sworn opponent and you have to “defeat” him just to get his attention.

This is not a book about hating men and scheming up ways to get back at them - this is for women who like men and simply want to become better at attracting the right one, not destroying everything with a Y-Chromosome in her path.

Once again, winning him over is not the same thing as winning against him. There’s no room for bitterness or vindictiveness here, just a more effective form of making an impression through positive emotion stimulation.

People who aim to defeat their opponents aren’t thinking of their opponents’ happiness, they’re focused on being victorious; there are times and places for that kind of mindset, and this area we’re discussing is not one of them.

Now at first, this may seem hard to reconcile with the story of the woman from California. You don’t want to just do every little thing that you think the man expects, but at the same time, you still want to please him.

The key is to sensitize him to the positive sensation of your presence, not to become a vending machine of instant gratification. The more accessible something is, the less value we attribute to it. The scarcer something is, the more thankful we are to have it.
One extremely important thing to keep in mind, however, is that the value of anything we desire only exists because we can actually perceive and determine that value on a fundamental level.

It’s one thing for something to be the only one of its kind in the world, but if a person seeing it for the first time doesn’t have any fundamental attachment to it, its rarity becomes meaningless.

**Ever tried selling a bucket of ice to an Eskimo? Ever tried selling something to a crowd of native Chinese citizens with a Spanish sales pitch?**

Even if something is rare, it needs to have relevance for its value to be understood. How much value would a scroll that describes the secret to immortality in Sanskrit be to someone who only reads and speaks Russian?

Simply put, unlocking a man’s desire requires understanding his “language”; not just in terms of spoken words, but in terms of the ways that his brain decodes and interprets the world around him on a fundamental level, guiding him to feel certain urges and take certain actions.

Men have plenty of visual stimulation to keep them busy these days, and this is especially true in the big cities. To a true man of value, who isn’t short on options and doesn’t feel the need to chase, a nice butt and smile aren’t going to create commitment; rely on that, and you’re selling ice to the Eskimo.

Eskimos don’t need more ice. So then, what about a heater?

Maybe the Eskimo never thought of a heater before feeling its warmth on his skin for the first time. Maybe he’s secretly been pining for one in the cold for ages. Whatever the case, it’s safe to say that the Eskimo reacts more strongly to heat than just another bucket of ice.
Not only does the heat give the Eskimo a rare and pleasant situation, but it’s value doesn’t have to be “translated” or “explained” to him in order for him to get it. As soon as he experiences it, he immediately knows its worth without needing to be persuaded or bargained with.

Now, let’s circle back to that huge misconception that most have about love and affection; the idea that it’s based on “persuading” someone to feel affection by “trading” time, comfort and energy for their satisfaction.

Millions of women are stuck on the same page of trying to pitch their companionship like some kind of electoral campaign, and naturally, they wind up disappointed. They’re selling ice to one Eskimo after another until they finally wind up left out in the cold themselves.

We’re in the business of selling HEAT. We’re not just giving them what they want, we’re giving them something that they fundamentally need. This is the art of paddling along with the current instead of against it.

When you discover that the way to your destination is in a different direction that you’ve been going, which do you want more: to get to your destination, or to be right?

It seems like an easy answer on paper, but almost all of us have been guilty of letting our ego push us to make the second decision. Plenty of women and men alike fight pointless battles upstream based on nothing more than petty pride. Consider this a conscious commitment to never making that mistake again.

Now, let’s say that the master key to affection is on the top of a 100-story building. You’re already tired, and you need to get to that rooftop. Are you going to take the elevator, or are you going to take the stairs?
In this scenario, plenty of people wind up choosing the stairs just because they see the door to the stairs first. They’re frazzled and in a hurry, so they neglect to calmly look around for something that could solve their problem in a tenth of the time that they believed.

Some women have such a serious case of tunnel vision that they’ll walk right past the elevator and head for the stairs every time. They may not even consider the fact that an elevator exists, because running up the stairs is all they’ve ever done.

By going through this course, you’ve decided to patiently find the elevator instead of desperately charging for the stairs. Ultimately, you’re slowing down and moving faster at the same time.

It’s time to catch your breath, make your life easier, and get more of what you want with less pain - if you bottled those benefits up, I’m willing to bet you’d sell them faster than the fastest-talking salesman could profit on a bucket of ice in Eskimo country.

So, here’s a fun fact about this “elevator” I’m going to give you the directions to in this course: it’s actually the oldest elevator in the world. The swiftest way to reach the top level of a man’s desire hasn’t changed in millions of years.

This goes back even further in time than the first human beings. This is a matter of red-blooded mammals and what makes them tick on a biological level. Every living creature with the need to eat and the ability to reproduce has inner triggers that push them seek out food and a mate, and a man is no exception.

We’ve come a long way since the days of being in the food chain instead on top of it, but even now, there are still certainties that haven’t changed: birds are flying creatures, fish are swimming creatures, and men are highly visual, tactile creatures.
Lots of women roll their eyes at the thought of a man’s wandering eyes, but it’s all part of the same grand, natural blueprint that colors trees green and oceans blue. When a man sees even the silhouette of the female figure, he reacts; sometimes visibly, sometimes internally, but always inevitably.

This instant, unstoppable reaction to a visually stimulating woman is part of a man’s internal trigger point. In the space of time that the “switch” for that trigger point is pressurized, all systems on his conscious mind’s level are completely overwritten.

Even when a man’s trigger point is just gently caressed, it will be a shock to his system. Pressing on it with deliberate pressure will set his mind, body and soul on fire - this is what I formally refer to as the “CRAZY ATTRACTION” zone. He’s going to experience an insane surge of energy in winning you over, and if he can’t do that right away, there’s no limit to what he may become capable of.

This is why I’ve made a point to say that the things learned in this course must be used sensibly, not recklessly, liberally or maliciously. There’s a reason why the “Eskimo and ice” metaphor was used; plenty of men ogle at women’s bodies, but having their inner trigger points truly pressed is not something that happens every day.

History has been shaped by men of great power and talents having their trigger points touched by women in ways that compelled them to seek greatness. World records, inventions, artistic masterpieces and brutal wars have all began with a man’s most sensitive trigger points being pressed by desire.

Entire empires have been built and burned to the ground by a woman’s power to make a man’s desire to prove himself to her.
You probably don’t need to be told again, but still, I must insist that you appreciate the gravity of what we’re dealing with here. As a self-respecting woman, you naturally want a charismatic, smart, strong and accomplished man as your partner; that’s fine and well, but going after a certain caliber of man necessitates a certain level of respect.

Stimulating the full extent of primal, passionate energy within a truly powerful, resourceful and capable man invites potential to see the absolute best and worst that humanity has to offer. You’re playing with fire by default here, and the first step to handling fire is to never forget that fire burns.

Now, again, men are highly visual and tactile creatures. Seeing and touching are large parts of how they learn about the world around them. What you’re going to learn in this course isn’t intended to make you more visually appealing to a man, but to do something even greater: to make an emotional impact.

High value men are commonly portrayed as stoic, strong and silent types. They’re experienced, cool, calm, deliberate, and aren’t so easily impressed by every pretty thing in tight pants that catches their eye.

This man has had his share of physical companionship. You’ll sorely disappoint yourself trying to break through his exterior with looks alone, but with an emotional impact, you bypass the armor entirely and make shockwaves directly on his heart.

Remember the earlier metaphor about trying to make a Spanish sales pitch to an exclusively Chinese-speaking audience? That’s about as productive as giving a giraffe a scarf and a gym membership. It’s like a Calculus debate between two gorillas. Confusion in its purest form.

The truth is, that level of confusion is what lots of women unintentionally create in their everyday attempts to reach out to men. They appeal to his male brain’s
desire in a language far removed from what the male brain understands, and fittingly, desire is not the result.

You see, the truth is that men aren’t as terribly complicated as some frustrated ladies have been led to believe; the issue is that so many are choosing push open doors that are supposed to be pulled. Doing the wrong thing with more effort doesn’t make it the right thing. Speaking the wrong language at a higher volume doesn’t improve communication.

**So, What Language Does The Male Brain Actually Understand and React To?**

“**Sex. End of discussion.**” - That’s what I’d say if I wanted to completely mislead you.

Now to be fair, we all know that sex has an effect. It may not be the end-all be-all trigger, but the thought of sexual release takes up a lot of the male brain’s processing power.

If he’s gone longer than usual without it, just seeing or hearing the word “SEX” can get a man’s heart beating like he’s representing his country in the Olympic 100-meter dash. Still, even though sexual desire is anything but minor, what we’re more interested in here is something with even more power than sex alone.

To speak the language of a man’s ancient biological computer, were going to be using something I like to call “Love Commands.”

The best way to understand what Love Commands are is to think about what it is that most women are really after when it comes to relationships?
Is it love? Close, but no.

What most women want when it comes to relationships is a genuine connection.

Women don’t just want to fall in love with a man, but to forge a permanent link with him on the deepest mental and physical level that exists. This is not only something distinct from sex, but something even more intimate than it. People can have sex 5 times a week, but they may go an entire lifetime without ever experiencing a genuine connection.

What drives men, on the other hand, is also something distinct. It’s not just sex, but “Social Hierarchy”.

Every time you trade words with a man, his biological brain computer is working to calculate his rank in the wolf pack. His ego is giving him constant progress reports. “How does she see me?”, “what do I mean to her?”, “how do I compare to other guys she talks to?”, and “how does being seen with her make me look to others?”

He may not outright define it as the “social hierarchy”, but make no mistake, it exists for him and it is supremely influential on him.

So, to put it simply: Women value the connection, while men are fixated on achievements, power, status, and anything symbolizing their comparative standing when stacked up next to their male colleagues.
Not only do many men go their entire lives without being consciously aware of this, but if you asked them a direct question about it, you’d probably get as satisfying an answer as you’d get from asking a coconut crab for financial advice.

He’s not going to give you a direct answer to that, because not only does he have no idea how to describe it, but it’s something entirely unnecessary for him to understand consciously. His inner computer has been fully locked into a script designed by hundreds of thousands of years of biological programming in the gene pool, and it will automatically run this script for the rest of his life.

In a way, these Love Commands are a way to hack into that programming. Hacking isn’t done with a hammer, but with finesse. One whisper, an instant chain reaction, an altered digit in the right place, and the sparks fly.

He may not know what to do with himself when the Love Command hits home, but he’ll know that he wants to do whatever it takes to make you happy. We’ll go into further detail about how to manage this “flip of the switch” gracefully in later sections.

Now, there’s a second elephant in the room to call out before we move forward.

This second elephants represents your beliefs. Beliefs can be beautiful, but they can also be expensive baggage. Some baggage can’t be held onto if you want to fly. To illustrate this more clearly, try this little eye-opening experiment.

This is a literal eye-opening experiment, and results may shock you a bit.
Take a look around the room. Note the red things. Paintings, pens, ties, anything red at all.

Found all the red in the room? Great. Now here comes the fun part.

First, fix your eyes on this text and don’t look away. Stay right here. No more glances around the room now. When I say “go”, I want you to take a deep breath, relax, and then shut your eyes for about 5 minutes.

During the time that your eyes are shut, I want you to try and recall everything in the room that was colored brown.

Ready?

Go.

Back now? Good.

So, you can look around the room again now. How many brown-colored objects are popping out now that didn’t pop out so much before?

The purpose of that exercise is to show you how strong the mind’s “selective focus” is. Focus is finite, so our brains limit most of it to what we’re consciously trying to pay attention to.
Want to see red things in the room? Red is going to pop out more. It’s not that other colors don’t exist, but that you’ve simply given your brain the filter to guide your focus.

It’s a lot to take in at once, but try to keep an open mind. The key isn’t just to focus on what we want to see, but what’s actually there.

Let me tell you about Betty. Betty wants to be herself. We could call her “Be Yourself Betty”. Betty is strong and self-assured. She doesn’t want to sacrifice who she is just to be who someone else wants her to be. She’s not wrong for wanting to stay true to her heart, but Betty has a big problem.

Betty isn’t attracting good men, but rats.

These rats look and walk and talk like men, but they’re toxic. They’re ravenous. They’re going nowhere in life, and they keep everyone around them from going anywhere.

Betty hates getting into relationships with these men, but she fails to realize that she’s the common denominator.

There is something personal that Betty needs to change, but the idea of facing that challenge scares her. Betty is so obsessed with being who she is now, that she stops herself from being the best she can be.

It’s the same as the color test. Filtering out everything but what you’re focused on, especially, beliefs, can blind you to what’s right in front of you. That’s why I invite
you to read on *only* with an empty slate. Reunite with that childlike wonder of just learning something *brand new*.

**Assume nothing, test everything…**

Take everything you think you know, lock it up tight, make it invisible, throw away the key and give yourself amnesia.

Okay, maybe nothing that extreme, but try and push those assumptions over to the left until you’re done with the book. You can revisit them when you’re finished when you want, but if you’ve read this far already, chances are you won’t ever look at them the same.

Some of these lessons may seem alien. Some may seem harder to believe than others. You might think, “Well, maybe I can take *this* part without *this* part.”

Sorry, but it’s a package deal, and for a good reason. You don’t win the lottery with just 4/5 correct numbers. Still, I’m not expecting you to just take my word for it. I want to you *test* these things and let the *results* do the talking.

So, if you’re ready to get results and have some fun, then now is a good time to get excited. Let’s move on to the first section and get started with the good stuff.
CHAPTER 1
Chapter 1 - Every Word Carries A Feeling

The word “love” is simply a container for a feeling. The word is an attempt to make sense of something more powerful and mysterious than lust, attraction, and infatuation. Like the space of time between falling asleep and complete unconsciousness, the transition into love is so seamless that we can’t pinpoint when it happened. We know that every heart has the capacity to feel love, but the question is just how love is triggered.

How is love triggered in the male mind?

The jungle of the male brain can be a funny, complex, fascinating and maddening place to explore all at once. Don’t make the mistake of thinking it’s simple, or you’re bound to get lost in it sooner than later.

Remember when I stressed the importance of letting go of “normal” belief systems?

Now is a better time than ever to do that, because what I’m about to say will sound a little bit insane.

Ready?

Men do not want you.

To be specific, men don’t want women at all, and no one really wants anyone.
At their core level, men do not want you as an individual or any other woman whatsoever.

Not exactly what you’d call a popular opinion, right? Well, it’s certainly not the majority mindset, but let me break down just exactly why this has always been the truth.

You see, it’s not really the person that he wants, but the feelings created by being with that person.

What is a relationship without the feelings that draw two people to one another? It doesn’t even exist. If just wanting to be with “a woman” was a man’s motivation, there would be no such thing as standards.

Lots of the things we do are just a means to an end for a feeling.

Why do you get dressed up nice? Why bother with make-up? Why post pictures of how you look on your best days? It’s all for the feeling of having your beauty appreciated. You don’t just want compliments, you want compliments that make you feel good. Bad compliments are useless.

People don’t buy drills, people buy the round holes those drills make. People don’t just want people, they want the good feelings that certain people make them feel.

When one person emerges as the sole source of a certain feeling that can’t be acquired from anywhere else, that’s when affection is born. A woman who represents the source of a feeling that he’s not sure if he’ll ever get again - that is what he’s after, not just a woman just for the sake of being with a woman.

This is one of those mythical places where the male brain and female brain intersect. It is from within this shared space that we’ll be applying everything covered within the book.

Every single word carries a little “cell” of these feelings that all men and women are after. It’s not just your words either, but your actions too. The potential for the infinite range of feelings that we all give one another - from happiness and passion to rage and anxiety - is entirely compressed into every passing second.

The general pattern of feelings that you stimulate in a man through all of these tiny emotional nodes are what we call your “vibe”.
Small, subtle, and all-powerful.

Because we’re human, we can’t just make a person only feel only one thing about us all of the time. People we like can piss us off, and people we don’t care for can do something surprisingly pleasant. It’s not about being someone who only makes a man feel good, but to represent more of positive vibe than a negative one.

Trying too hard to force good feelings within a man will only create the opposite effect. Those who genuinely create the most inviting, warming vibes never give the impression of ‘trying’ to generate it.

Ever been around someone who just seems to relax you by being around? A person who seems effortlessly comforting in their natural state, where you feel as though you could talk to them for hours about any topic in the world?

There is a secret to this positive vibe that few people know. It comes from a fascinating little place called the unconscious brain.

Physically, you have a single brain, broken up into multiple planes. Mentally, your brain is divided into two different dimensions: the conscious brain, and the unconscious brain.

Now, which of these halves do you think represents that universal urge to feel good from the things we consciously go out of our way to do?

That’s right. Without ever needing to think about it - though some may occasionally fixate over it more than others - the unconscious brain is always giving us a push towards seeking out those pleasurable little feelings from the world around us.

The conscious brain does the heavy lifting when it comes to things that need to be thought out in order to accomplish, like holding a professional meeting or defusing a bomb. Some of the things that need to consciously thought out when we first learn them - like riding a bike or driving a car - become unconscious with practice. The things we do on autopilot - like breathing and eating - are fully the unconscious brain’s domain.

The conscious brain determines how we choose to live. The unconscious brain controls how we must live.
The conscious and unconscious brains don’t need to take turns. While the conscious brain moderates, the unconscious brain also calculates in the background. Even in a casual conversation with an acquaintance, while you’re picking your words carefully and deliberately, the unconscious brain is analyzing their expressions and body language to get feedback on their response.

The conscious and unconscious brains work as a team. What the conscious brain can’t explain, the unconscious brain understands. What the unconscious brain can’t analyze, the conscious brain can explore for deeper meaning. A single word enters the ears, is consciously defined, and then unconsciously processed into a gut feeling.

When these feelings get processed, they’re stored in a place that I like to call the “emotional bucket”. Let’s take a look at how this emotional might get filled up over the course of a dinner date with a new guy you’re seeing.

So you’re talking with this guy, and against all odds, it seems like he’s actually willing and able to hold a conversation. You’re saying things, and he’s listening. You feel completely at ease telling him about this and that without judgment.

The conversation flows from your days at the office, to what you did over the weekend, to that trip you had, to that embarrassing night when you realized your alcohol tolerance wasn’t infinite anymore, and everything in-between.

The guy is taking in everything that you’re saying, but he’s not just taking it in on a factual basis. While his conscious brain tries to mold a picture of just what you must look like on the beach, in the office or in his room, his unconscious brain is rapidly filling up all of the differently-labeled emotional buckets.

At a speed that makes light seem sluggish, your every word and movement are sending his unconscious brain into an operating frenzy to process the most strongly-represented feelings. Once one of the buckets reaches capacity, he’ll be quickly and powerfully compelled to act on it - depending on what the feeling actually is, this action could be anything from moving in to kiss you or getting up to catch a ride 20 miles away from you in any direction.

This process may seem intense and hectic on paper, but our unconscious brains are supercomputers that can (for the most part) smoothly manage this emotional processing sequence on a daily basis. Thousands little emotional strings are broken
down and processed so rapidly that it may seem as though a feeling is just one, single sensation that slowly emerges and disappears on its own.

Though it may not entirely seem to make “sense” when you mull it over, the key to getting it is to understand that it exists on a level superior to “sense” entirely. It’s not something we necessarily have to articulate or comprehend, but as the lessons in this book will illustrate, consciously examining it on a deeper level can pose very large benefits.

Think of the color white. White is made up all colors on the spectrum, but when the frequency of any wavelength changes, the color shifts from white into a different hue entirely. Minor actions and words over the course of a date are gradually coloring these emotional wavelengths of another person’s collective vibe, and if the negative frequency grows to strong, that’s when somebody goes home early.

The shift in feelings that lead to negative emotions to positive emotions can be either rapid or slow. It can occur over the space of a single afternoon, or it can accumulate over a period of several years of marriage.

From all of this, we can become aware of one fundamental truth.

**Because each word carries a feeling, every word has weight...**

I cannot stress the above statement enough. Every little word you utter is a spark to one big emotional powder keg in the male brain’s mind, and when that thing goes off, it could either send him flying at you or away from you.

Think about when you’re watching a movie. You can say that the movie is good or bad when it’s over, but what determines that opinion? Consciously, you might say things like “the acting” or “the pacing” or “bad camera work”; while it may be true that these things could be a big part of why you didn’t like the movie, they’re not the full explanation.
What matters are the collective feelings created by those little details about how the movie was made, not the details themselves. You don’t need to be a professional movie critic to draw the conclusion that you didn’t enjoy watching a film. Without having to consciously rationalize or explain a single thing, you immediately and unconsciously feel that what you just watched wasn’t enjoyable.

We can relate the experience of watching a good or bad movie with the experience that a man has when you’re going on a date with him. His unconscious brain is picking up on tidbits of the little thing that you say and do until there’s enough content in the emotional buckets for a “feeling verdict” to be reached.

Knowing how unconscious this process is will allow you to avoid one of the biggest mistakes that can be made when it comes to uncertainty or dissatisfaction with a man’s feelings: asking him why he feels a certain way.

Just like how you may be able to bring up one or two reasons to explain why you didn’t like a movie, some men might be able to bring up one or two specific reasons why they do or don’t have feelings if backed into a corner; however, most of the time, it’s not a matter of those conscious details at all.

When you’re with a man, whether you like it or not, you’re in a control of an emotional experience that he’s getting from you. If you know how to facilitate a certain kind of experience (and can do so without making it blatantly obvious that you’re trying to do so), you’ll have a degree of control over how he feels when this “movie” with you reaches its conclusion at the end of the date.

Your mind is both the ocean and the anchor.

Can you recall every single individual that you’ve ever come into contact with since the day you were born? Remembering every single person that we’ve ever met is generally too tall of an order for the conscious brain, but the unconscious brain is different.

Where the conscious brain needs to “work” to recall, the unconscious brain simply knows. The unconscious brain is unburdened by the task of assigning meanings and names, giving it a perfect ability to store pure sensory data like sights,
sounds, and smells. This is why you may remember plenty of faces belonging to people whose names escape you.

Consider one of your old friends that you’ve known longer than just about anyone else unrelated to you. Chances are that even if you spend an extended period of time away from this person, your unconscious brain will still develop positive feelings from being around them.

The people that we’re familiar with and fond of are the ones that our unconscious brains have come to internalize as a constant source of good feelings. We don’t need to consciously explain why our best friends are our best friends, because on this fundamental level, we’re associating them with positive energy by default.

Now that you know what the mental buckets are and how important they are, we can break into yet another slightly abstract but important metaphor - the mental avatar.

All of the sensations and memories of a person will collectively shape the mental avatar that represents them in your unconscious mind. The mental avatar may or may not be an accurate representation of who anybody really is, but the feelings drawn from this mental avatar are very real and influential.

Once a mental avatar is fully formed, the unconscious brain consolidates it and develops a learned response to it - this is why first impressions are so powerful, and why trust is so difficult to rebuild when truly broken.

At this point, the connection to what’s been covered so far should be easy to make; if a man’s mental avatar of you is one that seems fun and pleasant, then it means that he’s gotten enough positive energy from you to unconsciously enjoy your presence.

If you take any one thing away from this course, it should be the sturdiness of a mental avatar once it’s been formed. How often have you heard of a person just being completely unable to win a person over after seeming to do everything right?

It’s not really a matter of doing things “right” or “wrong”, but the fact that a fully developed mental avatar of negative energy can’t just be diminished by obvious attempts to make a better impression.
There’s no point to trying to override a mental avatar with conscious actions once it’s been built up. The only way to approach a seemingly hopeless situation like this is to completely forego trying to make any appeals to the conscious mind whatsoever. What we really need to focus on isn’t just fixing the feelings that already exist, but getting in touch with their source.

The Internal Reward System

When a cat chases a mouse with so much speed that it crashes into a wall, what do you think was on its mind right before the impact? In some cases, it might be the thought of eating that mouse and no longer feeling hungry - however, that’s not always necessary.

Happy and well-fed house cats chase mice with just as much blind determination as an alley cat that’s never eaten out of a bowl or worn a collar. It’s not just about catching the mouse and having something in its belly, but the simple thrill of the chase itself.

It’s true that a lot of the things we do are for a rational end goal, but this is far from always being the case. The universal trigger to pursue anything almost always boils down to a simple feeling of satisfaction, and in some cases, the feeling of chasing that very thing might be even more satisfying than actually acquiring it.

Whether it’s the feeling that something gives us or the feeling that we get from going after it, the origin is the internal reward system. When that cat is chasing after a mouse at top speed with no regard for the wall about to meet its nose, its internal reward system is in overdrive.

The internal reward system is the scale that balances those base feelings dictating what we devote our time, attention and efforts to. When the internal reward system’s alarms are going at full blast, there’s no amount of individual conscious effort in the world that could possible override whatever set that alarm off.

The power of the internal reward system is so great that you could almost compare it to a legitimate addiction. When something has been experienced that the unconscious brain’s internal reward system goes crazy over, that experience (whether
it’s a cat chasing a mouse or a woman’s closeness to a man), will become a base priority that a person unconsciously wants at all times.

The cat may be chasing after the mouse, but reality, the cat itself has already been captured by its own urge to chase its prey. It’s less of a “task” and more a psychological game, where the process matters far more than the actual result.

So, what happens at the moment that an internal reward system is fully stimulated? It’s a rush of excitement hormones that send electricity surging all throughout the body and mind. Every muscle in the body becomes an excellent conductor for a sudden surge of intense energy. The unconscious brain dedicates every bit of this energy toward getting more of that feeling that its internal reward system went wild for.

Scientists describe this internal reward system as something present in every creature that can form habits. Positive feelings are the “rewards” in the internal reward system that determine the value of a stimulus, and at a certain threshold, anything that registers highly and frequently enough on the internal reward system will take a special and irreplaceable place in the unconscious brain.

The Internal Reward System, Love Commands, and You

Now we can circle back to those love commands that I referenced in the introduction. Everything discussed in this chapter so far is a testament to the power that a love command has when used successfully.

Remember, though these little emotional and psychological reactions can seem complex, they’re all happening within fractions of seconds. A love command sets off an explosion that tears through every stage of conscious processing and unconscious attachment.

From the spoken word, to the internal reward system, to the mental avatar, a love command can be a spear of pure pleasure that runs through it all. The love command essential “short-circuits” the internal reward system and gives you full control of it, allowing you to make a man feel mind-blowing excitement.
You could almost compare the way the man feels to the way that a cat feels when chasing a mouse, but there’s something that should be kept in mind: in this scenario, you are not the mouse being chased.

Remember: **Men don’t want women.** It’s not *you* that his inner cat is chasing after, but the *feelings* that you’ve conditioned him to feel when he’s with you. His feelings from you are like a battery-powered remote control car in the *shape* of a mouse, and you’re the one holding the remote control.

Once you’ve established yourself as the catalyst of that feeling he just can’t help to chase, you’ll effortlessly make him experience something called **anticipatory joy.**

Before we’re about to get something that we want, we’re consciously and unconsciously preparing for it. We are energized by the feeling of nearly having it. On a physical level, your digestive system prepares for incoming food when you’re about to get something to eat. The closer we get to something, the greater the anticipatory joy grows.

When a man’s anticipatory joy of being with you is high enough, his motivation to have that expectation fully realized can be an almost unbearably powerful feeling.

Of course, this powerful feeling opens up the potential for either positive or negative results. Let’s examine the situation in which a person voluntarily stays in an abusive, toxic relationship.

While we have to acknowledge that fact that some situations can complicate a person’s ability to drop a relationship, for the sake of this example, consider an abusive relationship in which a person *does* have the power to safely and easily separate from someone but chooses not to.

If we were still overly focused on the conscious mind and how it works, we might be terribly confused at how a situation like this could ever be possible. We may think things like, “how can anyone possibly choose to remain in a harmful situation like that?”

Remember, an individual’s mental avatar of another person is incredibly durable when fully formed. Three people who have each known the same person for an equally long period of time can all have wildly different mental avatars of that
person in their unconscious minds, and no amount of arguing between them could hope to change those avatars.

In many abusive relationships, the issue of the abuse itself is compounded by the resilience of a mental avatar largely formed out of joyful feelings and positive energy from the past. Even if you might be consciously aware of the fact that a loved one is currently acting in an abusive way, a mental avatar reinforced by years of positive emotions can still manage to override a conscious choice to cut them out.

What anticipatory joy does to a person is stimulate a reaction that could very well color the way that they perceive a person for the rest of their lives. The unconscious brain, with no capacity or need to interpret the feelings that stimulate its internal reward system, can leave a person “stuck” in their positive reaction to something or someone that is objectively bad for them.

Of course, it’s not all doom and gloom when it comes to the internal reward system’s power. If anything, this should be taken as another example of how much care needs to be taken when you’re dealing with a man’s internal reward system.

The potential for harm to be done with an internal reward system gone astray is well-documented and undeniable, but on the other side of the spectrum, it can lay the foundation for some of the most committed and beautiful relationships possible.

Your role is simply to make sure that your mental avatar developed in a man’s mind is one that does the real you justice. You want to stimulate feelings that build up an honest and powerful portrayal of what there is to gain from being near you, and when this is fully developed, your work is practically done.

Techniques to reinforce the strength of your mental avatar in a man’s mind are not manipulative; in a sense, it could almost be considered a practical form of insurance. Real relationships aren’t spotless. There are rough times, low periods, bouts of uncertainty, and challenges that we never see coming until directly faced with them.

Plenty of couples get lost in the stress of these challenges and wind up forgetting why they even got together. Because their mental avatars of one another weren’t resilient enough, they just weren’t able to stick it out through mutual feelings alone.
By making a man feel joy at the core of his internal reward system, you’ve essentially done two things: not only have you shown consideration for his needs by making him feel good, but you’ve also given the love stronger legs to stand on.

The future of any relationship is uncertain, and the only way to be prepared for the unforeseen challenges is to tap into what makes your partner feel desire at their core; once you’ve found it, imprinting on it will ensure that these positive feelings can’t be easily faded away by a bad couple of weeks.

These are extreme examples, but they’re still the best ways to describe just what love commands are capable of. At a certain point, the feeling that he gets from pleasing you could give him even more joy than you feel from being pleased.

In the next sections, you’re going to learn how to skillfully use specific love commands to awaken a geyser of pure anticipatory joy in your special man’s mind.
CHAPTER 2
Chapter 2 – What Every Man Desperately Needs From You: The 6 Pillars Of Love

There are six strong reasons why love commands work as well as they do - you could call them the six pillars of love. Each of these pillars represents a core principle in a man’s mind, and when triggered together, they start fireworks in his heart.

Make a point to remember that these six pillars are activated simultaneously - if it helps, you might even visualize them as dominoes. The activation of each pillar flows right into the next.

When each pillar is fully activated in unison, a man finds his full capacity to be open, loving, passionate, attentive, and all-around the best man that he can be. You’re going to be taking a deeper look into him than ever before, and you just might wind up finding something truly surprising in the process.

Essentially, every love command applies to one of the six pillars’ principles. There’s a certain pattern that’s ideal for catering to these core principles, and I’m going to teach you how to get that pattern down to a science.
Before I can teach you the key pattern, however, we need to cover the core principles of these six pillars in detail.

As mentioned in the very first section, you don’t win the lottery’s top prize just by having 4 out of the five numbers. Missing even a single pillar the different between endless passion and endless confusion.

Before moving on, make sure to burn the meanings of all six pillars of love below into your mind.

The First Pillar:
The Pillar of Ego

We know that men are creatures of ego, and the word “ego” can sometimes have a less-than-flattering connotation.

However, the ego is actually your vital center of balance.

The theme of this chapter is going majorly center around balance and the art of maintaining it. Ego, the universal platform for a human being’s sense balance (or lack thereof), is the foundation upon which all other pillars are built upon.

Both internally and externally, men are either kept mentally steady or unsteady by the orientation of their ego; needless to say, there’s more than just a small amount of influence to be made in a place like this. Still, at the same time, a man’s ego
“control center” is something that can only be played with tactfully; it means the difference between your best friend and your worst enemy.

The truth of the matter is that though ego gets a bad rap, it’s not inherently bad, but just misunderstood. Is ego selfish? Yes, by definition, but that’s not all that it is. Ego is so much more than a big red button with “selfishness” in bold white letters.

Ego isn’t just a something created out of vanity. In truth, ego actually serves a highly practical purpose for every human being on the planet.

Ego’s little-known true form is that of a shield. Ego is in place as a line of necessary, natural defense. Within the protective shell of the ego are all of our core needs to survive.

The well-being of the ego ensures that we have a functional drive to pursue and acquire our needs. Not only does the ego act as an shield to defend our core needs, but it can also become a sword to fight fiercely against any perceived threat to them.

The Ego In Action

Whatever the body needs to do in order to survive, the ego kicks in to guarantee that an effort is made to get it done. When your head is underwater and the oxygen isn’t coming through on time, the ego makes an executive order that nothing in the world exists but your need to breathe.
You will fight with every cell in your body for that single breath of relief, harder than you’ve ever fought for anything before, without even a fleeting thought about anything else in the world.

Damage to your own body may be done without a thought for the greater good of the ego’s number one priority in a life or death situation. The ego’s full assumption of control turns any amount of pain into a worthy sacrifice for what is needed to keep stay alive.

With the ego in full swing, we lock down into the realization of ONE and only ONE thing holding our attention in the moment. Aside from that one, burning desire, every other thought, idea and feeling is less than nothing.

You don’t have to be on the verge of drowning to experience the ego’s demands coming into effect. In any tight situation where every second is precious to reach one thing you need, your ego will have you willingly jump through fire and knock over small children (in either order) to get it.

What the ego wants, it is not quiet or diplomatic about getting. When you need to breathe, the only thing of value in the world is AIR and getting it NOW. The ego gives no regard to surroundings, inhibitions, or fairness. Just taking a cursory glance at any devastated urban area after a natural disaster or riot will give you an extremely vivid picture of the human ego hard at work to preserve its host body.

Now, imagine if our entire species’ ego disappeared tomorrow. Instead of fighting to stay above water, we’d just sink like stones without even putting forth a single kick to save our lives.

People would indifferently starve ourselves to death with refrigerators full of food. We’d practically stand out in the rain with our moths open and drown. Without a strong ego, we and a long line of our ancestors likely wouldn’t exist.
Of course, because we’re semi-civilized creatures, we’ve developed ways to rise above our ego’s urges to remain within the law and cooperate with one another when it’s necessary; if we couldn’t suppress the ego just a little bit, society was we know it would be just as impossible as it would be if we never had ego.

This brings us back to the main factor of understanding the ego: balance.

Some people can exact near-perfect control over it, while others are practically slaves to it. How well a man can manage the balance between obeying his ego and denying it lays a deepest foundation for the kind of person that he is. When you understand what makes the man’s ego tick, you’ll understand him as well as anyone could ever hope to.

**Your Core Needs and Why the Ego Protects Them**

No matter where you’re from or what you believe in, we all have two distinct core needs: basic core needs, and principle core needs. Basic and principle core needs are both highly important, but the distinction between them is a very important one to make all the same.

Basic needs are the bare necessities. Shelter, food, warmth and rest are all basic things that we need to keep ourselves alive and functional on a bedrock level.

Principle needs, unlike basic needs, are not necessarily the things that are necessary just to keep your heart beating. Principle needs refer to our social needs; our desire for approval and a sense of belonging with the people around us.
The difference between a basic need and a principle need is that the former is generated internally, while the latter is generated externally.

Because they’re internally-generated, basic needs are inescapable. No matter whether you’re at home or in the Amazon rainforest, basic needs remain supremely relevant. Basic needs transcend the borders of nations, uniting every human being on the planet with a growling stomach before eating and drooping eyes before sleeping.

Being externally generated, principle needs depend on the surroundings. Though they’re more subjective and contextual than basic needs, people still cite their principle needs as things that they feel they couldn’t live without.

People typically have six or more principle needs that they consider invaluable, and one of the most common of all is the principle need for trust. Social animals by nature, people rely very heavily on the trust they have in others to give them a sense of security.

Without being able to comfortably trust people around them, people lose the sense of safety that comes with feeling in control. Though it’s not a vital bodily need, the ego responds to the amount of emphasis that people put upon trustworthiness and defends this principle need just as fiercely as all other things.

When the ego senses that something it’s protecting is being attacked (such as the need to feel capable of trusting someone), it’s automatic protocol is to prepare for battle. The ancient ego doesn’t care for the context of the situation, it simply responds in accordance to the sense of urgency at hand.
This might seem a complicated, but chances are that you’ve either seen or experienced the ego’s violent reaction to its need for trust being threatened. Think of a normally happy couple that gets into a bad fight over the suspicion of cheating. Tensions boil, accusations are flung, and it seems as though the man and woman have entirely forgotten the versions of one another that they fell in love with.

Can you relate to a level of anger like that? Have you ever been so upset with somebody close to you that it felt as though you took on an entirely different identity in your frustration? When you finally cooled off, did it shock you a little bit to see what you could become?

Maybe you haven’t just seen it from afar or experienced it yourself, but you’ve had somebody react to you in a similar way. Has a friend or loved one ever gotten so angry with you that you’re introduced to a side of them that you’d never seen before? Did it seem hard to believe that someone you thought you knew so well could act in a way you were so unaccustomed to?

For millions of years, the explosive ego has made total strangers out of best friends and lovers. It’s not as though we’re getting taken over by something out of this world, but just that we’ve gotten so accustomed to our ego silently working in the background; it’s always a shock when this strong, silent force suddenly lets out a roar and takes the wheel without warning.

“I don’t know what came over me…”

How many times have those words above been spoken? When a person says that they’re unsure of what came over them, ego is the culprit they’re looking for. The ego hijacks their vocal cords and delivers a message on behalf of their deepest feelings, and it has no reservations about the volume or impact of this message.
The urge that the ego has to release its boiling feelings is like the urge to breathe when your head is underwater. The ego has zero interest in where the lines not to cross may lie, and when it’s given the opportunity to form spoken words, it won’t see any incentive in censoring or softening them.

How intense this all may sound on paper hardly does any justice to how intense it can truly be in practice, and yet still, we can live our entire lives without having an inkling of an idea about the ego’s existence and how it works. As bold and fearless as the ego is whenever it’s threatened or denied, it’s also perfectly happy remaining an silent power player in the shadows that never makes itself known at all.

**Why DO I need to know anything about the ego anyway?**

Truth be told, you don’t have to know the first thing about the ego at all. You can live a functional life without dropping dead just from not being aware of your ego - after all, it was designed to work without ever being thought of at all.

At the same time, you don’t have to tap into the deepest level of a man’s desire either. It’s perfectly possible and permissible to stay in dark about how attraction and desire are built up on a fundamental level. Nobody needs to know about the deeper level of the human operating system and how to engage it, but when people choose to do so, the benefits are beautiful.

You can’t change the basic or principle needs that a man’s ego has, but what you can do is learn how to position yourself on its good side. Make a good impression the ego, and you satisfy the man’s strong and all-too-commonly-neglected principle need of having trustworthy company.
In the chapters ahead, you’re going to learn the key to perfectly align yourself with the ego and make it your best friend. In the meantime, the most essential step is just to fully acknowledge and appreciate the fact that the ego exists and wields incredible power.

The better that you can get in-sync with a truly compatible man’s ego, the closer the bond can get to its full potential for strength and resilience. The ego operates in a perpetual state of scarcity and restlessness. To align with the ego is to establish yourself as a rare “oasis” in which it can finally catch its breath.

Once the ego finds a place where it can safely deposit its core needs with a sense of security in having them nurtured, it may develop a new principle need just to have access to this place. This is when a man’s anticipatory joy of being near you is born.

In the precious pocket of safety where needs are met, there’s no need to walk on eggshells or put up walls. The ego has no need to put on its outdoor voice and roar at an unwelcome threat. By reading this book, you’re forging your own little backstage pass to the male ego’s domain, giving you unmatched power to please it.

This isn’t a mission of infiltration, but more of an advanced peace offering. The ego naturally stays defensive against the threat of the unfamiliar, and barely anyone ever goes out of their way to align with the egos of strangers that they meet on an everyday basis; this usually either happens on its own, or never happens at all. In the worst case scenario, somebody without a clue tries to align with another person’s ego the wrong way.

Feeding into a man’s ego the right way will organically accelerate the process of becoming part of his inner circle of principle needs. Now that we’ve reached beyond simply acknowledging core needs and stepped into directly advancing those needs, it’s time to address the second of the six pillars.
The Second Pillar:
The Pillar of Heroism

Men want to be heroes. Men don’t just want to be a hero, though, but your hero. But remember, they don’t specifically want you, but the feeling of experiencing who you are. When men fantasize about the feeling that they could earn from their ideal woman’s approval, they’ll want to put on a cape and start breaking meteors just for a chance at worthiness.

We’ve talked about how the ego is inherently and necessarily selfish, but under certain circumstances, a man’s ego can inspire profoundly selfless behavior. When the key to a man’s desire for the feeling you give him lies in pleasing you, he’ll turn into a self-sacrificial hero at the drop of a hat.

Heroism not only plays to the man’s drive to please women, but also to that same competitive drive for social hierarchy. Men want to be recognized as useful, helpful, and strong people in their social networks; more specifically, they want to be seen as more useful, more helpful, and stronger than other men in other people’s eyes.

At a certain point, some men’s need for approval can reach a level that exceeds even some of their basic needs. Some people are so caught up in this insane drive to be validated that they can’t function without it. Without someone to please or assist, they’re liable to fall apart. This is far from healthy, but it just goes to show how powerful this urge for approval can truly be.

Everybody’s ego wires them to seek out social approval at different levels of intensity, but it’s an urge that everyone feels to an extent. The more mutual pleasure
that two people feel simply from receiving one another’s gratitude, the greater the chance of a sustainable relationship forming.

The Simple Science of Pleasing

The drive to please is a basic component of our biological makeup. As early as the first moment that we develop a something resembling sense of “self” in childhood, we make an effort to show what this “self” is capable of.

We look to our parents and our friends for feedback that helps us build up an identity with a perceivable value, and this continues on through adolescence and even well into adulthood.

Believe it or not, it’s actually an ancient survival tactic. Like other things we’re discussing in this book, this is an heirloom from the time when getting eaten alive was a very realistic consequence for careless mistakes.

In the times before agriculture, settlements and firearms, belonging to the group was as necessary for human survival as it is for any pack mammal. Not only were loners less capable of collecting food on their own, but they were prime targets for any man-eating predator looking for an easy meal.

Simply put, the only way to avoid almost certain death was to have the approval of the tribe and refrain from doing anything to get removed from it.

While we’re not ducking and diving through brambles to dodge giant hyenas on a daily basis today, the remnants of those times haven’t completely faded. We’re still
born with an innate tendency to pick up on how certain behaviors are either “approved” or “disapproved” of by others, starting with parents and progressing to peers.

We’re not at risk of getting our heads swiped off by a giant retractable claw just for being alone in the open, but depending on the situation, group membership can very well be a strong key to survival, if not just improving the general quality of life and access to more and better connections in times of turmoil.

From the first moment that we draw a line between the feeling of approval and an action we took that led to getting it, we’re conditioned to repeat these actions in the hopes of re-experiencing those feelings of approval, which compels us to actively appeal for approval yet again.

As we age, we become aware of how kind little gestures to please others - from birthday cards, to soup on a sick day - can be sources of those feelings of gratitude, approval, affection and attention.

This ongoing cycle of appeal and approval is like yin and yang, where two seemingly distinct elements have become seamless extensions of one another. We depend on this cycle’s steady rotation, as it fosters a sense of comfort in the connection with a “tribe” that approves of us.

No matter how far we may have come technologically, no person is a 100% self-sustaining organism. Men may fight to be seen as the strongest and most self-sufficient, but no matter how strong a man’s ego may be, he is never completely without reliance on anyone but himself.
A powerful man owes his power to those who make his authority real by choosing to follow his instructions. A command that is given without anyone to take it is less productive than talking to yourself.

Make no mistake, no matter how fiercely independent he may seem on the outside, he still needs others to approve of him and his identity. When he feels that a woman gives him this feeling of worth than anyone else can, he’ll seek her recognition through doing as much for her on his own that he can.

At some point, we move on from just wanting to be praised by those who came before us, to also wanting to praise the ones born after us. We want to demonstrate that all of the experience we’ve accumulated in our lifetime is valuable enough to change someone else’s life, shaping the future that we won’t see.

We want our skills, experiences and identity to be approved of in these ways for the same reason that early human beings did: survival. However, survival through approval can have a slightly different context today. It’s not about surviving in the wild plains full of man-eating predators, but having our own legacies survive the flow of time by making an impact on others.

When you’re in the middle of crowd, you’re surrounded by hundreds of self-perceived main characters from different stories. What all of these main characters have in common is that they’d like their story to be the story.

Nobody sets out with an intention to be the “bad guy” in their own story. Nobody sets out to represent the opposite of what they think is “right”. As a matter of fact, a lot of the worst things can done out of person’s twisted idea that refraining from doing so would make them the “bad guy”.

54
Line up 200 of the world’s most violent criminals who committed unprovoked murders, and you’ll have 200 people who each consider themselves a tragically misunderstood hero that was left without a choice.

No matter how talented a guy may be at pissing you off, the thing to keep in mind is that they don’t want to be the bad guy. It’s not to excuse him of accountability, but to understand the exact degree of stubbornness and mental gymnastics that you’re up against.

**How does any of this apply to what I can actually do?**

Remember, in just about every situation, your man is envisioning himself as a hero and considering the ways that he could make you his heroine. His ego is on the line, and he’s hungry for something to prove that his inner hero is real; this is something that should be fully catered to.

Now don’t get the wrong idea, you don’t need to act like you can’t tie your shoes without needing to be rescued. Still, it must not be forgotten that the man has a biological need to feel like a worthy protector with impressive strength and resources.

Naturally, you’ll be going after a man who has legitimate value to offer. The key is just to play into his most valuable qualities to ensure that he knows you appreciate them. Let him see that it doesn’t take a crisis for you to understand that he’s a dependable person.

Just by doing this, you’re awakening his romantic righteousness. His inner hero will have its resolve steeled with a sense of duty to provide for you, and from within sense of duty is an even bigger pool of strength to draw from when doing so.
The key is to be honest about how you tap into this romantic heroism. You just want to tend to his EVERYDAY HERO, not to freak him out with impossibly high expectations. It’s not about him being everywhere at once, but just about him being there in the little moments that count most.

When he feels that his natural strength is a source of your own, he’ll do more to build that strength up in any way that he can. Alternatively, when a man doesn’t feel like any of his strength inspires his woman, he may lose some belief in himself.

Lots of things are effortless to do wrong and tiring to do right - this is the exact opposite. Doing this the wrong way is exhausting, and doing it the right way is effortless.

The wrong way is disregard a man’s inner hero, causing him take one step towards you and five steps back. The right way, nurturing that heroism, will have him jumping over continents just to impress you.

A man in touch with his inner pillar of heroism can truly love full-heartedly. A man who loves full-heartedly has the drive to live full-heartedly. As powerfully as a man’s pillar of heroism contributes to a full-hearted feeling of love, however, it doesn’t create this effect all on its own. There is yet another major pillar that supports a man’s ability to feel the full depth of his love.

The Third Pillar:
The Pillar of Validation
Even with high levels of self-esteem, all of us like to feel that what we’re doing is appreciated, needed, significant or valuable in some way.

In every choice that we make, the quiet inner question of “what’s in it for me?” comes from the pillar of validation. We subconsciously examine how each choice might color people’s opinions of us and bring us social value.

By having our choices internally, emotionally and logically validated, we “gauge” the rationale of taking certain courses of action over others. Validation boils down to the simple question of whether or not we can gain a more favorable status as USEFUL or VALUABLE individual in our social hierarchy.

For men, achieving the status of GOOD PROVIDER for their women is a large part of this inner validation pillar. The ‘good provider’ status confirms that their efforts to support her are appreciated, needed, significant and valuable.

As a man’s lover, you’ve got to make a point to keep your man’s desire for validation healthily nurtured. When you feel safe with him, tell him. When he impresses you, verbalize it. Reward his best moments with validation and you’ll ensure that he’s driven to make these moments more consistent.

When a man gets the sense that you’re comfortable being carried on his wing, he’ll want to explore every way he can to make that wing that best wing in the world. He may not say it outright, but his efforts will speak for themselves.

In the same way that a man’s regular gestures of affection give you that validation to know that he genuinely wants to be with you, the man himself needs to have validation to feel that his partner really finds him to be a valuable man.
The biggest reason that some couples can actually stay attracted to one another after first becoming attracted to one another is that they put in a real effort to feed each other’s core need for validation.

There’s never any question of whether or not one appreciates the other, because it’s a constant cycle of honest positive reinforcement. It’s easy to be so caught up in the hectic happenings of daily life that forgetting to give these subtle signs of validation is very easy.

Making that tiny bit of extra effort to stay mindful of these things can and will make a world of difference. What you’ll also want to be mindful of is the very important fact that men and women often want to be validated in very different ways.

So, how do I validate a man in a way that he actually wants?

First and foremost, don’t get validation confused with blind flattery. Just like the ego isn’t all about self-centered selfishness, validation is more than just tons of indiscriminate praise.

The best kind of validation is subtle validation. Obvious validation comes off as forced, but subtle validation is genuine.

Remember, men are highly visual and tactile creatures. Nonverbal communication shows what words can only attempt to describe. It’s not necessarily your words that they’ll get that sense of validation from, but your body language. Your tone and subtle shifts in attitude will send a strong message as well.
What sets off the alarms in a guy’s head is when he sees you’re not reacting, immediately sending him off into fight-or-flight mode. It takes a genuine effort in searching for and identifying those areas that a man is going the extra mile for you in.

Examine yourself, and see how your body, mind and core might be working together to send a positive or cold nonverbal message. It will take a bit of practice, but in the chapters ahead, I’m going to show you how to form the perfect storm of subtle but powerful signals.

The more energized that man feels from these positive signals you send him, the more he begins to actualize as a valued man of purpose. The longer that you can keep this up consistently, the stronger the effect grows.

Not only will he be more motivated to work *harder* at improving himself, but he’ll be *happier* in the process as well.

Think of it this way: would you rather have parents who make you feel worthless, or parents who love you and pinpoint the ways that you brighten their lives?

Not to say that partners should be surrogate parents, but the same concept applies. Anyone, male or female, would prefer to be with someone who validates their existence and makes them feel motivated to keep improving.

Now, on that note, it’s time for the most vital point of this chapter by far:
The Fourth Pillar:
The Pillar of Control

People tend to associate “control” with physical actions. In reality, control is all about internal feelings.

The most common idea of control is that it’s all about micro-managing the details of somebody else’s life. Another popular way to think of control is imagining a person with a “my way or the highway” mindset, either getting what they want or backing out entirely.

These control issues tend to emerge in people’s relationships every now and then, especially when it comes to sex and communication. Men threatening to sleep with another woman or going cold on all forms of contact are both examples of exerting control.

Control can be sought out reactively and pre-emptively in a relationship. Even jealousy from suspicion can summon make a man panic and try to control the situation before he understands it.

Control obsession can be problematic, but it can also be very healthy at the same time. Like the ego, the key to health control is for there to be a stable BALANCE.

Control doesn’t always have to be forceful or unpleasant. Control doesn’t even need to be a matter of playing leader and follower. The most common connotations of control come from people’s most extremely negative interpretations, but when taken in moderation instead of excess, control can be a positive thing.
The popular belief is that men are control freaks by nature. In truth, externally controlling every single shot that’s called in the relationship usually isn’t what he’s after. The control that he truly wants is the control to remain neutrally balanced.

At a man’s basic core, he wants balance more than anything. A man wants to feel emotionally and mentally stabilized, and he doesn’t want this control to be threatened by any relationship that doesn’t allow it. By controlling his emotions, a man has the power to “anchor” himself to a stable emotional medium that he can return to from his low points and anxious points.

It’s not just a matter of men, but all people around the world. At our core, we’re all looking to reach a place of peace where everything is balanced out. From the way we dress to the things we do to make an impression on others, all things point to that ultimate end goal of feeling “complete”.

Almost all of our worst moments happen when our internal balance has been knocked out of order. Every man or woman who finds themselves in a desperate chase for the affection of someone who’s clearly wrong for them is in a state of extreme imbalance, and oftentimes, they’ll take extreme measures to try fixing that extreme imbalance.

The Science of Balance

Not only do we seek out balance, but balance is something that our bodies fundamentally need for good health. When the body is unbalanced and more easily stressed, damaging hormones are built up that can counteract even the healthiest lifestyle.
The body can’t stay out of balance for too long, or eventually, it just won’t have the energy to operate. When the body is excessively stressed, it is far less capable of warding off sickness and recovering from fatigue.

From a standpoint of simple survival, you can’t fend for yourself properly if your mind and body are both in disarray. At a certain point, whether consciously or not, you will make an overhaul attempt to correct the skewed balance by any means necessary.

Unfortunately, it can be difficult to tell when someone is struggling with inner imbalance until the problem progresses to an extreme level. Extreme mood swings - such as when a person suddenly snaps and then expresses disbelief at their own lack of patience - become far more common and unpredictable.

Oftentimes, too much time spent in a state of imbalance can make a person start losing sight of their true identity. Though they might want nothing more than to stay in control, their lack of understanding about the root nature of the problem gets them nowhere fast.

So, how can I actually put this knowledge of balance to use?

Just by knowing that men have a deep need to feel balanced, you hold one of the most essential keys to making him feel a subconscious need to have you around. By gracefully aligning yourself with the right approaches, you can become that precious source of balance that he’s been searching for.
The secret to the ultimate sense of balance is to understand that it doesn’t just sit in one predetermined static place, just waiting to be found by the next person to pass by. Balance can manifest in the places and at the times that we least expect, including the another person.

A sudden sensation of balance can emerge while doing something as casual as sipping green tea or meditating, depending on the individual; however, these are mostly solitary experiences. The balance that he draws from a living person with flowing life energy, like you, will have an even more profoundly soothing effect on him.

And the best part?

Maintaining balance is only the first stage.

When a man has found a woman who knows how to give him that sense of grounded balance in all that he is, he can wind up liberating himself from the negative zone entirely. The effect will naturally vary depending on just how long a man and woman have known one another, but even new couples can experience this phenomenon in full.

**BENEFITS OF BALANCE**

Keeping a man afloat in a state of balance and positive energy will pose a number of benefits. Once this state has been reached, the following things can occur:
• No longer will you get wrapped up in intense, avoidable fights. Disastrous arguments only occur in states of bad imbalance.

• He’ll feel like he’s capable of breaking through any barrier as long as he’s with you.

• He’ll feel like he’s still able to maintain control over the things that matter most, without needing to slip into Control Freak mode.

• Trust issues, personal walls, and emotional baggage can be put aside with the feeling of safety and confidence that you give him.

Remember: An internally imbalanced man is a man without a sense of control.

Still, the question remains: just how exactly do we define being in control?

Control is the self-assured feeling that man has in his power to break any fall, weather any uncertainty, and survive by virtue of his efforts and wits. A man who is in balance will realize that this feeling of inner control can be gained without needing to micromanage another person.

Ultimately, a man who is balanced and in-control will have a much stronger mental and emotional frame. He’ll be fully aware of the reality around him instead of being blinded by his insecurities, opening his eyes to the fact that he does have worthwhile value.

This mental clarity that lets a man see his true value with pride brings us to the next major pillar.
Men want to be appreciated in a similar way to how they want to validated. A man wants to be given a sign that the things he does, says and feels are genuinely worthwhile.

He may ask himself a question such as, “If I do this, will anyone care?” Even if self-assured on the surface, he may wrestle with the internal uncertainty of whether or not he’s the only person in the world who cares.

Where validation is more about approval of his identity, appreciation goes a step further and concerns the gratitude that he feels people have or do not have for what he does.

Where validation is an acknowledgment, appreciation is full and complete acceptance. It goes beyond just creating a feeling of worthiness, but expanding upon that feeling to reach an even more intimate level.

Whereas validation is more about his concern for himself (“Is this worth it for me?”), appreciation is based in his concern for the thoughts of others (“Is what I’m
doing worth it for them? "). By giving your man a sign of appreciation, you’re showing him that you’re not only aware of his effort, but that you enjoy it.

When he sees that he’s not just validated by you, but legitimately appreciated by you, then he’ll experience maximum fulfillment in devoting energy to your happiness.

The best way to bring about this effect with a sign of appreciation is to progress through the first 4 pillars: praising his capability, presenting yourself as a safe place for his ego, instilling confidence in his efforts, and securing his sense of control in following the path he knows leads to success.

When a man feels truly appreciated, he’s in the state that can lead to his maximum potential being unlocked. Out the pure delight of being brought to such a high level by your presence, he’ll consider it a privilege to work hard to make you happy.

What can be seen here is the fine line that’s drawn between approval and appreciation. Approval is something that depends on an outcome. Unless certain standards are met, approval cannot exist. Approval can be given to someone initially, but then taken away if certain standards stop being met.

Appreciation, unlike approval, doesn’t come with any strings attached. Appreciation is something that qualifies something or someone as being worthy just for being. While approval is something that is given, appreciation is something that is felt and shown.

Where approval says “You have done what I want”, but appreciation says “I accept and love you for everything that you are, good and bad.”
Now, it’s finally time to introduce the final pillar, built upon something even more powerful and vital than appreciation.

The Sixth Pillar:
The Pillar of Respect

Beyond all of the validation and appreciation in the world, no core principle is more essential to a man than his core principle of being respected. Everything that a man feels he is on the inside and the things he is raised to emulate on the outside create his need to feel like a truly respected man.

In a way, many men see the state of being respected as synonymous with manhood itself. Where “being a man” can be defined in terms of age, men don’t truly feel like men until they gotten a sense of being acknowledged as a full-fledged, capable adult individual.

All of the things that a man does for the sake of his standing in the social hierarchy are rooted in his need for respect. Validation, appreciation, and control are all essential components of the impression that he gets of how much he’s truly respected by people around him.

Out of all the things that can be used to signify how respected a man feels, the absolutely cherry on top is his intimacy with woman. A man’s capability and
worthiness of emotional and sexual devotion are major keystones in his perception of respectability, and with those keystones, your ability to make an impact is limitless.

The want for respect is something situated at the innermost core of a man’s heart. You could even say that his need for respect is felt just as strongly, if not even more strongly than love itself. Affection creates nice feelings, but respect is the purest, truest and strong kind of admiration that a man can receive from his significant other.

Respect is the culmination of all five previous pillars into a perfectly composed work of art. No matter what two people are in a relationship, those that last the longest are the ones that are based in a strong foundation of mutual respect for one another.

Naturally, the fact that respect ensures the longevity of the healthiest relationships means that its absence is completely devastating. No matter how perfect a relationship may seem from the outside, it is guaranteed to crumble without a foundation of genuine respect to stand upon.

The unfortunate thing that tends to happen to relationships without respect is complete implosion. There may not be a dramatic fight or even an argument, but the end result is that the relationship will crumble upon itself.

Respect can be called the “skeleton” of the relationship, giving it structure and form. All of the surface-level elements may be there, but without a solid framework of respect to arrange and protect them properly, the relationship is practically over before it even starts.
Though it may seem like a simple matter to just give a man respect, this sixth pillar cannot be skipped to without taking the previous steps. Every single step must be taken carefully and deliberately.

It’s one thing to understand that these words mean in the dictionary, but feeling them and conveying them are entirely different matters. Nothing here can be manufactured out of thin air. A man will immediately know if an expression of respect for him isn’t genuine, and few things could make him feel less respected than sympathetic flattery.

The respect that you convey to him needs to come from a place of genuine admiration. You don’t just want him to feel that you recognize and admire him for all that he is, you want him to know it on account of your sincerity - this is best accomplished after you’ve progressed through all five of the first principles at a natural pace.

It is impossible for a man to fully know and unquestionably understand that you respect or admire him without the first five principles in place. In order to be able to accept and believe respect, a man needs to be a certain state where his self-worth and conviction have already been well-nurtured.

When an imbalanced man without much confidence is given a sign of respect, he may not full know whether or not that respect for him ia actually genuine or justified. Men whose pillars haven’t been nurtured may suffer from “impostor syndrome” upon receiving a strong show of respect, keeping them from fully appreciating the sentiment.

The five pillars not only nurture your relationship, but nurture your man’s inner steadfastness and sense of worthiness. Once a man has reached this state of inner peace and self-aware value from your respect for him, he’ll be capable of things impossible for a man who’s never known them.
Better yet, a man who is secure in who he is and what he has to offer the world is naturally more generous. His sense of comfort makes him much more content and agreeable in general. You’ll be able to bring up all kinds of ideas for change without any risk of the conversation breaking out into an unneeded fight.

When a man has been freedom from the ever-constant uncertainty about where he stands as a man and whether or not he’s appreciated, his capacity for active listening will be much greater than before. He will listen to the things that you have to say with a new depth of sincerity and urgency.

When a man feels genuinely respected, he can genuinely return it in kind. A man who doesn’t feel respected at all will be incapable for actually returning any that is sent his way, leaving him permanently unsatisfied.

We really must address the serious issue with insincere respect. Plenty of women trick themselves into thinking that good intentions justify slight exaggerations of praise, and it is always, universally a terrible idea.

Imagine if you were painfully aware of the fact that someone felt deep shame or embarrassment by something you’ve done or choices you’ve made, but never went so far as openly stating what you already know. Knowing that they disdain your choices and don’t care to see past your flaws without judging you, would you find it easy to give unconditional respect to them in return?

If your answer is “no”, then you can relate to how a man couldn’t comfortably do it either.
In the state of genuine respect and admiration, a man doesn’t have to deal with any uncertainty or suspicion when it comes to the respect he’s given. There are no mind games, no half-truths, and no more twisted wires at the top level of genuine respect.

All in all, this is just a simple and subtle path to a completely straightforward connection with your man. This is the art of keeping life and relationships from being more complicated than they have to be.

All of the unvoiced bitterness, pettiness, lying by omission, distrust and jealousy that terrorizes less mature relationships will simply cease to exist at the realization of the sixth pillar. These things will vanish because they simply won’t have any reason left to exist in the first place. With nothing left to fear, fear ceases to serve a functional purpose and fades away.

At the peak of respect and admiration, a man can feel secure in putting full faith into you. The massive level of genuine respect and trust required for a man to put full faith in his partner is even higher than what’s common in most stably married couples.

The willingness to put faith in you will be a sign of the courage you’ve given him to do something that few men ever develop - to let go of their fear that faith in a partner could wind up being poorly placed.

He not only trusts you fully in this state, but he legitimately values your opinions, needs, desires, ambitions, tastes, and every other thing about you. At the same time that he respects your competence as a human being, he’ll also trust you to follow his lead and trust in what he’s capable of himself.
When he has the guarantee that his partner respects him as a leading man, he’ll be much more decisive and spirited in how he takes the initiative. It’s not just the sense that you respect him as a man, but the sense that you respect him as an entity. Not just a man, not just a lover, and not just human being, but pure force of power, potential and progress.

In this final stage, none of the surface-level insecurities hold even the slightest bit of weight. It can be difficult for those who have never felt it for themselves to understand, but once there, understanding is effortless and explaining is completely unnecessary.

In the upcoming chapters, I’m going to go into much more detail about the specific techniques that can be used to get the most out of each and every pillar leading up to the final state of respect.

**The Six Pillars Fall In Perfect Succession**

Once again, one of the most effective ways to visualize how the six pillars work is to envision dominoes tipping over in formation. Every single stage serves as the perfect setup for the ones that follow.

For now, the most essential thing to keep in mind is that everything will be for the sake of reaching that final stage of absolute respect. The final stage cannot and will not ever be reached unless all core principles of the five pillars before it have been fully realized.

I would highly suggest taking good notes on these pillars and finding unique ways to remember what principles they apply to. Once you’ve internalized them all,
you’ll have prepared yourself to send the richest wavelengths of love, trust, admiration and respect.
Chapter 3 - The Attraction Fire Cracker Command

Think of the last time that you felt “butterflies” in your stomach. Now, imagine that same feeling, though instead of a thousand fluttering wings, it’s a thousand little white-hot explosions - this is the kind of effect that “Attraction Fire Cracker Commands” can have on even the most mentally steadfast man.

At the simple utterance of this simple type of command, at just the right time and in just the right way, a man is overtaken by a storm of sparks in his stomach. Perhaps without even being fully aware of the cause himself, he will be hopelessly drawn to you with the momentum of a roller coaster.

Now, as sensational as their surely sounds, I can’t quite dig into the meat of it just yet. Before the absolute power of these commands can be fully appreciated, there must be a certain appreciation for exactly just when they can be used.

These commands have the power to make an instantly stunning impression on a man at as early a point as the very first date. At just a few paces past the point of
first getting to know one another, these commands can put a spell on a man that mystifies him for months.

Not only are these commands practically unparalleled in the emotional punch that they pack, but they can be used more than once. This command can be used to drive a man who seems disinterested right back into the deepest depths of desire all over again.

The best way to understand what these commands bring to the table is to think about the last time that you met someone special. If you could bottle up that feeling you got all throughout your body after meeting that special someone for the very first time, then its essence could be the base of recipe to make these commands from scratch.

Think of that aggravating but maddeningly addicting effect that a special someone has on your thoughts even when they’re not around. If any of your friends have ever been at the mercy of your nonstop gushing about “that” guy, then they can probably vouch for how resilient all that puppy love is to common sense.

It’s silly, insane, surreal, terrifying, and undoubtedly the best feeling in the world - this is the kind of feeling that fire cracker commands let us tap into on once we learn to completely master them.

Like a catchy song that refuses to leave your ears with any amount of force in the world, you’ll be that endless tune in his mind that just doesn’t stop playing. You’re going to be learning a lesson in the art of captivating through absence, and it all starts just by knowing how to use the right words in the right way.
Once this firecracker goes off, his senses are forfeit. All that he sees and does will be taken over by the unrelenting desire for another bit of time to spend with you. He’ll be thinking of what you’re up to when he can’t see you, envisioning what he might say when he sees you next, and letting his mind wander to every corner of the universe that it cares to wander so long as you’re involved.

Now, it’s time to start breaking these commands down into the bare elements that make them tick. At the most basic level, these fire cracker commands are essentially based in 3 core concepts.

**Concept One - Creating the Power of Positive Anticipation**

No matter what it might be that we’re waiting for, there is perhaps no more torturous feeling in the world than the expectant hope of something desirable to come. The closer that we get to having it, the more unbearable it becomes to wait for.

This “so close and yet so far” effect is a large part of the first core concept of fire cracker commands that we’re going to cover in this section. To drive it home just a bit harder, I’m going to ask you to imagine something that might tick you off a little bit - a time when a guy you liked was obsessed with a girl you hated.

How many times were you kept up at night by questions like “what does he see in her?” Maybe she wasn’t exactly the brightest girl in town. Maybe she wasn’t even that good-looking either. Despite her lack of blue ribbon qualities, just what was it that got the guy you wanted wrapped around her little finger so tightly?
It’s time to reveal a secret about this remarkably unimpressive girl - in the mind of the guy chasing her, she is the most remarkably fascinating life form on the entire planet.

For all the world wonders and mysteries around us, the guy looks at that plain girl and feels as though he’s witnessing a solar system being born before his very eyes.

Maybe you can identify with a feeling like that. Maybe you’ve been told by your friends that a certain guy wasn’t all that, when from your point of view he’s the ultimate rock star. As unbelievable as this constantly-recurring situation may be, it’s actually based in something incredibly simple.

The reason that we seem to be so good at seeing a certain someone as though they’re made of pure platinum, no matter how much “rust” they may have, is all the result of a simple psychological principle that’s as old as the human race itself.

This psychological principle has a very simple, absolute rule: when a person gives us a good feeling, we develop a stronger urge to experience that feeling on a regular basis. The more powerful the positive feeling created by this special someone, the more completely bound their admirer is to the ideal version of that person in their mind.

This power of positive anticipation can be had without any great costs or complex planning - it all comes back to the skillful planting of a powerful fire cracker command that speaks to desire. Once the effect has taken hold, you will be like a fountain of positive sensations that overflows in his mind just at the thought of you.

After you’ve taken on the form of a source of all that he finds beautiful in the world, he’ll be going through just about every emotion there is under the sun. Keep in
mind, even though a guy might be completely entrenched in his emotions, it can be hard for him to reconcile. Love, infatuation, excitement, aggravation, and euphoria will be swimming about the pool of thoughts about you that he has nonstop.

In a state such as this, there’s just about nothing that can relieve the strain of separation besides your presence. Without a proper way to state his hunger for another dose of your love, he’s going to be wrestling with a craving of need on the level of pure addiction.

Core Concept 2 - Creating the Allure of Mystery

Trailing off of the core concept of positive anticipation is the allure of mystery. Think of just what it is that makes the things we wait for so addicting to think about before they arrive. Many times it’s for the expectation of what we know is coming, but it’s even more intense when we don’t have the faintest clue about what’s on its way.

In the absence of a clear explanation, we’re left at the mercy of our imagination. Imagination, walking a tightrope between the best days of our lives and our worst nightmares, is to blame for how overpoweringly attractive mysterious things and people are.

When a man just can’t get any closer to “figuring you out” after getting a taste of positive energy from you, he’ll find it a tough to sleep at night. Even if he might consciously try to think of something else, his brain just won’t be able to abandon that unsolved puzzle at the core of his affections.
These commands are excellent examples of giving just a little, while leaving a lot more to be answered in their wake. The commands tease at something close to an answer, but ultimately wind up deepening his appetite for answers to brand new questions.

Eventually, this kind of command can so intuitive to you that it may seem completely automatic and self-sustaining. Using these tactfully mysterious commands will not just make you appear more mysterious, but cognitively train you to carefully measure and “portion out” little morsels of your identity as you see fit to tantalize the man.

In a way, you could consider it a light little game of mental cat and mouse. You’ll give him just the right amount of hope to pulling the covers off of the case of you, only to see that what lies beneath are more covers.

When he’s kept away from getting that precious bit of information to “complete” the picture of your identity, his brain will be overclocked to find answers. He might suddenly just find himself with an overwhelming surge of motivation to discover the answers about you that elude him.

Core Concept 3 - Mastering the Emotional Milkshake

This next core concept lies at the center of that emotional blast that comes from a romantic imagination left in waiting. While he’s restlessly anticipating the next time he’ll see you and struggling with the mystery of what makes you who you are, he’ll be swamped with mental imagery.
With these commands, you’ll become masterful at planting vivid mental pictures of what there may be to come when you next meet. Those pictures will eventually unfold into full-blown stories, putting him under the pressure to live up to that narrative.

All of the stories that lead the man into imagined worlds with you will deepen his sense of devotion. His curiosity will be like an infinite bed of charcoal underneath the fire of his attraction to you and excitement to see you once again.

To an onlooker on the outside, this may not appear to be all that dramatic with just a cursory glance. These mental backflips won’t always be entirely obvious on the surface, but nevertheless, their internal effect is completely undeniable.

Think of an acrobat walking across a tight rope. When describing it in the simplest possible terms, “a man walking across a rope”, it may not seem to be all that extraordinary; however, that simple concept still manages to keep thousands of people completely locked in and on the edge of their seats.

What captures so many spectators’ undivided interest isn’t just the height of the tight rope or the fact that a man walks across it, but the simmering anticipation of what’s to come with every passing second. Will he make it all the way to end? Will he drop where he stands?

Simple yes or no questions, in this precarious context, can make an ocean of emotions well up at once. When you have this kind of effect on a man’s questions of what may happen when he sees you next, he’ll practically feel like he’s on a tightrope himself.
With one fire cracker command, you can instantly send a man sky-high and onto the tightrope of his own emotions. This effect can be broken down in the simplest way with an easy-to-remember formula:

\[
\text{Anticipation} + \text{Mystery} + \text{Excitement} = \text{Attraction Fire Cracker Command}
\]

All three of the above elements are necessary for lighting that fuse to set off those invigorating explosions in his heart and mind. Here are just a few examples of these explosive commands in action…

“You seem like a nice guy. You actually might be a little bit too nice, but then again, that’s not a bad thing either.”

Now as soon as you’ve said something like this, chances are he’s going to have one powerful knee-jerk reaction in his mind: “What?”

He’ll most likely ask you to specifically explain what you meant by “too nice”. Instead of just giving him the satisfaction of a clear answer right away, you can take things higher by saying something such as -

“I’d love to say more, but it’s probably better to wait until I know you a little more.”

Now this is going to stop him in his tracks like he’s been frozen solid. If he was unsure before, then he’ll be completely beside himself after you’ve dropped this line
on him. Without giving him too much relief, you’ve managed to tap into two very powerful elements of attraction: hope and fear.

His feelings of hope will be nurtured by the implication that he’s making a good impression on you in one way, and yet at the same time, he’ll also be facing the fact that it’s not an absolute statement of praise either - but why? That’s an answer for you to know and him to wrestle with in his mind, day and night.

The effect from this line can be activated with more than just those specific words. Another line that you could use to pique his curiosity and fuel his hunger for answers is one like this…

“You seem like a really wonderful guy, but the truth is, that could also be a bad thing.”

Just as before, this is going to send his thoughts into a spiral of uncertainty and excitement. He won’t be able to help asking you just what it is that you mean by it, and in response, you’ll give him something to the effect of…

“I’d love to let you know everything, but I have a personal rule not to fully open up to guys too early. If we really get to know each other, it’s going to be a very interesting conversation.”

When you say something like this to a guy, he’s not only going to be thinking about what he’s doing right or wrong, but also just what it was that led to your “personal rule”. He’s going to be caught up in a web of curiosity about who you are and what you have to hide, and that’s going to be more than enough to set him on the path to fantasizing.
That future conversation that you allude to may be something that he plays in his mind on repeat, wondering what you’ll have to say and how he’ll respond to whatever it might be. He’ll want to work harder to lessen your reservations about opening up to him, while providing more reasons to see him in a better light.

Now you don’t necessarily have to state that anything he’s doing is outright bad, but you can make equal headway by subtly hinting at the fact that there’s still more room for the two of you to get to know one another. One of the best lines that you can use to subtly tap into his curiosity about getting to know you better is…

“You’re really easy to talk to, and I like that about you a lot…but still, I wonder what you’re really like when you completely open up.”

With this line, instead of appealing to his curiosity about when you’ll open up to him, he’ll instead be thinking about how much he’s opened up to you so far. Chances are that after getting the feeling that you want to know him more, he’s going to put in a greater effort into opening himself up to you about his deeper thoughts.

As soon as he’s started to open up to you with a bit more willingness, that’s your cue to put the brakes on by saying something like this…

“On second thought, maybe I shouldn’t rush into opening up to you too quickly. Let’s not go there just yet.”

After you’ve dropped that above line on him, you don’t want to linger on it for too long. His curiosity will be more than piqued, and the next step is to immediately change the subject. If he tries to pry further, be assertive about keeping away from giving any more clarification - it may drive him crazy, but secretly, he’ll feel like a hunter that’s gotten high off the chase for the prize of your complete openness.
The following lines are more good spins on the ways that you can reward him, tease him, and light a little fire under him at the same time.

“I really like spending time with you, but at the same time, I’m a bit concerned that I may slip up and tell you what I’m really thinking too soon.”

It’s not often that guys get a straight answer from a girl about really enjoying the time spent with them, which can make this line initially very comforting for them - immediately after that, however, you’ll flip the board on him by stating that you’re not fully comfortable with making him aware of your true feelings.

In a sense, this line is a perfect exercise in the art of indirect directness. You’re plainly stating what you feel, but at the same time, you’re plainly stating that your true feelings are still a ways off from being completely and fully revealed to him.

While you’re technically being honest with him, he may lose a bit of sleep over whether you’re going it just to tease him or not - this creates the perfect storm of motivation, uncertainty and curiosity.

“You’re an awesome guy, but I’ve been told to be careful about that. I’ve got to make sure you’re not just putting on an act.”

With this line, you’re mixing a pinch of positive reinforcement with a sense of suspicion. He’ll probably want you to immediately tell him what it is that’s giving you pause, and naturally, you’re not just going to hand that knowledge off to him on a silver platter right away.
By telling him that his positive qualities make you feel the need to be cautious, he’ll be wondering about just what it is that those positive qualities actually are. Whatever he gets the sense that his appealing qualities may be, he’ll be wondering about how to nurture those qualities and exemplify them more fully.

At the same time, your uncertainty about how genuine he’s being will likely put pressure on him to validate his “realness”. He’ll want to prove to you that he’s the genuine article, and that will motivate him to share more about himself and how he thinks. Wondering about whether or not he’s on the right track to proving that he’s a genuine person will keep him from growing too comfortable, sustaining those fireworks in his belly.

“I feel like I can really trust you, but could I possibly be mistaken?”

This is a more concise line that edges on a complete declaration of approval, but immediately after giving off that vibe, you pull it back. Knowing that he’s so close to having your full approval, but still not quite there yet, will make drive him wild.

Even though you’re making it clear that you’re unsure about whether or not you can fully trust him, you won’t be directly accusing him of anything - at the same time, he’ll wonder whether or not it’s something that he’s doing or any of his personal qualities that give you pause.

This type of line will give him a sense of urgency in showing that he can be trusted, and to do that, he’ll feel more compelled to open up to you to the higher degree. Without any answer of just what it is that’s making you unsure about whether or not you can give into your positive feelings for him, he’ll be on pins and needles to finally get clarity.
“Talking to you is so interesting. Half of the time you say the perfect things, but I’m not so sure about the other things…”

This is a more directly-targeted line that outlines a very specific aspect of what you’re feeling about the ways that you two interact. You’re not directly stating that you think he’s great company, but you’re indirectly sharing your approval by mentioning that he’s saying the “perfect things”.

When so many guys are caught up about whether or not the things they’re saying are hitting the right mark, saying that he’s talking to you perfectly will send waves of positive energy up his spine - still, just as with the other lines, you’re going to want to abstain from making him completely comfortable.

By following up your total approval of what he says by sharing that you’re “not so sure” about the other things, you’re pulling the rug right out from under his feet right away. You’re not telling him that he’s saying anything “wrong”, but at the same time, you’re sending him on an emotional journey for the answers to what things he’s saying that aren’t right on the money.

“I’d like to be able to let you know everything on my mind, but I’m really not sure about how you’d take it.”

This line isn’t as completely loaded with positive reinforcement and confusion as the others, but it’s no less effective for it. By sharing that you’d like to share “everything” that you’re feeling about him, you’re opening up the window to both a positive and negative forecast for his impression on you.
Essentially, he’s going to be feeling two kinds of pressure because of his line - the pressure to uncover just what the nature of “everything” is in your mind, and the also the possibility to put more of that “everything” in a positive light.

Chances are that he’ll be put a bit on the defensive by your implication that he may not be able to “take” whatever it is that he fully thinks about you, which will provoke his ego and compel him to assert his “toughness” to any and all opinions that you may have.

You’re going to be giving some healthy momentum to that masculine edge in his soul that wants to prove its resilience against the opinions of others, but at the same time, he’ll be left unsteady by the question of just what it is that he needs to be resilient against in the first place.

“There’s something I’d like to talk to you about, but I’m not sure when the right time to do it would be. Maybe sometime in the future.”

With this line, you’re going to hold off on giving him positive reinforcement right out of the gate. Instead of outright stating that you enjoy your time with him or think the things that he says are nice, you’re going to hit him over the head with a completely blank slate.

This is another exercise in being direct yet elusive at the same time. The key to this line’s power is based in the element of “time”. By using the word “time” instead of explicitly saying “future”, you’ll be making him uncertain about how far things have progressed between the two of you.
“Time” can either allude to a certain moment in the near or far future. He’ll be wondering whether you want to get to know him better first, or if you’re already comfortable enough with him and just want to wait until the opportune moment.

“Spending time with you is great, but I wonder how you’d react if I told you how I really feel.”

With this line, you’re immediately sharing that he’s making a great impression on you and that you’d like to keep having more of these moments. Telling him that you’re not sure about how he’d react, however, puts him in a position where he wonders whether or not it’s a confession of affection or a warning sign - naturally, you’re not just going to solve that mystery for him right away.

Like other lines that question his reaction, this line is great for teasing his masculine ego’s desire for proving that it can handle anything thrown its way. The defensiveness that he feels won’t be based in the certainty that there’s a complete need for it, and that will be all that it takes to have him walking an emotional tightrope.

No matter what type of feelings he imagines that you may be questioning his future reaction to, he’ll be starving for closure. The question of when that closure will come will drive his urge to spend more time with you for the chance of finally having it.
Chapter 4 - Instant Love Birds Command

Have you ever made a serious financial investment? There are millions of different kinds of investments people can make, but no matter what, there’s a common denominator between them all - the desire for a direct return.

Ultimately, you want confidence in the chance that you will gain more than what you’ve put in - this isn’t just limited to financial control, but also time, energy, attention, and relationship dynamics between men and women.

Though we may not be consciously considering every little thing we do on a date as an investment, it’s still part of our search for the ideal “emotional deal”. You’re devoting your trust, commitment, and effort into an emotional construct that you hope can give you back more than you invest.

For some people, money is a factor in the return that they’re seeking from their emotional investment - for most, however, what’s most heavily sought out is a series
of happy emotions. We want to feel those tingles in our stomach that make us feel like we’re walking on air. We want to be swept off our feet into the heights of bliss.

These romantic sensations are the work of very clever chemicals in our bodies - specifically, they’re referred to as **monoamines**.

Monoamines are neurotransmitters, chemical messengers that we rely on for every vital function needed to survive. With these little chemical messengers, we are able to impacted by that all-powerful knockout punch of love.

You could call it Cupid’s arrow or an outright virus, but whatever you call it, we’re all addicted to it in one way or another.

Now to understand this sections command fully, we’re going to have to go over the names of these specific little chemical messengers that make us lovesick.

First and foremost, we have the lovely **dopamine**.

Dopamine is a neurotransmitter that plays a huge part in regulating our brain’s reward center.

With dopamine, we have that feel-good factor that emerges in every single thing that we enjoy. The feelings that people get from love, nicotine, food, victory, gambling, amphetamines, and everything in between is a matter of dopamine doing its job in varying capacities.
So, when you’re in the presence of someone that makes you smile uncontrollably, you’re at the mercy of our good friend dopamine. People we’re attracted to are able to activate a strong dopamine response just by being around us.

Now of all the different ways that dopamine affects the lengths that we go to seek out certain experiences and company, one of its most interesting effects is that it directly impacts our interest in the finer relationship details.

All of the trivial things that we might never even give a second glance in the context of a regular day, under the influence of a dopamine surge, become extremely relevant and stimulating.

An offhand remark from a man, a shift of the eyes in conversation with them, a brief moment of body contact, and other extremely minor details will suddenly become things that we can think about for hours at a time.

In addition to dopamine, we’ve also got to take a look at another power player known as norepinephrine. Norepinephrine is known by its more commonly-used name of adrenaline, and just like dopamine, we’ve been affected by it for our entire lives.

Think of the sensation of vertigo. Think of that dizzying, swirling sensation that takes you over in an extremely tense situation. Your heart is beating with the force a train crash, you’re sweating heavy bullets, and your body temperature swings between frigid and volcanic.

Adrenaline is that “fight or flight” sensation that makes your skeleton feel like doing a backflip out of your skin. When you’re about to bungee jump, ride down the slope of a high roller coaster, give a big presentation, or anything else intense,
adrenaline is your body’s ancient alarm system that goes off when it senses that something big is coming.

In prehistoric times, adrenaline was necessary for human beings to be capable of either running from predators at top speed or fighting against them with no regard for pain when backed into a corner.

Though we may not be crawling through the tall grass to go undetected by apex predators today, adrenaline is still just as dedicated to its job today as it ever. When a man or woman is anxious at the thought of the impression they’ll make on that special someone who gives them a dopamine rush, adrenaline is running wild under their skin.

Adrenaline and dopamine work together with yet another big hitter in the chemical messenger task force behind our crazy love addiction. Now we’re going to take a look at the third neurotransmission agent known as serotonin.

When you think of the way that love can make feel as though you’re literally going insane you have serotonin to thank for the madness. Now serotonin’s effect isn’t necessarily the same thing as full-blown insanity, but it can resemble it to an almost frightening degree.

Serotonin is what permanently reserves your loved one’s front row set at the forefront of your mind at all times. Serotonin guarantees that when you’re in love, that special someone is going to be taking up permanent residence in your thoughts.

With serotonin at play, you’ll find yourself talking and thinking about that person without even consciously trying to. Whenever you’re “crazy” about someone,
you’ve been struck by the blow of serotonin that sticks the thought of them to your mind like superglue.

Dopamine rewards, adrenaline electrifies, and serotonin sticks. We can put these world-shaping chemical reactions into better context by looking at a clinic study carried out by Dr. Donatella Marazziti.

In Marazziti’s research, he closely researched the different levels of serotonin in couples who had been involved with one another for less than six months. Generally speaking, there’s about half a year of time from the beginning of a relationship that we can feel “crazy” about a guy before his annoying habits start to become more noticeable.

Marazziti made an unexpected but highly significant discovery in her study:

The serotonin levels observed in couples in the thick of the honeymoon phase were just about equal to the serotonin levels observed in those with Obsessive-Compulsive Disorder (OCD). Knowing this, you can blame every time you’ve gushed about a guy to the point of making your friends’ eyes roll on the serotonin surplus.

So, with awareness of these chemical messengers that take us over when we’re dealing with a guy that’s grabbed us by the heart, we gain something incredibly powerful in our arsenal - the ability to create this effect within guys ourselves.

With the right level of finesse, you can become a masterful bartender that creates the chemical cocktail of lovesick craziness in a man’s head.

So, what is the recipe for creating this chemical cocktail properly?
There is just one key secret to nailing down the formula with a near-perfect success rate - **Internalize your status as the “PRIZE” that every guy is competing with each other over**.

Now when some people hear that, they might assume that I’m just talking about your inner belief system - however, it’s largely a matter of what you actually do on the outside as well.

To explain this in greater detail, let’s take a look at the nature of things that get said in a casual conversation. Whenever two people are communicating, whether it’s verbally or through text, there are two “layers”: what is being said (the “text) and the message being communicated between the lines (the “subtext”.)

In a sense, you could say that the first layer is just the literal words, and the second layer is the words beneath the words. The “core message” delivered in communication is different than the surface-level message taken at face value.

Let’s imagine that you’ve just started seeing a really nice guy, and though things started off pretty smoothly, you start to notice that he’s not calling you quite as much as he used to. Naturally, you’re a little bit worried about what the reason may be that he’s suddenly becoming colder and more distant than before.

So, trying to make sense of the situation, you send him a text that says something like - “I’ve been waiting to hear from you, but it’s like you’ve become a ghost. Where have you been?”

Remember, the surface level message is a question of why he hasn’t gotten in touch for so long, but the core message is different. The surface level message is “I
miss you a lot right now, where are you?”, but the core message is “I am a completely desperate wreck right now, and my sanity depends on your approval. Please pay attention to me or I’ll lose my mind!”

Now, the core message definitely sounds more than just a little bit on the desperate side, doesn’t it?

While you wouldn’t catch most people dead speaking their core message out loud, the truth is that the core message is the only message spoken when it comes to dating and relationships. You can try as much as you want to cover it up, but the core message always bleeds through in the end.

As long as you’re conveying neediness in your core message, needy is all that you’ll ever appear to be. You’ve got to make sure that your subtext aligns with the core message that you want to deliver.

With the properly constructed core message, a guy will be far more likely to chase you instead of feeling smothered by you. We’re naturally more attracted to things that are scarce and difficult to obtain, without exception - this applies to everything from the things we buy to the people that we choose to spend time with.

Bottom line, if a guy thinks that he can have you with zero effort, he’s not going to be nearly as attracted to you no matter what your best qualities may really be. When it comes to guys of significant value (who have the most going on in their lives and will be the ones that you want the most), refraining from coming off as needy is even more essential.

The paradigm shift that occurs when you’ve finally begun to communicate a higher degree of value through making yourself scarce creates some extremely
interesting effects. A guy will almost be able to *smell* the scent of exclusivity that wafts from you when he senses that you can’t just be picked up and wrapped around his little finger.

Of course, there are some women who are convinced that their neediness can do no harm in *their* relationships. Some men may appear receptive to neediness at first, but inevitably, that man will gradually begin to feel an indirect “drag” created by a needy woman’s presence.

When weighed down by how much a needy woman wants his approval, he’ll be burdened by a hefty emotional weight that drags him down on a mental level. It won’t just be mere annoyance - if you put this degree of emotional weight on a man, he will legitimately feel horrible in your presence.

Essentially, letting your messages to a man drip with a needy core message will create the opposite effects of what we hope to enact with the chemical messengers of love mentioned above. Instead of being attracted to you, the man’s dopamine, adrenaline and serotonin will be actively compelling him to run away you on a primal level.

Now, what happens if we can flip things around and make *him* feel hungry for your approval instead? It’s not hard to imagine that being chased is an entirely different dimension than having to do the chasing and appealing yourself.

In short, positive emotions will give a man the green light to see you as a winning investment. An overabundance of negative emotions, however, will leave him with the sinking feeling that continuing to spend time with you is a losing investment.

We want to make the man feel that there’s more for him to gain from the time he invests in us than anything that could be taken away from him.
Now, to make the ideal situation just a bit easier to understand, we’ll examine a hypothetical situation involving a woman who isn’t needy in the slightest when it comes to a man that she’s seeing.

Let’s revisit the situation in which you’ve met a great guy who’s suddenly stopped getting in touch as often. What if you didn’t ask him why he hasn’t called you, and instead said something like…

“Hey, where have you been? Something interesting happened today that reminded me of you. How are things for you anyway?”

Now technically you’re still addressing the fact that he’s been out of contact, but just look at how drastically differently the core message is constructed here. Instead of coming off as though you’re a wreck without his attention, you’ve made it apparent that you’re still completely put together.

When women chase after a guy who’s gone cold with a desperate core message, they’re giving off the implication that they don’t have a life of their own to keep them happy and fulfilled, leaving the guy with an impossible responsibility to give her a life instead. By saying “something interesting happened today”, however, it’s subtly communicated that you do have a life that you actually live.

Furthermore, let’s take a closer look at the significance of pointing out that something happened on a particular day that made you think of him, prompting the message. While it’s a confession that you think of him when he’s not around, what you’re also subtly delivering is a core message that thinking of him is a noteworthy occurrence and not something that describes your permanent state of mind.
Lastly, the fact that the message ends with you asking how things have been is important. A needy woman is obsessed with the ideal of a man and how much she needs him, but by asking how things have been for him, you communicate legitimate care without desperation. It a perfect way to frame the core message as coming from a stable adult and not a helpless, lonely child.

All in all, the subtext in this message is this: “I’m acknowledging you and I like you, but I don’t need you just to breathe. I wouldn’t mind catching up but it wouldn’t kill me inside if we didn’t.”

The most stable forms of attraction are the kind that you can acknowledge and express without being completely dominated by. If you’re going after a man who really has his life and emotional baggage together, he’ll still feel a deep pang of desire to go after you when he senses your scarcity, but he won’t be a complete psychopath about it.

The best two adjectives that we can use to describe this balance are “light” and “strong”. Nothing heavy, nothing manipulative, and no sadistic punishment or bitterness. It’s a warm and genuinely positive message that lets him know you’ve been thinking of him, but not agonizing over him like a druggie without her fix.

Talking to a man like this normally will give him feelings of natural excitement and positive energy in your presence. Simply by being careful about how strongly you come on, you will instantly differentiate yourself from thousands of other women that just don’t know or appreciate this concept.

Now that we’ve covered how to handle sudden drops in contact, let’s take a look at yet another tricky relationship scenario handled by a woman whose words are free of neediness.
Man: “I want to keep it casual for now. I’m really not ready for a relationship at the moment.”

Woman: “Oh, don’t worry about it. I hate locking one person down. I’d rather keep my options open too.”

Without a doubt, this is a woman who truly sees herself as the prize in the equation. The core message being communicated here is simple - “I don’t need you. I know that I am more than worthy. If you want me, that’s fine. If you’re unsure, I’m not going to be torn up and waiting around for the chance that you’ll change your mind about me.”

When a man gets the sense that you’re not going to be waiting for him to see you as relationship material, he’s going to feel something that needier women could never hope to make him feel - a sense of dread. Knowing that time to spend with you is finite and fleeting, he’ll be a lot more compelled to capitalize on whatever chance he actually has left.

Man: “I may not have as much time to hang out this month.”

Woman: “You’re right. We’re spending a decent amount of time together, but we don’t want to limit the time we spend with other people too much.”

When a guy drops a line like this, chances are that he’s expecting a girl to want him every more intensely than ever. When you’re faced with this, the last thing that you want to do is give them impression that you can’t handle a little bit of healthy separation.

By saying that you don’t want to limit the amount of time that you’re dealing with other people, you’re making it clear that you’ve got both the ability and intention to see more than just him as a worthy person to spend precious time with. You’re
demonstrating that his busy schedule isn’t going to make you gush over him, which removes the burden of him having to serve as your entire life.

What makes the above line even more powerful is the fact that it directly implies that you might already be seeing other people besides him. It’s a completely honest and mature statement that it’s healthy to have more than one social connection, and yet at the same time, you’re also clearly demonstrating your value as an actively-sought prize.

There’s no manipulation in this line, just a simple matter-of-fact observation of how well-adjusted adults should be managing their lives and personal connections. When a man gets the feeling that he could easily be replaced at any time, he’ll be far less likely to consider a woman just another notch in the belt that won’t leave him alone.

Man: “I don’t think I’m going to be able to do X/Y/Z…”

Woman: “That’s fine, you can do your thing. I can get in touch with a friend of mine to do something fun.”

One of the most common tests that you’ll receive to show that you’re a woman of legitimate value is the way that you react to canceled plans. A woman who doesn’t have a deep-seated sense of security or stability might get argumentative, but as the prize, you can coolly take this in stride and show that your world hasn’t been turned upside-down.

As a well-adjusted woman with her own things going on, the core message is that you can easily arrange something with someone else who is equally worthy and fun. You will instantly show that you’re far different from all of the other girls who are incapable of leading their own lives without being part of his.
The point to pulling off this message effectively is to stay vague. Women with the prize mentality won’t feel it necessary to volunteer details for every little thing that they’re doing. He’ll be wondering just what it is that you could mean by having fun, and in reality, it could mean just about anything in the world - the point is that the fun is yours to have, with or without him as factor.

His willingness to show you a good time will be far higher when he knows that he’s not the only one that you can enjoy yourself with on short notice.

“I hope you’re okay with not getting exclusive too quickly.”

Rather than just waiting for the man to say something to prompt this line, you can make a real impact by pre-emptively using this line to frame the time that you spend together in a much more effective way.

Even at the start of the very first date, a lot of guys will already feel somewhat “triumphant” about the fact that the date is happening in the very first place. What you don’t want to do is play into the idea that the fact that you’re on a date with him means that he’s already unlocked the key to your absolute devotion by default.

Guys of good value and status will be used to the girls they date being eager to lock them down and start something serious for their own gain. By showing that you haven’t been won just by going out with him in public, you give off a much greater sense of value and rarity.

Man: “Sorry I haven’t been able to see you as much, I’ve been pretty busy lately.”
Woman: “That’s cool. I hate it when guys I’m seeing try too hard.”

Men of value are used to telling women that they’ve been too busy to give them the time of day, and on a level, this makes them feel like big deals. You can prevent yourself from being filed into the box of women who are kept anxiously waiting for their return from the work world by communicating that you actually aren’t bothered at all by it.

By telling him that you don’t like it when guys try too hard to appeal to you, you’re subtly sharing that there are other guys who are actively competing to earn your approval. It’s easy for guys to fall into the narrative that they’re the only ones in the world that you think about, but by using this line, you immediately stop that from happening.

Upon seeing that you’re probably dealing with eager guys, he’ll likely be wondering not only what these guys are like, but whether or not there are others who may be a bit less available but still a presence in your life like he is. His awareness of your value will rise upon having to acknowledge that you’re a real prize, and all from a completely honest and secure core message.

“I’m going to be out of town for awhile, but don’t let that stop you from having fun. I know you’d give me the same courtesy.”

Now this is a highly contextual line, but if and when the time does come to use it, it can be one of the most powerful of all. Unlike a needy woman who never has anything at all going on, you can demonstrate that you’ve got mobility and dynamism in your life without needing him to take you around.
The fact that you won’t be around to wait on him will already to be helping to increase your scarcity, but what’s even more powerful is the fact that you’re open to his ability to have fun. Your indifference to his options for enjoying himself will be a stark contrast to needy women who can’t bear the thought of anyone else taking his attention away.

Finally, by stating that you know he would give him the same courtesy, you make the implication that you’ll also be open to having your own fun while you travel as well. As a prize, you show that you’re not held back from the chance to experience new things and people at your leisure - this will deepen the urgency he feels in appealing to you.

**Man:** “I’m not really looking to get commit too quickly.”

**Woman:** “That’s fine. There are a lot of high-quality guys around, but I’ve learned not to get too into anybody too quickly.”

Now, chances are most women are bound to run into a line like this when they’re dealing with men who are comfortable having an abundance of options. When he tells you that he’s not looking to commit, part of him is expecting you to be a bit disappointed at the fact that he won’t lock himself down with you right away.

When you tell him that you’re feel the same way about eligible guys around you as he does about women, he’ll be caught off-guard. More than anything, the fact that you mention that there are lots of high-quality guys around will imply that he’s not the only candidate for a worthy romantic partner in your life.

He’ll be taken out of the illusion that he’s the one and only option, and he’ll be forced to face the fact that you’re a prize that’s sought after by guys who bring all kinds of value to the table.
“Guys are always talking about how much money they make and how ripped they are. To be honest it’s kind of a turnoff.”

With this line, while you’re not necessarily making your own presence scarce, you’re making something far more precious than that scarce all the same - your approval. If he had any idea that he already had you on a hook because of his body or success, this will throw him for a real loop.

The attraction that we feel towards people isn’t just a matter of how easy it is to get their attention, but also the difficulty of getting them to acknowledge us as valuable. Guys invest a lot of their ego into the way that women think of them, and when you wipe out the idea that you’ll fall for the lowest-hanging fruit, you’ll make your approval far less accessible.

You’re showing that not only are you far from needy, but the absolute opposite. You’re showing that you don’t need any of the things that most guys interpret as the number one factors in making average girls feel weak in the knees.

You will instantly differentiate yourself from all of the girls who can be instantly impressed by what’s on the surface, showing him that it takes far more meaningful qualities to get your respect.

“Just to be completely clear, I do like you, but I hope you’re okay with me still making time to see other people as long as we haven’t gotten too serious.”

Now of all the lines that you could use, this one just might make of the hardest impacts. If you’re the type who’s more comfortable being direct, than this could be
the perfect way to demonstrate your prize status upfront and honestly in the most concise and graceful way.

Right away, you’re showing him that seeing other people is not only something that you’re open to doing, but something that you actively intend on doing so long as the two of you aren’t a complete item.

You’re demonstrating that do have a legitimate level of interest in him, but at the same time, you’re not just completely tied to him right away. By dispelling the notion that you’re completely serious with one another already, you’re knocking down any assumption he may have that he’s already got you under his thumb.

Knowing that you’re already open to seeing new people, and confident about the prospect of things possibly working out with them, makes it clear that no time you have to invest in your love life is going to be wasted, whether or not he’s the one that it’s invested in.

“It’s attractive when guys have their lives together, but the ones who don’t are just painful to even be around.”

Now this is another line that makes it clear that other guys are still very much a factor in your life and how you choose to live it. It shows that you’ve got a decent standards, which illustrates that his eligibility as your partner is conditional.

You’re showing that as a prize, you can’t just belong to someone with zero effort in their own competence. You’re showing that other guys of lesser caliber have tried and failed to get your approval in the past, and with that suggestion, you demonstrate that the chance of him becoming one of them is a very real possibility.
One characteristic of women who aren’t prizes is the fact that they’re open to getting picked up and committed to by just about any old loser that comes their way with a bad pickup line. The most valuable prizes are the kind that plenty of people try to acquire and lose, and by describing yourself in this way, your value becomes all the more clearer.

To fully appreciate the power of these lines, we have to acknowledge something very interesting about human psychology as a whole.

Whenever something or someone incessantly whining for our recognition, we’ll feel an urge to try ignoring it. A well-placed riddle full of subtlety and ambiguity, however, will demand our attention with the force of a tidal wave.

Rather than trying to ignore a riddle, we’ll find our thoughts wrapped up in it like a grape vine - the more that we try to twist out of it, the more we’ll be drawn into thinking about it even more deeply than ever before.

Rather than being able to resist it - as you would the desperate plea for attention from a needy person or a pushy advertisement - we become less capable of resisting the thought of a compelling riddle that resists our ability to fully understand it.

Whereas a desperate call out for attention can appear almost threatening in how overbearing it is, an subtle core message left in the subtext of an ambiguous message won’t appear threatening it all - it will be an irresistible invitation that can’t be battled or argued against, not matter how hard we try.

Whenever a guy has been triggered to try breaking down the subtext in your own words, he’s bound to have his mind restlessly wander. He’s going to be asking
himself all kinds of questions centering around the strength of his own conviction and confidence in passing up the chance to be with you.

He’ll start deeply questioning the situation due of one haunting uncertainty in his head: “Am I actually willing to lose her? Would I actually rather be single and loser her, or should I take the plunge with her before I lose my chance for good?”
Chapter 5 - Be My Darling Commands (Sparking Attraction in Cold Men)

Have you ever been in one of those painful situations where it just seemed like no matter what, that special man just isn’t fully feeling it for you?

Maybe you’ve already been on a couple of dates and have gotten just a bit of momentum, but despite that fact, you’re still struggling to really get him over the edge and into full attraction. At this point, you may have his mind and body, but his heart still remains elusive.

This is naturally a very frustrating place to be in, just because of that awful “so close and yet so far” feeling. It’s a situation that I’ve observed time and time again with my own clients - they’re technically with a man in terms of spending time with one another, and yet it would be a stretch to say that they’re actually a part of those men’s lives.
A client of mine had been seeing a guy for an extended period of time, though even after the months that they had known each other, she just couldn’t shake the sense of being separated from him on truly intimate level. She could sense that he wasn’t fully invested.

This can be confusing place to find yourself in just about any kind of relationship, but it can be fully explained in terms of simple biology. From a biological standpoint, men are deeply programmed to love the thrill of the “chase”. Men have a natural instinct within them to chase that matches the natural drive to seek out food and water for survival.

If you’ve ever experienced a situation where it seems as though a man just can’t get that spark of attraction lit for you, the reason is that his inner desire for a chase wasn’t being satisfied. Without the thrill of the chase to push him towards you, he just didn’t feel stimulated enough to fully commit his heart to the task of pursuing and having you.

Remember - no matter who he is or what he does, a man is always after a thrill of the hunt. The satisfaction of completing the hunt is nothing compared to the thrill of going through with the hunt itself, while the thing he still desires still eludes him.

Even though you yourself may not be a man, the thrill of the hunt is something that manifests in more aspects of life than just a man chasing a woman. Remember, we’re always attracted to the things that don’t come to us as easily as everything else - that applies not only to other people, but things we accomplish as well.

Imagine that one day, you realize that you’ve reached every single goal that you’ve ever set out to accomplish. Imagine that after just a single day, there’s not a single thing left in your lifetime that you could hope to achieve or acquire.
Upon realizing that there are no more great mountains left to climb, how do you think you would feel?

Well at first, you’re probably going to feel amazing. Limitless. Powerful. Infinite.

After you’ve gotten over those initial positive vibes, however, what would your next plan of action be?

Just think about it - if you’ve accomplished every little thing that you’ve ever wanted to do, what else would there be to you to look forward to? What else could there be to work towards if you didn’t have any other big dreams or wishes to aspire to?

When you’ve done EVERYTHING that you could have ever dreamed of doing, the thrill of accomplishing those feats probably won’t last when you realize that there aren’t any more things to work at achieving anymore.

Even though you might have been initially satisfied by your accomplishments, the lack of anything else to get excited about would create a very empty feeling. Once we’ve gotten everything that we could have hoped to get, everything that we used to look forward to just becomes a distant memory instead of a light on the horizon.

The point to take away is that what we are DOING is always going to be more stimulating than that which we have already DONE.

Now, imagine that YOU are the goal that a man currently views as an elusive goal on the horizon. Imagine that he sees the chance of finally experiencing intimacy
with you as that glowing light on the horizon that gets him up and ready to run towards the future every morning.

Now while this is obviously a very pleasant and energizing feeling for any man to have, what would happen if you suddenly gave a man this feeling in just a single day? What if you just handed it all over to him in an instant, and he never got the chance to chase after it for even a week?

Sure, he might initially be satisfied, but that satisfaction will be fleeting. Without the thrill of the hunt, he’s not going to feel that there’s any reason to feel the same level of passion and thirst for you.

Unfortunately, millions of women around the world are unknowingly robbing their men of thrill of the hunt on a daily basis. Too eager to give into their own passion, women wind up getting sexual with a man far too early, and the entire hunt falls apart in an instant.

Instead of intimacy with her being something that he wants to do everything that he can to hunt after, intimacy with her will instead just be another thing that he has already done.

When a man meets you for the very first time, intimacy with you is like a tall mountain that he has to climb steadily and can only imagine what the summit may look like. When you just relinquish that summit in a single day, however, there won’t be any more goals for him to look forward to.

Once he’s achieved his goal, there won’t be any more of that fire in his belly to keep him awake at night with the thoughts of your touch. Inevitably, he’ll move on
and start focusing his attention on other things that can still stimulate his desire for the hard-fought hunt.

No matter what type of goal that it may be, the point is that the achievement of the goal really isn't where the thrill truly comes from. The reason that the goal is so exciting is because of the challenge involved in actually reaching it.

The journey matters more than the destination. Without the time that it takes to actually get closer to grasping that victory, there just isn't nearly as much a reason to feel compelled to hunt after it at all.

The feeling that comes at the end should never be treated as something that needs to be experienced at the very first step; however, this is exactly what so many women do prematurely in the relationship.

When we are chasing after the realization of our dreams, what we are really chasing after is the experience of being able to work towards them. If the dreams were already accomplished before we even put forth any effort to chase after them, then all of the romance of the dream would be completely lost.

We don't just want to achieve our dreams and call it a wrap, we went to overcome the obstacles that stand in our way of realizing them. We want to have that sense of pride that comes from being able to defeat every single thing that stands in our way towards being at the end of the race.

Remember, so long as you are still trying to reach it, the dream is still alive. The moment that you have to stop trying to enjoy the fruits of your labors, the dream is over and so is the thrill of chasing after it.
To illustrate this just a bit more clearly, let's take a look at the hypothetical example of a person trying to climb Mount Everest. How many times have you heard of someone taking on the impossible-seeming challenge of climbing the world's most intimidating mountain?

Now, what about the times that we hear about a person who is not only climbing Mount Everest, but attempting to do it for the second, third, or even the 20th time? That seems to be just a little bit insane, doesn't it?

The reason that we rarely hear about people climbing Mount Everest more than once is the fact that once that achievement has been accomplished, the mystique around it has already dissipated. It's just not a special after it's been accomplished for the first time, so there's no point in repeating it over and over again.

When the thrill of the hunt has been fully tapped into, the man is put back in touch with his primal instincts. He becomes fully aware on a subconscious level of the availability of a truly worthy chase, and this gives him an extreme emotional high.

The experience that a man has to chasing after a woman who challenges him to capture her is just the same as an attempt to climb Mount Everest. The ability to finally achieve that level of intimacy with a woman that he chases is like the summit of that mountain; naturally, there is also a “descent” that happens immediately after reaching the top.

Once the summit has been finally reached, the climber must come back down - that’s just reality. The point is to focus on making the journey that comes before the peak as long and invigorating as possible.
Everything that comes after reaching the summit should happen at a time at which the relationship has matured to the point of lifelong commitment; to reach that point, however, we have to bide our time and stimulate the chase strategically.

So, knowing this, our job is very simple; it is to ensure that the man always feels as though the hunt is still on. We have to ensure that the man always feels like the chase is still ongoing and that the peak is still slightly out of reach. The man must never feel as though he is already reached the summit and has absolutely nothing left to climb and work for.

As soon as he feels as though the summit has already been raised, he will stop feeling any urge to work for any further progress. The more that we can make the man feels that he is still far off from the summit, the longer it will take before she even gets the slightest feeling of descent.

Now course, women can also feel the mountain climber’s thrill; however, the thrill that a woman feels from climbing the mountain is felt even more deeply. We will never feel completely satisfied just conquering the mountain and then starting to descend it back down.

Even if the mountain is already given her all of the feeling that she can get from it, she will still want to have more and more of that feeling. After she is finished conquering the mountain in its entirety, she will then move on to feeling as though she must conquer the sky.

She wants to fly to the highest of all heights and eventually achieve dominion over space as well. There will be no rest to her desire to climb higher and keep on conquering new frontiers until universe itself is at her disposal.
Every single nook and cranny of the universe is another opportunity for there to be a new chase and a new height to climb towards, and the chance to reach every single one of them cannot be extinguished by any means.

Now a man is a little bit simpler when it comes to the conquering of the mountain. To the typical man, the mountain already represents the same scale as the galaxy would for a woman. The mountain is enough to stimulate the man’s chase for an eternal hunt, and because of this, the task of getting him addicted to a lifelong chase is completely attainable.

Even though it’s easy for a man to interpret the mountain as the galaxy, where most women feel in stimulating his desire to climb is by presenting a hill instead of that mountain.

One of the biggest mistakes that you can make in attempting to motivate him is to give him something that you assume is a high peak, when it’s really just an anthill. What we hope to actually give a man has to align with what it truly is.

If we only provide a small hill to be stepped over, then it will be stepped over in mere seconds-naturally, there is no level of thrill in this that can last an higher lifetime.

If you did not provide that majestic mountain to climb, then he will instinctively move to newer and more challenging lands with things that compel him to hunt with more enthusiasm.

What exactly will it be in this brand-new land that compels him to climb a mountain? Naturally, it will be another journey to pursue another woman who gives
him more of a challenge. If you don't show them that you can be his Mount Everest, he will seek out somebody who will.

And now we can fully examine the full power of the hunter’s chase. The chase represents the full extent of the difference between getting him to stay, and having him leave disappointed.

The chase is what makes a man feel fulfilled, and without it, he may as well already be dead. A life with a woman who does not represent Mount Everest to him is no kind of life for man to live at all. If you want to have any chance at rousing attraction out of a man who is gone cold, then the only way is to reawaken his thrill for the hunt.

Luckily, there are more than a few ways that you can awaken this hunter’s instinct and even the most distant-seeming man. We are going to examine some of the fastest methods for enacting this chasing instinct are. In order to fully endow a man with the complete thrill of the chase, there has to be some proficiency in generating tension.

In order to masterfully generate the highest degree of healthy tension the man needs to chase you, we can use something that I like to call the “Be My Darling” command.

Now in order to demonstrate the powers these commands a little bit more clearly, we can take a look at a few key examples.

Let’s take the situation in which a man is just acting a little bit colder usual. Some women would react to a cold man by trying to pry into the reason that he's acting in such a way, but instead of that, you can simply say the following...
"Things have gotten a little bit different between us, wouldn't you think?"

In every conceivable way, this kind of line is far more effective than aggressively confronting him about his sudden coldness. Confronting him will not compel him to continue chasing, but will instead turn him off and make him more motivated to direct his attention elsewhere.

By saying this, however, you will most likely prompt him to ask exactly what has gotten different. You will have motivated him to open up a dialogue with you instead of simply fleeing for greener pastures. As soon as he is asked you what you mean by your statement, you can capitalize upon the opportunity by saying the following...

"I think that I'm starting to get just a little bit bored by all of this..."

After you say that you started to get a little bit bored, don’t be ultra-specific. Even if you are tempted to embellish just a little bit, it is absolutely imperative that you leave it at that an offer of no further details.

Then, your next move is to change the mood in whiplash fashion by saying...

"Just kidding, don't worry about it."

Now why this may seem a little bit strange, this is all just part of the masterful application of tension that I mentioned earlier. By putting this tension into the
equation, you are stirring up whatever assumption he may have initially had that you had already been captured.

Simply by throwing this line into the mix, you have immediately reinvigorated that fire that spurs on the thrill of the chase in his heart.

Though he may have initially been just a little bit confused by your sudden statement, this healthy discomfort will be just the kind of momentum that he needs to reactivate that of compulsion chase after something that has become less attainable.

Now, to examine this effect in more detail, let's take a look at just a few more examples...

"Sometimes we can just about nearly bore each other to death when we talk, don't you think? But don't worry about it. I still like you 50%.

Now this is another line that you can safely play off as a lighthearted joke, but make no mistake, it will definitely strike the right chords in his brain to set off that hunting instinct.

As soon as you mentioned the fact that you feel as though you could possibly bore one another to death, he will feel a sense of urgency to become more vigorous and impulsive; these are the traits of a man who is in touch with that wild side that compels him to race toward a mountain’s summit.

When he feels that his status as a dynamic and stimulating male partner could quite possibly be jeopardized in a way that you aren't joking about, he will be far more motivated to prevent this from happening.
"I think we're spending a little too much time with each other. I mean, lately I don't have much to say."

Now this line is just a little bit more straightforward than the more lighthearted ones, but it can still be quite effective at getting him more invested in the chase.

When you say that you think that you are spending too much time together, he will feel as though you are slowly drifting away from him in spirit; naturally, people have the realization that this could result in physical separation as well.

The sense of urgency drawn from imminent separation will set off twinges in his heart that re-invigorate the urge to pursue something elusive. Hearing that you feel like you don't have much to say will give him a reason to work towards becoming a man that leaves you absolutely speechless.

"We're like an old couple already. Dry and boring. But I know you'll do something exciting soon."

This line is unique in the fact that it doesn't outright state he is personally losing anything that makes him exciting as an individual; on the other hand, it does imply that the chemistry of the relationship itself could use just a little bit more spice. With this line, you are telling him that you actually believe that he will successfully breathe life back into the chemistry all on his own.

You are setting a goal and an expectation that you believe he can achieve, and faced with this, he will have a new summit to climb towards. By being vague about how you expect him to excite you, you will have ensured that the summit he perceives will be as high as his own imagination will allow.
"Do you ever get that feeling where you feel like you're with the wrong person?"

With a line like this, you're not necessarily making any direct statements about the relationship itself; at the same time, you are creating a sense of tension by implying that it could be relevant to what your relationship has become.

You're not stating that he is necessarily the wrong person for you, but you are introducing the concept of being unsure about whether or not a current partner is still attractive and stimulating. Knowing that you have the notion of a partner becoming unattractive in your mind will provoke the consideration that he may still have to work towards having your full affection.

“Do you ever think about taking a little break?”

Once again, this is another line that introduces the element of uncertainty and tension in a way that takes the form of an honest question. Though you're not directly stating that you'd like a break, you are asking him if he himself has ever considered getting a bit of distance.

When you do this, it is inevitable that he will think about whether or not you are moving further away from him in terms of attraction. He will want to work harder towards dispelling the notion that you would actually consider taking a break as something necessary in the first place.

“Guys who know how to surprise girls really are the sexiest.”
This is a line that introduces the way that you feel about competing males into the equation. Though the line could imply that you are referring to him, it can also be interpreted as an expression of attraction towards other guys might be doing these things better. The uncertainty of whether or not you are fully energized by his power to surprise you will give him the motivation to chase after your approval of him with more vigor.

“Have you ever heard of a couple seeing other people to make things more interesting?”

This is yet another line that can spark the motivation to chase simply by referring to other couples. You are introducing the relationship to the realm of possibility that there could be reason for splitting up due to boredom.

Knowing that he could quite possibly be stacked up against other candidates for your affection, he will be once again faced with the need to continue putting in effort in order to keep things interesting instead of coasting along.

The thrill of the chase comes from the motivation to acquire something before anyone else can, and this line will awaken that drive to capture your interest before someone else can.

“My friends always get bored with guys when they stop being interesting. It’s like the excitement just dies one day. But I know you’re better than them.”

Few things can spark the drive to hunt more than the desire to be faster than anyone else making the attempt. The thrill of the hunt is still more important than ending it, but all the same, being more successful in the rate of progression towards
that end goal can be profoundly motivating. With this line, you are giving your man a benchmark to leap over by being superior to other guys that have failed.

“I think I need more excitement in my life, don’t you?”

This is one of the more simple lines that you can use, but it is still effective all the same. Stating that you need more excitement than you are currently experiencing will set off an alarm in his mind that tells him that you are currently under stimulated by whatever it is he is doing. He will begin to question his ability to provide the level of excitement that keeps you interested, and this will compel him to try harder to raise the bar.

“I like spending time with you, but sometimes I wonder if we’re getting too comfortable. Maybe it’s just me. What about you?”

The nature of the hunt is discomfort. The discomfort isn't a bad thing, but a necessary element to sustain healthy tension. The only reason that the hunt is invigorating is because there is the ever-present chance that it can possibly be unsuccessful; naturally, comfort is the opposite of this motivating threat of failure.

When you state that things had become too comfortable between the two of you, he'll wonder if he's starting to slack in terms of being a dynamic and exciting man in your eyes.
Chapter 6 - I Am Your Princess Command (How To Get Him To Treat You Like Royalty)

Plenty of women would like their man to consider them a princess, but you know what it really takes to be a princess in a man's eyes? The only way to be treated like royalty by a man of high value is to first make him feel like royalty himself.

Have you ever heard of the saying - "the only way to be understood is to first understand"? Simply put, you must first make your man feel like a prince before you can truly become his ideal princess.

Though it may seem relatively simple, this is actually one of the most demanding technique staff will be covered in this course. You don't have to rent a chariot of horses with golden hooves to take him home from work, but it does take a bit of awareness and vigilance that many women are not savvy to.

So, let us examine the full extent and implication of having a man feel like a genuine prince who had been blessed with you as his princess. The end goal is to have him consider you to be something more precious than all of the precious gems in the land, and the way to accomplish this is fundamentally similar at to all of the other techniques covered in the laws of love generation.
Just as with every other technique that we cover, this necessitates getting in touch with the man's basest instincts. In this instance, we will be particularly invested in having the man awaking his natural "protector" instinct.

We have analyzed men as highly visual creatures, and we have also analyzed them as habitual hunters who are forever compelled by the thrill of chasing after elusive things. Now, we will examine yet another aspect of man that is characterized him since the beginning of time: the protector role.

At his core, a man is programmed to defend the things that he finds precious. Just as important as it is for him to visually survey his environment and hunt after things that elude him, he is also compelled to fight ferociously against whatever threatens the things that he holds dear.

It is because of the protector instinct that men were able to ensure their offspring could be born and continue on to further the survival of the species. Naturally, activating this kind of instinct in the current day will be more than just slightly effective in producing a compelling urge to treat you as a more vital aspect of his life.

When you are doing this, you are not activating any kind of reaction in the man that is unhealthy for him; as a matter of fact, it is quite the opposite. Not only is this urge natural and perfectly healthy for him to experience, but it is also something that he deeply desires on a primal level.

Even if he himself is not fully aware of this instinct that lies dormant within him, he is secretly starving for the urge to protect something that is more precious to him that life itself.
Every single man, regardless of his background or profession, is anchored to this desperate urgent deep inside to have a woman who believes in him as a valiant and reliable protector.

You are both catering to the health of his innermost psychology, doing him a massive favor, and securing the strength of the relationship at the same time. All in all, it is a completely mutually beneficial affair.

The potential benefits to be gained by successfully pulling off this effect, however, are matched in value by the level of technique and finesse required to do so in a manner that is successful.

To make the accomplishment of this feat slightly less daunting, we will have to keep four specific words in mind. These four words are the most important of all when it comes to words that can be spoken to win over a man instantly. The four words are as follows...

"I believe in you."

If you were expecting four complicated words, you can take a deep sigh of relief now. Those four words are really all that there is to it. If you need proof of their power, make a point to try using them on that one special man the next time that you can and prepare to be completely amazed at the reaction that you get.

There has been an extensive amount of research conducted into the longevity of successful relationships, and these studies have produced some very interesting results when it comes to the belief that women have in their partners.
The studies show that people who feel more appreciated by their romantic partners report being more appreciative of their partners in turn. Those who are more appreciative of their partners are commonly observed to be more responsive to their partners’ needs. Not only are they more responsive to their needs, but they are also more likely to have a lasting sense of commitment.

What these findings have shown is exactly what we are looking to enact with a simple show of appreciation for the man's efficacy. By demonstrating that we believe in their competence, we are unlocking a psychological chain reaction that compels them to feel more appreciative of us in every single conceivable area.

When the man is more appreciative of the woman that he calls his own, he is much more likely to see her as the precious aspect of his life that he is primarily. To protect to the fullest extent of his abilities; in other words, it makes him see her as a princess.

Now, over the past few chapters, we've already discussed at length that men are creatures who are primarily driven by the ego. Though many different men have many different personalities, the common denominator between them all is that they desire to be the hero of their story, and in addition to that, they want to be the hero of your story as well.

When you demonstrate that you believe in the man, you are giving him your seal of approval as a worthy protagonist in your story. You are satisfying the need of his ego to be validated, strengthening his conviction.

When he learns to see you as a generator of the strength of his own; when you become a strong source of his conviction by sharing that you truly believe in him, he will begin to see you as an absolutely indispensable aspect of his life.
There are a number of ways that people may think to do this, but the fastest method of all is simply to give them unconditional respect. In addition to giving him respect, the level of unconditional respect that you have for him should be tactfully expressed.

Now though this may seem simple on paper, remember, it is actually one of the more difficult things to pull off successfully. It is a little bit tricky to explain, mostly because the majority of woven do not completely accept the notion of respecting a man unconditionally. Unfortunately, a great deal of women don't consider them and to be worthy of any level of respect at all; naturally, this is starting things off on the wrong foot entirely.

A prerequisite of being able to show a man unconditional respect, obviously, is to make sure that you are involved with a man who has genuinely high-value and respectable qualities to speak of in the first place. As a self-respecting woman, your standards should reflect the caliber of man that you wish to attract and show this level of genuine respect for without it seeming contrived.

Now, before jumping to any conclusions, let's make it completely clear just why I refer to this method as the unconditional respect method.

For starters, respect is undeniably the most important thing that a man prioritizes. In a man's mind, the concept of respect is even more imperative than being liked or loved. Without the feeling of being respected, a man feels as though he doesn't even have the right to exist.

If you take anything at all away from this section, it should be the fact that a man considers respect to be just as important to his well-being as food, water, and oxygen.
Providing a man with this is just as valuable as ensuring that he has the ability to feel alive. If given the chance to be respected or loved for all time, you can be completely confident in the chance that a man would choose respect every single time.

A man's inner desire to be respected is something that he cannot erase, even if he consciously tries to suppress his ego. By being acknowledged by a woman as a respectable figure, he is received the absolute highest degree of validation that he can from another person.

The moment that he recognizes that you are giving him an unconditional supply of that which he values the most in the world, he will be completely overtaken by the desire to protect you at all costs. You will become the catalyst of and absolutely indispensable resource of that which she depends on to work towards everything that she wants and desires.

Because of how truly rare unconditional respect is for anyone to experience, supplying your man with this feeling will make you a one-of-a-kind entity in his life that he will find it difficult to imagine finding anywhere else.

The importance that respect has in a man's life can be illustrated even more vividly when we examine just what the impact of being disrespected has on a man. When a man feels disrespected, his level of attention, desire, and attraction for you will plummet to the absolute lowest levels that they can for any person.

Strangely enough, a man may not make it entirely obvious that his level of attraction to you has completely sunk to rock-bottom because of your lack of respect for him. He may not even be constantly aware of it himself, but on a primal level, he will absolutely reject that which denies him the kind of respect that he feels he needs to truly be a man.
He may not make it obvious by verbalizing it, but you can be sure that he will definitely withdraw in time. So then, what we need to think of now is how to understand *when* it is that a man feels disrespected and just *what* it is that makes him feels disrespect in the first place.

It isn't something that can be described simply in one sentence, but there are a number of different things that make a man feel like she isn't being respected in the slightest.

Though some of these things are done unconsciously, make no mistake that each and every one of them will drive a man to the ends of the earth if it means getting away from the woman who does them nonstop.

- Trying too hard to prove him wrong by continuing an argument.
- Constantly finding flaws in his actions.
- Nagging him incessantly for something that he did not actually do.
- Pointing out things that he lacks either knowingly or unknowingly.
- Drawing comparisons between him and other men.

Even if they aren't always consciously done in a malicious spirit, these types of things are usually done because a woman is overly focused on the man's actions.

Instead of focusing too heavily on his actions, what should be focused on is who the man truly is at his core. A man does not simply want to be praised for what he does, he also deeply desires to be appreciated for who he is as an individual.

If you can show that you respect a man unconditionally, then you demonstrate a rare level of appreciation for the type of individual that he is the inside. When seeing
that you are one of the few people in the world who can appreciate him for something apart from what he is physically producing, he will shower you with the kind of love that he cannot show anyone else.

There is a chance that he may not even be able to fully handle the level of affection that he feels toward you once he sees that you have this kind of otherworldly: respect for who he is as a person.

Even highly-accomplished men of great means and value are often times unfamiliar with sensation of being unconditionally appreciated for who they are and not simply what they do.

What we need to examine now is exactly how we can go about showing this level of unconditional respect on a regular basis. The process to show an unconditional respect can be broken down into three specific steps. The steps are as follows...

Step one – Give him verbal proof.

Step two – Give him physical proof.

Step three – Repeat the process consistently.

So, what exactly is it that I mean when I say verbal proof? To put it simply, verbal proof is exactly what it sounds like – you are going to have to verbally communicate something that makes him feel respected.

Whatever you choose to say can be both concise and effective. A small piece of verbal proof could be something as simple as – "Sweetie, I truly appreciate you as a person. I am glad to have you in my life."
Truthfully, the majority of women simply aren't aware of just how much value there is in providing small bits of verbal proof like this on a regular basis.

After verbal proof, the next thing to make sure that you provide on a regular basis in order to communicate unconditional respect is physical proof. Physical proof can take the form of something like a gentle hug, a quick kiss, or other small affectionate forms of physical contact.

Now keep in mind that this doesn't mean that you simply give your man more physical contact indiscriminately, but that you make sure to do so whenever he has done something worthy of a reward. This positive reinforcement will have him subconsciously draw the line between the things that he accomplishes and your feelings of respect for him.

When you provide constant verbal and physical feedback to the things that he does that make him worthy, you are essentially training him to do things that are respectable on a more regular basis. Naturally, the feedback that you provide for him like this can also apply to the nice things that he does for you.

The highest level of this effect can only be accomplished with the third and most important step of expressing unconditional respect through verbal and physical feedback: consistency. These things have to be consistently repeated in order for the effect to fully take hold.

After these have been done on a regular basis, he will have been fully conditioned to see you as a one-of-a-kind princess who has to be protected like a treasure that cannot be found in any other corner of the universe.
To make this effect just a bit easier to imagine in execution, the following are a few examples of how to pull it off in a practical fashion.

"I have never been quite as happy as I have been since you came into my life. You make me feel truly blessed."

By using this line, you immediately indicate that the man’s presence in your life is something novel and appreciable. Too many women fail to let their man know just what the impact of his presence in her life is, and this is a very direct way to make it clear that you appreciate the difference it created. It is one thing to say that a man makes you feel happy, but to feel blessed is an entirely new and powerful expression of respect and appreciation.

"I feel incredibly at peace whenever you are around. Thank you so much for being you."

When you tell a man that you feel at peace when he's around, he was directly appealing to the urge within them to be seen as a whole is protected. Nothing will make a man feel more like the protagonist of the story than feeling like someone who brings peace and defeats the darkness in your life.

"I feel as though my heart is smiling every time that I think about you. You are a wonderful soul."

When you say that your man is a wonderful soul, you clearly communicate that the content of his character is just as important as the things that he does that can be quantified. Saying that your heart is smiling shows that you appreciate who he is on a fundamentally virtual level, transcending any other cookie-cutter expression of affection.
"I wish that the entire world was populated by men just like you out there, but I feel even luckier to know that I have such a rare man to call my own."

It's one thing for a woman to believe that her man is simply valuable, but by seeing this, you are communicating that you respect him more than any of the other men that he is competing against. Rather than comparing him to other men for something that he lacks, you are showing that he has something incomparable to offer just by being who he is.

"You know exactly how a lady wants to be treated. Thank you so much."

Apart from simply criticizing him and for the things that he believes he does wrong, one of the other biggest mistakes to make this failing to complement the man for when he gets it right.

With this line, you show respect for the competence that a man has in knowing exactly what it takes to treat a woman in a way that she appreciates. Using this line will reinforce the man's tendency is to keep on doing the things that you enjoy the most.

"What I feel around you is almost impossible to explain, but the best way to describe it is like being in heaven."

When you say that the feeling that a man gives you is almost possible to explain, you give him the opportunity to use his own imagination to contemplate just how much respect that you have for him. By using a word such as "heaven", you allow the man to interpret your level of affection for him as something that is entirely out of this world; this creates the kind of bond between a man and woman that can't possibly exists between anyone else he knows.

"You give me faith in the existence of true love."

One of the biggest questions that people internally wrestle with, even if they are in healthy relationships, is whether or not true love is something that really exist. By telling a man that you actually believe in love because of his presence, you are giving him the answer to something that a lot of people may go entire lifetime without ever coming to a conclusion on.
"I used to be skeptical that guys could really care about women, but you have opened my eyes to how great a man can really be."

A man's feeling that he is a worthy protector will be deepened when he gets the sense that he has “converted” you from not believing in men to truly appreciating how great a man can really be. Sharing that he has managed to defeat your skepticism will give him a sense of triumphant victory that deepens his sense of self efficacy as a worthy male specimen.

"I would never expected to be so lucky to meet a guy like you."

When you say that you never would have expected to meet a guy like him, you will be communicating to his inner protector that he has legitimately saved you from a life of doubt and uncertainty. The feeling of having rescued you will intensify his confidence in his role as a reliable protector of your happiness.

"I feel guilty telling my friends about how good you are to me."

By telling him that you feel guilty about how much better he treats you then her friends men treat them, you will be directly drawing a line of positive comparison between his competence and other man's competence as reliable protectors. Not only will she feel valuable, but he will feel that you respect him for being singular and superior.

"I am grateful for all the mistakes that I have made, because they have led me to meet you.”

Though some women do express to their men that they are appreciative of them, one of the more subtle ways to show appreciation is to refer to the moment that you and the first met. This is an very poetic way to describe the fact that you still remember and look fondly upon the day that first met one another.

"What I love about you is just the fact that you do great things, but that you are truly a great person at your core."
This is one of the most direct ways to express a truly deep level of appreciation for who the man is underneath his appearance and his accomplishments. By showing affection for what he is at his core, you are expressing the belief that his role as a valuable protector and partner is permanent and impossible to be tarnished.

"I wish that more people understood the value of being a great person like you do."

Through this line, you express the belief that if more people in the world shared his qualities, you believe that the world as a whole would be improved. Not only will the show respect for him as a partner, but it will show respect for what he has to contribute to society in terms of his principles and values.

"I don't think that I'll ever meet someone else like you, and that makes me both happy and sad at the same time."

When you use a line like this, you communicate to you that that you believe he is rare enough to be the only one of his kind on the planet. Not only is this a showing of respect, but it also makes the man feel like a legendary anomaly among men. This line will give the man that sense of rarity that belongs to the protagonist of an epic story.

"I feel sorry for other girls who don't know what it's like to be with a guy like you."

Though a man may be committed to you, he still thinks about his level of worthiness in the eyes of other girls. He may want to please you, but he doesn’t want to feel as though he’s lost his ability to attract other women as well.

When you mention that you feel sorry for other girls for not being able to have the same kind of relationship with him, you give him the sense of still being valuable in the eyes of females besides the one that he expects respect from as his significant other.

"Some girls don't appreciate how hard the guys they're with work, but I respect you for everything you do."
There will be days that a man does not manage to perform at his best. When you show appreciation for how hard he works, you are showing respect for his willingness simply to make an effort; this is in stark contrast to the manner in which a man is typically judged, in which only that which he produces seems to matter, regardless of how hard he worked.

Showing admiration for his level of effort will be the utmost sign of respect for his personality and character. Whereas most people are only concerned with what a man has already managed to accomplished, it is a strikingly rare experience for a man to be complimented on what he plans to do and what he is in the process of doing.
Chapter 7 - I Am Your Lady Command (How to Make Him Want You, And ONLY You)

In the current dating world, the majority of women are very quick to admit that keeping a man’s attention is one of the most daunting things that challenge them. In a world where instant gratification has become the norm, it is becoming harder and harder for people to keep their attention focused on any one thing in general, and unfortunately, this also applies to our personal relationships.

In order for a woman to truly claim the attention of a valuable man who has 2 million different things to stimulate them at any given time, there must be nothing less than the most singular and effective strategy employed. Thankfully, there are more than a few ways that we can go about getting this attention focused entirely on us with the tactful application of the right words at the right time.

Without the right techniques, even a woman who has known a man for years can find it difficult to keep his attention held for even five minutes. Keep in mind, there is a very big difference between having someone’s full attention and simply having them acknowledge that you are in the presence.

Anyone can interact with another person out of obligation, but having another person truly invest their full sensory input into you and what you are saying is an entirely different level. In this section, what we are going to cover is the art of having a man becomes so laser-focused on you that he treats you as if you are the only girl in the world.

This is a very challenging time in the world of dating and love. There are millions of women who have experienced a fantastic night with one man or another, and yet at the same time, those men tend to leave their lives just as quickly as they arrive.

In many cases, these men would actually be quite eager about telling the woman how wonderful they were in the brief moments that they were together; however, this generally doesn't turn out to mean much when the man goes ghost within the next 48 hours.
In order to fully appreciate the core principles that we are going to cover here, a very hard truth has to be accepted first and foremost; the days in which a valuable man would spend weeks, months, and even years chasing down a woman just to get her attention are long-gone.

The valuable men of today are used to being chased, and it takes more than just a pretty face to be able to get their complete investment. Women today have almost become chasers by trade, and their tenacity more than often borders on complete desperation.

It's not to say that anybody could blame a woman for wanting to hunt down and lockdown of man who has serious value in this day and age, but the reality of the shrinking human attention span is something that absolutely cannot be ignored under any circumstances.

So then, knowing that the average human being has an attention span that makes a goldfish's attention span look generous, how are we going to go about actually keeping a man's attention?

Well, the first thing that we can do is to make a point not to blame men for what has happened to their attention. We are not going to make any progress by holding men accountable for the fact that our world is full of digital images, ads, and a never ending barrage of peer pressure to jump to the next bigger and better things at every second.

Both men and woman are under constant pressure to reach the next tier of quality in both professional success and physical attractiveness, compelling many people to push everything aside in favor of what they can use to become more desirable.

Whereas men may be pressured to do whatever they can to acquire more money, woman are under constant pressure to lose just 5 pounds, have her teeth just two shades whiter, have her clothes be a little bit more expensive, have her hair be a little bit fuller, and all other little things to make her feel “complete”.

Naturally, it can be extremely frustrating when these constant points of pressure to improve assumed total dominion over your love life. When both men and women alike are completely consumed with the constant need to reach out for the next biggest and best thing, it becomes seemingly impossible for any amount of attention to be invested in one thing for longer than just a few seconds.
Make no mistake, though - eventually, something has to give. There is no way that you can continue trying to make relationship after relationship works with yet another guy who keeps bounding from one thing to the next like a possessed zebra.

Life is short and love is finite, so there is absolutely no point in living in a state where you feel constantly forced to accept a lack of affection.

You should never feel like you have absolutely no chance of being loved, needed, and cherished by a man with feelings for you just because of little distractions in the way. The key to being able to secure attention among all of the things that steal away attention the day is what I like to call the Moving Target Method.

Now if you have been paying attention up to this point, then there's a good chance that you've just had a little bit of an epiphany.

If you didn't just have a brief “aha” moment, then I promise you that the moment is going to happen soon There is but one simple fact that I have already made clear to you that is going to play an absolutely vital role in what we are about to cover in the content moving forward.

Just what is this fact that I'm speaking of?

Well once again, the key thing to keep in mind is that it is extremely difficult for a man to keep his attention trained on any one thing for an extended amount of time.

This difficulty that men have in keeping their attention has a secret key that must be kept in mind: Men only struggle to keep their attention on things if they aren't eating stimulated by the proper amount of motivation.

So, what exactly does it mean when we're talking about the amount of motivation that a man has to give his attention to any one thing in particular?

The meaning is simple: the amount of attention that you will be able to get from a man is directly proportional to the level of interest that you can generate for him. Once enough motivation has been ignited, she will find you is irresistible as a starving bear finds delicious honey.
Knowing this, our next priority is perfectly clear: we need to understand what the secret is to being able to ignite the level of passion that gives a man absolutely irresistible motivation to pay undivided attention.

When you have become a masterful source of passion in his heart, you will be able to automatically stimulate the strongest emotional reaction required for sustaining unconditional focus on you at all times. Though it may seem complex, the key to pulling this off is to simply understand what exactly a man’s core motivations are on a primal level.

At this point, chances are that you notice the fact that modern men can be almost allergic to the notion of settling down. These days, most men are generally just out to have a good time. They have their fun, the dopamine wears off, and then there off to the next best thing the very next morning.

Though some women believe that commitment alone is the key to getting a man to stop chasing after fun for fun's sake, the truth is that even married men are just as guilty of finding substitutes for their wives in the interest of something that is more stimulating for them, such as hobbies or recreational activities.

In the worst-case scenario, a married man may wind up entirely replacing his wife to the point where she becomes nothing more than a invisible, disembodied voice that keeps him away from the things that he is truly motivated to pay attention to.

Though this all might sound quite grim, there is more than just a sliver of hope. The key to take away here is that no matter what it may be that a man focuses on, a man always to find something in his life to direct a laser-like level of attention to.

Men are visual creatures, which means it is in their nature to find something that captures their attention and devote their undivided focus to it; even if they aren't actively looking for it, they will subconsciously seek it out in some form or fashion.

So now, we revisit the question of exactly what it is that gives men to score motivation to have that laser-like focus when it actually emerges. What is it that makes a man tick? How is it that we can actually have a man feel that core excitement in his gut and compels us to have him put us under his mental microscope so intensely?
The answer is a single word: challenge.

Men want to be protectors. Men want to be hunters. Men want to be protagonists in the narrative of the world. Above all else, men want to be challenged.

When a man comes across something that presents a serious but surmountable challenge, he is able to receive a continuously rewarding emotional feeling from it. The challenge itself will become a continuously emotionally rewarding reality that he lives in.

Now, the best way to describe this is to imagine what the most stereotypical hobbies there are that most men can have. Think of things like fast-paced sports cars blazing down the road, movies filled with gigantic explosion, graphic and gory violence in video games, the smoking muzzles of gigantic guns used for taking down wild boar in the woods.

When you consider all of the stereotypical images that invoked the pictures of men who are like children in a candy store, what do you think that it could possibly be that makes a man want to see those things in the very first place?

What is it that gets a man's to feel so stimulated by these images that he is compelled to seek them out over and over again as if he is experiencing them for the very first time over 1000 times over?

The answer to this question is the specific way that it makes him feel.

In order to understand what it is that motivates a man to seek out these hobbies of his lips so much relentless attention, we need to understand the core nature of the feeling that these things give him.

This is an exercise that requires taking a step outside of oneself and temporarily living in the reality of a man who is completely captivated by action-packed movie sequences, speeding cars, and ballistic shells ripping through the underbrush to take down a hulking boat.

The answer to the question of the feeling that these things give him is adrenaline.
Remember, adrenaline is the hormone that gives human beings their instinct to either fight or flee in the face of imminent danger or extreme stimulus. It is all for the sake of the thrill. There is a lightning-fast adrenal buildup that happens every single time that a man is thinking of these stereotypical masculine obsessions.

Now even though you yourself may not be a speeding sports car or a gigantic hunting rifle, you can create the same effect. The problem isn’t that it is impossible for women to match up for the things that hold a man’s attention, but the fact that many women simply don’t know how to go about it in a way that is effective and naturally sustainable.

It might be easy to assume that all it takes to stimulate a man is to up here sexually attractive, but the truth of the matter is that it takes something on a more intimate level to tap into this a reservoir of endless attention that a man gives to his most cherished hobbies.

We are not just looking to visually stimulate a man, but we are looking to become masters of the emotional wind-up action that sets off his momentum to seek out satisfaction and stimulation.

To put it as simply as possible, you must learn the little-known ability to keep a man constantly emotionally wound up over an extended period of time, keeping him from becoming bored and moving on to the next thing that will do that for them.

Now to make this entire process a lot easier and less stressful, know that there is no need to go blaming men for being so susceptible to the whims of their need for stimulation through these fixations. Don't feel exasperated over the fact that it may take a little bit of work, because the payoff from doing it successfully is absolutely invaluable.

The truth of the matter is that men and women are fundamentally different in the ways that they feel emotional reactions to different things. Whereas you may feel an emotional wave of pleasure from contacting people to tossing and sharing emotions, men simply don't feel the same way on a biological level.

Whereas you may feel better when you are close to somebody and feel comfortable enough to share your deepest secrets with the, man feel quite awkward doing so among themselves.

The truth of the matter is that a man can still be able to experience the emotional pleasure from connecting with another person as long as they are given the
sense that it is emotionally rewarding to them. This is not something that can be proven through logic, but rather transferred through a direct experience.

Our number one objective is to effectively create that initial emotional buildup, and the Moving Target Method will show you exactly how to accomplish it.

Now you're probably wondering, just exactly how does this Moving Target Method even work? Thankfully, the method is not nearly as complicated as it is effective. At its core, the Moving Target Method can be broken down into two extremely simple steps.

**Step #1: Shower him with as much attention as possible for a short period.**

**Step #2: Cut off the attention.**

These two core steps are specifically intended to build up that strong emotional geyser that results in an explosive reaction of intense, intoxicating attraction. Now in order to fully understand just what the power of the bill that is, we first must examine just what the scenario looks out without the buildup being present at all.

Without any emotional buildup, you can shower him with attention and he will still enjoy it to a degree. However, even after enjoying this level of attention, the lack of emotional buildup will result in feeling too under stimulated to stick around for a long period of time.

Without the emotional stimulus to keep him wound up, the only question on his mind will be "what's next?"

Without the emotional stimulus, a woman is doomed to constantly remain on the unsatisfying level 1 of attachment to a man that she is interested in, it will be nothing but a constant repeating cycle of catch and release, though perhaps "catch and BE released" would be more appropriate. With the emotional buildup masterfully created, Level 1 will be transcended and you will be able to rocket right into level 12.

The key to getting a man's full emotional devotion is "portion control". It’s to only give him just a little bit at a time, all the while allowing him to sense that there is always more around the corner.
It is not a matter of creating just one emotional eruption and leaving it at that, but the art of continuing to create this effect over and over again. Ultimately the effect that we are aspiring to create should be ending with a "rinse and repeat" every single time.

To make a little bit simpler, you could think of it in terms of nourishment. It's a simple question to consider: would you be able to survive with just one apple to eat for the next 50 years?

Absolutely not.

Let's suppose that by some freak occurrence, you are actually able to subsist on that apple for 50 years. Do you think that you would only have the appetite for just one apple for the next 50 years to come after that?

Definitely not.

What if you were actually capable of living for an entire century on just one apple, but didn't necessarily have to limit yourself to that apple. Would you do it just because you could?

Rhetorical question.

Seeing how obvious it is that you wouldn't want to subsist on just a single apple to whet your appetite for an entire century, it should be easy to understand that this same principle applies when it comes to the attention that a man devotes the things that interest him.

A man does want to have a woman's attention and time to spend with her, but the issue is that they just can't connect on an intimate level when it comes too easily. A man doesn't just want to have the connection, they want to feel as though they have truly earned it a challenge. A man wants to feel like he is reaping the rewards of his efforts, after being forced to work for the right have the privilege.

You don't have to go to such an extreme that he doesn't believe that it is even possible to have the connection, but you do want to make sure that just a little bit of resistance is given each day.
Every single day, a man is on the hunt for a little thrill that will give him that spark of emotional satisfaction that makes him feel alive; when you become a source of that invigorating spark, he'll come to see you with the exact same level of intensity as he sees his other stimulating hobbies.

What we have to do is keep him consistently hooked in the long run, not keeping things static, but by swaying between push and pull... this is the art of becoming the "Moving Target".

Now after you have managed to successfully become the embodiment of this tantalizing moving target, something profoundly interesting happens. As the Moving Target, you will have activate the ancient instinct than a man to engage in the chase.

As covered in the previous sections, a man feels an absolutely irresistible sense of attraction to the things that compel his inner hunter to chase after them with full effort. The reason that the chase is created is because of the fact that you fundamentally confused him - first by creating the sensation of anticipation, and then by pulling away, demonstrating that you cannot be taken for granted.

Once you become the Moving Target, a man can never be 100% certain whether you are running away or not, and this uncertainty will keep him constantly on pins and needles at the chance of experiencing a loss.

When you become this fleeting chance for him to have a certain kind of emotional fulfillment, it will no longer feel like an inviting option for him to go elsewhere and seek the next best thing. He will be added into about being able to capitalize upon the chance to feel those sensations from you so long as he has the chance to prove himself.

When the man has become committed to working for your attraction in order to keep you from possibly drifting away, you will have successfully created the coveted circle of attraction.

Within the circle of attraction, he is rewarding you and you are rewarding him in-turn as you either pull back or move forward in accordance to his reactions. In a sense, you could compare the circle of attraction to the symbol of Yin and Yang.

Now that we fully understand just what the nature of the circle of attraction truly is, we can move on to covering the specific techniques that are required in order to create in an effective fashion.
The best way to create the circle of attraction on an everyday basis is to apply the right set of hooks to grab attention, representing the "pull", and then carefully loosening those hooks so that he always has the motivation to keep on coming back for the chance of making more progress.

Now that we understand just how the circle of attraction truly functions, we can begin examining the different ways that this can actually be implemented in practice. The Moving Target technique, when executed, will make a man feel an intense level of attraction that continually grow stronger over time.

The key to creating this effect is what I like to call the "I Am Your Lady command".

To use a hypothetical scenario as an example, let's imagine that a man is feeling attraction for another woman. When there is somebody else in the picture, it can be easy for you to feel a little bit insecure about it. Rather than getting insecure, however, try saying the following to him instead…

"Oh I saw you checking out that woman at the bar. She was very cute. I think that the two of you will make a very adorable couple, just like little Barbie and Ken."

When you make a lighthearted comment like this, you are showing that you are not terrified by the notion of him possibly being involved with another woman. Faced with the indifference to his attraction to others, he will be less assured of the fact that he completely has your full devotion, which will create the challenge to attain it.

"Don't worry about it. I don't mind the fact that you check out other women at all. In fact, I've actually been checking out other guys too. There is a really handsome guy at my office…OH! On second thought, let's actually not talk about that."

This line definitely hits a little bit harder than just implying that you are alright with him checking out other women. By being vague about the attractive stranger that you have been checking out in secret, you will be allowing his imagination to run wild about what other men may be more stimulating than he is; with this, the challenge is born.

"Oh you find her attractive? The two of you kind of look like brother and sister though. Imagine if the two of you are in a picture together. It will look like both of you were Photoshopped with the same nose."
This is yet another lighthearted jab that you can take at the fact that the man is giving the eyes to another woman. Using a line like this will be in stark contrast to the sensitive, offended reaction that other women may give in a similar scenario. This show of your wits in place of sensitivity will put a shock to his system if he expects something typical.

"I'm actually glad that you are interested in another woman. For a second, I was wondering whether or not women were really your thing."

When you say something like this, you are making a light challenge to the notion of his masculine energy. When he feels that his masculine energy is being challenged, he will feel a drive to validate it and prove it to you.

"I don't mind the fact that you have an eye for other women – it lets me know that I shouldn't feel bad about the guys that I look at, and that is much healthier for both of us."

This is a line that could be interpreted as an expression of healthy liberty in a functioning relationship, but at the same time, it can also be used as a challenge to any assumption he may have that the chase for your full commitment is already over.

ImPLYING that the both of you two should have a healthy openness to looking at other people could give him the sense that you are still quite capable and potentially willing to seek out something different, creating a good sense of urgency.

"I have always heard that other people start to become a lot more attractive when you've been with the same person for a certain amount of time."

Now this statement doesn't directly confirm that you are beginning to see him as less attractive, but it will still introduce the right amount of tension into the equation to have him second-guess things. The idea that you could be finding other guys more attractive will definitely give them a sense of foreboding when it comes to his ability to keep you around in the near future.

"You should try going into asking her out. I can ask at another guy and we can make it a double date. That might be interesting."

Even while this is phrased as a joke, the hypothetical situation that it raises can still be very alarming to the inner sense of security that a man may have. Seeing that
you are willing to joke about the notion of going on a double date with strangers could put him in a position of wanting to make you feel more serious about the thought of exclusivity.

"I saw this guy the other day that looked kind of like you, but there was just something you different about him. It's kind of hard to put my finger on it, but I can't stop thinking about it."

This is a spin on the line that you could use in terms of describing an attractive unknown man, but the fact that you say that the man resembles him will give it that much more power. Saying that you can't put your finger on exactly what made this doppelgänger seem "different" than the man will spur his motivation to try asserting his unique appeal.

"I can definitely see why you think she's hot. Let me know if you'd like me set you up with her."

This is yet another line showing that you are open to playing with the idea of allowing the relationship to become an open one. The display of your willingness to possibly introduce a new female into the mix will challenge him to make you feel more possessive of him.

"I can definitely see why you think that girl is attractive. By the way, do you have any cute guy friends?"

When you say that you would like to know if she has any cute guy friends, you are making a direct indication that your attention is far from being completely contained to only him as an individual. Even if you play it off as a joke, he will feel a challenge in his heart to prove his superiority as an eligible partner compared to his friends.
CHAPTER 8
Chapter 8 - The Knot of Commitment Command
(How to Make a Difficult Man Commit)

Here’s an idea for a fun little experiment that you should definitely try out whenever you have the time.

Sneak up on a cat, as quietly as you can, and try to pick it up.

I’m being completely serious here. Sneak up on that cat as quietly as a cat sneaks up on mice, and scoop it up like it’s a fumbled football.

You might call this crazy, and you’re not wrong if you do, but I prefer the word “educational”.

153
9 times out of 10, that cat’s going to take off like it’s on bath salts. You’ll probably also get a few claw scratch beauty marks for your trouble.

There are few things to take away from this experiment. Number one, don’t ever do it again. Number two, the cat ran away because cats hate any kind of sneakiness that isn’t their own sneakiness. Number three, men aren’t cats, but you shouldn’t get sneaky with them either.

A lot of women try to get their man to commit like trying to snatch up a cat, and the rate of success is just about the same. Some women might think that it’s alright if you have good intentions - trust me, it's not. When it comes to something like this, good intentions mean about as much as calculus means to a sea snail.

Now, let’s try an experiment that actually isn’t stupid. Instead of stalking the cat like weirdo, let’s try approaching from the front so that it knows we’re there. Cats, like men, are visual creatures. Cats prefer to see things coming.

By having the good manners to approach from the front, we can actually get into its personal space without making it hate us. After you accomplish the task of getting close to cat while it sees you, like a normal person, you can gently pet it and it might not hiss and take off like a bottle rocket.

Men are bigger than cats and not so great at slipping under the sofa at a moment’s notice, but it’s the principle here that counts. At the first hint that a woman is trying to be sneaky with them, they’re going to make themselves scarce.

Lots of men today are already a little bit paranoid about potential hidden motives of their partners, and you definitely don’t to give him a good reason to be on-
guard. Spies aren’t known for having stable relationships, so save the sneakiness for the secret agents.

There’s just one thing that we need to remember above all else: men (and also cats, for the record) love their freedom. To a man, being free and being alive are one and the same. The threat of losing his freedom is even scarier to a man than cliff diving, public speaking, earthquakes, and romantic comedy movie marathons combined.

To put it simply, if you want to lose a man as quickly as possible, grab onto him as tightly as possible. He’ll slip out of your grasp like an eel and put three oceans of distance between the two of you in one fluid motion.

To a man, the thought of getting locked down to the wrong woman is the same thing as death. It’s not that they’re afraid of the concept of getting locked down, though, but just that a relationship with the wrong woman feels no better to than being in prison. Prison means no freedom, and no freedom means no life.

Now let’s take a quick look at the different kinds of women that will set off alarms in a man’s head that tell him to slam the eject button.

1 - Someone who openly threatens his sense of freedom

It’s one thing for a man to get the sense that a women may be threatening his freedom, but it’s even worse when dealing with a one who does it openly and shamelessly. A woman who outright refuses to acknowledge the man’s need for space is, hands-down, the biggest offender of all when it comes to his idea of the wrong woman.
This is the type of woman that will argue with her man until the sun comes up about adjusting his schedule to meet her own. Without any consideration at all for what his own constraints may be, she’ll practically hold him at gunpoint to make put aside his priorities.

Though she may not go as far as sabotaging the man’s plans, this woman will typically use every trick that she can to make a man feel as though he has absolutely no choice but to meet her demands or suffer the consequences. She’ll basically try to put the man in mental and emotional headlock to get her way until he taps out.

One of the most common dirty tricks that a woman like this may use is guilt tripping. She’ll keep a wide pool of small things to fault the man for just in case he tries to move in a direction that she doesn’t agree with, not satisfied until he feels too guilty to about going his own way without her signing off it again.

On the other hand, a woman like this could also appear to be completely free of aggression and manipulative tricks - instead, she just might be so clingy that he feels about 800 pounds of weight on his back on a 24/7 basis. She’ll practically smother him into submission like a glacier-sized pillow, and no amount affection will compensate for just how unpleasant it feels.

2 - Someone who will take a lot without giving anything in return.

Relationships are a matter of give and take, but when this kind of woman only takes things away, it’s less of a relationship and more of a handicap. Men do want to be reliable providers, but when they feel as though they’re just being drained for all that they’re worth, it will make them feel drained in all aspects of life.
Someone like this will seem to be a woman on the outside, but for all intents and purposes, they’ll basically be an alien leech in disguise. They’ll latch onto the man with their razor-sharp teeth and let loose a poisonous gas that makes him hallucinate until they appear to be completely normal human being.

Once under their control, the man is basically getting emptied out into a shell of himself. All of his energy, passion and willpower will be dedicated to making the leech feel a bit more comfortable.

It’s a tragic situation, but the man usually won’t even know that he’s being leeched off of until it’s far more than too late to make a difference. He’ll be convinced that it’s all in the name of being a good significant other, never realizing that he’s actually more of an indentured servant than a partner.

The leech woman will usually be a master of gas lighting. She’ll “invent” past times that she’s broken her back to give the man his way, and with this, she’ll actually fool him into thinking that they’re even in their effort.

In some cases, these women might do just enough to keep up the illusion of putting in real effort. By putting in the bare minimum of legwork to do a single favor, she’ll have the ammunition to shoot down any suggestion of unfairness for a lifetime (or at least until the guy is leech dry and it’s time to move onto a fresh host).

3 - Someone who might change his life for the worse.

When a man feels as though a woman might bring changes that he doesn’t like, he’ll feel a deep drive to protect what he has at all costs - this defensiveness definitely
doesn’t translate into any kind of desire. Men don’t want to have to feel like the relationship is a sacrifice that permanently erases things that they rely on to feel like they’re living the life they want to live.

These are the kinds of women who tend to have a real talent for coming up with crazy ultimatums. These women will probably find it completely reasonable to ask that the guy sacrifice his career and move halfway across a continent just so that she can have a change of scenery.

The things that this woman pressures a man into doing won’t just be little inconvenient chores, but life-changing milestones. She’ll want him to uproot things that he’s been developing for decades just to give her more room to put her stuff. Once this relationship has begun, chances are that the damage done is already far beyond something that can be fixed with even an entire month of nonstop effort.

In order to meet this woman’s demands, a man is basically going to be writing in ink. He’ll be required to take steps that can’t be stepped back from, and it only takes one of these to set off a chain reaction of changes that get successively worse.

Guys will hear about these horror stories often, but it isn’t common that they’ll actually get in contact with the type of woman who will actually put them in such an unbelievably bad position. This is the kind of relationship that generally only happens once a lifetime, but unfortunately, just once in a lifetime is generally more than enough to take its toll.

If he gets the sense that he could be walking into a trap like this, where he’ll be at risk of doing things that can’t be undone just to win brownie points, he’ll practically be willing to change his name just to escape.
4- Someone who might burden him financially

Perhaps the most popular of the reasons for paranoia around commitment is the potential price tag. Men are used to hearing all kinds of dramatic horror stories about wealthy men being stripped of their income overnight thanks to listening to their hearts, and this kind of fear is the kind that can follow him for a lifetime.

In order to feel safe in any kind of a relationship with a new woman, a man must have the confidence that his wallet is going to be safe first and foremost.

These women will usually be the type who seem to have been born with a shopping list in their head. They’ll suck up more of the man’s money than a black hole can absorb light, and they’ll do it without even the slightest ounce of shame. Not only will she hide all of her own debt, but she’ll give the man himself enough debt to make selling organs useless.

When a man first gets into contact with someone like this, he might not even be completely aware of the fact that his life savings are sitting on top of gigantic pile of virtual firewood. The first dates with this woman will be FAR from free, but once he gets serious, his money is going to burn like it was fished out of a gasoline tank.

It may be that this kind of woman just has expensive tastes, but things can definitely get a lot worse than that. If these women don’t feel like they’re being pampered with 100% of the generosity that they expect, there’s a very real chance that the man’s credit card may wind up suddenly growing legs.

She might convince herself, with nothing less than the world’s most Olympian mental gymnastics, that the best way he can express his love is by having her spend his cash. Even a man who’s been frugal his entire life can wind up having a hole cut in
his guts that bleeds out more funds in two days than he’s felt comfortable spending in two years.

Now that we’ve covered the types of women that send a man packing, we can start talking about the kind of woman that inspires him to move towards her instead.

The secret to commitment isn’t to make a man commit at all, but instead to give him the feeling that there’s a safe environment for him to commit in the very first place. You’re not going to force him to commit by any means, but instead, you can make it so that commitment appears to be the very next logical step in the overall process.

A lot of women have the misguided idea that a man can be pushed into committing, but in truth, it’s really more about pulling. The only way that a man can be made to commit is through his own choices, and that’s going to take finesse.

Let’s take a second to revisit our friend, the cat. Cats don’t just come bounding up and down the stairs at the sound of their names like dogs do. In order for a cat to go anywhere, it first has to get the feeling that the environment it’s headed towards is one that it likes.

To gain the cat’s trust, the environment around you has to be one that it associates with everything good; milk, fish, catnip, and everything in between. If the cat doesn’t think that there’s anything in environment worth its while, it’s not going to be going anywhere fast anytime soon.

So then, how do we actually make the man feel that our environment is a good one and not a death trap of financial ruin and trust issues? Do we have to spray ourselves with diesel fuel perfume? Do we have to sprinkle a big circle of magnum
bullets, video games and porn magazines around our feet until he comes sniffing around the corner?

While those things may or may not work, depending on how weird the guy is, it’s not necessary to go that far just to create an environment for the guy that he doesn’t hate. The following are just a few of the key ground rules to go over in order to make sure that the environment is set up perfectly…

1 - Absolute personal security and self-sufficiency

I know we’ve already covered the fact that guys are in love with the idea of being protectors, but at the same time, they really don’t want to have to be tied down to a woman who is absolutely incapable of walking straight without his guidance.

If you want to make sure that a man feels comfortable around you, your personal sense of self-sufficiency needs to be in a healthy state. You can’t act like you would disintegrate into ashes without his touch to keep you alive at all times, or he’ll feel far too much pressure to keep your sanity in check.

You’ve got to show the guy that you want him, but at the same time, it can’t be that you absolutely need him just to keep breathing. A man wants to be desired, but at the same time, any sense of desperate dependence will be like a foul order that lingers around the woman like a cloud.

One of the most attractive qualities that any person can have, whether it’s a man or a woman, is complete security. With security in who you are and what you’re capable of, you’ll radiate a constant comforting wave of positive energy that naturally draws other people in to you.
When you have developed a total aura of complete security, the man himself is going to feel much more secure in your presence as well. Feeling secure around you makes for a much better outlook for the relationship than just being attracted to you.

2 - Show him your financial and emotional independence

As we’ve covered in this section at length already, there’s nothing a man finds sexy about getting drained to death by a gigantic leech. The man definitely needs to know that you’re willing to commit, but it can’t be to the extent that he’ll need to financially and emotionally keep you afloat at all times.

It seems a little bit weird on paper, but the gist of it is that a man wants to be in your life without being your life. The man definitely wants to have a woman around, but he doesn’t want her use him as a form of life support. He wants to you to trust in his ability to make decisions, but he doesn’t have the will or energy to personally approve every little thing before you do it.

Basically, before you think about starting a life with a new man that makes you feel good, you need to show that you’re perfectly capable of feeling good on your own terms first. You’ve got to make it clear that you’re a person who truly has it together upstairs and won’t wind up making him your carer.

When he can clearly see the fact that you’ve got your emotional and financial life under control without him needing to personally break a sweat to make it happen, he’ll be a lot less likely to see the relationship as a bear trap that will take his legs off if he isn’t careful.
Simply by making it clear that you’ve emotionally and financially stable, you’ve already given him an extremely valuable kind of freedom. You have given the man the freedom to actually choose whether or not he feels right with you instead of being tranquilized and caged up into it without warning.

Women who have their finances and emotional hang-ups under control are, from the man’s perspective, a lot less likely to get crazy about making him do things that he doesn’t want to do. He may not be a psychologist or a financial analyst, but he doesn’t have to be either of those things to sense the connection between good life balance and good interpersonal skills.

Considering all of the craziness that guys who fear relationships have nightmares about, a significant other who isn’t needy or bossy with him will be worth her weight in pure platinum. As much as they like to feel like heroes, there’s a very real sense of pride that comes from having an independent woman who can handle things on her own if she needs to.

3 - Prove that you can bring positive energy and emotional value to his life.

Disclaimer: this is difficult. If it was easy for anyone to flip a switch and radiate waves of positive energy everywhere, road rage wouldn’t exist. Life happens, and when things aren’t going your way, faking it until you make it may take a little bit more energy than you have at 2:30pm.

Even though it may not be easy, it’s going to be more important than anything we’ve covered up to this point. If you can appreciate the value in this and put it to practice, you’ll be in a best position to actually make the relationship work.
Think of the two things that drive every kind of human behavior there is: pleasure and pain. No matter what’s being done, everything always comes back down to how much it helps us versus how much is hurts us.

Once again, it’s all about dopamine. We move towards the things that give us massive pleasure, and we avoid the things that give us massive pain. There’s definitely a bit of overlap, but no man is ever going to find any reward worth a life of nonstop nagging. If you get pinned as a nagging person, you’ll basically be like a walking can of man repellent.

So then, knowing how important it is to stack things in the pleasure pile than the pain pile, we’re ready to move on to ways that this can all be put into practice. The following **Knot of Commitment Commands** can all serve you more than well, and to start, we’ll take a look at some lines that can be used to demonstrate financial security.

“I just hate those women who can’t even buy a cup of coffee without borrowing cash from their boyfriend. Two people in a relationship should be partners, but it’s no good when the woman can’t carry her weight just a little bit.”

With this line, you make it perfectly clear that you don’t think the man is a moving, talking ATM machine. You instantly confirm that you’re not a gold digger, but a functional adult who holds themselves completely accountable.

“I think it’s completely ridiculous that the husband has to sacrifice half of his money to his ex-wife in a divorce. I believe is real equality, and that law is just plain unfair to men.”
It’s really rare for a guy to hear a woman being sympathetic to men who get the short end of the stick in divorce proceedings, so this will definitely be more than a welcome surprise for him. You’re showing that you’re not the type of girl who thinks that all women are automatically entitled to their significant other’s money.

“I think that if two people decide to get serious with one another, the relationship should be completely based in love. Relationships should never be based in nothing but money. All that money does is mess things up.”

With a line like this, you’re making it clear that the very basis of the relationship is built on something genuine and not just a secret cash grab. Guys are all slightly anxious about whether or not their relationship is really based in affection or just convenience, and this will put his mind at ease early on.

Now here are some lines that you can use to help make him feel comfortable about his sense of freedom.

“I’ve seen a lot of women whose entire lives are completely dependent on their husband’s, and I just think it’s the saddest thing. Two people can be together, but they still need personal space.”

With this line, you’re going to be soothing the man’s fear of a clingy woman who won’t ever leave him alone if things get more serious. Framing yourself like this early on will keep him from being hesitant about moving forward and losing his free will.
“I believe that a stable relationship should always be mutually beneficial. The fact that two people are together shouldn’t mean that they can’t even do anything apart from one another.”

This line is a good way to communicate your emotional self-reliance and capability of handling yourself without his constant presence. You’re expressing a mature desire to bring just as much to the table of the relationship as you would expect him to, while still giving him proper breathing space.

“Some girls get really clingy and possessive, but I think it’s actually great for you to spend free time with your buddies.”

One of the deepest fears that any guy has is the possibility that a relationship could wind up costing him all of his friends. With this line, you show him that you’re not a woman that that’s going to force him to choose between her or the boys - this takes a lot of the tension off.

The following are a few more lines that you can use just as successfully as the one’s we’ve covered so far. Even if you don’t use them word for word, the core meaning of financial and emotional security is what matters most.

“I know a lot of guys just throw money at the women they’re with, but I wouldn’t want you to feel like you have to do that to support me.”

“It’s so annoying when girls can’t even walk in a straight line without needing their guy’s help.”

“We can just split the bill on this one.”
“I think it’s better for a man to be a woman’s partner and not just her caretaker, you know?”

“I’m glad that we can get along so well without being attached at the hip 24/7.”

“I think a man and woman should gain strength from each other, but they should still at least be able to survive on their own.”

“It’s best when guys and girls still have good friend groups - that way they don’t just smother each other all day.”

“You don’t have to tell me how much you make if you don’t want to. That’s completely your own business.”

“I want to you feel comfortable doing what’s best for you - don’t feel held back just because you’re worried about how I might feel about it.”

“I think the healthiest couples are the kinds between people that can both live their own lives to the fullest.”
Chapter 9 - The “S.O.S” Command
(Subduing The “Inner Player” Inside Of Every Man)

Up to this point, we’ve done a lot of talking about how men are basically programmed to fear commitment like a cat fears a cold spray bottle. It’s not about neutering the guy to completely wipe out his manhood, because obviously you still want be with a man, but just to keep him from seeing commitment as some kind of alien food that will kill him if he inhales the vapor from it for too long.

With this chapter, we’re going to go over the best approach to capturing a man’s commitment without cutting his legs off. You’re going to be tugging at that “root” of his heart that shocks his ancient protector mode into action, making him see YOU as the only option that there is.

When you apply what we’re about to go over here, you will be able to make a man feel as though you’re the most important person on your half of the hemisphere. When a man is fully committed to you on the deepest level, he’s going to see you as
more precious than that car he’s been building, the game he wants to watch, and those video games he wants to lock himself in his man cave to play all night combined.

   Now let’s take a step out of that glorious future paradise and get step back down into the annoying reality that pisses you off.

Have you ever seen a person who drives like they were born with two left hands and both eyeballs on their ass?

   You know exactly the kind of person that I’m talking about. This is a person who swerves from lane to lane without even having the non-excuse of being drunk. We’re talking about a person who applies makeup in an oncoming traffic lane.

   What the hell is wrong with this person? The road is right there in front of them the same as anyone else, isn’t it? No matter how stupid might seem, they’re acting like driving a car can’t be physically accomplished without both hands on the wheel.

   Naturally, you might find yourself feeling more than just a little bit pissed off at their indifference and carelessness. This is the kind of person who will park in the middle of the road and case a 13-car pileup behind them in one fluid motion.

   If you’re not quick enough to slam on the brake when you’re unfortunate enough to be behind them on the freeway, your car may be in danger of becoming an accordion. Why? Because they decided that they had to clip their nails.

   So here are some million dollar questions that are probably on yours and every other sane person’s mind:
Why the hell do people do this? Why the hell are people -like- this?

The answer is almost insultingly simple: they don’t give a damn. However, it’s not just that they don’t give a damn. It’s complicated.

This may not be an immediately satisfying answer, but that’s just because the very question itself is based in something beyond our power to make total sense of: the social order (if you can call it order) of nature itself.

Ask a scientific expert why the sky is blue, and they may tell you that it’s because photons reflect blue light. Ask them specifically why it’s blue light that these photons reflect, and they might give you a lecture on the color spectrum. Ask them why the color spectrum even exists in the first place, and you’ll probably have one less scientific expert in the world who doesn’t wish you were in a ditch.

Human beings have terrible attention spans because the brain pays too much attention to too many things for its own good. From the moment we’re born, our subconscious minds are already being rolled and cooked in the heat of a billion different things like a mental rotisserie chicken.

By the time we’re old enough to choose between crying about a problem or doing something about a problem, we’re already more or less outfitted with a “script” for how we deal with the world around us.

There’s a name for this phenomenon - it’s called *Shiny Object Syndrome (S.O.S).*
Shiny Object Syndrome (AKA The Playboy Phenomenon)

Every single distracted driver in the world, aside from their own little cocktail of mental problems, is suffering from one specific thing that they all have in common. The one thing that all distracted drivers have in common, no matter who they are or what they do, is an uncontrolled case of “Shiny Object Syndrome”, which we can call “S.O.S” for short.

So now, let’s break down S.O.S and its symptoms in order to understand what it is and why it creates so much chaos. Despite how confusing its effects can be, S.O.S is actually extremely simple when broken down to its basest level.

S.O.S is, just as it sounds, an attraction to things that are “shiny” - in this context, the word “shiny” doesn’t necessarily have to refer to a literal shine, but just something that’s more immediately interesting.

When a person with S.O.S sees something that captures their eye, they’re drawn onto that thing like a cat on a laser pointer dot - unfortunately, something different captures the S.O.S sufferer’s attention yet again with every passing minute.

Now, to be fair, each and every one of us has something that we are emotionally drawn to. A life without feeling emotionally drawn by anything in the world is the life of a dead person.
The thing about emotional “magnetism” is the fact that it’s pretty much immune to logic. Even the most naturally logical people in the world are like penguins walking off a cliff when it comes to S.O.S.

Clearly it’s doesn’t make a ton of sense to put your knees on the steering wheel so that you can use both hands to reply to your friend’s text message, but at the same time, we see people making pretty similar lapses of judgment on more than a regular basis - S.O.S is just that powerful.

Despite having all of the logical reasons in the world to refrain from doing something glaringly stupid, plenty of people are perfectly content to live their lives on a conveyor belt to getting burned stupid decisions.

At the end the day, it all comes back down to the frustrating little factor of human emotions. Thanks to emotions, a sheet of paper with the right words printed on it for the right reason by the right person can be worth more than ten times their life savings.

Now let’s talk about those annoying drivers with S.O.S just one more time. Are they the worst people on the planet? Mileage may vary (pun intended), but for the most part, they’re not fundamentally “bad people” for their S.O.S. alone.

The real trigger behind S.O.S isn’t evil, but boredom. When people aren’t being stimulated enough by what’s around them, they’re far more likely to latch onto something else that actually does.

It’s not necessary for a person to be outright bored to tears, but it all it takes is the allure of something just a bit “shinier” to steal them away and take their brain to anything that looks like greener grass (even if that grass is actually an electrical fire).
People will become so comfortable in going through the motions of driving that it becomes thoughtless. The task of driving becomes so boringly comfortable that it’s no longer able to keep them fully invested, and once that happens, the phone comes out and the car crashes start.

The more familiar we become with anything, the easier it is for us to disdain it and ignore it. Unless we can stay stimulated by something that makes us just a bit uncomfortable and unsure, we’ll never be able to pay full attention to anything.

Comfort feels good, but comfort is a killer. The moment you’re confidently convinced that you can do something like driving without mistakes or conscious thoughts, you’re on a literal crash course.

The typical thought process is something to the effect of: “Hey, I’m a good driver. I know what I’m doing. I can multitask without even needing to try.”

The funny thing about multitasking is that everyone thinks they’re great at it until they’re forced to face the fact that they’re not. They’re playing with the temperature settings, changing up the radio station, checking their phones, letting people know they’re on the way, and then they wake up with an ambulance bill to pay.

The reality of S.O.S is that we’re just plain CONDITIONED to get bored amazingly easily. We’re made to constantly lose interest in things in order to hop to the next thing, just for another chance to fill in the emotional ditch from boredom.

How Being S.O.S-Savvy Can Save Your Love Life
Now that you’ve been given the rundown of just what S.O.S. is, you’re probably wondering just what the hell any of this has to do with your current or future relationships.

We know that people have short attention spans, sure, but just what does that have to do with the reality of making our love lives actually work out the way we want them to?

The answer is simple: it has absolutely EVERYTHING to do with the special man in your life, no matter who they may be or what they may do.

The fixation that human beings have on “shiny objects” isn’t just limited to things like the road in front of us, but also the people that we communicate with on a daily basis. Even if a man experiences some positive feelings in your presence, he’ll be extremely unlikely to actually make any full investment in you if there’s something more exciting in his peripheral vision and your presence isn’t delivering the sparks.

There’s a really annoying paradox about human beings that we have no choice but to be completely honest about here: even though we’re creatures of habit, 90% of repetitive habits completely bore us to death.

A lot of people would rather get drunk and put their arms in a leaf sleeve full of bullet ants than spend 1 hour being completely bored out of our minds.

When we’re bored, the devil’s toolbox has been popped open. Idle hands are called the devil’s playground for a very powerful reason - it’s when we’re bored that we have the greatest ability to screw ourselves and the people around over like no
other. Even if we’re somewhat aware of the risks, we accept it because boredom just seems that much *worse* than the perceived consequences.

In short: we hate repetitive things, but since most people’s lives are almost entirely composed of repetitive actions, we’re basically geared up to self-destruct in the name of keeping things interesting.

Given the choice, we will ALWAYS listen to the call to avoid boredom. The mind is not built to stay idle, and if you try to force it to do so, it’ll give you the middle finger and teach you a lesson by making you do something really stupid and probably kind of expensive.

Within every mind is a battery-powered rabbit that doesn’t stop running until it drops dead. Even while you’re sleeping, that little rabbit is sorting through the day-to-day events and trying to compile new folders for whatever new things were processed.

The fact that we’re mentally processing things in our sleep means that not even our conscious feelings of contentedness can save us. A truly man who appears to be content in an extremely boring relationship will be dreaming of the chance to blow his brains out over a waterfall just for a change of pace, and he may not even be completely aware of it.

The failure to acknowledge how destructive boredom is for a relationship is what leads to some of the bitterest breakups imaginable. These fun-free relationships can sometimes drag on for weeks without even the slightest spark, and though they may seem comfortable, nothing could be an uglier fate.

Boring relationships are like an injury that kills all of the nerve endings in a person’s limbs and slowly leads to necrosis. Hours upon hours of boredom will
culminate in a breakup that’s no prettier than an arm or leg rotting off and getting eaten by coyotes.

The only way that people can really feel stimulated is by finding, approaching and defeating new challenges.

People need new sources of mild discomfort and excitement to stimulate them, or they may as well not even be alive. A content man is not a content man in the slightest, but a man who is slowly being stabbed by the stagnation of his life situation - no matter how much he may want to make it work, he will find a way to escape it for something better by any and all means necessary.

When you think of how scared the average man is to any kind of commitment, it becomes very easy to understand just why so many men are set in their “playboy” lifestyle. Just like anything else that we do in an attempt to dull the sting of boredom, a playboy lifestyle is just another way to work against S.O.S symptoms.

As many colorful words as there are to use against men whose entire lifestyle revolves around nothing more than bouncing from one girl to the next, the truth is that these men are getting a constant source of vital stimulation that they’re not getting from a fulfilling relationship with someone who excites them.

It may seem despicable, but it’s a brutally efficient law of nature. A man needs to get that sense of “difference” in his life on a regular basis, or he’ll never be able to feel like he’s actually living for something worthwhile.

Now here’s what makes this situation particularly difficult to tackle - most men really aren’t consciously aware of that fact that this is actually happening to them. They don’t know why or how they’re self-sabotaging, but it just keeps happening like
clockwork. Like lightning starting a forest fire, it’s a naturally-occurring and incredibly destructive process.

No one wants to go through their life feeling as though they can’t ever change. The brain doesn’t want to be stuck in neutral gear it, wants to speed and drift through new experiences.

Chances are this all sounds more than just a little bit negative, but it’s actually a blessing in disguise. The fact that we know men need stimulation in order to remain fully invested means that we know exactly what it takes to make sure that they’re actually getting that attention when we need it.

If you want your man to actually keep legitimate interest in you, then you can’t go as far as demanding that attention from them like some kind of debt collector. Trying to force retained attention even less productive than failing to do anything that appeals to his S.O.S at all.

Rather than seeing the relationship die because of S.O.S, you can instead use it to your advantage and make the relationship even stronger than it ever was before.

The best part about this strategy of ours?

Not only will you be able to counterbalance S.O.S, but you can eventually get to the point where it’s practically removed as a factor altogether. Once S.O.S has been just about completely removed from the equation as a deciding factor, you will have accomplished a “hack” that I like to refer to as Intrigue Loop Building.
Bad Intrigue Loop = Bad Lovers

S.O.S. operates in a very wide range of different speeds between the minds of different people. While S.O.S might build up to the boiling point for some people over the course of several years, it may take as little as just a single day for it to happen to the same degree in other people.

The length of time that it takes for S.O.S to break a relationship depends on the quality of the intrigue loop that you create.

We’ll use the word “intrigue” here because, when it comes to attention, there is always a ratio of “intrigue” between an object and its keeper; in this context, the “object” is the relationship, and the “keepers” intrigued by it you and the man that you’re in the relationship with.

Basically, if you want to keep S.O.S from sinking your ship, you first have to ensure that the level of “intrigue” is always kept at a suitable ratio. The strength of the intrigue will determine how quickly desire builds up when the source of that intrigue inaccessible.

Think of it like this: the only way for you to become addicted to something like caffeine or gourmet chocolate is of certain level of ‘intrigue’ to be created by the taste of coffee and chocolate the first place.

You’re temporarily satisfied when you can have them, but as soon as they’re gone, the desire builds up quickly again. For serious chocoholics and caffeine addicts, their level of intrigue in chocolate and coffee is so high that even just a few hours may be too long to stand waiting.
At this point, I might sound like a gigantic hypocrite to you - to be honest, I wouldn’t blame you for getting that feeling. After all, I just said that the mind easily grows bored, didn’t I? Still, even though the mind naturally grows bored of things, there are still plenty of things that people do every day without getting bored, like eating and drinking their favorite things.

The thing to take away from this is that there’s a massive difference between the things that we look forward to doing every day and the things that we only feel obligated to do on a daily basis.

There is a very specific reason why things like chocolate and coffee get people so excited even after decades of regular exposure to them: endorphins. Endorphins are positive hormonal chemicals that explode in your brain's reward center whenever you experience something that you like.

You enter a sense of euphoria that makes you feel almost supernaturally alert, lighthearted, and satisfied. Of course, the intensity and duration of this experience can be limited if the stimulation happens to you too often.

The time between feeling the maximum level of satisfaction for something and developing a tolerance for it, however, depends on what exactly that thing is.

When it comes to your favorite food, you might be able to eat it over ten thousand times without ever getting tired of it. On the other hand, eating something
else even just 100 times may begin to quickly bore you to death if you don’t like it that much.

At the end of the day, the only way to make anything less boring is avoid overexposure to it, and even more importantly than that, the intrigue needs to actually exist in the first place. No matter what it is, attraction and desire can't be negotiated. You can't force somebody to like something or someone that makes them want to vomit on an instinctual level.

Unless there's that little spark of desire there from the beginning, intrigue is never going to happen. It's not about creating intrigue from thin air, but instead about finding that little kindle inside of our reward center and figuring out how we can set it on fire as quickly and powerfully as possible.

Right about now, you probably understand just how this applies to a man’s desire for any woman he's seeing. In order for him to not want to jump off a cliff from boredom, he can’t be too comfortable with her constant unconditional presence. When it comes to relationships, the key is to trigger emotional intrigue. The more emotionally intrigued a man is by you, the more excited he’ll feel by your company.

Out of all the different tools that you can have in your relationship utility belt, emotional injuries probably your biggest powerhouse. Everything about emotional injury is rooted in the reward-based system. When you get a handle on emotional intrigue, you will basically have a skeleton key to the deepest level of desire in his heart.

Remember, whether consciously or not, the brain always needs something that gives it a fresh endorphin rush to focus on. The reason why men don’t settle is a lifetime of learning to fear the lack of endorphins. Whatever they latch onto to excite them is what they have ‘learned” to see as saviors from boredom.
To put it simply, the better they feel when they do something, the higher the intrigue rises.

If this ticks you off a little bit, then you're not alone. After all, as lovely as constant intrigue through the playboy lifestyle might be for men, women get the short end of the stick because of it. Despite how aggravating it may be, just remember what I mentioned before: the brain needs stimulation, and there's nothing humans can do to avoid that core need.

The brain will always take the path of least resistance to getting that spark through novel experiences. The brain always needs a new way to feel intrigue faster and better than before, even if there is something that's seems completely ridiculous.

So, despite how easy it may be to point our fingers at the man for this, we have to blame it on the brain.

Not only does the brain’s wiring make this all possible, but the brain explicitly rewards this entry was in the first place. As you probably know by now, the majority of people aren’t even aware that this is actually happening. If you ask the average person just what S.O.S means in terms of relationships, they would probably look at you like you just sprouted two heads.

Once again, the fact of the matter is that this is mostly an unconscious process. It is so deeply hidden beneath the layers of our mental processing that we can go our entire lives without being fully aware of it, and for many people, this is often the case.

Let's think of it this way: a guy who sleeps with a bunch of women is going to learn, on a conscious and unconscious level, that doing what he does leads to a lot of
fun experiences. It may be challenging at times, but the payoff from successful escapades will basically encourage him to keep on doing what he’s doing.

His brain will record the fact that by not sticking to a single lady, he can get a constant buffet a variety by being a playboy. Beyond just understanding this, he’s going to have it mentally “branded” into his brain by experiencing it over and over again.

Now as frustrating as this may be, it doesn't mean that he's necessarily trying to be the bad guy. All that it means is that the intrigue has taken hold of his mind and jacked it up on a heavy sack dopamine.

The cherry on top is the fact that even married men can fall into the intrigue trap of playboy escapade pursuits. Some committed men are actually even more at risk of becoming sidetracked by this obsession with chasing intrigue than single men, because the rubber band effect from their boring relationships is just that much more intense.

If you take anything away from this section, simply remember that an idle mind is always fated to wander.

Tons of men are considering what it might like to be single again, even in the happiest-seeming relationships. Fantasizing about what it might be like to be with another person again starts innocently enough, but if it gets too boring, it’s all downhill from there.

As soon as the wandering eye has begun to shift back and forth, there is no stopping it from seeing new opportunities to get into trouble. The brain is always
seeking some kind of intrigue to satisfy its thirst, and it's not going to stop until it does.

The guy may not necessarily turn into a cheater when he's deprived of endorphins, but even if he *isn't* cheating, he's going to be so emotionally unsettled that it completely sets him off track in many different ways.

Basically, the playboy persona is basically just the most outward representation of a man's S.O.S at its worst.

A playboy finds it extremely stimulating on both a physical and spiritual level to have a constant dynamic swirl of emotions from new experiences. A married man will be even more tantalized by the constant gratification when he's already been swimming through a sea of monotony. Compared to constant boredom, it will feel like a daydream come true.

Despite what's at risk here, there's no need to fear. All you need to know is that the more emotionally rewarding something is, the more attention the man is going to give it. If a man finds that paying attention to entire smorgasbord of women is more emotionally satisfying than what's right in front of him, and he going to simply pay more attention to doing so.

On the other hand, if he can find more emotional stimulation from just *one* woman, then naturally, he's going to *stick with* that one woman that gives him that stimulation. The man’s brain wants to be tempted and excited every day. The man is basically like a pirate with infinite energy that wants to keep on digging to newer and better treasures on foreign shores.
The only challenge that you need to worry about is to become the biggest source of intrigue that your man perceives. It may not seem easy to do this after decades of marriage, but if successful, even a stagnant marriage can be saved from the brink of destruction.

In order to do this properly, a man needs to be shown that the player lifestyle doesn't compare with what’s possible with the jaw-dropping woman right in front him: you. When the player lifestyle seems less stimulating in comparison to what you can provide him with, he will finally shut his wandering eye.

**What to Do In Case of S.O.S Signals**

So you understand how important it is to build up emotional intrigue, but how exactly are you going to keep it there?

The only way to captivate his full attention, time and investment is maintain intrigue a high-enough level on a consistent basis - this is process of becoming that shiny object he craves so much.

You could call this a game of Cat and Mouse if you want, but no matter what you call the game, tact and finesse are key. It’s like a thriller novel that leaves little bits of choice information to keep the reader on edge, but never so much that there's too much payoff at one time. In order to fully develop that sense of suspense and captivation for any man's mind, the story needs the right mix of intrigue and incentive.

When you pull off the golden ratio, his brain will go from fluttering between 1 million different little topics to just one point of fixation: the intrigue you emit. The
man won’t even think of spinning his wheels on any of the hundreds of thousands of mental tracks that don’t lead to you.

You will be establishing the ultimate track that he races on for a lifetime, and though it may be ambiguous, he will know that it leads to you in the end. He’ll want to tear down this track at maximum speed on a primal level.

S.O.S Command - The Ultimate Intrigue Builder

To make this work, emotions should always distinguished from regular thought. Unlike thoughts, emotions are raised by triggers and not just conscious judgments.

Think of the waves in the ocean. A wave isn't just one single sustained force that rises up out of nowhere, but a bunch of tiny waves that come together and create the large wave. When it comes to building emotional intrigue, think about those small waves.

You don’t want to try summon one gigantic trigger of emotion at once, but you want to create a bunch of smaller triggers that all come together into the final product nicely.

The fastest way to become an ocean of intrigue is to make your approach based on validation. Through validation, you will have a direct line of contact into his reward system. Catering to the reward system is the ultimate essence of S.O.S commands.
Here's a basic breakdown of how the S.O.S command truly works:

**Step 1: Use emotional buildup and anticipation to bring his emotional pressure to a boiling point.**

All you have to do to make this effect is to use an emotionally-validating verbal cue.

**Step 2: Make sure to keep buildup gradual so that the emotional gratification can be sustained for a long period of time.**

The key is to make sure that the buildup doesn't spike him emotion too quickly to be sustained regularly.

**Step 3: Always remember to stick to the pattern of reward and release.**

In order to make sure that the process is successful, you're going to want to make sure that new loops are constantly opened up a regular basis before closing them off.

Below are just a few potentially helpful examples of the different kinds of S.O.S commands you can use to initiate the create intrigue loops in everyday conversation.

You don't have to use these word for word, but they should serve as a powerful example of just how you can communicate with a man to make sure that intrigue loops are opened naturally and successfully.
The swiftest and best way to build up any kind of emotional intrigue is to begin with the right angle of attraction. Any guy who is suffering from SOS syndrome is going to be set off by the chance of being seen as desirable or attractive.

Most guys want to know that they're attractive in the first place, but guys suffering from S.O.S having even more pronounced need to feel this way. Even though you are going to be validating him a little bit, the key is to push back just a little bit on that validation after you give it.

By pulling back after you pushed a little bit, you give men a spark of intrigue and enough of a cooldown for the emotional stimulation to simmer before building back up.

**Use the Flirting Advantage**

When you're out with him in a very public place, make sure that you point out that another woman has expressed a little bit of interest. By showing that another woman has expressed interest, the intrigue loop swings wide open.

“You know I've been seeing this lady across the room, and she's been getting you the eyes for some time now. She probably doesn't know how obvious she is, but I can see it clear as day.”

After you point out that he's been getting the eye from another lady, wait for him to respond. He may either accept it or he may brush it off, but the exact nature of how he replies isn't really important. As long as the guy replies to the fact another woman has and giving him the eye, the intrigue loop has been opened.
You want to make sure that you improve the sense of validation that he gets from being ogled by this mystery woman. Something you can say would be like:

“You know, if I was single and that was me, and you and I were alone, I would definitely come over and put my number in your pocket. I’d probably whisper a little something in your ear too.”

Just like that, the loops of intrigue have been burst wide open – first by validating his need to feel sexy, and then by joining in on it yourself.

Now that the gate of intrigue is open, you can make it even more powerful by suggesting just what it might be that you'd whisper in your ear as a stranger. The fact that another woman was looking in the first place no longer matters.

All that matters is the fact that you’re signaling to him that you are the most intriguing woman in the room, because you will throw the mystery of your attraction to him from a stranger’s perspective into the equation. He will be taken over by all of the surprise and excitement of what may happen if you were that hypothetical woman instead.

You build him up, you validate him, and give him a double dose of that sense of being validated by a new woman with your own compliment. This technique is particularly effective for married couples need a little bit more spice in their chemistry.

Your frame yourself back into the position of a stranger whose relationship with him is fresh, and therefore more exciting than before. You build up more intrigue just by introducing the hypothetical element of how you might approach him if two of you never met before.
The fact that you aren't even shy about it is going to make things even more intense, but ultimately, the ambiguous whisper into his ear is going to be where most of the power of this line is drawn from. He'll definitely want to know just what it would be that you would whisper to him.

Make sure that even if he asks you exactly what it is, you say that you're saving it for later and don't want to spoil the surprise. If he doesn't ask exactly what you saying, you can bet that he's still thinking about it.

Remember, we’re not looking to build this one gigantic wave, but to create a collective impact made up of tiny waves. Because it's so novel for you to suggest that you would come onto him as a woman who didn't know him, it will definitely have him deep in thought.

Below are more examples of just how to put this effect into play at its greatest potential. If you’re with a man who has a particularly intense case of S.O.S, like a wild stallion that seemingly can't be domesticated, you're going to want to make sure the tone matches the task.

A man used to things moving at a quick pace needs to be approached at a quick pace. Make sure that the level of excitement that you create is accelerated to the point where it can really stimulate him properly.

Nowhere are a few more examples of how to pull this off:

“Since we’ve been walking around together, I swear that about five girls have stopped and dropped their jaws because of you. Three of them literally
looked you up and down. One of them poked their boyfriends and asked why he couldn't be more like you, and another one bit her lip.”

Wait for his response, and watch to see if he gets a little bit cocky. Men are always unconscious wondering about the gazes that they might be catching from walking around with another woman, but getting a positive report about it from you will definitely catch him off-guard.

If he’s the more cocky type, he may say that this thing kind of happens a lot. He might say that he hopes you don’t feel too jealous. You can say that you are just a little bit jealous to feed that ego of his just a bit more, widening the intrigue loop by a subtle but very useful little margin.

If he’s a little more skeptical about what you’re saying, he might also ask if it’s actually true. While some men with slightly lower confidence levels might be skeptical of the notion that a bunch of women are checking them out while they walk around, the fact that you bring it up in the first place will still appeal to his ego on a primal level.

Whatever his answer is, follow up by saying:

“Well you know, if I was one of those girls, I definitely wouldn’t just walk by. I would come up to you and I would whisper something into your ear, but not before I made you worka little bit to get my number.”

With this line, you’re once again going to want to avoid being hyper-specific about exactly what you’d whisper into his ear. You want to make sure that his imagination has free reign to fantasize about what you might have to say, because that
will ultimately be more powerful than anything that’s actually confirmed for him right away.

The fact that what you’d whisper to him is up to interpretation where the power lies. It's playful, it's sarcastic, but it said with confidence. The man has to know that you’re being a little bit coy with him, but it’s still a genuine expression of how you find him attractive if the two of you hadn’t been acquainted already.

The line must flow organically and engage him in a way that gets him and his emotional centers through suggestion. You’re not outright complimenting him on anything concrete, but you’re making the implication that he’s stimulating you in a very powerful way by being near you.

Feel free to mix things up by pushing and pulling in other ways, like suggesting that he might have to fight a couple guys off with a wooden stick first. Suggest that you might just even walk away without giving him the number, because you’re just too cool for that.

By making sure that you don’t stray too far into either hot or cold territory, you’re keeping that emotional intrigue of his on a balance beam. He knows that he technically already has you, but at the same time, he’ll be wondering if he could possibly attract the “stranger” version of you even more powerfully if he did something differently.

The thing about this line is that you don’t just validate him, but you renew the stock that he invests in your judgment of him as a woman. If he’s too comfortable with your approval of him, he doesn’t feel that he has to work. By framing yourself as a stranger once again, you’ve gotten him reacquainted with the realm of uncertainty.
Don't be afraid to tease a little bit by saying he’s little bit uptight. Teasing him opens up another intrigue loop that makes him wonder about whether or not you’re one hundred percent serious, though the major implication will be that you are.

The biggest thing to take away from all of this is that you are setting his hunger for validation on fire. His attention is turned back to you with the question of how attracted you really are to him, and the answer should rest with you as well.

You're making it fundamentally clear that you offer a lot more than these strange girls, and frame yourself as an extreme figure of interest. Show him that even though they're just bystanders, you're a whole lot more engaging. You will bethe elusive mysterythat’s just within reach but still a bit elusive.

You aren’t just another girl passing his peripheral vision, but a fresh opportunity for him to get new stimulation from. This is just a way to make sure that his validation thirst is satisfied with a confidence boost that specifically comes from you.

Remember, no matter what he might say, chances are that he’s unaware of the subtext of this situation and will just be at the mercy of its effects.

The key to the intrigue loop you created is to bring yourself back into the hypothetical picture of an unknown situation. You mention what you might do if you were one of these women, but you never give 100% confirmation of just exactly what it would be that you do. You paint a vivid picture while leaving certain things blurred.

Now here are a few more variations of the S.O.S commands that you can use to create the intrigue loop successfully:
“I saw these other girls fondling you with their eyes, and all I could think of was how much as farther I would go to get your attention if I were one of them.”

“The women over there are probably are nervous to approach you because you're married, but if I were one of them, I'd probably be a little bit more shameless about it. You might be shocked at what I would say to you.”

“Those girls looking at you probably don't know whether you're single or not, but I can definitely tell that they’re single themselves. Only newly single women would be so full of energy to come up and approach you with the lust that I saw in their eyes. I can't even tell you what I would do I was one of them.”

“Sometimes I wish that I could meet you all over again.I want to see that look on your face when I your blood rushing and leave you breathless for the first time.”

“Sometimes I think it’s fortunate that you already know me. If I saw you again for the first time, you may not be able to handle how I would come on to you.”

“I've noticed that you become a lot sexier lately, and the looks from girls around you lately show that they’ve noticed too. If we met all over again and you were taken, I’d be jealous enough to fight her.”

“The girls over there so cute when they're trying to pretend that they can't be noticed staring you, but they’re so red they stick out like apples ina
snowdrift. If I were one of them, I would make it very clear to you how not shy I really am.”

“You probably shouldn't keep improving yourself, or some other guy’s girl just may not be able to help themselves and you’ll have to fight him. I know that if I were one of them, I would feel sorry for whatever man I was with – whatever I'd say to you probably make him pretty jealous.”
Chapter 10: The Desire Reset Command

There are plenty of women who are oftentimes faced with the unfortunate circumstance of having a special man suddenly stopped giving the same level of affection that he used to. Luckily, there is a very effective way to rekindle that fire when it seems like things have fizzled out.

With the Desire Reset command, you can recapture the same spark that used to make the relationship feel fresh and new. Think of this as spark to recreate that heat you experienced in the honeymoon phase of a relationship.

Think of those cellphone pictures that gets set as backgrounds when the couple first starts going out, the endless daydreaming before things become official, the mental stimulation that makes a man feel as though he’s living in a daydream come true; we wish that this could last forever with no effort, but the reality is that it takes work.

The only way to make sure that something like this can actually last is by putting the right verbal techniques into action, just like everything else covered so far.
In this section you are going to become aware of exactly what it takes to make sure that this honeymoon phase not only comes back, but can be sustained even longer than before. Though it may not be unconditionally permanent, you can make sure that it never goes completely cold so long as you keep working at it.

Now there are a few reasons why you might be in a position like this, though none of them are any less valid than the others. For starters, some women just plain screw up the relationship. We’re human, we make mistakes, and sometimes those mistakes come back to bite us.

If you have made a relationship mistake, you can still salvage things by taking the right measures promptly, and we’re going to cover those below.

Even in the absence of mistakes, there might also simply be an issue of too much familiarity. When couples have simply been together for such a long period of time, it can be easy to just fall out of touch just based on the comfort of dealing with one another day after day.

There's no need to worry, because even older couples have managed to become like newlywed lovebirds once again with the emotional impact of a Desire Reset command.

In some circumstances, a couple may not necessarily be married to one another, but they might as well be in accordance to common law. Whether or not there is a legally binding contract that keeps a couple in the same room for the majority of the day, too much familiarity can and will lead to a lack of appreciation.
If you have been in your relationship for longer than a year, and it is essential to prepare for the need to make sure that things don't fizzle out prematurely. Whether the relationship already has or you worry that it may be in the process of cooling down, the Desire Reset commands can be like a lifesaving fire.

The last scenario that Desire Reset command can fix is one in which a woman simply just hasn't been putting the level of effort that she could be.

There may not necessarily be any glaring mistakes that have been made, but the lack of genuine effort to put in the right amount of emotional desire-stimulating affection can be just as detrimental as an actively-conducted mistake.

An extended period without the right levels of passion can be just as detrimental to a relationship as infidelity. Even if things have gone cold due to a lack of effort, however, the beauty of the Desire Reset command is in the fact that it can be like a jump-start to a relationship that has been slowed down due to a “dead battery” of passion.

The signs of a relationship simmering down are always there, though they may come in different shapes in different forms. You can always tell when things aren't really as passionate as they used to be. It’s the state where he comes straight home and drool in front of the TV instead of acknowledging his lady’s presence.

When the man seems as though his desire for the woman belongs in a museum exhibit instead of something to be appreciated in the current day, then corrective action needs to be taken. The Desire Reset commands can be like emergency buttons behind breakable glass to push down on they are needed the most.
So, in order to fully appreciate the power of what we’re dealing with here, we’ve first got to break down one very big misconception there is about love in general: this misconception is the idea that love is like energy.

Now keep this in mind, love and energy do have some things in uncommon. Love and energy can help you feel that you're living life to the fullest.

On the other hand, the law of thermodynamics states that energy cannot be created or destroyed; this is a very stark contrast to love. Love, unlike your energy, is something that is built.

Love has to be built up, nurtured and stabilized, or it can very well be destroyed.

Understanding and respecting the fragile nature of love something that can be destroyed and created will put you in a much better position to use these commands for reestablishing it.

Do you know what the definition of insanity is? The definition of insanity is trying to do the same thing over and over again and expecting a brand-new result.

Now that we’ve addressed the the fact that love can in fact be built, naturally, we cannot attempt to try and build it back with the same crappy materials that made it break down in the first place.

By recognizing the inefficient “material” in a relationship that made it break down in the first place, you can do yourself the immense justice of not repeating your mistakes by trying to build it with the same materials once again.
After we have recognized the insufficient nature of those materials that proved incapable of keeping the love firmly constructed in the first place, we can reverse-engineer it with far better degree of durability than ever before.

So then, your first priority is to assess the situation and take a damage report. Just like a mechanic examining a broken down car, the source of the most vital damage has to be taken account of accurately.

We have already extensively discussed the fact that humans have an inbuilt “fight or flight” compulsion. Because of adrenaline (along with dopamine and serotonin) we are always either running from things that we hate or running towards things that we love.

Generally speaking, a relationship will be in the most likely position to break down once a man has entered what we called the flight zone. Once in the flight zone, the relationship has fundamentally shifted in its chemistry.

When a man is in the fight zone, however, he is willing to lay down his life on the line to prove yourself as a worthy and suitable partner for you. In the flight zone, he is ready to take off running in the opposite direction is long as it means no longer having to be beside you.

Clearly, the fight and flight zone are two polar extremes of the spectrum that have a lot of middle-ground; however, being aware of these two polar extremes will put you in the best position to understand where the areas for concern are as it slides in either direction on the scale.
Somewhere along the line, you may find yourself in a relationship with a man who is sliding more towards the flyaway zone than the fight zone. Note that it is not necessary for a man to be at the absolute polar end of either the fight or flight zone to be either very committed or very fearful of the relationship between the two of you.

What needs to be understood is the concept of a man's primal core, which categorizes you as an ally or an enemy. With the Desire Reset command in action, you will be establishing yourself as not an enemy of his core, but as something that should be protected and preserved as a source of positive emotions.

So now we have gone over the fact that the relationship is constantly on a sliding scale towards either the fight zone or flight zone, the best course of action to take stock of where the relationship lies on the spectrum; by doing this, we can pinpoint just when it might have gone too far into negative territory.

Though there may not be an objective number can be used to determine exactly where the point of no return is, we can still recall the arguments. Take a moment to think back to all of the different arguments that you might have had with a man over this or that.

Think of all the little disagreements that you may have had over small things that, while probably not world-ending, did make things a little bit tenser between the two of you for a day or two.
These things are important to keep in mind because each of them, no matter how small they may seem, is another essential part of a relationship’s gradual decline into the flight zone.

Let's go over a list of some of the things that might trigger these little arguments that culminate into a breakaway in the flyaway zone:

- Arguments over bills
- Arguments over past relationships
- Arguments over family
- Arguments over travel plans
- Arguments over dinner plans
- Arguments over misinterpreted words

Any arguments like the above can gradually snowball into the degeneration of a man’s feelings of desire for you. Now keep in mind, you may not necessarily be in the wrong for some of these arguments. In some circumstances, you may very well be damn right in an argument that you had with him.

The thing about relationships is that trying to erase the occurrence of arguments will not get you very far. As human beings, we have differing opinions and values that create friction between us. An argument between two people is simply a sign that they are two individuals, which is better than being two identical calculators.

Being aware of the arguments is the key priority here, not to erase them. You are going to want to try and pick these battles a little bit more carefully. Simply understanding the impact that they will have when they do happen will make a world of difference.
Take stock of these little arguments whether you are right or wrong, and try not to be true fixated on the justification of any one point over another. Though you may not agree with his point of view, it is important to understand exactly where he’s coming from.

This is going to be a little bit more difficult for some than others, though I guarantee that being able to put aside the ego and take an unbiased account of these arguments in a rational fashion will be far better than the alternative of simply ignoring them all together.

Okay, have you found the strength to make a list of these little arguments yet? After you made a list of the arguments, the very next step of the process is to begin making a list of the man’s core values.

When I say core values, I’m talking about the things that he holds in the highest regard.

**What are the things that he stands up for?**

What are the things that he always act on because of a trigger in his gut?

What are the things that he personally spends the most time on whenever he has the chance?

What are the things that always get right under his skin and make him feel extremely uncomfortable on a fundamental level?
What are the things that inspire him to get out there and change the world?

You have to understand what these core values are in order to actually stand a chance handling his core capacity for desire in anything, not the least of which his relationship with you as an individual.

Once you have gotten your strongest idea of his core values, the very next step is to see just how these core values might intersect with the way he forms relationships with other people.

What are the core values most closely shape the kind of interactions that he will have with people around him that share or disagree with them?

It’s as simple as this: if your man happens to be a very strong advocate of animal rights, how is he going to react to people who don't really care about animals and mistreat them?

How will a man who strongly believes in the usefulness of the military react to a person doesn't respect the military? How will a man who wakes up every day to tune up his car react to a person who knows nothing about cars but claims to be an expert?

These all might seem like ridiculously simple questions, but they’re all an example of how our core values shape the very minor things that we react to on a day to day basis.

You have to be able to draw a vivid picture of how the core values a man has will color his vision of the world around him and the conversations that he has.
Once you've been able to develop a strong picture of just what area your man occupies on the spectrum of society based on his core values, you will have a much more accurate idea of what makes him tick.

Ultimately, the key to unlocking the full capacity for desire in any man is to have an accurate blueprint of the ways that he goes about spending his days in the company he keeps, all in accordance to his deepest values.

Understand that when it comes to a relationship, the importance of his core values is greater than in any other context imaginable. There are some who get the impression that core values can be sacrificed for the survival of love, but in truth, it's the opposite.

While it may seem logical to expect a certain degree of sacrifice in a relationship, and this isn't wrong, core values themselves can never be sacrificed in a stable and healthy relationship.

The strongest capacity of love will only be able to bloom between people have come to accept one another's core values for what they are, not two people who try to repress them to appease one another.

Now that you have an honest layout of who the man is, it's time to combine those two lists that you made. You have to combine the list of core values with the list of the small arguments that you may have had with him. The object is to examine where these little arguments might have subtly offended these core values that characterize him.
Sometimes we can be absolutely shocked at how the little things that we say can make implications that we ever even considered. Before writing them down. By taking time to sit down and examine all of the little things that you said to him, juxtaposed to his values, you may have a sudden epiphany.

Now of course you may still have been 100% right in some of these arguments, but at understanding his point of view will be an essential part of recovering the damage that has been done.

For example, let's examine an argument that might have involved a woman saying something that implied her man doesn't put in enough effort.

In this moment, the core value that is being offended is his need for validation. As we have gone over in extensive detail already, men have an internal need to be valued as competent protectors and providers.

When mistakes are being emphasized over victories, a man's fundamental core value of validation is not being satisfied in the slightest. He will be experiencing the opposite of the kind of desire that draws compels to provide for a mate, sending him hurling into the flight zone.

When this kind of discord has been introduced into the dynamic of the relationship, what has happened is that the man's core has become unbalanced.

The man's core values are a fundamental pillar of his ability to feel stably grounded in his place in the world. When his own partner is not supportive of these core values, he feels as though he is losing total stability in his sense of self. There is almost no more compelling reason to flee a relationship than the sense of inner instability.
Now to be fair, you may not always remember every single little thing that was said. After all, a lot of these arguments may have been a long time ago. Though you may not have the memory of an elephant, you can still try to approach the situation in a slightly different manner than you may have before.

Two key things that need to be kept in check at all times though: tact and patience. If you are not gentle or patient, then things will only get worse. You may have conviction and being correct, but you must avoid further arguing at all cost.

The ability to set aside the ego and avoid unnecessary arguments takes a great degree of self-control, but if successful, it can create amazing results.

Remember, this is an exercise in the art of understanding. This is not an exercise in proving who is right. This is not an exercise in proving who is justified, who were smarter, who is more sensible, who was more accomplished, or who should have said or done what.

This is simply an exercise in understanding one another better as people.

So now that you understand that this is absolutely not an invitation for any kind of contention, you are ready to make the approach. What you want to do is approach him and say something to this effect:

“You know, I was just wondering about something…has there ever a time in the past when there was something that you just wanted me to do, but maybe I couldn't figure it out?”
“Honey, has there ever been a time when you expected me to pick up on something that you needed, but it didn't really seem like I was really getting it?”

“You know, if there has ever been a time where I just haven't been able to come through on something that you trusted me to do, I want you to feel completely comfortable with being honest with me about that. Sometimes it is easy to miss things like that when there’s already so many other things to focus on, but I don't want you to think that I don't care.”

Even if you don't use these exact words, the common denominator is that the frame has been set effectively.

The mood has been set in such a way where there is no confrontational energy and no accusations.

These can be worded in many different ways, but the more low-key and casual that it is worded, the more effective the final result will be.

Be aware that even after you have set the frame of the interaction in such a way, you may not always get a satisfying answer. Men are very visual and tactile creatures, as we discussed before, but they may not always be quite as verbally expressive as you would like.

However, even if you don't find that he’s immediately open to have a discussion about what you just bring up, you can use the things on those lists that you wrote to stand a better chance of showing that you’re genuine.
He will be far more comfortable with opening up to you if he can see that you actually empathize with the things that he cares about but may not openly communicate quite so much. After all, in the majority of relationships, it's very rare for either partner to go as far as sitting down and carefully writing down what the other person’s core values, beliefs, and annoyances are.

When you go the extra mile to understand who he is as a person, you will be in far superior position to break down the walls of resistance that he puts up to protect his ego when it feels it is though it has been either threatened or taken off balance by something.

Let's assume that you just open up to him, setting the frame in a way that isn't competitive, but you haven't quite gotten to the point where he's really feeling that comfortable with telling you exactly what’s on his mind.

What you can do is find a tactful way of inserting your understanding of his core values to cue him into the fact that this is not about you trying to appear smarter or better than him. You could say something such as:

“I know that X is really important to you, and I would hate for you to feel as though I don't respect that. I want to make sure that we’re always on the same page.”

“I really admire the the way that you do X every day. Even though we’re together, it makes me want to get to know you even better.”

“I know a lot of my girlfriends don't usually go out of their way to understand what makes their men unique, but I don't want to make the same mistake with you. I
want you to feel like you can count on me to have unconditional appreciation for what it is that makes you special.”

“I don't want to look up one day and feel as though I falling out of touch with the kind of man that you set out to be every morning.”

Once again, things like the above sentences don't necessarily have to be the exact same words that you use for your specific situation, but the key is to set the stage for the right level of empathy.

You are avoiding any and all assumptions that this is more about breaking down his personal idea of what is right in favor of yours; instead, you are showing full appreciation for him as an individual.

If you think this may seem a just a little bit passive-aggressive, don't worry about it. As long as it is founded in a genuine level of desire to be more aware of what his needs are, you won't have to worry about doing more damage than necessary.

He may get just a little bit defensive at first, and if he does, know that this is a natural reaction. Do not panic. If you get the sense that he becomes defensive at your declaration of willingness to be more understanding of them, you definitely don't want to get flabbergasted or nervous about what's happening, which could make you reflexively defensive too.

Do not become visibly upset or impatient. You don't want to ruin the groundwork that you just laid in setting a calm and understanding environment. Whatever he says, you want to hear him out and accept the impression that he gets.
Just as you make a point to understand his point of view in any past arguments, you also want to accept whatever reaction he may have to your expression of willingness to understand him more deeply. Whatever happens, simply allow the conversation to flow as it will.

If he tries to fire back at you in a passive-aggressive, dismissive, or sarcastic manner, you can follow up with something like the following:

“I'm not completely sure if you realize this, but lately I've been thinking about you on a deeper level than I ever have before. Some women wait too long to let their man know that they're really thinking about them, and I don't want to make the same mistake as them.”

“I want to genuinely understand you more. I been thinking about the things that make you who you are, and I realized that there's still more room for me to know more about that. I want to fully understand your side of things, not just my own idea of what it might be.”

“I've been having thoughts lately about how long we've known each other, and I realized that I don't want to stop getting to know you better. I want to know the kind of person that you truly are at your core and who you want to be. Don't feel afraid to let me understand just what kind of man you are, and I will have the most unconditional respect for it.”

“I would never want you to feel like you have to censor or hide the kind of person that you are just to get my approval or anyone else's. I want the true unfiltered you to be fully expressed so that I can fully understand and appreciate it for what it is.”
“I know that some couples can spend months or even years together without even getting to fully know one another, and I really wouldn't want that to be us.”

“I don't want to force you to start memorizing every little minor detail about who I am, but I do genuinely want to understand who you are is just a little bit better. I want to know to judge you, but just appreciate the real you better.”

“When some of my girlfriends describe their men, it seemed as though they don't even understand who they're actually with. It seems as though they're in a relationship with an acquaintance more than someone that they've known for years. I want to know you on a level that actually does our relationship justice. Unlike them, I want this relationship between us to be built on something real, and that can only be possible if I fully understand who you are and who you want to be.”

All the above Desire Reset commands open the same opportunity for the man to feel either comfortable or slightly defensive, but the point is to make that honest declaration in the first place.

Remember, no matter what happens, the objective is to let the conversation flow naturally and except what may come. You may not be able to control the outcome of the conversation, but you can at least make the guarantee that you have expressed your willingness to understand him in a completely aggression-free manner.
Even if he is a bit defensive at the notion of opening himself up, people can sense when others are being genuine with them in conversation. If your conviction to understand him better comes from somewhere real, he will at least be able to pick up on the fact that you legitimately mean what you say.

After you clearly illustrated your genuine willingness understand him better, the next key in the process is to **avoid making it about you**.

There are far too many women who get just about every single step right except the most important step of remaining *selfless*. If you can help it, avoid referring to yourself too much after you've expressed her desire to be more understanding of who he is as a person.

Try to phrase things as a narrative that is set from his point of view. Don't fixate too much on the feelings that you may have about uncertainty towards what he's feeling or thinking unless it is preceded by an expression of desire to know his thoughts.

If you can do this gracefully, there is a very real chance that he may oblige your request to open up. He may only oblige you gradually, but no matter what the pace that he opens up to you at is, you are going to want to avoid judging him at all costs.

He may try to defend things that you don't agree with, but don't forget to empathize more than you fight. He may not immediately sense that you're trying to connect with his core values, but with empathy, you give the confidence to believe that that you respect what he feels.
Now that you have gotten a more complete picture of his core and how it may have been conflict in the past, you will have what it takes to start building up that desire zone once again.

Always keep in mind that your man has a burning desire to be fulfilled in his need for validation and appreciation. Don’t fall into the self-defeating misconception that desire can only be rekindled by a fresh face.

The familiarity that you have with one another can be used as an advantage rather than something holding you back. Because he already has a history with you, you are in a far better position to reach his core than a stranger.

At the end of this process is a point at which we can finally show the man that we intended on fulfilling that unspoken yet overwhelmingly powerful desire of his core to be trusted, accepted, respected and validated. This is the true power of a Desire Reset command.

Much like a man’s inner core values can be broken down into a list, the desire reset commands that we are going over can be broken down with equal accuracy as well. The desire commands functions by first rebuilding trust, breaking down barriers, and in laying the foundation for a renewed level of attention to his relationship with you in a positive light.

Desire Reset commands set off a restorative process that works on the basis of re-validating his neglected needs. In addition to re-validating neglected needs, you also re-validating yourself. You will be setting yourself up to fulfill the task of emotionally fulfilling him when he needs it the most.
The man’s core needs to trust you fully before it opens itself up, and that is going to take its full confidence in the lack of any threat to what it stands for.

Once he’s expressed his core needs, you have show that you are willing to meet them unconditionally. This isn't something that is only done through what you say, but it has to be accurately reflected through what you do.

You are reinforcing the desire at its foundation and and digging down to set a new seed of passion. The man’s full trust and passion can only be made possible by earning his trust in your genuine empathy.

The first thing to do is to disarm the core’s defenses. You disarm the core’s defenses by breaking down any assumptions that you are attempting to be competitive or judgmental.

Once you have broken down the initial wall of defense, you can start triggering different core value points that you have taken an accurate account of in your list. The four crucial steps are described in greater detail below:

**Step One: Disarm**

**Step Two: Arouse**

**Step Three: Validate**

**Step Four: Create**
Disarming, triggering, and validating are all key aspects of the Desire Reset command process. The Disarming stage of the process involves breaking down any defensiveness that may already be in place. Arousal is the activation of the trigger points that pertain to what the man finds most important.

Validation is the expression of a genuine desire to continue showing respect for these trigger points that identify the man’s core desires. If and when the initial three steps have been accomplished, the Creation stage can come into play for the re-establishment of more powerful desire in his heart.

Remember, every single one of the steps is going to be directly tied to core desires the lists you made earlier.

Now this may be a little tricky to get just right it first, but you want to avoid being too explicitly open about the list that you’ve taken the time to make. You don’t want to come off as a stalker, but you do want to at least be aware of what he’ll most likely be thinking of when you bring up the notion of his core values.

You may not have to explicitly say that you understand what he values and appreciates, but just having that basic level of understanding will improve the way that you communicate with him.

All of the man’s beliefs, fears, hopes, hobbies and goals are going to come together in one emotionally volatile ball that has built up inside of him; this will be a core desire that is just waiting to be paid attention by someone to instead of neglected - you can be that someone.

Think about what the most offensive possible kind of core value neglect your man could experience is. What is the biggest deal breaker for your man, based on who
he is and what he believes? Whatever it may be, distance yourself from that, and the he will be a lot more comfortable in your presence at his core.

As a rule of thumb, you're going to want to work down from the things that he cannot compromise on to the things that he may be slightly more flexible with. Though some things may have more wiggle room than others, working from the top-down will be the best way to get somewhere in a natural and painless fashion.

In addition to validation, one of the key aspects of this Desire Reset process is going to be rescuing him from the monotony of routine. As we have gone over before, there's probably nothing more frightening to a man's core desires and being frustrated with boredom.

Is he annoyed by the tedium of making plans or shopping online? Find out what bores him, and in addition to that, make a list of things that are more exciting and stimulating for him.

Once you’ve gotten this list of exciting things together, you can start a process of sparking a new level of desire-nurturing stimulation in his heart. The following are just a few different examples of how you can go about that.

One: Disarming his defensiveness with the element of surprise

“Let's go away right now and do something exciting.”
He may dismiss or accept your idea, but if he does dismiss it, put things back in his control:

“Okay, if you don't want to do that, what do you want to do that could be more exciting?”

“It's completely up to you, what do you think would be a better way to have fun?”

You see, the idea here isn't just to get immediate agreement from him, but to open the floor to allow him to have more agency. By inviting the potential for him to disagree with you, you actually deepen the level of trust that he has in your acceptance of his competence.

**Two: Arouse curiosity with your determination.**

“Life without assignment just really isn't one worth living. I want us to be a little live life to the fullest together. If I come up with something, are you free for it?”

By doing this, you are basically setting the stakes for him to either sign out of the relationship or do something fun that piques his curiosity. Chances are he's probably going to agree just out of the question of “why not?”
Three: Validate him by sharing the past.

“Remember we got lost on the city and mended up making an entire day out of just doing whatever seemed fun? We should just head out and do something like that again, without even thinking about it.”

“We always used to talk about going to XYZ…want to go this weekend?”

Focus on the things that you and he actually talked about doing together, instead of making a statement that one course of action would definitely be better just because you suggested it.

You are showing consideration for the value of his own choice in the matter instead of just stating that your course of action is the right one, increasing his core attraction to you.

4. Create Mystery

“I have some sexy ideas for later, but I’m curious…just what is your favorite fantasy?”

Whether you text him or say this to his face, you can bet that his imagination will be stimulated far more than just a little bit. Better yet, you’re inviting him to give some input on what he thinks is sexy instead of only assuming it yourself. The anticipatory buildup here will be huge.
CHAPTER 11
Warning: If the term “ex boyfriend” makes you want to tear a textbook in half with your bare hands, this chapter might be a little bit difficult to get through. You know that there are a million and three reasons under the sun that a relationship can go south, but it’s safe to say that no matter what the reason might be, it’s never the most fun topic to approach.

Even though it may not be the sweetest pill to swallow, sometimes we just plain screw up. We say something that we shouldn’t have said. We let our emotions take us over at a time when they really shouldn’t be given the wheel to our words. We get ourselves into a state of sorely lacking self-awareness until a time that’s long past when self-awareness would have been useful.
Sometimes, little screw-ups like this can happen in seconds. Sometimes, a precious few little seconds of bad judgment can lead to an entire year of no contact. A little lapse in communication can have the guy acting as though he’s been kidnapped by Sasquatch or relocated to a Himalayan cave whenever he sees that you’re calling.

When things have gotten this bad, you can’t really be blamed for feeling less than completely optimistic about your prospects - still, despite how completely screwed things might seem, you can still flip it around with my Love Me Again commands.

Some women like to try convincing the man to come back, or even worse, outright harassing him. Not only is that approach about as useful as putting a fish on a bike, but it completely misses the mark by failing to address the real problem: imbalance in the man’s core values.

You see, when a man has been pushed to the point of backing off from a relationship as far as possible, it’s actually an emergency defense mechanism that’s been set off in the deepest part of his psychology. The core values within him are the crux of how he responds the world around him and the people in it on a primal, caveman-like level.

Let’s talk about this core for a little bit. It’s a little bit complex, but we can break it all down into a simple series of the most important things to know.

**Balance is Everything**
The core has a list of things that it wants, and balance is ALWAYS at the very top of that list. What we’re dealing with here is *emotional* balance. It’s the sense that things are more or less “stable” when it comes to how we feel about our reality and relationships.

Naturally, permanently maintaining this balance is far from easy for the average person to do in a life full of stress. To maintain emotional balance more easily, the core compels us to minimize exposure to the things that disturb our emotional balance the most.

There are many different things that can upset the core’s emotional balance: an unsatisfying career, a disappointing loss in sports, and as you’ve probably already guessed, a failing relationship with a significant other.

When the core has been seriously taken off-balance, it goes into overdrive to keep that unpleasantness from happening all over again. Simply put, if you’re a source of imbalance in another person’s emotional state, they’re going to feel the push to avoid you on the same level what we want to avoid getting too close to open flames.

It’s not just as simple as a person just up and deciding to shut the door on any and everything creates the slightest sense of emotional imbalance. Because the core operates on the *unconscious* level, not the conscious one, there’s plenty of room for there to be cognitive dissonance. While the core values may be offended, a person might still be *consciously* working to ignore it until they no longer can.

The core’s inner values are like a series of moving pieces, each one with its own different basis, development path, and tolerance for being offended. Generally speaking, a large number of core values needed to be offended before a person
consciously decides to break off all contact; once this happens, it can be extremely difficult to reverse the process.

Think about adrenaline and how it triggers our fight or flight responses. Fight or flight responses are just as relevant in the everyday interactions we have with other people as they were back in the time that we had to outrun four-legged killing machines just to survive. When it comes to a breakup, the fight has to have come before the flight.

The core is built to fight its heart out before it finally has no other choice than to escape. The core will fight as hard as it can to CHANGE how it feels before making the decision to bolt. People are emotionally charged and competitive because the core hates the notion of losing. The core stand the thought of giving its call something for no reason, and it will reject anything that gives off the sense of inviting that possibility.

In certain cases, however, the core just might simply have no choice but to accept defeat. The core may have to lay down its sword and run for the hills when the circumstances just won’t allow any alternative, and it hates that. No matter how proud and competitive it may be, at the end of the day, the only concern of the core is to ensure that your emotions are protected and your needs are sufficiently fulfilled.

In a way, you could also consider the core to be like the “dark knight” of your brain. It serves you loyally and fights in accordance to its own code of “justice”, even if that might entail violently cutting down personal relationships and going to extremely questionable lengths. To the dark knight of the core, the satisfaction of your needs is its sworn, unbreakable commitment.

However much the core may absolutely hate the idea of admitting defeat, at some point, something just has to give. Once the core has made the tough decision to flee, however, it doesn’t flee halfheartedly. The core will snap from pushing to fight to
pulling away like a rubber band, and it isn’t too proud to take shortcuts in order to make this escape as quickly as possible.

When thinking of where the subconscious compulsion of the core ends and where conscious behavior begins, imagine a gray area. You could consider the relationship between the core’s unconscious impulses and the conscious mind’s decisions to be like two sliding scales with overlap in the middle.

To put it simply, some of it is within our control, and other parts of it are completely beyond our control. The final point of no return happens when the conscious mind decides to go along with what the core has been unconsciously fighting for all along, but we’ll get into greater detail about that later on in the chapter. For now, let’s talk about what happens shortly after the event that a man’s core has compelled him to break up with you.

1: The Post-Breakup Grace Period

Not everyone is aware of this, but there is always a grace period that follows a breakup. The grace period doesn’t mean that the breakup didn’t actually happen, but it does mean that there’s a little bit of time left to make a case to the core even after it has given its “verdict”.

Again, the core’s main concern is simply to see to it that your emotional balance is kept in check. Though a breakup brings on a hefty bag on negative emotions, it actually isn’t in the best interest of balance for the core to drag those negative emotions around everywhere. The core not only wants to see to it that you have balance, but it also wants to take the path of least resistance when it does so.
If the path of least resistance to getting emotionally balanced again entails being happier with you instead of staying pissed off at you, then the man’s core will take that path if it can be convinced that it exists. The main challenge is managing to convince the core that it really can balance out the man’s emotions by being comfortable with you again.

The grace period is a window of finite opportunity. If you don’t take advantage of this window of opportunity promptly, then there’s a pretty decent chance of it closing off on you for good. At the same time that you want to take advantage of the grace period, you don’t want to rush in too hotly either. You want to strike the proper balance between appealing to the core’s willingness to forgive and not rushing it to the point where it closes off faster due to anxiousness.

Here’s the key thing to know about the core when it’s made a guy fly away from you: it’s not actually you that the core is trying to run from. The core doesn’t run away from things, but the emotional imbalance caused by those things - it’s a pretty subtle nuance, but it’s definitely an important one to keep in mind for more than just a few reasons.

Knowing that the core is only concerned with the feelings that it gets from you, not you as an individual, puts you in the best possible position to win it back over. Within the grace period, you have a fleeting chance to show the core that emotional imbalance isn’t the only thing that results from the man being close to you.

The core is in the best possible state to get influenced by people that have already proven themselves to be sources of positive emotional balance. When the core’s trust has been earned, it lets down its wale way it perceives things and makes itself a lot more open to the possibility if being swayed.

To rebuild the trust that lets the man’s core see you a positive and emotionally stabilizing presence, there are a few things you’ll have to make sure of:
I. Take responsibility for your mistakes -

First of all, if you know that you messed up, you’ve got to acknowledge the fact that a mistake has been made. You’ve got to own up to the fact that there is always a margin for human error in everything we do, and you’ve been one of the millions of people to fall into that margin on a daily basis.

It’s not about considering yourself to be an inferior person, but just that you’ve been at the mercy of plain old human nature. We’re perfect at being imperfect - internalizing that belief is the very first step to loosening up about accepting your mistakes and moving on instead of dwelling on them so much.

It’s one of the hardest things in the world to do, not only in terms of relationships, but just in terms of being a human being with an ego. We’re ego-invested in just about every little thing in the world that we do, even if it doesn’t seem terribly rational. Going through a bunch of mental gymnastics to avoid the acceptance of a mistake is the easiest way to guarantee that you don’t ever actually develop from that mistake, let alone save a relationship during the breakup grace period.

Here’s the deal about confronting the ego when it comes to a breakup - just like the core is completely focused on guaranteeing your emotional balance, the ego is completely focused on being “right”. The ego can’t see the forest for the trees and simply wants that rush from feeling validated and/or justified.

To keep the ego from ruining your chances at making the most of the relationship’s grace period, you’ve first got to forget about the idea of either you or the man being “good” or “bad”. Don’t even give your ego a leg to stand on by even remotely considering whether he or you yourself was the one who was more “correct” in how the breakup was handled.
Essentially, you’ve got to tell that ego to shut up before it even opens its mouth - to do that, you remove any platform that it would have to stand on in the first place. You begin by mindfully clearing your thoughts of any idea that this is about proving your point of view to the man or agreeing with the man’s point of view while downplaying your own. Completely remove the idea of any kind of competition from your head entirely.

You don’t NEED to agree with the man’s point of view to understand them. It’s not a matter of agreeing or not agreeing, it’s the simple choice to have empathy instead of ignorance. Don’t aim to consciously force yourself to change your ideas of right and wrong, because that would simply be superficial, and the core is excellent at detecting insincerity.

Now of course, the human ego exists for a reason. The ego gives us conviction in who we are and what we contribute to the world, but the trouble is that it has a bit of a bad habit of going too far. You can empathize with the man’s logic without letting your ego muddy the waters by reminding yourself that you are not just prostrating yourself and begging forgiveness. Empathy doesn’t mean you have to sacrifice your dignity.

Seeing your ex’s point of view doesn’t entail taking or giving 100% of the blame for what happened. The number one priority is to make sure that, above all else, your ex is at least given the chance to be heard out. The key thing keeping breakups permanent is usually the fact that neither party even thinks that they have a chance at being heard out if they actually had a discussion in the first place.

It’s not just a matter of hearing them out, but also a matter of making sure that you show respect for what their unique experience of the relationship was. Remember, two people can have completely opposite experiences of a single event that they go through together within the same time period. You don’t have to
substitute your entire reality for your ex’s reality, but you can still make a massive amount of progress simply by acknowledging the fact that their separate reality exists in the very first place.

A lot of people go through life without taking even a single second to examine the fact that other people’s experiences of the world around them exists, and because of that, it’s really no wonder that so many people break up and stay broken up over the most minor disagreements.

II. Show, don’t tell.

The key here is to demonstrate what you’ve done to make sure that whatever caused the core’s emotional imbalance isn’t going to be repeated. With your actions, you’ve got to showcase that you’ve made a sincere effort to see their point of view and develop a full understanding of their core values.

The core may not be something that people wear on their sleeves, but its vision of things on the surface is phenomenal. The unconscious core is constantly watching for things that we might never even consciously consider, even though we’re constantly exposed to them on a daily basis.

The core has an unblinking eye that’s constantly fixed on all of the subtle little things that give away our inner state and intentions. Body posture, the tone of our voice, the direction of the eyes when we’re speaking, and all other subtle behavioral indicators are things that the core never fails to take note of.

Because of how intensely the core watches for every little detail when it comes to our subtle behavior, trying to fool it or appease it with empty words is useless. The
core needs nothing less than the fullest proof that its being given the real deal when presented with a claim that person has changed or understands its values.

To put it simply, the core can only trust in concrete evidence. The core can only puts its faith in things that have been shown to be real and create genuine emotional balance. The balance that the core gets from the things that it trusts can’t be faked or negotiated; it either exists or it doesn’t.

The core doesn’t just want lip service, it needs substance. The core wants to see a credible track record of all things that might convince it to reconsider its apprehension. People will say all kinds of things after a breakup just to appear remorseful to save face, and the core will not react kindly to being patronized like this.

Let’s say that, hypothetically, your ex might have gotten a core feeling that you were neglecting them. You might have never intended to make them feel the way that they did, but nevertheless, the man’s core came to the conclusion that remaining bound to you was a poor investment that set his emotional balance off-course.

Once the core feels under-appreciated, the key thing to make sure of is that you can re-validate it once more. As mentioned before, validation is pretty much everything when it comes to a man and his sense of satisfaction. You’re going to need to show the core that you’re not just looking to validate it for a single day, but that you’ll be a constant source of unconditional validation if you’re allowed to re-enter the man’s life on a consistent basis.

Without a doubt, one of the biggest mistakes that people make after a breakup is the “quick fix and ditch” approach. Under the guise of having changed for the better, they’ll soon return to their old ways just as abruptly as they claimed they would never repeat their behavior again. Above all things, you’ll want to avoid falling into the anxiety trap that makes you want to do or say certain things that you can’t possibly back up with consistent behavior in the days to come.
The amount of time that has passed since the breakup occurred counts for a great deal as well. Whether it’s been six weeks or six months since the breakup happened, the core needs to be given some kind of confirmation that whatever change you’ve gone through has been consistent for the entire time frame.

Only when the core can see that your change has been genuine and consistent will it begin to starting easing up on its resistance to you. One or two days of change absolutely will not cut it, but the display of an ongoing shift in how you fundamentally acknowledge his core values will go a very long way.

Some might be tempted to give off the impression of some BIG and DRAMATIC personal change that they’ve one through in record time because of the breakup, but this is counterproductive. It’s not the single significant change that you want to show, but a series of small daily movements. Daily movements on a smaller scale are far more believable than a single attempt to overhaul things in one fell swoop.

While smaller and more gradual steps will definitely take a longer time to make an impact, the trade-off is that you don’t have to just suddenly change up every little thing about who you are out of nowhere. Smaller and more consistent efforts are not only more convincing, but just more realistically manageable.

III. Walk, Don’t Run

When it comes to convincing the core as quickly as possible, the trick is actually to take it slow. The core can instantly sense when it’s being rushed. Think of how sudden movements are interpreted in nature. When an unknown invader in an animal’s territory makes a sudden movement, it’s a signal of aggression and a sign to either neutralize that threat or take off.
You may not be a rabid coyote encroaching on his territory in the woods, but if you try to rush the process of appealing to him, it’s going to set off fight or flight alarms immediately. You could actually be doing everything right in terms of what you do in order to rebuild his core’s sense of trust in you, but if you try to do it too quickly, you could completely cancel out the effectiveness of your efforts.

There’s no getting around the fact that reconstructing the core’s trust takes a legitimate time investment. The more you try to rush things, the more you’ll actually be rushing the process if the core actually deciding to lock down on you permanently. You’ll come off as desperate, and neediness is absolutely the opposite of anything resembling attractiveness.

Part of taking the healing process slowly is the acceptance of the fact that certain damage has been done, and you can’t just expect it to be swept under the carpet in fraction of the time that it took to be created in the first place. As mentioned before, the core’s process of deciding to flee happens after a series of its inner values have been offended over time - since it didn’t happen overnight, you can’t just expect to fix it overnight either.

2: Permanent Lockdown - The Grace Period that Follows the Grace Period

So it may sound a little bit funny, but believe it or not, there’s actually a “post-grace period” grace period. After that window of time of contemplation that follows the breakup has passed, there’s yet another window of time. In the second window, the core is slowly entering the state of permanent lockdown.
Remember, while the core operates on the unconscious level, there is the possibility of overlap with conscious decisions. In a sense, the second grace period is like the process of the conscious mind coming to terms with the core’s unconscious feelings and agreeing with them. Once the core and unconscious mind have to see the same side of things in terms of closing you out, there’s practically nothing that can be done to reverse the process.

The longer that two exes have been separated from one another, the closer the core gets to the state of permanent lockdown. As the grace period fades away, whatever chance that there might have been for a new point of view to be had on a person who has offended the core’s values is slowly slipping away.

Now let’s take a little bit of time to fully go over what the permanent Lockdown Phase actually is. When the permanent Lockdown Phase has been activated, the decision to break away from you is no longer and entirely emotional decision. Within that permanent Lockdown Phase, the core’s emotional impulses have been completely fortified by the man’s conscious decision to break away from you.

When a person has come to the LOGICAL decision to put distance between themselves and you, upon the foundation of an emotional buildup, the decision is usually a final one. Even if the man might have really WANTED things to have gone down a lot better than he did, his mental and emotional “jury” will just see evidence beyond a reasonable doubt that there’s just no chance at improvement.

Now keep in mind, this second grace period might actually have your ex still feeling capable of talking to you - after all, it is a grace period. Your ex could still full and well feel completely capable of making small talk with you, but that willingness to keep on communicating with you is getting lower with every passing day.

The rate at which that second grace period shuts down into permanent lockdown depends on just what parts of the core have been offended, and how
severely the offense was. The dynamics of the relationship and the particular buttons that have been pressed will count for a lot in determining how quickly the core comes to the decision to cut you out.

If you keep on giving the core concrete reasons to see that you’re the same balance-compromising presence that you were before the breakup, the conscious mind will start “waking up” to the core’s suspicions. In the throes of the second grace period, the conscious mind’s blurry vision is basically becoming sharper and it’s saying “what the hell am I looking at?”

The conscious mind gradually gets a clearer picture of all of the things that the core can’t describe but can only express, and it will be full of questions until the picture is fully revealed. The core may not fully understand why it feels the way that it does about you, but once it starts to wake up, it will finally be able to make a lucid decision based on its findings - if this happens after the core values have been offended, the logical decision is made to keep you permanently locked out.

The state of emotional imbalance caused by an ex is something that the conscious mind learns from, no matter how confusing it may initially be. Through prolonged imbalance, the core and mind are basically being taught that certain things should be avoided and minimized in order to prevent losing balance again.

Remember, the answer to the conscious mind’s question of what is truly causing its imbalance is RELATED to you, but it’s not necessarily YOU. What truly matters when it comes to the man’s sense of imbalance is the FEELINGS hat you give him, not your simple existence as an individual.

Still, even if it’s just the feeling that you give him and not you yourself, the permanent Lockdown Phase is exactly what it sounds like once it finally happens. Depending on how you go about appealing to the core in the second grace period,
you will always either be moving closer to or further away from the man on an emotional and logical level.

In a way, you could say that your ex will be “digging” towards the reason behind why it is that they feel the way that they do towards you in general. They’ll be getting to the point where they can rationally examine the root behind whatever feeling of disappointment and mistrust that they have toward you, and when that logic is fully fortified, the light that the see you in will be hard to change.

In its search for an explanation of all of those uncomfortable negative feelings that it has, the conscious mind will be thinking back on all of the times that you’ve said or done certain things that set its core off-balance. The conscious mind will basically be doing a cross-examination to organize the disorganized “evidence” of wrongdoing that the core is presenting it with.

Any little past mistakes, arguments, tangible or intangible events that led to the core feeling in pain will come into play while the conscious deliberates things. Once the deliberation has come to an end, the second grace period has more or less finally come to an end. The need to recover a sense of balance will have been fully and inextricably tied to the need to get away from you permanently, and that decision will be strongly backed up by thousands of little concrete reasons.

The facts that back up the feelings will be providing an intense level of firepower to any decisions made on account of their heart. They’ll be clearly thinking of all of the things that they want, and while doing this, they’ll be drawing clear lines in the sand between the achievement of those things and the prospect of remaining involved with you - seeing the discrepancy will make the choice to get away from you a very easy decision to make.

The end of the second grace period is like a complete analysis of the man’s deepest desires that usually don’t get analyzed at all on a day to day basis. Oftentimes,
we don’t need to analyze our desires at all in order to be influenced by them and motivated to do what we do to chase them. The shock of emotional imbalance is what causes a man to put his conscious mind to work at consolidating his deepest desires when his core feels as though they’re being endangered by something or someone that doesn’t respect them - i.e., an ex-girlfriend or boyfriend.

Basically, the permanent Lockdown Phase is solidified when the conscious mind has laid out all of its deepest desires and has reached the decision to satisfying those desires while associating with an ex is completely impossible. The logical brain and heart will have come together in agreement on the determination that you’re like a vat of acid for the things that they want the most.

Now because there are so many different possible contexts for this process to happen in, the time frame may vary. The time that it takes between the grace period and lockdown period could be anywhere between a single week, to a month, to an entire year. As a rule of thumb, it’s generally going to take a couple of months for someone who’s been invested in a relationship to lock down after things go south.

The thing to take away from all of this is the fact that nobody every really just suddenly “falls out of love” at the drop of a hat. The point at which we come to deciding that a loved one just can’t be a presence in our lives anymore is a very involved process that takes an alignment of the conscious and unconscious mind, after a deep exploration of one’s own desires and how another person affects them.

Remember, the core is highly competitive and hates the idea of being “defeated”. The core hates to lose, and the mind needs to constantly face new challenges in order to feel energized and grow. Even when we’re hit by those urges to turn and run, the deepest part of the core still wants to stand its ground and try proving itself capable of taking on the problem.
When there just aren’t any results gained from the core’s attempt to stay and fight the good fight, the conscious mind will step in and begin to ask why this struggle is occurring and whether it’s even worth it. When the conscious mind sees as the source of the imbalance, you’re cut out for the sake of stability.

Still with me? I know that this all may seem grim, but it’s only by being aware of these things that we can work against them. Now that we’ve covered the worst case scenario, we can start taking about ways that this permanent Lockdown phase can be prevented. In Part 2, we’ll go over specific commands that you can use to see that the relationship is recovered and strengthened after a breakup instead of buried forever.
Chapter 12 - Love Me Again Commands (Part II)

In the previous section, we covered the trouble that arises when a man’s conscious mind aligns with his core’s feelings of emotional imbalance. When conscious and unconscious feeling are both telling the man that you’re the source of his emotional imbalance, he’ll come to make a logical decision that getting as far away from you as possible is the best course of action.

Permanent lockdown is what happens after the second “grace period” of the breakup, when he’s reconciling his deepest desires with the lack of respect he feels you give his core’s inner values.

Knowing how decisive the Lockdown Stage can be may be daunting, but that doesn’t mean you have to just resign to the death sentence of the relationship altogether. With tact, patience, and a genuine commitment to making considerate efforts to empathize with his core, you can see things turn around.
The following is a list of essential things that you need to make sure of in order to get things on the path back from ruin.

1. **Understanding the origin of the imbalance**

   The first step to fixing a leak is to figure out where the leak is actually coming from in the first place. What caused your breakup in the first place? Where did his core values start getting compromised, and when did it get to the point where the only solution was to escape?

   In any circumstance where the core has been taken off-balance, it’s basically the consequence of overload. For just a few or very many different reasons, the core has been given more of a load to bear than it’s built to handle, and after that happens, there’s very little left that it can do either than shift to unburden itself of that weight to prevent collapse.

   The thing about the question of “what caused the breakup?” is that it’s actually a bit of trick question - it’s almost never really just one single cause that causes a breakup all on its own. Even newer couples can be surprisingly resilient when it comes to the individual things that they’ll be able to weather in the interest of staying together - it’s when these thins build up that you’ve got yourself a recipe for permanent separation.

   Remember, the pillars of the core compel it to FIGHT for what it wants and believes in at all costs. The pillar wants to BELIEVE that despite the difficulty of any challenge before it, it can overcome the challenge and come out for the better. When it’s initially unbalanced, it will resist and work to reorient itself - when this doesn’t work, however, it’s got no choice but to move on.
So, at just what point was it that the man’s core gave up the challenge of fighting against its feelings of imbalance around you? The point where man’s core gave up is something that only you can truly determine, and it starts by carefully examining the little conversations and conflicts that happened throughout the relationship.

At whatever point that it was that the man decided to jump ship, it was a point at which he came to a mental, physical and emotional conclusion all at the same time - it takes the combination of a man’s heart, body and mind in full agreement to override that natural urge that his core has to stay and fight it out.

A man fights because he still believes in the possibility for things to be different than they currently seem. He puts forth effort into fighting during the time when he still believes there’s actually something to fight for in the first place. Without any perception of there being anything left to actually change for the better, any resolve to actually keep fighting will naturally disappear.

Remember, the main reason that the core exists is to help the emotions return to a state of balance. When withdrawal is the path of least resistance to balance, withdrawal is exactly what the core resolves to do.

After withdrawing time and time again, the conscious mind will slowly reach the conclusion that a permanent withdrawal is the best course of action. It’s almost as though the core is saying, “Well, the direct approach just isn’t getting anything done here. If we can’t push this problem away, we’d probably be better off just pulling away ourselves.”

Now as we’ve already covered, it’s possible for there to still be some contact when you’re still in the grace period phase. Before the core has completely reached its final decision to break away for good, it’s still wrestling with the conscious mind to
form a full consensus - during this time, there’s still an opportunity for you to re-
appeal and reframe yourself in the core’s critical eye.

The grace period can go on from anywhere from just a few weeks to several
years, but typically, the grace period is only going to be a few months long at most.
Depending on how long the grace period has actually been going on, your prospects
may vary. Generally speaking, the longer that the grace period has been going on, the
closer you’ll be to the lock down stage.

Having an honest conversation

By looking at past arguments, you’ll have a much better idea of just exactly
where it was that certain things that were done or said led to serious core-offending
damage. In order to figure these things out, you’ve got to have an honest conversation
with the guy about your time together.

You’ve got to make yourself a little bit more vulnerable than a lot of people are
comfortable with and ask if you’ve done anything to cause them pain. In some cases,
an ex might be upfront and give the answer to how they’ve been hurt without being
directly asked - in most cases, however, it’s not just going to happen without an effort
on your own part.

Within that intimidating jungle of past arguments, you can potentially uncover
all kinds of little things that you never even thought of. Under certain circumstances,
you might even find that your ex uncovers things that they themselves might have
done or said to make things in the relationship get a little bit more difficult.
Ultimately, the point of the conversation that you have is to help one another get out of your own heads. While the core and ego may have a lot of sway when it comes to the things that we say and do, it’s still essential for us to be able to see the forest for the trees.

We have to be able to build a bridge to another person’s reality in order to actually have a chance at sharing a world with them, and that begins by letting go of the pride that stands in the way of understanding.

If you want to stand the best chance at actually salvaging things, then you can’t count on waiting for the ex to TELL you exactly what it was that got them to the breaking point - at the same time, you can’t go full tilt on the other end of the spectrum and try forcing them to tell you what’s on your mind either.

You’ve got to strike the right balance here between being an active listener and a proactive communicator. You set the stage for them to say their piece, but at the same time, you completely allow them to have the floor if and when they decide to actually engage you.

It’s not just a matter of plainly identifying what the main core unbalances are, but you’ve also got to break them down when they’ve been revealed. Think of each of those core unbalances as another part of a recipe; when the ingredients have been gathered, they still need to be individually handled and prepared properly to actually create something worthwhile.

**Dealing with the nature of lockdown**
So far, we’ve been talking about what you can do if there’s still time left before your ex completely goes into lockdown mode and shuts you out for good. What about when your ex has already gone into lockdown mode, though?

Although ideally it would be best if things never progressed to the point of lockdown mode at all, there are times when this is just the kind of reality that we’ve got to deal with. Fortunately, even if this worst case scenario, there’s still an opportunity to get through to the man without having to lose him forever.

The key to pulling this off effectively is not to try going about things in an underhanded way, but to create more of a sense of intrigue. You want to make this person feel enticed to get back in touch with you, not coerced or pressured in the slightest.

To create the intrigue successfully, there has to be a certain trigger that you can pull on a subconscious level to make this happen. The trigger that you use to reach into his subconscious mind won’t be the same kind of trigger that would work on every kind of person in the world - that kind of trigger just plain doesn’t exist.

Think of the man’s personality and the things that make him “tick” on a fundamental level. Who IS the man at his core? What do his core values say about the things that will give him pause and strike him personally? What does he respond to based on his experiences, interests and struggles?

It’s not about opening old wounds, but a big part of it is coming to the point where you’re able to communicate an understanding of his character. An example of how you might do this could resemble something like the following:

“Dear _____.
How have you been? It’s not easy for me to write this to you, but I know X/Y/Z is important to you, and that’s why I want you to know before anyone else.”

The room to play with this line is practically infinite, and the way that you choose to go about it is entirely up to you. Think of it like a basic formula: you take something that you know he values very highly, and then you tie that into a legitimate reason for him to be more invested in what you have to say to him.

You might say that there’s have been certain things happening around you lately that would catch his interest more than anyone else would. It could be that a shocking or unexpected occasion has suddenly forced you to think about him in a way that you didn’t expect, intriguing him to enough to lend you his ear.

When he does take the invitation, your next step is simply to make sure that you allow him to carry the rest of the momentum. You tease out just enough intrigue in his heart to make him curious enough to re-emerge, and then you allow him to come back with the feeling that he’s taking the initiative all on his own.

Don’t get too excited about it when he first decides to open up to you again - he’s still in the grace period with you, but that alone isn’t reason enough to start celebrating. The key to the grace period is to exercise the right level of delicacy and finesse, all while making sure that you continue a subtly-directed march towards his core values.

Now after you’ve gone and laid the foundation for a reunion by mentioning something ambiguous that’s captured his interest, your next move is to make sure that you actually set the meeting up in a way that works.
One way that you might be able to successfully go about setting up the time to get reacquainted is:

“It’s probably best if I gave you all of the details in person. Are you free to meet up for coffee on…”

Now when you do this, the key is to make sure that you phrase it in a way that actually gives him more of the leverage in setting up the actual date. You don’t want to come off as though you’re mandating a specific time and place entirely in accordance to what’s convenient to you, without enough consideration of his own schedule.

You see, while you’re still in the grace period, the path to getting back on his core’s good side has already begun long before you actually see him face to face again. Simply by showing more consideration for how he might feel for setting the date of the meeting, you’re making it clear that his own input has value.

By showing that you’re open to letting him plan when the two of you meet back up, you’re preventing that chance that the core might feel disregarded or disrespected by a lack of consideration for his own priorities.

Remember the concept of opening up intrigue loops? You provide just a little bit of interest, but then you pull back before giving away too much at once. It’s a direct approach, but it’s one that does more invitational pulling than just aggressive pushing.

The moment you give too much away at once is the moment that you lose the game. If you don’t want to completely screw yourself out of your chances to make something happen, then you’ll need to make sure that you get yourself decently skilled
in the art of being subtle but captivating - trust me, it’s something that gets easier with practice.

There’s more than one way to pull this off. If you want to leave voice mail, leave a voice mail. If you’re a texting addict, I don’t recommend texting, but you just might more or less be able to pull something off with it if you’re creative enough. I’ve even seen people pull off results with social media instant messengers, but generally speaking, it’s best if you use your own voice if at all possible.

Whatever you do, make sure to give a little and leave a lot more to the imagination. You’ll want to zero-in on something that you know your ex will respond to because of their personal passions, but not something that will pinch their nerves or reopen old wounds.

For example, you might want to bring up one of his hobbies when you say that something you saw reminded you of him; however, you definitely don’t want to bring up something like a dead family member or friend out of nowhere.

I know that it may seem like common sense, but that’s just because you’re a person who actually has that rare quality of common sense. You would be surprised at some of the things that my clients have had to be explicitly told not to do to get their man’s attention due to it bordering on literal psychological warfare.

You want to carefully and tactfully toe the line between simply getting in touch with his psychology and getting a little bit too close for comfort. You don’t want to do such a good job of tapping into their deeper thoughts that you wind up making them feel a bit too nervous to proceed.
Go just far enough to intrigue them, but not so far that you make him suspicious of the fact that you’re actually trying to read him like a book. Think of things from his point of view, and consider the kinds of things that would capture your interest without making you wonder about just how in the world “she” (you) would actually know so much in the first place.

This is why it’s important to think carefully about any past conversations that you’ve had with the man, and not just the things that you know about him from doing your homework. You want to make sure that you’re able to reference something that the two of you have actually talked about in confidence, and hopefully, it’s something that he remembers just as much as you do.

Again, the key here is to walk and not run. You don’t want to rush things at all. The slower that you move with the right technique, the more quickly you’ll actually make progress in getting his attention and affections back. Trying to go more quickly just for the sake of going quickly will only hasten the process of him deciding to break away.

The ones who are the most successful at these techniques are the ones who can do so without coming off as selfish or desperate. Pity is the as far from attraction as any feeling in the world can possibly be, even more so than outright disgust.

When you’re moving slower, you’re going to be waiting perhaps a day or so between sending your individual messages. You’re not going to be frothing at the bit and jumping up to instantly reply to every single message that you get from the man as soon as he gets it.

While you might be tempted to return his message as soon as he sends it, let it simmer. The grace period is all about creating a low-rolling simmer, and noting hotter. A low-rolling simmer creates a delicious stew, but turning the heat up too quickly just
evaporates all of the water before any of the flavors can actually be absorbed into your ingredients.

If an overly enthusiastic approach is “too bright” and an approach that doesn’t create enough intrigue is “too dark”, then what you’ve basically got to do is aim for an approach that’s just a little bit more neutral. Go for an approach that strikes a nice balance right down the middle, neither too close for comfort nor completely ineffective, but leaning slightly closer to the higher end of the scale than the lower one.

If you could consider “5” on a scale of 1 to 10 to be completely neutral, then your target number should be somewhere around a high “6” or a low “7”. The following are just a few examples of how you might take the best approach to hitting this slightly-more-than-neutral target.

This first one up is phrased like a letter, but pay more mind to the general message than the specific format:

“Dear X.

Feels like it’s been forever since we’ve been face to face. Doing well? X reminded me of you the other day, and I haven’t been able to stop thinking about it since. Things have gotten interesting around here lately, and I’ve met some interesting people too. What about you? Let me know what’s new sometime...maybe over coffee.

(Contact form of choice)

Yours,
With this line, you’re basically giving the man just enough pieces to put together something with the extent of his own imagination. Just as I said before, make sure to focus on something that you know will get the man’s blood pumping based on his interest, but nothing so intense that it freaks him out and makes him want to back off.

The next example is one that’s dialed slightly higher up on the intensity scale but still manages to avoid hitting too close to home:

“Hey X,

I bumped into someone the other day who said that they used to work with you, and we actually got to talking about you. Don’t freak out, it was only good things so there’s no need to worry. There was this one embarrassing thing, but I swear it wasn’t actually that big of a deal.

Anyway, that’s not the only weird thing that’s been going on lately. There’s been some interesting developments on my end, and if you knew you’d probably just think you’d expected it all along. I still want to let you know directly, though, so we should get in touch.

(Contact info)"

Now with the above example, you’re throwing another relationship into the mix - again, the context for this example is only for when you actually do have another mutual acquaintance that you can draw from. Remember, you’re not looking to
outright deceive the man, but you still want to peel back his guard a little bit by using the right amount of leverage.

Whether you should take the soft approach or the stronger approach will largely depend on if you feel that the stronger one is simply more appropriate for the stage of the grace period that you’re actually in.

Generally speaking, the longer that things have been going on without any contact, the more likely it is that the stronger approach will be the most appropriate course of action to take.

You do not have to take the above example word for word, but if you do choose to use the stronger approach, you’ll have the best chance of success if you make sure that you use something that is truly relevant to the man in order to grab his attention.

When you’re thinking over the kind of context you can use to get the man’s attention, take a moment to consider what his disposition is. Is he a more mild-mannered guy or the more hot-blooded type? Is he soft-spoken or does he curse like sailor?

In a way, you’re going to want to try “flavoring” your message in a manner that mirrors the fashion you know that your man would most likely communicate in his own way. Don’t try to outright do an impression of him right there on the message, but think of the words that he uses the most and try to pepper them into what you say in a believable way.
The mirroring effect is a very subtle but powerful phenomenon that always proves highly effective at getting people to feel a peculiar sense of “connection” to another person who’s using it with them.

Now that we’ve gone over the kind of general decorum that we want to abide by when using these lines during the grace period, let’s talk about actually surviving the grace period itself.

If you want to stand any chance at coming out of this trying time with your sanity intact, then you’re going to need to exercise a little bit of mindfulness. Mindfulness means that instead of trying to avoid the reality that you feel terrible, you’re going to remain entirely aware of how crappy you feel and use the awareness of that to steel you resolve.

Are you guaranteed to win the man back just by spinning these lines the right way? You’re about 99.9% more likely to win him back this way than by doing things the wrong way, that’s for sure, but you still need to embrace that tiny piece of your heart deep down that will still harbor doubt no matter what.

To get a better grasp on what it takes to survive the kind of trial that you’re going through, I’ve broken down the general post-breakup period into a series of “phases” that you’re most likely to be going through in the early days.

Your mileage may vary depending on what the exact nature of the breakup was, but chances are you’ll be taking a little bit from each of these emotional columns when it comes to your own breakup coping experience.

The Depression Stage –
“I am never going to be happy ever again!”

This stage barely needs explaining just based on what it’s called, but let’s go over it just for the sake of covering all of our bases. When you’re depressed, you feel like a coral reef getting dragged into an underwater gulch. Your diet is a chaotic yo-yo between starving like a self-sacrificial monk and gorging yourself like the goddess of cheap chocolate. You kind of wish you could die, if only it weren’t for the fact that you have so many shows to watch and would hate to miss all of that sweet, time-sucking, emotion-numbing material.

You’re ignoring your other relationships, you’re ignoring your own life, and you’re ultimately ignoring your own needs. Safe to say the Depression Stage is not a fun place to be, and we definitely don’t want to stay here long; both for our own sake and the sake of everyone else in the city who wants red wine in stock.

**The Obsession Stage –**

“Where is he? Who is he talking to? Why am I talking to myself?”

In this stage, you kind of have a habit of always being where he might be at just the right time. Practically interrogating your terrified friends for even the slightest morsel of information that you can squeeze out of them for any and everything related to the guy. You know exactly what I’m talking about.

Now there’s no need to feel toomuch shame in this, because we’ve all been there before at one point in time or another. When you’re in the Obsession Stage, the funny thing is that it all just seems completely normal to be a creepy stalker. Fish don’t have
any concept of being in water, and we have a bad habit of not being aware of the sea of our emotions when we’re swimming in them.

The Regression Stage –

“I want him here now. Why the hell is he not here? He isn’t here and this is clearly a mistake. He should realize this mistake any second now.”

I call it the Regression Stage, but you could also call it the Unbelievably Delusional Space Astronaut in Denial Stage. In this stage, our grip on reality is compromised by butterfingers. Like the other stages of the post-breakup period, this is a highly natural and yet highly necessary state of complete insanity to survive before our heads get screwed back on completely straight again.

In the Regression Stage, you’re prone to start making the absolute opposite of progress. Instead of actually moving towards a solution, you’re spinning your wheels and waiting for the situation to fix itself out of something like divine intervention or clever writing by some omnipotent author with a soft spot for happy endings; trust me, it’s best not to bet your next two paychecks on that.

Making it out of the Regression Stage is just a matter of coming to terms with the fact that what has happened has happened for a reason - it’s not to say that it can’t be fixed, but accepting that what’s happened is very real and won’t get better without proactive action will be a vital key for actually making the first forward steps.

The Progression Stage-
“Okay. Let’s do something about this. Something that’s not crazy.”

Now this is the “eureka” moment that we reach if we can climb out of the craziness. It may be a matter of hours or months, but eventually, you reach the point where you start thinking with all of the lights on. You advance from the Regression Stage, where everything is moving backwards, and advance to the forward momentum of the Progression Stage.

In the Progression Stage, you are completely lucid about the fact that certain changes will need to be made in order for progress to be seen; more importantly, you address the fact that this kind of progress needs to be made tactfully and not obsessively.

The Big Question

Now here’s the key component of the process: the big question of “why”. Why is it that you need this male specimen back in the picture in the first place? The key to asking this question is to gauge what the answer reveals about where you are in the process of progress.

There are one of two ways that the answer can swing when it comes to the state of recovery you’re in:

“I NEED him” equals “Probably still in the Regression Stage.”
“We had a pretty healthy relationship, and we could have a good future if we don’t let this mistake ruin things permanently” equals “Ready for the Progression Stage”.

Essentially, you need to be in a state that’s free from neediness. You want to be aware of the fact that you want him, but at the same time, you don’t want to feel like you depend on him being back with him as much as the human body depends on having food and water to sustain itself.

After the point of coming to terms with your place in the recovery period comes the time to acknowledge at what point the relationship itself has actually reached. Are you really still in the Grace Period, or are you closer to the Shutdown Phase?

If you’re really in the state of mind that’s conducive to making progress, then you won’t be devastated at the fact that you’re possibly more close to Shutdown than not. You need to be in a state of mind that you can calmly and effectively reach out to your man no matter whether or not he may be closer to closed-off than you’d like.

If you’re panicking too much at the fact that he’d gone colder and isn’t as easy to contact, then you’ve got a higher chance of losing your cool and doing something desperate that botches your attempts. If you can acknowledge the reality of the Shutdown Phase without freaking out, then you know you’ll be able to exercise the kind of patience that you need to exercise in order to actually make an impact on him when it counts.

There are more than a few factors that subtly separate the Grace Period and the Shutdown Stage, but generally speaking, it’s as simple as this: The Grace Period still allows for some upkeep of the social connection between you two, while the Shutdown Stage means that you’re just plain not seeing each other at all.
If you realize that you’re still in the Shutdown Stage, then your approach is going to take a little bit of tact if you want to be able to pull it off effectively. You’re going to want to initiate contact with a style that’s free of certain red flags.

I’ve coined these red flags under the “T.A.B.O.O” acronym:

**T**rigger - reopening old wounds by bringing up painful past arguments or emotions

**A**larm - using excessive, psychologically coercive methods that *force* him into speaking with you

**B**lame - pinning the entire thing on him to try and guilt trip him into apologizing

**O**bsess - making your entire life a mission to make *him* fixate over every minor detail of the relationship

**O**ver-reach - using a brutal sledgehammer approach instead of a calm, coordinated approach

We’ll be touching on T.A.B.O.O and the best ways to do things in the *opposite* manner in the next section.
CHAPTER 13
Chapter 13: The Feeling Enhancer Command (How to Deal with Hot and Cold)

There’s a frustrating little gray area in a relationship where things seem passionate for one day, but then things go cold like a dead fish on the very next day. You’re on cloud nine, but then out of nowhere, there’s emotional distance. In this section, we’re going to address the potential backslide into emotional distance that can happen out of nowhere and what we can do about it.
The most frustrating thing about sudden emotional distance is the fact that it’s so subtle on arrival. It can be hard to detect just when a relationship’s tiny issues wind up being some of the most devastating issues that we could have ignored.

Know this: no matter what kind of relationship you might have, these subtle little issues can build up and stop the affection like a cholesterol buildup in the arteries. It’s subtle, gradual, silent, and seamlessly deadly. What we need to master is the art of being proactive in dealing with this headache, not reactive.

You might say that this is a little bit of an exercise in keeping one eye open at all times. The relationship’s honeymoon phase can be so sweet and satisfying that you forget the importance of making sure to be vigilant, and that little mistake is actually the biggest one that you could possibly make of all.

It’s not that you want to be a paranoid wreck, but you definitely want to avoid keeping your head in the sand when it comes to the little things that could tip you off. At the end of the day, it’s always better to be a little bit too cautious than being too careless.

Now remember, even when you’re making sure to stay on top of things, you don’t want to go about this like some kind of crazed bull in a china shop on bath salts. You don’t want to come at the guy too strongly, or you’ll definitely risk making the worst case scenario come true even more quickly than it would have otherwise.

The best way to imagine it is by thinking of a leg massage. If you want to help someone relax their leg tissue, you definitely don’t want to make it feel like you’re trying to cut off the blood circulation to their lower body. You want to be more gentle than abrasive, but at the same time, you have to use at least some pressure in your approach if you want there to be any effect at all.
When we’re dealing with these challenges, we want to make sure that we have the golden ratio of force to finesse. We want to stay on our toes without stepping so quickly that we break thin ice.

Think of the leg massage again. Before applying pressure, consider the actual state of their leg in the first place. Different relationship problems create do different levels of damage to men’s core values. Consider the damage a man has experienced to his core values to be like past leg injuries.

If a man’s emotional “leg” has been twisted and ripped to shreds by a truck crash of bad past relationship experiences, then naturally, you’re going to want to apply slightly less pressure than you normally would to someone who hasn’t had the same amount of trauma.

Guys might like to try putting on a tough face to deny it, but the truth of the matter is that they get just as emotionally compromised by the issues that they face in everyday relationships too. If he’s carrying emotional baggage from past relationships that have gone awry, how can he possibly hope to focus on the good parts of the relationship if you keep putting too much force on those pressure points?

No matter what the nature of the relationship might be, there’s one principle that must always be kept in mind at all times: the good can’t be enjoyed while the bad is still front and center. The bad things still have to at least be acknowledged, however, before the good things can be fully appreciated.

Here’s what you’re looking forward to if you actually manage to pull these techniques off in the way that we’re supposed to: he’ll find you as beautiful as a world wonder. He’ll find you more beautiful than any other woman he’s every laid his eyes on. Don’t be surprised if you find him saying things like:

“You are my everything. The love for you that I feel today is even greater than what I felt yesterday, and yesterday I thought that would be completely impossible.”
Now in the past section, we talked about the right approach to make after coming to terms with the fact that you might still be in either the Shutdown Phase or the Grace Period. After you’ve identified at exactly what point of the post-breakup period it is that you’ve currently reached, the next course of action should be to make your move tactfully.

**The Art of Making a Move the Right Way**

When you’ve reached this point of taking action, you’ve likely already spent a decent amount of time figuring out where all the “fault lines” were in the relationship before it fell apart. You’ve spent a bit of time getting fresh air, improving yourself, and getting to the state where you’re emotionally balanced enough to actually be an emotionally-balancing presence in the man’s life on your own.

Consider the best way that you can go about making your move in the very first place. How will you reach him in a way that’s actually meaningful? Whatever way it is that you do decide to reach out to him, it should be in a manner that starts entirely on a positive note.

You should begin simply by making an offer. As covered in the previous section, reach out to him with something that piques his interest by triggering intrigue in his heart. How will you go about making him feel that getting in touch with you is interesting? However you do so is up to you and depends on what you know about him, but depending on how you go about it, there are a few guidelines that you’d be wise to keep in mind.

**Speaking to him in person:**

Think of a line like this:
“I’m so glad that we bumped into each other. Can I ask your thoughts on something? Do you think that maybe we could get together and meet up for a coffee sometime soon? There’s something that I’ve really been meaning to talk to you about lately.”

When speaking to the man in person, you’re going to want to make sure that you spend a just a little bit more time talking to him every subsequent time that you get a chance to chat. Do this in a way that gradually nudges him towards getting more comfortable with casually engaging you once again.

**Speaking to him on the phone:**

“It’s really good to get in touch with you like this. There’s actually something that I’ve wanted to show you for awhile. Are you free to meet up anytime soon?”

When you’re talking to him on the phone, you can more or less use the same general tone that you normally would if you were getting in touch with him in-person. Just as with in-person talks, you’re going to want to make sure that you string the conversations out on the phone a little bit longer every time.

If you play your cards right, you can have the man feeling ready to get back in contact with you on his own in no time - however, you definitely don’t want to get too comfortable just because you’ve made it past step one.

After you’ve gotten him to agree to meeting up, the object is to show him just how far you’ve come along in developing your understanding of his core values. He may or may not offer up a little bit of resistance, and if he does, what you definitely shouldn’t do is get so bent out of shape that you try pressuring him into talking more.

Ease up on the pressure a little bit and allow him to have an easier time saying yes to you, rather than feeling as though you’re turning up the heat while he’s stick in
a toaster oven. You’ll definitely want to make sure that you acknowledge that possibility that he may be busy and unable to easily move priorities around to see you.

Try saying something to the effect of:

“I know you’ve probably got a lot of things to do, so I wouldn’t blame you if you couldn’t find time right away to get in touch with me - still, if you can make time for it, I’d love to get back in touch with you and chat about how things have been lately.”

What you’re doing when you acknowledge the likelihood that he might be busy, rather than ignoring it, is a little something called disarming the behavior.

What is this behavior? It’s whatever he may do in response to feeling that his core’s desire for independence is being disrespected.

When you disarm the behavior, you’re minimizing the chance of him pulling back at the last minute out of uncertainty. Whereas less savvy women would feel like their efforts have been “deflected” by the guy’s unwillingness to drop everything to get lunch, you’re demonstrating that you’re more than willing to go with the flow.

The art of disarming behavior is made up of a couple of things:

1. Focusing your attention on the beginning point of a behavior, NOT just after the behavior has already been going on for a long period of time. With this, you’re remaining fully aware of the behavior as soon as it kicks off, not just waiting until its progressed to the point of being a serious unchecked issue.
2. Proactive action after becoming aware of the beginning of the behavior. You’re not just making sure that things are examined early on, but you’re also guaranteeing that the problem is addressed before it even surfaces.

This is all a matter of covering our bases before they’re loaded. From the ashes of a relationship in which you simply lacked experience, you’re laying the foundation for a relationship in which issues can be taken down and neutralized instantly.

In addition to disarming the behavior, you’re also transcending the behavior as well. You’re basically getting the man to open up above and beyond the behavior rather than being contained entirely within the behavior.

When we’re not proactively dealing with communication problems, we’re owned by those problems. To predict the problem is to succeed before failure becomes a possibility.

Like we’ve gone over in the past sections, a big part of this is validation. A man has an irresistible need for his core to be validated every now and then. Validation is especially powerful in places that he’s been hurt.

With men being men, it’s highly unlikely that they’d actually open up about the ways in which they’re getting hurt that haven’t been tended to with care. A man likes to keep up appearances, and that means that it’s usually up to his partner to pick up on the little pieces of himself that get nicked and scraped.

Of course, if it were common for people to pick up on these things the first time around in a relationship, there probably wouldn’t be nearly as many breakups in the very first place.
Now let’s take a quick break from just talking about the *what* and now give ourselves a second to consider the *why* as well. When we dig into the *why* of the situation, we’re a whole lot more likely to actually resolve the issue without needing to resort to trial and error.

By taking such a directed approach to digging into the *why* of the situation, you’ll be that much more effective at actually tackling the *true reasons* behind the most pressing issues. Once you’ve got a firm handle of the “*why*” of how things are currently going, you’ll actually be in a position to start addressing them effectively.

On the surface, what seems to be something that’s motivated by jealousy might in fact actually be rooted in insecurity. What seems like it might be a controlling personality may actually be fear created by a past violation of trust.

You don’t have to get to the point where you’re acting like an Internet psychic, but it would be wise to ensure that you’ve worked on reading between the lines. After you’ve managed to successfully disarm the behavior and look into the underlying the reasons behind it, you’ll be ready to take on the next step - **counteraction**.

3. **Counteracting the Behavior** - If you’re effective enough at generating the right amount of positive emotional stimulation, you’ll be in the right position to make him feel as comfortable as possible with emotionally softening up to you. The word *counteracting* might be easy to misinterpret as something *confrontational*, it couldn’t be farther from that.

You’re not looking to actually punish or forcibly reprimand him for anything, but instead, you’ll just *positively reinforce* his good behavior. Keep an eye out for when he does things like open up to you a little bit more often than normal.

To truly stand a chance at counteracting the man’s behavior the *right* way, you’ll benefit from being a little bit creative about how you go about it. You might consider figuring out little ways that you leave little “tests” for him to slowly pass one-by-one
until he’s fully comfortable with staying completely opening up to you as time goes on.

When you and the man get to a point of legitimate mutual understanding, he’ll feel okay with coming to you in hard times instead of withdrawing.

4. Preventative Measures - Creating Your Safety Net- When you’ve finally managed to finally pull all of these techniques off, you will have finally managed to become the opposite of a danger zone for your man. When the core’s inner values have been offended, it’s easy to get the sense that any further exposure to whatever caused that offense will lead to more pain and suffering.

By taking the above measures, you’re guaranteeing that you’re seen as more of a welcome presence than an emotionally terrifying one. You’re positioning as a provider of positive emotions, not a brutal predator of everything that the core finds dear.

When you’re consistent in this approach, you’ll be keeping the man in a state of mind that sees you as a cherished safety net instead of a trap. A safety net needs to be carefully tested before anyone can fully depend on it, and so it’s only natural that you can’t just rush into this and expect a man to give you his full confidence just because you’ve made the effort.

Give the man time to test that safety net of yours carefully before he can trust it enough to break his fall. With consistent support, he’s never going to feel like he has to be instinctively afraid of dealing with you in a state of emotional compromise ever again.

The absence of an emotional safety net in their lives is what triggers many men into becoming emotionally distant in the first place. Without the sense of having anyone close to them that they can fully trust with everything that they have, they’re driven to believe that the only possible recourse for their pain is to become locked off
from their emotions entirely. They’ll usually fall into one of three frustrating “categories” of emotional irregularity to compensate for their feelings of insecurity.

The three categories of emotional irregularity are as follows:

1. Emotionally Volatile Men (Mr. Hot and Cold)

   He’s like a furnace of passion for one second and then he turns into an ice block. When you’re dealing with a character like this, you’re never fully sure of whether or not the guy is coming or going. You want to feel like you can trust him, but he gives you so many mixed messages that you’re not sure whether he’ll be warm to the touch or freeze you to death if you try getting close.

   What makes the men who play the Hot and Cold game in relationships tick? A few possible things, including:

   - Men who just want to get more attention.
   - Men who are deeply insecure and don’t know how to make themselves vulnerable again.
   - Men who have basically “learned” that they can have the most control in the relationship by remaining closed-off at all costs.

   When you’re dealing with one of these criminally hot and cold guys, you may be dealing with a man who is very anxious about what he wants and his ability to get it. You’re dealing with a man who may not necessarily be “broken”, but he’s been
“scraped up” enough where he’s secretly terrified of encountering any kind of friction again.

Generally speaking, you’re mostly going to run into this type of guy when he’s newer to the relationship. On the other hand, things might be a little bit different if you happen to have been in a relationship with this guy for longer period of time. The hot and cold behavior of a man that you’ve been in a relationship with for a long time is something that his experience with his past partners has TAUGHT him.

Speaking of education, let’s talk about how the next category of emotionally irregular men have come to learn about the world around them. Let’s examine the struggles of Emotionally Distant Men.

2. Emotionally Distant Men (The Ice King)

Reality has been one big school of hard knocks for most of the guys like this, and the best way that they’ve learned to cope with it has been by taking their emotional investment out of the picture. If the guys who play Hot and Cold could be described as part-time sunshine and part-time sleet, then these types of guys are practically full-time ice sculptures.

It would be fantastic if these kinds of guys came with some kind of translator app that we could use to break down the exact meanings of their intense silent treatment phases, but unfortunately, that patent is still pending. For now, let’s take another look at just how these types of guys’ behavior will typically manifest when it does.

So, here are our key “profiles” for the emotionally distant men who give us so much grief with so little effort:
Men who just plain struggle to build any kind of emotional bridge to anyone, purely as an effect of their personality. By the time that they’re fully grown, they’ve basically learned that emotional “gushy” stuff is just something totally foreign to their core.

Men who have been “taught” by their experiences that being unemotional is the best possible way for them to avoid getting screwed over.

Men who do have the perfect capacity to be emotionally open, but require a certain level of trust to be felt before they even come close to actually expressing themselves.

So, just who are the kinds of guys who are most likely to wind up freezing over into total ice kings?

Generally speaking, the most likely candidates for becoming as emotionally distant as these guys are will be the types who have already been invested into a long-term relationship that definitely didn’t give them the kind of return on their investment that they were hoping for.

A core factor in this emotional wall of defense that guys will oftentimes put up is the desire for control.

An emotionally distant man may interpret this desire for control in one of two ways:

1. A belief that he can gain control by being emotionally detached
2. The belief that emotional distance is necessary because they don’t think that they can actually have control.
One aims to get control, and the other doesn’t believe that having control is possible. There’s a subtle difference between these two categories of emotionally distant men, but the nuance is important to keep in mind all the same. Let’s briefly go over the differences below just to make things a little bit easier to understand in full:

1. Men who feel that they can have more control when emotionally distant

With the hypothetical control that he’s thirsty for, a man believes that he may be able to avoid the bad sensations of a relationship before they arise. By remaining emotionally distant, the man is essentially attempting to take out a form of insurance against the things in a relationship that may challenge or disappoint him in the future.

Basically, this is the kind of guy who really has a complex about staying in control at any and all costs. He is fully confident in the belief that he can have his precious control so long as he doesn’t let pesky little things like *emotions* get in the way of it. This man will harbor a deep-seated fear of ever losing the sense of control that he clings to so tightly, but don’t hold your breath waiting for him to confess that to you on his own.

2. Men who are emotionally distant because they don’t feel that they can ever have control

This *second* type of emotionally distant man is vaguely similar to the first, but it’s important to keep in mind that he’s operating with a slightly different kind of understanding about the world around him. While the first kind of guy is emotionally distant in the hopes of gaining more control, *this* type of guy has completely given up on the idea of control in general.
This kind of guy not only doesn’t seek to try and exercise control, but they just plain don’t even believe that control is something that they can actually have in the first place. This is the kind of guy who has probably been put through the wringer in terms of how he expressed himself in the past, and because of that, he’s developed a deep-seated fear of ever letting that expressiveness show again.

This kind of man has, in a way, been “disillusioned” to the idea that we can overcome challenges by getting emotional. He secretly feels completely at the mercy of the world around him, and because of that, he’s petrified of giving up even the slightest bit of vulnerability.

**Bridging the Emotional Distance**

Some of these kinds of guys are, for all intents in purposes, at the final frontier of emotional detachment. These guys think that they’ve basically “heard it all” at this point and are far too jaded to be convinced by anyone that something better is just right around the corner.

The only way that you’ll ever convince someone like this that they’ve got the wrong idea about emotional openness and what love could do for them is through having them experience it with you for themselves.

These guys are more than just a little bit hard to connect with, and because of that, most will tell you that the best key to playing their game is to simply avoid playing it in the first place - however, it’s not really quite so bad if you just exercise a little bit of tact in how you go about drawing them out of their shells.

Any man can be put at risk of becoming emotionally withdrawn. In some cases, it might actually be that the most emotionally closed-off men were actually some of the most expressive of all before they simply “learned” that they would be punished for following their feelings.
If you want to connect with these types of men, you have to be more empathetic than they’re emotionally distant - trust me, to say that this is an understatement is practically an understatement in and of itself. Sometimes it may happen through several separate occasions in rapid succession, and other times, one dramatic incident might cause a near-permanent emotional withdrawal all on its own.

Because we’re obviously not taking the ignorant sledgehammer approach here, you’re not just going to up and ask the guy what life-altering trauma he’s experienced to make him so emotionally challenged. Trust me, even if he does honor that staggering insensitive request and let it all out to you in a teary waterfall, it’s probably just going to wind up being seriously awkward and unproductive for the both of you.

The key to approaching the emotionally distant man is to, first and foremost, is to make sure that you calibrate your approach. The fact that different men can differ so drastically in the way that they respond to emotional stimulation means that you’ve got to match what you say to what they can actually handle.

Let’s take a look at a few different examples of phrases that you might use in order to gradually reintroduce an emotional “spring” back in the man’s step, but with respect paid to the type of emotionally distant guy that he is.

If he’s the type of guy who is unable to express himself because he doesn’t feel like he ever has any kind of control over his life, you could say something like:

“You know, life can throw a lot at us at once, but I think the most successful people are the ones who are brave enough to own their feelings without worrying about tripping up because of it.”
The use of the word “successful” here is important to note. A guy who doesn’t feel that he can ever have any real control over his life is most likely getting the sense that his most successful “rivals” in life are the ones who stay completely closed off.

Men stack themselves up to each other in more ways than one, but when you break it all down, one of the biggest ways that they compare success is by the way that other men are judged by women.

By telling him your thoughts on the importance of being emotionally open to be successful, you’re breaking up his idea that the “control” he needs to succeed can only be attained if he’s as inexpressive as a dusty brick. You’re serving as a living, breather counterpoint to the ideas he has of complete stoicism being the only way to seize control over what he wants and desires.

It may not happen overnight, but little things like this tend to “stick” in a guy’s mind even when he’s not outright trying to think about it. You’re planting a little “seed” in the guy’s head that will gradually bloom and flourish into something a lot more conducive to acceptance of his inner feelings.

Now let’s take a look at a line that a man who tries using emotional distance to *gain* control may respond to:

“*Some guys seem to think that staying totally cold all of the time makes them look cool and strong, but it really just makes them look awkward and unsure of themselves.*”

When you use this line, you snap him out of the idea that acting like a stone wall all of the time makes him some kind of badass. You’re showing him that rather than using emotional distance to *get* control, all that’s he’s really done is create an impression that’s actually far *out* of his control.
You’re going to have to do a little bit of work in figuring out the right context to use these lines in. Generally speaking, it will be best if you use these lines after you’ve gotten the guy to agree to meeting up with you in-person. Saying a line like this out of the blue will just come off as weird, but it will be a lot smoother if you hold this off until the point that they’ve become a bit more receptive to you after agreeing to meet up again.

Like the lines that were used before, this kind of line will be the one that gives you the initiative by giving him the lead. While you’re letting him do most of the talking, you’re leading him to reach a conclusion that allows him to reconcile with his feelings.

In the later stages of recovery, it will be increasingly important for the man to be given a little bit more space to help himself heal. You want him to be able to find out the core of your message without being hit over the head with it like a sack of bricks.

When you’re sharing lines like this with him, you’re subtly validating his ego and knocking his ego down a peg at the same time. What you’re basically doing is showing him that there’s a different way to be validated than what he’s initially been led to believe. You’re giving him the green light to explore something a bit different than what he’s been “taught” to believe by his life experiences.

You’re reaching down into those little invisible “trigger points” of his core and pressing them in a way that they’ve probably never been pressed before. You’re giving him the sense of “discovery” that his primal inner hunter craves more than anything, exposing him to a new frontier that he never knew existed before.

Here are a few more lines that you might find to your liking, depending on whether the softer approach or the harder approach feels more natural for you to undergo:
Soft approach:

“It’s easier for us to take control of our feelings when we’re actually ready to experience those feelings, isn’t it?”

“Sometimes it feels like we can have the most control over life when we just stop trying to control everything in general.”

Hard approach:

“When a guy is trying super hard to keep his emotions suppressed, it kinda seems like he’s a deer in headlights in front of his own heart. Guys who embrace their emotions are a lot of effective at taking action because they have more courage.”

“Being cold gets played up as ‘manly’ and ‘mature’, but I think a guy who is more in touch with his feelings just seems to be more in control of themselves because they know themselves better. They can actually face and survive their emotions instead of just trying to sweep them under the rug.”

You’ve probably noticed it at this point, but generally speaking, the harder approach works more naturally with the guy who’s emotionally distant because he wants to control everything in his life. He’s the type of guy who needs to be “woken up” from the idea that acting like a stone statue makes him an all-powerful life form.

In a way, you could say that the hard approach is more of a push while the soft approach is more of a pull. You want to softly pull the man who’s less sure of himself out of his shell, while pushing the man who’s acting like a control freak back to reality - of course, you’re doing this without actually going as far as telling him to change in any way, shape or form. You frame it
Remember, the man’s core has already been pushed into the sense of needing to flee due to its core values being offended at some kind of perceived slight. You’re giving the core a new emotional safety net to reorient itself, but at the same time, you’re not directly threatening it by trying to take away its free will.

The Stages of Emotional Disconnection

Emotional disconnection doesn’t just immediately mean that the guy who’s feeling it is an absolutely frozen block of ice. There are three significant stages of emotional disconnection that men tend to go through, and they are as follows:

1. Stage One: Cool
2. Stage Two: Icy
3. Stage Three: Frozen

The first stage of emotional disconnection, “Cool”, is ideally where we’d like the man to be for the best chance at recovering relatively quickly - of course, that’s the best case scenario and can’t always be guaranteed.

When the man has been emotionally disconnected for several weeks (which is when most of us will get the sense that there’s a problem needing solving), he’ll be in the “Icy” stage. While in the Icy phase, a man will be more than just slightly distant, but not so distant that he’s completely impossible to reach out to in any capacity whatsoever.

It’s the third stage, the “frozen stage”, where things have really gotten serious. In the frozen stage, a man has gotten so incredibly distant to you that it seems as though he’s practically cut you out of the smallest corner of his peripheral vision. He’s basically become a ghost.
Oftentimes the biggest indicator of what emotional disconnection stage a man may be in is simply the amount of time that the core problem has existed. It’s not necessarily the same thing as the the length of relationship itself, but closely related.

Emotional disconnection in the highest degree of coldness usually won’t see a relationship lasting very much longer, but these cases tend to emerge more often in couples who already have been together for some time and have slowly grown apart.

Again, keep in mind that the exact stage of emotional disconnection will have a powerful effect on just what the man is most receptive to. A man who hasn’t yet reached the point of complete emotional shutdown, perhaps in Stage 1 or in a mild Stage 2, might be a little bit more willing to have a change of heart just by being spoken to once or twice.

When a man has gotten all the way to Stage 3, however, you’re going to need to have a little bit more patience with him. A man who is so held back by his emotional hang-ups that he’s completely withdrawn is going to take time to start connecting with on a truly deep level yet again.

For now, it’s not necessary to spend a bunch of time obsessing over how what the exact stage of Emotional Disconnection your man is in may be. So long as you stay true to the general principles that we’ve laid out and gone over so far, you’ll definitely be far from making no progress at all when it comes to gradually thawing out that ice.

To make the “thawing” process easier to understand and execute, I suggest always thinking of the word “thaw” as an acronym: T.H.A.W.

T.H.A.W.
Take control - To take control of the situation, you operate before there’s a big problem that needs to operated on. You’re being proactive, which means solving these future problems without being prompted by the worst case scenario.

It doesn’t mean that you need to be able to see into the future, but it does mean that you’re going to want to start noticing warning signs. When the warning signs emerge, you’ll be in the right position to ensure that they’re dealt with before they become impossible to repair.

When you work towards taking control of the problem before it goes entirely out of control, you’re going to be taking note of little things that are easy to miss. You will take note of when he gives you more one-syllable answers than usual.

You’re going to be picking up on the times when he’s spending a bit less time with you than normal for mysteriously unexplained reasons. You will pick up on his subtle difference in tone when he’s in an emotionally disconnected mood, and when he gets little more irritated at the mention of certain subjects.

Ask yourself: when does it seem like he emotionally ‘shuts down’ the most commonly? Is he more likely to start getting icier after an argument, or is it actually more when you’re trying to get intimate with him instead?

Most relationships are shut down before they get a chance to stand up to these challenges because the earliest and most significant warning signs are missed. By taking note of things like the warning signs above, you can give yourself a much greater fighting chance.

T.H.A.W.
Heal the Hurt He Feels - Being good about picking up on the most common reasons that he’s emotionally disengaging from you, and when, will be essential for being able to actually fix these little points of damage when you spot them.

When you’re seeing that he’s emotionally disconnected, what you’re really seeing is more of a symptom and not just something that exists all on its own in a bubble. The emotional disconnect is based in the feeling of pain over something, and because you’ll likely be the only person in the world actually making the effort to try taking note of these things, you’ll want to do something about this pain if at all possible.

The first thing to know about healing is that it always takes time. It might initially be a little bit tempting to jump right into addressing the problem as soon as you’ve gotten the sense of it emerging, but for the sake of the relationship’s success, we’ve got to be a little bit patient.

Make sure that you don’t ever try to force him into an intervention-style talk when he’s got the “shields” up. As long as he’s not in Stage 3, his “icy” phases will be interspersed with “warmer” phases where it’s safe to start inviting him to open up. When the time is right, you will help him heal simply by telling him that it’s safe to do with you.

T.H.A.W.

Action - The second-to-last part of the T.H.A.W process, Action, is all about setting the stage for him to reveal his pain in a way and place that feels comfortable for him. The actions that you take could be as simple as giving him the space he needs to breathe and decompress before opening up further actually becomes a possibility.

In the Healing stage that precedes this Action stage, you’re simply providing a comforting reassurance that he won’t be castrated and tossed off of a cliff just for expressing human feelings. By doing this, you worked to “heal” his thought patterns
when they’re screwed up by a cognitive distortion. Before being healed, the cognitive distortion tells him that the world will swallow him whole just for having feelings.

In the Action stage of T.H.A.W., we basically just provide the “proof” that you legitimately mean what you say when you present yourself a person that can be trusted.

“Action” shouldn’t be misinterpreted as the idea that you need to rip his hands off of the wheel of his mind and do everything yourself. This is just an observable demonstration that you’re going to follow through on your claim that you’re a positive, uncompromising presence in his time of need.

Sometimes, just having the courteousness to back away from him without needing to be asked can be more than sufficient as a form of action.

T.H.A.W.

Work in Progress - This last part of the T.H.A.W process is more of a state of mind to maintain than a direct action to take. Always remember that the emotionally distant man’s path to openness with you is a gradual journey, not a switch to be flipped.

As soon as you accept the fact that this effort of yours will be a work in progress, you’ve rescued your future relationship from ceasing to exist. You’ve gotten yourself to a place of zen acceptance of what many others in your position might expend lots of energy fighting to prevent or deny.

We can be impatient with the things we want. We want it now, because now just sounds better than later. When we’re impatient, we’re greatly overestimating the
pleasure of immediacy, exaggerating the pain of the delay, and overall completely
distracting ourselves from the main objective: actually accomplishing the goal.

Missteps are an unavoidable part of any journey, so even if he’s making
progress, expect the man to backslide a bit from time to time. Allow any feelings of
restlessness and hopelessness you have to wash you over like waves, accepting the fact
that you feel them but not letting them compromise your plan.

A man will finally “graduate” from his emotionally distanced behavior when he
stops fearing what his own feelings might do if acknowledged; in the same way, if we
can honestly acknowledge our own feelings of anxiousness while still allowing the work
of progress to move at its own pace, we can see things work out.

Remember, any man can eventually be pushed emotionally withdraw given
certain circumstances - at the same time, these men can also be brought back to a
place of emotional involvement if they’re given the right sense of security and
momentum by a person who appeals to their core values (even if this is the same
person who may have once offended those values in the past, like an estranged ex-
girlfriend who still wants to support him.)

For now, let’s take a closer look at the true nature of emotional disconnection
and how it actually comes to be. The better of a grasp that we have on emotional
disconnection, the better of a position that we’ll be in to appreciate a cold man’s
mental position and approach it properly.

The Origin of Emotional Disconnection

For millions of people, openly displaying emotions isn’t an entirely easy thing
to do; certain men, however, just so happen to be born without the same “knack” for
tapping into those emotions as easily as everyone else. In other cases, man might wind
up becoming emotionally disconnected down the line, not because he was necessarily
born that way, but because he was just born with more *vulnerability* to being emotionally compromised than average.

A big part of emotional disconnection can come from the environment that a guy works in, especially if he’s in the corporate world. A man who is heavily involved in climbing his professional ladder is trained to understand that sharks always smell blood in the water; in other words, his rivals and enemies are waiting for him to slip up. The trials and politics of a highly competitive corporation, almost just like a prison, can be unforgiving to anyone who shows too much weakness.

If you’re involved with a highly ambitious guy who seems like he practically sleeps at his office, it’s only natural that he may seem to be almost designed to lack those emotional triggers you want him to feel - *at first*. It’s a battle of attrition that comes down to the difference between your own patience and the gradual erosion of those hard-packed emotional walls of his.

Other factors could also include his upbringing, his social group, or even things that might have been spoken to him by a mentor or instructor sometime in the past. No matter what the origin of the feeling might be, you’re going to want to stay aware of and sensitive to these possibilities at all times.

**Should we just keep away from men who keep away from their own emotions?**

Chances are that you’ve heard plenty of talk about how an emotionally distant man should be kept away by at least three football fields of distance. You’ve probably heard that these kinds of men are nothing but trouble, and to be honest, there’s no denying that dealing with them can definitely feel more than just a little bit troublesome.
By making a point to stay in touch with the man’s inner capacity to feel, however, you keep yourself from giving up on an opportunity for one of the most emotionally-fulfilling relationships that you could possibly have. These men can be incredibly passionate once they feel that it’s safe to be, but it takes an extremely critical “vetting” process before they’re fully ready to make that leap.

Of course, there are a number of dangerous men who just plain happen to have been born with low moral fiber AND a low capacity for emotional stimulation - these types of men are oftentimes outright sociopaths, but it isn’t necessary for them to have some kind of mental condition just to be emotionally stunted.

Now if we were to be completely honest with ourselves, we would have to acknowledge the fact that we don’t always pick the absolute best choice in romantic partner that we could. Hormones happen, emotions happen, feelings get in the way, things get messy, and hearts get broken for no good reason; that’s just the game of love and how people are prone to play it.

Naturally, the first thing that you’re going to want to do is to make sure that this wonderful-but-emotionally-unavailable man in your life is actually worth being so deeply involved with in the very first place.

Do you really sense a deep pulse of conviction in your heart for who he is and what he does with his life?

When you put everything on paper, does a future with this man actually paint a cohesive picture of a practical life that you can realistically maintain and be happy with?

Has he actually ever once just slightly reciprocated your own emotional openness with him? We’re looking to uncover feelings for you that exist, not chasing an imaginary friend. Has he shown a hint of real affection for you in a way that gives
you confidence in the chance of there being something warmer lurking under that icy armor of his?

If you can honestly answer “yes” to all of these questions, then you will be justified in spending time reaching out to the sweeter fruit hidden in the high limbs of this man’s emotional “tree”. The roots may lie where they lie, but by remaining empathetic and gracious, you can give that emotionally distant tree the water that it needs to be as healthy as possible.

Remember that it’s not just the men in our lives who can suddenly grow emotionally distant without much advance warning. If we’re willing to admit it, then we can probably all recall a time when we ourselves became emotionally disconnected from a friend or family member in our lives for one reason or another.

Any genuinely strong relationship, whether it’s with a romantic partner or anyone else, is going to be one that has to push through rough patches in to actually reach its full potential. It’s not just about enduring the bad times, but having faith in the future good times too. It’s about having the willingness to see past what’s right in front of you and trust in what you know can be, even if it may be easy to just turn and walk away without another thought.

When a person completely cuts their partner off at the the very first sense of emotional coldness, they’ve basically killed the relationship before it ever even had a chance to start in the first place. Truthfully, a relationship doesn’t even really begin until there’s that very first challenge of emotional disconnection.

At this point in time, you have encountered a challenge. You are going further than most people would in order to have the best chance at actually overcoming this challenge - because of that, you’ll be much more likely than most people are to actually overcome this relationship challenge.
When the man finally does win that impossible-seeming wrestling match against his own ego and reaches out to you from his icy cocoon, here’s the game plan:

- Show respect for the fact that what he did was hard as hell.
- Restate the problem he shares with you. Simply show that you listened to what he said, without judgment.
- Acknowledge the fact that the relationship is likely to face challenges if things continue like this, but you’re willing to stick it out with him.
- Emotionally validate him.
- Respect his need for some sense of control by asking him what he’d like to do.

Consider the following example:

“I know that opening up to me like this must not be easy for you as a man, and I respect that. I know that you’re making a lot of sacrifices to chase your goals. It’s definitely going to be a bit of challenge for us to make this work as long as you’re still going through this, but I still believe we can make it through anyway. You’re strong, you’ve made it this far, and I’m still beside you because I trust in your power to make the right choices. What is your heart telling you to do right now?”

Remember that even after opening up to you initially, may not just go all the way from “frozen” to “warm” in an instant and stay there. There is no instant defrosting. There is a necessary recovery period. Keep consistent in your support, stay free of judgment, avoid trying to be controlling, give space when needed, and you just may find yourself getting close to the emotionally distant man than ever before.
Chapter 14: The Candy Love Command

Alright, are you still with me? At this point, we’ve just about reached that part of the course where you’ll probably start to get the feeling that you more or less “get” this stuff without needing to think about it too hard. The lines and concepts we’ve gone over up to now have been like basic elements, and now, we’re ready to start combining those basic elements into more advanced combinations.

At this point, you’ve come to appreciate the value of validating a man, giving him the space he needs without a fuss when you sense he needs it, and always listening before telling. We’ve addressed just about all of the most common barriers to relationship communication that confuse people who don’t know any better, so you should now have a stable-enough base of understanding to handle yourself pretty well without needing your hand held.
I’m confident that you are ready to start digging deeper into these techniques without making careless mistakes in the process, but better to be cautious that careless. These techniques can be difficult to completely make second-nature until you’ve had a decent amount of hands-on experience with applying them.

Obviously, in real life, these hypothetical situations won’t always play out in exactly as they would in a sensibly-written book with perfectly sensible characters. People can be unpredictable. Still, aside from the rarest exceptions, you’ll most likely find that the core truths we’re covering here are pretty consistently reflected in all aspects of yours and others’ relationships around you.

If at any point you come across a term or explanation that sounds a bit confusing, I highly suggest taking a moment to go back to the earlier chapters for a quick refresher. Chances are that you already get the underlying meaning behind just about all of this content, and now it’s just a matter of committing the terms to memory and the techniques to habit.

Remember those six pillars of the core that we covered back in Chapter 2? You may recall that two of those vital pillars were respect and admiration. In this section, we’re going to be going over some more creative ways to satisfy the man’s need for a sense of respect and admiration from his partner.

You may have realized by now that those six pillars are what hold up the core values that we talked about in later chapters. It’s not just about knowing that the six pillars exist, but the structural stability of those pillars as well. When the core values in a man are neglected for a long time, the pillars weaken and the level of support he has in his sense of self-efficacy gets lower.
When he emotionally withdraws, you could consider it to be like a “renovation” period for him to try rebuilding those core pillars back up into proper shape. Emotionally unavailable men’s pillars have often taken a fair amount of damage over the years, which has made the man resort to try defending them with walls of emotion-concealing ice.

When you reach out to your man with a warm approach that nurtures his core, you show him that there’s something besides ice that he can use to protect his pillars. By now, we’ve gone over a lot of the lines that you can use to repair and rebuild the man’s damaged core, and now we’re going to put a magnifying glass on the raw material that we’re using to fill in the cracks.

Let’s take a little trip back to Chapter 4, where we covered Instant Love Bird commands and a powerful trio of behavior-building hormones. If you recall, these three hormones that we covered in-depth were dopamine, adrenaline, and serotonin.

In this section, we’ll be talking about how these chemical cupid arrows can be combined with the verbal techniques we’ve gone over to enhance the effects tenfold. Before we break into the bulk of the topic, let’s go over a quick review of what these three hormones are what they do.

**Dopamine**

Dopamine is the jewel of the reward center. When we’re expecting something we’ve experienced to be a good thing, dopamine gets released and makes us feel good because of what we expect. Dopamine can fire off even without the actual presence of whatever is actually triggering the release, because the anticipation alone is enough to kick our body and minds into “ready to receive” mode. You get a dopamine release just from seeing an interesting link or video thumbnail that you believe might lead to something you like if you click it.
One of the strongest examples of dopamine in action is the historical digestion experiment run by Ivan Pavlov, a 19th century Russian physiologist. Pavlov used the smell of food to make his dogs salivate in expectation of eating. Before the food was even presented, Pavlov’s dogs were already experiencing a dopamine rush as their bodies got ready to digest the source of the smell.

By pairing up the smell of the food with the sound of a bell, Pavlov had eventually made it so that just the sound of the bell alone was enough to trigger his dogs’ reward centers and get them excited for an expected meal.

Pavlov’s discovery of this learning process in his dogs was named after him as “Pavlovian Conditioning”, more commonly known today as Classical Conditioning. The same dopamine rush from the expectation of dog food in Pavlov’s experiment is something that most of us experience around the clock on a daily basis.

Dopamine plays a huge role in the way we develop feelings about things in the world around us and the reinforcement of our behaviors, even if they’re unconscious or automatic bodily responses. From the very start of our lives, dopamine rushes “teach” and encourage the development things like our habits, snack preferences, taste in entertainment and even our speech patterns.

Sharing a goal that you’re planning on achieving gives you a dopamine rush even if you haven’t even done it yet, which is why so many people are so eager to boast about their New Years Resolutions in December as if they’re already happened.

Needless to say, the dopamine rush when you anticipate being close to a special loved one after being separated is especially powerful. When you’re so lovesick that every song reminds you of that one person whose name is tattooed on your mind,
your reward center has learned to see the feeling that you get from that person as a signal to set off the dopamine rush alarm.

**Adrenaline**

We’ve talked a lot about a man’s core and its urge to either fight or run away in the face of threats. The core’s volatile behavior is all due to adrenaline. Adrenaline is the trigger behind that Fight or Flight alarm in our minds, screaming at us to get ready for what could possibly be either the biggest fight or the fastest escape dash of our lives.

In the times when daily life involved dealing with animals that salivated for humans like Pavlov’s dogs salivated for their treats, adrenaline is what kept the human race from being a one-line footnote in the history of wildlife. Long before we had given anything a name, adrenaline told us to run like hell when something with knives in its feet and daggers in its mouth was coming our way with an empty stomach.

Today, adrenaline’s job is slightly less vital for survival in the First World, but it hasn’t slacked off in the slightest. In a man’s core, adrenaline rages whenever there’s an emotional or psychological threat to his values. The disrespect of his core values gets translated into a threat to his freedom, prompting it to yell either “FIGHT” or “ESCAPE”.

Adrenaline even plays a part in getting the blood pumping when you see a stranger whose dashing good looks give you the tingles. This sexy stranger fills you with an electric ocean of nervous energy, and that’s all it takes for adrenaline to go wild.
The television-breaking, neighbor-waking, breathtaking intensity of relationship drama is all just adrenaline doing its job without asking questions. When you’re thrown into crisis mode, all of those different shades of “should I or should I” in your mind get covered up by a gigantic coat of adrenaline-based paint. Adrenaline temporarily kills the power to your capacity to care about anything aside from either fleeing or fighting the perceived threat. Physical pain practically loses all purpose when adrenaline takes the wheel.

There may not be any woolly mammoths charging at you when you’re waiting to meet a breathtaking new man for date or having a huge fight with your long-term man, but your adrenal glands are completely unaware of and indifferent to the context - all it knows is that you feel like something seriously intense either is or is about to happen to you, and that means it’s time to prepare for action.

**Serotonin**

Last but not least, we’ve got serotonin. Serotonin has stronghold on our conscious thoughts, emotions, and even the gastrointestinal system. Serotonin solidifies the strength of our social ties, whether they’re just casual friends, friends with benefits, or romantic partners.

If you compared each of the hormones to household items, serotonin could probably be pretty accurately referred to as superglue. One of the main roles of serotonin is to make things mentally “stick”, and it does that job exceedingly well. With the help of dopamine, serotonin makes it so that the things we like the most receive VIP tickets to the front row of our minds.

The extremely high serotonin levels we experience for the people we’re in love with is why we’re so prone to getting caught up in La-La Land in the honeymoon
phase of a relationship. When the thought of that special man gets replayed like a broken record in the soundtrack of your mind, thank serotonin for permanently locking it into the playlist on repeat.

**The New Relationship Nerve Rush**

When we’re in those first few sweet and blissful months of partnership with a new man, there’s something very interesting happening in our brains because of these hormones. Some people might say that love is all about the heart, but if anything, almost nothing could be more closely related to the brain than love. In the honeymoon phase of a new relationship, your brain’s computer is being overclocked to handle the hurricane of hormones rising inside of it.

It may feel amazing to be high on the sweet emotional candy of a person that you love, but this feeling takes a lot of energy. Because the human brain and hormones are so good at their jobs, they could practically keep building bridges between another person’s presence and your feelings of pleasure until the end of time if you could live forever. Of course, it doesn’t take anywhere close to the end of time for the feelings to become addictive.

This chemical cocktail in your brain packs a stronger punch than all the shots your friends have taken at happy hour combined. If you think being drunk for 24 hours straight is noteworthy, try being absolutely wasted for several months straight - that is the effect of the intense nerve growth in our brains that happens in a brand new relationship.

In a clinical study, Italian researches found that the honeymoon phase causes a serious spike in the amount of protein our brains need to create new nerves. The “love high” from this nerve creation burst is just as addictive as anything you could put into a pipe and smoke.
Because of the addiction to that feeling from so many hormonal triggers pulled during a relationship’s earliest days, plenty of people wind up becoming “serial monogamists.”

Have you ever met someone who seems to go through remarriages like most people go through chewing gum? Despite having practically every financial and emotional reason not to get married again, you see these people putting a ring on for the 4th person in a row without batting an eye.

The urge to keep starting new relationships seems insane from a distance and downright surreal up close, but when you think of our brain’s addiction to these all-powerful hormones, it makes so much sense that it’s almost tragic.

When you look at someone who’s been married five times in five years, you’re not just looking at someone who has a bunch of stuff in their closet belonging to five people that will never actually get that stuff back - you’re looking at a certified addict, hooked on a mega-dose of some of the the hardest habit-forming substances to shake in the universe.

However crazy it may seem to see people getting married, divorced and remarried again with the seasons, there’s a certain saying to keep in mind: “judge not lest ye be judged”.

Besides those of us who might have been born and raised in the vacuum of space before crash landing on Earth as an adult in a meteor, all of us are guilty of falling victim to honeymoon addiction to some degree. We may not all get to the point of reciting wedding vows more times in one decade than we say “Happy Holidays”, but we’ve all at least been somewhere on the spectrum of this love hormone addiction madness.
So far, there is no known way in the world gain freedom from how crazy these hormones make us. If you call the collective effect on our minds that these hormones have a “lake”, then we are the fish that are spawned in that lake - every aspect of our existence depends on it, and the only circumstance in which we’re free from it for good is when we’re dead. No exceptions.

Fortunately, these hormones don’t just have to be something that we’re powerless against. With the understanding of these hormones that you have now, you’ve got the right toolbox to start making use of them for the strength of your relationship.

Dopamine, adrenaline, and serotonin each represent one of three steps that you can take in using **Candy Love Commands**. If you stick to the steps, you can successfully use special lines that concentrate and deliver pure hormonal power like verbal syringes.

**Three Steps to Hormone Madness Mastery**

Through the *proper* process of these three steps, you can become an addiction for a man that overpowers drugs *and* anti-drugs. You’ll practically be touching his hormonal triggers with an invisible ghost-like “hand” that reaches directly into his reward center and hotwires it.

These lines are called *Candy Love Commands* because they basically make you assume the form of the ultimate eye candy for a man. Keep in mind, I’m not talking about looking physically beautiful. You’re not just eye candy for his *physical* eyes, but also his *mind’s* eye.
You’re going to be like some kind of magic candy radiating psychic energy that your man gets an overwhelming sugar rush from just by looking at, without even needing to take it out of the wrapper.

Anyone can just try to tell somebody else what to do with words. People try telling people to do things all of the time, and unless the person already wants to do it, is being paid to do it, or has a loaded gun pointed at them, the success rate is generally pretty unimpressive.

Most people are pretty bad at both getting others to obey their demands and obeying demands made of them. In most cases, the reason we hate being told to do things is because the suggested action hasn’t been signed off on by our hormones first and foremost, leaving us with no real incentive beyond the “logical” reasons.

As history will show you, a long list of the most logical reasons to do just about anything has practically zero persuasive power when compared to a single spark of hotblooded emotional desire.

With these three steps I’m going to share with you, you’ll be getting the man’s own hormones to give him mind-rattling commands that completely cut through everything in their way. While adrenaline makes our minds yell “I HAVE TO RUN AT ALL COSTS” and “I HAVE TO FIGHT AT ALL COSTS”, these commands will have the man’s mind yelling “I HAVE TO KISS HER AT ALL COSTS” and “I HAVE TO BE WITH HER AT ALL COSTS”.

The Three Steps: Mild, Playful and HOT
Before we get too deeply into these techniques, there’s something important to keep in mind: the object of this method is to keep it from ever being plainly obvious to the man you’re trying to influence him.

Some of the commands are just a little bit more hard-hitting than the others, but for the most part, the majority these commands should be delivered in the most subtle way that you can manage.

When thinking of all the different approaches that I’m about to share with you, try thinking of a scale that indicates different values by sliding left and right. Just like in the previous chapter on Love Commands, where we went over the difference between soft approaches and hard approaches to emotionally unavailable men, the kinds of lines you choose and their impact should match the context and the man’s personality.

Each one of the hormone triggers here has a range of applications that vary in intensity. The intensity levels are mild, playful, and hot.

The mild-intensity hormonal triggers are very light and very difficult for the conscious mind to pick up on its radar without being prompted. The playful triggers are more energetic and involved than the mild triggers, but they don’t exactly hit like semi-trucks. The HOT triggers are like a storm of fire. Hot triggers can be either on the playful side or the more serious side, but the point is that they need to be STRONG.

Step #1: Art of the Mild Trigger

A) Dopamine - Exercise, Mindfulness and Entertainment (Maybe Even In That Order)
Now let’s start by taking a look at dopamine, the reward system charger. For the milder dopamine triggers, all you’re looking to do is activate tiny dopamine spikes from rewards that he may not even notice until they build up en masse.

Even if he isn’t aware of the mild dopamine trigger reward he’s feeling, he doesn’t have to be - the effect is actually even more potent if he doesn’t have any clue about the concept.

The better you get at ticking up his dopamine by small amounts, the better you’ll be at creating larger dopamine spikes; not only due to the fact that you’re just better at pulling it off, but also because he’ll just plain enjoy being around you and doing things for you more.

The key to activating the easiest mild dopamine triggers is to get up get moving fast. Literally. I don’t mean get in the car and floor it into his house to wake him up, I mean try and get him physically active if at all possible. Exercise is probably the number one fire-starter for dopamine that a person can activate easily, simply and quickly.

Exercise not only kicks off a dopamine surge, but it also works as a counterbalance against depressive symptoms that may be affecting men who are emotionally unavailable because of stress. When he’s exercising with you, anything you say to him and any contact you make with him is going to be associated with the dopamine surge that he’s feeling just from being active.

Mindfulness - the state of being fully mentally grounded in the present moment - is an excellent state of mind for overcoming anxiety about the future and fixation on the past. Men who are obsessed with their egos are constantly thinking too
much about where they’ll stack up in the future and their past shortcomings; naturally, there are not conducive to emotional availability.

By introducing the pleasure of mindfulness to him, you can draw him into a place where he’s actually able to focus on his current pleasant feelings instead of his hang-ups and baggage about things out his control; of course, this also extends to his feelings about you, which won’t be interfered with by his thoughts about things like the uncertainty of his future or plans for making more money.

If you’re holding his hand while the two of you are still feeling the warm glow of from a freshly-finished workout or mediation session, his good feelings toward you will be boosted by dopamine enhancement. Simply being present during the little burst of dopamine and endorphins he gets from exercise and mediation will have him associating you with that refreshing sensation of momentary inner peace.

After you’ve worked out or meditated, ask if there’s something he might like to watch or see later on (like a show, movie, a play, stand up comedy, or anything else he’s into). You’re already at the center of his dopamine surge, and by respecting his core value of independence by suggesting he pick something for the two of you to watch, that dopamine surge grows even bigger.

B) Adrenaline - Get Sporty and Sleepy (Hopefully not at the same time)

If you’re a lady who loves sports and “gets” why men love them so much, you can skip a little further down. You already understand what I’m about to go over. On the other hand, if the only football game you watch is the Superbowl and you don’t know why your guy cares so much about all of the other games, this is for you.
If your guys loves sports, for the love of all that is good, let him have his sports when he wants time for his sports. Thousands of women can’t understand they their boyfriends and husbands get so deeply invested into large male strangers grunting and roughly manhandling each other over a leather ball, and that’s okay. It’s not something that has to be understood, just respected.

We all need something we can use to distract ourselves and keep the existential crisis at bay throughout the workweek, and for a lot guys, that something is watching sports. Real life is hard and full of rush hour traffic, so let him blissfully dwell in the sports dimension for a few hours a weekend or however often it takes to keep him sane and functional.

If you really want to bond with him over sports, try just getting into the spirit. You don’t need to know the name of every player on the screen, but just imagine that the team he doesn’t like is the favorite team of every person who ever cut you off without a turn signal.

Get in touch with your inner Ancient Roman citizen whose favorite and only form entertainment is watching guys get brutalized in a pit. Have your favorite drink while you watch the game so that it’s easier for you to overreact to things that are apparently important, if you’re not pregnant or a recovering alcoholic. However you make it work, simply sharing in that sporty adrenaline rush with your man can work wonders for your relationship.

Speaking of adrenaline, if you’re not sleeping enough, your adrenal release will wind up in really bad shape. Adrenal fatigue makes you sluggish zombie, and if there’s one thing zombies are really bad at, it’s maintaining healthy relationships.

Make an effort to get the man in on a plan to improve sleep quality together. Make sure he knows that it’s about ACTUAL sleeping, not the open eyed sleeping that college students do with each other outside in broad daylight in Cancun.
Chances are that if your man’s a busy guy, he won’t hate the idea of being a little less professionally sleep deprived. Make a pact to designate the bedroom as a peaceful oasis, free of things from the icky “real world” that you have to be awake and acknowledge out of obligation.

See if he agrees with the commitment to mutually forbid any work being done in the bed. Think soft textures, warm tones, and minimal LED light. When simply walking into the bedroom makes your eyes droop, your mission is accomplished.

C) Serotonin - Eat Outside of the Box (Pun kind of intended)

In a time when fewer families are eating together at the table than ever, sharing a private meal together in the house can actually feel weirdly intimate; ideally, this weird intimacy can be something that you and your guy are comfortable with experiencing every once in awhile before going back to living in your separate phone screens.

Intentionally sharing a meal with another person sends them a significant nonverbal message on a primal level. The unspoken conversation happening between the ancient human cores of two people willingly sharing a meal together is:

“I acknowledge you as a welcome life form in my territory that is neither my prey nor intending to treat me as prey. I do not see you as a hazard to my survival, and so instead of preemptively ripping out your jugular vein, I am comfortable with allowing you to share in what is possibly the last thing I will ever eat.”

When you eat with your man just to eat with him, you’re basically consolidating your natural status as his chosen mate and he as yours; this is will satisfy his core’s
desire to be seen as worthy breeding material. If the weather permits, consider kicking the old mother nature factor up another notch by eating outside in the sunshine.

Not only does sunlight usually make for better dining ambiance than light bulbs, but it can also be pretty useful for making sure that your body isn’t dying faster than it should be. Most of us are already significantly vitamin D-deficient and not doing much about our diets to fix that, so simply being under the sun at least gives our bodies the consolation prize of soaking up from the sky what it’s not getting enough of from us.

Just being outside in a greenery-rich area will provide you and your man with another nice little dopamine hit, simply on account of actually breathing in that fresh air that we’re technically supposed to be breathing exclusively. You don’t need to give your man a biology lesson, to get him on board with any of this, just use the good weather as an excuse to go somewhere on foot and soak up that sunny serotonin and dopamine wave from the sky together.

**Step #2: Art of the Playful Trigger**

**A) Dopamine: Hide and Seek Out Something Completely Random**

In addition to just plain being a mutually beneficial investment in his and your health, those first mild dopamine spikes from exercise and meditation lay the right foundation for effectively setting off the playful triggers.

He’ll trust you more just because of what you’ve given him the privilege of experiencing with you, which means that his core won’t be as suspicious about the implications of playful remarks you make. He’ll be more lighthearted and more in the mood to laugh, even if he’s a bit of a grumpy goat normally.
Playful triggers are great to bring out in two key moments: to “snap him out of it” when he’s unproductively fixating on some uncontrollable source of stress, or just idly killing time. Do NOT bring out playful triggers to try getting his attention when he’s actually trying to focus on solving an immediately urgent and fixable problem, or if he’s paying attention to something that’s legitimately important to him and would hate to miss.

Use playfulness when he’s just spaced out and swiping through apps his phone, or caught up in his thoughts about something stressful that’s out of his control, like family issues or debt. You can use words to create a playful trigger by either texting or calling out to him from another room:

“Hide and seek babe! If you find me quickly, we can do anything you want…(good place to toss in some emojis if that’s your thing)”

You can also get more hands-on in your playful trigger approach. For an immediate hands-on solution, you can literally use your hands to give him a surprise massage that snaps him out of his worrywart stupor. You could also invite him to use his hands in a creative or constructive activity to get his mind off things.

Make sure the activity is something he actually has an affinity for or an interest in trying out, and it can be a fun way for him to get that same “mindfulness” effect from meditation.

If the two of you wind up doing something slightly different than the norm, and he enjoys it, it can be a wonderfully healthy thing for his core’s sense of balance. We’ve gone into a lot of detail how the core can be thrown off-balance when it’s been offended by a person who doesn’t respect what it stand for, but it can also be left unbalanced by too much repetitive exposure to the same old things and places.
As natural lovers of freedom and unpredictability, men need variety and dynamic change in their life to feel at balance. Unfortunately, the stubborn male core’s occasional refusal to move on without trying to “solve” problems that can’t be immediately fixed in one day (like uncertainty about his career direction or dissatisfaction with body image) can make them neglect their own need to discover new things in life to give their attention to.

Now let’s say you make a proposition to him like this:

“Hey babe, I just had a thought. Why don’t we just go out and do something completely random? Like, let’s just look up the stupidest--sounding thing happening this weekend and do it. I know it sounds so weird but it might actually be fun.”

Your playful suggestion to go out participate in some unusual activity in the community (or just go somewhere that’s off the beaten path) can be a lifesaver if he’s agonizing over his obsession with a big life challenge that can’t be resolved overnight. Even if he thinks the your idea is ridiculous, the way that it snaps him out of his mindset of the world being limited to his one problem can refresh his perspective.

B) Adrenaline: Competitive Sexiness

Competition and sexiness go together like peanut butter and jelly (as long as the man doesn’t treat sex like a race to try coming in first place). It’s fine and well to get along with your man, but there’s a danger in getting along too well with your man.

Even if you’re extremely physically attracted to each other when they first meet, the physical attractiveness factor of any significant other gets a lot smaller once you’re completely familiarized with each others’ looks and bodies. By the time you’ve seen
each other naked more times than you’ve seen each other wear any individual outfit, something else needs to come to the table of sexiness.

To put it simply, the lack of any clash or tension in a relationship makes the chemistry about as sexy as a sandpaper square taped to a fishing boot.

Some couples avoid conflict to avoid discomfort, but the nature of sexual tension IS discomfort. The adrenaline that pushes animals to fight and flee for their lives exists because we have been programmed to keep ourselves alive long enough to pass on our genes.

An extreme adrenaline rush is when your body is in its maximum “GOTTA STAY ALIVE AND MULTIPLY” mode. The line between raw anger and raw carnal passion is razor-thin for a reason.

If you and your man are so blessed to not naturally feel like kill each other at least bi-weekly, then that’s great, but you would still benefit from introducing a little bit of controlled competition into the equation.

Obviously you don’t want to compete with him by seeing who can cheat the most without being caught in the bed first, but consider casually competitive little things like card games, board games, ping pong or basketball free throws.

No matter what your competition of choice is, getting in some healthy “me versus you” action every now and then is an amazing form of relationship insurance. Devote an hour or two to getting productively pissed off at each other over an inconsequential contest for imaginary points. A little name-calling can be okay, a lot of name-calling is better. The best part of this is that you can get all the fun of angry
makeup sex *without* needing to go through all of the annoying, time-consuming drama that comes with a serious issue to get legitimately angry about.

**C) Serotonin: Operation R.C.T.T.A.B.T.O.P (Relax, Connect, Try To Actually Be Together On Purpose)**

It might surprise you at how many couples seem to need relaxation retreats as a break to take from *each other* just as much as a break from their day jobs. Couples that give each other space are couples that actually *stay* couples, but at the same time, it can’t hurt to idly bear each others’ company in a place that’s not his or your house for a change.

Instead of just lazily fusing together into still pile of unwashed human flesh on the couch in front of Netflix, consider *upgrading* your shared relaxation time protocol. Think of about getting yourselves to a nice resort, with actual ambiance, so that you can be bums together in *style*.

Being able to take a breather with your partner is great, but doing too often in the same place, in the same way, can start to feel claustrophobic. If you want to *preserve* his and your ability to enjoy doing nothing together for years, you’ll want to switch up the scenery every now and then.

Instead of being frustrated by the boredom of routine that gradually corrodes relationships to death like slow drips of acid, a refreshing change of surroundings in the places that you relax together will put him a much better mood to emotionally connect with you when you have some comfy alone time.

**Step #3: Art of the Hot Trigger**
A) Dopamine: Fetch Quests and Fresh Beats

So let’s take that same level of free-spirited passion for randomness in the Playful dopamine trigger, but instead of total randomness, let’s make it something specific, planned, and twice as ridiculous.

Instead of just trolling about the town looking for something fun to do that you don’t normally do everyday (which is still a perfectly fine way to get the guy out of his head), you can go trolling about the town looking to find one particular object that you don’t normally find.

You don’t need to dress up like medieval characters and run around Walmart with paper horse heads on brooms between your legs to go on quest (unless you really love each other that much, in which case you probably don’t need this guide), but you can make a fun day out of looking for just about any weird thing made up of two random words written down on paper that aren’t “dead” and “body”.

You might even be able to make things even more fun by focusing on finding a specific kind of merchandise that’s infamously tough to track down.

You could look for the world’s most tasteless birthday card for senior citizens.

You could look for something like a hat that stopped getting printed because no one was buying hats that say “Sassy Stepfather”.

You could look for an actual senior citizen willing to wear the discontinued hat and hold up the tasteless birthday card for a picture with you two.
Whatever your inane fetch quest target object is, make sure that you own that quest as his and your thing. You can even take the mission out of town and make it something that the two of you always have an eye out for no matter where you go.

Provided it doesn’t end with the two of you getting into a death match with another couple nearing the end of their quest, the dopamine rush from constantly hoping to find that one thing can be an awesome feeling of adventure for the guy.

Going on a quest will give the two of you a shared dopamine rush that most couples rarely experience aside from managing to join the high mile club without anyone on the plane noticing. You’ll be getting the dopamine rush of teamwork.

When a man feels like he and you are on a team for something, you’re not just his girlfriend or just his wife. When you and your man are working together to accomplish a goal as a team, even if it’s legitimately the dumbest goal that any two people are working together to accomplish in a 50-mile radius, you are his PARTNER IN CRIME: basically a much cooler, much more fun, and less painfully invasive-sounding way of being his “other half”.

Also, because propositioning your man to go hunting for the most obscure things in the world would just be weird to do in total silence, think about listening to music with your man more often. Think of it in terms beyond just having the radio on in the car.

Every now and then, consider just sitting down together somewhere peaceful and letting the music take you both for a ride, with no other distractions. Sometimes it can be legitimately surprising just how musical a song can really sound when it isn’t just being used as background noise for another activity or a gigantic fundraising tool for future hearing aids sales to people standing next to the stage at Coachella.
B) Adrenaline: “Surprise! It’s time to (almost) die!”

If you’re with the type of man who has a daredevil soul and lives to feel his blood pumping, this is for you. There are two things I know that are almost always guaranteed to get the blood pumping: big surprises and near-death experiences. If you want more excitement, why not get more of both of these things? Oftentimes the two go hand-in-hand, but we’re better off doing this in a more controlled way than just staging a near-fatal accident to spice things up.

Just to clarify, I would recommend that the recreational near-death experience be the kind that you sign a waiver for and get some kind of harness to enjoy, not just driving into the bad part of town with all of your windows down and “free money inside” spray painted on the doors.

Think of things like bungee jumping, sky diving, jet skiing, or any other awesomely risky activity involving high speed and a cool story to tell if you survive the accident. Find out when your man is free of any obligations, and ask about what kind of life-threatening thrill he’d like to take his chances on the most.

If the activity he tells you is legal enough to set up in advance, consider surprising him with a reservation for you both. For whatever reason, man’s core WANTS to put itself in intense, perilous situations to validate his bravery and ability to survive something dangerous. This death-defiance desire in a man’s core is arguably insane, objectively stupid, completely natural, and can serve as the basis for a phenomenally fun bonding experience if your skill at staying on gravity’s good side matches your craziness.

C) Serotonin: The Memory Foam Method
This Hot Trigger is called the Memory Foam Method for a simple reason: it’s all about memory and touch. As mentioned before, serotonin is all about making things “stick”, and things stick to our minds better when they’re either really pleasant or really bad.

Seeing as we’re not looking to traumatize the man on purpose, we’re going to want to buckle down on bringing positive memories to the forefront of his brain. It really is as simple as just bringing up the memory of something you both experienced that was affectionate, funny, a really big deal, completely mundane, or something you’ve got the opportunity to do again right then and there.

You can deepen the delivery of those memories by adding in a little physical contact when you bring them up. Men respond to touch like a golden retriever responds to a perfectly-placed ear scratch. Something as casual as straightening his collar or running a finger along his hands can make him want to wag his nonexistent tail.

Getting the point across with a well-placed touch can be done lightly as feather for the impact of a grenade launcher. Remember that dopamine fires up in the expectation of something you imagine. It’s not just about touching him suggestively, but making him imagine the suggestive progression of the touch.

You don’t have to make a human Kamasutra pretzel around his torso and crack all of the pressure points in his groin. When he begins to think about what your light grazing touch could lead to, he’s at the mercy of his own imagination. The less you give him, the more intense he’ll fantasize.

Of course, sometimes a little extra physical pressure can be just what the doctor ordered. Fun fact: with just one good massage, serotonin can levels in a man can just by more than 30 percent.
A proper massage not only boosts serotonin, but lowers cortisol too. Cortisol is a stress-activated hormone that can convince the body to hang onto abdominal fat as a survival measure, even if a person eats well and exercises.

The buildup of “emergency stress fat” is a bit of an overreaction on the body’s part, but no small source of extra stress for the guy already stressing himself straight to obesity. You can help your man avoid getting locked into the infinite cortisol fat loop by showing his shoulder tension a little love with your touch.

**When all is Said and Done, Just Make it Fun**

The higher the intensity, the more loose and playful these hormone triggers tend to be. Even though some of these playful approaches can come off as silly, you’re perfectly capable of using them without coming off as though you’re mocking him. The key to these pulling off these triggers, no matter what they actually are, is to make sure that the reward for the man is something fun enough for him to look forward to.

Depending on your personality, you may have to build up a little bit of experience in carefully toeing the thin line between having fun and coming off as insincere. The man’s core might still be a little bit paranoid about perceived threats to the values that it takes seriously, so just be careful that you don’t mistakenly give the man a reason to suspect that you’re mocking him with the playful approach - that’s pretty much just as bad as making him feel that you’re trying to control him.

If you’ve been paying pretty good attention up to this point, then you should be decently able to have fun with this without stepping on the :”land mines” of his emotional defenses and ego. You know not to come off as obsessive or frustrated if
he isn’t completely receptive right away, and you know the importance of not bringing up painful memories just to make a point.

Though we may love them, some days our men can just be plain old sticks in mud. Don’t take it personally if he initially stonewalls your honest attempt at cheering him up. The eventual chuckle that escapes him when he can’t help keeping a straight face anymore will be worth every non-reaction that led up to it.

The worst kind of hell that a man can imagine is a place where he’s bored out of his mind for all eternity, and for some men, swapping out the “eternity” in that sentence for “20 to 30 years” sums up their fear of commitment. The moment that he starts to feel like you make his life more fun is the final point of no return: the point where you’ve got him hooked on that hormonal high.
CHAPTER 15
Chapter 15: The Queen of Seduction Command
(The Art of Arousing Him Beyond His Wildest Dreams)

Define your meaning of the word “seduction”.

Could seduction be defined as going down into the cellar with a flashlight so that you can get a better look at the crying man chained up to your radiator?

You don’t think so?
Well, would it count as seduction if his arms and legs were hog-tied together with copper wire and his mouth was stuffed with a tennis ball?

Still not quite right?

Alright, then would it count as seduction if the tennis ball was kept firmly nestled in his mouth with a leather jock strap tightly clipped around the back of his head to keep it from rolling out and scaring all the garden snakes you left there on the floor to keep him company?

If this scenario doesn’t at least somewhat match your personal definition of seduction yet, then I’m probably not going to get any closer by describing the steroid injections or improvised surgical tools on the wall. I’ll just go ahead and save the rest of that story for another book on a slightly different topic.

I’m willing to bet that your idea of seduction is one where a man is spending time with a woman on purpose, not drugged and trapped against his will. The man’s hands probably aren’t tied together with double-knotted copper wiper, he probably doesn’t have a tennis ball jock strap gag in his mouth, and he’s probably not worried about when the next time he’ll see his family is.

The word “seduction” often invokes thoughts of a man being effortlessly charmed like a cobra and beckoned to ends of the Earth by a woman who’s got his whole mind wrapped around her little well-manicured, dark-nailed finger. It doesn’t have to be sinister, but its raw power invites a lot of dark possibilities.
Basically, it’s like the woman has a superpower that lets her magnetically drag men wherever she wants them by the zippers of their pants. This power can be used for good and not-so-good in equal measures.

Imagine a woman who can somehow have a man locate, pay for, and bring back the single most expensive menu item from every different kind of takeout cuisine offered in a 10-block radius. It’s 3AM in NYC, and she’s a little high from a bit of 5 lb bag of marijuana given to her as a gift from a man waiting for her to show up at the airport to elope 7 hours ago.

She’s not an angel. She never claimed to be. She is, however, pretty damn good at what she does. She is the Queen of Seduction.

From one angle, her hair is a chaotic waterfall of jet black, platinum blonde, cinnamon red, sunset brown and every color in-between. From a different angle, it’s a plain brunette bob cut.

What about her body? Some men describe it as voluptuous, some call it petite, and others speculate that she must have ancestors from the Amazon rain forest. She makes tall men want to walk on their knees to stay at eye-level with her, and she makes short men feel like climbing up a mountain just to get a better glimpse of her face.

What about her personality? She has a different personality for every day of the year, but she doesn’t have multiple personality disorder.

She just happens to be several thousand different women all at once.
I have to be honest, saying she was THE Queen of Seduction was a little bit misleading. In truth, there are actually many queens of seduction peppered around the world, and each of them has had the same mystical and terrifyingly powerful gift bestowed upon them.

They have the power make men step in time like toy robots with a wink of the left eye, and have them all do a synchronized faceplant on the sidewalk with a wink of the right eye.

In 20 seconds, they make men forget 20 years of hard-earned experience. In 10 seconds, 10 hearts have been broken in a row like dominoes. Every single second, another married man sees one of them and wishes he was single.

Some may say that that a woman like this too pretty to be legal and should register herself as a deadly weapon; depending on what she looks like and what her intentions to use her powers for are, they may actually be right.

Simply being drop-dead gorgeous doesn’t make any woman a queen of seduction, though. Some seduction queens are actually smack dab in the middle of ‘average’ when it comes to looks, and they’re fully aware of that. The thing is that their ordinary looks don’t stop them from wreaking extraordinary havoc on any wannabe pickup artist (PUA) who comes at her with a cocksure smile.

The cocky PUA looks at the plain-looking seduction queen from across the room and sees a one-night-stand that he can get as easily as a breakfast sandwich. 1 week later, the seduction queen looks the latest chain love confession text messages and contemplates the level of evil in playing along for just one more pair of free designer shoes from the no-longer-so-cocky PUA.
A seductress with striking supermodel-class looks can use them as a powerful distraction from the real source of her power, but ultimately, the distraction isn’t even necessary. Whether plain-looking or on on published magazine covers, seduction queens are unified by one critical element: true intimacy mastery.

Intimacy is the difference between a guy thinking a girl is hot and a guy worshipping a woman as his angel of death. Intimacy doesn’t just stop at attraction, it causes full-blown intoxication.

Whereas a normal good-looking woman just talks to men, the intimacy-wielding seductress interacts with men, hypnotizes them, melts into them, flips through their soul like a resort brochure, and comes back out with a free lifetime VIP membership.

All of this, she can do without an ounce of negativity or aggression in heart.

While lots of women develop a crab shell-like exterior to protect themselves against the roughness of the modern world, the seductress draws a strange kind of power from her striking softness, submissiveness, and unaffected femininity. Instead of guarding herself with a jagged shell, the seductress walks with her own reality distortion field.

Regular women often wish that they could be as safely unguarded as the seductress seems. Like an ice crystal that somehow drifts through hell without melting, the seductress portrays an almost paradoxical invincibility in her unconcealed delicacy.
While millions of women are taught from childhood to reject the notion of “feminine submissiveness” as survival skill, the seductress foregoes all fear of her own vulnerability and dons it like a silky, air-thin armor.

Men are often caught off-guard by the seductress’s lack of “edges” that they can typically use to get a firm handle on regular women with more abrasive personalities. As many modern women are raised to resist giving off any major signs of submissiveness, many modern men are conditioned to approach women they’re attracted to with the expectation of a “fight”.

A man’s assumed task to “break down” the tough shell of resistance around a woman’s actively repressed feminine submissiveness has practically become a universally recognized courtship model of the modern era. It’s half-mating dance, half sparring match.

To become better at coaxing the fable “feminine energy” locked away inside the defenses he expects most women to put up, the man invests lots of time in developing different little tricks to “coax” her out of her anti-submission fortress with tactical wit, honed sarcasm, banter, charisma, targeted compliments and forceful bluntness.

He advances on offense, she holds her ground on defense, and outcome sees the man considered either a “winner” or “loser”. On both ends, the typical modern man and woman see male-female dynamics as highly competitive and almost combative by nature.

Enter the seductress. The average man, prepared to use the best artillery in his arsenal to break down the great wall of defense that he’s learned to expect every woman to hide behind, instead finds a woman who faces him completely in the nude.
Blindsided by the difference from what he expected, the man frantically runs through the long mental list of verbal counter-attacks and witty jabs that he’s developed out of perceived necessity, but when faced by the seductress, all that he finds in his arsenal are tools that no longer serve a purpose.

With no wall around her to break down, he’s at a loss for how to handle the seductress. She’s practically invincible in her lack of defensiveness.

Under normal circumstances, he would see a woman’s open expression of vulnerability as a hard-earned victory. With the seductress, the lack of a battle leaves him confused about how to proceed.

Without being given any opportunity by the seductress to “prove” himself a capable mate by piercing “shields” guarding hidden feminine energy, the man is left uncertain of whether or not he has actually made an impact on the seductress at all.

The regular man has learned to expect a degree of rudeness or sharpness from the regular woman attracted to him, seeing it as an unspoken invitation for him to break her resistance down.

He is used to regular women openly testing him to prove that his social fluidity and confidence are genuine. He works to prove his value to these women and triumphantly enjoys the access he’s earned to their hidden feminine submissiveness.

In the reality distortion field of the seductress, however, this man no longer has a script from which to read what his next tactic should be. He hasn’t been rejected or even tested, but at the same time, she hasn’t given him any of the invitational signs that he’s learned to expect from most women.
The experienced seductress envelopes a man in a blanket of fog that removes his preconceived notions of how male-female dynamics work. In this strange new territory, the unashamedly vulnerable seductress has gracefully and ironically assumed a dominant position.

At the end of their encounter, the man has experienced what it’s like to be on the receiving end of a woman’s uncompressed feminine energy. He has been taken over and steered through the waters of intimacy instead of being the dominant captain of his own sexually charged vessel.

Even if his experience with the seductress allowed him to sexually perform in the same way that he’s accustomed to performing with regular women, the dynamic is unmistakably different. The mystique of her shameless vulnerability gives him the sense of being absorbed by something bigger than him.

The experience of a seductress’s powerfully feminine lust ordering and receiving his arrival to the point of sexual activity feels extremely different to him than the usual process of going out of his own way to validate himself to a regular women, breaking through the socially-encouraged barriers she raises to test him, and venturing the point of sexual activity as a result of his own initiative.

Whereas he could compare his confidence-testing conquest for sex with the average woman to running through a labyrinth for an hidden treasure, he finds being beckoned and by a seductress comparable to being summoned for a private audience with a queen.

After being intimately seduced, the man understands what it’s like to be charmed and drawn into a sexual experience instead of aggressively pursuing and accomplishing the sexual experience in a competitive, ego-heavy manner.
As the fuzzy clouds in his brain start to break up and he floats back down to earth, he slowly starts to process of what just happened. After being given a taste of a masterful seductress’s power for the very first time, he’ll never be able to feel the same way about anything less intense than his experience with her again.

A seductress could be called a woman of “unbound” feminine energy, deceptively strong and piercing in its silky smoothness. The seductress has an almost otherworldly ability to be as vulnerable as baby bird and as dominant as a panther at the same time.

While charmed by how delicate the seductress is, the man is being guided through a tunnel of his own core’s deepest wishes for an ideal counterpart to FULLY compliment its masculine soul.

In the presence of a woman whose natural aura commands him to fulfill the responsibility given to him by nature, a man’s conscious brain basically blacks out. Any thoughts unrelated to embracing her basically get blown away like dandelion petals.

The average woman, who tends to put a “lock” on her full femininity except for when she feels like unlocking it for a qualifying partner, can’t effortlessly radiate the same male-core-hypnotizing energy as a seductress. She is held back by a lifelong habit of constantly keeping her feminine nature “in check” and “protected”.

Lots of modern young women are suffering from an inner conflict of interest between their natural femininity and the push to appear just as “tough”, “aggressive”, and “not girly” as a stereotypical man.
Her discomfort with connotation of “weakness” that some people have assigned to femininity holds her back from fully embracing it and openly owning her life with it. She might one day be willing to reveal some of that femininity to a man who naturally compels her to show it to him, but it won’t ever be a fully-recognized state of being for her.

Now, to be fair, very few modern men are entirely ruled by the masculine energy of their core pillars either. Since the very first organized civilization, men have exercised a necessary degree of self-restraint of their core values in order to make the basic notion of society possible in the first place.

Men wear clothes, take turns doing things, pay for food they already have in our hands instead of walking off with it and killing anyone who tries taking it, and actually settle disputes entirely with the sound of their voices instead of smashing skulls with rocks.

Anyone man who woke up one morning and only used to their masculine core to determine what they should and shouldn’t do would likely be in prison by noon.

Even while controlled and toned down, the core is still extremely responsive to feminine energy. The seductress, in her rare state of completely unbound feminine energy, has a much greater impact on the pillars of the core than the average woman would.

As a seductress, you become the ideal realization of everything that your man’s core wants to fight for. Your choice to deeply embrace your role as a feminine counterpart creates a certain primal chemistry with your man that sends his core into overdrive.
The passionate submission and complete devotion that a seductress has for her man directly synchronizes with his core pillars of respect and admiration. When the male cores’ pillars are fully charged by a woman whose feminine energy stimulates them more than any other person in the world ever could, the core undergoes an evolution.

The core transforms into an extremely powerful dynamo of raw determination, confidence, passion and energy that the man can use to realize the true upper limits of his potential.

As a seductress, you possess the natural key to unlocking the utmost limits of your man’s ego-driven desires. Just by being near him, you make him feel like flying volcano on steroids.

**Strength and Submission**

So, how are the powers of a seductress actually obtained in the first place? Do you have to go out into the woods and make a deal with a witch who only takes payment in the form of blood sacrifices?

While I’m sure there have to be at least one or two seduction queens who are backed up by the powers of the occult just a little bit, it’s not actually necessary for us to go that far just to get a good handle on the powers on intimacy.

If 50 Shades of Gray has taught us anything as a society, it’s that the vulnerable woman/power-hungry man dynamic isn’t as unpopular a concept as a lot of people might like to believe; as a matter of fact, it’s pretty much seen as a sexual paradise for most people.
Let’s get one thing straight here before going further, though: it’s not necessary for you to be submissive to the man to point of indentured servitude, but that basic vulnerability is extremely attractive. It’s not about getting on the ground and praying to him, but more about alluring him with your sensuousness.

When a man sees a woman who just seems comfortably vulnerable, he can’t help but want to more deeply embrace his own core’s drive to be a warrior and a protector. Your divine silkiness and supple side will be like a spark to his fiery urges.

Because of their ego, men don’t want a woman to do things for them and nurture them. Men want a woman who is comfortable with making her feminine energy unconditionally available to supercharge their masculine energy.

Men practically live to find a woman that they can protect; even more importantly than that, however, is finding a woman who has a healthy degree of self-love.

Self-love refers to that willingness that you have to embrace your feminine energy instead of trying to hide it. The seductress, as soft as she is, radiates an undeniable level of confidence and serenity in who she is.

Rather than being ashamed at showing your feminine energy and putting up walls around it, you commit to an open expression of it through fully displayed sensuality and softness.

Men may be accustomed to chasing after woman who are hesitant to be fully feminine, but when they meet one who doesn’t suppress it at all, they find her utterly irresistible.
Let’s take a moment to revisit the 6 core pillars. Within each individual core pillar’s contents, we can see how the enchanting feminine energy of the seductress compliments it.

1. **The Pillar of Ego** - Due to his ego, the man wants to feel that he’s *safe* in his male desires when he’s around you. The man wants to be able to feel desire for you without being *judged* for it. He wants to feel that his natural hunger for feminine companionship isn’t being seen as some kind of *flaw* in this coding, and as a seductress, that’s exactly what you’re doing. The seductress, being full of self-love of her vulnerability, doesn’t judge the man’s desire for her to fulfill that kind of role.

2. **The Pillar of Heroism** - The man wants to be able to sweep you off of your feet, and by radiating vulnerability as a seductress, that’s exactly what you’re doing. You’re showing the man that being intimately vulnerable is a state that you live in comfortably, and with that, his core can’t help but be completely captivated.

3. **The Pillar of Validation** - With all of the effort that a man puts into his exploits, what he wants to know most of all is that he’s actually doing something *right* with all that he’s trying to do. As a seductress, you’re fully in touch with your willingness to show that he pleases you.

4. **The Pillar of Control** - A man wants to feel that his woman is comfortable with and willing to have him in control. It’s not just the idea that he wants to be dictator, but he *does* want to feel that his competence in making decisions won’t be denounced. A seductress is not only willing to let a man take control, but she attracts the man by *inviting* him to take control. The seductress represents an unparalleled freedom for the man to be with a partner that loves giving him the reins.

5. **The Pillar of Appreciation** - Being in love is one thing, but what men want to have the security of knowing is that their lady actually appreciates his masculinity. Simply through her serene embodiment of feminine submissiveness, the seductress
psychically communicates to her man that she not only likes the idea of him being in control, but is grateful for it.

6. The Pillar of Respect - By absolutely all means, the number one most important value that a man’s core prioritizes is respect. Even more important than being loved is the man’s sense that his woman legitimately finds him to be a respectable, admirable being. Through the way that she carries herself, the seductress communicates an unwavering respect for masculine power and relishes in her ability to evoke it.

The Softness that Seduces a Storm

As you may be noticing right now, simply being a seduction queen practically allows you hit all of the core pillar marks automatically, without needing to make an immense effort. By radiating that raw, blissful feminine energy of yours that finds power in softness and vulnerability, his core practically swells up to the boiling point of raw energy and passion.

All men reach a point when, being completely overtaken by the charms of the seductress, realize they just can’t take it anymore and have to do something.

He approaches you with the kind of fire in his eyes that not even he himself knew could burn so intensely. His raw core will practically possess him and speak to you through him, saying:

“I just can’t take it anymore. I have never been so turned on in my life. I need you. All of you.”
The man is going to feel an urge to embrace you and kiss you with the same level of need as he normally attributes to food and water. He probably won’t be aware of the fact that his core is screaming at him to go out and grasp what it was built to hunt, but he won’t need to consciously know it because he will feel it.

Remember the nature of the reward system and how it truly gets stimulated. When we get excited about something, it’s not just about what it is, but also our idea of it. We don’t even need to fully exposed to something or physically possess something to get a dopamine spike from thinking about it.

Now you, as the seductress, are a weaver of the man’s imagination. Through the hot-blooded passions of his core, he’ll be exposed to the outer limits of his ability to fantasize about his desires. Beyond just getting pleasure from sexual stimulation, a seductress entices men through the absolute tantalization of their minds.

The more intense that his idea of you is, the more of an impact your every word will have on him. Though a seductress is sublimely soft and vulnerable, her stimulation of the male imagination gives her unstoppable powers of persuasion and influence.

Four Elements to Engage the Six Pillars

There are four key elements to the seductive mastery that you have once you know how to tap into the deepest level of feminine intimacy:

1. Touch (Your subtle movements, gestures and direct physical contact with a man.)
2. Sight (Your posture, your body, and your clothes.)
3. Sound (The words you speak, your tone of voice, your speech patterns, and your silence.)

4. Feelings (The impact that you have on his state of mind, both in terms of emotions and mental stimulation. Happiness, anger, sadness, curiosity, etc.)

It’s not just one particular element that stands out above the rest when it comes to mastery of seduction. All four elements come together and synchronize to stimulate the core as a team.

If you want to tap into your full powers as a temptress, keep those four elements in mind. Each of the four feminine seduction elements are an essential part of stimulating the male core’s six pillars into overdrive.

Men may not be openly aware of the fact that these four elements have so much sway over them, but the deep connection that they foster is something that they secretly desire more than anything else in the world.

A lot of men don’t believe that this kind of intimacy can actually exist, but when a temptress manages to arouse that connection, it turns their world upside-down.

**Calm, Doubt-Crushing Confidence**

There is more than just one kind of impact that a seductress has on a man, and so we have multiple possible approaches that can be made. You may tempt him with your vulnerability in one approach, and in another, you can exude confidence in your feminine energy.
Your confidence isn’t just strong, but magnetic. A sense of genuine self-confidence gives others a stronger sense of confidence around you as well.

Men might not openly talk about how much a woman’s confidence arouses them, but their core already fully understands the value of that confidence. The core hates deception, and it knows that a seductress’s feminine energy is the peak of sincerity.

Keep in mind that this kind of confidence we’re covering isn’t the stereotypical confidence that most might assume. Confidence is popularly considered to be something that’s forceful and aggressive, but this kind of confidence is the kind that doesn’t need to be aggressively shown off for others to sense it.

A big part of fostering the confidence of a seductress is to be outcome-independent. With outcome independence, the question of whether or not he’ll reject you doesn’t give you any anxiety. You’re not worried about your flaws, how you’re perceived by other women, or the impression people get you from your opinions or appearance.

People who suffer from insecurity are afraid just to be themselves, but as a confident seductress, you are righteous in your right to exist as what you are. It’s not about the chances of not getting what you want, but fully acknowledging exactly what you want and having unconditional faith in direction that you’ll take to acquiring it.

**Emotional Hooks and Physical Triggers**

What we’re now going to explore are the subtly seductive ways to build up intimate heat. These are the powerful but understated things that lead to a man becoming fully captivated by you on a primal level. The emotional hook is the first
strike that a seductress makes on the man’s heart, and as soon as that hook hits its mark, his core practically ignites.

So, what is this emotional hook actually made of? The emotional hook comes from confidence in celebrating your femininity. That guiltless, effortless, almost unbelievable comfort that a seductress has in her feminine vulnerability is the spearhead to her approach.

Complimenting the emotional hook is the physical trigger. The physical trigger “anchors” the seductress’s emotional influence in the powers of sight and touch.

**Emotional Hooks: Vulnerability, Active Listening, Self-Respect and Laughter**

Make small, nurturing gestures like cooking for him. These are subtle but strong ways to embrace and amplify his reception to your feminine energy and vulnerability.

The key to showing vulnerability is through emotional honesty. Express your feelings fully, and he’ll be more willing to express his own. You don’t need to pressure him into talking. Let him share things with you voluntarily, without excessive questions.

Listen to him in an encouraging way, and use your body language to show your engagement. Lean toward him, smile, and reinforce his openness with undivided attention.
Your sense of humor can be very endearing. Be unafraid of sharing an embarrassing story and laughing at yourself, because that shows a rare level of confidence. Laughter is what leads to emotional walls being let down, making him more receptive to your serious expressions of intimacy.

Above all else, commit to self-respect and honesty about your priorities. Maintaining your physical health, emotional health, and social life are all essential.

Honor your commitments to all of your plans, but avoid being underhanded just to get an emotional rise out of him. Simply be straightforward about when you can and cannot see him, all the while making your attraction to him known. Be

Physical Triggers: Poise, Body Language, Anticipation and Touch

Play to your unique strengths. If you have curves, let your outfit do them justice. If you have a soft voice, whisper to him sweetly. If you have soft skin, ask him to give you a shoulder rub so that he can feel it. Make a point to subtly draw attention to your best assets by letting them be seen, while leaving just enough to the imagination for him to fantasize.

Keep your body language open. Meet his eyes deeply and directly. Hold his hand lightly, but only for so long. Rest your head on his shoulder when you sit down together, but don’t fall asleep there. Your power to physically trigger him is in your ability to make him wait for it.
When he’s waiting, he’s imagining, and his imagination is where fantasies are born. There is no “set” time that you need to make him wait for, but give him the ability to wonder about it. Use a steady shift between physical contact and non-contact build up his anticipation for the next touch.

In addition to physical contact with him, let the little things you do on your own stimulate him. Bite your lip. Loosen your hips and let them sway. If you’re holding a bottle, run your finger along its length in a way that makes him imagine it isn’t a bottle. These little gestures communicate comfort with your sexuality, a powerful confidence in vulnerability, and tempt him to imagine the more risqué escalations.

Words of a Woman Who Owns her World

Ultimately, a seductress is a woman who owns her own world. She is not only confident in her vulnerability, but self-assured in how she navigates her universe. The following are a few examples of the things you might say to show that you are the master of your feminine domain:

“There’s a place downtown that people have been saying has the best (seafood/pasta/dessert/wine/anything that you like to eat or drink). I’m definitely going to go there soon, and I definitely wouldn’t mind if you joined me.”

“A little travel is definitely in order soon, and it would be nice to have a real man keep me company. Feel like having an adventure?”
“Sorry, but I’m not going to be able to see you on that day. I’ve got something going on that I really don’t want to miss. I’d love it if you could come and see me on (alternative day) if you’re free, though.”

“I’ve already got plans set up with a friend, but you’re more than welcome to join us if you’d like.”

“This dress feels like heaven on my skin. It almost feels like wearing nothing at all.”

In a seductress’s dimension, space and time are things that she owns with unwavering commitment and asserts with complete honesty. She bewitches a man with her submissiveness when she has time to see him, but is honest about when there is no time to give.
Chapter 16: “I Am the Master” Command

You don’t need to be a biologist to know that there are one or two significant differences between a human being and a dog. Aside from the differences, we’ve also some striking similarities with them. For starters, we humans and dogs both tend to instantly get a “vibe” from the new people that they meet. We’re energetic when we’re happy, we sulk when we’re disappointed, and we feel guilt when we know we’ve done wrong.

For this chapter, what we’re going to cover is one of the biggest bridges between humans and dogs of all: the capacity for loyalty, and the ways that this loyalty can be trained through well-timed rewards.
Now don’t get the wrong idea, this isn’t about to turn into a guidebook on how to become a dominatrix. If you want to learn about things like that, there are plenty of people with more educational and physical material to teach you than I have.

What we’re looking to go over right now is the way to “train” a man in the way that mother nature intended for him to be trained. Believe it or not, this type of training is the kind that he \textit{wants} to receive at his core, but simply has no idea about on a conscious level.

If you’re finding it a little difficult to reconcile the idea of this with how the last chapter sang the praises of submissiveness, then think of it in terms “inverted controls”.

When most people think “training”, they’re imagining something like spray bottle spritz to the nose as punishment for chewing the couch. They’re thinking of a coach or personal trainer giving their client a 50-pushup penalty for being late.

These are all very disciplinary measures that would normally fit the general mold of what training is, but with “inverted controls”, things are different. Instead of training the man by openly dominating him, you’re training him by \textbf{nurturing his core pillars of admiration and respect}.

From his perspective, you’ll still be that perfectly submissive, fearlessly feminine flower in his core that adores him and pushes him to power through all of his challenges. At the same time, you’ll basically be conditioning him to do what you like and fall more deeply in love with you than he thought was possible.
A man’s core is his controller, and a skilled seductress has mastery over the art of validating her man’s core; that is why I’ve named the training techniques I’m going to share with you the “I Am The Master” command.

The man will remain completely free and filled with the sense of being his own master, while you will be the master of what makes him feel like the master. No leather chastity belts, whips or spray bottles are necessary.

There will be **THREE** results created by this training process:

1. His full devotion to you

2. His full devotion to PLEASING you

3. His development of truly endless love for you

Because of the above results, women generally see **FOUR** kinds of improvement:

1. He becomes just as, if not even *more* romantic than he was when they first met

2. He basically takes over all of the chores. He goes out of his way to provide practical help in any way that he can.

3. He’s ten times more open about his intimate feelings.

4. He’s a lot more enthusiastic about taking you out to do exciting things.
Basically, this guy is going to want to study you more than an honors student studies textbooks for midterms. You will, hands-down, be the best addiction he’s ever had. You’ll have “tenure” in his heart, which basically means that there won’t be anything you could say that would make him love you less after getting to this point.

He’s not going to miss even a single chance to show how highly you rank on his list favorite things in the world. Spoiler alert: if you do this correctly, your rank on that list of his will always be Number 1 by default. “I love you” is basically going to become like a permanent fixture at the end of his sentences…okay, maybe nothing that insane, but it might start to feel like that if you do this too well.

Remember the golden rule: the Pillar of Appreciation and the Pillar of Respect are the two most essential pillars in the man’s core. They are the driving source of his potential for power and the door to his absolute devotion.

Now let’s come back down to Earth and talk details. This chapter is going to be a lot more heavy with phrases and approaches than the chapters you’ve read so far. The reason why this chapter has such a higher number of examples than the others is because, at this point, you’ve probably learned enough to have the basics down and can focus more on the application aspect with more confidence.

We’re about to cover a decent number of hypothetical situations and a solid variety of different ways to approach those situations. Each successful execution will advance the man’s training. Your respect and admiration will be like treats to the puppy dog at the deepest floor of his soul.

The genius of this approach is that because it works on such a deep level, it will basically effect him in the “background” of his mind while he can continue to consciously focus on his long-term goals, passions, and overall sense of balance.
The absolute biggest key to this process is the simple value of sincerity. Basically, if you don’t mean it, it’s not going to work. You need to be as real as real can get about what you say. If your man doesn’t already make you want to unlock his full potential for romantic passion and the power to pursue his dreams, forget about it and stop reading right now.

If you know that there’s a sleeping explosion of high-flying love and life energy at your man’s core (and he actually knows that you exist) then you’re in the right spot to get started.

Remember, just like dogs, human beings tend to have a sixth sense for when something just feels “off”. If you’re not being one hundred percent real about how you go about this, you’ve got to throw in the towel before you disappoint yourself.

If you’re ready to go forth with confidence in the realness of your respect for your man, then it’s time for us to stop theorizing and start planning. There will be TWO specific categories that these approaches will fall into: the subtle approach and the direct approach. We’ll start by covering the subtle approaches.

The Subtle Approach

The subtle approach is for situations when you want to do things little bit more on the gentle side. You will be softly planting the seed of better behavior. You’re going to change how he acts without making him feel like you’re changing the way that he behaves. He’s not going to get that nasty feeling of inadequacy that comes with the sense of being controlled or the sense of not performing well as a partner.

The subtle approach has 3 key elements and 5 key benefits.
3 Key Elements to the Subtle Approach

- Reward his past
- Validate his present
- Challenge his future

5 Key Benefits to the Subtle Approach

- A fix for the smaller problems that aren’t huge but still annoying
- Laying the foundation for better future behavior in newer relationships
- A more effective approach for slightly more insecure guys
- A seed is planted to reinforce his most desirable habits
- You’ll generally communicate with him more effectively

Because of the key elements and benefits, the subtle approach manages to get fast results despite how seamless and gentle it seems. The first thing we’re going to go over with this softly applied but swiftly effective approach is its first key element: rewarding his past

1. Reward his Past

No guy’s track record is squeaky clean, but since we love the men we’re with, there’s generally more good points than not-so-good points. What we’ll do here is reach back to his good behavior in the past and reward that good behavior with
praise, reinforcing it so that he wants to repeat that behavior more often going forward.

- Reawakening the Romance - Take his senses on a trip back to the past to make him relive the romance and want to recreate it

“Do you remember when we first met? We’d always just go on these little adventures with no real place to go in mind. We just wanted to stay with each other as long as possible. The smell of flowers in Spring and the sound of rain still takes me back to that drizzly day in March that we first met.”

“I still remember that song that was playing when she slow danced for the first time. Do you ever listen to that song every now and then these days? Every time I hear that song now, no matter how the day is going, it reminds me of when I realized that I was truly lucky to be with you.”

“Remember what the sunrise looked like after we celebrated News Years together for the first time? It’s a bit embarrassing to say out loud, but seeing the sunrise now still makes me feel that New Years kiss all over again. That has to be the moment I knew that you were the one for me.”

- Reinforcing Past Practical Help - Validate the times he practically helped you in the past by focusing on your feelings about him when he helped you.

“So many guys are bad about helping about around the house. When you did the dishes yesterday, it just made me realize how lucky I am to be with a guy who doesn’t suck. Seriously, thank you for being better.”
“I was thinking today about that time you helped me out with my car. I’m sure a lot of guys would have been totally clueless or too lazy to help, but you just helped me out without even complaining. I seriously love how reliable you are when it comes to stuff like that. Knowing how helpful you are just makes me feel safer when I’m around you in general.”

● The Interactive Intimacy Flashback - Get him immersed in memories of the strongest moments of emotional closeness to you by using “we”, “us”, and “together” liberally.

“So this might sound a little weird, but when we met for the first time, it felt like we were communicating on a level that most people just don’t communicate with strangers. It was like we had already known each other for years and somehow didn’t even know it.”

“When we’re together, it seriously feels like we can take over the world without even trying. We’re so in-sync with each other that it almost seems supernatural.”

● Reengaging the Excitement - Remind him of when he excited you the most so that he wants to prove how exciting he still is.

“I think one of the most exciting times of my life had to be that time you surprised me with that day out just to explore the city. We had no idea where we were going, but it didn’t matter. Back then, I couldn’t believe that such an exciting guy could be so close to me.”
“I’m pretty sure that the main reason I started going out with you was just from being in total awe from meeting a guy so full of surprises. I just couldn’t afford to lose the chance to see how you would manage to surprise me next.”

2. Validate his Present

Let’s get off memory lane now and move onto the present moment. When you notice guy knocking it out the park, you have to validate those home runs when they happen. You can validate him more deeply by driving your words home with an accompanying touch. Just a bit of simple skin-on-skin contact while you say whatever you say, even if it’s just stroke of the cheek, can get his dopamine and all the other feel-good hormones going crazy more quickly.

- Rewarding Ongoing Romance - Let him know that he rocks at the romance game when he’s actually on a roll. Telling him how you good feel will raise the bar and make him want to keep rising to the occasion.

“Is it okay that I legitimately feel like a royalty because of you right now? Is it legal for me to feel like such a queen right now? If it’s not, I don’t even care. Thank you, my king.”

“It’s almost scary what a good time I’m having right now. Did somebody actually teach you the secret to treating girls perfectly? You need to teach other guys how to make their ladies feel as good as you make me feel.”

“How do you keep knowing exactly what to do for me exactly when I need it? I legitimately think you’ve been hiding some kind of superpower from me all this time. I would be mad at you for reading my mind if you weren’t also making me feel like the luckiest girl in the world. Please continue.”
• Positive Reinforcement of Present Practical Help - Share the fact that whatever helpful thing he’s doing is seriously impressing you.

“Some girls are stuck with guys who can’t help them out when it counts, and I feel so bad for them. It makes me grateful to be with you and know I’ve got a man who’s so dependable in times like this.”

“I hope you know that I’m beyond grateful for you’re doing right now. You are making me feel so much safer just by being able to take care of this. I don’t know what I would have done without you if this had happened before we met.”

• Strengthening Intimacy in the Present - Give his ego a boost by complimenting him for the making the emotional connection between the two of you possible.

“I just wish we could take his moment right now and frame it. You’re making me feel silly for all the times that I thought all guys were shallow. This feels more right than I could have ever imagined.”

“It’s moments like this when I know you really understand me. Life is so short, and I’m just grateful that we get to be this close while we still have time. I wish this feeling could last forever.”

“Thank you for sharing this moment with me. I can’t believe I’m with a guy who’s not too afraid to acknowledge that fact that he has actual human feelings. I feel like I’m in relationship with a living world wonder right now.
• Present Excitement Encouragement - Really express how energized you feel from whatever exciting moment he makes happen. Don’t be afraid to play it up a bit.

“I feel so alive right now that I could die! When did you become the most fun guy on the planet!?”

“Oh my god, I have never been this excited in my life! Do you have any idea how fast my heart is beating right now because of you? Thank you for making my entire year!”

3. Challenge his Future

The game plan here is to drop tiny hints about what the future has in store if he keeps up his most desirable behaviors on a consistent basis. You don’t want to make it sound like you’re trying to bribe him, but you still want to at least give the sense of some kind of incentive.

The key thing to remember here is finesse. Let him sense that there’s good things on the horizon if he does a certain something a certain way, but not to the point where it seems like a transaction. You’re basically giving him a promising implication, not telling him that he’ll specifically be rewarded under a certain condition.
Refer to Future Rewards for Romance - Let him connect the dots between how you’re bound to feel when he does something romantic.

“When you go out of your way to make me feel loved, it makes me want to kiss you so badly it hurts. It’s almost like the feeling of being in love with you is some kind of love drug for me…”

“I wonder how a girl in real life would really feel if a guy did something for her like that guy in the movie. If it were me, I probably wouldn’t let him leave the bedroom for a week. I would just hope that he wouldn’t pass out on me by Day 3.”

Positive Reasons about Future Practical Help - Let him see practical help as the future path of least resistance.

“When you do helpful things for me, it makes me wonder if I’m really making it worth your while. I think I’m going to try a bit harder to show you how much I really appreciate you being such a helpful man.”

“I love how much smoother the weekend goes when you help me out with little things during the week. It makes me want to take full advantage of all the free time we’ve got together on our days off. Seriously, I’m just so busy these days that just having nothing to do almost feels like a turn-on. Thank you for giving me more time to appreciate life.”

Future Intimacy Ignition - What you’re aiming to do here is imply that there’s a great trade-off for being willing to fully share his feeling with you.
“Thinking of how close you are really just makes my soul feel at ease, you know? When I think of how easy it is to share things with you, it almost feels like I could go the rest of my life without ever being in a bad mood again.”

“When we have these little talks together, every little problem the world just seems to get so much smaller. I don’t think I’d even know the meaning of stress if I could just keep the feeling from talking to you in a bottle.”

- Encouraging Future Excitement

“When you do things to excite me, it just makes me want to return the favor and make you just as excited as I am. When my heart starts thumping from something you do to surprise me, it almost feels like I could lose control of myself. I really hope that wouldn’t happen when we’re in public…”

“When we go out and take those spontaneous little adventures of yours, it makes me never want to come back inside again. That feeling like the whole world is our personal playground is unbelievable. It almost makes me feel like I could make love to you anywhere without a second thought.”

The Direct Approach

Now that we’ve covered our bases for the subtle side of things, it’s time we started diving into the more direct approach. We’re not looking to be nearly as focused on keeping things at the “implication” level when we’re making the direct approach. Our mission in the direct approach is to be straightforward. We don’t want to leave anything to the imagination.
Being effectively direct is an art form. It’s not about being subtle or soft, but more about being mindful. We’re looking to be blunt without making him feel like he’s being hit in the face with a sledgehammer.

A lot of people think directness means confrontation, but that’s not necessarily true. Think of it less as directly *attacking* his less-than-desirable behavior with your thoughts, and more as just directly *pointing* at the reality of your feelings.

**Five Key Benefits of the Direct Approach**

- Establishing desirable behavior patterns that benefit the relationship
- Rescuing a relationship from its most serious stress points
- Tackling the biggest behavioral problems
- Diversifying your communication channels with him
- Well-suited for approaching more self-assured, expressive guys

You might realize that some of these direct approaches slightly resemble the subtle approaches, but they’re just more openly blatant. The fact that we’re being more direct here doesn’t mean we’re any less tactful. If anything, our increased directness with these approaches means that we have to use even *more* tact than we would with the subtle approach.

This direct approach section is broken down into two simple parts. In the first part, we focus on *how* to communicate what we want in a way that actually works. In the second part, we’re going to be focus on how to use a reciprocal “give and take” approach to be better at illustrating reasons for him to do certain things.
1. Be a Straight Shooter

There will be times when there’s just no better thing to do than just spitting it out. When you just come right out and state exactly what you want, you should try to do it in a way that sounds more positive than critical. Don’t put him on trial for anything. You don’t want him getting too defensive, because that will distract him from what you’re actually trying to tell him. Be honest, straightforward, and deliver your message with positive energy.

- De-escalate things in a direct way. Instead of saying something like:

  “You are the worst at actually telling me when you want to change plans. You just wait until the last minute and never think of how inconvenient it is. It makes me feel like you don’t care about anyone’s time but your own. Have you ever given someone else’s needs a thought?”

  Try;

  “I know unexpected things can happen, but I would really love it if you’d give me a little more of an advance warning when you change plans. I know it’s nothing personal and it’s not that big of a deal, but it would just be a little more convenient, you know?”

- Point out the behavior without making it personal. Instead of going after him with something like:
“You’re so selfish. You never actually consider how I’ll feel about when you shut me out. I’m here worried sick about whether or not you’re okay, and you don’t even give a damn I exist. You need to stop acting so self-centered.”

A much better way to talk about it would be:

“Sometimes I really worry about you when you go cold and won’t say what’s wrong. I completely respect your need to have some space now and then, but I also hope that you feel safe letting me know what’s bothering you whenever you’re feeling down. It keeps me up at night when I don’t know what’s going on with you. If you want to talk, I’m here.”

• State what you realize and invite him to rationalize it without getting too emotionally charged. Instead of saying something like:

“You’re so insensitive that it makes me want to slap you. I can’t believe that you can make me so angry after all we’ve been through. You are seriously putting me through hell right now. It’s almost like you enjoy ignoring the pain I’m going through because of how little you care.”

A much better way to tackle the issue is:

“You know, I think sometimes there might be a difference between how you expect me to feel about certain things you say to me and how I actually feel about it. I’m not asking you to change who you are or how you speak, but do you think it’s possible that we might have different ways of communicating?
● Be explicit without exaggeration - A good principle to stick to is to be as objective as possible, without using too many “extremes” when you point things out to him. Instead of saying things like:

“You are NEVER willing to do ANYTHING a little differently to make feel better! It ALWAYS have to be your way. NOBODY matters to you but your yourself, and I think you only keep me around because it’s funny to see me get upset about it!”

Take out the speculation and say something more like:

“When you’ve got your mind made up about doing something, you’re definitely serious about following through with it no matter what. I understand it, but honestly, sometimes it feels little bit harder to get through to you when you’re so focused on doing your own thing. I completely respect your independence and I’d never ask you to change who you are, but I just wish you acknowledged me a little more when your plans directly affect me.”

2. Give and Take

Now with the Give and Take technique, what we’re looking to do is to making him a lot more naturally inclined to take on a more beneficial behavior pattern. We accomplish this gradual change by making sure to take baby steps at first, moving into slightly bigger steps when he’s ready, and waiting patiently.

The easiest way to get ignored a thousand times in a row by the same person is to tell that person that they should change their behavior because you say so a thousand times. If you want to make any progress in the training process, you’ve got to start at the ground level and build up the scale tactfully.
When you directly demonstrate what you’d like by doing it yourself, positively reinforce his choice to do the same in return, and give him space to connect the dots on his own, there’s a much higher chance that he’ll eventually start doing it completely out of free will.

1. You’d like him to take you out more, so you give him a reason to by:

- **Small Step** - First, you take him somewhere nice. “I think you deserve to get taken somewhere nice for a change. I’m going to do that for you. The place I’m taking you is a surprise though.”

- **Big Step** - Give his ego a little jolt by challenging him. “I am definitely the master of surprise dates. Think you could take my title?”

- **Wait for It** - If and when he takes you up on your challenge, reward his generously for it. Your reward for his acceptance of your challenge is going to make him want to take on that challenge more than once. “Okay, I admit it. You’re definitely the surprise date master now. I don’t think anything could possibly top this.”

2. You’d like him to take more time to be practically helpful, so you give him a reason to by:

- **Small Step** - First, give him the help you’d like to get. “Hey babe, I got your clothes up off the floor and organized them so you’ll have an easier time finding things to wear without digging for them.”

- **Big Step** - Challenge him. “How long do you think those clothes can stay as organized as I made them for you? I won’t blame you if it’s not still like that by next week. It’s hard to keep a wardrobe together like that unless you’re a pro.”
Wait for It - By doing this, you’ve basically gotten him ego-invested in keeping things in the same way that you left them. Instead of nagging him, you’ve made keeping things organized feel like a game to win with bragging rights. “Oh wow, you pulled it off! It’s so clean in here, I’m actually impressed. The room kind of feels better to be in when it’s like this to, don’t you think?”

3. You’d like him to take more time talking about the future, so you give him reasons to by:

- **Small Step**- Don’t ambush him with the thoughts of his own future. That would not be cool. Be direct, but mindful about how tactful you are. “Imagining where we’ll be down the line is so exciting. I just want to see how much more awesome you’ll become. What’s your biggest mission to accomplish down the line?”

- **Big Step** - Get a little bit more focused on the serious side of things. “Think you’ll still have time for love when you’re chasing your mission?”

- **Wait for It** - Since this is such a loaded question to ask a guy, you definitely want to validate his willingness to make himself vulnerable and share with you. “Being able to be honest about the future with you like this makes me so grateful that we’re together. I love that you’re a real man who isn’t afraid to share what he’s actually thinking about things that matter. Less mature guys could really learn a thing or two from you.”

4. You’d like him to take a more enthusiastic approach to exciting you, so you give him a reason to by:

- **Small Step**- The best way to start encouraging more exciting behavior is to create some excitement yourself. “So, this might sound a little sudden, but I’ve set up a trip for us to go somewhere that will blow your mind. I picked up some
new things to wear on the trip that definitely aren’t for wearing in public, so the place we’re going won’t be the only thing that blows your mind.”

- **Big Step** - When all is said in done, it’s time to tickle his ego and get it ready to win a game. “So, do you think you could ever blow my mind with a crazier surprise than that?”

- **Wait for It** - Once you put the challenge on the table, the stakes will be too high for him to not start thinking about it like crazy. Part of him will want to do it just to make you feel good, and the other part will just be his pure competitive side itching for a victory. To really give him that spark that makes him come back at you with all of the surprise-planning skills he can muster, say something like, “Just so you know, I totally don’t blame you if you don’t think you can blow my surprise out of the water. It was a random stroke of genius. I don’t even think I could outdo myself if I actually tried to come up with a better idea.” Once you’ve implied that you don’t even think it’s possible for the surprise to be outdone, it’ll be the straw that breaks the camel’s back (if the camel’s back wasn’t already broken). His core will be engaged in the way that makes him feel an irresistible urge to do something that seems completely impossible. He’ll get a rush just from making the attempt.
Chapter 17: “Total Devotion” Command - How To Keep Him Devoted To You, Pleasing You & Endlessly Loving You

The Fifth and Six Pillars: The Final Frontier

When we went over the six core pillars in the second chapter, I told you you that the fifth and six pillars - Admiration and Respect - were the most important of all to keep in mind. In this chapter, the importance of these pillars is going to become even more apparent.

If food and water were optional, you can bet that your man would definitely put being respected and admired above them on his list of priorities. If you want to
know as much as possible there is to know about the man’s core with as few words used in a sentence, “admiration and respect” is the best that you’re going to get.

At the end of this section, we’re going to buckle down on how to touch the fifth and sixth pillar more deeply than any other technique in this guide so far. For now, though, just take a moment to think about why your man gets motivated.

To be more specific, think about that it is that gets your man motivated most in the world. Is it the thought of driving the world’s fastest cars? Closing deals worth more than the average person’s annual salary times ten? Catching a fish that could feed a small village for a generation?

Whatever it is that gets your man out of bed and ready to fight against the world like a rabid coyote, you can bet the last hair on your head that being respected and admired is what it’s all about. Your man may not even be thinking about it, but trust me, he’s thinking about it.

It’s not just as simple as saying that men want to be respected and admired because they’re egotistical. This isn’t just about the ego, this is about internal chemical warfare. You can’t fault a man for being invested in admiration and respect any more than you can blame yourself for being turned off by XXL black t-shirts with trashy tattoo art logos.

To be a bit clearer, these aren’t just any chemicals that we’re talking about here. The chemicals that have your man’s head in a headlock are bonding chemicals. Remember when we talked about the power of the hormones and how they can get someone strung out worse than a literal drug junkie? These bonding chemicals in his brain are basically those hormones on steroids.
This is not about attraction - the word “attraction” doesn’t do it any justice. This about the being so deeply connected to someone that you feel like your ancestors rose up out of the primordial ooze with the plan of you getting together with someone else. If you had these bonding chemicals telling you that you should be with a bottle of ketchup, you’d willingly give an arm for that ketchup bottle easier even more casually than most people don’t give change to the homeless.

So, knowing what the guy is up against in his head, we can be just a little bit more empathetic to his respect and admiration addiction. He’s looking for a woman who can finally give those bonding chemicals what they need to stop lighting a fire under him at every single second of the day and not.

The bonding chemicals are like the worst loan sharks on the earth until they’re satisfied. They loan the man a fair amount of motivation and energy, but in return, they beat him every shade of black and blue until they get their fill of admiration and respect. If they can’t get what they need, he’s in for a rough life and probably a rough afterlife.

So then, that probably piles the pressure on more than just a little bit, but it’s still just a matter of being totally conscious about the concept of true love from a man’s eyes. In this section, we’ll be talking a little bit from all the columns of what we’ve covered so far to be capable of taking on the task of satisfying his fifth and sixth pillars fully.

This is called the “Total Devotion” command chapter because, in order to really pull it off, you’ll need to have totally taken everything we’ve talked about so far to heart. If you need to take a moment to review, please feel free. If you’re ready to move on with a pretty good feeling about what you already know, let’s proceed.
The Oxytocin Origin

Those “bonding chemicals” I mentioned collectively have a specific name: **Oxytocin**. Oxytocin, not to be confused with the painkiller Oxycotin, is a hormone that has had a massive say in human social bonding since long before the very first handshake. Oxytocin isn’t just about “Hi, how are you?”, it’s about “Hi, I’d like to mate with you for life and have about 18 children a week. Starting now.”

Oxytocin was first discovered in the year 1906, and it wasn’t until almost 50 years later than its basic composition was actually figured out. Today, you probably won’t find many people at all who have the word “Oxytocin” cross their mind when they think about relationships - like the lion’s share of everything else that we’ve covered so far, you really don’t have to be aware of any of this on a conscious level to have it rule just about every aspect of your love life in general.

Since you’ve actually read this far, chances are that you give at least an eight of a damn about knowing what’s going on behind the scenes when it comes to the things that make everything about relationships tick - therefore, you’re probably open to knowing a thing or two about Oxytocin and how it obliterates the chance that your man will every be free of anything his bonding chemicals lock onto.

Before I go any further, are you a dog person? If not, you definitely know someone who is. If you are, then you know that if someone asked you why you liked dogs so much, you’d probably think they were a lizard wearing a human skin suit.

Everybody knows that millions of people love dogs with an almost supernatural passion, and in returns, dogs love them with the same death-defying devotion right back. Why do you think that is? I can’t give you the answer in black and white right here, but studies have shown that Oxytocin levels mutually rise in people and dogs with just a little over 20 minutes of petting.
Think about that for a second. In less than half an hour, it’s possible that Oxytocin can play a role in members of two entirely different species becoming lifelong friends. If it’s possible for that kind of connectivity to happen just from a pat on the head, just imagine what the equivalent would be if you could somehow activate a response on the same scale in a man’s heart.

There’s something that you should be mindful of here before getting any reckless ideas: Oxytocin isn’t just a powerful builder of attraction. Oxytocin may have earned the title of “love hormone”, and that’s not inaccurate, but it’s also a powerful potential amplifier of every single emotion there is.

You see, Oxytocin is a strong player in social bonding, not just attraction to someone that you have a social ties to. Oxytocin in a high dose makes you a lot more aware of just about every part of all social elements, from fear to facial expressions.

As a nasally applied drug, Oxytocin has been seen to make those who take it temporarily become a lot more keenly aware of expressions of disgust. The hormone has not only been shown to have a slightly antidepressant-like effect, but in some cases, it has been shown to deepen people’s experience of envy.

When you’re dealing with Oxytocin, you need to be fully aware of the stakes. You can’t just go about it without knowing about what’s at risk if you get more than what you bargained for. This is a hormone that goes big and never goes home. Relationships on the Oxytocin level of intensity are relationships between people that feel the best of the best and worst of the worst in equal capacity when they’re with one another.

If you that doesn’t scare you off, then I wish you the kind of luck that matches your courage. You’re fully invested in playing with fire now. What we’re about to go
over is the art of uncovering the door that you can open to enter the Oxytocin realm. Once you’ve gotten yourself in there, you’re in there for life.

The Oxytocin-Triggering Approaches

It’s only fitting that the most powerful human peptide hormone would be triggered by the most powerful pillars in a man’s core. If you’re able to amass enough of a sense of admiration and respect for your man on a primal level, it will be like you did mystical rain dance for a raging Oxytocin shower.

Optimizing his Oxytocin output through the right approach, like the other kinds of approaches that we’ve gone over so far, is something that’s going to take both finesse and sincerity. If you don’t feel your will to make this man love you like a chemical fireball in your stomach, don’t even bother. If you know that you’re all in from beginning to end and beyond, then you’re ready to go into his mind and make a real impact.

Essentially, your approach is going to be like a gradual “brick laying” approach that slowly constructs a gigantic house in your man’s core that serves as a permanent home for his Oxytocin-fueled devotion to you. This home you build in his core is going to have the heat cranked up to the max at all times, guaranteeing that he’s always feeling the full intensity of every emotional impulse he gets from you.

Each little “brick” will be laid by a moment in time that he feels appreciated or respected by you in the fullest degree. Once this Oxytocin palace has been fully constructed in his core, those bonding chemicals of his will basically have finally gotten that impossible-to-satiate satisfaction that’s kept him tossing and turning at night for their entire life.
None of the Oxytocin-provoking approaches alone is designed to do every little bit of the job at once, and truthfully, I’d be lying to you if I said that such a thing was a smart or sensible thing to do. When you feel start to feel like you want to knock the whole pillar-loving process over in one punch, that’s exactly when you’ve basically committed yourself to never seeing it happen at all.

It would be fantastic if we could just figure out a way to get a man fully bonded for life as quickly as giving a dog a bone and a “good boy”, but it’s just not that simple. You can get to the point where a man feels as devoted to you as an adorable cocker spaniel, but you’ll need more patience than an actual cocker spaniel yourself to see it happen the way that you’d like it to.

Just like how human years go by a whole lot slower than dog years do, you can’t really expect human levels of Oxytocin to build up as quickly as they’d build up in dogs either. These approaches are going to be pulled off best with a piecemeal approach taken at a conservative but constant pace.

It’s not like you have to get the man’s devotion to you from -200 to to 2000 by midnight or you’ll turn into a pumpkin. The beauty of the Oxytocin bonding chemicals is that they get mostly stronger and more numerous in a gradual manner, not a minimum-to-maximum deal; that is, until the very last step of the process.

Think of it like a slowly-filling bubble bath that suddenly becomes a geyser as soon as the water touches the rim. The beauty of the bonding chemical building process may not be immediately easy to perceive at first, but once you’ve been able to keep consistent for a certain period of time, you’d undoubtedly start to notice that certain things are definitely starting to feel a lot different than they used to.

Now knowing what we know about the approaches we’ve covered so far, there’s no doubting that there’s a science to being able to sell this in a way that sticks.
You can’t just up and say any old thing in any old way, you’ve got to make sure you pay real attention to the contact of when you want to connect with his core.

The core may be ancient, but it’s not senile and lacking in the basic sense to tell when it’s been sold something counterfeit. Whatever you say to try and show respect and admiration, base it in something that’s relevant. Bonding chemicals can be only bloom in full if they’re based in something standing on solid ground, not something with less substance than thin air.

**Oxytocin Observed**

To fully appreciate just how firmly grounded Oxytocin is in the realness, we can take a look at a revealing clinical study carried out to figure it out. Sara B. Algoe and Jonathan Haidt conducted an experiment out of the feeling of there being just not enough science based on good emotions felt towards people who aren’t ourselves.

The study started with an observation of the fact that people tend to be “impacted” about other with a very strong virtues or practical abilities, but there just wasn’t enough concrete information on the emotions that show legitimate praise for another person’s qualities. The state of being “impacted” or “touched” by another person’s qualities, the study proposed, includes emotions that the majority of what most clinical studies examine on a clinical basis such as happiness and self-satisfaction.

To complete the study, the researchers used a diverse spread of methods to create the sense of certain “other-praising” emotions in its participants. Everything from a video footage to diaries were used to have the participants go get in touch with the more seldom-touched touchy-feely feelings in the clinical field. Those other feelings of other-praise were elevation, gratitude, and admiration.
The definitions of gratitude and admiration go without saying, but you might not hear something like “elevation” used by someone to describe how they feel every day. Elevation could be described as something like “seeing the light” when you witness someone do something almost supernaturally nice. Every now and then, you just witness a person who does something so nice that it almost feels like you were kneed in the gut by their niceness. You almost feel like you could them a little bit for it if it weren’t for the fact that they seem impossible to hate…at least in the moment.

Each of the three target emotions, when they were brought up to the forefront of the participants’ heads, were cross-referenced with the things they had the participants carry out. Based on the two-way intersection between what they were feeling and what they did, the Algoe and Haidt were able to draw some pretty major conclusions.

Elevation - The study revealed an effect of witnessing moral excellence was a powerful promotion of prosocial behavior. Just by being a witness to an act of extreme moral fiber, people were impacted enough by it to feel a biological push in their brains to want to spend more time with that person. Excellent moral quality of conduct, researchers found, was directly related to a deeper sense of the want for affiliation with the person who had it.

Gratitude - Not only does impressive moral quality have a good effect on the sense of wanting to be affiliated with the person who has it, but the Algoe and Hadit also found that gratitude has strong effects as well. The simple expression of gratitude, the Algoe and Haidt reported, can strengthen the quality of the relationship between the person who makes it and the subject of that gratitude.

Admiration - Algoe and Haidt made a discovery about the feeling of admiration that what we’ve covered on admiration so far echoes with a good resonance. Just having a feeling of being admired, the study found, a greater sense of motivation is born. Through the sense of being appreciated for competence, the desire to prove one’s own competence rises up in turn.
Elevation, gratitude, admiration and their all-powerful common denominator: our friend Oxytocin. When all three of these things build up in the man’s heart at the same time, he just can’t help but feel bonding chemicals in his brain start building up to the breaking point.

It All Comes Down To This

By now it probably makes a bunch of sense why you could call this the most important part of the whole male core management process. There’s not a single thing in earth, sea or sky that a woman could possibly due to win a guy over more completely than what we’re talking about right here.

If you want to give somebody the 411 on what keeps relationships unbroken in the long run, look no further than what you’ve got right here in front of you. This is the final countdown, the finish line, the coup de grace of all things romantic.

Of course, at the same time, it’s also where you’ve got a pretty singular chance to screw things up like absolutely no other. Don’t forget that Oxytocin is a amplifier of emotion, not just one that turns everything into gumdrops and back rubs on contact. Give him the good stuff to amplify, and you’ll be all good to go. Give him grief, and you’re going to have one seriously miserable man on your hands.

If it helps, think about it as if you’re getting your hands on an emotional megaphone. Since you’ve been following along so well so far, you can probably be trusted to hold the emotional megaphone without accidentally spooking him halfway to hell with it. Endless devotion is not a toy, so you can’t just hold at kind of power with butterfingers.
So, with emotional devotion on your side, what’s life like? Life is more or less than same, honestly, only you’ve got a man who’s ready to be every superhero at once just to make you smile for no reason. Thanks to Algoe and Haidt’s study, we know full and well that giving him that Oxytocin boost is going to be like giving him a spiritual boost towards the horizon that holds every little thing his heart’s ever dreamed of.

Once he’s on this rail, there’s not going to be anything even remotely resembling boredom on his mind when it comes to you. Since the man’s going to be so happy on his deepest spiritual level because of you, he’s not really going to need a whole lot of extra stimulation up on the surface to feel totally fulfilled.

You see, the mistake (that’s not really a mistake) that a lot of women tend to make is only fixating on the happiness that a man feels on the outside. Don’t get me wrong, happiness on the outside is a great thing (especially when it involves free food), but the sad thing about outside happiness is that it tends to have an expiration date.

Let’s say that a guy who feels super admired and respected at his core is out running some errands, and he winds up having small talk with a guy who’s only happy because he’s got a new shirt. The sky breaks open all of sudden and soaks them both. Both of the guys are soaking wet, but what’s the biggest difference between the two of them?

The difference is that the guy who feels admired and respected at his core still has his source of happiness untouched. The guy whose shirt is wet just basically lost the reason that he had to feel great, because there’s nothing else beneath the surface. By planting that seed at your guy’s deepest core chamber, he’ll always be walking with a perfectly protected shell of happiness around his heart and soul.
You really just have to take a moment to think about how rare it is for the typical guy to actually feel like he’s got a chance to be with a girl who really understands him. Most guys try to cover up their anxiety over no girl ever getting them by just being a cynical as possible, but trust me, it’s eating them up inside like you absolutely would not believe.

When you should your man that you’re on the up-and-up with his fifth and sixth core pillars, he’s not going to have a doubt in the world that he’s hit something a whole lot bigger than just the jackpot. He’ll feel like he’s finally become one of the guys lucky enough to be with a girl who actually cares about the fact that he’s still a human being aside from the things that he does, and that will be absolutely major in more ways than one.

You’re inspiring the guy in a way that makes him feel like you’ve basically set him on fire in a good way. When he gets the sense that you truly get his value, he’s going to go on a nonstop hunt to get more of that value out into the world in general.

**Devotion, Effort and Endless Love**

At the end of this road we’re walking, we’re going to wind up at three different goalposts:

1. **His Undying Devotion**

When he’s under your bonding chemical spell, there’s not going to be any breaking it if you play your cards right. The level of devotion that we’re talking about here is the kind that most people say that they have, but barely anyone every actually experiences. You simply don’t know what real devotion looks like until you’re the subject of it.
He won’t just be devoted to you in term of his level of affection to you, but almost as if you’re his major subject of study in school. Beyond just the devotion to you as a romantic partner, he’ll be devoted a demon-like level of determination to dig deeper into the mystery of you and what makes you tick.

2. His Endless Effort to Please You

At the top level of the Oxytocin tower, there’s no limit to the heights in the sky that he’ll climb to see you satisfied. He’ll already be caught up with that fixation on that he feels to learn as much about you as he humanly can, so you when your pair that up with an an endless effort to please you, there’s going to be a lot more surprises in store for you than you might have been used to.

This is going to be more than just a matter of him looking to make you feel good on the big occasions. Even when there’s nothing to celebrate for weeks in either direction on the calendar, the guy is going to invent reasons to make it a day to give you everything he’s got. He’ll be helpless as a dog with a cardboard box stuck on its head to try and figure out how outdo himself every other day, and he’ll love it.

3. His Endless Well of Love For You

Some girls just don’t know why their guy’s can’t act the exact same way tat a guy on an Oxytocin high can, and ultimately, the answer will just be that there’s just plain not enough fluid in the tap. They would if they could, but when you’ve gotten your man’s fifth and sixth pillars at full power, he’s just plain going to be at an unfair advantage when it comes to pure romantic stamina.
Where most guys will start to get fatigued, he’s just going to find more
motivation to keep on digging deeper. The only time he’ll stop drawing out more love
from his endless well will basically be when he stops to go to sleep.

Fully Understanding Admiration and Respect

Now that you know the full extent of what you’re dealing with, the next step is
to dive right into what the *true* definitions of admiration and respect truly are. We’ve
done a lot of talking about just what admiration and respect can *do* and how to *use*
them, but now we’re going to be focusing on what really *defines* them at their core.

Essentially, admiration means that you are sincerely grateful for the fact
that your man exists. It’s not just about saying that you appreciate him, it’s about
showing that you are legitimately awestruck by the value of your man and how you
two share the same space in the universe with one another. As much as we’ve been
talking about how much you can make the man fall for you, think instead about how
much you can show the man that you feel like the luckiest girl in the world for being
close to that core of his.

-Respect is the validation of that admiration that you feel for a man’s
core by demonstrating it. Guys want to feel like big, dependable heroes who can be
counted on in dark situations. When you show the man that you trust in his ability to
break through the dark and make any situation better with his decisions, you’re really
showing that respect that makes him truly feel alive and powerful as a man.

Admiration lays the foundation for what you love about who he *is*, and
respect builds up on that foundation with what you appreciate about what he
*does.*
If it makes it easier for you to imagine, think about the admiration in terms of one word: **understanding**.

Think about it. Admiration is all about being appreciative about what a man’s true nature is, and the only way that you could ever be fully aware of what a man’s true nature is to appreciate it is by knowing exactly what it is in the first place. When you actually get your man on a molecular level, actually being able to admire him fully becomes a lot closer to being possible in the first place.

It makes perfect sense, really. The only way that **any** of this is even possible in the first place is by actually knowing what the nature of a man is and how it pushes him to interact with the world around him. Now, beyond just the facts that we know about how the male core works as a general system, what matters most is knowing him as an **individual**.

Actually *knowing* your man - imagine the relationship when something like this is actually a foreign concept! Unfortunately, that just plain happens to be the case for more women than one. The point, however, is that it’s definitely not you. Not if you’ve been paying attention so far.

You made an effort to get yo *know* your man. You know his core, you know his dreams, and so you can actually show *real* admiration for his true value. Since you’re able to admire the value that he really has, you can actually start to respect him in a way that’s real.

**Respect means welcoming the man’s involvement in what gives him the agency to support you.**
Even though respect is born out of admiration, respect is not the same thing as validation. Respect is about being willing to move past just talking about your desire for him and show much you admire his value and give legitimate proof of that admiration.

Respect is something that is firmly placed in the right here and right now, but at the exact same time, it’s also firmly placed in the future as well. The respect that you have for a man is something based in the belief that you can trust in his future guidance fully. You’re ready to demonstrate that you can support his ability to carve out a great future with the chisel of his own dreams.

It’s not just about believing in what he can do to build a future for the both of you while pursuing his own goals, but also about what he can do to support your goals in the meantime as well. It’s about your conviction in who he is and what he can do being so great that you can entrust all of your hope into them.

Admiration is about an appreciation for value that the man has in the current day and age. Respect is about drilling past what’s visible right now and showing a sense of real belief in his future, as a man who can take full charge.

The Junction of Core and Personality

Think of his approaches. Think of his quirks. Think of all the traits and characteristics that give the nature of his core true meaning. What does he really uphold the most of all? What does he value more than anything else in the entire world? What is his inner web of principles rooted to in a way that’s impossible for him to separated from?
What we’re talking about here is the man’s ultimate moral compass. We’re examining what it is that lies at the innermost cavern of the man’s behavior.

Before getting little bit too overzealous here, let’s make a point to address the point that the man’s core and personality are similar at times, but never entirely one and the same. There are times that a man’s core powerfully overlaps with his personality and manifests more strongly, and in other times, not quite so much at all.

What you’ll do well to make note of are the points where his particular personality make the most significant points of overlap with what his core stands for. Think about what parts of the man’s personality serve as the strongest showcase of his core values, and with that knowledge, you can make a much better campaign towards showing that admiration and respect that he loves so much.

In all of the different manners there are in which you can show your admiration and respect, we’re going to whittle it down into the strongest 7 of all. Note that your man’s strongest 7 may not be the same as another’s, but these are just examples to keep the general paradigm in mind.

If you really want to get the best possible effect that you can out of taking fully advantage of the junction between his core and personality, you’ll be best off taking some time to carefully map out all of his traits and make a decision from there.

Once you’ve gotten yourself an organized map of where he siphons the fullest sense of strength, love, appreciation, comfort, and all other equivalent areas, you’ll be fully able to give your fullest sense of respect and admiration to those areas accordingly.
Now, just as examples, here are some of the areas that you might find yourself looking into the most, depending on what your guy’s personality is like:

His Ambition & Drive

- He is an incurable chaser of success, life and love.
- He is never satisfied without a worthy challenge.
- Hard work is his only way to work.
- He has the drive to always keep his mission in mind
- He’s flexible without losing productivity.

His Passionate Side

- He has actual dreams that aren’t generic.
- He legitimately loves you dearly.
- He is extremely excitable when it come to certain hobbies and interests.
- He is a fierce protector.
- He is inspiring.
- He is proactively daring.
- He is seriously romantic.

His Empathetic Side

- When other people speak, he hears them.
- He is generous with what he gives.
He is willing to help out struggling comrades.
He is kind..
He can understand the feelings of others.

His Loyalty/Dependability

• He is absolutely faithful.
• He always sees the help he gives through.
• He does whatever he says he will get done. No exceptions.
• He is strong in hard times when it is easy to be weak.
• He is brave in the places that matter to you most..

His Core Values/Moral Integrity

• He sticks to his priorities above all else.
• He carries himself with a genuine sense and honest projection of who he is.
• He treats others fairly.
• He’s drive towards the things that appeal to his virtues and causes.
• He’s fighting for something immaterial and significant.
• He treats himself, his peers, his family and others with respect.
• His view of the world.
• He interacts with the world wholesomely.
• His values and morals are true and exercises daily, not fabricated.
His moral light gives you the feeling of elevation

His Personality

- His sense of humor.
- What you find to be his uniquely attractive qualities.
- His little, more subtle quirks.
- His introversion/extroversion.
- His openness/reservedness.
- His willingness to be himself fearlessly.
- The things he loves the most.
- His daily behaviors.
- His patience.
- His warmness.
- His flexibility.
- His calm or fiery disposition.
- His energy or cool aura.
- His stability or impulsiveness.

His Provider/Leader Side

- He’s smart enough to provide efficiently and generously.
- He makes you feel safe and makes you safe in general.
- He is highly practical-skill adept.
- He is strong.
- He endures difficulty without losing himself to stress.
- He is a super strong form of support for you.
- He solves problems more than he complains about them.
- He consistently makes sure your needs, wants and desires are fulfilled.
- He encourages your autonomy and strengthens your motivation to take advantage of the ability to go for what you want.

The Three-Step Trait-Praising Process

Admiration and respect: Now that we’ve ironed out what they are, what they mean, and how they can be used, we can go over the specific 3 step system to allow you to use them for effectively nurturing his best traits whenever they arise.

Admiration

The first stage is all about noticing the trait, acknowledging its value, and sharing your legitimate level of appreciate for it.

Once you’ve laid down that foundation of admiration, just as we covered before, we can start to slip in respect more naturally.

To guarantee that ‘natural’ I our exact effect, we can begin with the power of context on our side.
Respect

Once we’re in the respect phase, we can finally start to more closely examine the inner writing of his core core programming. In this phase, the context becomes a lot clearer and demonstration takes precedence.

Instead of just examining the trait, what happens here is the posing and answering of a specific question: *What does this truly mean to me?*

In order to really sell the respect in a way that does it its due justice, we need to get the truest and clearest picture of our feeling on the table.

Reward

At last, we arrive at the final stage of this funnel to future endless devotion. Here, after the admiration and respect have been communicated, he offer the rewards for him being so admirable and respectable.

“You don’t *just* reward him. We reward him in a way that aligns with the right context.”

The reward options can be as diverse as the day is long. Maybe it’s just a lighthearted compliment? Maybe it’s something slightly affectionate? Maybe you want to take him out to eat or give him something he likes? Maybe there’s something he’s been looking forward to that you make more possible to for him to enjoy more easily.
or quickly with a reservation or tickets? Whatever it is, make sure he can get excited about it.

**His Ambition and Drive**

*Admiration*

“I heard you leaving early this morning. I know you’ve been working very hard lately, and I wanted you to know it hasn’t gone unnoticed. I am amazed by how many hours you have put into getting this new contract.”

“You’ve really been training hard for this race – I’ve seen how many hours you have put in over the past month and I’m just so impressed by your dedication.”

*Respect*

“Seeing how ambitious you are makes me want to work harder to achieve my own goals. You are an inspiration to me; you always have been.”

“I feel incredibly lucky to have someone in my life who isn’t just ambitious, but is willing to put in the work that is needed to achieve their dreams. That makes me think differently about my own life.”

“Looking through your notes for work is like another language to me. I’m totally awestruck with how intense your work is and how intelligent you are to be able to handle it so well.”
Reward

“I don’t want you overdoing it – so how about this weekend we take some time to relax, I will cook dinner and afterwards I will give you a lovely long back massage.”

“I think ambition is incredibly attractive in a man!”

“I know I can’t solve all your problems, but I can try to make things a little better; let me take you out tomorrow night, somewhere we can forget all our worries and just spent time relaxing.”

“I want you to know that you are never alone – if you need help, in any way, then just tell me what I can do to make things better for you.”

“I think we should consider taking a class together, it’s so important to keep learning new things and we could find something fun to do together.”

His Passionate Side

Admiration

“I am so excited about this gig your band is playing! If I am this excited, then I cannot even imagine how fired-up you must be. I love seeing how passionate you are about your music.”
"When you came home and swept me off my feet the other night, I never really got a chance to tell you how much I love your passion. When you show that side of yourself, my own passion takes me by surprise!"

"My friends all think you are very romantic – I was telling them about the weekend you took me away and we spent the night at that gorgeous hotel. I told them that’s just the tip of the iceberg when it comes to how romantic you are!"

"Thank you for the flowers – I want you to know that my heart just swells when you make these little romantic gestures; I don’t think you realize how special you make me feel."

Respect

"In fact, seeing how passionate you are makes me really feel connected to you as a person. You go after what you want, and that is one of the most important and worthwhile things a person can do."

"I love how intense you are, it’s one of the qualities in you that I love the most. You stop my life from ever being boring and ordinary and I can’t tell you how much that means to me."

"When you came into my life, I don’t really think I knew what true romance was. I had all these ideas about what a romantic hero would be like, and you know what? They weren’t realistic – I guess I knew that all along but what I didn’t know was that real romance would be so much better... and a real romantic hero would be so much more enchanting than anything the movies had on offer."
“I truly believe that being able to show your softer, more romantic side makes you a better man. You aren’t afraid to express yourself, and that makes me feel able to express my love for you. I feel so lucky to have you; the way you value me makes me value myself more.”

**Reward**

“You make me feel so excited just wondering where this passion is going to take us next!”

“You know, seeing how passionate you are, makes me want to show you just how passionate I can be…”

“You aren’t the only one who can be romantic – I have a surprise for you this weekend!”

“You are the sweetest, most romantic man I have ever known and I am honored to share my life with you.”

“I need to come up with some ideas for a work project. I really need to impress the boss with some creative thinking – you are the most creative person I have ever known; I would love it if I could bounce some ideas off you. Would you be up for that?”

**His Loyalty/Dependability**

**Admiration**
“I saw how you treated your friend when you knew he really needed you. You didn’t have to step-up and help him the way you did, that was really unusual and really special. I was really moved by it.”

“Remember when you stayed with me all night when I was sick? I was thinking back over that, and you know – you didn’t have to do that. No-one would have blamed you for getting some sleep, but you went above and beyond the call of duty. You often go the extra mile to be kind, I see it all the time.”

“Just lately, I have seen so many relationships break apart because there is no trust, and it got me thinking how fortunate I am to feel able to trust you completely.”

“I was watching something on television about loyalty and I thought about how important loyalty is to me. I think your loyalty and trustworthiness must be two of the most wonderful things about you; you always have my back.”

**Respect**

“You are incredibly generous with your energy and your time. I know we have had tough times in the past but when other men might have had enough, you always had the generosity of spirit and the kindness to bear me out, to see things through and to be gentle and caring. That is why we are still together and it’s why I find myself loving you more than ever.”

**Reward**

“I think it is time you were spoiled; I’m making you a special meal and I bought that game you wanted so we can spend some time together having fun.”
“I’m going to buy us tickets for that stand-up comedy show, you deserve a treat and we can either laugh with them, or laugh at them. As long as we are together!”

His Core Values/Moral Integrity

Admiration

“Remember when we were talking about things that we have done in the past? I’ve been thinking about that. A lot of people would have lied about their past instead of telling the truth. Your honesty is one of the things I admire most about you.”

“We were talking in work today about what it means to think outside of the box, and everything they were saying made me think of you. Your ability to come up with the most surprising and creative solutions to problems is a really rare ability.”

“I know you gave your little brother some money to help him out, and I know you didn’t want anyone to see. I think that is the meaning of true kindness; when you are willing to help someone and you don’t want anything in return.”
“Remember when that guy at work was being racist and you called him on it? I was so proud of you. You always stand up for what you believe in, even when it is difficult or it puts yourself at risk. That is true integrity.”

**Respect**

“You really think deeply about the way you treat people. You never fly off the handle — instead you think about things from the other person’s perspective and try to deal with the situation sensitively. I see and appreciate that you do that with me too! It is a wonderful ability.”

“Even when we hit a rough patch, I never doubt your commitment, because you always play fair and treat me with respect.”

“For me, being able to trust the person I am with is one of the most important things. Of all the things that you have given me, trust is the most valuable to me. I really admire the way you make me feel secure and safe in this relationship. That isn’t easy to do, but you make it look effortless.”

“I just wanted to tell you that it means a lot to me that you always try to do the right thing. I know a lot of people who don’t and you have my absolute respect for it. Do you think that I should tell my boss that I feel his latest policy is discriminatory? I would really like your opinion on this.”

“I try to stand up for my beliefs and say what I think instead of going along with the crowd, and sometimes it is really hard, so I wanted to tell you that you make it so much easier for me to do that, because I have you to look up to.”

**Reward**
“It got me thinking about how important it is to me that I am with someone honest. Your integrity is so important to me; no matter how other people react to it, I love you for it.”

“I wish I was as good at saying what I think as you are, but I’m certainly more motivated to do the right thing because I feel like you make me a better person every single day.”

His Personality

Admiration

“You completely understood today when I needed some space and time to think, and when I need your support. I have had a horrible day and you knew exactly what to do and say to make me feel better, you really thought about my needs. That was truly lovely and you made me feel so much better.”

“What was that joke you told me the other night? I wanted to tell the girls at the office, they think you are hilarious!”

“Remember the other night when we watched that documentary about the universe? My mind is still blown by that! I was really impressed that you knew so much about physics — it isn’t something I have studied and you really helped me to get to grips with what they were talking about.”

“This room always makes me feel so relaxed and at-home. You have a real talent for creating a space that has a special kind of atmosphere — it’s because you have such a strong artistic side. It was your creativity that attracted me to you when we met.”
“I know things have been really tough for you just recently, and I wanted to tell you that I am absolutely blown away by how brave you have been. Other people would have fallen apart, but you always have a smile on your face, and I love that.”

“Every time I see that weird weather guy on TV I think of your impression of him and I laugh all over again.”

**Respect**

“Your kindness makes me strive to be kinder in my everyday life. I find myself wanting to be more like you, and it is actively changing how I behave when I am faced with situations where I would have previously lost my temper, I now try to be kinder, to be more generous with my time for people.”

“Your mind amazes me. When we talk, I find myself seeing the world in a different way and I’ve got to thank you for bringing that into my life.”

“In fact, one of the reasons I fell for you was your intelligence. I think intelligence is one of the most attractive qualities a person can have. Now we have been together for so long, I believe that even more. You teach me new things all the time – I’m a better, more rounded person thanks to you.”

“I love that when we are together, we come up with new and exciting ideas. You bring out my most creative side because you think so differently and it frees me up to think creatively too. I’m really excited about where that could take us.”

“In all seriousness, you make me laugh more than anyone else in my life. You are the funniest person I know.”
“I know you were just being silly, but you always find a way to cheer me up and make me laugh when I’m feeling blue — it’s such a lovely, sweet quality to have, and I don’t think you realize how much I love it.”

**Reward**

“Your kindness is one of your most beautiful qualities; it makes you quite irresistible!”

“Your mind amazes me.”

“I’m going to be home all day tomorrow, I think I might find a funny film to put on and snuggle up under my blanket to watch it. Your recommendation is the only one I trust — what should I watch?!”

**His Provider/Leader Side**

**Admiration**

“We have had such a run of bad luck recently, that there have been a few times I have just felt like giving up, but every time I feel low, I look at you and you are standing strong, keeping everything together, and it inspires me.”
“Remember when we took the road trip to the coast? I was thinking how much fun that was, and a big part of that was how you took charge and sorted out our travel arrangements. You took care of all the practical things that needed done and I was able to relax and enjoy it so much more because I completely trust you with that stuff.”

“The other day when you got my car started, I was so relieved. I thought it was going to take all day, and I was sure it would cost me a lot of money so when you sorted it out so quickly, I was totally impressed.”

Respect

“You put a lot of thought into everything you say and do. You are always thinking about how you can make life better for us and I have never felt so important or cared for than I have when I am with you.”

“You have shown me that strength isn’t something you either have or haven’t got, it all comes down to having the courage to keep going even when times are tough. I have learned so much from watching the way you deal with adversity. Your strength makes me stronger.”

“You aren’t just clever — lots of people are clever — it’s your ability to make the things you know so interesting. I could listen to you all day. You have a real talent for sharing your knowledge. I know that you are going to go far in life — I’m really excited about your future.”

“I sometimes feel a bit adrift when it comes to practical stuff, and you never make me feel inadequate, you always step in and help me out. That has made it so much easier for me to learn new skills through you. I’m so glad to have you in my life.”

“I want you to know that you make me feel safe and protected, as though you have always got my back, and I also want you to know that I have got yours. Always.”
“To me, one of the most important qualities to have is courage, and of everyone I have ever known, you are the person who best demonstrates what I believe courage is. You meet everything with strength and dignity. I really need that courage right now in my life, and I feel so blessed that you are here for me.”

**Reward**

“I want to say thank you for being so thoughtful. I hope you know that I appreciate every little thing you do.”

“I want you to know that you can trust me absolutely; I am totally committed to making you feel as happy and secure as I do.”

“I’ve made you some of your favorite cookies to say thank you for being so thoughtful. I know that might seem a little silly – but you deserve a treat.”

“Intelligent men are always sexier!”

“I feel really proud to say that I am yours and you are mine.”

“I want to say thank you for all the times you have helped me out, because I really appreciate you, so I’m taking you out for dinner, anywhere you’d like to go.”

“I’m always telling my friends how fantastic you are at rescuing me, you are my knight in shining armor!”
Chapter 18: The “Freeze-Defreeze” Command - What To Do When All Else Is Failing

We’ve covered what the best case scenarios are and how to reach them, but we’ve also got to talk about the worst case scenarios as well. Sometimes, against the absolute best of our intentions, we can wind up in scenarios that are very far removed from the pleasure zone that we’d like to be in.

What are these worst case scenarios? We’re talking about the events that still challenge you even after you’ve tried everything else but gotten nowhere. Think about
the situation you might find yourself in when it seems like all hope is lost, and that is what we’re going to be talking about dealing with in this chapter.

Let’s go over some of the specific situations that might lead to you needing to use this chapter’s methods when it comes to making a man responsive again.

- **Extreme emotional coldness in husbands:** You want to have a conversation with the guy, but it’s just not happening for you. It’s almost like he’s receded completely into his shell and wouldn’t come out if he was paid for it. There’s no acknowledgment, no texting, and absolutely no indication that he wants anything to do with you whatsoever.

- **Trust issues due to poor past experiences:** In this scenario, what we’re talking about are major mistakes that could have been made by a partner or third party. Whether or not the mistakes were made by a romantic partner or someone else, the result will be that these mistakes have compromised his willingness to emotionally connect with others.

- **A declaration that they absolutely will not open up again:** In this scenario, a man has outright stated that there’s no way he’ll be willing to open up to you in the way that he used to. In this situation, what we’re dealing with is a breakup situation that has more or less gone completely nuclear. In a marriage, this would be the point where a divorce is more imminent than it’s ever been before. Generally speaking, you wouldn’t be seeing a situation like this unless there’s been some seriously wicked cheating going on.

- **A stubborn obstacle that the relationship is struggling to push through:** In some scenarios, what you might have is a scenario in which there’s just an obstacle that the relationship is plain struggling to break through. It may be something completely out of anyone’s control to directly affect, like distance or the past, but that won’t make it any less of a struggle.

- **A loss of former passion:** In some relationships that have gone on for a significant period of time, the relationship might be suffering because the passion as just run a little bit dry. Even in the lack of a serious conflict, there may just
come a time when there’s not enough effort being put into stimulating that energy that gets a couple hot and heavy for one another.

- **The guy is just plain sensitive:** Whereas certain worst case scenarios might emerge due to a person committing a mistake that would make anyone less willing to emotionally connect with them, there might also be scenarios where a guy just so happens to be a bit more sensitive than what’s typical for the average person. Whereas slightly “harder” guys might be able to take the sensation of being “pushed” in stride, other guys may recoil from it a little bit more easily than others.

- **A lack of comfort with communicating needs:** There are some guys who, while perhaps not being outright “sensitive”, just aren’t comfortable with the idea of openly sharing the fact that they have emotional needs in certain delicate areas of their feelings. Rather than admit they’ve been hurt, they’re more prone to quietly implode and retreat into the shadows instead of being upfront about what’s wrong. With this kind of guy, every interaction could practically be compared to stepping around a gigantic field of land mines - once one of these land mines have been stepped on, it’s almost as though everything in the relationship gets blown totally sky-high.

- **And so on, and so forth…**

At the end of the day, what you’ll see here is a situation that usually serves as a total death sentence for most relationships. Because most couples aren’t prepared to endure the struggle these problems bring on, you won’t see many cases where they’re escaped and recovered from - however, that is not to say that it’s impossible to try working past them at all.

In this part of the guide, what we’re going to be working on our ways to get back to that same stage of romantic energy that’s been long lost due to a situation that seems like a relationship death knell. The road to getting a man into the full Oxytocin-energized passion that you seek will be fraught with potential setbacks, and sometimes these worst case scenarios can be one of them - nonetheless, you can still continue on toward that level of love you seek without needing to give up, and that’s what I’m going to share with you here.
If anything, being skilled in the ways that you can enact these relationship *countermeasures* for the worst-case scenarios is just as important as being able to enact the techniques we’ve talked about to maximize the love of the relationship in the first place.

Think of it like the *mending* phase in a broken bone’s healing process. When a broken bone is cared for with enough skill and consideration, it can come back even stronger and better-fortified than ever before. When you feel like the broken bone is still aching even after you’ve done what you can to treat it, then you may been to take a slightly different approach toward things.

Remember, as we’ve covered before, the level of trust that man’s core has for you is absolutely crucial. Any time that he isn’t acting *normally*, you can bet all of your paychecks for a year that it’s because there are trust issues screwing with his perspective on things. No amount of reasoning in the world can compensate for a core that just plain isn’t ready to hear your case in any capacity.

So then, all this talk of worst-case scenarios due to dealing with guys who are super sensitive and aren’t receptive to reasonable attempts to make things right just begs the question:

*Why* is it that certain types of guys only push you further away when you’re trying to smooth things over with them in ways to make them comfortable?

The truth of the matter is that no matter is that it all comes down to a damage assessment. Like a mechanic has to see how badly a car been damaged before they can take the right approach to fixing it, *you* need to be aware of how badly the guy’s core may have been damaged by trust issues before you try to have it trust you again.
Simply put, even if you’ve got the best intentions in the world, you’re just plain not going to be able to fix things until you’ve addressed whatever core issues there are that are keeping him from feeling safe in an emotional connection.

Every bank vault has a certain combination code that’s necessary for opening it, and likewise, every man has a certain process of resolving core trust issues that’s necessary for getting them fully open to you once again. Unless you’ve got that combination code, you can completely forget about ever opening up the bank vault to his emotional openness again.

So long as a guy is still in his unreachable “ice king” mode, it will be like he’s got a massive ice fortress around his heart that doesn’t even respond to the force of a rocket launcher. If you’ve been following along and paying full attention up to this point, then you’ll understand why a man’s resistance to being made emotionally open by sheer force alone isn’t something to be worried about - it’s simply how the laws of nature determine the ways that humans can be influenced and connected with.

A person that believes they can influence a man by yelling them into a corner isn’t really influencing them at all. Not only is it practically impossible to actually reach a person on an emotional level just by screaming at them, but even if you do get a response, it definitely won’t be the kind that lays the foundation for more trust or closeness.

To make sure that we’re approaching this from the right angle, we are once again going to take a quick trip back to the 6 Pillars of Love and how they operate. We revisited the fifth and six pillars of Appreciation and Respect in the past chapter, and in this chapter, we’re going to be revisiting the three core aspects of appealing to the Six Core Pillars of Love.
1. Proper ego validation (Validate what matters most by addressing the points of the worst damage to the ego)

2. Patience (Have a mindset that is willing to wait)

3. Gradual, careful progress (The fastest way to go forward is to go slow)

Validating the Ego Properly

The core defends its ego like a starving wolf defends the only dead carcass in the forest. The core needs its ego to feel safe at all costs, and if it doesn’t, it’s going to go into a protective mode that puts all the apex predators in the world to shame.

When the ego is jeopardized, the only thing that will convince it to loosen up the tension is by validating it - however, you can’t just validate *anything* and expect to get perfect results. It’s not just about giving the ego validation, but validating the go in a manner that makes it the *most* satisfied of all out of any and all ways in the world there are to validate it.

When the ego has been hurt, the most satisfying to way to validate it is by addressing those areas where the damage has been done in the worst way - admitting to a mistake can be one way of doing this, but sometimes, just showing awareness of the fact that it’s been compromised can be a powerful way to validate it in a way that works best.

**Being Patient and Taking it Slow**

Naturally, by this point you know full and well that doing things *patiently* is absolutely vital for being able to do things properly. Think of it this way: if you could
guarantee that you could have anything in the world that you wanted as long as you didn’t go over a certain spending limit, would it be easy for you to resist using your credit card?

The mindset that you have in this scenario should be like the kids who manage to pass the Marshmallow Test. In the Marshmallow Test, children with a plate that has two marshmallows in front of them are told that if they can _resist_ eating either marshmallow before the adult returns, they can have even more. They’re not forbidden from eating the marshmallows, but they’re told that if they choose to do so, they won’t be allowed to have any more.

In the metaphorical Marshmallow Test of your relationship, consider your “marshmallows” to be like the moments of emotional connectivity that you have to your man when he’s gone cold. If you try to rush into reconnecting with your man right away, you’ve eaten the two marshmallows in front of you and won’t be getting anymore. Take things _gradually_, however, and you allow a future of deeper emotional connection with him to be possible.

Whatever approach you take to winning the man back over, make sure that you do it in way that is _not_ rushed or done with intentions of taking a “shortcut”. Even if you aren’t openly approaching him in a way that seems rushed, having the underlying _intention_ of trying to rush him back to a place of emotional closeness with you will bleed out into your approach and make his core too cautious around you to open up.

Basically, being able to resist the urge to go at rapid speed will prevent you from committing the cardinal sin of reconnecting in times of emotional separation: appearing _needy_ and _desperate_.

The moment that you come off as needy is the moment that you absolutely condemn yourself to never having the guy feel emotionally comfortable near you.
again. The person in relationship who is needier is always the one with less power, and so becoming needy is basically giving away all of your leverage.

Even though we’ve talked about having a man feel confident in the fact that you appreciate and respect him as a leader, it’s not the same thing as coming off as a totally needy wreck without him around you. You can validate the man as a leader without completely making him the decider of your entire emotional state of well-being.

The sense of fulfillment that a man gets from feeling like you trust him as a provider will be a lot better than the sense of burden he gets from feeling like he’s totally responsible for how you feel at all times. Some men get a kick out of having access to the ability to emotionally manipulate a needy woman instead of being creeped out by it, but this is not fulfillment and shouldn’t be encouraged.

The kind of balance that we’re looking for is one that’s completely free of the power complex that divides “deciders” from “non-deciders” in a relationship. This is about making a man feel empowered by your ability to validate his core desire to be strong and counted on, not to create the kind of relationship where once person is winning and another person is losing.

Instead of a black and white frame of mind, where one person is absolutely right and another person is absolutely wrong, what we’re looking for is to reach a healthy place of balance where mistakes can be made without catastrophic results.

You want to eliminate the sense of there being any kind of power control complex in the relationship at all, and that starts by getting better at handling and moving past small errors that might create that misunderstanding in the first place.
The chance that the man will fight against you is completely proportional to how much he feels that you’re putting up a fight in the first place. Anything that comes off as an emotionally-charged or desperate demand for something that takes mental energy for him to give, like his time or attention, will create that combative energy that pushes him to fight back against you because of it.

Now, in addition to the first three aspects that we covered, let’s take a look at three aspects of core validation that keep you from coming off as a desperate emotional vampire:

4. **Pleasure and Reward**

5. **Accurately Mapping Out His Core Coordinates**

6. **Absolute Trust**

No matter what a person’s personality is or what their desires might be, there is always one universal truth that always applies: people run from the things that give them plain and are attracted to the things that give them pleasure. It doesn’t have to be spelled out for them, but if they just feel the sense one thing is pleasant and another is painful, that will be enough to determine the direction of their next move.

Knowing how the law of pleasure and reward works gives us a pretty easy map to follow towards leveraging it the right way. If things seem too difficult or too fast-paced for your man to feel completely comfortable opening up his core to you, he’s either going to make himself scarce or just pull out entirely.
The key to tapping into the right ways of using pleasure and reward theory to attract your man is by maximizing the MOTIVATING INCENTIVES in his heart. How do you actually nail down what these motivating incentives are in the first place? It’s simple: you accurately map out all of his core coordinates.

By getting an accurate map of all the incentives that motivate him more than anything else, you can have the best possible chance at positively influencing him in a way that really sticks to him in a truly significant way. The best way to map out a guy’s core and the biggest motivating incentives that appeal to him is knowing what all of his deepest core values truly are.

What are the things that the guy most consistently withdraws from or moves forward to? What are the patterns of behavior that you’ve observed pushing him closer or pulling further away from you? Once you’ve taken these things into account, you’ll be able to map that core of his out in the most accurate possible fashion of all.

Now, once you’ve applied what you know about rewarding him with the incentives that motivate him the most, you’ll be most able to build up that basic level of trust that’s been violated in first place.

To really appreciate the gravity of what we’re doing here, first we have to make a point of knowing what the core rules of trust are in the very first place. Once we’ve taken all of the core rules of trust into full account, we’ll be in the best possible to position to build up trust effectively and consistently.

So, here are the rules of trust that we need to remain aware of at all times:

1. Before he trusts you, he needs to trust your intentions fully as well. No matter how good you may know that your own intentions are, it’s not going to mean
anything at all unless your man’s core fully trusts your intentions to be just as good as you know they are. Until he knows that your motives are pure, he’ll remain as cold and closed-off as a locked freezer. There can’t even be the slightest sense of there being even minor ulterior motives if you want there to be any chance of true trust being born.

2. **Context needs to be considered at all costs.** As has been stressed throughout every section far, you’re not going to be making any progress here if you don’t lead in with the right kind of context. You can’t just take a shotgun approach here, you’ve got to make a direct hit on the perfect contextual target that are best for creating that emotional “click” the right way. Before you try to make a move towards fixing any one problem in particular, make sure that you address the context of the situation by acknowledging that mistake before anything else.

3. **Action-word congruence is key.** Basically, the one thing that’s key for connecting with the core is by making sure that your actions line up with your words at all times. You’ve got to ensure that what you do is an accurate reflection of the persona that you try to present with your words. Words can trigger seriously strong reactions, but it only matters if those words based in a realistic and trustworthy foundation.

It’s not that words are entirely worthless when it comes to the man’s core, but the fact of the matter if that the core finds only finds words worthwhile if they’re backed up by the right kinds of actions to substantiate them. It’s not enough for words just to be spoken, but they’ve also got be demonstrated.

Every second that you’re around a guy, his core is secretly scanning and testing you to make sure that you can actually be trusted to back up your words with your actions. It’s like an unconscious mental radar in his mind that measures how genuine the impression you’re giving of is. No matter what you’re saying, you just can’t convincingly fake whether or not those words line up with your actions.

If it helps, you might want to think of it in terms of a digital “cache” in the guy’s mind that gets bigger as he “browses” the way that your words ad actions line
up (or don’t line up). Ultimately, the decision that he makes on you is going to be a matter of what direction the majority of that data he collects in his cache of you compels him to lean in.

The reality of how much weight your man puts on the trustworthiness of the words you speak means that nothing you say can be taken too lightly. If you tell the guy that you love him, and yet he thinks you’re acting like a rabid vampire every time that you don’t get your way, it’s going to send his a seriously conflicting message about your identity. When the core can’t reconcile words with actions, its first and oftentimes last recourse is to just get lost and stay lost.

4. Trust is born out of your willingness to take responsibility

It’s not just a matter of who’s right or wrong. In order to reach that point of total trust with a man, you’ve got to just be willingly to acknowledge the existence of another side. Clarify your belief in the chance that you may have been unintentionally missed something that he valued highly, and results can be surprisingly powerful.

Ultimately, his ego can be validated most successfully when you’re able to put yours aside for the sake of communicating with him more openly.

Of course, being able to quiet your ego isn’t something that’s completely effortless for the average person to do without a great amount of effort - if it was, you can bet that there wouldn’t be nearly as many relationships that wind up coming apart without ever reconnecting again.

Plenty of people are intimidated by the challenge of putting aside their ego to communicate more openly with someone who’s closed off, but what you may not realize right away is the the fact the man himself Is actually the one who’s intimidated
by you. When a man isn’t sure if he can completely trust you at his core, he’ll basically be seeing you as a huge, terrifying monster made of pure mental distress that feeds on his ego.

Knowing how much fear your man holds in his heart when it comes to the possibility that you’ve got ulterior motives, it should become perfectly clear that good intentions mean nothing compared to what you can outright demonstrate with your actions upfront and center.

Even just the slightest thing seeming like it’s not perfectly in place will have your man feeling that getting back in touch with you isn’t in his best interest, and that’s how it will stay so long as he can’t determine whether or not you’re setting him up.

Remember, even if it’s not necessarily your intention to make him feel uncertain or scared, it doesn’t necessarily have to be your fault for him to feel that way about you in the first place. As long as the guy’s core has been “taught” to feel a certain pain because of a certain experience, anything that resembles it is going to set off those same old alarms.

You don’t have to have done any of these things on purpose, but despite the best of intentions, sometimes it can just turn out that you wind up in this position by nothing more than unfortunate circumstances based in bad coincidences. There are tens of millions of different people that two individuals in a relationship can meet aside from one another, and unfortunately, sometimes the planets just plain don’t align in your favor.

Not only does the core get put off when it’s had its trust violated, but it shuts off even more violently when it feels that its trust has been violated multiple times. The core can’t recover nearly as quickly from the feeling that it’s been denied multiple
times in a row as opposed to just a single time, whether or not any of it was intentional.

Knowing this, just what can we actually do to make things better than they were before?

In case like this, the only thing that we can do is to kill the ego-eating monster he thinks is sleeping in his closet.

To have a chance at destroying that monster decisively, what we’ve got to do is think about what it is that characterizes monsters in the first place. Monsters are often thought of as big, looming, predatory and dangerous beings that pluck people’s heads off in their most vulnerable moments. Knowing this, we immediately understand what the opposite characteristic that we’d expect a monster to have is: vulnerability.

By showing a man that you yourself can be vulnerable, he’s a lot less likely to subconsciously treat you as a monster that lives to prey on his feelings when he’s at his most vulnerable himself. When he gets the sense that you can experience your own feelings just as deeply and authentically as you can, it will humanize you to an extent that’s far more conducive to a good relationship than otherwise.

Once you’ve been able to show yourself as a vulnerable being, you will have managed to UNBECOME that monster he’s imagining lurks behind the window of your soul when he can’t figure your intentions.

Now, before that monster has been fully dealt with, what you’ve got to face is the fact that he’s imagining your ego to be something wild, brutal and completely unchecked. The ego may be something so subtle within us that it feels like it hardly
exists at times, but to people on the outside, it can be so large and off-putting that it’s almost like a physical mass separating them from you.

We can’t normally feel the weight of our own egos within us, but when other people are subjected to them, the amount of weight than it has on them can feel like two thousand pounds of pressure in the air. To let go of our own ego is to take back the fullest extent of our ability to connect with one another, which is generally something that’s only at its highest when we’re very young children and haven’t yet developed an ego or any big hang-ups.

We don’t have to actively try making our egos take on the form of vicious ethereal wolves, but if we’re not able to control them effectively, they’ll take on that form by default and wind up completely devouring our relationships alive.

When the man’s core is scanning you to get an impression of whether or not you pose a threat, its sensitivity to bad intentions is so high that it’s absolutely impossible for it to listen to anything with less than 100% conviction. Nothing less than the absolutely highest peak of total honesty will be enough to convince the core that you yourself can be trusted in even the slightest capacity.

What this all means is that things like your small feelings of stress to fix things between you and the man aren’t going to be able to reach the core as well as you might like them to. Simply wanting things to change won’t give the core enough confidence in your trustworthiness to let you back in.

No matter what your quieter and more subtle feelings may be, those just aren’t going to be able to get through unless the man can first get “clearance” from his core that all of your intentions are completely on the level. Without the highest level of trust, you might as well be trying to convince his core that you’re a six-winged griffin with fire breath.
Whatever you do, you definitely don’t want to make the mistake of trying to come off as too nice just to compensate for the amount of trust that still needs to be built up between the two of you. If the core gets the sense that you’re working to hard to “win it over” just by being unnaturally sweet, it won’t be any better than if you tried to break your way in by being confrontational.

There’s one thing to keep in mind that will always ensure you’re moving forward more than you’re moving backwards when it comes to validating the ego in a way that actually works:

**The ego ALWAYS takes the path of least resistance**

If the man’s ego gets the sense that you’re putting up any kind of defense, it’s going to do anything it can to avoid having anything more to do with you. Defensiveness implies that you’re prepared to switch into offense mode at the drop of a hat, and that I simply a chance that the ego is not willing to take under any circumstances when it already feels like it’s trust has been violated in the first place.

Now before we get too ahead of ourselves here, let’s not go too far and start assuming that the man thinks you’re evil or something just because his core sees you as a threat. “Evil” is something that’s much more complex than the animal-like way a guy’s core operates in. You’re either a danger to him or you’re not, and by showing that you’re not out a danger, he’s willing to let you back into that emotional “territory” of his much more openly.

**In addition to the true nature of ego, you must also understand the true nature of vulnerability**
We’ve been talking a lot about vulnerability and how important it is in situations like this, but how can we really define it in a way that that cuts down the core meaning? To put it simply, vulnerability is kind of like the “glue” that a relationship depends on to stay held together. It’s not necessarily the exact same thing as serotonin, but vulnerability definitely has a part to play in serotonin levels rise between people in a relationship to bring them closer together than they’ve been before.

You might not equate vulnerability directly to all of the lovey-dovey aspects of a relationship, but in truth, it’s necessary for vulnerability to be present in order for all of the more romanticized parts of relationships to be born in the very first place.

The simplest way to describe vulnerability may not be the most eloquent, but it’s definitely the most effective way. In short, vulnerability is basically the state of being completely emotionally naked. Imagine that in the most normal scenarios, we’re more or less “covered” up in terms of our emotional openness and don’t want people to see under the deepest layers. When we’re completely emotionally naked, we’re not afraid at all of showing everything that we normally have to hide about our innermost thoughts and feelings.

When you still have all of your emotional “clothes” on and aren’t comfortable with being totally vulnerable, you’re basically not yet prepared to make that deepest-possible connection that can be made with any man, no matter whether they’re fully open to you or not.

Vulnerability isn’t all about lathering a guy up with all of your deepest feelings until he’s totally covered suds and bubbles. Vulnerability can just be about getting to a point when you can be available to him a way that is completely free of all hints of desperation.
Without any finesse or authenticity, you’ll come off as trying to make a desperate, subversively-veiled attempt. His defenses go up, your chances are shot, and you wind up back at square one. Vulnerability is all about having both the courage to step forward into new emotionally raw territory and also the courage to step back and have faith when the man needs space.

Below, what we’re going to cover are phrases that show a guy that it’s safe for him to be emotionally open with him. We’re going to be covering phrases that communicate to a man that it’s completely safe to be open with you without being judged, and by doing that, he’s much more convinced that you’re a person who can openly trusted.

Whatever you do, you do not have to engage in any pretending to make the ideal effect possible. You can simply show the man that you’re just as in need of raw emotional validation that he is, and the best way to communicate this is by showing non-judgmental patience in the best way that you can.

The less emotional “armor” that you wear when you step into a man’s core, the better of a chance that you’ll have to actually be welcomed into the core without being screened as an endangering threat. When his core has no reason to be afraid of the prospect of connecting with you, he’ll find it extraordinarily easier to connect with you on a subconscious level.

The main thing to take away from this process is that opening up is a two-way street. The willingness with which a man will open up depends on the authenticity of your own emotional vulnerability to him.

Now, we can begin to apply this process of mutual opening up through the Freeze-Defreeze Elements. By applying these elements in the following steps, vulnerability can be mutually shared in the most natural way possible.
1. Show him that your respect and admiration for him is real. Nurture his fifth and sixth pillars on the rawest level possible.

You don't have to write him a sonnet, but the key to doing this correctly is to be truthful. Think of back to when you mapped out his core accurately. Take all the points that his core responds most deeply to, and validate them to their highest extent. By being truthful and validating the things that matter the most to him, you will be the most capable of showing that you value him in a sincere sense.

2. Confirm that there is no judgment in the equation. Make sure that you maximize the trust factor to the best of your ability. (You can either choose to clarify that there is no judgment, emphasize the trust factor, or do both if you see fit.)

Your man needs to feel like his core has a VIP pass under the lens of your perception. He needs to feel that his core can be completely naked in the nudist colony of your mind. Without the slightest hint of judgment, he will be as comfortable as is possible for him to be before emotionally reconnecting with you.

Take whatever it is that you value most about him on the deepest level, and show him that you are more than willing to accept it in full capacity. You can even show him that you're willing to accept even more than what you perceive to be that which you appreciate about him the most already. The overall effect will be the impression that you can appreciate an infinite dose of his energy and essence, which will give his core full confidence in your respect for it.

3. Show genuine awareness of where he feels the most vulnerable.
As we mentioned before, emotionally reconnecting depends on being mutually vulnerable and acknowledging his vulnerability in a nonjudgmental way. By being thoughtful enough to acknowledge the fact that he feels vulnerable when his core has been disrespected, you make him more capable of trusting you to be considerate of his feelings in general.

There is no perfect way to do this, but the ultimate effect should be that he sees that you are willing to see his side of things. You don't have to belittle him, but you can imply that you know that there are times when he struggles. Men can be very touchy about acknowledging their own weakness, but you can still make great progress by being willing to acknowledge the fact that he is not invincible in a caring and non-patronizing way.

Most importantly of all, let him know that you're willing to be as patient with the time that he needs to recover as he needs you to be. Let him see that you're not going to rush him into anything, and he is free to take the time that he needs to emotionally recover without being judged or hassled by you.

4. Connect his vulnerability to yours. Share in the experience of mutual openness.

This is the part of the process where you communicate what the both of you need. In addition to being honest about what you need (while acknowledging his needs as well), you should also touch on why the two of you have the need in the first place. It can definitely help to give him the opportunity to express why he needs the things that he does in the first place, to keep him from assuming that you're assigning his needs to him instead of simply being willing to acknowledge them.

Most importantly of all, be clear about what it is that you're offering. It's one thing to acknowledge the fact that the both of you have needs and are vulnerable, but you should also make it clear that you're willing to bring something to the table. When
the core sees you as a source of the things it hungers for, it will be enthusiastic to let you back in instead of hesitant.

Of course, it isn't necessary for you to just talk about the things you need. Instead of talking about what it is that you need, you can also simply talk about what it is that you would like him to accept from you in general. Talk about how you're willing to be open to whatever she finds the most important, and let your actions show that you're being genuine about it.

One of the easiest ways to do this is simply by asking him to accept the fact that you're not going to be judgmental. It may not seem like much, but little gestures like that can be surprisingly powerful if there delivered with enough finesse.

You don't have to ask him to accept the fact you're not going to be judgmental or pushy, of course. You could ask him to simply accept any of the qualities that you would expect him to welcome in a partner that makes him feel comfortable.

You can ask him to accept the fact that you just want to be more emotionally connected, and you could also ask him to accept your full offering of affection for him. Because we have already gone over the importance of avoiding neediness, you probably already understand that you don't want to try forcing this on to him; simply asking him to accept things is a lot different than trying to make him accept any of them.

Because these are all things that the core wants on a primal level, it is extremely unlikely that he's going to feel any compulsion to reject what you're offering. Only in the worst case scenarios is a guy likely to say no to these things, and generally speaking, this might just be a sign that he needs a little bit more time to think it over; whatever the case, be outcome-independent, make your case, and give him time if needed.
If you feel like you may need little bit more information, feel free to just ask him what you need to know. Simply by asking him more about himself, you've already demonstrated that you're thinking about someone other than yourself; this is the opposite of someone who is selfish and represents a threat to the core.

You might even find that it helps you out to use the environment to your advantage. If there's a certain place that you know you going to feel more comfortable, feel free to set up the conversation with him there so that it just feels a little bit less tense.

It's not necessary to do all of the steps in the exact order that I've just described them, so feel free to move them around and do whatever feels most comfortable to do in whatever order. As long as you make sure that all four elements are accounted for in the end, you will have made the most solid approach.

**Element number one: The Value of Admiration and Respect**

“I wanted to tell you that I have nothing less than the fullest respect and appreciation for how hard you work and how you’ve made me feel over the years.”

Continue on with…

**Element number two: The Trust Factor**

“Even though things may not always play out exactly as we’d like them to, you have always been someone I can count on.”
(This is a trust factor, because you are confirming you still faith in him despite the difficult circumstances.)

Next comes…

**Element number three: Acknowledging his Vulnerability**

“I know it’s not always effortless for you to share everything with me, and that’s completely okay. You’re entitled to your privacy.”

Moving on to…

**Element 4: Showing your own vulnerability**

“… Still, you can always share anything with me and I will never judge you for it.”

So basically, all that we're going to do is put all of the four elements together into one cohesive statement. When they're all put together nicely, it should look a little something like this:

"Mark, I know that there are a lot of girls out there who just don't show any appreciation for all the hard work that their guys do for them, and I want you to feel like I'm one of them. I just wanted you to know that I know how hard you have worked to show me that you care, and I deeply appreciate you for that. I don't just love you, but I also respect you fully.

I know that things haven't always been perfect, but even after all the things we've been through, you are still a man that I truly look up to. Things between us have definitely been a little bit rough lately, so I know that may not be completely easy for you to open up to me like before..."
But even if things are a little bit hard right now, I just hope you know that you are always welcome to talk to me about any and everything that you need to, and I will never judge you for it."

Obviously, you don't have to repeat every single word from that passage verbatim. As long as you are natural and truthful about what you're saying, you can achieve pretty much the same effect. What you do want to keep in mind is the fact that you might have to allow for a little bit of time to pass before he is completely responsive. Remember, we are not looking to rush things here.

In some circumstances, you might have to alter the way that you word things in order to encourage a little bit more involved feedback from him. Try to think about ways that you could slip in invitations for him to be more prone to engage you. Instead of doing most of the talking, maybe you'll want to actually ask him questions instead?

The last thing that you want to do is get into a mode where it seems like you're lecturing him. Instead of making it seem like you're trying to rush him through the doorway to your point, think of it more like gently opening a door and inviting him through it. He may go through the door right away, or he might need to think about it before he has the courage; whichever he chooses, accept it and wait patiently.

He needs to feel completely free in his willingness to come back, not pressured or pleaded with in the slightest. The more he feels like you're pressuring him to come back, the further he's going to be pushed away.

Obviously it would be very nice if he would just come back right away, but this isn't always the case. Don't take any of this as an implication that you're not entitled to your emotions, however.
You can feel angry, frustrated, or even sad that he's not coming back as quickly as you want them to. While you may feel your emotions as they are, don't let them trick you into feeling like you have to speed things up further along than they are already coming.

Try doing things to take your mind off of how you're feeling about him taking his time, whether it's journaling, exercising, or spending time with your friends. If he is truly meant to come back, and you've been as honest with him as possible, then you will open up to you at his own pace.

**Burst Freeze Commands**

Here are just a few one-sentence examples of ways that you can use the four elements in "bursts" to communicate your willingness to let him take his time opening up to you:

"I appreciate you for how hard you've worked to become the man that you are."

"There aren't many people in the world you can trust fully, so I feel grateful to know that you are someone that I can trust without a doubt in my mind."

"I think you're amazing, but I hope that you wouldn't ever find it hard to get close to me because seems like I expect too much of you."

"I'm not a perfect person, but when I am with you, I want you to know that you can always count on me for support."
Deeper Freeze-Defreeze Commands

The next few examples are slightly more involved, longer demonstrations of the ways that the four elements can be used to encourage openness. These examples follow the same principles that the short bursts do, but they're little bit meatier and more heavily context-driven.

"Just by feeling your arms around me, I instantly know how much you care. I know that your love for me is real, but part of me still wants to know the deepest thoughts, whether they're good or bad. If there's ever anything at all that I'm doing or saying that rubs you the wrong way, I hope you feel completely comfortable letting me know."

With the first line, you're showing that you have complete trust in the conviction of his feelings for you. You being genuine about how much you know that puts energy into showing that he cares about you, but at the same time, not shying away from the fact that there may still be areas that you could be a little bit better and when it comes to the relationship. Your acknowledging both his and your vulnerability at the same time by inviting him to be open whenever it feels like you might have offended his core in any way.

"Some girls are just happy to be with their guys, I want you to know that I am absolutely proud to be with you because you truly inspire me. I can tell that something's been on your mind lately, and I may not know what it is, I just want you to know that if there's anything that I can do to help, I'm here. If you need me give you a little bit of space, don't hesitate to tell me."
Just like the line before, this one opens up by showing your man your level of gratitude for the relationship that you have with him. Rather than zeroing in on the trust that you have for him, this line focuses on just showing admiration for him off the bat. You acknowledge his vulnerability by stating that you've noticed something's been going on with him, and right after that, you respect his need for space by offering to give him some distance to think if he needs it.

"This may seem like it is coming out of nowhere, but I just want to let you know that you are a seriously amazing person. You are not just a good boyfriend, but you're just an impressive human being overall. Everything that you've given me feels like a blessing, but it's also why I'm a little bit worried. Lately it seems like you've been caught up with something that's going on in your head, and I won't pressure you into telling me what it is, but I want you to know that if you ever need someone to talk to, I am here."

Acknowledging him as an admirable human being is a step above just saying that he's good as a boyfriend or husband. After sharing your gratitude, you give him the floor to come and feel welcome to speak with you about whatever is bothering him as soon as he feels ready. This is a good way to acknowledge vulnerabilities without making it seem like he's any the lesser for it.

"The level of inspiration that I get from you is incredible. You are illegitimately inspiring person to, but sometimes I worry about how you're feeling. Please for free to let me know anytime something's got you down."

This is a more straightforward approach that manifests as a quick one-two punch of your appreciation and your acknowledgment of his vulnerability.

"I know that you're a lot more emotionally resilient than most guys, but I also know that you're still human. I hope you don't ever feel like you have to hide your bad feelings for me, because I already know that you're strong."
With this line, you show your man that you have respect for his emotional toughness being even greater than what other guys typically have. You're stroking his ego while implying that he can trust you with any perception of weakness that he may have in his more emotionally compromising moments.

"Every day, I feel lucky to have been able to meet a guy who can really be trusted in every situation. I feel proud to be at your side, but I don't want you to feel like I'm only here for your strongest moment either."

This is a slightly less direct line, but can still be effective if he is the kind of guy who read the subtext. With this line, you're showing that your respect is unconditional and doesn't just depend on him always appearing to be invincible.

"Even in a crisis, I know that you are the kind of guy who can be counted on to pull through. I hope you know that I will be there for you just as much at the worst times as I will at the best times, because spending both of those times with you give me further confidence in how much of a strong man you are."

With a line like this, you are showing him that he is just as valuable to you in the bad times as he is in the good times.

"Some girls only show appreciation for their guys when they do something impressive, but I want you to know that I always appreciate you matter what the circumstances are. I hope you don't ever feel like you can't be close to me when you're not feeling your best."

This is just another way of showing that your respect is unconditional and not just contingent on whether or not he can do something impressive for you. If he's in a
state where he's not feeling good enough to perform at his best, you're giving him be
comfort in being able to trust you with this moment of weakness that is having.

"If you ever just need a little bit of time to yourself to get your thoughts
together, I hope you don't feel like I'm going to have a problem with that. I know that
you can pull through anything, but feel free to let me know if you just need a bit of
space."

This line is more directly focused on asserting the fact that you are always
willing to give your man the space he needs. You may not be explicitly saying that he
is going through a rough time, but you're setting the stage for his core to be able to
trust you with its less powerful moments.

"There are a lot of girls who don't appreciate their guys when they aren't able to
be at their best, and sometimes I worry that you may think that I'm just like them. I
hope you always know that I appreciate you for you, not just for the things that you
do."

With this line, you are simultaneously sharing both his and your vulnerabilities
in the opening sentence. Your showing that you appreciate him for being an amazing
person at his core no matter what the circumstances are, which will take a lot of the
pressure off.

"I'm so grateful to be going on this adventure of life with you, but I know that
there will definitely times when both of us need to stop and rest. If there's ever a
moment where you need some time alone to recover, please feel free to take it
without feeling judged by me in any way."
This is a line that shows that you see life with your man as a process that has ups and downs, and not something that you expect him to make perfect at every single turn.

"I appreciate how you're always able to keep yourself moving forward even when you're not feeling your greatest. I sometimes worry that you might feel like I'm putting too much pressure on you though, so I hope that you don't have that idea of me when you're struggling."

Not only does this line show your man that you are appreciative of his basic effort, but it can also give him the motivation that he needs to push through a moment that's challenging him.

"I have been noticing that you have been seeming a little bit more closed off lately, and I just want you to know that I don't judge you for it. Every man needs time to themselves now and then, and I just hope you know that I still respect you as much as always."

With a line like this, you are not only showing respect for him as an individual, but also for his core's basic need to have some independence in figuring out challenges without being pressured.

"Even if we were to hit rock bottom tomorrow, I wouldn't see you as any less of a man. Some guys think that they can only be seen as valuable to their women based on how things are going, but even if you're going through something rough, you are the kind of guy who can shine in the dark."
This line addresses the fact that there will sometimes be things that are out of your control, but even in the face of those things, you still have that admiration and respect that his core needs.

"I want you to always feel completely safe exposing whatever feelings that you have about me. I am not going to make demands that you only share positive thoughts or compliments when there are other things on your mind. I respect you for what you think, unconditionally."

This is a line that buckles down on the more cerebral side of things. You are showing that you respect the way that he thinks, even if it's not always complementary to you. This is an acknowledgment of your own vulnerabilities that gives him more comfort exposing the less pleasant states of mind that he may find himself in.

"I know that sometimes all of the priorities that you have may not make it easy for you to spend time with me, and that's okay. Whatever you need to devote the most energy to take to accomplish your mission, you can devote your energy to that and I will support you all the way."

With this line, you're acknowledging the fact that he's got more things going on than just the relationship. Being willing to let him devote time to the things that demand his attention, a common type of vulnerability affecting a man's sense of control in his life, will show a great level of respect for his core.

Now let’s run down each the elements in detail so that we’ve really got a good picture of what they are.

**Element 1 - You admire and respect him**

Be honest about how much you admire him, and use things that are relevant.
Element 2 – You accept him without judgement.

Judgment has no place in the process. Talk to him because you care, not because you’re “assessing” him.

Element 3 – You are vulnerable.

Show him that you’re a vulnerable person with feelings, not a three-headed ego-eating monster. Let him know what you hope he accepts, without making him feel obligated to accept anything from you.

Element 4 – He is vulnerable

Once you’ve laid the stage for him to not feel weak just for being in difficult spot, you can address the fact that he’s vulnerable in a much better way.

Element 5 – You are there for him.

You might offer anything from practical help to a listening ear, but whatever it is, just let him know that it’s there for him unconditionally.

These elements are all-purpose and all-powerful for appealing to all different types of “target” men, depending on the circumstances. Some of the most common different types of men that these elements appeal to are described below.

The Targets

Men who are naturally emotionally distant

They may not be total ice kings, but they’re not the most talkative either. Here’s how we can communicate with them in a way that’s easier than pulling teeth.

Men who struggle to deal with obstacles
These men are going through some things that are pushing them a bit harder than what they’re used to, and the strain is taking away some of the energy that they could use to be social with you. They need space, but these lines won’t make it seem like something is wrong with them from using it.

**Men who are afraid of conflict**

These lines are good for men who may not be the most comfortable with opening right up to people for the risk of potentially creating conflict. It’s the art of de-escalating before things reach a boiling point, so he knows that the coast is clear.

**Men who cannot express themselves**

They may not necessarily be “cold”, but they might need a little bit more momentum to be able to express themselves openly and fluidly.

**Traumatized men**

Some men have seriously been through the wringer and need time to emotionally heal before they can open up again. The elements of these lines are good for reaching out to them in a way that asserts your care without opening old wounds.

**Men with major trust issues**

They may not be outright traumatized by what they’ve been through, but these men may have just had some really unfortunate experiences in their past relationships that can’t be swept under the rug. With these lines, you can acknowledge the fact that it’s not easy to trust openly while still offering a hand if they ever feel ready to take another leap of faith.

**Men who are ready to end the relationship**

The four elements are crucial for working against the assumptions that most men come to just before they’re about ready to put the relationship underground for good. You don’t have to beg them to change their minds, but you’re still showing them that you’re fully considering their feelings and respecting their core’s needs.

**Men who stopped communicating a long time ago**

Even men who have been uncommunicative for a long time can still be affected in a positive way by the feelings that the elements of these lines create. By
using these lines, you can ensure that there aren’t any lingering misconceptions about the true nature of your feelings for him.

This is the art of planting a seed, not bulldozing the dead forest and putting up artificial plants. Don’t be intimidated by the fact that he may need a little bit more time to wait than you expected.

The more time that he has to roll things over in his mind naturally, the more likely it is that he will be able to come back as quickly as his core is naturally able to compel him to.
Conclusion: The "Power Player Approach" - Multiply Your Command Impact by 1000x

Take a look back at everything you have learned so far, and imagine multiplying the effect of each technique by 1000 times: that is exactly what we're looking to do right now. If you've been a really diligent reader so far, you've been taking detailed notes and thinking about how you could put these commands into effect in your personal relationship situation.
In this chapter, I am going to take you through all of the ways to supercharge the most ideal results you can get from using these commands with enough finesse and dedication.

As has been said of all the techniques that we've covered so far when explaining how to use them most effectively, context is everything. You have to take special care to understand just where you stand in the relationship in order to know where the best place to start is.

Depending on just how open the guy is to communicating, you can make a more accurate judgment of how quickly you can jump into the swing of things.

Are you still able to have little conversations with him, or is he just a little bit more closed off?

Is he more of a Type A or Type B personality?

Are you each other on a regular basis, or have you been apart from one another because of the circumstances?

Once you've got a pretty solid answer to all of these little questions, you will know how to apply the right power player amplification techniques in the best possible way.

Let me make one thing clear: these commands and power player boosts are going to be best used by women who have adopted a strategic mindset. If you've always been a strategic thinker, then you definitely have an advantage. None of these
commands should be taken as a method that can completely overhaul everything overnight.

You should go into every situation expecting to get a little bit less than what you think is ideal; by expecting less and playing the game smarter, you exponentially increase your odds of not losing terribly.

Take as much time as you need to study these techniques until they start feeling a little bit more intuitive. At the highest level of skill, you shouldn't have to think too hard about putting these approaches into practice. When you have studied these approaches and practiced them consistently enough, they should more or less become second nature.

A power player mindset

When you think of the term power player, what are the words that come to mind? The key words to keep in mind are observation, testing, and adjustment. A power player is always watching to make sure that they keep a crystal clear perspective. Power players always testing to see what their strongest and weakest points are, scaling up what works and cutting back on what doesn't. By constantly maximizing the qualities of their most successful approaches and minimizing their weaknesses, they can adjust their inputs and make the most effective power plays at all times.

An easy way to imagine power plays is by thinking about sports. In any athletic competition, the power player is the one who's always got their eye on the angles to take through the opposing team's defense. By always keeping their eye on every possible angle to use in all situations, a power player can make sure that the entire team uses each situation in the game to their advantage.
By being a power player, you're able to work with the emotional ebb and flow of the relationship while making the most effective moves when things get a little bit more unpredictable. You stop being somebody who's at the mercy of the rules of love, and you learn how to use those rules to your advantage.

To make sure that you stay in the most realistic mindset, get rid of the assumption that this is all about guaranteeing that nothing goes wrong. It's not about avoiding the possibility of things not working out, but it is about just being aware of when something may not work out the way that you want it to.

By being aware of when things may not work out the way you expect them to, you can always be aware of where your attention should be placed to improve your odds. By knowing where your attention should be placed, you can avoid the mistake of wasting it on something that doesn't deserve it. Think about when we talked about mapping out your man's core.

We talked about making a map of your man's most important core values so that we always know what the most relevant things to validate are - this is exactly what we're talking about when it comes to maximizing the attention that you pay to the things that matter the most.

Just like how a star sports player maps out the most effective possible play before making it, you are mapping out what you know about the core to validated it in the most intelligent and efficient fashion.

You have probably heard this saying before, and I urge you to keep it in mind throughout all of the approaches that you may make: fail to plan, and you plan to fail.
Being caught up in the emotional momentum of things instead of a logical strategy will completely randomize your input. When your input is randomized, you have no leverage to note the patterns of what works and what doesn't.

You have to be flexible, and flexibility is not randomness. Flexibility is about knowing how to smartly adjust your approach on the fly so that you can jump to the next most effective thing, instead of just stumbling onto any other thing that seems right at the time.

You're going to be a swift, efficient, and intelligent power player, but also patient. You will not only know when to act, but also when to wait. By waiting for the best possible time to make the best possible move, you can guarantee that your impact is just as hard as it can be.

As much as I am emphasizing the best way to make a power play, this is not just about saying the right thing. What is much more important than just saying the right thing is by listening in the right way.

Making sure that you listen in the proper way is the best way to guarantee that you move through your communication with the man effectively. If you do not listen, and you are not prepared to say anything yet; that is the ultimate law of any power play that you put into practice.

When you have figured out how to do this the right way, you are going to hit the best possible ratio between patient and encouragement. You're going to be accelerating your momentum without being pushy. You won't be passive, but you will be mindful and pragmatic.
Think of this as the art of working behind the scenes. You're not manipulating him, but you are taking note of the little strings that have to be pulled in order to get to places that can't be approached aggressively from the front.

Becoming a lion whisperer

Now you probably don't live in the jungle, but think about how you would earn the trust of a lion. Chances are that if you want to approach a lion, as a human being, punching it in the face is not the right way to go.

If you want to have a chance at safely getting close to a lion, you have got to understand when the lion is going to let it guard down. You have to know what the lion uses to determine what is a threat, what is food, and what is a welcome life form.

You're not to win the game of brute force with a lion unless your objective is to piss it off; however, by learning how the lion categorizes other animals around it, and the behaviors that lead to this category-setting, you will understand how to maximize the chance of getting on his good side and not its menu.

You need to be able to approach the lion in a way that doesn't give it the signal to attack you. By thinking from the perspective of the lion and not just your own, you minimize the chance that you're going to get ripped to shreds by the lion before you even get a chance to make a move.

The less that you know about the man that you're approaching, the more likely it is that your chances of emotionally connecting with him are going to be like a carcass in front of a giant jungle cat: shredded down to the bone in 20 seconds flat.
Maybe the stakes are really so high is actually being masticated by a gigantic jungle beast, but the risk of emotional pain is still very high. When they say that love hurts, the notion of emotional pain registering as physical pain is a very real and proven science. By doing things intelligently and patiently, it's like you almost have a real form of insurance against a painful injury.

How to get 10X the results by doing 10X less

You have probably already realized that the ultimate objective here is to get more by doing less. Instead of trying to make every single approach that feels right, you're going to take your time and make things more efficient by only doing things that actually are right.

A lot of women are very enthusiastic about getting back into an emotional connection with their guy, but they get impatient and try to do things before they are ready. Because you're still reading this right now, chances are you haven't made the mistake of trying to jump right into things in the middle of the book.

One of the biggest parts of no longer being a needy person is being able to avoid impatience. People who are needy for a fast change allow the desperation to take over their judgment, and because of that, their enthusiasm backfires.

When you are outcome independent, you are able to go out and get what you want without being super desperate and needy for it; this is the state of mind that you want to be in in order to actually get what you want in the first place.

By making sure to apply this patient and practical approach, you are going to be able to accelerate the progress that you can make toward reaching any goal; not just
for improving your relationship, but also for other areas of life that may be challenging you.

If you try to do things the quick way instead of the right way, you are giving yourself 10 times the problems. By making sure that you do things the right way instead of aiming for the fast way, you are, ironically, actually doing things in a way that gets you what you want quicker and more effectively. You are getting 10 times the results with 10 times less effort.

Above all else, discretion is key. It's like a stealth jet, just as subtle and seamless as it is powerful. By being patient, you are swiftly gliding over to your target objectives and making an earth-shattering impact without ever setting off any alarms in advance.

Let's take a visit back to our friend the lion again. If you just jump on a lion's back without even letting it know that you're coming, then chances are you're not going to be able to live to tell the tale.

A lion is hard-wired to attack anything that it invades its territory, and you don't get a special pass just because you don't have any bad intentions; a man's core is the exact same way.

You have to be just as calculated and methodical as the lion is when it is on the hunt. Just as lions don't like to be approached abruptly, they themselves do not abruptly approach their prey. A lion does not pounce until it knows that the time is right. You are not looking to hunt the man, but you are looking to avoid the mistake of making them freak out before they can become comfortable with you.

Therefore, the key to getting 10 times the results is to only be about a tenth as forceful and aggressive as a woman who wants to do things the quick way would be.
By using smaller inputs, you give yourself the opportunity to test out things that work and don't work without having them ruin everything if they don't.

It may even help to think of this as an exercise in simply testing the waters. If you just jump right into a pool without testing the water, then you are going to be a whole lot more sensitive to whatever the temperature is. If you take one toe and see what the temperature is like in a calmer way first, however, you give your body more time to acclimate to it without being shocked.

If you're somebody who likes to cook, you know the importance of having finesse whenever you are frying something in deep oil. Before you just dump something right into a gigantic vat of bubbling oil, you have to make sure that you see that the temperature is right first.

You need to make sure that the oil has been gradually raised up to a suitable level for preparing your food, or else you risk completely ruining your kitchen with a gigantic oil explosion and burning yourself in the process.

Instead of dumping any and every ingredient right down into the pot without even checking the temperature, you slowly add each ingredient when the time is right. Every ingredient must be given time to blend and mesh and complement the others' flavors properly.

You can see how all of the ingredients are interacting with each other at the lower levels of heat, and then can you strategically raise the heat at the right moments without risking a food-wasting disaster.
By being desperate to do more, you doom yourself to getting less. By doing less, you give yourself an opportunity to get more. Clearly, the choice to make here is a very easy one.

Work With Him, Not Against Him

If you are in the middle of a river, do you think you'll make more progress by swimming with the current or against it? You may have had your own idea about which way the river would flow, but the desire to be right isn't going to make the river flow in the opposite direction if your prediction was wrong.

Just like we talked about in Chapter 2, being able to work through problems in your relationship is the art of compromise and consideration. You can't ever just make somebody want to do something by telling them to do something if they don't want to do it.

The only things that people will do are the things that they want to do. Unless you have a gun to somebody's head, persuading somebody to do something is the art of making them want to do it, so that they do it of their own free will.

Instead of forcing somebody to do anything, what we are looking to do here is to master the art of ethical influence. You have to build up a list of the man's core values that you map out, cross-reference them with the experience that you have gotten by interacting with him, and use those things to build a real insight into what the most effective approach to make is.
You don't just have to keep it all in your head, either; you could easily just write these things down on a list, and looking at them on paper may make it a little bit easier to reveal things that you never thought of before.

When you are mapping things out, you need to pay special attention to the who, what, when, where, and why of your man's core values. Once you map all of these things out, you can make it your mission to validate these things properly. If anything is out of place, it's going to set off the alarms in his core that tell him that his values are being opposed, which will give him the signal to go in the opposite direction.

The more intimately you know all of the aspects of the core, the more authentically you can give him the sense that you really care about his identity and independence.

If you know for a fact that your guy hates being deceived with mind games, then obviously, you should avoid anything that gives him the impression of a mind game being played. Even though all of these are very cerebral techniques, we are not looking to play mind games here. All that we are looking to do is find out ways to exercise influence in a healthy way.

Remember, different men may react in different ways depending on what their personality is. There are some men who may get the idea that your behavior seems a little bit "off" compared to the way that it used to be. In some cases, if you are to overt, your intentions could be misinterpreted as sinister.

To minimize the chance of losing progress because of a misinterpretation that you have sinister or ulterior motives, make sure to keep validating the man's core in natural ways that speak to his heart and mind. The core is controlled by ego, but there's also the mental and emotional aspects as well.
Men may not be extremely open about how much it matters that they are emotionally nurtured, but they need is still very real; what we covered about vulnerability in the last section should be a testament to that.

At the end of the day, it's all about positive energy development. Through positive energy, the core feels more balanced. The more balanced at the core feels, the better a state of mind that a man will be in when he is near you.

The core needs confidence in your integrity, so not coming off as manipulative is a very important step of the process. It should not be extremely obvious that you're trying to do something that affects him.

The more gradual that things are, the more that you can make an impact seamlessly and believably. Instead of appearing to come at him out of the blue, this should create an effect that wells up as a steady wave of positive, core-stabilizing emotion.

You would definitely benefit from making your notes as detailed as possible. We are talking about a lot of high-flying emotional concepts here, but still, taking notes will help you ingrain the lessons better. You will be able to map core values out more accurately if that map has been put in front of you as a diagram that you can take to heart.

With a combination of constant application and observation, you can nail down what the hottest points of true desire, will, and need are for his core.

Don't Be A Perfectionist

437
In a perfect world, our influence would be absolutely flawless. In a perfect world, we would be able to influence people with positive validation as easily as opening up a box of cereal. In the real world, however, we have to deal with the reality that influence simply isn't perfect in any sense of the word.

The fact that no influence is perfect is not a death sentence to our efforts, but it does make the need for finesse all the more apparent. What we have to do is make sure that we take advantage of any time that we have to go back and edit our approach for a more seamless application in the future.

The most effective kind of influence that you can have is not something that is perfect, but dynamic. A power player, whether in a game of football or the game of relationships, is someone who can move and flow with the momentum of the situation.

The last thing that you want to be is static. It's like the way that survivors keep themselves on the go in zombie movies; if you stay in the same place, you are ruining your chances of making it through to the end.

The moment that you notice that something isn't working the way that you would like it to, take either a mental or visible note of it and keep track of the ways that it repeats itself.

Just by taking little notes of all of the small interactions that you have, you can wind up revealing some very educational hidden truths about the relationship and the man. These little interactions may not seem all that significant on their own, but collectively, they are your absolute strongest resource.
By taking all of the little interactions into account and making sure to dynamically adjust your approach to avoid the most common mistakes, you can master the art of avoiding the behaviors that your man is threatened by and buckling down on the things that make him feel more emotionally open.

**Slow and Steady Wins the Race**

All too often, women sabotage their progress by rushing onto the next technique just because they feel like everything else has already been tried. Oftentimes, it's not that what they were doing hasn't been working, it's about the fact that they've just been hoping to get results to quickly.

Your feelings will always tell you that faster is better. In your gut, however, you will have that sense that moving forward with caution is probably the more effective way to go about things; in this context, your gut should be what you listen to. Essentially, by taking things slow, you give your gut necessary time to internalize what you pick up about your man's core from your notes and observations.

If you are not calm, then you are not ready to start taking action. If you are executing any kind of command because you feel like you are emotionally charged up, then you are setting yourself up for failure. Under no circumstances should you do anything just because you feel that you are too mad or fed up to wait any longer.

Even if things don't seem immediately obvious, the ego can always pick up on the subtle things. The job of the ego is to act as a subtle intention detector, without any conscious thought needed. The ego can even pick up on intentions that you may not be fully aware that you have yourself, so never let yourself give the ego a sense of emotional aggression in your actions.
The Slow but Firm Approach

Naturally, you want to approach the most problematic areas first. Your initial approach should be slow and steady, with an even ratio between the casual moments and the more serious moments. If you are only ever buckling down on the most serious problems, however, there is a great chance that your man will go into shutdown mode faster.

Keeping things properly balanced between the casual moments and the serious moments will keep your man's ego from being overstimulated. So, how exactly can we achieve this balance a little bit more effectively?

The balance is best achieved by establishing a reward system. Rewards can come in the form of acceptance, validation, or anything equivalent that you know will hit its mark based on how you have mapped out the man's core.

If you want your man to give you more practical help, you simply need to present the appropriate reward to make that practical help seem worthwhile. Simply validating his core in a way that makes him feel like he is a stronger leader or provider through giving practical help can be a perfect reward.

The last thing that you want to do is give off the impression of being someone who only takes instead of giving. By constantly offering ego-validating rewards, the best balance between give-and-take can be achieved in a much more effective and natural way.

Arguments Are Okay
It's natural to not want to have too many arguments, but understand that arguments are not death sentences to the relationship. In certain cases, your man just may want to know more about what it is that you want, and may not be able to fully express that desire.

In certain circumstances, the lack of clear information can be the single obstacle keeping the man's core from feeling comfortable. The more clearly that you can verify what it is that the ego wants to know, the more of a chance you have to get past its barriers.

It is entirely okay and highly encouraged that you be honest about just what it is that you're looking for. You don't have to just show all of your cards right out of the gate, but simply being clear about the fact that you would like your man to accept your desire for a better emotional connection with him can be very effective.

As long as you make it clear that you would like to work with the man instead of against him, you can't make any backward steps just by being honest.

Of course, you do not want to make it obvious that you have read this course. Don't outright tell them that you've been researching him. You can be honest about what you want, but you don't need to be extremely explicit about how you're going about it - that is not what is most important here.

Ultimately, you want to tell him that you are aiming to better yourself so that you are better for him-there is nothing more honest than that. Nobody wants to feel like they are being read like an open book, but people appreciate efforts that are being genuinely made to know them better.
A) Which approaches should I use if my relationship is in a rocky position?

If your relationship has been really rocky lately, then starting slow is especially important. Like all of the other approaches, focus on the most problematic places of concern first. The Six Pillars of Love are essential to validate in the most relevant ways.

If he has not gone into complete shutdown mode yet, then massaging the areas of damage in the core that are most immediately apparent should be your first priority. Don't be intimidated by the fact that you may not see immediate results – after all, these things do take time.

Just one approach isn't going to completely take your relationship off the rocks overnight, but by this point in the course, you should be fully aware of the benefits of putting in consistent amounts of small effort.

Find the core values that have been compromised most of all, and work towards leveling them out. By leveling out the most important parts of his core, you can make great strides in having your man feel safe with you. He will feel safe in the fact that his core will be rewarded by you instead of being neglected and disrespected.

B) Where Do I Start If I Am A Single Woman?

If you want to develop the foundation for a strong long-term relationship, then your first step should be to map the man's core out accurately. You don't have to be super serious about it, because being playful can actually be very effective and fun too;
at the same time, keep a keen level of awareness about the way that you open up loops of reward and intrigue with him.

C) Enriching a relationship that already exists

To bring your existing relationship to the next level of emotional connection, the fifth and six pillars of admiration and respect are vital. Remember that the ego values nothing more than being admired and respected, and this applies even to the things that he may not make obvious on the surface.

Ultimately, you want to make sure that intrigue keeps on steadily building up and that the reward centers are constantly getting a steady feed of positive energy. By giving his reward center steadily measured doses of validation, you open up the opportunity for him to reciprocate those rewards.

You want to make sure that you mix things up so that things don't seem too routine. The mind always wants to be challenged, so don't fall into the state where everything seems too predictable and monotonous.

Change up your routine, explore new ways to do things, and be open to having fun in ways that you haven't had before. A dynamic lifestyle is the best kind of lifestyle to make all of those exciting hormonal reactions between a man and woman reach their peak more easily.

D) The breakup zone
The final chapters are an in-depth look at how to handle things when the relationship has already entered a breakup situation. When you a man have already gotten separated, it is more important than in any other situation to make sure that you do not rush things. Take time to think of his core and what validates it the most so that you can rebuild the bridge of communication in a way that works.

E) The confusing friend zone – is there another woman in the picture?

If you are in the potentially confusing situation where a man is either emotionally distant or uncommitted, you certainly don't want to be openly jealous. It may not be a fun thing to realize, but a man who is not opening up to you or committing to you simply hasn't put you on a certain pedestal of value yet.

It isn't to say that he doesn't value as a human being, but certain things need to happen before he feels safe enough to give you a certain value. Establishing yourself as a woman of high value in his mind can be accomplished with a series of simple but finesse-demanding steps:

First, show that you are emotionally stable and won't be emotionally compromised just by his avoidance of emotional unavailability to you. Emotional stability is the opposite of desperation

Second, establish yourself as a prize by having your own life. Communicate self-esteem and independent priorities by paying attention to the things that matter in your life aside from him.
Third, give him the opportunity to chase you by honoring your commitment to plans that don't involve him. Give him a little bit of access to spending time with you when you can, but don't give him so much that he never feels that he has to go out of his way to get in touch with you.

Much like the reciprocal give-and-take that happens when you mutually stimulate each other's reward centers in an established relationship, there has to be some give-and-take when it comes to your availability in a noncommittal relationship.

Neediness creates the opposite effect of attraction, but prioritizing your own schedule creates that scarcity effect that directly raises your value. The core doesn't want to be trapped by a woman who depends on it for absolutely everything she needs to feel composed. Showing that you are emotionally stable and don't depend on it to feel sane will give it the green light to value you higher.

How to Apply These Techniques to Get 10x the Results

A) Always Start With A Map Assessment
Before applying anything, map the guy out accurately. Find out as much as you can about what the most and least important things are to validate with priority. It might help to refer back to Chapter 17 and review those different trait categories - this can help you determine what the best areas to target for validation are.

B) Take It Slow

Your mild approaches should be your first approaches. If it isn't necessary to break out the big guns, don't bring them out. Don't just jump right into the water before testing it. Build your raft skillfully and start your trip down the river gently.

The information that you map out will be the materials that you use to build the raft; the more accurate the information, the more high-quality the materials of your raft will be. The easiest way to start building this raft is by making a simple "likes versus don't likes" list.

C) Go With The Flow and Tie Things In

If you have just come out of a seriously world-shaking argument, your next move probably shouldn't be to ask him to buy you a red velvet cake.

Any of your approaches that aren't contextually relevant are useless. Make sure that whatever you approach him with is something that can be tied in relevantly.

If you want, you can create the relevance by starting a conversation that sets the stage for whatever it is that you're going to bring up. Even when you do create relevance by framing things with a certain conversation, that conversation should happen naturally.
The context has to match the environment. If he is watching television, and he is seriously invested, you definitely are not creating a positive environment by stepping in front of the television. A more effective way to go about things would be to reference something about the television show that likes, when he is no longer in the process of watching it, to start a conversation.

Sticking to proper context and respecting boundaries is necessary for pulling this off in a way that is not invasive. Things will fit together a lot more smoothly, and the way that he reacts will be much more conducive to positive emotional connections.

**Actions Speak Louder Than Words**

Talk is cheap. Listen to what he says, but at the same time, pay even more attention to what he does. Some of the things that you might hear can easily hurt your resolve, but paying attention to his reactions will give you a more accurate picture of just how well things are going.

When his core is in the process of rebalancing itself, you can't expect it to immediately let you back in on day one. Allow the recovery phase to happen without getting psyched out by the words that may be spoken before it's finished.

**Change Is Discomfort**

If change was easy, then everybody could transform their entire lives effortlessly. Change in the real world requires a necessary phase of discomfort with
things that may seem strange and unfamiliar. You have to allow a certain grace period to go by before the discomfort settles into something a little bit more comfortable.

Even if you would like to get a response right away, it would be more realistic to wait two or three days instead. Always expect things to happen about three times slower than you would hope for them to happen, and you will be in the most realistic mindset for going through this process effectively.

The core will not always go through its recovery phase gracefully. The core can get distracted and lose its footing, but even when it trips up a little bit, it is still processing things as just as always. Give the core some wiggle room and patiently wait for it to reorient itself.

If your expectations are too rigid, you may wind up sabotaging yourself when you're already doing just fine. The more patient that you are, the more leeway your man will have to reciprocate your efforts in bonding with him.  

**Closing Thoughts**

I highly encourage you to review every chapter in this book until you can feel the lessons start to become second nature. Even if you don't think that a lesson directly applies to your situation, the principle of the lesson can easily enhance your progress in whatever situation it may be that you're in.

Just because you're not in a break-up situation doesn't mean that the techniques for reconnecting during a breakup can help you while you're still together with the man. Every single piece of the processes that we've gone over form the full picture of a masterful seductress and an emotionally-empowered male partner.
All in all, I want to congratulate you for coming all the way to the end of this guide. Not everybody is fully committed to their relationship's health, but simply by reaching this point, you have shown that you are one of the few who was willing to go the distance.

Don't be afraid to add in little variations or innovations that can uniquely improve these approaches for your personal circumstances. Remember, the goal is not to try and reach absolute perfection, but rather to have enough flexibility and agility to adjust and react to 99% of the most common obstacles that get in the way of full communication.

No matter what your occupation may be, what his plans may be, or how you may envision the future of the relationship, these commands are all different essential instruments in the same tool box for upgrading the strength of any relationship.

Nobody is ever completely safe from the chance of some random obstacle or misunderstanding turning the core against the idea of the relationship. Every man can wind up becoming emotionally closed off, and everybody can make mistakes, but at the same time, everyone can bring a relationship back from the brink of destruction with the right level of empathy and patience.

The moment that you commit to empowering the relationship for the benefit of both you and your man, not just focusing on it for your own benefit, is the moment that you give your relationship a chance to reach its full potential.