Mesmerizing Phrases
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INTRODUCTION PART 1: His Reality

Amy was crazy. It wasn’t something that Derek liked to think, or even feel toward the woman he so desperately loved, but she truly was. Sometimes, Derek even felt as though this woman was going to kill him. Not literally, of course, but figuratively, Amy was going to be the death of Derek, at least, that’s how it felt to him.

Emotionally he was drained, he was too far gone to be saved, it seemed. Earlier the same day, Derek had proposed to Amy, in a way that he felt was, in the very least, worthy of an "Emmy Award". He had tried to be as romantic as a fairy tale kiss itself, but had apparently failed.

Holding a heart shaped pendant in his hand, Derek now felt stupid. He angrily demanded an answer to the most piercing question he would ever have to ask himself...

How could he have been so stupid?

Derek had screwed things up before, but never this badly. He was in the dog house for sure, this time. Clutching the necklace tightly, Derek began to realize his mistake very clearly, as the events played back in his mind.

Derek had surprised Amy with the necklace about two hours earlier, after spending nearly a month trying to convince her, to free up her busy schedule so that they could hang out together and go for a picnic.

He knew it was a long-shot, asking a girl like Amy to come along for a picnic. It wasn’t exactly what she wanted from him...it was actually quite pathetic, but for some reason, she was going to give him another chance.
He felt silly thinking about it now, but he had something even more grand planned, but he had to be careful not to overshadow it, or make it too obvious. A picnic invitation seemed romantic enough, even though Amy deserved much better.

Derek now shivered, as he replayed the moment in his mind again. He would somehow have to find a way to drag her to an obscure location, and not leave her feeling as though she was wasting her time with him again.

He reasoned that renting a two person bicycle was the way to go. It was something peculiarly unique, yet strange enough, that Amy might just try it. Luckily for him, she did.

In the moment he felt that he stood a chance, as fate finally dealt him a mercy filled outcome, an outcome though, that he surely didn’t deserve.

As they rode along a biking trail, Derek began to realize that his method was working...only...there was one problem.

He couldn’t see her reaction, because she sat behind him on the bicycle.

He had no idea if she was truly enjoying this, or if she was about ready to get off the bike and kick him in the crotch for just another “disappointment”. He felt an intense drive to push forward, and past the doubts, regardless of the idea that she might try to push him away again.

He kept reminding himself, that something bigger was waiting, and as they got closer and closer, he felt his heart pounding harder and tighter.

As he approached the off trail pathway he had conveniently led her toward, he made an excuse that his leg was getting cramped, and asked her to stop for a quick break. He certainly didn’t feel like the smoothest of players, but that was probably the best excuse he had ever come up with, in his life...and she was never going to suspect a thing, at this rate.

As they got off the bike, and stood, resting, Amy had begun to make small talk conversation, about the two person bicycle.
“Considering the fact that it takes two different people to run this thing, I’m surprised at how easy it is, once you get the hang of it”, she had said.

A sigh of relief swept over his body, as he realized, he had actually slightly intrigued her, with his little ploy. Now all he had to do was somehow convince her to ditch the bike, and to walk down the pathway conveniently located right beside them.

“Looks like there’s quite a few off-trail pathways along this road. I’ve always wanted to go down one of those. You know, to see what it is that other people see, and to see where it goes.”, he had explained.

“Yeah, I guess it gives you a more intimate experience. No paved roads, or signs, or people on roller blades, or bikes.”, Amy had contended, with a smirk on her face.

“Do...do you want to go down this one? Maybe see where it goes?” Derek nervously asked, now.

“Uh. Well, we kind of have this huge bike. We can’t just leave it here. Somebody might steal it”, she reminded him.

“Come on, we are the only two people out here. We never do stuff like this. It’s just a few minutes, here, I’ll pull the bike into the path, so that nobody can see it, and we’ll just be a few minutes anyway...”, he proposed, as he began pulling the bike into the trail.

“Well-”, she had only begun to reply, when Derek suddenly grabbed her arm, and pulled her quickly, toward the secret path.

He couldn’t take ‘no’ for an answer this time. He refused to even let her THINK about it. He wanted her to see how she felt first, before she said anything more. This was the most important moment of his life.

As they made their way through the trail, and the path began to narrow, Amy began expressing her reluctance to head off into a remote location, but he had kept on reassuring Amy, that everything was going to be ok, and that he would take care of her.
He reminded her that they always had their cell phones, just in case they needed any help. Feeling comforted at the supportive yet eager tone Derek was manifesting, Amy had smiled, as she reached to grab his hand firmly….showing the first signs of affection, in what felt like ages to Derek.

It didn’t take long before Amy began to notice that there were photographs pinned to the trees. Derek had taken pictures of their time together as a couple, and had pinned them all to the surrounding trees on the pathway, earlier that morning.

“What….what is this?”, she curiously asked.

“This is us.” He had replied.

“Well, yeah I get that, but, why are our pictures on the trees?”- he could tell that she didn’t want to ruin the moment, but it was just unlike him to do something THIS romantic, and even HE knew that!

As they walked, Derek had begun to narrate each picture, explaining how he felt, with each passing moment that had been so beautifully captured within their photographs together.

Pointing to one image, Derek began to explain, “When we met, I thought that you looked like an angel. I know, it sounds cheesy, so I never told you that I thought you looked more beautiful than I could have ever imagined.”

“Aww…”,Amy was beaming, with her body swooning at the idea that THIS man was finally expressing how he felt. He was finally telling her how he felt, after she spent years relentlessly explaining how she had been feeling so disconnected with Derek, and after almost giving up...here he was, finally opening up to her!

“This is when I introduced you to my Mom. I had actually been telling my mom every little detail about you, before. I know, you were so scared to meet her, and you were wondering what she would think. You wanted to make a good impression. But what I never told you, is that I was in love with you, and I had been telling my Mom just how amazing you had been making me feel, almost every night after you’d get off the
“Really?”, Amy asked; stunned yet again, that she didn’t even know any of this. “Now I understand why your mom, gave me a big huge hug, when we first met! I just thought she was trying to be super nice and open!” Amy laughed now.

Derek continued, “Well, by the time you had met her, you were infamous already. I just didn’t want to freak you out, or scare you, or anything like that, so I wanted to wait until the right time to tell you, just how deeply I feel about you.”

Amy couldn’t help it, she had to ask, “But you know, that I’ve been asking you to trust me, and to put your faith in me, all this time. What’s changed to make you, now finally want to do this?”

“How about you let me show you some more, and then I’ll let you ask all the questions you want, if you have any left, once I am done. Deal?”, Derek proposed.

“Alright… I have to admit, I would like to see where this is going.”, Amy agreed.

“This is from when I took you to that restaurant you had been bugging me to go to, and I got food poisoning, but you took me to the hospital, and stayed with me all night, just to make sure I was OK. You even called my Mom, to make sure she could know that I was OK too…” He paused.

“I… I never thanked you for it, but I want to let you know now, that I’ve never had somebody stay with me like that. I’ve never had somebody love me enough, to want me with the good, and the bad.”, he admitted.

“And this…”, he had grabbed her hand, and pulled her over to another tree, “here, this was the first time I had kissed you. I know, we had kissed many times before, but you had always been the one kissing me. This was the first time, I had realized just how badly I wanted you, how I wanted to hold you, be with you, and have you. I was too afraid to tell you how I felt, because I thought it’d make me seem like less of a man.”.

Grabbing both of her hands this time, and gripping them tightly, he walked backward,
further into the path, toward a creek, pulling her along each step of the way, until they reached a tree trunk, covered in red paper roses.

“Wow! Derek, it’s so beautiful!”, Amy exclaimed!

“There’s just one more thing,” Derek whispered.

“What? Really! There’s more?”, Amy couldn’t even put her thoughts together anymore. So many strange yet wonderful surprises had already overwhelmed her mind and body, could she take just one more?

“Yes. You see that tree stump over there, covered in roses?”, he described.

“Yes, I saw it earlier, it’s so beautiful!Derek, how did you do that?”, she exclaimed.

“Well, each rose is made out of paper, and inside each one, there’s a little note for you, for each of the days that we have been on a date. I made one, after every date we had, and hid them under my bed. Go check them out. Pick any one you like.”, he smiled.

“Really? Derek! This is crazy. This is the most romantic thing that I have ever seen! I am just... I don’t even know what to say... except that I love you, and I can’t believe you’ve done all of this, for me!”, she was ecstatic.

Hearing these words, Derek struggled to contain his elation, realizing that everything was going according to plan...but it wasn’t over just yet. He still hadn’t asked the big question. Feeling closer to Amy than ever before, he watched as she excitedly, took all of the paper roses down, and read them aloud, one by one, as they sat on the ground together.

Each one was more romantic than the next, revealing all kinds of secrets, feelings, and thoughts Derek had been holding back from her or keeping secret all this time.

“You see,” he explained, “This is why I couldn’t tell you certain things. I didn’t want to ruin the big moment. It might have made it less special, and you deserve so much more than this. I didn’t want to make you feel like I was cold or distant, but I really- it
was just too important for you to have a moment like this, that’s beautiful and kind like you are.”

“AwwDerek... this is just. This is so beautiful!”, she sobbed.

She had read every single one; there were over 75 of them. Each one, more enchanting than the last.

So caught up in their emotions, neither had noticed how late it was getting. They had been there so long, that the sun was beginning to set. It was getting late, and chilly.

“I lied.”, Derek mentioned, as his gaze suddenly grew serious.

“What do you mean?” she hesitated. She was afraid to ask almost, as her heart dropped. What a rollercoaster this had been, was he just playing games again? This would be the sickest game ever played, if he was being serious right now.

Putting her guard back up, she stood up and barked, “You better not be playing with me!” at him, unable to imagine putting up with even just one more mind game from him.

“No, no more games, Amy.... I just, wanted to save this for last. I told you that I had only one surprise left, well I lied. I have just one more, for you.”, he reassured her.

“Oh, now I feel really bad. I always go and ruin everythi-”–his lips silenced her. He kissed her so intensely, and pulled her body into his, so tightly, that she had no choice but to give in to him. His hands moved up toward her neck, lifting her hair up. He pulled away to kiss her neck, then moved back to her lips.

“Hold your hair up for me, for just a sec...”, he instructed. She quickly lifted her hair away, as he moved in close toward her, with his hands behind her neck, fumbling with something. “Ugh...”, he sighed.

“Everything alright?”, she asked. “Yes, just a sec.” he answered. A warm and tingly sensation coasted across her skin, as she felt a weight suddenly pull at the base of her neck. She looked down, to see a pendant on her chest. She lifted it up, gently, to
notice that it was a heart, a gold heart.

Derek professed, “I drew this myself, and had it specially made to match the drawing. There is no other necklace like it. It’s unique, just like you. I want you to have this, to remember that I will always be there to keep you warm, and safe, and loved. I want you to know that when you see this, that you are my wife, and my everything, that you are important to me, and always will be. You are the love of my life. You are my heart.”

With tears rolling down her face again, she had somehow managed to mumble to him: “Are... are you serious?”. 

Derek let go of her hands, and quickly wrapped his arms around her, embracing her tightly. She could feel his breath on her neck, as he whispered: “I love you, and I never want to let you go. I’m sorry it took me so long to say it. I know, I’m an idiot, but I hope that you can forgive this idiot one last time, as I do one more thing, to try and make it right.”

So wrapped up in the moment, Amy had been unable to say anything... she stood there in silence anticipating heavily, his next move. Still wrapped in an embrace, she felt his hands reach down into the back pocket of her jeans, she squirmed and giggled, as she tauntingly yelled “Derek!!!!!!”.

Thinking he must be feeling a little frisky, she squirmed away, only to find that he had let go of her. Looking up at him, in fear that maybe she had ruined everything, she could only stand, in silence now, astounded at what she was seeing.

With his head turned to the side, to hide the fact that he was crying, he was wiping his tears onto his shirt sleeve, and holding a picture toward her, with his other hand. It was an image of her sleeping.

Embarrassed she murmured “Derek... I... uh.. I really... I don’t understand?”, realizing that he had pulled this picture from her pants pocket, and must have placed it in there earlier, without her even noticing.

“When did you take this picture of me? Ha haha, it’s so bad”, she laughed, trying to lighten the mood.
“This was the moment, when I realized, that I wanted to spend the rest of my life with you. I felt so comfortable, lying next to you, I felt so at home, and so at peace, that I wanted to remember that moment forever. I know you hate it when I take pictures of you, when you feel like you might look like a mess. But this night, you looked like my wife. You looked like my future. You looked like everything in the woman that I want to spend the rest of my life with.,” he revealed.

And with that, he had bent down on one knee, turning the picture around, to reveal the back of the picture, where he had written: “Will you marry me, and make me complete?”.

Thinking now, of everything that had happened, Derek wished more than anything, that he could just stop time itself, in that very moment. He wasn’t prepared for the answer she was about to give him. He hadn’t thought of the real reality, when he so foolishly tried something so desperate on a girl like Amy.

“Are you $#!%$ing kidding me, right now?”, she screamed, unable to contain herself.

The more she realized what was happening, the more pissed off she had become. “Really....REALLY!? Seriously? Are you for real?”, she barked.

“I don’t even. I can’t believe you’d have the nerve to even THINK about pulling something like this, after everything I said to you. I made it pretty fricking clear, Derek. How selfish can you be?”, she roared, as a rainfall of tears suddenly began to explode from her eyes.

“$@*! You!”, she moaned, as she ripped the pendant from her neck, and chucked it toward him, as though it were poison.

And with that, she had made up her mind, and ran off.

Tears fell into Derek’s hands now, onto the pendant, as he tried to find some logical reason to a relationship that had now gone so horribly wrong. He loved Amy with all of his heart, but he just couldn’t seem to get her to listen anymore.
He thought that everything had been perfect. He had tried so hard to please her, and yet there she had been, throwing her fists into his chest, screaming at him, at the top of her lungs, calling him the most selfish and ignorant jerk on the planet.

“Babe- I-”- those were the only words he managed to get out, but she had cut him off. She wouldn’t even let him apologize, or ask what was wrong. She was really going to tear his heart out piece by piece, wasn’t she?

He sighed. Of course she was. What else was he supposed to expect from his princess? Even perfect, wasn’t perfect enough in her eyes, it seemed. She wasn’t happy, unless everything was dramatic.

The problem, though, wasn’t that she had rejected him, or gotten mad. The problem was that he was forced to love her, no matter what she did. He was in it for the long haul now.

No other woman was going to replace Amy, even if she completely hated him, and even if everything felt hopeless, Derek knew that he had only one resolve: he had to make it work with her, no matter what.

That was the only way, he could ever feel complete again. Though this hurt, he knew it would never hurt as much as failing to try again. Amy was worth it. Amy had given him so many chances before, over the years, but he had failed her time and time again.

It was only fair for her to ask him for more, and to prove himself. She needed more than words, and desperate attempts. He knew that...and he was going to prove to her that they were meant to be together, even if that meant sacrificing everything he ever knew, just for a chance at true love.
Derek was crazy. It wasn’t something that Amy liked to think, or even feel toward the man she so desperately loved, but he truly was. Sometimes, Amy even felt as though this man was going to kill her. Not literally, of course, but figuratively, Derek was going to be the death of Amy, at least, that’s how it felt to her.

She had been so emotionally invested in this guy, for 7 years now, that she wasn’t even sure who she was anymore, or why she was even still bothering to ‘try’. Derek had wasted her time, and her love, so many times over and over again, that her friends and family felt that she was simply delusional and crazy for even trying to love the guy anymore.

Her own mother had begun to refer to Derek as an “abusive” and even “toxic” guy, and from where Amy stood, nobody seemed to be able to see the potential that she and Derek had to make things work out between them.

It had happened about a month earlier, but Amy could remember it as clear as a beam of sunlight, glaring in her eyes. Everything had been ‘typical’ in her relationship, up until that point, at least, typical for the kinds of things Derek used to try to pull around her. But on this day, something felt very different. Something was not ‘right’.

She couldn’t quite put her finger on it, but after spending the entire night frozen in a pool of her own tears, with eyes now burning like a house on fire, a sudden reality began to creep up in Amy’s subconscious.

At first it came like a whisper... ‘why are you doing this to yourself?’, it asked. The only answer she could manage to rip from her already torn heart, was an even more
confusing reality, ‘I don’t know’, she thought, dis-concertedly.

Feeling as dehydrated as a dead cactus, Amy stood in the kitchen, struggling to chug down a glass of water, as another question quickly crept up from the depths of her despair. ‘Why are you letting HIM do this to you?’.

Her grip on the cup slowly loosened, almost unnoticeable, until its crisp crack on the tile, broke the deafening silence within her, reminding Amy that this was no longer something she could ignore.

A thousand thoughts began to flutter through her mind like a cloud of rabid bats in the night. The most piercing thoughts of all, were the memories she had so obviously overlooked before. Up until this point, Amy had spent a great deal of her 7 years, willing to forgive, forget, ignore, look past, and even PRETEND for the sake of Derek’s feelings, and the relationship, that everything could, and would work out.

But who was she fooling now? She had taken a beating of 7 intense, long, and utterly emotionally grueling years with this guy, and it was pretty clear that he didn’t even want to be with her, the way she deserved.

If anything, it was now starting to become clear, that Amy had become Derek’s door mat, and she wasn’t even his first, or second choice!

The night before, Amy had answered her phone as usual, ready to talk to Derek, ask him how his day was, and hopefully, if he wasn’t tired, she might have time to emotionally unwind in his comfort.

But Derek, being as typically disappointing as he was, decided to drop another bombshell on Amy.

He didn’t even waste any time in explaining to her, how the night before, he was sitting down with his mother, when she had asked him “Do you really see yourself spending the next 25 years with Amy? I mean, that’s a whole lifetime.”

“Heck No!”, he had replied so heartlessly.

What made it even worse, was the fact that Derek felt it was a good idea to share this
information with Amy. What he forgot to realize, however, was the fact that he had just single handedly crushed her entire universe, with one simple statement.

...“Heck no!”...

The words replayed in Amy’s mind like fiery daggers piercing her senses a thousand times over.

‘Heck...no?’, she murmured to herself.
‘No?,’ she thought, as the answer began to become frighteningly clear.

‘NO?! What does he mean...no?!’, she wondered as reality began to crash through every dream she had ever built up around Derek.

She found herself lost for words, as she heard Derek ask “Amy...you there? Amy? Did you hang up? Can you hear me? I think the call is cutting out…”

She let the phone drop onto the floor, as she quickly raced toward her bed, panic setting in. Within a matter of only a few seconds, she found herself gasping for air, as she cried for life to show her some kind of mercy, only to anxiously be met with the coldness of the silent walls surrounding her.

Panic had quickly grabbed a hold of her like a crocodile hungry for his last meal. She felt the grip of her pain tightening within her chest, as her tears began to burn down her face at lightning speed. The truth was too hard for Amy to bear. She couldn’t do this.

She simply wasn’t cut out to face this kind of pain, this kind of loss....this kind of rejection. This same man had spent years lying to her, leading her on, and telling her everything she wanted to hear.

All of this time, spent, wasted on this man, only for him to come back and tell her that she was some kind of “heck no” reality to him?!

Her entire world began to crumble right before her very eyes, as every memory began to show its ugly face to her, with each new revelation cutting deep into her, harder
than the last.

She couldn’t help but siphon all of the confusion right out of her past, so that she wouldn’t have to ever feel this stupid, this alone, or this heartbroken ever again. Amy was determined to spend the next eternity, if that’s what it took, undoing everything that Derek had so deceitfully made her believe in.

She wasn’t going to be that foolish woman anymore, who naively believed in empty promises. She couldn’t afford to be taken for granted anymore, and she most certainly wasn’t going to be his “last resort choice” either.

Truthfully, Amy was starting to lose hope. She had invested so much into this relationship, and this man, but she was finding it hard to maintain any hope in a future together anymore, even if she was working as hard as she could.

To add further confusion to the mix, only a few months prior she had recently found explicit texts to other women, on his cell phone. It seemed that he was flirting with anyone who even remotely resembled a female, and this too, while promising Amy for 5 years now, that he would marry her.

Amy felt so stupid, putting her faith and trust in a man who treated her like a doormat. He didn’t love truly her, who was she kidding? He just loved himself, and in fact he was the most selfish person she had ever come across!

He was just using her, and everybody but Amy, seemed to be able to see that. She had tried hard to see him as the bad guy before, but then he’d always find a way to apologize with those puppy dog eyes, or melt her heart again, with his smooth talking ways.

Was he ever going to love her, the way she deserved?

Reality seemed to cut through her like a knife, so often now, that she’d find herself feeling like a piece of glass being dropped...just shattering into a million tiny pieces, unable to be put back together again.

Amy could have ANY guy, and yet here she was, emotionally strung, with the biggest
jerk ever. There was no way out, she felt. She was desperate at this point, but nothing seemed to reach Derek.

Trying to explain how she felt, or what her needs were, to a guy like Derek was almost like trying to explain quantum physics to a newborn baby...

Was it unrealistic of her to expect him to “get it”? Was she just being played for a fool?

How could he tell her that he needed her, wanted her, and wanted to be with her... and yet on the same breath ignore her phone calls for a whole month, and then when he did talk to her again, he only managed to tell her how other women were interested in him, and how he didn’t really know what he wanted?

She wasn’t a play toy. But somehow she had gotten caught up in the strings of this love and relationship, and now he was her puppet master, stringing her along whichever way he had wanted her to go.

Amy felt utterly alone, hopelessly trapped, and pathetically helpless. This was her life, but she wasn’t even the main character anymore. Derek was.

Suddenly everything was about him....and he didn’t even seem to care how that affected Amy, or what that meant for her. He’d go out, partying and drinking, without a care in the world... and without even so much as a courtesy call to let her know where he was.

Even more excruciating, for Amy, was the fact that she had been his girlfriend for 7 years, and yet she barely even knew who his friends were, or what they were like.

At least he had taken her to meet his mom, but he seemed to only ever do the right thing, when he was facing an imminent loss. The first time she had threatened to leave him, he seemed to jump quickly to fix the situation, taking her to meet his mother, as some sort of desperate, “see, I am serious about you” maneuver.

She found herself, however, constantly asking why it was that she always had to go to extremes, just to get him to do the right thing. If he really loved her, why did she always have to threaten, play mind games, or argue with him, just to get him to listen
or treat her as she deserved?

It was all so confusing to Amy, as she began to feel more and more, that it was finally time to call everything off with Derek. He was showing his true colors to her, time and time again, and although she cared deeply for this man, and had invested every cent of her being and soul into this relationship…he just simply did not want her.

When she thought about it, he simply wasn’t there for her either, in the relationship. Emotionally, he was only available when it was convenient for him. Physically, he seemed to only be present when the mood struck his fancy. All of it added up to a feeling that she simply was dating the most selfish and useless man ever.

Amy could vividly recall the first time she knew that this wasn’t going to be an easy relationship, with Derek. It was the first real argument they had ever had.

She had noticed that Derek would devote more time, to everything except her. It could be family, friends, work, and even his video games... but it never seemed to really matter WHAT it was, because it was really more about the fact that Derek would prioritize everything but Amy, in his life.

It seemed that even doing laundry, was a worthy enough task, to do in lieu of spending time with Amy. She had begun to notice that Derek had become an excuse train, who always arrived on time to each station, wrought with excuses, all conveniently bundled up just for her.

What had bothered her even more, was that he seemed to make the most useless excuses to explain away, ‘why’ it was that he simply didn’t have time for her anymore. Excuses like “I have laundry to do”, or “I’m playing my game, gotta go”, would pierce through the phone, any time she remotely tried to get close to him again, and her personal favorite: “I’m tired”.

This same man, would once stay up 24 hours, just to talk to her. This same man would once drop everything, just to be around her as much as he could. This same man once found her to be so addictive, that it was almost toxic. They wouldn’t sleep, and sometimes they wouldn’t even eat, just staying up on the phone all day and
night, laughing, talking, and sharing everything.

Now, suddenly, Amy was backed into a corner of ultimate confusion, where she’d have to constantly wonder ‘was it something I said?’, ‘maybe I did something?’, ‘maybe he’s mad at me for something…”

No clear answer would come though, and the further she tried to push him to find answers, the more bizarre the excuses became.

“Oh, I forgot to charge my phone”, he’d say, and then he began to tell her this: “Maybe you can do better.”

This wasn’t unusual behavior for Derek though, as he typically was wrought with strange excuses, and he was one of the hardest guys to ‘get to know’ that Amy had ever come across.

There was a time, when Amy had actually taken time off of work, and had spent days cleaning her place, preparing for his arrival, and getting everything ready for him, when magically, he was a no show. Thinking maybe he would come a day later, she had waited patiently, only to finally end up calling him, asking him what he was doing.

“Just watching a movie...why?”...he had responded so non-chalantly. “Uh, is there maybe something you are forgetting about?”, she had hinted. “Not that I know of”, he had replied so carelessly.

What came next was certainly a storm of emotions that had been brewing from the dark depths of Amy’s heart, as she cracked one argument after another, onto Derek’s conscience, through the phone. How could he simply just forget, to meet his own girlfriend, after she had waited, and had even spent money, to buy some romantic food, and lingerie, as a surprise for Derek.

But this was exactly the kind of garbage that Derek would pull, and Amy had thousands of examples, it seemed of things Derek always managed to do to her, that drove her crazy.

What made it even worse, was that any time Amy pointed out his flaws, or tried to
directly confront him on his hurtful behavior, or distant emotional reality, he’d always find ways to punish her. She could recall now, a time when they had gotten into a massive argument, about him not committing or taking the relationship seriously.

The next thing she knew, he had hung up the call, and had even turned his phone off. He ignored her for 3 days, when suddenly at 3 in the morning, she got a text with a picture of another girl. The text had said “see. I already replaced you.”

The text, of course, was from Derek, and he immediately switched his phone back off, so that she was unable to reply, respond, or even ask him what it meant.

He seemed to play mind games like that all of the time, or at least when he didn’t want to take responsibility for his role in the relationship. Amy had later found out that it was just a picture he had taken from Google, and even though it was nobody Derek knew in person, it still stung her to think about the fact that he could be so hurtful, and careless toward her.

It seemed that he took her for granted, and worse; he didn’t even appreciate her, where it mattered.

The harshest example Amy had of this reality, was when she accidentally and unexpectedly became pregnant.

Even though she had taken great care not to freak him out with this sudden event, Derek had bailed, leaving her absolutely devastated, to deal with a pregnancy and a breakup all at once, and all alone. To make matters worse, Amy had lost the baby only a month into the pregnancy, and was forced to deal with a grueling, and heartbreaking miscarriage all alone.

Conveniently, Derek had reappeared 3 months later, almost intuitively coming back when the coast was clear. And even though Derek had so selfishly run off right when Amy had needed him most, she didn’t exactly hold any ill will toward him.

This didn’t mean that Amy was not hurt, after all, she was deeply scarred and traumatized, because Derek had made her feel abandoned, alone, and rejected, however she also knew that this child was unplanned, and she understood that Derek,
was simply immature.

But even with this realization, and with quite a bit of apologizing and begging from Derek’s end, Amy had decided to take him back.

She did not make or take the decision lightly, however. Derek had even begged, pleaded, and promised to do the right thing from hereon out. He had pressured her extensively with promises to change, to be a better man, commit properly, and to give more to Amy and the relationship.

Though he couldn’t take back the past, Amy felt that it was at least worth it to try, after spending months alone, stuck with the solitude of her pain, torn with a secret that she had been unable to tell anyone.

She had found relief in the fact that she could now share her pain, and that she could release the demon inside of her, in the safety of Derek’s comfort.

The miscarriage had to be kept a secret, at the time, because Derek had bailed, and the idea of dealing with such a shocking and disappointing breakup, plus trying to tell her family that she was pregnant with her now ex-boyfriend’s baby, would have been too much. Amy had felt completely closed in, as she found herself unable to confess to her family, and even her best friends, about the pregnancy.

She had felt even more shattered and traumatized when she suddenly suffered a very intense miscarriage. How could she have told her family or friends now?

She felt trapped within the ultimate emotional prison, unable to release anything, that was, until Derek had returned.

Things had gone well for a while, but it didn’t take long for Derek to head back into his typical behaviors, mannerisms, and habits. He had even begun to start pointing out Amy’s physical flaws, telling her that she looked fatter, letting her know that a wrinkle had appeared on her face, asking her to dress sexier, and telling her that she was sometimes boring.

Amy tried to be patient, understanding, and helpful toward Derek but she had finally
reached her last straw, with Derek’s “heck no” phone call.

Making matters more urgent, was the fact that Amy was once again pregnant. Only this time, she wasn’t even going to bother telling him. She had decided that it was her responsibility, and her reality to deal with solely by herself, this time around.

She wasn’t going to try to convince him to stay around. She wasn’t going to beg, plead, walk on egg shells, nor was she going to try to change herself in 20 different ways just to try and reach him. She wasn’t going to even try and reason with him at all this time around, and she for certain wasn’t going to be sucked into his mind games, or depressing rejection mood swings. This time, she was simply going to get serious enough for the both of them.

She was going to give him an ultimatum, that she finally was going to keep. Derek had been promising her marriage, a life together, children, and the works for years…. But for 7 years now, he hadn’t even remotely fulfilled one of his promises, hadn’t even come close to fulfilling anything that Amy now saw as simply Derek’s “wishful thinking”.

Words were not enough this time around. She was pregnant again, and she knew that she genuinely wanted a family, and marriage, and a life. But maybe Derek was just not going to be that guy. Maybe he really was just a waste of time, and Amy was going to have to move on to create her own life, and make her dreams come true for herself... instead of sitting around relying on Derek to do that for her.

But, it wasn’t going to be that simple. As much as Amy wanted to make a clean cut, she was still harboring a child that had an uncertain future, and the least Amy could do was try just one more time, to try and help her child have Derek as a father figure in the future.

But there was a huge problem again... Derek just wasn’t THAT kind of a guy. Or maybe he was?

Even more strange, was the fact than a strongly eerie thought kept creeping up in Amy’s mind. Even though she had decided that she was going to push Derek to either be the man he wanted to be, or to leave for good... for some reason a very strange,
and absurd memory kept on coming to the surface, that made Amy feel like she might not be able to.

For the longest time she didn’t understand what it meant, but it was the kind of thought that would not let Amy relax. She had been trying to suppress, forget, and bury this memory for ages now, and it seemed that the more she tried to do that, the harder it bubbled back up to the surface.

It was one of the most depressing, shocking, and hurtful things Amy had ever experienced, but the more she tried to avoid it, the more it pulled her, and the more it kept begging her to look at it.

The memory had kept punching at her conscious hard, for days now, almost as if it were trying to force her to look at it...until finally, Amy decided to consider it again.

Although it was painful, she allowed the memory to flow through and replay again, in her mind. At first she felt hurt, thinking of the circumstance over again.

A whirlwind of emotions overtook her; first a burst of anger fired through her body, as she began asking herself why this had even happened to her. She didn’t deserve this, she reminded herself, adamantly.

Shame then poured through her veins, as doubt began to crush her own reassurance. Maybe it was her fault? Maybe she just wasn’t good enough?

The uncertainty still dug deep into her core, as it seemed no answer was good enough to explain what had happened. Was there any reason, that could be forgiven, understood, or accepted?

Could she ever get past this?

This idea quickly exploded into another strong realization, that, NO, she WAS good enough, and in fact she was the best, and she deserved better.

But then another piercing question broke through... if I deserve better, how come I can’t get better?
A feeling of betrayal began to creep into her mind, as she began to feel contempt.

How could he do this to me? Her heart sobbed, as the memory replayed again, and again in her mind, this time allowing her to finally grieve the event.

Only a year prior, after being with Derek for 6 years, she had temporarily moved to another city, to help her company set up another branch. Derek, had reassured Amy, that he would wait, and that he still wanted to be with her. He promised to remain her boyfriend, and had said all kinds of hopeful things to Amy, that made her feel secure in her decision to leave for a short period.

Derek had promised to still talk to her, everyday, but as time went on, Amy noticed that Derek had begun spewing his robotic excuses again. “Oh, I didn’t charge my phone”, he’d say, or the same lame excuse as before... “I have laundry to do”, would echo through the phone.

She was only gone for three months, but somehow in that time-frame, Derek had managed to begin dating another woman, and of course, he had done this all without telling her.

Not knowing what was really going on, and feeling Derek pull away, distancing himself more and more from her everyday, Amy had begun to panic.

Stupidly, she had begun to question herself, her choice to temporarily move, and everything else when she found that he had suddenly grown distant. He no longer eagerly returned her calls. He no longer answered her text messages.

Her insecurities grew, as she found herself unable to explain, or reason with his sudden change in behavior. He had even begun to grow snarky toward her, and had begun blaming her for all kinds of things, seemingly out of nowhere.

She felt as if he was blaming her, for leaving... but it wasn’t even a permanent thing. She had only left, after talking it over with him thoroughly, and agreeing together, that it would be a good career move, to help her company advance their outlets.

Now all of a sudden, it was a bad idea?
None of it made any sense. Every day she’d push Derek for even just an ounce of explanation, but the harder she tried to push him, the more he withdrew, until one day, he began to make a looming suggestion.

“Maybe you deserve some one better. I don’t think I can be what you need.” He had dropped this statement like a bombshell, out of nowhere. He refused to explain it, either, opting to tell Amy again that he had to go, leaving her alone to deal with the confusing reality that Derek was now presenting.

Was it something she had done?

Was it because she moved?

Did she say something wrong?

No answer seemed to fill the void that his sudden change in attitude toward her, had created.

Then out of nowhere, Derek left her a text message saying “Just wanted to let you know that we are through. Don’t try to call me. I am sorry”.

At first Amy was uncertain if Derek was serious. She called his phone, but it was turned off. Over the period of the next week, she had begun to realize that he had been more than serious, as he kept his phone turned off, for the first time ever, for an entire week.

Trying to reach his family proved equally difficult as well, as she struggled to get even a grain of reason for his sudden abandonment yet again. She felt beyond frustrated, because Derek knew that she wouldn’t be able to leave her city to come back and see him in person for at least another month.

She was stuck with no answers, no reasons, and a broken heart yet again, and this time she couldn’t even attempt to mend it.

Two more weeks of agonizing depression set into Amy like a wildfire, until suddenly one day she noticed that she had an email from him. She quickly opened it up, eager to find some kind of answer, or explanation.
In the email he detailed how he had secretly begun dating another woman, while Amy was away. Her heart ached, and a new terror of sadness swept through her veins, as she realized that this was more than a breakup. He had completely betrayed her.

More details revealed an even more intense reality, as Derek went on to explain how great he had felt this woman was, how happy he had felt around her, and how addictive it felt, after Amy had left him all alone, to go work in some other city.

He clarified that he hadn’t felt he was doing anything wrong either, because of the fact that Amy and him had not been “too serious” anyway.

At this point Amy felt like leaving her job, the city, and everything just to show up at his door, to punch him in the gut... but then she realized that she still needed to hear the rest. Even though she felt as if a speeding train had just bulldozed her entire wall of security down, she had to continue.

The email continued on, to explain further that Derek, had felt so alive with this woman again, that he did things he never ever thought he’d do. He had taken her out dancing on numerous occasions. Yet he had never done that with Amy once. In fact, he had always given her the excuse that he had a “bad back”, or that he had “headaches”.

Even more bizarre, was how Derek detailed sending this woman flowers. Amy knew that Derek wasn’t exactly the best budgeter, with his money. He often couldn’t, or wouldn’t, take care of his finances properly, and Amy was usually having to nag him, help him, or drag him out of one financial crisis after another, because he often ended up wasting his money on useless things, or got into debt.

But here, he had somehow managed to save some money, and then have some left over for this new woman, to buy her flowers, some jewelry, and more. Each new detail, as Amy read on, became more shocking, than the last, as he revealed all kinds of vivid details that she couldn’t have ever imagined had been happening while she was away, in her wildest of dreams.

What was even more bizarre, was that by the end of the email, he had made it clear that this other woman had DUMPED him, and now he was heartbroken, and wanted
Amy back. Somehow this affair had taught Derek to understand or realize that Amy was a valuable person in his life, but the only problem now, was that he was clearly saying, she was number two in his life.

If he could have his way, he would take the other woman, over Amy. But this other woman had dumped his sorry ass, and had kicked him to the curb. Amy felt stupid for not having enough sense to do that ages ago herself, but now she was crushed in the middle of an intense and long relationship with the guy, regardless of how she felt now... she had already invested so much, there was no easy way out now.

By the time Amy had finished Derek’s novel of an email, she sat, flabbergasted, uncertain anymore how to respond. She had wanted to get angry. But she could only stare at the screen in utter disbelief. She had wanted to cry, but her eyes felt drier than ever.

If she could have screamed she would have too, but no sound came out.

A strange kind of numbness possessed her body, as if she had died, and had been thrown into a cold, silent coffin.

Every being of her soul would have normally wanted to take all of this aggression out on Derek, but even though she had just been dealt the most tragic, traumatizing, and shocking blow ever... she oddly, felt no aggression toward him.

As much as she wanted to hate him, and bash his universe into a million tiny crushed pieces, for some reason she couldn’t ignore one huge fault that might have actually been her own, in all of this.

One aching thought kept creeping back up into Amy’s mind, as she began blaming herself for everything. Why would he give this other woman the moon and the stars, and yet the best that Amy had ever gotten from him was the excuse robot, version 2.0.

Why would Derek buy this other woman flowers, take this other woman dancing, and romance this other woman... and yet the most romantic thing Derek had ever done for Amy, was take her to McDonald's. This was the only restaurant he had ever taken her to.
At the time Amy had accepted this, and she knew that it had sounded odd, even when she tried explaining it to her girlfriends, but she had always accepted and understood that a relationship with Derek had never meant a “glamorous and rich” lifestyle.

But this email was telling Amy a different story. The minute she left, he was suddenly a changed man, doing all of the right things, save for having an affair, with this other woman. He was saving his money, he was budgeting, he was romancing... everything was finally right.

The only problem was that he did this with another woman, but would never do that with Amy, even after stringing her along for years, telling her that he wanted to marry her, be with her, and have children together.

This idea had crushed Amy so intensely that the only thing she could do was bury it, in the deepest, darkest depths of her own despair. It had left her so emotionally disabled, that she had no choice at the time.

Everything had been so shocking, so unbelievably damaging, and so irreparably traumatizing, that the only thing left for her to do, to try and move on, was to avoid the subject after that.

Derek, had taken this as Amy forgiving him, at the time, but she hadn’t exactly forgiven him. She simply had lacked the capacity to face the truth.

But now as the memory burned through her conscious, tearing through her being with all its force yet again, Amy was finally ready to let the sickening truth settle in.

Derek would do that for other women, but just not Amy.

Finally her emotional volcano within her was about to erupt, as this reality had been boiling within her, for ages now.

Whose fault was this?

It would be easy to blame Derek for it all, and she knew that he was definitely wrong for stringing her along, while trying to court, charm, and win over another woman.
Yet, a pressing realization was gripping Amy so powerfully, that even the fact that Derek was wrong, was not enough to explain the REAL problem.

Was the problem simply the fact that Derek was a cold, and heartless bastard?

Was that it? Derek was just a complete jerk, done deal?

As much as she wanted to see Derek this way, for the sake of her own mental sanity, the more she tried to peg him as the ultimate jerk, who wronged her in all ways possible, the more she ultimately found herself unable to.

There was just one pressing thing that kept bubbling back up to the surface, that prevented her from placing all of the blame on him.

Was it her fault?

This question always seemed to pierce through her desire to simply fault Derek for everything that ever went wrong in their relationship.

The minute she had read the email from him the first time, guilt had began to settle in, as she had begun to feel as if she had done something wrong to cause Derek to feel as if he couldn’t be that kind of a romantic, caring, thoughtful, or considerate guy around her.

He clearly had the capacity to become that guy, when under the right circumstances.

Was his relationship with Amy, simply the WRONG circumstances?

She knew that she’d have to throw her pride out the window, if she wanted to get any real answers, so she put her ego aside and began to swallow each and every detail from Derek’s old email all over again.

However, this time, she wasn’t looking for the same explanation, but she was actually looking for a completely different explanation. As ridiculous as it sounded, she realized that within this cryptic email, there was a solution to almost all of her entire
relationship problems, with Derek.

She was finally starting to see clarity in everything that had been so unclear before.

Derek would give the stars, moon, and Earth to this other woman.

This thought repeated in her mind as she read through the details of the email again. How he met this other woman. Details and lists of things he had gone out of his way to do. Explicit details of how he had felt about this woman, including a passionate detailing of just how brilliant he felt this other woman was.

Then an explanation of his crushing disappointment, as this woman had suddenly turned cold, and had rebuffed his affections.

Then, an admittance that he wanted Amy back, because this other woman had coldly dumped him.

Normally all of these details would have been enough to drive a person to madness and beyond, but Amy sat now, feeling calm as ever. None of these details bothered her now, except for one remaining thing:

Derek would go out of his way to romance another woman, as long as he felt that the circumstances were right.

That’s when it hit Amy, harder than anything had ever hit her in her life. This realization came in like an asteroid in the night, lighting up the entire sky, breaking through every being of existence.

Derek couldn’t be THAT guy around Amy, because she had been making it impossible for him to do that.

She was always babying him. She would take him by the hand, and do everything for him. If anything, he couldn’t love her, properly, because she was more like a mother to him, than a girlfriend.

Sure he wanted to spend his life with her, sure he found comfort in her. Sure she was
GOOD at things, but she wasn’t the BEST at things.

This other woman had clearly come in, and had outdone Amy in all of the things that mattered. It didn’t matter the way or reason Derek had come into contact with this other woman, but what mattered was the fact that he did, because it revealed the most mind blowing fact to Amy.

Derek had the capacity to do the right thing, say the right thing, be the right guy…. as long as he felt that he COULD.

Sure, he could have ALWAYS done the right thing, if he really wanted to. But it wasn’t that simple. Amy realized that she was often an intense person to be around. She did realize that she was the nag queen, and her expectations were often unrealistic at best.

She had been expecting Derek to be her world. She wanted Derek to step up to the plate, and be everything, and do everything for her...

She wanted her happily ever after, but without ever having to work for it. She wanted him to come in and swoop her off her feet, for no other reason, except that he’d massively love her, and would love everything about her too.

But this was the real world.

Happily ever afters, had to be made. They had to be worked at.

With this powerful realization live in her mind, she began to rip apart Derek’s email all over again, this time looking to pin point and figure out, exactly what it was that this woman was doing, that activated Derek’s love center.

She definitely knew that there were details that she was missing. The answers were already there, and Derek had given her the entire window to see everything, she only had to find them now.

As she picked through the email again, and again, and then again, each time, with something new jumping out and hitting her on the head, with one massive realization after another.
This woman, had been doing some very strategic things around Derek, to basically get everything she had wanted from him. She had only been around him for a month, and yet she had completely changed this man, without even knowing it, into a completely perfect lover.

Amy began to take notes, as one detail after another emerged, and eventually everything added up. It was all simply clear now, and all of the dots were connected. Although Amy could have easily given up on him, she still had one important reason to try once more.

The fact that she was once again pregnant, meant that she really had no choice. It was do or die, this time around. Either she was going to do what it took to help him be the man he was supposed to be, or she could continue doing what she had always done, only to get the same crappy results over and over again.

What had initially begun as a “last ditch” effort to try one more time, was now a strategically planned out future, and Amy knew that either way, she’d finally have a clear answer by the end of it. She knew that she’d no longer have to deal with uncertain realities, or excuses from Derek.

With this method, she could get a very clear answer, one that he would never be able to waver on, or ever sway from. This time around, she had the power to make him choose an outcome that no longer involved dragging things out for years, wasting her time, leaving her for other women, or thousands upon thousands of excuses.

She resolved that if there was any gear she had to be in, it was her “all the way” gear, and she knew this time around that she couldn’t do anything like she would normally do it. This time around she had to do everything differently, but with one huge difference: she knew what to do now.

She began immediately applying everything she knew, covertly, choosing wisely, to start with one thing at a time, scaling it up from there very quickly.

The first thing she did, shocked Derek into calling her like crazy, for an entire week. Amy had felt an intense pressure to give in, and let him have his way, but she knew
that she had to take things even further.

She applied another method, which caused him to start sending her intense emails, and even cards with hand written letters in them, explaining how sorry he was, and detailing his exact plans to change.

But this wasn’t good enough for Amy. She needed more. Derek knew that she might buckle under the pressure of his verbal promises, but this time he needed to make sure that he took her seriously, and that he finally converted over into the man he deserved to be, but moreover into the man Amy needed now.

As time passed on, she kept on scaling up the tactics and methods she applied to him, each time carefully monitoring the results, so she could tweak her responses each time to get an even better response from Derek.

In just a span of two weeks, she had completely transformed Derek from an excuse train-wreck, into an action man. Now if he spoke to her, it was only about what was being done and how. With no more “no’s” echoing through the phone, and no more reasons as to why he couldn’t do something, Derek’s creativity was shining through.

He was now becoming the kind of man that Amy had always dreamed of having around, but even more shocking, was the fact that he was surprising her, and proving to her that there was more to him, than even she knew possible. He was a completely new person almost, and what was even better, was that every day he began to THANK Amy for the progress, and he began to show appreciation for all kinds of things, from the everyday little things, to the bigger things.

For the first time ever, Amy began to feel appreciated, and she almost gave in again, at the sweetness of it all, but knowing that giving up now meant that Derek could fall back into his old habits, Amy persisted.

With her persistence, another change appeared. Derek was now filled with more ideas than ever before, and had thousands of suggestions for her, on what to do, in his life, in the relationship, and he had become enticingly romantic.

It took every fiber of Amy’s being to not give into him, especially when he was trying
this hard, but it was important that the changes stick this time. She couldn’t have him doubting the relationship, his choice in having her as his woman, or anything else in the future.

She needed him, to finally figure out, and know for himself this time around, that he is in fact happy, that this is what he wanted, and that through Amy, he will have every desire, wish, and need fulfilled.

It had only been a month since Amy had begun implementing everything she had learned, and as time passed, she began to come up with her own tactics and challenges for Derek to fulfill. But, in that timeframe, Derek was now attentive to her needs, he listened, and he prioritized Amy above everything else for once.

She found him complimenting her in ways that were more genuine than ever. No longer was he simply saying what she wanted to hear. Now he was being real with her, now he was expressing things he had never really expressed before. He was being 100% honest for once, and not even brutally honest, but simply the kind of honesty that finally gave Amy the feedback she had always felt so desperate to get out of him.

Now he was willing to open up to her, and let her know what his true insecurities and fears were. She began to finally understand what had been holding Derek back before. Now he was confiding in her, and more importantly, he was now beginning to trust her.

She hadn’t realized it before, but he clearly did not trust her, and he actually confessed that he was afraid of Amy. Her reactions had made him afraid to open up, afraid to be real, afraid to let her in.

Even more strange, was the realization Amy had, that even though the circumstances upon which she learned how to finally REACH Derek were intense and painful, she realized that it couldn’t have been any other way.

He had hurt her pretty badly, but it revealed so much to her, it had given her the key to open the door finally. Had Derek never done that, Amy would have still been struggling to reach him, she would have still been nagging him, arguing, and getting
mad over everything, just trying to get him to finally address at least one thing that was going wrong.

But it was never just one thing, Amy realized. It was EVERYTHING that was always going wrong, and that’s because she had never understood how to reach him. In the past she would pressure him, to try and force him to say or do the right thing, that she felt entitled to, or that she felt she deserved in the moment.

She now knew that this made him pull away, because as a man, he saw things differently, felt things differently, and experienced things differently. She had made the mistake of assuming that the way she wanted to be loved, was the same way that he wanted to be loved. She now knew differently.

In fact, she knew so much now, because Derek was clearly communicating his needs, for the first time, since they had met, and what made this even more absurd, was the fact that they had been dating for 7 years!

She had no idea all of the things that were going on inside of Derek. She had no idea that he had personal challenges, fears, insecurities that were completely outside of her. She had always blamed herself or felt as if she was causing his withdrawals. Suddenly he felt comfortable revealing that it wasn’t always her, and he began to almost vomit out all of his secrets. It was as if he couldn’t get everything out fast enough.

He had been holding everything in for so long, that everything came bursting through at once. It was so intense, that they had even stayed up all night together, crying over it all, listening to each other, and then they laughed, and joked.

It was as if the relationship had renewed itself. She finally felt herself healing, and Derek even admitted that he was feeling more secure finally, about himself, and his future. He didn’t feel the need to hurt her anymore, he admitted.

This revelation had shocked Amy, because she had no idea that her behavior was pushing him to feel like he needed to react, but then he explained, that when she’d attack him, his defenses would get up. To make himself feel better, he’d often go out and do reckless things.
This was why he struggled so hard to save money, to be loyal, to commit... because any time he tried, Amy would be pushing him away with another expectation, or another demand, or she’d tell him that what he was doing was never enough.

Derek’s expression of this made Amy finally understand, that she had responsibilities in the relationship too, and she knew now how to make things work.

Finally in a place of comfort, there were a few hard things left that she was going to have to do, if she wanted to make all of the changes permanent. It was going to cajole Derek harder than he had ever been tested, pushed, or challenged before, but Amy knew that this was the final kick needed to ensure that everything she and Derek had worked so hard at trying to fix in the past few months, was going to finally be permanent.

Derek was finally talking about a proper future together, a realistic one, one that actually had a plan, with dates, and deadlines, a future that really was coming true.

But she now had to test him, and part of that meant being fair to him. This wasn’t going to be easy for him either anymore, and she knew that he finally understood that, and had accepted that, but now she needed him to prove that he could put those intentions into action.

So, she decided, after a long time of waiting, and after holding off intimacy with him, to reveal that once again she was pregnant. This time she was not going to sugar coat it. She wasn’t going to offer him a way out either, in fact she wasn’t going to tell him what to do, nor was she going to “offer” him a solution.

She was going to let him work for a solution, that he wanted, and she wasn’t going to “hope” for him to do the right thing this time either. She decided to agree to meet him finally, after restricting his ability to have access to her.

Derek had been asking her for weeks now, to agree to meet. But he wasn’t just asking to meet, and Amy knew that. He was asking to take her out on a date, but Amy had pushed him to step things up a notch, and had refused to go with his first, second, or even third choice.

Finally he had come up with something that Amy thought was quite brilliant. He had
asked her to go out for a picnic, while offering to take her on a ride, with a two person bicycle. They had never gone out together, just the two of them, without having to do anything, except spend time together, as a couple.

This would be the first time they ever went somewhere, with the intention of simply spending time on each other.

Previously, if Derek had taken her out, it was to eat, maybe at a fast food restaurant. There was never any time then, to sit and just talk, and enjoy each other’s company. Other times he did at least take her to see a movie, but the only problem was, that they were always concentrating on the movie.

Derek had even one time, brushed her off in the movie theater, when she tried to cuddle, saying “Don’t do that, I am actually paying attention to this part.”

But now, he had stepped up to the plate, finally offering her a chance to actually sit down with him, and spend time, just the two of them alone, only on each other. Amy had felt ecstatic, yet nervous, because she still had to test him, and reveal something important to him.

She could only do it in person.

When she met in person, she was careful not to get too close to Derek. She didn’t want to lead him on or give him false hope too soon either, that would have ruined everything. She kept her distance, and made sure that the conversation stayed light.

But then the unexpected happened.

Derek had taken her down a pathway, on the two person bicycle, when suddenly he complained of having leg cramps. She stopped, when Derek began to point out an off trail pathway beside them. He reasoned that he had always wanted to go down them.

The next thing Amy knew, he was pulling her down the pathway, where what she saw next shocked her. He had stuck pictures of them together all over the trees.

He had then begun to explain all kinds of things he had never revealed to her before.
Even though she had felt he was being extremely open before, since he had begun changing, his new revelations completely blew everything else out of the water.

Now he was explaining to her how he had felt years ago, from when they first met, to that time he got food poisoning and she took care of him in the hospital. There were so many things she didn't know about him.

She spent hours engulfed in his every word. All of this was so unexpected. Even more shocking, was that he had stapled paper roses to a tree stump, and when he asked her to take a look at them, there were notes inside each one, which he had written to her, for every time they had been on a date.

Ecstatic, she had opened every one of them, glued to every word appearing before her eyes. Everything was so intense, and so beautifully done, that she couldn’t help but cry, laugh, and feel a roller-coaster of emotions.

Derek had never done anything this romantic ever before. He had clearly planned this out very carefully, this time around, and all for her. He finally GOT it. He finally, understood what he had to do, to take care of her.

Wrapped up in the moment, Amy had completely forgotten to tell Derek about the pregnancy. He gave her no time to even speak, and had actually told her to wait to say anything until after he had finished.

But now she was stuck in a huge dilemma. Should she ruin the moment with her bombshell of a revelation?

Or should she just leave it for another day?

Before she could even react, Derek threw another emotional love act her way. The next thing she knew, he was putting a beautiful gold necklace around her neck. He began explaining how he had actually drawn the design himself, and had it specially made, so that there would be no other necklace like it.

Amy wanted so desperately to just give in, and let everything happen. But guilt rose over here like a plague rising up from deep within, as the looming thought stayed
fresh in her mind, that she still had to test him, and tell him about the pregnancy.

It was beyond important to do this, because so far all of Derek’s changes and actions were only happening, because everything was going smoothly, mostly, and there really wasn’t any direct obstacles or problems between them at the moment. The only problem, was the need for both of them to change, to make things work, but Derek had been more than fulfilling his half.

In fact, he had been going extremely out of his way for weeks now, to impress Amy, and to prove to her that he was serious now.

But if she just accepted everything, when things were going smoothly, it would set Derek up with the false idea that he shouldn’t also act this way when things are not going well. She had no choice but to test him, if she wanted this relationship paradise to last.

That’s when the unthinkable happened.

Derek had friskily begun getting pretty touchy-feely with her, when she felt his hand go down the backside of her jeans pocket. She squirmed away, tauntingly yelling at him, just to keep him in check, when the next thing she knew, he was suddenly proposing to her.

But not just ANY proposal either. He was holding a picture in front of her, of when she was sleeping, at his place. Clearly he had taken this and hadn’t told her about it.

He explained that he knew in that very moment, that he wanted Amy to be his wife, and that he wanted to spend his life with her. He apologized for making Amy wait so long for him to give her what she deserved, and then he asked her to marry him.

What made it even more difficult, was the fact that he actually started crying.

He was serious this time.

Her mind was screaming at her now, “What do I do? What do I do, dammit!?”.
This was unplanned. This was too soon. She couldn’t accept his proposal just yet.

She couldn’t say yes to something like that, and then dump a bombshell on him after, just when she felt that she had secured him. That would ruin everything. It would break the trust that Derek had built up with her too, to suddenly dump something like that on him, especially since she had been keeping it a secret for quite some time as well.

All of her hard work would be gone, if she did that.

She had no choice now. Feeling pressured, and stuck, Amy did the only thing she knew how to do in this moment. She gave the necklace back to him, and bailed.

She ran away as fast as she could, feeling childish, but she knew that she couldn’t give him a chance to try and stop her, just yet. She was too emotionally weak now, and she had to not give into him, no matter what, until it was 100% certain that the changes were permanent this time.

She had been through too much, and had worked too hard over the years, to just stop short of the ultimate goal.

This didn’t mean that it was easy for her, either, because the guilt tore through her more intensely than anything else had ever ripped through her conscience before. Never had she ever done something this cold, or this intense to anybody in her life.

Normally, she’d be chasing Derek around, madly, trying to get him to do the right things. Normally she would have melted, and given in to something like this... and she desperately wanted to, this time, especially with all of the changes Derek had gone through with, for himself, and for their relationship recently.

But she knew she had no choice. Even though she left him hanging high and dry, she knew that it simply just wasn’t fair, nor was it the right way to tell him about the baby, under those circumstances.

Plus, she was still in the testing stages... and here Derek had jumped to an almost extreme love proclamation. It was very clear that he was deeply and madly in love with her now, so she knew he’d understand and that he’d be patient.
His phone call to her later that night, revealed that he understood. She couldn’t face him, when he called, so she let it go through to voice-mail, where he revealed “Hey. Look, I know that was pretty sudden, and I know that it’s asking a lot after everything I have done. I will give you some space and time now, but just know that I am not going anywhere. I know that I still have a lot of proving to do for you, before you trust me enough to do that. When you’re ready I will be waiting to talk.”

She felt a little bit relieved.

It took her a week, before she event felt comfortable facing Derek again. She had been too emotionally strung after everything that took place, to even remotely speak to him without breaking down. She also wasn’t in a position just yet to explain to him, why she was doing this.

She wouldn’t be able to do that, until he finally committed properly with his words, intentions, and entire being to her. Thankfully, he was being awfully patient. The old Derek would have bailed, but now she was dealing with a guy who literally sent her flowers everyday, after she denied his proposal.

He was actually waiting for her to come to him, to learn what was wrong. He actually wanted to know what was going on for once, and he was willing to wait it out, until she was ready, to get that kind of an answer.

The entire week she ignored him, he left her voice-mails and texts, reminding her that he is there to support her, and apologizing over and over for trying get her to commit to him that heavily before he had proven himself more permanently.

Amy felt it was time now, to finally reveal the final test. Agreeing to meet for a coffee, in the middle of the day, Amy finally revealed the only remaining wall resting between their happiness, and future.

She was pregnant.

It was finally out there. She was careful to make it clear to Derek that this had been true for some time, and that her decision was final, regardless of what he decided to do. She then told him that she had to go, leaving him no room to ask any further
questions that might end up resulting in her giving him the answers to his own problems.

This wasn’t his problem, it was hers. He could choose to support her and be a part of it, or he could choose to leave. But she wasn’t going to mother him anymore into an outcome.

This time, she finally did the one thing she had never done before—she let him be a man. A real man.

With that she left, again, this time, with a feeling of relief on her chest. They didn’t talk about the proposal, but it was clear from his messages during the week, that he understood that she couldn’t accept it at this time.

But now he knew why.

She was clear in letting him know that she couldn’t commit to him, with something like that looming in the air, and only gave him one direct answer about the proposal. She had told him that she would not be able to do anything like that, in the near future, but that she wasn’t closed to it either. It just wasn’t the right time, given the circumstances.

Surprisingly, over the next week, she found yet again, flowers delivered, this time with balloons attached saying “congratulations”. He continued to call her, leaving voice mail messages, and texts again, detailing his progress, explaining his feelings, and letting her know that he was there.

She decided to leave it for another week. What would he do, if she didn’t respond? Would he just give up? How committed was he this time?

But to her surprise, he continued. He set up plans to meet her again, this time trying to impress her once again, and trying to tailor the circumstances of the “date” to please her. She decided to give in, again, when he proposed another brilliant outing, this time, to an observatory, so that they could see the stars together.

They spent the entire night there, staying up late together, laughing, holding hands,
even kissing.

Over a period of the next month, Derek made it clear that he wasn’t going anywhere, and that this was his family. He changed companies and got a position as a manager of a new company. He moved into a bigger place, and set up a nursery room.

One move Derek made after another, no matter what it was for, was now bigger, better, and completely committed, toward the relationship and Amy.

She found that they barely even argued anymore, although they still had to be honest and give critical feedback with one another, the difference was, that this time, they actually ENJOYED arguing! As sick as it was for Amy to admit, even their arguments were now almost perfect.

She had everything she had dreamed of now, and Derek’s was now taking long term action to prove his loyalty, love, and desire to Amy.

With nothing left to do, but live happily ever after, Amy finally gave in to Derek. 6 months later, their first child was born, as Derek was there to cut the cord, in the delivery room. He held his child for the first time, and thanked Amy for the beautiful life she had given him.

He proposed again, in the delivery room, this time with a ring, in front of her family. In fact he had asked her father for his daughters’ hand in marriage earlier, and her father had obliged. She said yes this time, finally feeling an intense sense of relief, they could live happily ever after, from hereon out.

They finally both knew what to do, but more importantly, they knew how to love each other, in the most genuinely fulfilling, and everlasting way possible.

And so, Amy and Derek lived happily ever after.
Chapter 1: The “3 Keys” Formula

Amy’s story was intense, and I am sure that you are now wondering what exactly it is that she did to get such a powerfully intense response of love and commitment from Derek. There are three important things that had to happen, for Amy to achieve the turnaround that she did, in her relationship.

The first thing, was a series of “aha” moments, that broke through all of the misconceptions, incorrect conventional belief systems, and misleading conditioning that had built up around Amy over the years.

The second thing, that had to happen, was the implementation of some very strategic methods, tactics, guidelines, and rules, all of which were designed to give Amy the most genuine happily ever after, that she could have ever hoped, or dreamed of having.

These two very important things are BOTH included, and addressed in this course, and that’s exactly what this program is going to teach you. In this program, you will learn exactly what it is that Amy did, but you will also learn exactly how she did it, so that you can get similar, and even better results, in your own relationships with men.

So I would like you to use this program as a guide into creating your own personal happily ever after, but I’d like to first let you in on a little secret.

The women who are the most successful, happy, and loved in their relationships, only ever succeed if they implement both of the important things listed above, alongside
one final and compelling thing.

I will tell you what that final thing is, in just a little bit, but understand for now, that in Amy’s story, she lacked the knowledge necessary to actually get her happily ever after; and like most women, she worked hard to try and make things work out in her love life, and yet no matter how hard she tried, everything always kept falling apart.

Unfortunately, Amy’s story is not unlike that of many other women out there. What this ultimately means, is that even if you knew what to do, but you simply didn’t know HOW to do it, because you lacked the knowledge, you are basically going to end up stuck in a happily NEVER after. Now, I will explain a little bit later, about what a happily never after is, but for now I want you to understand just one simple thing:

You must understand what you are doing, before you can do it... otherwise if you take action without the knowledge that you actually need, you will end up getting extremely bizarre, and even miserable results when it comes to your relationships and men.

To help give you some perspective, I want you to imagine that you were taught, for all of your life, that in order to make chocolate, you need to use wood chips.

Now, let’s say that nobody ever told you, before this, that this was wrong, so you whole-heartedly believe that this is exactly what chocolate is made of, and this is how chocolate is made.

So let’s say that one day you decide to make a chocolate cake, and you throw in your wood chips, under the belief that this is exactly what chocolate is, and you go about baking your cake. Well, your oven starts on fire, and next thing you know, the whole house is burnt down.

Now you are left standing there wondering what went wrong, more confused than
ever, and yet, you did everything right. Correct? Well at least to your knowledge, of what you had been told your whole life, you actually did do everything right... only what you were doing, wasn’t right.

This is the same dilemma that a lot of women face, when they are in their relationships, and Amy, faced it too in hers. She had a lot of misinformation, and a lot of conflicting ideas about what was actually true for her relationship, and true for Derek, which meant that any time she took a step, or took action, she ended up burning her own “relationship house” down.

Of course she didn’t intend that, but that’s what happens when you try to do something, based on what you think you know, without ever knowing if what you know is what actually NEEDS to be known.

The fact of the matter here is that chocolate is obviously not made with wood chips, and your understanding of love, men, and relationships right now is at about the same level, as a person who is trying to believe that chocolate is made of wood chips.

But it’s not your fault. Like I said, if you had grown up being told by everyone around you, that wood chips really were chocolate, you’d have to believe, that yes, wood chips are chocolate. That is, until, or unless you learn otherwise.

Well now is the time to learn otherwise, because I am going to break through some of the lies and misconceptions that are getting in your way, when it comes to your love life, starting right now.

So, here’s what’s going to happen. The first few sections of this program, are laid out to give you the proper foundation to building, sustaining, and KEEPING your happily ever after, in your love life. This has been strategically done, so that once you head into the second section, containing all of the tactics and methods, you will only get superior results.
Now earlier, you might recall, that I mentioned Amy had to do three things, to achieve the very same superior reality in her own love life, but I had only mentioned what two of those things are. The first, was a series of “aha moments”, the second was a strategic set of actions being taken and methods being used, but the third, and most important thing that Amy did, was this:

She used DRAMA.

But this isn’t your everyday kind of drama, and you are going to learn as you go through this program, exactly what this means, but for now, I want you to understand ONE simple thing.

Without drama, you will end up with a happily never after. Yes, you read that correctly... a happily NEVER after!

Let me explain why. You see, there is a simple formula, which when implemented, makes it basically impossible for you to ever go wrong in your relationship, or to ever fail with men ever again.

What is that formula?

It’s what I call, the “3 Keys” Formula, which is a combination of the 3 things that Amy had to make happen, to achieve her happily ever after. The formula, is as follows:

**Knowledge + Action + DRAMA = a Happily Ever After**

In the first section, I am going to teach you about the first key, knowledge. In the second half of the program, however, I will teach you about the second key, action. But, infused into the entire program, is the final ‘key’, that I like to call the Drama Method.

What exactly is the Drama Method?
The Drama Method is simply about infusing a positive level of necessary drama into your relationship, to ultimately give your man the highest level of peak emotional experiences around you.

As humans we are all creatures of emotions, and we are always on the lookout for a good emotional deal. If we watch a movie, for example, we expect to feel good emotions, while watching that movie. Likewise if we watch a thriller movie, we expect to feel a roller-coaster of emotions, when viewing it as well.

We even expect most of our days to be good, and this even goes as far as even expecting most of the people we speak to be good, because all we really want to feel, is pleasurable emotional experiences.

Even when it comes to relationships, we only ever get into that relationship because we felt good around that person to begin with, and thus we expect more of that in the future. But we also get out of a relationship or breakup, when we STOP feeling good, or when those emotions can no longer be maintained.

So in a nut shell it’s all an emotional transaction, where if we give somebody good emotions, we expect a similar return. So, we use drama as a leveraging and power tool here, to give the man peak emotional experiences.

You will learn more about how to do that in the coming chapters, but for now it’s important to explain more about what exactly it is that I mean, when I say “drama”.

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Chapter 2: Emotional Intensity Knob

So what exactly is it that I mean, when I say “drama”?

Drama in this case, refers to your ability to raise a man’s emotional temperature, in your presence, by using a series of commands and tactics.

To best illustrate this, I want you to imagine that there is a kind of knob, inside of a man’s head. I want you to also imagine, that if you turn this knob to the left, your man suddenly gets angry, aggressive, and even mean. If you leave the knob somewhere in the middle, however, your man becomes indifferent, and sort of doesn’t really care either way.

But, if you turn that knob to the right, he becomes kind, understanding, and loving, and his level of desire and passion toward you increases tenfold.

What drama does in this case, is it gives you the power to implant this very same knob into the heart and mind of any man of your choosing, so that you can basically control the reaction that you get from your man, when it comes to your relationship, and love.

Now I know this sounds absolutely ridiculous, and absurd, but there’s something you should know, before you jump to any conclusions here.

Most women don’t realize this, but as a woman, you currently hold the power to intensify his emotions to any level, which means that you can have complete control
over your love life and the reactions that you get from your man. This is exactly what the Drama Method is going to show you, but before I get to it, let me explain what

exactly emotional temperature is.

Emotional temperature is basically the level of intensity of emotions that a guy experiences toward you.

If his emotional intensity knob is set on high, for example, or if his feelings toward you are ‘hot’ on the emotional temperature scale, it means that he is extremely attracted towards you, because the intensity of emotions he is experiencing is immense.

In the previous chapter, I spoke about something called ‘peak emotional experiences’, which is the desire we all have within us to get the best emotional deal out of everything that we are experiencing. The way, therefore, to provide a guy with a high level of peak emotional experiences, in your love life, is to actually ensure that he remains at a high level of emotional intensity, around you.

In other words, as long as you keep him emotionally hot, you will be able to get his undying love, devotion, and complete commitment. Where the Drama Method comes into play, is in how it gives you the power to create a kind of “Emotional Intensity Knob” within your man, which you can use to turn and tune up his level of emotional intensity toward you.

Now this is where the Drama Method becomes one of the most persuasive tools you will ever gain access to, because it gives you the power to raise a man’s emotional temperature, to the perfect peak levels of emotional intensity.

To help you understand what emotional intensity is, you must first recognize what that
includes. Love, affection, attraction, and so forth, are all results of emotional intensity, whereas dryness, coldness, and lack of attraction are results of emotional dullness.

The Drama Method also gives you the ability to raise a man’s emotional intensity, by dialing into his ‘control panel of love’, which means that his emotions intensify toward you, as he becomes emotionally warm and hot for you.

Now somewhere within this reality, lies the fact that most women feel as though they are already doing this in their relationship. But the problem is, that many women actually leave a guy somewhere in the neutral zone, and worse: many guys end up on the cold side of their emotional intensity level.

What you’re actually going to be looking for here, and implementing, when it comes to his emotional intensity, is a way to keep his emotional intensity always at the highest possible “hot” peak.

You have to keep this level as warm and intense, as much as possible, and you can easily do that, by using drama. This is exactly where the drama infusion comes into play. As I mentioned earlier, in Chapter 1, you have to be able to know what to do, and say, but you also have to be able to do it in a way that gets you the best results.

Infusing drama into the mix is the quickest and strongest way to have long lasting, and permanent results when it comes to your man, and relationships. The best part about using drama to sweeten the deal here, is that you can keep him emotionally intense and hot for you as long as possible, and if he ever starts to slip into the neutral or cold zone again, you will find yourself completely able to bring him back into a hot emotional intensity zone again.

Most women ignore, or don’t understand when or how to emotionally heat up a guy, or how to raise his emotional intensity. Women don’t know this, but men secretly seek emotional stimulation of a unique kind, which comes from creating a special kind of drama.
This program is going to show you how to create that kind of drama and apply it to various situations.

When you intensify his emotions by using drama, he becomes more inclined to desire you as a person, and will experience this feeling of intense need to be around you, please you, and love you.

What’s even more peculiar about this method, is that your man is actually going to hand you the ability to do this to him. In fact, he has already done that.

I want you to think of yourself as the puppet master, and imagine, for a moment that your man’s emotions and love toward you, make up the puppet that you are controlling.

This is a ridiculous example, but men actually want women to be their emotional puppet master. Men view women as the ultimate controllers of emotions, and actually expect women to take over, fulfill, and control their emotional needs, desires, and wants.

What this means, is that a man’s level of emotional intensity, is completely dependent upon you. Almost every guy out there, is susceptible to women, because he leaves his emotional door almost wide open.

Now I know this might sound even more bizarre, because you might have encountered an emotionally cold, or dry man...

But you see, a man only reacts this way, again, based on what direction a woman is steering him in, in the first place. If you are directing him to be cold, he will be extremely cold. Likewise, if you are directing him to be hot toward you, he will be intensely hot.
The problem is, that women think they are the masters of direction here. You think that if you tell a guy that you love him, that he will immediately reciprocate. But actually, when you say these words to a man, he is hearing this:

“I need you.”

So the first thing that needs to happen, in order for you to understand the Drama Method, is a clarification of the rules, because all of the instructions that you have been taught to give a man, in order to get results from him, are actually incorrect.

Imagine, for example, that you are driving in a car, and you want it to turn left, but your arms are actually turning the steering wheel right. Confused, you can’t seem to figure out why it is that even though you are telling your arms to turn left, they keep going right. Even more concerning is the fact that you don’t even know why your arms are doing that, but all you can do is sit and watch as you completely lose control over the direction you want to go.

That’s the exact same thing that happens in relationships, for most women. They are trying to steer left, but the entire relationship decides to go right, and the man himself is leading everything to the right, regardless of what you want now.

Imagine now, that the car is your relationship, and your man. The only thing that the man can do now, is simply react to everything you are doing. So if he is the car, and you are actually turning the wheel right, he has no choice but to go right too, regardless of what you wanted. Whatever you are communicating to him, he has to do it.

But there’s a right and a wrong way to communicate, and as I explained in Chapter 1 with the example of wood chips, part of successful communication comes with first getting the right information, in the first place.
Most women often end up doing the wrong thing, under the right circumstances, simply because of this fact. So, even if they were intending to steer their relationship ‘love car’ to the left, it still ends up moving to the right. So if I were to translate this back into a scale of emotional intensity, what ends up happening, is the guy ends up getting angry, growing distant, or worse.

But, again, this is not your fault, and although this sounds really confusing right now, the problem again, is that you’ve been taught to believe that right means left. So you are actually instructing yourself to go right, even though you wanted to go left, because, again this is what you have been taught.

I’m sure you’ve noticed by now that if you instruct a man to do something, he most likely will end up doing the exact opposite thing, of what you asked for.

This is not his fault either, because again, the instructions are actually unclear, in the first place. But, the good news is, is that there is a solution to this problem. Again, men actually want you to be the puppet masters of their emotional intensity, and they even go out of their way to open that door for you. I will explain that further in the coming chapters, but for now, know just one thing:

The good thing, about all of this, is that men are willing to let you tune up their emotional intensity to whatever level you please, so as long as you learn how to direct a man properly therein, you will be able to finally start having your intentions match the results that you want to get in your love life.

If you do this, I promise you, that you will only ever see success in your love life, to the extent of finally being able to create the man of your dreams, within any guy from this point forward.

As you noticed with Amy’s story, earlier, she wasn’t exactly dealing with Prince Charming here. In fact, she was dealing with Prince Alarming. But as Amy found out,
and you will too, within every single guy, there lies a massively untapped, and unused potential to BE the perfect guy. But this is only true, under the right circumstances.

Which circumstances are those?

This happens the moment you begin raising his emotional intensity, to the ultimate peak levels, by communicating in the right way to him, through a series of methods, which I am about to reveal to you in the coming chapters.

Do this, and you will see that any man, from hereon out, would be completely willing, able, and capable of becoming your Prince Charming, regardless of the previous circumstances.
Chapter 3: The “3 in 1” Rule

In Chapter 1, I mentioned that the first important thing Amy had to do, to get the turnaround that she did in her relationship with Derek, was to experience a series of “aha” moments that broke through all of the misconceptions, incorrect conventional belief systems, and misleading conditioning that had built up around her over the years.

In this chapter I am going to address exactly what it is that Amy realized, learned, and figured out about herself, the relationship, and Derek, which helped her to have an overwhelming rate of success afterward.

The first thing which she learned, is the 3 in 1 Relationships Rule.

The 3 in 1 Relationships Rule, means that in any relationship, there are actually 3 different parts of relationships that occur, within ONE relationship. These parts all occur simultaneously, within one another, and are heavily interconnected to each other. What this means, is that if one of these parts is not working, the other parts will begin to fail too.

The first part of a relationship, is the relationship that you have within yourself, and between yourself. This relationship, involves the way that you think and feel about the world, regardless of whether or not you have a man, or whether or not you are in a relationship. This relationship with yourself is always present, and always will be.
The second part of a relationship, is the relationship that your partner, or man, has with himself. Just as you have a relationship within yourself, he too has a relationship with himself that exists regardless of whether or not you are present. He will always have his views, experiences, thoughts, feelings, and conditioning present, when it comes to the world, within himself, and outside of any other relationship he has with another person.

The third part of a relationship, is the relationship that you have with your partner, who in this case, is a man. It doesn’t matter what stage of the relationship you are in either, because a relationship still exists, even if you are just in the courting stages, if you have broken up, or if you have been married for years.

Now almost every single person on the planet, be they male or female, are guilty of trying to peg their relationship, as just ONE whole relationship. Two people together = one relationship. Right? Well, normally, this is the conventional way of thinking.

But as you can see, that’s simply not true, and in fact, trying to peg your relationship into this reality, is a recipe for ultimate disaster. It’s important to understand, recognize, and appreciate the 3 different relationships that actually exist within the whole of your main relationship.

Failure to do this, means that you won’t be able to tell when a guy is simply having a personal issue outside of you, or when he is having an issue with you directly. It means you will be going in blindly, to deal with a man and your relationship, but without actually knowing what is going on, to the fullest extent that you possibly can.

As you noticed with Amy’s story, once she realized this, and began implementing the tactics, Derek actually began opening up to her in return. As you saw, he even began to tell Amy when and where a problem ended with her, and started with him, which meant he too could now separate his own personal issues, insecurities, and struggles
from the relationship, so that it wasn’t just a huge cluster of problems after problems, with no real resolve.

To be clear here, every relationship will encounter problems... but it’s not the fact that you have a problem, that is actually the problem.

The real problem comes when the issue is allowed to remain a problem, in the first place, and when no solid solutions are ever implemented. Part of the reason why relationship problems get dragged on for so long, is again, because of the misinformation that the two people have, going into the relationship, in the first place.

What’s important to understand immediately about the 3 kinds of relationships that exist within your actual partnership is this:

Before you even get into a relationship, you have a set of ideas, expectations, desires, wants, and needs. All of these, are things that you are trying to have fulfilled, or are trying to accomplish. Ultimately, what this means for every woman, is that once she gets into a relationship with a man, she will begin projecting this reality onto him.

But again, a huge problem will arise once this starts to happen, if the conditioning that was present throughout a woman’s life, was actually incorrect, or misleading. It means that she heads into a relationship, with a set of completely impossible, unrealistic, and even hopeless expectations and desires.

The unfortunate reality, is that almost every woman is stuck in this vicious cycle, and it means that no matter what, a man can never truly fulfill her needs, desires, or wants when it comes to love. It wouldn’t even matter if the man was the most perfect man on the planet, he’d still find himself unable to fulfill his woman.

The biggest concern that this dilemma causes, is that it leads a man to feel like the entire situation, relationship, and circumstance is hopeless. Once a man feels this way,
he withdraws, which means he effectively shuts down the entire relationship, and closes off the doorway to love, in the future.

This is why it’s extremely important to recognize right now, what it is that you bring to the relationship, before you even get into it, and to understand your own relationship with yourself, first.

The quickest way to do this, is to look at the conditioning you have grown up with, and to replace that with a more powerful reality.

Now, when it comes to the first two parts of a relationship, mentioned earlier, there is one simple fix to bring BOTH of these relationships into a co-existing unison.

In other words: you can help unify your man’s relationship with himself, by unifying your own relationship within, first. So if your man has a rather rocky or confusing relationship with himself, like perhaps, he is wrought with insecurities, for example, you can actually FIX and help this problem by simply understanding and taking control of your own relationship that you have with yourself first.

What this means is that, for example, if your man has a ton of self-doubt, or his self-esteem is in the pits, it no longer matters whatever flaws he may have, because they will no longer get in the way, or be used as an excuse as to why something cannot be, or cannot happen anymore in your relationship.

In fact, heading back to the story at the beginning of this program, you will notice that Derek began to make changes, and began to come up with idea after idea on what to do with himself, his life, and the relationship, once Amy took the lead, and dealt with her own personal relationship within, first.

He had even stopped using excuses, and had begun to talk about taking actions in his life, and planning for his future. The lesson here, is therefore simple.
Through leading by example, Amy was able to convert Derek’s relationship within himself over into a more fulfilling and mature one, which meant that this reality spilt over into a mature and fulfilling relationship together as well. But she was also able to help pull Derek into a place where he was no longer standing in his own way either.

Earlier, I mentioned the 3 in 1 Relationship Rule, which detailed the three parts of a relationship. Now that we’ve discussed the first two parts of a relationship, I’d like to lead into the last piece of the puzzle, which is the relationship that you have between yourself and your partner.

This is the type of relationship that most people recognize as being the main relationship, and it most definitely holds the greatest amount of power, but without the unison of the other two kinds of relationships that also exist FIRST, this part of the relationship will always be in the “danger zone”.

There are ways to make the relationship that you have with your man more powerful, fulfilling, and ultimately happy, but those ways, are actually the methods which you will learn in the second half of the program.

But, the other part of making sure that this piece of your relationship remains solid, and true to the design of your desired “happily ever after”, is the application of the formula which I mentioned in the previous chapter, even to this part of your relationship.

As I clarified in the previous parts of this course, there is a formula which must be followed if you absolutely want to maximize your relationship potential, and level of success. You can secure success by following this formula, which brings me back to the main point here, because the first part of the formula (knowledge), actually addresses the first two parts of a relationship, but it also addresses the third part.

I will explain more about this in the coming chapters, but the main solution to the third kind of relationship that co-exists as part of your actual relationship, is to simply
apply and use the Drama Method, as part of the original formula, combined with knowledge, and action.

Again, the breakdown of how to do this will be revealed to you, in the second half of this program.

Now, as mentioned in chapter 2, men are more than willing to give you the power to make or break these 3 components of your relationship, even when it comes to their own personal relationship with themselves.

You still have the ability to take over their level of emotional intensity, even inside of or within relationships that they have outside of you, especially when it comes to attraction and love. This is because, again, men follow your lead, because they see you as the emotional master, in this situation.

Once more, you can lead a man to follow you whichever way you please, by first breaking through the misconceptions, conditioning, and misleading conventional thinking that you have been using or have been taught to believe in over the years. This leads me to my next point.

Do you know what one of the biggest lies you’ve ever been told is?

‘Drama Is Bad’

Is it really, or is that just what you’ve been told?

Let me make something very clear to you. A lot of information that is passed around, is just an idea, but isn’t an actual fact or truth. When it comes to relationships, almost all of the information being passed around is grossly incorrect.

The best example to illustrate this, is the fact that most of us aren’t taught about
relationships, in school, or anywhere else really. The only information, therefore that we get, growing up, is simply the things we learn by observing, or by being told what to do through a family member or friend.

What’s even more bizarre about this reality, is that the things that your parents would have taught you, or the things that you would have been told by your family, and friends, are all things that they TOO learned from somebody else. That ‘somebody else’, would have subsequently learned from another person too.

The problem comes then, in the fact that information changes then, as it passes from person to person, and loses its ability to stay correct, and true to its original message.

Have you ever, for example, played the Chinese whisper game?

It’s a game where a group of people all sit in a circle. One person whispers a statement into the next person’s ear. That person must then whisper what they heard, into the ear of the person next to them. This pattern continues, until finally the message returns to the original person who said it... but every single time the message comes back, it is always saying something completely different than what was first expressed.

The same problem happens everywhere else, and especially with relationships, because this is the ONLY way that information is currently being passed onto us, as we grow up, when it comes to relationships.

Imagine now, that you learned from your parents, some relationship rules, or guidelines, or ideas of how things should be or shouldn’t be.

But your parents learned from somebody else, the same thing, only what your parents learned, was a collection of how others felt about relationships when they gave the advice in the first place. The people who taught your parents also learned from
somebody, who equally gave advice based on how they perceived or felt things to be.

But nobody can seem to agree then, because of this fact, on what is right, or what is wrong. Proof of this lies in the fact that the divorce rates are now higher than ever, and people are more unhappy and miserable in this day and age, than they have ever been before.

So, I want to ask you one simple question now.

If all of this information, that gets passed around is right, how come the divorce rates are higher than ever, and people are more unhappy and miserable than ever?

The answer is simple. The information is invalid. Now the reason I am saying this, is because I want to clarify, what exactly the truth is.

The truth, especially when it comes to relationships, and men, cannot be argued. It will never contradict itself, and more importantly, it should not make you feel miserable, into the foreseeable long term future.

The truth, as they say, will always set you free. And sure it hurts at first, but it actually frees you, and gives you the power to do what you actually need to do, because you will no longer be clouded with a misleading belief. It means you aren’t spending your energy on all of the wrong things anymore. It means the confusion is lifted, and you know exactly what you need to be doing, why, and how to do it too.

The truth also, can act as a guideline, in showing you what you need to do, but more importantly, HOW you need to do it.

A lot of relationship advice, unfortunately, only ever talks about WHAT to do, you’ll notice. But it never actually tells you HOW to do it, or why you need to do it either.
They are useless commands then, that have no relevance to your actual love life.

One of those useless commands, and ideas, is that, as mentioned, drama is a bad thing, especially when it comes to relationships.

But have you ever noticed how the most dramatic women (drama queens), always seem to have some “poor guy” heavily wrapped around their fingers?

Now at first glance, it might seem like this poor guy just really has no idea what he’s gotten himself into, but what if I told you something really shocking, something so strangely bizarre, that you’d probably say “what the heck”?

What is that bizarrely shocking thing?

Those men, who are dating these drama queens, actually LOVE it. I am not even kidding here. They love the experience, they love the thrill of it, they love the passion, the desire, and everything else that comes with the territory.

Even though, at first glance, you’d think they’d be miserable, they actually aren’t! This explains why such men seem to stay, and even embrace drama queens whole heartedly.

**But here’s the deal breaker, not every kind of drama queen is the same.** In fact there are two kinds of drama which I will talk about in the coming chapters, but know this much: the good kind of drama queen, knows exactly how to use drama to completely revolutionize her entire love life. As I’ve said earlier, knowing what to do, is the difference between living happily ever after, in your relationship, or living happily NEVER after.

Remember that every single person, has the capacity to be a good person, and to be their best self, when under the right circumstances, so never judge a “drama queen” and her methods, simply by how you think the guy would feel, if you were put in that
Instead, judge the situation by the quality of what is actually happening, and by the results. If the guy is sticking around like a loyal puppy dog, then it’s very clear that the type of drama being used, is not the toxic or unhealthy kind, but is actually the necessary kind, which I will explain in just a bit.

For now, I’d like to bring you back to the misconception that drama is a bad thing. One of the biggest reasons people think this, is because of negative, toxic, unhealthy and unnecessary drama.

We all have encountered at least one person who seems to be almost always engaged in the above reality, and I am sure that by now you know how it feels to be around such a person. By the time you leave, you end up feeling drained. They are energy suckers.

This is not the kind of drama that I am talking about, but this is exactly the kind of drama that makes people think that they have to fear drama in the first place.

But as I said, there are actually TWO kinds of drama. The first kind, is exactly as described, the energy sucking kind. The second kind is the necessary drama, which actually gives energy and life to the relationship, and basically drizzles your ‘love oil’ all over your man.

Now I am going to explain those two kinds in depth, in a future chapter, and I will explain how they work as well, but the thing I’d like for you to take away right now, is this simple fact:

Drama is not bad... unless it’s the wrong kind of drama. But, there is another kind of necessary and healthy ‘love drama’ that only a select few women actually know about, and this is the kind of drama you will be taught to use, in the second half of this program.
But to help you understand everything I have just explained, I’d like to illustrate a very clear example to you.

I want you to imagine an intimate relationship between two perfect people. I want you to imagine that these two perfect people have all the love that they could ever need. But I now want you to imagine that these two perfect people, even though they have all the love that they could ever need, argue constantly, and actually hate each other.

What’s even more unnerving is the fact that they are perfect for each other, and yet they are unhappy together.

Can you think of a reason why this would be true? How could two people who were meant to be together, and who were perfect for each other... hate each other? How could they be unhappy?
Chapter 4: Love Does Not Conquer All

So how could two people, who were meant to be, and who were perfect for each other, end up in a relationship that is miserable? The answer is simple.

Love does not conquer all.

This is why two people, who were seemingly perfect for each other, could end up falling out of love, and even hating one another. This is why a relationship would end up failing, even if two people were meant to be together. Love, is simply not enough.

Love does not fix everything. In fact, this is another misconception, and lie that women are fed as part of their conditioning. The reason why love does not conquer all, is because love is simply a feeling of intense and deep affection. This is only one part of a bigger picture.

Imagine for a moment, that in front of you there is a jigsaw puzzle, and let’s say that you knew, that by putting this puzzle together correctly, and solving it with all of the pieces, you could live happily ever after with your man.

Let’s just say, that this would happen, simply if you solved this puzzle. But let’s also say that you only put ONE piece of the puzzle in place, and then felt that this was
good enough, and yet, you still expected your happily ever after.

Does that sound realistic? Probably not. How could you even get the whole picture, with only one piece of the puzzle in place?

You couldn’t.

This is exactly the same approach that many women, unfortunately have toward their relationships. They think that love will conquer all, and that everything will work out, simply because two people love each other, very deeply.

Well I have news for you. Love, in and of itself, alone, is not enough. Now I want you to trust me on this, so let me give you a pretty clear example, to help explain what I mean.

I want you to imagine that in front of you, there is this big, juicy steak. The option stands at this stage, to do one of the following:

**A) Cook the steak, exactly as it is,** with no seasoning, and just take it, in its purest form. The steak, once cooked, will taste OK, and you will enjoy it, but it’s not going to be the best thing you’ve ever had, nor will you even really remember this steak later on either.

OR

**B) Put a rub of flavor onto the steak,** of a little salt, pepper and throw this bad boy into a marinade of seasoning, and then cook it. Doing this would instantly take this steak from “big and juicy” to a mouth-watering, “this is the tastiest thing I have EVER eaten... Oh my goodness this is so good, this is the best thing I’ve ever had, I want more” state.
Which option would you choose?

Well given the description, and reaction, you’d probably want to choose option B. The answer is therefore simple here, if given the option to have something better, most people would take that option, if it meant the experience for them would take them to a higher level, on the emotional intensity scale.

What’s even more interesting about this reality, is that people are even willing to ask for more of the same thing, even if they are full to their eyeballs already, simply because of how good the experience felt.

This is the same kind of emotional overflow that you can cause your guy to feel, as well, but sadly, many women stop short of this, by giving their guy option A, instead, without realizing it.

Option A is literally the embodiment of love. Sure it is juicy and nice, but is it mind blowing? Would you remember that steak, as being the “steak of a lifetime”, after? Probably not.

So love is the steak. But the seasoning, is the ultimate way to level up your relationship. The seasoning is the part that most people are missing in their relationships, and it’s the thing that men crave the most.

Men don’t actually care if you give them a steak, but they will care how it is going to taste, how they are going to feel when they get it, and if it’s going to make them feel like they just experienced the most luxurious morsel of food ever.

And just like with food, when somebody really comes to love something, they want to express that, share it, and get more of it, and the same is true, therefore, in relationships.
So here’s the deal...

**You Must SEASON Your Man’s Emotions**

If love does not conquer all... what does then? Seasoning a man’s emotions is what conquers all. Leaving no ‘emotional stone’ unturned, or unsolved, is exactly how you finally begin to “conquer all” when it comes to your relationships, and love life with men.

How do you do that? Once again, that’s exactly what the Drama Method is about. It’s about giving your guy peak emotional experiences, so intensely, that he will feel as though you are giving him the Earth, stars, and moon, time and time again, and each time will feel as if you’re always bringing it to the next level.

It means that a guy never grows bored, because the biggest problem with “love” is that a man will quickly, and easily grow bored with it. That’s why love is not enough, and that’s why two seemingly perfect people, could end up hating each other, if the only thing they have to keep the relationship going is simply love, but nothing else.

The same two people, however, could find an intensely passionate happily ever after, if they simply applied a mix of necessary drama, into their relationship, to fulfill their emotional needs.

It’s important not to ignore the fact that a man needs to have all kinds of emotional needs to be fulfilled, to be able to feel as if he can open up to you, and commit to you whole heartedly. Men, like women, need to be able to experience emotions on a wide range of scales.

It is unrealistic to expect a man to be happy, or want to simply just be happy all of the time. That would get boring. The only way you can ever truly appreciate the experience of happiness in the first place, is if there are other emotions present to balance that out, and to give you the ability to feel relief, therefore through happiness.
Being happy all the time, would never feel relieving, in fact it would feel boring, and would drive a person mad. It would mean that you never got to feel excited, thrilled, amused, sad, or angry...

Imagine living in a world where you could only feel one emotion. That is what this “love conquers all” trap, creates. It creates an emotional prison, where it is no longer ok, to actually feel, express, or fulfill all of the other necessary emotions anymore.

It means, trapping a guy, and when you trap a guy, he will always try to escape, because he no longer sees you as somebody who loves him.

He sees himself as a caged bird, and no matter how nice you are to him, he will always see you as the reason he is imprisoned, so the key here, is to give the man a way to have emotional freedom. Doing this starts by recognizing that love is not the only thing needed in a relationship, for it to succeed.

Every emotion must be fulfilled, and allowed to come through. Again, I don’t want you to fear an influx of emotions in your relationship from your man, either, so I want you to remember that even bad emotions can be fulfilled in a good way!

I mentioned the “1 in 3 Rule” in the previous chapter, and I’d like to now draw your attention back to the third part of a relationship, which is the relationship that you have between you and your man. That relationship, ultimately can be nurtured, fixed, and satisfied beyond belief, simply by seasoning your man’s emotions, through the use of necessary drama.

But in order to first, do that, you have to remove some of the unnecessary drama, from the mix. Now, in the next chapter, I will detail extensively what it is that I mean precisely when it comes to necessary and unnecessary drama. In fact, I will show you exactly how to tell the difference, between the two, so that the only thing left is the good kind of drama... but before I can do that, I actually need to break through one last, unfortunate misconception.
Now, what I am about to tell you, is the grand-daddy of all “wood chips” being mistaken for chocolate, examples, that I spoke of earlier, if I ever saw one.

**Chapter 5: Happily Never After**

You’ve definitely been lied to. But this isn’t just any old lie either, this is the absolute pinnacle of lies, if ever there was a lie that had the potential to completely destroy love, dreams, hopes, and desires.

This lie, has been completely crushing your love life, for years now, and is probably the sole cause of almost all of your pain, in fact, when it comes to men and relationships.

This lie is so toxic, and so evil, that it has actually prevented millions of women, from ever getting their “happily ever after”. This is the same lie that caused Amy, from the story at the beginning of this program, to waste YEARS trying to mend and fix her relationship with Derek, when she could have actually had an immediate fix.

But what’s worse: this is the kind of lie, that is so convincing, and so evilly genius that most women never ever end up realizing it’s a lie either.

What is this lie?

**You can get a happily NEVER after outcome.**

Yes, you heard that correctly. You can get a happily NEVER after outcome.

What is a happily never after, exactly? Well, to explain this, I’d have to let you in on a
little secret, that only a handful of women across the planet actually know.

There are actually **TWO** kinds of happily ever after’s!

Yes, you heard that correctly as well, there are actually two kinds! Most women, unfortunately, have only ever heard of the first kind, and this is the kind of ending that I like to call the “Happily Never After” outcome.

The Happily Never After outcome, looks a lot like this:

The first kind of “happily ever after”, is the one that most women grow up hearing about. It’s the one where the guy gets or saves the girl, they fall in love, and **HOPEFULLY** everything magically works out, for the rest of eternity.

This kind of happily ever after, is the kind that women grow up learning and hearing about all throughout their life, yet most women never seem to be able to actually get their own happily ever after, in their own lives. Yet, many women still anxiously sit and wait, while they dream about it, and wish for it.

Some women even demand it, and yet, they are still left waiting, hopefully wishing for their dreams to come true.

You’ll notice from Amy’s story, at the beginning of this program, that she was one of those women, who demanded it. She pushed hard, to try and get Derek to do the right thing, only to find herself disappointed time and time again.

She desperately wanted Derek to give her, the happy ending she had always dreamed of, but instead she was only ever mostly miserable, and even more alarming was the fact that Derek was miserable too, under these conditions and circumstances.
What is even more bizarre, is the fact that even though nothing was going right, Amy still expected Derek to step up to the plate, and give her, the happily ever after that she felt she deserved. There’s two huge problems with this though. Amy’s desire for a “happily ever after”, was actually just a toxic form of wishful thinking, and number two, it was an unrealistic expectation.

Now I will explain in just a little bit, exactly what it is that wishful thinking, and unrealistic expectations have to do with this kind of a happily ever after, but for now, understand that they played a massive role in completely preventing any kind of a happily ever after.

There’s a reason Derek never did the right things. There’s a reason why the entire relationship was in shambles, and there’s a reason why no matter how hard Amy had tried, nothing ever seemed to work out, and Derek only ever seemed to push her away further.

What is that reason?

It’s impossible to have the 1st kind of happily ever after.

Why?

It’s not real. The first kind of happily ever after, is exactly what almost all women are conditioned, to expect, from life, and from men in their relationships, but it’s nearly impossible to have.

Why is that?

Well it all comes down to your deepest wants and needs, in their most raw form.

The only reason a “happily ever after” outcome, would EVER be appealing to people, is if it had the potential to finally fulfill a very deep and burning desire.
The problem is that this kind of happily ever after, teaches women to only fulfill the surface desires, and actually tells them to ignore their REAL desires, especially when it comes to love and relationships. I will break this down further in just a little bit, but I’d like to let you in on a little secret now.

Amy’s story ended with a happily ever after outcome, but what she received, looks, sounds, and is nothing like the ‘happily ever after’ you’ve been taught to believe in. In fact, Amy had experienced BOTH kinds of “happily ever after’s”.

In the beginning she experienced the happily never after outcome, that I was talking about. She did manage, quite a few times, to trap Derek into the relationship, but the problem was, that even if she did get him to commit, he actually wasn’t the version of Derek that she had envisioned.

As you came to see, with Amy’s realization after the fact, Derek had the power to become the most genuine, loving, and caring man. But Amy just couldn’t get him to become that man, with the first reality. Had she simply settled with the “typical” conventional form of “happily ever after”, she would have ended up in a Happily Never After Outcome.

Derek would have still been a sketchy guy at best, even if she had convinced him to stay with her, and be with her. He would have always disappointed her, and would have caused her intense pain.

This same thing happens to many women time and time again, in their own relationships. They often confuse a Happily Never After, for the real, authentic, and genuine thing.

But let me make it clear right now, what the major differences between a Happily Never After, and a genuine, secured Happily Ever After, are.
With a Happily Ever After, you will notice that the man goes out of his way, to be the best possible version of himself that he possibly can be. He commits to you, but with a twist: he commits whole heartedly, throughout every facet of his being.

No longer do you have to hear him make excuses as to why he can’t do something, why he can’t change, and he would never blame you either for something that he needs to work on.

In this version, of the happily ever after outcome, there is no such thing as “wishful thinking” or “unrealistic expectations” either. Everything ACTUALLY happens, and comes true. That’s why.

Wishful thinking, means that you are sitting there, hoping, and waiting for something to happen. Wishful thinking means that you’d LIKE for something to happen, but with a genuine and proper Happily Ever After, you wouldn’t have to wait around and hope for things to come true for you, they’d actually be happening right before your eyes.

There would be no “hopefully we live happily ever after” kind of thinking. In fact, that would be completely thrown out the window, because both people involved, would know 100% that the relationship would last, and that it really would be happy from thereon out.

When you are dealing with a happily ever after, your deepest, most intense desires are fulfilled, which means everything that is a level above this, including the surface desires and wants, are also fulfilled as well.

What’s even better, is the fact that men actually enjoy fulfilling your desires, and making you happy, under a true happily ever after outcome.

With the first type of “Happily Never After”, however, a man would spend all of his energy, trying to AVOID having to do the things you need. Whereas with a genuine happily ever after, a man would avoid NOT doing the things you need.
Make sense so far?

Now in the previous chapters, I laid down a foundation, leading up to this very point, which detailed a formula, and a series of concepts, which all serve a main purpose: to teach you that a special kind of drama is absolutely necessary, to get the happily ever after, you are actually looking for.

I am going to tell you right now, that you are looking for the second kind of Happily Ever After, and I will explain why, in just a bit too, but first I need to say something completely outrageous.

You can’t ever have a happily ever after, without the right kind of drama. Now, you might be thinking, well wait a minute, that description of the Happily Never After outcome, was pretty dramatic, wasn’t it?

Ah yes, it was, but you see the first kind of happily ever after, involves NEGATIVE drama, and that’s why it will never work out. It involves doing all of the wrong things, but expecting the best results.

So because of this fact, I am going to come back to that formula I referenced in Chapter 1. I told you that you needed 3 components, to get the same kind of success that Amy did, and beyond, with your love life and relationships.

The first component, was knowledge. The second was action. The third, was an infusion of drama.

Now, I want to clarify, that with the typical phony version of Happily Ever After, (the same kind that most people are taught to chase after), almost always contains the same components as a genuine happily ever after outcome. This is why people often mistake the WRONG happily ever after, as being the real deal, but there is only ONE formula, and one way to get the actual genuine outcome.
But let me first illustrate what I mean...

For example: **Knowledge + inaction + unnecessary drama = miserably ever after.**

In this case, a woman could know all kinds of things, but she is bound by a thought pattern that involves a lot of wishful thinking, which means she either doesn’t take action, or she waits and hopes that the man will come in and do something. Then, when he doesn’t, she creates unnecessary drama to try and force him to do the right thing.

Now on a woman’s end, this will seem like the right thing to do, and it will feel like she is doing all that she can, to get the desired outcome. Yet, much to her surprise, she ends up with a miserably ever after outcome, instead... and like many women, can’t figure out, for the life of her, what even went wrong.

Another version of this same problem, goes something like this:

**Ignorance + action + unnecessary drama = confusedly miserable ever after.**

In this case, the woman doesn’t actually really know a whole heck of a lot. She really doesn’t know what she is doing, and she doesn’t understand what she should, but she is taking action regardless.

Naturally this is a fast path to disaster, because even if she took action, and tried to make things work, the confusion alone would push her to create unnecessary drama as she tries to work out yet again, what it is that is actually going wrong. In this case, the outcome is a confusedly miserable ever after.
Again, on her end, she thinks she is doing the right thing, because at least she “tried”, but it doesn’t matter what she tries at this point, because she is completely lacking the knowledge necessary to even make it work.
The final and most deceitful versions of this formula, for the Happily Never After, looks like this:

**Knowledge + Action + Unnecessary Drama = Happily Never After.**

This is the same outcome that Amy almost ended up settling into, that is, until she realized that she had it all wrong. This is the deadliest of all mixes, for the 3 components, because it does look an awful lot, like the final formula, and it can be easily justified.

In this version of events, a woman knows what she should be doing, and she is even taking action. So she’s no longer sitting around waiting for her happily ever after to come. She is in fact working hard at it, and yet, she’s still getting less than mediocre results. So what does a woman in this circumstance do?

She pulls an “Amy”, and she pushes the guy to the absolute brink of unnecessary drama, to try and cajole him into finally “seeing” what it is that she feels he is missing. What happens then, is the guy might react to this intense level of unnecessary drama, because now a woman is locking him in with all kinds of emotional games, but the problem is, he will always still pull away, any chance he gets.

But this time, since he can’t physically leave, he will emotionally leave. He will withdraw, he will become distant and cold, and this basically results in a happily NEVER after. No matter how long he stays, this relationship now, will never end up with a happy ending.

Now this version of the Happily Never After reality is the most dangerous, because it looks an awful lot like the formula for an actual happily ever after. It involves all of the same things, and even has 2 of the components correctly working, except... for the
final and last thing, which is actually what makes or breaks a relationship and love life.

What is that final thing? The drama aspect. The only time a happily ever after, happens, and remains, is when necessary drama is infused.

Think of it like a rainbow, you only ever see them, when the conditions are just RIGHT, in the first place. The sun has to be able to shine, and yet there also has to be an infusion of rain or moisture in the air.

The same thing applies here. You are looking for the perfect mix, to get the ultimate outcome. What is that perfect mix? Again, you combine:

**Knowledge + action + necessary DRAMA = happily ever after.**

This is the ONLY time, place, and way in which a happily ever after can actually occur, and there are four very solid reasons for this:

1. **Your Slate is Wiped Clean** - with the factor of active knowledge, all of the misleading conditioning and misleading misconceptions are wiped clean. You get to start over with a clean slate, which completely removes the idea of acting based on misinformation now. It means that you know what you are doing, and why you are doing it. You are in control now, and have all of the power now in your love life, because of this.

2. **You Only Deal With Results** - you are not bound by the prison of wishful thinking anymore, only HOPING that something would happen. This time you actually go out and make that thing happen. I’ll let you in on another golden secret: the women who have the most success, happiness, and sustained pleasure in their relationships, do so not by waiting for things to happen, but by going out and making those things happen. They strategically take action, to benefit their future, and thus secure it,
endlessly, to be as happy or as passionately intense as they want.

3. You Wipe Out The Unrealistic Expectation Factor- no longer are you stuck in a place where you have to wait for a guy to come in, and become your savior, where you have to feel like this guy has to be EVERYTHING for you, because you have waited now, for your life to begin. Your life no longer has to “begin”, because it would have already begun, and even better: you release your man from an impossible standard. He can’t do everything for you, all the time, even if he was Superman, he simply couldn’t. He wants to, but he just can’t. It means you make room for him to fulfill you on a deeper level, and to take care of you in the way he was meant to.

4. You Open Up A Never-ending Love Loop In Your Relationship- by infusing necessary drama, you end up giving your relationship, and love life the power to actually secure a happy and intensely passionate future.

It means that your man never grows bored of you anymore, and that no matter how much time passes after this, that he will be able to always feel a renewed sense of passion, love, commitment, and beyond, toward you, because now you have given him the ultimate purpose. It means he sees the power to have everything he could ever need, fulfilled through you.

Now remember that with the “Happily Never After” outcome, a woman might end up nagging the poor guy to death, or basically doing something that results in a man feeling as if he simply cannot even have his needs met through her.

This is the same problem that Amy realized she was creating, when she had one of her big “AHA” moments. It became clear to her, after she began reading Derek’s email, that she was often pushing Derek in a negatively dramatic way, trying to force him to become the perfect guy, because she felt pain when he wasn’t.

This meant that she was indirectly telling Derek, that he wasn’t good enough for her,
and thus he would end up feeling as if he simply would never gain fulfillment after this, in the relationship. It meant that Derek sought emotional fulfillment elsewhere, because Amy was spending a great deal of time, freaking out about trying to get her perfect outcome.

Now there is actually a tactic which appears later on in this program, which shows you how to change that reality, and how to make a man see you as the ultimate resource for everything he could desire, want and need, but the main point for now, is simply this:

The outcome you are looking for, is a new kind of Happily Ever After, which means that you must be willing to let go of the old conventional kind of Happily Never After, because it’s only ever going to make you miserable.

You can see, in Amy’s story, that she had BOTH kinds of outcomes, but only one of them truly fulfilled her, and lasted. The other one, made her and Derek miserable, and caused her to feel almost constantly emotionally and mentally tortured.

I’m going to let you in on another little secret now too, because, you’ll notice, that the end of Amy’s story is epitomized with the statement that she and Derek lived happily ever after. But I’ll reveal to you now, that Amy’s final “happily ever after”, is actually the second kind of happily ever after, that I just spoke of.

It’s something that I am going to show you how to achieve in this program, but in order for you to understand how to do that, and why this is true, I must first get brutally honest with you.
Chapter 6: Real Is More Than Ideal

In the previous chapter, I mentioned two very alarming realities that surround the Happily Never After outcome. Now it’s time to get brutally honest with you about those two things, because it’s time to break through the barriers, preventing you from getting what you want in your love life.

These two realities, are the two most common, and yet ignored problems that almost every woman faces, at any given moment in her relationship. The first problem is the expectations that you have of a man and the relationship, to fulfill certain standards that you have been conditioned to set.

These standards, are what is known as unrealistic expectations. There are two kinds of unrealistic expectations that control women, when it comes to their relationships and how they react to the men around them.

The first, is the kind that you were conditioned to believe in, ever since you were a little girl. This is what is known as the Wishful Thinking Expectation. This expectation is grinded into the very core of your being, from the minute you are born, till you grow up and become a woman.

What expectation is that?

The expectation that everything will work itself out, eventually, one way or another. Ever heard that saying “everything happens for a reason”, or how about “whatever you do, comes back to you” (a.k.a. the belief of karma).
Or what about the “if you are going through hell, keep going”, or the common, “if life hands you lemons” ideologies?
The list goes on and on and on, of idioms, sayings, and catch phrases, all of which, actually represent the same idea. What idea is that?

What all of these things mean, is that everything should eventually work itself out, even if what is happening, or what is going on, is completely terrible, you should just keep going. Basically, it means that no matter what, everything should work out.

If life hands you lemons, make lemonade! Amazing, everything worked out!

If something really tragic, and especially confusing happens to you, you are consoled by being told “everything happens for a reason”, which again, is another way of saying “hey, this came into your life as a way of trying to make something else work out”. It’s basically like saying this: something really bad happened to you, but it’s only happening so that something else can automatically be worked out.

The entire idea of karma, as well, centralizes around this strange idea that everything should just automatically work out too. If somebody does something bad to you? Oh, well karma will get them back! Magically everything works out, and everything balances itself out.

Now while these are great and even ideal ways to think and address life, the problem is, when it comes to relationships, this expectation, that everything should work out automatically, is beyond TOXIC!

Why is this expectation toxic? It means that you are always in a position of wishful thinking. To clarify, wishful thinking, is the act of hoping that something will happen, but doing nothing more.

It means that you just sit back, relax, and wait for an outcome to arrive, and because
of this fact, this is one of the most damaging realities that any woman can ever bring into a relationship, or project onto her man.

Unfortunately, you’ve been taught from a very early age, that you need to approach life, and address life in this fashion. But there’s one HUGE problem with this: it leaves you in an “if only” reality.

What ends up happening with this kind of wishful thinking and expectation that everything will work out, is that you end up in a reality where you can only do something, get something, or have something... IF another criteria is met first.

This means that until, or unless that other criteria is met, you are stuck in limbo land, possibly for all of eternity.

Now does this sound like something you want in your own relationship? Probably not, but let me help you get some perspective on this.

This same thinking pattern is present when you are dealing with your relationship, and with your man, which means, that your relationship probably looks, and goes something like this:

“If only my guy would do ______, then I could get ______”. Does this sound familiar?

Or are you still not sure?

I’d like to bring your attention back to Amy’s story, from the beginning of the program. One of the mistakes that Amy was making over and over again, was this exact thing.

She kept on wishing and hoping, and telling herself, that if only Derek would just commit, then everything would be better, and everything would work out.

But as you know from the previous section, she never would have gotten a happily
ever after, even if Derek had complied.

That’s not all, either. Amy had many “if only’s” going on, in her relationship, where she would resolve, that if only Derek would call her more, if only he would be more open, if only he would tell her the truth etc... and so forth.

The funniest thing about all of this, is that every time Derek actually did those things, Amy felt more and more hurt. If he called her more, she’d end up feeling like he was being overbearing.

If he was more honest, she’d feel like he was attacking her. If he was more open, Amy would feel as if all of his insecurities were too much.

So this expectation, that everything works out, or that it should, “if only” the other person does what you think you want them to do, is extremely flawed. Almost 100% of the time, if you got things the way you expected them, you’d be miserable.

I know this sounds absurd, and even pretty strange, but you don’t want what you think you want. You actually want almost the exact opposite.

You see, Amy had this exact same problem. She kept on waiting, and waiting, and then waiting some more for everything to just work out.

She was one of the most extensive “wishful thinkers” to ever come into Derek’s world. But here’s where it gets funny...

In Amy’s mind, Derek needed to simply come in and do certain things, to rescue her, and according to her expectations, he needed to step up to the plate, to immediately do the right things, all of which, were a part of her “if only Derek would do this” list.

But here is where everything that she thought she knew, or wanted, went down the
drain, because even if Amy had gotten Derek to commit at that very moment, she would have been miserable, and I don’t just mean unhappy here. I mean intensely miserable, as in, the completely crushed by life, with all hopes and dreams burnt out, kind of miserable.

At first glance, it would appear that Amy wanted Derek to simply commit, and to finally prioritize the relationship. But she actually wanted something deeper, and she needed something more. Had she gotten what she wanted, she would have been living in the “happily never after” reality.

Why?

Well to put it simply, she didn’t actually want Derek as he was. The typical version of Derek was the kind of guy who would blow her off, who didn’t appreciate her, who prioritized everything else, and who was distant etc...

Had Amy actually “secured” this reality, she would have ended up utterly miserable. The core of the story still remains the same here that the guy gets the girl, they fall in love, but they end up living happily never after.

That’s not what any woman actually wants, but unfortunately, with conventional conditioning, many women end up with a happily never after. This is because they end up settling for things that they feel they want, but the reality of it, yet again is this:

**You don’t want what you think you want. You actually want something else.**

You’ve been conditioned since birth, to believe that you should want a happily never after, because of the fact that society idolizes the idea that everything should just automatically work itself out. It means that you set yourself up, almost 100% for a “happily never after”, at this rate, just like Amy did.
Now you’ll notice that at the end of Amy’s story, she did end up with a happily ever after ending, but as I mentioned earlier, there are two kinds of happily ever after’s. Amy’s final happily ever after, is actually a second and more powerful kind, but she only got there, after crushing through her desire to peg her relationship and man, into a “what if” or “if only” reality.

When Amy finally realized, after years of suffering through confusion, that she had simply been sitting on standby, waiting for something to happen, a new gear kicked in. This new gear told Amy to throw that kind of expectation out the window, and to get a new expectation. This new expectation would involve, only two things: actions and results.

This meant that she would no longer sit, and wait, and hope that everything she wanted would happen or come true. It meant completely re-hauling her entire relationship, and what was even more surprising to her, was the realization that it wasn’t even as hard as it first seemed.

In part two of this program, I will reveal to you, exactly what you need to do, to re-haul and overrule this kind of thought pattern, but it’s at first important to recognize that this exists, and to be able to recognize when it is in play.

If in the future you find yourself feeling a drive to wish for an “if only” outcome, or if you catch yourself thinking more heavily about the “what if” possibilities, then it’s important to stop and recognize exactly what is happening.

Remind yourself that, you have been conditioned to idealize the idea of everything just working out, but that sitting and waiting around, hoping that things will happen, means you leave all of the power, of the decision making up to the man. It means you hand over your future to somebody whom you are already uncertain about to begin with.
As you will learn with the coming tactics, you never want to give the man all of the power, but you simply want to give him the ILLUSION that he is in control. Otherwise, if you let him call all of the shots, and let him make all of the moves... while you wait, it means that you are only ever allowed to deal with the consequences of what he chose.

You get to have no say then. You have no rights then... because now the outcome was determined without you, since you wanted to sit on the sidelines.

This is why you have to actively take part, from here on out in your own relationships, and with your own relationship goals.

Now, there is one more kind of expectation which completely kills the potential of a relationship to actually be successful, but even worse: it makes it impossible for your man to fulfill your needs.

This expectation is called the Worldly Expectation.

This is the kind of unrealistic expectation, that you have also been conditioned, from a very young age to have, only this expectation over time, becomes fueled more and more by your own neediness, especially if you don’t know how to have your own needs met.

This is the kind of expectation that you bring to the table, out of neediness and desperation. This is called the “Worldly” expectation, because it most often leaves you expecting a man to literally be or become your entire world. It means that your entire life is embodied and encompassed by this man.

This means that you often end up needing the man to be your best friend, your lover, your father figure, your mentor, your companion, your helper, your comforter, your happiness, and your entertainment etc... the list never ends, because you need this
man, to become quite literally, EVERYTHING you ever needed from life itself.

Now a lot of men might make the mistake of trying to fulfill this request, which further fuels this idea in your mind, that this is something that men should be doing, or that this is not an unreasonable request, but understand today, that this kind of behavior, or this kind of a demand on a man, causes the entire relationship to collapse in on itself.

It creates so many problems, for both you and the man involved, that by the end of it, you both would be so miserable, and neither would feel fulfilled.

So the solution here is to learn how to internally compromise.

If you often take your expectations to the extreme, because you feel lonely, needy, or are desperate to have somebody in your life to finally take care of you, the solution this time, is to compromise within yourself, so that you can take on a part of this load, and so that you are not always dumping your emotional baggage and needs onto a guy all the time.

You have to be able to pick yourself up, and live your life. A man cannot live his life, and yours for you too. That’s why, this expectation is unrealistic. It’s basically like asking a guy “hey, I know you are trying to live your life, and survive, and thrive... but can you do that for the both of us now, because I just can’t do that for myself, so you need to start living my life for me too, here. Take care of me. Do things for me. Do my life for me, plus yours!”.

Obviously this would become overwhelming, and even the most perfect man would buckle under this kind of pressure.

Understand that there’s only so much a man can do for you, but you at least have to try and meet the guy halfway. When you do, you will find that men will go above and beyond, to try and help you fulfill your desires, because now you’ve actually jumped
off of their back, so now they have the freedom to actually move, and do things for you... whereas before they were hauling their own weight, plus yours... and you were wanting them to jump over backwards on top of that.

What happens, is you both fall down then, if he tries.

But if you get off his back, a magical thing happens: he can move now. He is free to actually fulfill your request, because now you’ve given him the space for once to do this. This is what the compromise is about, it’s about turning more of the expectations onto yourself, instead of onto the guy.

Again, you are the leader here, especially in the emotional dartboard game that is being played. The man looks up to you, to understand and lead the way, when it comes to emotional things. So he will follow your lead, but if you give him an impossible path to follow, he will break, and in return so do you. Then the entire relationship is ruined.

So, your job then, is to make sure that when you get into a relationship, you are not projecting unrealistic or impossible expectations and standards onto your guy, that ultimately get in his way or ability to do his job, or fulfill his purpose toward you.

The biggest concern with both of the idealizing expectations mentioned, is that they cause you to create UNECESSARY drama in your relationship. When you do this, a man will always pull away, and will withdraw violently. As mentioned in the previous section, as well, unnecessary drama leads to a happily NEVER after outcome.

Thus, you never want to be the cause of your own relationship downfall either, by fueling the very things that will break the entire system, or by doing the very things that cause a man to feel like he needs to run away or emotionally retreat.

Your job, then, is to actually step back in a different way, so that he has room to
become the best lover you will ever experience, and the coming tactics, in this course, will show you more in depth, exactly how to take action to get a fulfilling, consistent, and secured outcome from a man in your love life, by doing just that.

The very first thing then, that you should step back from, is the factor of unnecessary drama. Do this, and you will see an insanely powerful improvement in your love life, instantly.
Chapter 7: Necessary VS. Unnecessary Drama

Throughout the previous sections, you’ve heard me mention something called unnecessary drama, and another thing called necessary drama. These two forms of drama simply perform one function, which is to either negatively, or positively influence your situation or circumstance, dramatically. Drama, therefore is almost always used to help change a situation for worse or better.

It is usually used, when we are having a problem, and either:

A) Want that problem to stop, or

B) Want to fix the problem or change the cause of the problem so that it’s no longer a problem.

Drama in and of itself, is simply the fulfillment of every feeling that we may experience, within the emotional spectrum. Another way of putting it, is to say that drama is simply an emotionally exciting series of events or circumstances. Of course, like anything in life, there are good circumstances, and bad circumstances.

Your job, is to create a form of good circumstances and events, through which you can give a man the power to fulfill your love needs to a level of absolute ecstasy. Now it’s important to note, that a man will do whatever you direct him in, as long as the directions are clear, as you learned in the previous sections.

The unique thing about using drama to peak a man’s emotions, is that, you obtain the power to literally turn any bad situation, emotion, or circumstance into an outcome
that you actually desire. Now, since you will be using drama to affect a man’s emotions, the very first thing you must know, is that there are two kinds of emotions.

**Negative and Positive.**

Both kinds of emotions affect your relationship, love life, happiness, and more. Both of these emotions can also make or break a relationship, depending on how a woman deals with them, when they are coming from either:

A) Herself,  
B) Her man,  
Or  
C) The relationship.

Now in the coming sections I will explain what I mean by this, but first there is something you should know.

Since there are both good and bad emotions, it may sound difficult to use drama in all circumstances, to get the outcome you desire, but necessary drama, can actually fix any problem that negative or “bad” emotions present! Allow me to explain...

Emotions are often pegged as being either good or bad, or negative or positive. This is an incorrect way of addressing emotions, because NO emotion is actually bad. Every single emotion fulfills a purpose, and has a use, including the emotions that we often see as negative or “bad” ones.

**What are negative emotions, anyway?**

Negative emotions, are any emotion that doesn’t feel good. This would include feelings, like anger, fear, depression, guilt, despair, anxiety, or jealousy, etc. In essence they are on the opposite side of joy and love, on the emotional intensity scale.
Most people feel that negative emotions are simply “bad”, and these emotions are often made out to be the bad guys, when they appear. But it’s important to understand that no emotion is bad, and in fact every emotion fulfills a purpose.

Anger, for example, is one of the most misunderstood, and underappreciated emotions. The word anger itself, was taken from the German language, and when translated, it actually means “to grieve”. So in essence, anger itself is the act of grieving something that you feel is a loss, or something that you feel cannot be.

Thus, anger is actually an emotion that is used to indicate a deeper need, desire, or want that isn’t being fulfilled.

But, even though this is true, the emotion of anger is still often pegged as being an extremely bad one. The same thing is true for sadness, depression, and basically any other negative emotion that you might experience in your lifetime.

Again, every emotion has a purpose. Sadness has a similar purpose which again, like anger, is to point out the fact that something is not meeting up to your expectations, or it can be used to indicate if something, again is being lost or left unfulfilled. Jealousy, as another example, allows you to see where it is that you feel inadequate, or where you feel you are under-appreciated.

The problem is, that when it comes down to it, nobody really likes to deal with negative feelings, and society almost places a heavy stigma on feeling them, so much so that many people try to avoid feeling them altogether. There are actually people who would try to avoid feeling sad, or angry about something, because they feel that by doing such, they would end up being weighed down by their emotions.

The thing is, it’s not even the emotions that are the true problem here either, because all your emotions do, is point you to something bigger. They only react to something deeper going on.
Negative emotions almost always point to something deeper going on within, which is why it’s important to understand that they are not the “bad guy” here, and in fact they can be very useful.

Fearing them, or trying to suppress them, only causes them to come in stronger. Have you ever noticed, for example, that whenever you try to forget about something that is tied into a difficult feeling, that you struggle intensely?

Do you also notice that the feeling begins to creep up stronger and stronger, the harder you try to bury it?

That’s because it’s not the emotions that were the problem, but the problem was rather this:

Something is being compromised in your core belief system, and your mind won’t let you rest, until you actually look at it, or address it properly.

Now what does all of this have to do with love, and men?

Everything! It has everything to do with love and men, because as noted in the previous section, you must season your man’s emotions. If you truly want to raise the level of intense attraction that a man will feel toward you, you have to be able to draw in and harness every aspect of his emotions then, including the ones that you might feel are negative.

So your first lesson, when it comes to using drama, is this:

**Bad emotions can be fulfilled in a good way.**

Which simply means this: even bad emotions, can become a good thing!

Fulfilling negative emotions, means using and turning that emotion into something
good. It means hearing the need behind the emotion, and going beyond the surface level, straight to the actual root of the problem.

Remember that emotions are only reactions to thoughts and experiences that are occurring around you. They only appear, as a result of something that was either thought, or something that happened to you. The same applies to men, their emotions equally only appear, as a result of either a thought they had, or as a response to something that is happening to them.

In fact, even positive emotions work this way. They work responsively, and they appear, to help guide you into meeting and fulfilling a need. So, again, negative emotions can be fulfilled in a good way, to turn any situation into the most ideal outcome, and as long as you use necessary drama to control and take care of the situation, you won’t run into any problems.

Ultimately, what this truly means, is that there is actually nothing to fear, when it comes to negative emotions, and more importantly, there is nothing to ultimately fear when it comes to necessary drama, and using it in your relationship to get everything you actually want from a man.

People think drama is bad, mainly because they associate drama as meaning or being a vortex of “bad emotions” or negative emotions. But, what if I told you, that no emotion was bad?

As you’re starting to see, even negative emotions serve a purpose, and appear for a reason. They were never meant to be “bad”, but are rather there to alert you, as to what is actually “bad”, outside of the emotion itself. Again, they are reactionary emotions. They only respond to what is going on. So if a negative emotion appears, it’s because something negative is happening outside of the emotion anyway.

Obviously, you don’t want to ignore a situation where a man, for example, is being influenced to feel bad, because of something negative going on.
So coming back to my point, about no emotion truly being bad, because emotions are not simply black and white, what is truly bad then, if it’s not the emotions?

The only bad thing, is the way that we choose to deal with those emotions.

It’s your reaction to the emotion that causes them to become bad, or good.

For example, have you ever gotten mad about a situation or circumstance, and you decided that you wanted to do something about it, in your anger? But after you reacted, you ended up having to apologize, because your reaction to your own anger, went overboard?

It’s not the anger that was the problem, then. Had you simply felt the feeling, and left it alone, without reacting, everything would have mostly been fine. The emotion only became bad, and negative, however, when you actually reacted to it, and thus gave it power.

Likewise, even healthy and positive emotions, have the potential to become a bad thing, based on how you respond to them.

Take for example, the feeling of addiction. This is an emotion that has the potential to be very good. For example, you could become addicted to staying positive, eating healthy etc... and in these cases, the addiction helps to fuel something good in your life.

But, this same feeling, can also fuel a bad habit, as well, which means that no emotion, is black and white, or “good or bad” anymore.

Let’s say, for example, that you rode a roller-coaster, for the first time, and enjoyed it so much that you decide to go on it again. The feeling of the thrill and excitement
overtakes you so much that you just want to keep riding that roller-coaster over and over again, until finally you find yourself heavily addicted, so much so that you start to lose sleep, and stop eating, just so that you can get on this ride again, and again.

Now, obviously addictions can play over into much deeper realities, as you know, but the point is, that even good emotions have the potential to become bad, if the way that they are dealt with, is bad in the first place.

The same thing applies to drama. Drama can be a good thing, or it can become a bad thing, but all of this only depends simply on how you tackle and handle it in the first place, and fortunately for you, I will show you how to do that effectively, so that you don’t end up stuck in a rut of uncertainty from this point forward.

To help illustrate this, for you, I want you to think about it this way...

Imagine a time when you felt sad or depressed, and all you wanted to do was simply be heard, and to be able to talk this feeling out with somebody.

Does the fact that these emotions are not positive, suddenly make you a bad person? Does this mean you are overly dramatic, simply because this might have been a negative emotion, caused by something outside of you? Does being depressed suddenly mean that everything is bad?

Heck no!

There will always be a place and a time, where every single emotion, from the good, to the dull, to the “bad”, are appropriate. This means, once again that all emotions serve a purpose, and every single one of them is actually a good thing.

Since you will be using drama as the ultimate core concept, to completely revolutionize your love life, and relationships, the purpose and point then, is to fulfill all emotions, so effectively, that every single outcome you get or receive afterward, is
a good one.

It’s equally important then, to adapt to, and soak in the ideas you have just learned, so that you don’t feel an intense block or fear anymore, when dealing with a man’s emotions, or when dealing with any emotion which you may experience during the relationship itself, regardless of which kind of emotion is present. You could be dealing with anger, resentment, or intense feelings of insecurity, like rejection, mistrust, or betrayal....

But from now on, you will know 100% that this is a good thing, and that these emotions alone are not going to draw energy from you, and that they aren’t going to turn your relationship, or your man into some kind of dramatic gong-show.

Again, it’s all in the art of the approach.

Amy’s story, from the beginning of the program directly correlates here, because in the beginning, she was using negative drama to try and influence her man. She tried nagging him, she tried pushing him, and she even allowed herself to be used. So even her “good emotions” were now causing her pain, and problems, but only because of the way she was approaching the situation, in the first place.

Once she learned the difference between necessary and unnecessary drama, this problem solved itself, and even though Derek was revealing some pretty intense things after the fact, to Amy, about his own insecurities and problems, his feelings and emotions therein no longer were causing any issues, and in fact could easily be solved, after.

The emotions, therefore, were no longer the ‘bad guys’, and the drama itself, was now necessary and useful, to help fulfill the needs of those emotions as well, for both Amy and Derek, in their relationship.

Again, I will explain how she did this, very soon, but I’d like to tell you why it is that I
am teaching you about negative and positive emotions.

Throughout this program, you’ve seen me talk about something called necessary drama, but you’ve also seen me mention something else, called unnecessary drama. You see, there are two kinds of drama.

Necessary Drama, refers to the essential fulfillment of all emotions, on a level that makes a man feel as though everything he could ever desire, need, or want can be fulfilled through you.

Necessary Drama, in essence is a condition which is present to help your relationship always remain solid, unified, and passionate. Necessary Drama therefore, is all of the good things that SHOULD happen in your relationship, and throughout your love life. It embodies all of the positive emotions, such as happiness, excitement, thrills, passion, understanding, comfort, sharing, support, love, and appreciation.

But, it also FIXES and resolves the negative emotions, so that positive emotions can shine through. No relationship is perfect, because it involves the meshing of two completely separate beings into one final outcome. Obviously, if you take two completely different beings, and try to make them “one”, or try to turn them into a whole, issues will arise.

But as mentioned previously, it’s not the issues that are the concern, but rather how you handle them, and react to them. Necessary drama gives you the tools you need to effectively be able to handle, and react to your relationship, and man, in such a way, that you only ever end up with a powerfully pleasing response, in return.

Without Necessary Drama, your relationship and love life will head into a zone of depression, coldness, boredom, resentment, jealousy, anger, lack of appreciation, misunderstanding, hatred, closed mindedness, or worse.

Since drama refers to the way that you handle the feelings and emotions that come up
between you and your man, and within the relationship, it means that no matter what, drama is always present, even if you don’t realize it.

The issue is, that most women actually use and follow a routine of unnecessary drama, in their relationships.

Unnecessary Drama is basically the PROJECTION of emotions. Unlike necessary drama, Unnecessary Drama actually feeds off of whatever negative emotion is present, and it increases it ten-fold, by projecting it back into the relationship.

The problem, is that unnecessary drama usually, and almost exclusively projects negative emotions back, and amplifies them, but even worse is the fact that unnecessary drama actually creates negative emotions, just to be able to do that in the first place!

Do you remember the example I gave earlier, about anger, and how sometimes when you get angry, you might try to do something about that anger, in the moment, only to find later that you made things worse?

That is an example of unnecessary drama. Obviously, you intended to stop the thing that was making you upset, and you wanted to do something about it, but because you PROJECTED the anger back into the problem, things only got worse.

The same idea applies here, where unnecessary drama, means that women all over the place are only INCREASING the problems in their relationships, and love lives, without even realizing it.

Unnecessary Drama feeds off of negative emotions too, because these emotions have the most powerful reactions and responses, and because of this reality they can become addictive to use or create when a woman wants something to change, or wants to be heard in a relationship.
Many women are guilty of using unnecessary drama in their relationship, because of this fact. Either something doesn’t go the way you expect, or maybe something is going wrong and you want to stop the problem...

So you bring in unnecessary drama. It definitely elicits a response from a man too, but the problem is, that the response is 10X more powerful, and 20X more negative than ever imagined, so then you are stuck with an even bigger problem than you originally had.

The best example to illustrate this, is a person in pain. When a person is in pain, a negative emotion almost always accompanies that pain. Now most people’s natural response to pain, is to try and get rid of it. They want to destroy the trigger, or the thing that is causing the pain.

Nobody wants to feel bad. So a person in this situation is already volatile. Now, I want you to imagine TWO volatile people, together, in a relationship. Both are struggling, or are having a problem.

One of them tries to destroy the trigger, by projecting that feeling onto the other person, thinking that this will help stop the pain. What happens next, is most likely an intense argument, followed by a lot of hurtful things being said.

This is the perfect example of unnecessary drama. It’s the essence of handling and reacting to things in a way that actually makes things worse.

Unfortunately, many women deal with and handle their love lives, and relationships, with an intense overload of unnecessary drama. Now, of course, you aren’t exactly doing this on purpose, because as I mentioned in the previous sections, you’ve been taught to do this.

Ever since you were a child, you were told that everything should just work out, and that it’s ok to expect the world from your man. It’s very easy then, to become
disappointed, or to feel frustrated around a guy, because of this fact.

But another problem that makes its way into the mix is this:

**You are an emotional thinker.**

As a woman, when growing up, you’ve also been taught to share, express, and **project** your emotions. You were told that this is ok to do as a woman, and this is how you communicate and interact with the world around you.

For example, if something has happened to you, like a loss, you feel sad. You want to talk about this with somebody, to help alleviate the feeling. You can actually feel better, just by talking it out.

You’ve been taught, therefore to share your emotions. When you are happy and excited, you also do the same thing. You might go out and celebrate with your girlfriends, or you might want to call your man up and tell him every little detail.

Again- this is all a part of your conditioning that has taught you that expressing, sharing, and projecting your emotions, whether negative or positive, results in feeling better.

This same kind of thinking overlaps into your love life and relationship as well, so that you tackle men, and your relationships similarly.

But the problem is, that when you project an emotion onto a man, he doesn’t really know what to do with that. Men haven’t been taught to share their emotions, as they grew up.

If anything, men were actually taught to hide, or conceal their emotional side, otherwise they appear to be weak. Thus, men grow up learning to tackle problems using an intensely logical approach. Now this doesn’t mean that men don’t want to
feel anything, or that they don’t know how to feel, but rather it means that they don’t really know what to do with their feelings when they experience them... especially when they are being projected from a woman.

What happens in this case, is something known as a fight, or flight response.

In a guy’s world, it’s basically an “all or nothing” kind of a viewpoint, at this stage, wherein he either wants all of it, or he wants nothing to do with it. So he either fights to stay, and fights through it, or he runs away.

The only time, however, that a guy will actually stay, and fight through it, and want the “ALL” approach, is when you use necessary drama.

If you use unnecessary drama, a guy will have no choice but to run away, because now the emotions are completely out of his range, and he will feel overwhelmed, especially since they are negative emotions, from his perspective, even if the emotion being projected was meant to be a good one.

Again, how you approach the emotion, even if it is a good one, determines how that emotion will be perceived.

So good emotions, like affection and love can become negative, if for example, you start projecting that emotion by calling your man all the time, asking him to be around you all of the time, and by basically not giving him any space anymore because you like and adore him so much that you want to do everything together.

On his end, he will feel attacked and caged in, and will feel like you are coming at him with an emotional chain saw, ready to slice into him at any second. Again, this is because, unnecessary drama feeds off of negative emotions, and amplifies them.
In the example I just gave, it is very clear that the negative emotions being amplified are those of the fear of abandonment and insecurity, as heavily clinging on to a man, with that level of neediness, means that on a deeper level, you have an intense fear of being rejected. Thus, two very good emotions, like love and affection, now become a bad thing.

Why?

Again, it’s because of how you were projecting them on to your man.

As I mentioned in the earlier sections, men see you as the emotional master. You have been given the freedom and opportunity, all your life, to be allowed to be emotional, rather openly, and have been accepted for this reality.

You are allowed to cry, for example, without having people feel that you are pathetic. If a man started crying, people would think something is wrong with him, and might even tell him to “man up”.

Because of this reality, men look up to women, and they view women as the ultimate emotional masters, and they look to women, even for answers therein. This is why it’s important to understand how to yield your emotions, in such a way, that your man literally follows suit.

Again, I will explain how to do that, in the second half of this program, and in the next few coming sections, I am going to explain a deeper desire that men have, when it comes to this reality, because men actually want to be able to express their emotions, to have them fulfilled, and to be able to release them.

But, they will never do that, if they feel like you are holding them hostage, with their own emotions. Unfortunately, unnecessary drama does just that, which is why you must be careful not to bring unnecessary drama into your relationship in the future.
The best way for this to happen, is for you to actually understand what unnecessary and necessary drama look like, in action. Again, necessary drama fulfills every emotion, but unnecessary drama projects emotions.

Necessary drama will ensure that every emotion is taken care of, so that projection is not necessary. Unnecessary drama avoids taking care of the emotion, because it only scratches the surface level, and therefore results in a lot of negative emotional projection.

To best illustrate this, I have created a table of actions and reactions that are caused by each reality, to help show you what each type of drama looks like in action, to help you recognize the difference between the two:

<table>
<thead>
<tr>
<th>Unnecessary Drama</th>
<th>Whereas Necessary Drama</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>involves blame</strong>, from both sides, because of a lack of acceptance or responsibility from one or both sides. Understanding of the other, at this stage is not present. It causes men to feel like they are always in the wrong, and that nothing they ever do, is good enough.</td>
<td><strong>Involves acceptance</strong> and responsibility, from both sides, because emotional understanding of the needs of both sides is occurring. It causes men to feel like their efforts are appreciated, understood, and desired, but also helps men feel motivated at the same time to do better, and to improve upon that.</td>
</tr>
<tr>
<td><strong>caters to giving power to any negative emotions</strong> involved, which means that the emotions control the situation. This makes the situation turn from problematic to extreme, quickly, which in turn freaks a guy out.</td>
<td><strong>caters to giving power to the deeper needs</strong>, and actual root causes of the problem, to therefore gain control over the situation. This makes the situation calm down quickly, which in turn causes the guy to open up to you, trust you, and remain there even when things are not 100% perfect.</td>
</tr>
<tr>
<td>Unnecessary Drama</td>
<td>Whereas Necessary Drama</td>
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<tr>
<td>tries to use coercion, emotional blackmailing, aggressive demands, manipulation, and anger to get results, from a man. This in turn makes men feel like you are trying to smother them or cage them, and the only response then is for them to run away.</td>
<td>uses understanding, positive reinforcement, truth, acceptance, and calmness to get results. This in turn makes a man feel like you are giving him as much freedom as he actually needs, which in turn makes him reward you for finally understanding and respecting his needs.</td>
</tr>
<tr>
<td>feeds unreasonable conclusions, which in turn give power to emotions like jealousy, insecurity, and fear. This makes a man feel confused, because again, men are logical thinkers.</td>
<td>only allows reasonable conclusions, which in turn gives power to feelings of security, trust, and comfort. This allows a man to feel assured, because now he can understand what is going on.</td>
</tr>
<tr>
<td>is an immediate over reaction, which in turn spawns an equally powerful reaction in turn, from a man. This means that your man will now be attacking you, instead of listening to you.</td>
<td>is an immediate solution, which in turn spawns an even more powerful reaction in turn, from a man. This means that your man will be listening to you, and apologizing if he has wronged you.</td>
</tr>
<tr>
<td>involves an unreasonable lack of self-control, and often attacks the other person. Men will shut down in this situation, and will close themselves off, to prevent you from doing more damage.</td>
<td>involves a reasonable level of self-control, so that no person feels attacked. A man will open himself up more, and will let you into his true thoughts and feelings, without attacking you either.</td>
</tr>
<tr>
<td>increases anxiety, and stress, because feelings are only being projected, but aren’t being heard or resolved. This causes a man to emotionally explode, because he has nowhere else to put his emotions anymore now that you are projecting onto him.</td>
<td>removes anxiety and stress, as feelings are being heard, and resolved. This allows a man room to release his emotional aggression, in a safe and healthy way, now that you are not projecting onto him.</td>
</tr>
<tr>
<td><strong>Unnecessary Drama</strong> causes defenses to go up, as both sides begin to feel unheard, &amp;unappreciated, as the stress of trying to stop the pain increases.</td>
<td><strong>Whereas Necessary Drama</strong> takes down all walls and defenses, until only the raw emotion and truth are left, leaving room to heal.</td>
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<td><strong>Unnecessary Drama</strong> concentrates on the surface level issues, which means the true problems never get addressed.</td>
<td><strong>Whereas Necessary Drama</strong> concentrates on the true core issues, which means that both the core and surface level problems are resolved.</td>
</tr>
<tr>
<td><strong>Unnecessary Drama</strong> is reactionary in approach, which means not a lot of time is given to work through the problem, before a response occurs, thus resulting in a poorly chosen reaction.</td>
<td><strong>Whereas Necessary Drama</strong> is radical, which means time and consideration are given to work through the problem, before a response occurs, thus resulting in an accurately chosen response.</td>
</tr>
<tr>
<td><strong>Unnecessary Drama</strong> is heavily contradictory, because of a high chance of bias. This means that you might tell your man that you want something from him, but the minute he does it, you become even more upset, or don’t accept that either.</td>
<td><strong>Whereas Necessary Drama</strong> is heavily consistent, because of a low chance of bias. This means that if you tell your man to do something for you, that when he does it, you accept it, and allow it, because it is what you asked for.</td>
</tr>
<tr>
<td><strong>Unnecessary Drama</strong> is only black or white, or involves thinking patterns that involve “all or nothing” thought patterns, thus heavily limiting the ability of the relationship to grow.</td>
<td><strong>Whereas Necessary Drama</strong> allows for grey areas, but also black and white regions, thus fulfilling all areas, and allowing room for the relationship to breathe and grow.</td>
</tr>
<tr>
<td><strong>Unnecessary Drama</strong> creates and causes fear, because of the level of negative intensity. It therefore causes men to run away.</td>
<td><strong>Whereas Necessary Drama</strong> creates and causes love, because of the positive intensity. It therefore, causes men to stay permanently.</td>
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</table>
Unnecessary Drama makes men think you are not serious, because of the significance of events or details you concentrate on.

Whereas Necessary Drama makes men think you are serious, because of the significance of events and details you are concentrating on.

Unnecessary Drama causes a man to lose respect for you, because it makes you appear emotionally immature, and thus appear to be a low quality woman.

Whereas Necessary Drama causes a man to gain respect for you, because you appear to be emotionally mature, and thus appear to be a high quality woman.

Unnecessary Drama makes it difficult for a man to figure out how to approach you, be around you, or handle you.

Whereas Necessary Drama makes it easy for a man to want to be around you, handle you, and approach you.

And finally, Unnecessary Drama fuels, but does not resolve negative emotions, such as feelings of: anger, disgust, fear, sadness, avoidance, disappointment, abandonment, despair, anxiety, rejection, hate, shame, guilt, insecurity, disrespect, resentment, inadequacy, worthlessness, loneliness, and hopelessness etc...

Whereas Necessary Drama resolves negative emotions, so that they may serve their purpose of fulfilling a deeper need, once looked at, which means that negative feelings then turn to positive ones, such as feelings of: worthiness, happiness, amazement, liberation, interest, acceptance, peace, optimism, hopefulness, openness, love, playfulness, respect, and so forth.

Now there are many other ideas that I could get into about the major differences between the two types of drama, but I would rather help show you what those are, with direct examples later on in this course.

For now, however, I’d like to point out something rather interesting about the information revealed in the table above. You see, this comparative table, might seem as though it’s “problem” related, which means it appears at first glance to only be addressing each type of drama, only if a problem is occurring first. But, what I want you to understand, firstly, is that with unnecessary drama, a problem is ALWAYS
occurring, even if one isn’t there, in the first place.

What this means, is that unnecessary drama creates a problem, even if one does not exist. Why does it do that? Again, the approach it takes never actually solves or resolves the true core issue, which means that everything that happens after that is only further fueling the problem, instead of helping it to be fixed.

Have you ever had a “drama queen” in your life, who for example, always seemed to find a way to make everything overly dramatic, and problematic, no matter what was going on? That’s exactly what unnecessary drama is, and does. It creates problems, even if one did not exist.

Again, why is that?

It’s because, unnecessary drama “projects”, thus amplifying a problem, or creating a problem even if one does not exist, whereas necessary drama, deflects, which means that problems no longer become a concern, because problems are now being deflected and resolved.

If your man is not doing something that you like, or if you’d like more from him, or if you need something from him... all of these concerns, needs, wants, and desires can now be fulfilled, because necessary drama deflects problems, solves dilemmas, and actually gives you the tools and power to improve your relationship and love status with your man.

All that unnecessary drama does, is fuel a very deadly fire, of negative emotions, whereas necessary drama, once again, heals negative emotions so that they no longer are at the forefront of your relationship or love life.

The main difference then between the two, is everything! So, you can either choose to have a very draining love life, filled with a ton of pain, because of unnecessary drama.
Or you can choose to have the most fulfilling love life you’ve ever had, where you get to hear your man openly tell you just how much he is enjoying it too, and appreciates it, using necessary drama.

Now, I know that it sounds bizarre for a man to want, or desire drama in any form, but I hope that I’ve at least proven to you so far, what it is that drama can do. But I’d like to now explain, WHY you need drama, and in fact, why MEN absolutely, without a doubt, want you to get necessarily dramatic.
Chapter 8: The Dirty Emotional Release Truth

So why do men need drama? What is it about drama that would ever appeal to a guy?

Well as you’ve seen in the previous section, there are two kinds of drama, one of which guys want nothing to do with, and would prefer it if you never used that kind of drama ever again. But there’s a whole other kind of drama, that only a few women know of, and know how to use, which you’ve learned, is called necessary drama.

Somewhere in this reality, lies a dirty truth. In fact, this is a truth so controversial that, until now, it has been buried away so deeply, that very few people actually realize this.

What is that truth?

Men aren’t allowed to release their emotions.

Now this may sound contradictory to what I said earlier, about how men are taught to bottle up their emotions, but remember that I was very careful to say that this didn’t mean that men don’t want to be able to express their emotions, or to be able to feel them.

Men actually want to be able to open up their emotional flood gates, but the problem is, is that they are very limited to where, and when they can do that. As you have learned, for example, men are not really given permission in society to just express any emotion, at any time, just because they are feeling something.

Women have a lot more wiggle room when it comes to the acceptance of their emotions, and where they can express them.

A man, unfortunately has very limited opportunities, and even then, they are usually
only allowed to express one emotion at a time. The problem with this reality, is that when a man does, that emotion is almost always EXPLOSIVE.

Even if it is a positive emotion, it’s usually almost always bursting through, by the time a guy has found a decent place to finally let loose, and release some of his emotional tension.

Ever noticed, for example, how men are often perceived as being extremely dominating, but moreover, the “angry” gender? Have you ever noticed how men are often pegged as almost being the least compassionate, or empathetic of both genders?

Women are commonly known for being compassionate, empathetic, caring, kind etc...

But do those things sound like typical descriptions of men? Probably not, and if you think about it, you probably rarely ever hear a guy being described that way, and if he is being described that way, it’s almost always by a woman who loves him.

There’s a reason for this, though, which comes back to something I said earlier. Again, men are very limited in the places, and ways they can express their emotions, so by the time they find a place that is comfortable enough to release everything, they are about ready to explode.

But what does this really mean?

It means that if a man has gotten angry, he’s actually been angry for some time, and now has reached the absolute pinnacle of that emotion, by the time it is being expressed.

It means that if a man feels love, he has reached the absolute internal intensity of that emotion, and now it’s all gushing out, wave after wave, all at once.
I’m sure that you might have noticed now, but if a guy is interested in you, he might start calling you like crazy, he might talk to you for hours and hours on end, and he might say almost anything you want to hear as well.

If he’s not interested, however, he will reciprocate that emotion equally as intensely, by avoiding you, possibly changing his phone number, giving intense excuses, and he might even begin to become rude or insult you.

Now this is just a very simple example, of something much deeper. You see, there are examples all around you, that prove that not only do men crave an emotional release, but that they are also stuck in an “all or nothing” emotional reality.

Have you ever, for example, been around a man who was so determined to do something, that even if it was hurting him, causing him pain, making him tired, or worse... he’d still continue, regardless of what anybody told him?

Or how about this... have you ever noticed how some business men seem to form their entire life around their career? They spend hours upon hours working, and investing into their job or business, even to levels that might seem completely unreasonable, and even insane, to an outsider looking in?

Have you ever seen a man, with so much drive, that even if it seems like he is facing the impossible in his work, he still keeps going?

Or how about men who seem to want to take the entire weight of the world on their shoulders, and no matter how many times they are encouraged to ask for help, or assistance, they can’t seem to do that, even if it would help them?

I’m sure you’ve seen at least one of these types of men in your lifetime, who all have one very important thing in common yet again...

They are bound by their “all or nothing” emotional reality.
When put simply... men do not feel fulfilled, when an emotion is met halfway. This is why men can often be frustrating to women, because they try to take everything on at once, and do everything at once... or they do nothing at all.

Or if they feel an emotion, they feel it so intensely, that it can even be scary, or they completely shut down an emotion, so that it’s equally scary. Again, when you think of a man, ideas of big, strong, and powerful might come to mind, as something that a man should be.

But where did this idea come from?

It’s not as if women have an unrealistic expectation of men here either, because men actually help to perpetuate this stereotype that they have to be all, or be nothing. It’s not a 100% the fault of men, nor is it 100% the fault of women either. It’s just something that simply is, again, because of how things work on the inside of a man’s mind, and within his emotional center.

So again, the reason this is true, is because men don’t really have a place to put their emotions, so once they find an outlet, it has to be all or nothing. The other concern, is that men are heavy logical thinkers.

This means that they are AFRAID to let loose with their emotional side, which is why they are EXTREMELY careful, where and when they let loose, emotionally. It doesn’t matter if it’s a positive or negative emotion either, because ANY emotion is a very carefully protected reality within every single man.

You might recall that in earlier sections, I mentioned an idea that men view women as the ultimate emotional masters. Part of the reason, is because women are allowed to express, learn from, share, and experience their emotions in an almost entirely open way, throughout all of their life.
Men, of course, are not exactly allowed to do that. Men who do, are often stigmatized, so they become scared from a very early age, of expressing themselves on a deeper level.

They have to therefore, choose carefully after that point, where and when they actually open their emotional world up, and they must be careful also in how they do this, so that they don’t compromise their integrity, or other valuable assets they have built up around themselves.

A woman’s integrity, however, is mostly built up around her emotional realities, and she is seen as strong, empowering, caring, kind, compassionate, and mothering because of this.

Now here’s where things get interesting, because this is exactly what draws a man to you.

It’s the fact that you have the other half, of everything he is missing, that he is ultimately drawn to you.

Have you ever, for example, heard or seen the Yin and Yang symbol? It is a part of Chinese philosophy, which suggests that everything has an equal, and opposite reality. It also suggests that both realities can be a part of each other, and thus because of this fact can come together, as one.

The symbol for the Yin and Yang, uses white and black, to show the contrast, but within the white portion, there lies a small black piece, and likewise within the black part, there is a small white portion.

This may also be interpreted as meaning there is good in the bad, and bad in the good... but in this case, what it means, is that you will share common points with a man, but it’s the larger contrasts that truly help define both of you together as a
whole.

The man has things that you desire, need, and want, and equally you have things that he desires, needs and wants; and together you complete one another. Thus, a piece of you, is within him, and a piece of him lies within you.

So just like the Yin and Yang, you are the other half of his completion, and in this case, you are the window, to every kind of emotional fulfillment that your man has been longing for, this entire time.

The key then, is getting him to open himself up, to you, to allow you to come in and do your job.

What is your job?

Your job is to become the ultimate abundant source, through which your man feels like everything can be fulfilled, and through whom he can trust to completely open up his emotional flood gates. You, of course, do this using necessary drama.

I will explain why this works on men, in the coming section, but it’s important for now, to know this: men are always on the lookout for a safe place to emotionally unload, and to be emotionally fulfilled.

They constantly have to bottle up all kinds of feelings, desires, needs and so much more. But, if they find a woman who knows how to open them up, and make them feel comfortable in her presence, they will completely hold back nothing in releasing that reality.

You’ll recall that I mentioned in the previous section, about unnecessary drama, and how it projects emotions. A lot of women get into a relationship, and unknowingly use unnecessary drama to try and get a rise out of their man, when they feel that he is not emotionally opening up.
What happens, though, is this:

You project your emotions onto him intensely, so now he feels attacked, and must close himself in. He doesn’t feel like he can express himself now, or as if he can open up, because you are bombarding him with a ton of emotional projections.

You could be angry, hurt, or sad, but it wouldn’t matter the reason behind your feelings anymore, because in the man’s mind, all of this means that it’s not safe for him to open up, because you aren’t giving him room to express himself.

When you project using unnecessary drama, it means that it becomes all about you, your needs, and wants in the moment, and even if it feels like a guy is not listening, he is. But the problem is, that your communication is being heard in a completely different way.

Earlier in the program I spoke about how women were taught to speak to men in a way that actually communicates a completely different message, than what was intended.

Unnecessary drama is the direct cause of communication breakdown, and almost always when you use unnecessary drama to try and reach a guy, he will hear a completely different message than what you intended. It means that something which could have been resolved simply, now turns into a long drawn out battle of confusion, and more pain.

It means that simple things, now become complicated. Remember earlier, when I said that when a man does experience an emotion, it’s almost always on overdrive, whether that emotion is positive or negative?

This brings me right back to that point, because in this very moment, with unnecessary drama in place, a guy will pull away. But he won’t just withdraw, he will
almost completely shut down, or he will fight, to defend himself, to such an extreme level that you might not even recognize the man standing in front of you anymore.

Again, this is not exactly the man’s fault. As I’ve been explaining throughout this course so far, a man follows your emotional lead. If you lead him on in a negative way, he will react negatively. But if you lead him on in a positive way, he will react positively.

The final factor to this, is knowing how to communicate in a way that he actually understands, and once again, the second half of this program will explain exactly how to do that, in a way that reaches deep within a man’s core, and these methods will have him listening to you the minute you implement the tactics and guidelines.

Now, I’ve spoken about negative drama, and how a man secures his emotions into a private vault, until he feels safe, but at the start of this section, I posed a very important question. Why do men need drama?

Well, you see, necessary drama entertains a core need that all men have. This core need, is to be able to find a release for their pent up emotions. But they will not give in to this idea of a release, until or unless they feel safe.

Necessary drama, gives a man a safe testing zone to begin unloading his potential. Locked away in his emotional vault, are all kinds of emotions and feelings, from deep, passionate desire, to intense affection and adoration, to honesty and truthfulness, to compassion, to understanding and so much more.

Since you are the leader of this reality, it means that every move you make next, determines his ability to either deny you that reality, or to completely open up his emotional flood gates 100%.

Now this may sound appealing to hear right now, but before I can show you how to do this for your man, I want to let you in on a final ‘dirty secret’ about men, first...
Chapter 9: The Dirty Secret Of Male Emotional Intensity

I have to reveal another shocking and revolutionary secret to you. This is a secret that is so controversial, that up until this very moment, NOBODY has ever spoken of such a thing. In fact, this will be the first time that you ever hear such a thing, because it is being revealed for the first time ever in this program.

What is that thing?

The fact that men experience emotions on a more intense scale, than women do.

Now I know this might sound crazy, after just describing women as the emotional masters, and explaining how women are emotional thinkers, and how a woman’s soul universe centralizes around how she feels....

You’d think that women would therefore, simply FEEL more, than men do. You’d think, that after being allowed the opportunity to master your emotions, for the length of your lifetime, that you’d feel MORE than men do.

But you’d be dead wrong, if you thought that, and here’s why:

You get to release your emotions. As a woman, you get the luxury of sharing all of your emotional experiences, with others. If you are sad, you call up your girlfriend or family members, to talk it out, and get rid of that gross feeling.

If you are mad, you might yell, nag, or journal about the feeling, yet again giving it a release, and channeling that energy into a new location.

If you are happy, you want to go shout it from the rooftops, and you gather your gal
pals, or closest family members to celebrate, so that you can share the feeling, and again, can release it.

Do you see a common theme here yet?

The basic point is this: you get to release your emotions, and in fact, go out of your way to make sure that you do.

Still don’t believe me?

Well, how about this...

A lot of women, when they are around a guy, begin sharing their feelings with that guy, looking for comfort. They look to the man, to comfort them, and ease their emotional pain, so that they don’t have to feel upset, odd, uncomfortable or weird anymore.

Now, a lot of guys will oblige this, in the right woman, and they will go out of their way to soothe your emotional pain... but the fact still remains, that even when you are confiding in a man, you are STILL releasing your emotions, and are channeling them somewhere else.

The fact of the matter is this: women seek emotional support outwardly, and release intense emotions, be they good or bad, externally. Women are also the masters of this art, as they have been taught from an early age that this is acceptable, and thus learn to share, and experience emotions this way, throughout their lifetime.

Men, however, as noted, aren’t taught to share or experience their emotions outwardly. If anything, they are told to bottle everything up, and keep it there, lest they risk being stigmatized.

So there is one, and only one extremely intense result that can arise, because of this fact. What is that?

Men end up experiencing emotions on a scale that is more intense, more raging, more powerful, and even more freakishly insane, than women could ever imagine.
To put this into perspective, I want you to imagine, that any time you have ever felt sad, angry, depressed, hurt, abandoned etc... that you literally had NOBODY to talk to this about, and that you were never, EVER allowed to even mention, discuss, or even HINT at it, not even for a fraction of a second.

Now I know there might be some women out there who feel alone, or who feel as if they are all alone, but what I am talking about here, is the inability to EVER even mention it, even if you wanted to.

At least, even if you don’t immediately have somebody to talk to this about, or release your emotions through, you know that if you DID have somebody, that this would be the first thing you’d be doing, is it not?

As a woman, you are bound to seek companionship that lets you express yourself this way, even if you currently cannot.

But a man, even if he wants to be able to do that, is simply not allowed to. Even if he were allowed to, as explained previously, he has to be extremely careful in who he entrusts his “emotional release” to, so that he doesn’t end up embarrassing himself, or making himself extremely vulnerable, with no chance of recovery.

If things go wrong, emotionally for a man, in his release stage, it’s extremely difficult for a man to recover, because again he has to go back to bundling up everything inside, with no release, only this time everything is 10X worse, if something goes wrong.

What this means, ultimately, is that because men have to bundle up, and cage in almost all of their true feelings, desires, and wants... they end up experiencing ALL of these emotions and ALL of these feelings on an intense scale. It means that when they feel angry, they feel 10X angrier than you would, in a situation.

This explains why many men, often appear to almost become neurotic and extreme when they are angry, because again, it’s not just this one thing that they are releasing. It could be the tiniest of things, that finally pushed a man to the brink of emotional over flow, and finally he just had to release.

This explains why many women struggle to understand why some men are so
FRUSTRATING, in their reactions, because again, by the time a man is reacting, he is literally releasing so many emotions, frustrations, and feelings at this point, that there really is no rational explanation for that level of intense emotional release.

Likewise, if a man feels sad, this may linger for a long time, to such a level that women equally get frustrated that their man can’t just move on or let it go. Once again, it’s not just one thing, but it’s a huge intense pile of things, that the man has to now deal with or come to terms with.

It’s not that “simple” for men anymore, especially with their emotions, and this is exactly why men look to women for guidance and aid with their emotions. This is why men follow a woman’s lead in the emotional aspect of the relationship.

If a woman, for example, starts an argument, he may either withdraw, or will take the argument to extremes, but one way or another, the emotional intensity in that moment, is beyond even reason.

Why?

Again, once a man is pushed to react emotionally, everything will come flowing out, so he will either implode, and shut down, and bottle everything up again, or he will explode, and release everything, including things that had nothing to do with you.

But the thing is, you almost always will never know when it has to do with you, or when it was an emotion built up from something else, that IS, until or unless, you begin to use some of the necessary drama tactics.

Once you use the necessary drama tactics, you will give him the power to actually become more honest and open with you, and you will gain the ability to help your man actually be able to sort through his emotions so effectively, that he no longer would project onto you unfairly either.

Because, let’s be real here, men are intense emotional projectors, once they blow their emotional cap off. If the cat is out of their emotional bag, it’s going after anything, and everything at that point... even if it’s a good or positive pent up emotion, it will still be strongly projecting.
Now, as you know, I spoke about how projecting is not exactly the healthiest thing, in a relationship, especially if you want your relationship to last, and if you want to have a successful love life. Once again, projecting is not a good thing, because it focuses on the surface, and amplifies negative emotions.

But here’s the good news: you can actually change the way in which your man communicates, feels, and reacts to you, because again, you are in control here of all of the emotions. Your man, will follow your lead, very closely, especially when it comes to emotions.

So your job, again is to open up his ability, to trust your ability to do that. Once you do that, it’s basically a walk in the park after, for the most part, and you’ll see what I am talking about pretty quickly here.

But coming back to the main point, I want to tell you one more thing, which is also bizarrely true, but you need to know this, to maximize your ability to raise the level of emotional love intensity that a man has toward you.

**Men WANT to experience emotions on a more intense scale**

It might sound crazy, that after explaining the male struggle, of experiencing emotions on such an intense scale, due to being trapped in an emotional prison, while never being able to release them, that a man would further pursue any further kind of emotional intensity.

But this will shock you...

Guys actually chase after emotional highs. It’s also a part of the reason why they “collect” emotions and bottle them up. Men are not happy, unless they are feeling things to the extreme.

Why is that? It’s because of two things:

**Adrenaline and thrills.**

What exactly do I mean, when I say ‘adrenaline’? Well, as you can imagine, living in an emotional prison, is pretty stressful for men. In fact, it’s extremely stressful, but
Adrenaline can actually change that ‘stressful’ reality. You see, the function of adrenaline is to actually help increase bodily functions, during times of stress.

So basically what it does, is it helps you to “cope” with whatever is going on around you, or within you. Both men and women have adrenaline, but as you can imagine, with the reality that men have going on, they need a little but more than your “everyday” adrenaline rush.

Adrenaline, is a hormone, that actually increases your blood circulation, breathing, metabolism, and it even prepares muscles for exertion. Now, naturally speaking, the reason adrenaline does this, is because stress is an indicator to the body, that you are in danger, or that something is about to go wrong.

So what adrenaline does, is it prepares your body, for a fight, or flight response. You’ll notice that I talked briefly about that earlier. The fight or flight response, is an involuntary reaction that both men and women have, to a problem. It means that you either stay, and deal with it, and fight it. Or you run away, and avoid it.

Adrenaline, is actually responsible for the flight or fight response. When adrenaline kicks in, it means it’s “GO”, or “NO!” time, basically at that stage.

Adrenaline, therefore gives you the boost to either run, or to fight it, without feeling drained, when you actually begin taking action or reacting. It gives you time, and a physical boost to react, based on what is going on. Now this same thing occurs in men, but on a grander scale, because men don’t always have the ability to run away, when it comes to their emotions.

The only thing they can do, most of the time, is fight it, because everything is bottled up, and caged within. Since they don’t always have a release ability, it means that the problem is going to be there for a long time, and it also means that stress is going to remain, indefinitely.

Now, the body is only capable of handling so much stress, and pressure, so there has to be SOME kind of a release. This is where adrenaline comes into play, because a man’s body comes in and says “hey, this is feeling a little too stressful for my tastes, how about we counter balance that out for you”.

The only problem is that the body can’t continuously keep that up, all on its own. Imagine, for example, that you have a cold, and you take a pill to help alleviate your symptoms. Is that pill going to last you for an entire week? Probably not.

You have to continue maintaining the dosage, to have your symptoms taken care of, in the long term. So it would be impossible for that to happen if you took just one pill. That one pill can only last, and go so far.

The same problem happens with adrenaline, as the body can only do so much. But there’s a way to influence adrenaline spikes, that men have taken advantage of for decades now, all underneath women’s noses.

So this is where the idea of a **THRILL** comes into play.

Because the body can only keep up with so many adrenaline kicks to help alleviate the internal emotional pressure cooker going on, men have to seek external help, so they have learned over time, to get their adrenaline boosts through something that I like to call thrill chasing.

For centuries, men have been thrill chasing, extensively, and even in the modern era, nothing has really changed, except for HOW they thrill chase.

What is thrill chasing?

Thrill chasing is the act of seeking out a sudden feeling of excitement and pleasure, through an event, action, or activity, which makes men ultimately feel an adrenaline boost.

The key here, is the “sudden” nature of the entire event, in order to get the thrill in the first place, because once a man does that, the adrenaline spike comes naturally.

Now I mentioned previously that adrenaline comes into play as a reaction to stress, but did you know there is actually good and bad stress?

Now most of us, know the pains and aches of bad stress. Bad stress, is actually called **distress**, and involves anything that causes you extreme anxiety, pain, or sorrow. Some examples of distress, include an unexpected death of a loved one, getting fired
from your job, losing your home, or incurring a debt you can’t pay off etc...

I’m sure you have plenty of personal examples that could fill up a book in itself, so I won’t get into too much detail about bad stress, because it’s pretty obvious, but for now you at least have the basic understanding, which leads me to my next point.

The other kind of stress, which in this case is good stress, is actually called “eustress”. Eustress is basically a kind of stress that can be seen as being beneficial to you. Some common examples of eustress are, having your first child (which is stressful, but good), getting married for the first time, buying a new house, starting a business, or getting a promotion etc...

All of these things, are huge, intense events that happen, and they are stressful, but in a good way.

Now here’s where everything ties back in together, because adrenaline, can’t exactly differentiate between good and bad stress. It gets triggered, during both scenarios, because the body is still feeling an intense influx of emotions. So adrenaline comes into play, to try and help you handle the sudden influx of emotions, even if they are good emotions.

This is why, when something extremely good happens in your life, you often can’t contain your excitement. That’s adrenaline talking.

Now men are not consciously aware of this, but they purposefully, and actively seek out adrenaline spikes by creating eustress, when they thrill seek.

Earlier, I mentioned that men have been doing this for centuries, and that they’ve been doing this under the radar of women too. So what exactly is it that men do, to get an adrenaline spike?

To figure this out, you needn’t look any further than the typical male stereotypes. What are men most known for?

Well, does any of this sound familiar:

- Roughhousing/fighting with the guys,
• Using a threatening demeanor as a way to control situations, including getting into fights,

• Watching or playing in aggressive sports, or becoming an AVID sports fan.

• Watching car races, driving fast/recklessly, or obsessing over fast and loud cars,

• Working hard labor jobs or physically demanding jobs,

• Making their careers their life, or becoming hard core/cut throat business men.

• Lavishly spending, even if they can’t afford it,

• Playing challenging or graphic video games for hours and hours on end, and

• Watching movies that contain mostly action packed fight or explosion scenes.

• Etc…

The list goes on and on, but there’s a reason men are stereotypically into these things, and seek out these things.

Keep in mind, the fact that women are equally capable of doing everything I just listed, and they are capable of enjoying, or liking all of the above as well. But a lot of women just aren’t that INTO those things.

Why is that?

Again, it all comes back to the adrenaline thing. Women don’t have an intense need to resolve their stress in such an impactful way, that men have. You get to release your emotions, in other ways, which means that you now have room to seek out thrills, and to deal with your eustress in other ways. You don’t have to sit around fighting, roughhousing, or doing something extremely demanding, to get the same kind of a thrill, because of this fact.

For men, however, the only remote release that they get until they can find a safe place to open up their emotional floodgates, is through thrill chasing.
This explains why a lot of hobbies, and even career moves that men choose, and partake in, all seem to involve either heavily aggressive undertones, physically demanding realities, or intense/fast paced movements. All of these realities, have simply one thing in common:

They offer a thrill.

Have you ever, for example, heard a man talk about cars passionately? It doesn’t even have to be a super car, but just the idea of a powerful machine, alone, that a man can control, at his will, to make it speed, or do as he wishes, is thrilling. Of course there are many men who could, and would get into far more details than this, right down to how the engine works, and beyond, but there’s a powerful reason why men are drawn to these things, more so than women.

There’s also a powerful reason, why even after all of these years, sports still draw men in, as does the themes of fighting, and action scenes in movies.

Have you ever, for example, been around a man whose favorite movie, was one of those action packed movies, and when you sat down to watch it, it mostly involved a bunch of fight scenes, gun scenes, explosions, more explosions, and very little dialogue?

Meanwhile you are just waiting for him to agree to watch a chick flick, and you can’t seem to get why it is that men don’t really want to watch romance movies.

I’ll tell you what, I am going to save you years of wondering, by telling you why, right now: the thrill level, is not high enough!

Romance movies, don’t create a sudden jump in pleasure, actually they almost do the opposite for a guy. They make a guy feel down, and sad.

Why?

It’s a deep and intense subject, spanning quite a few different emotions that the guy still hasn’t even worked out inside of himself yet. In this case, it’s obviously going to depress him a bit, meanwhile you thought he’d actually enjoy it, and that he’d love it.
The only time a man could truly sit down and enjoy something as emotionally taxing as a romance flick, is if, and when he has a proper release for his emotions to begin with. Until then, he will keep on demanding his action packed movies, and you will have to sit through explosion after punch, after car flipping over, until this idea finally comes back into your mind, that “hey, there’s a reason he’s doing this. He needs an emotional release”.

So how do you do that for a man? How do you become his “go to” source, for the ultimate emotional release?

Here’s where everything becomes extremely juicy, and trust me, this is beyond juicy.

You see, there is one very powerful thing that this behavior men exhibit, and this course have in common.

Can you guess what it is?

Drama.

Yes, and everything comes back full circle, every so nicely, once again, because eustress (good stress), or thrill seeking in this case, is the equivalent of necessary drama. It’s the very thing, that you must do, to make a guy feel good, and thus, in doing so, you cause him to completely open up to you, on all levels.

As I mentioned previously, guys are looking for the ability to be able to channel their emotions into a safe location, and a safe place. They even KNOW that they need to look up to women, for this, but the problem is that a lot of women end up using unnecessary drama to try and unlock a man’s emotional cage.

As you’ve learned, that’s not the way to do it, and in fact makes a guy run away. It’s not his fault either, because as you learned in this chapter, it’s the result of an adrenaline spike, that causes a fight or flight response.

Most guys flee, and withdraw internally, if it doesn’t feel safe. As you now know, unnecessary drama makes a man feel completely attacked, and the only option then is to run. But, necessary drama does exactly the opposite, and, in fact, is more powerful
than thrill seeking.

It’s so powerful, that once you use it, a man will completely confide in you, and will look to you, as the one sole person who can fulfill all of his desires, needs, wants, and wishes.

Now I know this is some powerful stuff here, so I have taken care to explain as much as I possibly could in all of the sections leading up to this one. At this point, you are ready to actually start learning how to do this, but it’s important that you remember the key points of the previous sections when using the Drama Method, which is about to be revealed to you.

I want you to remember that once you implement this method, your guy will be completely vulnerable to you, so please use this method with care. Remember that you are responsible for the reaction that your man will give you, and that you heavily influence your own outcome, so use the knowledge you have just gained, to help you utilize the methods you are about to discover, to their maximum potential.

Do this, and you will begin to see results, beyond what you could have even imagined with men, and in your love life.

I will explain in the coming sections, what you will gain from each method as well, but just know for now, that simply by getting this far alone, in the course, that you have already accomplished something great, but now the door to having power over your man’s control panel of love, is finally about to open.

Please move to part 2 of this program now...