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Chapter 17: Angel Of My Life Technique

“You must become a diamond, under pressure.”

Now, if you’re already in a stage where you’ve already established a more long term level of intimacy with your man, you can pass by this section. But, if you are in a situation where your man may be slipping into a level of attraction with or toward another woman, or if you fear that you may lose him to another woman, stay tuned until the end of this chapter, where I will reveal something called the “Complex Remover Rule”.

Now this rule is normally a tactic which is relevant during the initial dating stages of attraction, where a man may not have decided 100% yet, who he wants to be exclusive to, but sometimes a man can fall back into that stage, during a serious relationship, if he feels drawn in by another woman.

If that is something that you need to know, therefore, stay tuned till the end of this chapter, otherwise, if you are currently in the early dating stages with a man, or if you are single but want to be in a relationship with a man, then you must absolutely learn the Instant Intimacy Intensifying Technique, which I will reveal in this chapter.

This technique is used when you:
A) Have slept with a man too soon, or have slept with him early on, and if you often allow intimacy early on in a relationship,

Or

B) Have not slept with a man yet, but want to make sure that he stays with you, and commits to you, after you do.

This technique is designed to make a man want you twice as much as he did, before he even slept with you. But, to help you understand why this can be true, I must first remove a few misconceptions surrounding what it is that goes on inside of a man’s head after he sleeps with you, combined with what it is that goes on in your head as well.

**The first misconception is that sex means commitment to a man.**

Sex does not actually equate to further commitment in a man’s mind. This is because physical intimacy and emotional intimacy are TWO different things in a man’s mind. Just because he gets physical with you, it does not mean that he is emotionally attached, or that you emotionally are fulfilling him.

Again, as you learned in the earlier sections, men approach a relationship initially using logical attraction. In that stage, emotions are not really involved yet.

It’s more about a logical transaction that takes place. That’s why men are awfully physical when you first meet them, because they have not moved over into the emotional stages yet.

It’s your job therefore, to help a man move everything over into an emotional realm, so that he wants to stay, and furthermore, so that he wants you MORE after you get intimate. I will show you how to do that in just a little bit, but there are some more things which I need to clarify first.

**Sex should NOT mean commitment**—In your world sex is the ultimate intimate act. You’ve given a man, at that stage, everything that you could possibly give him. At least, that’s how you feel.
Because you feel this way, you end up turning sex into this end all or be all kind of a reality, where the guy better be with you from now on after this, or else you have lost everything.

But I want to let you know that sex should actually NOT mean commitment. When you turn intimacy into this “end all” or “be all” kind of a reality, you are ultimately making a huge deal, out of something that never meant as much to the guy, as it meant to you.

It ends up telling the guy that you are super needy and desperate, and he bails. He has no choice but to run away too, because you haven’t emotionally hooked him yet. You’ve just gotten intimate... but you haven’t appealed to his emotions.

In an earlier section, I spoke about how if you want to emotionally reach your man, you must accept some of the realities that make him a man. This is one such example... that men can get intimate, but not feel emotionally attached.

Men don’t do this on purpose, it’s just a part of their makeup as a man, because they initiate attraction and intimacy using logical attraction.

So, that being said, there are 4 steps to the Instant Intimacy Intensifying Technique which you need to follow, if you want to make your man desire you with twice as much intensity after he has slept with you.

**Step # 1: Don’t Turn This Into A Big Deal Emotionally-**

A lot of women, after they get intimate with a guy, become extremely emotionally vulnerable. He has now just seen you naked. He has been given access to a lot of parts of you that were extremely vulnerable and even insecure.

Now, you aren’t sure what he thought of it all, or if he will come back for more. Insecurity, after doubt creeps in now, as you feel an ultimate need to secure THIS man to you in your immediate future.

Another looming and deadly thought also makes its way into your mind too, as you wonder if your man feels like he’s now gotten everything from you, because you slept with him, and now he will leave.
Thus, the result of all of this after you get intimate with a man, is that you turn the intimacy into this HUGE deal. You become needy, clingy, and some women even throw in the “love” word, too.

Suddenly you start talking about how you are going to be together after, if and when he will call you, and who knows what else, but all of those are HUGE no-no’s.

They reek of desperation, and this signals to your guy that you are desperately needy, and it tells him that you might be the kind of woman who likes to cage or trap a man. His only response to such a thing, is to immediately run for the hills, even if he DID like you, he WON’T like you after this.

Thus, after you get intimate with a guy, it’s important to NOT turn this into a big deal. How do you do that?

You act as if nothing happened.

Yes, you heard me. You literally act as if nothing happened.

Now I know something HUGE happened, but this isn’t the last thing or final thing that you will ever need from your man, is it? No, it is not.

So remind yourself, that there is so much MORE that still has to happen, and that this is one small part of a bigger picture.

So how do you not over react?

You don’t express any negative emotions. So you don’t act clingy. You don’t get needy. You don’t start talking about heavy emotional things like love, or marriage.

You simply just enjoy the man’s company, and let it be. Let him know that you had an awesome time, but leave it there. Don’t turn it into a situation where you are clearly worrying about the future.

You simply must let him know that you are secure in yourself, whether or not he comes back, and that this event right here, doesn’t change who or what you are.
Making it into a big deal, also causes your man to assume, and feel that he really has gotten everything from you. After all, you are turning it into the problem of a century with your emotional overload, so that’s confirming to him, that yes, this was in fact the most important thing he could ever get from you.

Once he feels he has gotten everything from you, however, a man will want to move on. He won’t feel like there is more. So it’s your job to NEVER confirm directly, in such an intense way, that you feel sex and intimacy with this man, was a big deal.

**Step #2: Downgrade His Ability To Turn This Into A Final Outcome-**

Your man right now, might be thinking about turning you into a “notch on his belt”, or a one night stand. He might actually, quite literally have the intention of only being intimate with you, but nothing more.

He can only do that, however, if you ALLOW him to do it in the first place. But no amount of begging, pleading, or attempts to “convince him” directly will work, because again, the emotional attachment isn’t there yet.

So what can you do?

Well, you downgrade his ability to turn this one act, into the final outcome. What does that mean? It means you take away his ability to turn your intimate time together, into the last time that he sees you.

How do you do that?

You reverse roles, by turning the tables, before he can turn you into his magic carpet ride, by pulling the carpet right out, from beneath him. You turn him into YOUR one night stand.

If he was going to turn you into a one night stand, you now reverse the role, before he even does anything, and you turn HIM into the one night stand instead.

Normally you’d make it a big deal, and then it actually CONFIRMS to the guy that “yeah, this is it, I got everything from her”. Downgrade his ability to do this, by
becoming ridiculously honest.

You do that, by offering him a sincere compliment, and then by removing his ability to completely receive that compliment from you, with a negative statement.

So for example, if you actually slept with him too soon, you will come in and be brutally honest. You won’t even try to deny the fact that this happened, and in fact you will OWN that reality, as if that’s exactly what you wanted.

You will make this reality all your own now, so that he cannot even control anything within that reality.

So, admit to the fact that you understand you slept with him too soon, but then let him know this: you are not going to stick around and make him stay.

It’s basically like dealing a “I’d like to know you more... but” reality, wherein he now has a reason suddenly to work toward wanting you more, and a reason to stay, because now you didn’t just “hand” him that one night stand, or your intimacy, all in one go.

You gave it, but then took it back. So again, deliver a compliment, and then deliver a dose of reality, reminding him that he is YOUR one night stand, and YOU chose to get intimate with him.... not the other way around.

So for example, you could say something like this: “After really getting to know you, we might be compatible physically, but we probably won’t work out in other ways. Since we can’t get together in other ways, I don’t see any point in pursuing this further, because I am not in this for the sex alone.”

Now this example, is directly telling the man that he has become a notch on your belt, and that he meant nothing more to you. Again, tying this back into step #1, where you don’t make a big deal out of it, you also let him know that he doesn’t mean everything to you yet.

Again, be careful to do this gently, because a man’s ego is also fragile after sex. So be sure to remind him that you did like SOME of it, and explain exactly what was good, but don’t hand him EVERYTHING.
Leave a little mystery, and give him a chance to work for you, in the future, by reminding him, that things could still be better, and by letting him know that you don’t actually have to choose him based on that one intimate experience alone.

Another example of what you could say, having said that, is as follows: “I really enjoyed that. This is the first time a man has satisfied me in a long time, but I need a mature guy who can handle more intimately intense relationships.”

This in essence is telling your man, that there is MORE that you have to offer, when it comes to intimacy, and that you aren’t just accepting him immediately as the “end all” or “be all” kind of a guy.

Now this example is pretty intense, so you will have to be careful to tailor what you say, to what you actually can do, or need from a man, so that you aren’t telling him something that you cannot fulfill, or aren’t telling him something that he wouldn’t believe in the first place.

If you need a softer example of how to do this, you can say this:

“This was really great, but now I wish to slow things down”.

This example is almost universal to all situations, because it draws a barrier between a man’s ability to just leave you, by leaving him first, but secondly, because you don’t even have to get really specific with it.

It doesn’t matter what kind of a situation you were in, this can be used. Part of the reason why this works, is because it is recognizing the fact that things went fast and intense, but now you are backing away. It’s basically like saying, “Hey, I know that we went a little too fast, but now I would like to slow things down”.

A man in this situation, would normally be expecting you to get clingy, and to want more. But you are showing a level of maturity, that ultimately any man would find to be appealing.

After this, you want to keep your options open, and you don’t want to cajole him further, because you’ve already done that now.
The thing to understand about this, is that before the door was wide open. Your man figured that he had you, and that was it. But now you’ve changed that idea, and you’ve closed the door a little...

Thus, he will want you more now, because he had access to it, but now it’s taken away, so he will freak out.

**Step #3: Step Away From Needing Anything More-**

At this stage, the ball is in your court. You have effectively told the guy that this was YOUR choice, and not his. You have clearly shown him that the door was never completely wide open for him to just come in and take anything he pleases.

Now he will want to work to spend time with you again, but it’s your job to continue to make it absolutely clear that you don’t need or expect anything heavy from this guy.

Again, you only WANT something from him, but you don’t need it.

This is what will ultimately make your man come back, is this exact attitude. You see, when you NEED a man, it tells him that you are desperate, and therefore makes it hard for him to want you, because he knows you would be chasing after him anyway.

But when you step back, and simply WANT something from a man, it means that you show the man, that he might not have you, just yet. This elicits a response in your man, that makes him want to push to completely have you, because now everything is not certain, and now he will end up seeking your approval.

Again: your job is to open the door, and let your guy know that there is more. But you can’t force him to drink from the water fountain, you can only lead him to it.

Stepping back, again, gives your man the room to problem solve and work on this, but also creates a level of curiosity. After this, he will be expecting and wanting you to chase him, and text message him, and desire him more.

That is the ultimate form of approval, for a man, is to get intimate with a woman, and then to have her chase him afterward... even if he doesn’t want her, he DOES want
that level of approval.

Refusing to give it to him, by making him work for that in the future, means that he will be stuck in a limbo-land where the only relief he can find for this, will be through you again, because you didn’t just hand him the “satisfaction” of having you.

What’s great about this part of the step, is that it means you are not using sex as a weapon. Many women after they get intimate with a guy, try to use that as a reason to trap a man into getting into a committed relationship.

A lot of women use the “hey, you slept with me, it means you want to be with me” mentality, and basically end up turning sex and intimacy into this ultimate weapon, which they use against any man they sleep with.

This part of the step, means that you step back from doing that after the fact, and let him come to you on his own accord, instead of forcing him to be with you. When you do this, the man will start to feel another level of attraction for you, which he won’t really be able to explain.

This attraction will come over a period of time, as he begins to realize that you were not like other women, and you actually made intimacy fun, because you didn’t come in and ruin it all after the fact with a bunch of heavy emotional baggage or needs.

Doing this sets you apart from other women, and allows you to get closer to men, because now they can feel comfortable getting intimate with you, because they know you won’t turn it into this ultimate war fare, and that you can be cool, and comfortable in your own security, when you do that.

It also tells a man that you know how to satisfy yourself, which makes you appear to be beyond desirable, because now you have shown your man that you don’t need to seek his validation, or approval, just to feel good or get what you want.

It tells a man that you are a high quality woman, because you don’t settle for less, or become less, just because of some “guy”, but furthermore because you emotionally demonstrate a level of control and power that this same man will ultimately find attractive.
Step #4: Introduce A Bonus “Competition Eliminator” Tactic, Now.

So, after you use the first 3 steps, a man will either:

A) Realize your value, feel comfortable in your presence, and thus see you as being somebody he should pursue and secure in his life even further.

Or

B) Will still not be sure, but only because of one remaining factor.

What factor is that?

It’s the idea, and factor of another woman possibly being in the picture. In this case, if there is another woman in the picture, before you, or around the same timeframe as you, in the initial dating stages, what you may have to do, is further cement the idea that you truly are the more attractive choice.

You do this by using the complex remover rule.

What is the Complex Remover Rule?

This step is for when you find that your man likes another woman more than he likes you. This basically refers to moments when you are jealous, or when you fear that your man might be slipping into a slightly infatuated stage with another woman.

This is especially relevant if you are dealing with a man that you want to be with, or want to date, but who clearly wants another woman, and who hasn’t yet chosen you completely.

What you do, in this situation, is you force this man to actually choose you, by pushing him in the direction of the other woman. Now I know this sounds crazy, and twisted, and even wrong.
You are probably wondering how it is that a man could want you more, if you are encouraging him to go to this other woman, but that’s just it. You’re going to force him in her direction, by completely pointing out everything that is strangely and even grossly wrong with this woman, but you are going to do it in such a way, that your man himself, will realize that this woman truly is unattractive.

How do you do that?

You completely twist around the brutal reality, with an intense jab of sarcasm and humour. You basically make him question why it is that he was ever interested in that woman, in the first place, by making fun of whatever you possibly can, in the most twisted, but HUMOROUS way possible.

The key here, is that you want to point out, or draw upon any physical, or personality traits that this other woman has, and you want to turn them into a bad thing. Normally your man would have thought they were good, and that she is great, but you will make him believe otherwise very quickly.

So for example, you might say something teasing, like this to your man about this other woman: “You two would look so good together as a couple. With her crooked eyebrows and your big ears, it’s a match made in heaven!”

Again, you are teasing him about the reality of this woman, and you are trying to make him feel repulsed by her. Talking about her a lot, pushes him to think about her more, but humorously twisting what you say so that you are now pointing out the imperfect nature of this woman, makes your man also reassess his entire attraction toward her.

This means that your objective is to point out something really bizarre, yet funny about that person they like, and about how there is now a mismatch between your man and this woman, because of that fact.

The more hilariously bizarre the objection, the better it is, because ultimately you are
trying to make your man have an instant “eww” reaction to whatever you are saying, quite literally. It means you are trying to purposefully make your man think, or say “eww”, to whatever you are pointing out, so that ultimately what he is indirectly saying “eww” to, is actually this other woman.

So this means, you can mention things like, yellow teeth, a partial unibrow, stomach chunks that wiggle when she walks etc...

Again the more hilariously bizarre it is, the better.
But always make sure that it is something that is light, and would make the other person laugh, or think “eww”.

You can say something like “Yeah, she’s got a pretty set of yellow teeth over there. But I know you really like girls with yellow teeth.”

What this does is make the person think gross, or eww...and now they can’t think of this person as an attractive person anymore.

If they see this person again, the first thing in their head is going to be a thought of “eww. That “yellow teeth thing”. Trust that this will be the FIRST thing that your man looks to confirm or deny, next time they think about that person.

It’s like saying “hey, look at how low your standards are. Hahah!”

At first glance, this seems childish, but if you directly told them “hey, that person is dumb, don’t date them”- they would want to prove to you otherwise. If you came in and started talking about direct insults for this woman, without the added effect of bizarre humour, your man will QUICKLY figure out that you are just insecure, and jealous.

He will use that as further proof to cement the fact that this woman is threatening to even you, which must mean that she is a high quality woman, and a good catch, because you are clearly freaking out, about this woman’s attractiveness and relationship potential.
Put it this way: if she really wasn’t all that, why are you making it such a big deal?

This is why you must use bizarre humour. To prove to your man that it’s actually not a big deal, and if anything it’s laughable that he has such POOR taste in women. Again you want him to question his own choices, and NOT to question you.

Getting jealous and negatively labelling that woman, and complaining about her to your man, directly means that he will question YOU, instead of his own choices or feelings.

It’s also important to note that for this step, you actually have to push the idea for quite some time. This means that even if your man twists it back on you, by arguing or saying that you are the insecure one, you must twist that back around too, by saying this:

“Obviously you are the insecure one. I mean look at the women you choose. Nose hairs sticking out, and crooked eyebrows. I mean, hey, if that’s what you like.”

The point yet again, is to make this so ridiculous, that eventually your man will start to look at the imperfections, and will ultimately agree with you.

Why?

You have to give him a hard push if you really want him to snap out of seeing this woman as being attractive. That push has to therefore be so ridiculous, yet not too heavy in nature (humorous), that eventually your man’s subconscious starts to listen to the messages.

It starts to become this reality, where he will begin to start trying to prove to you WHY this woman is so perfect to him. He will argue, deny, and try to stop you from telling him your “truths”.

But here’s where you should feel good about that, because once your man has started trying to defend it, it means that he is actually internally QUESTIONING if what you are saying is right or wrong.

This is exactly why you have to keep pressing with the humour and offhanded comments about this woman, in sarcastically hilarious ways, because at this stage, you are trying to break through a current belief system.
Pushing a bit further, by telling him to go be with his “crooked eyebrow” lady, for example, will now start to make him, ARGUE even that reality.

At this stage your man will just want you to be quiet, and will argue what you are saying. But the thing is, if you tell him to go be with this woman now, he will argue that.

What does arguing that point mean?

It means that he is now agreeing with you, and it means that he’s saying NO to being with her now.

This is exactly how you turn a guy off of something. You disagree in a teasing and hilarious way, long enough that eventually he fights you, to the point of agreeing, without even realizing it.

At that point, what will happen is a certain calmness of acceptance will wash over your man, as he no longer argues, denies, or tries to fight it. He will now just say that you were right, and will come back to you, because you have now cemented this deep seeded need for approval seeking in your man, during this entire step as well.

Instead of seeking any other woman’s approval, he now just spent a great deal of time, trying to prove himself to you, and now he will feel attracted to you, because you overtook his ability to concentrate on anything else, including another woman.

Making These Steps Work:

The whole point of the Intimacy Intensifying Technique, is to basically, do what the opening quote at the beginning of this chapter suggests. You want to become a diamond, under pressure.

When you get intimate with a man too early on, or when you are at the initial stages of intimacy, the stakes become high. The man will either continue to be with you, and will commit further, or he will completely leave you, again, all based on how you react
to the pressure of intimacy in the first place.

This is why it’s extremely important to use that pressure to become a diamond, and not to break down and crumble under the pressure. If you want any man to see you as a diamond, you have to be able to become a diamond as well.

Allowing yourself the room to calm down emotionally during such an intense circumstance, is the quickest way to allow the very same pressure that would crush most women, to turn you into a diamond that your man cannot resist trying to snatch up.

Remember to compliment the fact that he has chosen you initially, in an intimate way, by giving him a good enough reason to further cement that choice in the first place. Give him something bigger to look forward to and think about, after the fact, that ultimately leaves him unable to think about NOT being with you.

Remember that there is always more for you to give your man, even if you have been intimate. There is always something bigger that you can give him, and now have the power to give him, through this technique.
They say that attraction is not a choice, and that it’s simply something we feel, or experience, subconsciously, without a lot of thought. But what does that mean, when it comes to relationships that extend beyond the initial attraction phase?

Well it either means, that,

A) Something more has to take over the place of any initial attraction, to therefore further solidify a deeper sense of attraction, as suggested in the ‘love does not conquer all’ section of this program, or

B) That one could simply fall out of love with another, because the ‘attraction’ is not there anymore.

Well, when it comes to true, genuine, and longstanding attraction, the answer can never be option B. The only reason anybody would simply fall out of love with another, is not because attraction was not there, but was rather because the initial attraction present was not fulfilled to its deeper potential.
Thus, what needs to happen after the initial attraction stage, is option A, wherein you take that very same attraction, and use it to further propel the intensity of love, admiration, affection, and so forth in your relationship, so that you no longer experience any dry periods, boredom, dullness, or worse in your relationship. This is what the Attraction Sledgehammer method is about, and it is something that I am about to reveal to you.

So at the beginning of this section, there was a quote, talking about how attraction is a choice that you make to become MORE attractive.

Ultimately, what this means, is that attraction is not just this thing that happens to you, but rather is a conscious decision that you make, ABOUT that thing that happens to you, to either use that to your advantage, or to just let it slip away.

So if a man is attracted to you, and you are attracted to him, this is the thing that ‘happens’ to you. But where do you go from there?

See, that is the problem that many couples face when trying to build a stronger relationship, is they actually don’t really know what to do beyond that level. Part of it is because many people approach attraction, as if it were this thing that simply just ‘happens’, and many people believe that you either feel it, or you don’t.

But see, that’s just the thing. In order to feel attraction, a certain set of ‘right’ conditions have to be there in the first place. Those are the very conditions that help to sustain, maintain, or ALLOW attraction in the first place. So it’s not exactly as if you just ‘felt’ attraction out of nowhere.

Part of the reason why anybody feels attracted to another, is because of those conditions. Now when you first become attracted to a man, and he becomes attracted to you as well, neither of you will really 100% be aware of what those conditions are.

Over time, however, you start to learn what drew you to the other person, as you
begin to pay attention more to who they are, or what they look like, and you therefore become consciously aware of all of the things that you like in that man.

Likewise a man will start to indicate to you, what he liked about you initially, and thus will tell you about what he further enjoys or admires about you. This is how you begin to learn those ‘conditions’, which made attraction possible in the first place, as you tell one another what those were, and as you discover consciously what it is that you also liked, on a personal level.

But what happens during this learning and ‘settling’ stage, is a period where both of the people in the relationship also start learning about the things that they might not like, want, or desire. So a man starts to see your bad habits, or quirky beliefs. Likewise you start to see and notice strange, peculiar, or bad things in your man’s behaviour or habits as well.

This is the stage where the initial attraction now starts to be overshadowed, and this is EXACTLY where another set of conditions must come in, to help turn the relationship back over into a stronger and deeper level of attraction, so that now both people involved don’t feel disappointed, or bored with one another.

The longer the ‘learning’ stage takes place, wherein you learn about your partner, and thus begin to know almost everything there is to know, the higher the chances there are of boredom starting to appear in the relationship, especially when it comes to attraction.

The problem with this, is that a man stops growing MORE attracted to you then. Likewise you also stop growing more attracted to your man. Instead you reach a standstill in the relationship, wherein everything almost comes to a halt, when it comes to attraction.

Thus, once you start ‘settling’ into your relationship with a man after the initial attraction stages, or once you have been together for a long time, and thus are further into the relationship itself, you must adapt the following key principle:
True attraction is about a choice that you make, to become more attractive.

What does that mean?

It means that if there is any attraction at all, between you and a man, that you use this reality to work to your advantage, to solidify it permanently. It means that you ultimately, become more and more attractive to this man, as time grows, instead of becoming more and more unattractive over time.

As you’ve been learning so far, a lot of people end up in a situation in a relationship where they begin to only concentrate on the negative, as everything starts to become a dull, and boring routine. Even the way that a person looks, begins to fail to excite their partner, over time, if it’s always the same routine.

Well emotionally, the same thing is true as well. If a man feels like it’s the same thing every day, and his emotions are never excited beyond that level, then what’s going to happen, is naturally he won’t be able to feel attracted, over time, to something that makes him feel bored.

But, attraction can be a choice, because your man doesn’t have to feel that way about you, just as you don’t have to feel that way about him. It’s all therefore in the art of the approach.

You see, we attract love by the emotions we display, but we retain love by the emotions we possess.

A lot of the emotions that you possess, get clouded, bundled up, or locked away over time, as you settle into a life of routine with your man. Over time, only a few emotions are allowed to come through, and even when they do, they are replayed, dull, and predictable.

Remember that there is so much more to you, and your man, that can be brought out to bring your relationship to its full potential. That’s exactly what the Attraction Sledgehammer method will help you do.
Have you ever, for example, experienced the heart-wrenching trauma of wondering why a guy suddenly lost interest in you? Furthermore, have you also ever found yourself haunted by the gut wrenching question of –“what went wrong”? 

The Attraction Sledgehammer method, is a tool which you can use to ignite a passionate wave of attraction between you and your man again. This method therefore works well if:

A) Your relationship has become really dry, boring, and dull, or
B) Your man has become rather distant, or
C) Your man he appears to be more interested in other things, or he prioritizes other things above you, or
D) You fight more than you get along, with your man.

This method takes advantage of the fact that everything is mostly dry, and even miserable, in your relationship, and uses that reality to propel the entire situation, and relationship into a powerfully passionate one.

Remember that attraction is a choice. It was created with a set of circumstances to begin with, and thus it can be fueled again by another set of circumstances, but this time, the fire can only be ignited if you take the steps to at least get the flame going in the first place.

The conditions of your relationship right now, if you are facing any of the aforementioned circumstances, are such that your relationship is a little bit soggy, and wet. It has been watered down over time, to become a very bland, dull, and ultimately almost flavourless situation.

When you met your man, however, your relationship was not watered down, and thus could be heated quickly, and the smallest spark then, could easily ignite a passionate flame.
If you want that very same flame to return, however, you first have to dry off your relationship, by wringing out some of the things that water it down heavily, so that it can retain a passionate fire in the first place. This is exactly where the 4 steps of the Attraction Sledgehammer Method come into play.

Here’s how you do it:

**Step 1: Break the Pattern Completely.** Predictability, after a while leads to a blur in your relationship, where basically everything melts into one huge ugly reality, and everything begins to look, feel, and sound the same after a while. Obviously, you won’t enjoy that kind of a reality, but not so obvious, is the fact that your man doesn’t enjoy it either. It’s a part of why he has become so boring, distant, dry, and dull toward you.

It’s not that it’s YOU, per se, but rather, the relationship itself, has stopped inspiring your man, and has stopped pushing him to want to work to give you more. Now, he’s settled into this comfort zone of relationship death almost, wherein everything that enters the relationship from his end, and yours, now goes to die somewhere in a corner of absolute predictability.

What this means, is that you must turn everything that is predictable about your relationship up on its head, and completely remove any unreasonable level of predictability, from the mix.

Unreasonable, in this case, refers to the kinds of predictability, that don’t actually have to be there, or belong in your relationship, yet you adhere to their laws anyway.

This includes, things like only ever eating at the same places, having the same kinds of foods over and over again, watching the same shows, sleeping at the same time, or talking about the SAME things each day after work etc...

So how do you break that pattern? You introduce a new pattern.

If you normally spoke about your work day, with your man after work, now you will talk about a new goal that you have, or something fascinating that you learned today, instead. It doesn’t matter what it is, it just has to become a pattern interrupt, one
which your man was not expecting.

Or if you normally don’t get that intimate with your man outside of certain schedules, start introducing new levels of intimacy. Send him notes and hints, through texts or emails, or whisper something into his ear before he leaves, so that now he has something to think about for the rest of the day.

If you normally scheduled intimacy, for example, try gently working your way in to a different pattern, by introducing physical contact, in light ways, when your man wasn’t expecting it. So now if you walk past him, gently rub his shoulders, or grab his arm, and tell him how firm it is.

It doesn’t have to be something really complicated. It is the effort alone, at this stage that matters, as long as it’s something unexpected, unpredictable, and unusual for what should normally be happening, it is fine.

If, as another example, you normally stay at home, and don’t go out much with your man, you can introduce something new into the mix, by either:

A) Suggesting something that another couple you know did, and loved. Thus planting the hint that this might be fun to do, in his mind.

B) Recommending something that you think HE would love, and let him know that you’d be willing to give it a try, if you thought that he might like it.

C) Directly planning something by either getting tickets for it, if it’s an event, or creating a surprise date, but telling your man that you won’t tell him just yet where it is.

It’s important to note that with all of the suggestions given, in this part of the tactic, you must stand your ground, and you cannot waver. Your man might argue more with you now, he might get grumpy, or he might give you a lot of “no” responses to your suggestions and ideas, but your job is to completely RESIST that reality.

You see, it’s unnatural to your man, to do something outside of what is normal for him in the relationship right now, because his ‘natural’ comfort zone rests in everything existing as it already is.
But, it takes time for certain things to grow on a man, because of this reality, and this is why you must, in the meanwhile not get discouraged, and secondly, must stand your ground, so that you can help him transition over.

Remember that your man follows your lead, and thus, if you give up, and allow things to be as they were before, he will allow them to be that way as well. But, if you stand your ground and push for a better reality, your man will eventually get the hint, and will become MORE comfortable with the new ideas, than he was with the old ones.

Again, you are changing up the pace of what your man is normally used to and comfortable with, so expect at least SOME resistance, but what you are going for here, is a moment when your man either:

A) Gives in,

OR

B) Pushes past the discomfort and lets it happen.

That’s what you are ultimately after here, and that might take some patience, or great creativity. To help you get past this stage quicker, you must try to find things which you absolutely know your man would love to do, wanted to do, or has been begging you to do for a while.

Doing that, obviously will get him a lot more interested in what you are trying to do, a lot quicker, and it has the added bonus of directly letting him see that you are going to fulfill a need or desire of his, which helps to ignite his attraction for you again, as he sees you working to fulfill his deeper desires again.

**Step 2: Push Him Slightly Outside His Comfort Zone.** Breaking the patterns, is the first step to pushing him outside of his comfort zone, but now you are really going to get him to the edge, emotionally by using a 2 stage method. This method pulls him in toward you, but then leaves him hanging, right in the middle.
Doing this, causes a chain reaction within your man, that makes him push himself, out of his own comfort zone, to resolve that internal conflict. What is even better about this step, is the fact that your man will come to you, yet again for relief, because you will not be resolving or fixing that conflict within him now, immediately.

You see, when he is in his comfort zone, almost everything that he needs to be resolved, is always resolved. This is why things get so boring, because there is no conflict, and there are no problems to solve. No problems to solve, means that your man is not being challenged. Everything is “honkey-dorey” then, but everything shouldn’t be.

There should always be a purpose that your man feels he needs to fulfill, otherwise he withdraws, and becomes dry, because you are not igniting a deeper need, within your man to be a problem solver, and thus to have a challenging purpose.

Thus, you must follow the two stages of this step, to give your man back his purpose, and to ignite a level of attraction for you again:

**Stage 1 – Give him a lot of attention at first.** This goes well beyond the normal level of attention that you give him. In this stage, you will very clearly, prioritize your man above your own needs. You will stop to listen to him, without cutting him off, or breaking in-between what he has to say, with your own feedback.

This time, you make it **ALL** about him. You smother him with relevant compliments, recognition of the little and big things he’s been doing, and reminders of what it is that you truly enjoy about him as a person.

You do this, as well, without asking for anything in return, without asking for him to do something for you, and without expecting anything either.

It’s possible at this stage, that your man may think you are only doing this to get something from him, or to hide something- to which you must still hold your ground, and tell him that you just simply wanted to try spending more time on him, and wanted to start listening to him more.

**Stage 2 – Do the exact opposite of stage 1.** Suddenly, out of nowhere, you are going to cut off all attention, all time, and basically any recognition of his presence.
You will become mysteriously busy, and you won’t have time now to listen, talk, or compliment him.

This doesn’t mean, however, that you get rude and start insulting him or calling him names. It just means that you completely WITHDRAW, and remove all of the approval and validation that you had been giving him in stage 1.

Cutting off his supply, means that your man will come back to seek that again, with a vengeance. He will argue and demand your time now. He will ask you why you suddenly are pulling away as well.

Now he will be giving YOU the attention, and he will be doing it even more strongly, than you were, because now you’ve removed his “comfort”, and you have pushed him outside of his comfort zone. You’ve actually redefined what his comfort zone should be as well, because everything you did was beyond the normal level of ‘giving’ that your man is used to, in the relationship.

Thus you would have effectively taken his old comfort zone, and you would have replaced it with a new, stronger one, which means that you are now effectively increasing the attraction potential.

It’s important to note that in this stage, that you must hold your ground as well, even if he gets a bit argumentative, because you must understand that he is only doing that, now, because you have taken away something from him, that he now sees value in.

Withholding the ‘value’ from him, for a little while longer, until after you can see that he finally appreciates it, means that he will work hard to earn the ‘value’ back from you. Now you will have effectively challenged him to chase after you, which leads me to the final step of this method.

**Step 3: Throw Him Into A Vortex**- At this stage, you are going to want to suck him into a vortex that he cannot get out of. Gone are the days where he sits lazily in a perpetual zone of emotional boredom, and deadly dullness, in the relationship.

Now, he is going to be given a persistent push, that will leave him with a constant
“itch”, that he can never seem to scratch, but wants to, when it comes to your love. This itch can be created by using a tension loop.

What is a tension loop?

A tension loop is basically when you create a seemingly unresolved emotional tension within your man, wherein you make him work to feel relief, and you make him come through you to release that very same tension, because you were the one who created it to begin with.

A tension loop, ultimately is something that wakes your man up, into a curiously new reality, one which is completely unlike anything he could expect.

In the previous two steps, I spoke about breaking the patterns and stepping outside the comfort zone, this step, therefore, is about introducing an even deeper quirky mix of attraction ignition, into both of those realities.

This quirky mix of attraction ignition, never truly gets answered or resolved, however, until your man first works to get the answer, and secondly, until or unless he comes to you for relief therein, which he absolutely will, due to the quirky nature of the attraction ignition.

To create a tension loop, you must first open up a new reality that your man cannot answer or solve on his own, without first seeking out your help or aid.

For example, if you normally dress in sweat pants and baggy t-shirts... what you’re going to do now, is go more than out of your way, to dress up, and do this all the time, even if you are just at home, and you’re going to do this WITHOUT giving your man any explanation.

The purpose of this, once again, is to get him wondering, and to get him to want to respond. He will obviously feel extremely compelled to come and directly ask you why you are doing that, because he won’t be able to solve that question, or answer it on his own.
It’s completely unpredictable, and outside of what normally happens, so he has no choice but to wonder why you are doing that.

You can then offer him a bit of relief, by giving some kind of explanation, but tie that explanation back into an action that you either want him to take more of, or by tying that back into something that you have noticed he’s been doing recently that you’d like to see more of.

So now what you are doing is actually rewarding him, when he asks you, or comes to you for an answer. So you could say something like: “Oh, this? Well, I noticed I’ve been looking a bit dull lately, but you’ve gone out of your way in recent times to listen to me, when I needed you to, so I just thought I’d spice things up for you!”

Another way you can use tension loops, is to tell your man a part of something, but to wait to tell him the rest till later. An example of this, might be, if you say something like this:

“Something really strange, but good happened at work today. I’m not sure if it’s a good or bad thing yet, but I will have to see, and tell you tomorrow what that is.”

Naturally, because you haven’t given away any actual details, except to reveal that there is SOMETHING you haven’t told your man, and to inform him that this something is uncertain; your man will be stuck in another tension loop, wherein he cannot answer nor solve this riddle on his own.

Again he will have to come to you for relief, and that’s exactly what you are looking for. When he does, you can answer him with a little reward, or with a request as well, such as:

“Well, I’d tell you now, but I am not sure that I can trust you with this. I told you something last week and you just forgot it. I like it when you listen, but this is too important this time around, and I need you to be serious.”

Now this is where you actually attach a second tension loop onto the first, by telling your man directly that there is something you want him to do more of, which in turn makes him work even harder now. At this stage your man will now know, that until or unless he proves that he can listen, or do what you asked... he won’t even learn what the first thing you were talking about was.
He is more than likely now to do the second thing that you asked for, because of that fact. This is an indirect way of getting your man to basically do whatever you want, which in turn allows you to tune up the intensity of your relationship at your will, depending on what you want and need from him, to feel a connection again.

Keep in mind that as long as you are tying in this step with, first, patience, and secondly bursts of relief mixed with rewards when he actually does work for it, that this method can work wonders for you.

**Step 4: Use The Neediness Realization Technique**- Now so far in this course, I’ve been teaching you that neediness repulses men, but I want to clarify now, that the neediness I have been referring to, is that of a desperate nature.

Men actually want you to need them, and they even NEED that kind of a validation from you. But the problem is that most women approach their neediness on a desperate level, and many women don’t know how to actually allow their man to experience and fulfill their needs, on a more reachable level for their men.

What I’m going to show you in this step, is how to actually make a man feel obsessively and spontaneously “love-struck” by you, by being needy, in the RIGHT way. This is what I call, the Neediness Realization Technique.

It’s basically a way in which you can be needy, and have your man realize this, and to also have him actualize your needs in a fulfilling and positive way.

Guys actually want you to be needy in reality, but they want you to be needy in a different way.

They enjoy fulfilling your needs and providing for you, because this is a part of their nature, that comes along with their core reality as a man, which makes them desire the ability to be able to be seen as a provider, and protector.

So, when I say “neediness” it doesn’t mean that you are desperately depending on him. Deep down, every guy wants to be needed by his dream woman, who cherishes
him, adores him, respects him, and so forth.

So, the right way to be needy is to let the guy know that having him in your life, and having him around, fulfills you, and makes you feel extremely wonderful. What this means, is that you must come in and acknowledge all of the efforts, and progress that he has made so far, by letting him know that you respect and appreciate everything he’s done so far.

The best way to do this, is to list specific areas of progress that your man has been making headway in, so that you are not just giving him an overly generalized blanket statement.

So, if for example, your man has been going out of his way to communicate better with you lately, you can come in and let him know that, by saying this: “I just wanted to let you know that I really admire all of the hard work you’ve been putting in lately, when it comes to trying to understand me. I appreciate that you are working to help communicate better, and it really makes me feel like I really have the most amazing man in my life.”

So you pin point the exact thing that you know he’s been working on, let him know that you acknowledge the progress, and then reward him with a little appreciation for that reality.

Once you begin conveying the necessary realities that surround a man’s need to be acknowledged for being a good protector and provider, you can then add in the “as a result” factor.

The ‘as a result’ factor, is basically the condition which you add to the already existing reality of appreciation, admiration, and respect that you are giving your man, that ultimately encourages him to do MORE of something for you.

So, once you’ve started telling your man how much you genuinely admire and appreciate him in your life, you can then say this: “As a result, I would like you to spend more time with me, and would love to be able to do more with you, because it really makes me feel so happy.”
When you state your ‘as a result’ condition in a confident and non-desperate way, he will naturally feel the need to spend more time with you, and do more with you. He will also feel validated in the process, because of the fact that you are confirming to him that you need him on a respectful and appreciative nature.

This makes your man feel genuinely important, because again, you are letting him know that you acknowledge and respect who he is, as he currently is, before you come in and ask for more.

It means that your man doesn’t feel like you are coming in and saying “Hey, you aren’t doing enough. Do more for me. This isn’t enough”. A lot of women don’t realize it, but desperate neediness, is basically the equivalent of saying to your man, that he really is not being or doing enough for you, as an individual.

It’s basically like telling your guy that he’s not enough for you, and ultimately that he’s not good enough. Why?

Again, because desperate neediness is asking for an intense level of receiving MORE from your man, which basically indicates to him that he is inadequate and that you are not satisfied with who or what he is right now. It means that you completely disregard any progress or hard work that your man had been putting in, and it makes it difficult for your man to justify trying hard for you, after that point.

Again, men don’t mind your neediness, and don’t even mind the fact that you might have intense needs. Men only mind that reality, if you are projecting your needs negatively and intensely, and thus feel that you are making it impossible for them to deal with that reality reasonably.

The problem again, is that when you become extremely needy, and project that heavily onto your man in desperation, you make it beyond challenging for a man to feel like he is adequate enough to be a provider and protector when it comes to your needs.

When you use the Neediness Realization Technique, however, you allow your man to realize that he actually has the power to give you more, and do more for you, which no longer makes any of your demands or needs, feel like burdens to him.
Furthermore, you help to further cement a ‘love-struck’ reality in your man’s heart, because you are helping him to understand that pleasing you, is EASY, and not hard, and that it’s DOABLE.

Men, again want to be able to love you intensely and passionately, but they will struggle to do it if they feel like it’s an extremely difficult or impossible task. But if you make it easier for them, they will go out of their way to do that for you.

**Making These Steps Work:**

Again, if you want to ignite the fire in your relationship, you first have to dry it off, in the first place, so that it can hold the flame, and keep it ignited indefinitely. A watered down relationship, cannot do that.

The main theme of all of the steps above, is simple. You first dry off your man’s emotions by removing them from the relationship flood waters of doubt and convenience. Basically you take away his ability to conveniently understand and know that the same thing will happen all of the time.

You take away the level of intense predictability, and resurrect his curiosity this way, from the depths of your relationship waters.

Next you come in and let him know that there’s more beyond this initial resurrection, by leading him into a pathway of experiencing that proof for himself, as you take him through the rest of the steps.

Finally, by the end of it all you will want to lead your man back into a place where you connect back together, as explained in step #4, where you end up reaching to him with your needs again, to fulfill his deeper purpose, and thus ignite a deeper sense of passionate fulfillment between you and him again.

Only this time, the attraction is being increased in a way that does not come across as being too needy, or demanding, but rather is happening in a way that is exciting, and fulfilling, on a deeper level.

Coming back to your man again, in such a way, further allows him to rediscover and
fulfill yet again his purpose as a man, and his purpose toward you in the relationship, and thus you ignite a roundhouse reality that completely pulls your man out from the cold waters, into a warm, loving environment, ignited with a beautiful fire of love.

Chapter 19: The Maximum Emotional Impact Method

“It’s always calm before the storm.”

Ever heard of the English idiom, picturing ‘the calm before the storm’? The idea of a certain sort of ‘calm before the storm’, refers to a quiet, yet peaceful period before any activity or trouble actually occurs.

What I am going to show you in this chapter, is how you can actually ignite a very powerful, but passionate emotional storm within your man, that ultimately allows you to basically get whatever you need from your man.

Now as you may have guessed, if you want the perfect passionate emotional storm to erupt within your relationship, and from your man, a certain level of conditions must be in place for that to happen first. The Maximum Emotional Impact method, will therefore show you exactly how to do that.

But before I tell you how you can do this, I’d like to talk a bit about what this method actually accomplishes, when you use it on your man.

You see, when you escalate a man’s emotions, they become so powerfully overbearing, that he will seek release, and he will look for something that I like to call an ‘expression release’.

This is especially true, if the emotions are positive. An ‘expression release’ is basically when your man looks to release his emotions by expressing them toward you.
Imagine now, that the emotions your man is looking to release, are those of intense passion, lust, or desire. Do you kind of see where this is heading now?

What this chapter is going to teach you, is a way in which you can tune up your man’s emotions, and thus escalate them rather rapidly, in a POSITIVE way, so that he ultimately has to have an expression release, in your relationship, and toward you.

What’s especially good about this method, is the fact that your man will be looking for that release from you, because you will be the one escalating his emotions, so he will project them right back onto you, to release them.

Ultimately, what will happen, is you will find your man begging you to literally express your needs, just so that he could fulfill them.

I know, this sounds crazy, but that’s the power of this method. You see, when a man feels positively and emotionally escalated, he will work hard in anything and everything after that, because there will be a level of intense excitement surrounding everything that he does.

There will be an extra spring in his step, so to speak, but this extra ‘spring’, comes from your end, because you are escalating all of his positive emotions.

You see, the ‘Maximum Emotional Impact’ method will show you exactly how to feed a man with tiny motivation triggers, which will make him extremely excited by the mere act of fulfilling your needs.

So that extra ‘spring’ in his step, is actually the kick or boost he needs to feel intensely passionate about doing whatever you need, and that’s exactly where he gets his expression release, that I spoke of earlier from. He gets it in targeting all of his pent up energy, in trying to please you, and in trying to give back to you ten-fold.
This is therefore, the easiest and fastest secret to making him give you what you want from him without any resistance or second guessing.

Now I know it sounds strange to head into an area of NO resistance from your man, because you are expecting him to want to resist somewhere along the way, but that’s just it! As long as you are escalating the RIGHT emotions in your man, he will be more than willing to follow through with something that you need, even if he disagreed with it before.

So now that you understand what this chapter is going to give you the power to do, you’re ready to get into the explanation of how to do it. Follow these 3 steps, to learn how to use the Maximum Emotional Impact method:

**Step #1: Remove the ‘Male Mood Swing Factor’-**

Male mood swings, are a lot like the emotional mood swings that you may feel, or go through as a woman, but with one significant difference.

What difference is that? Men linger in one mood a lot longer than women do. It means that while women may experience a variety of moods, a man usually almost exclusively, only experiences one specific mood at a time.

This means that if a man shifts into a mood, it also takes him some time to shift out of it, whereas a woman can shift in and outside of moods rather quickly and rapidly.

So, what does this mean, ultimately, when it comes to you and your man?

It means that if you need something from your man, but he is stuck in one of his mood swings, that you aren’t going to get what you want right away. It means that a man can’t just “jump” and fix his emotional problems quickly, and immediately, even if he wants to.

Have you ever, for example, been in an argument with a man, and even though he tells you after that he is fine, and that he forgives you etc.... he still appears to be down?
Have you ever noticed, that after a man feels down, even when he says he is “OK”, you still notice this almost “lingering” mood, even though the problem has been solved?

That’s the male mood swing, in effect. It means that even if a man wants to feel differently, it takes him a bit longer to actually switch that mood, over into the correct mood.

Ultimately, it means that sometimes men struggle to do the right thing, or to fulfill your needs, because they are caught up in a mood swing.

So why am I telling you this?

Well this is something that will almost always get in your way of motivating a man, to want to fulfill your needs. It’s always going to be there, exactly when you don’t want it to be, too, which is why you:

A) Need to learn how to be able to recognize a male mood swing, but secondly,

B) Need to learn how to HANDLE the male mood swing, so that it no longer affects your ability to get what you need from your man.

You need to learn this so that it doesn’t affect your man’s ability to give you what you need either, because, what you might not realize, is that a man is extremely vulnerable during one of his “male mood swings”.

During that moment, a man is often extremely frustrated, and he may pull away from you quite heavily. But it’s important to know, and realize that he’s not actually frustrated with you, and this moment is usually outside of you.

The reason why men may become frustrated and pull away during a male mood swing moment, is because they actually want to be feeling, and doing something else, but they are stuck in this perpetually lingering state that they are impatiently trying to get out of.

So what needs to happen in this moment, is that you actually have to be patient, on his behalf, and understanding for him, so that he can feel that he is in a calm enough atmosphere to come out of that emotional rut.
A lot of women, during this phase, will actually argue with their man, or will start pressuring him, because they feel him pulling away or acting distant.

A ton of women will even start blaming themselves, wondering what it is that they did wrong.

Again, understand that this is outside of you, and that it’s actually a personal problem that your man is having. Yes, men have personal problems too.

To help give you some perspective, I want you to imagine that your man got mad at you, every single time you experienced “that time of month”.

It’s a personal thing, which is outside of your man, correct?

So does he have the right to get angry at you, upset, or to feel like it’s his fault... because you are going through something personal?

Most likely not, correct?

The same thing is true here, for a male emotional mood swing. He’s stuck, in a personal emotional rut, and he’s trying to climb out, so freaking out, getting mad at him, or trying to push him hard in that moment, is only going to make things worse.

If anything, a woman who does the above when a man is experiencing a male emotional mood swing, is the same kind of a woman that a man ultimately fears.

Doing that when a man is trying to overcome his mood swing, is basically like screaming in the guy’s ear: “Hey, don’t trust me, because I am going to come and stab you in the heart, when you are the most vulnerable! I don’t understand you at all, and I don’t care to!”

It feels that way to a guy, because what he needs in that moment, is space, and understanding, but not for you to creep further into his personal space, and demand answers and reasons.

The man himself is still trying to reason with a feeling that doesn’t belong there, because as previously explained, he actually wants to feel something else, but his
emotions take time to switch gears.

Part of the reason why this is true, again, comes back to a man’s programming. He is taught to use logic and to think with logic. He is not taught to approach many things with an emotional reality, which is why it takes men longer to switch between their emotions, and once they have turned “ON” an emotion, it is MORE than powered up.

As I’ve taught you earlier in this program, a man also experiences emotions on a more intense scale than women, because by the time he is releasing or feeling that emotion, it has already built up.

This also explains why it takes time for a man to switch between emotions, even if he wants to be feeling something else... because again, it’s not just “one” thing that he’s releasing. It’s a huge pile of many things, finally being dealt with.

So what can you do, when this is happening?

Well, you must quite literally back away and give him space. This helps him to solve the problem a lot quicker, because now you are giving him the time, and room to think.

You can offer him help, but you must only let him know that you are there for him, and you must not push your offer on him. You can only extend it.

Doing this, makes your man feel supported, during his most emotionally taxing and vulnerable time.

Now why do you need to do this?

It does something amazing for you, in return, that’s why.

It paints you as the ultimate woman in your man’s mind, because the end result is that he feels supported, safe, comfortable, and trusting in your presence.

It means that you frame yourself as a woman who understands his ultimate needs, which in turn, activates a deep desire to come back and return this reality to you, ten-fold.
Ultimately, you are giving him a positive motivation to come back and to even feel EXCITED about helping you, and to feel good about fulfilling your desires in return. You would have effectively made it easy for him too, because you didn’t dump any extra emotional baggage on him, when he couldn’t handle it, so now there is nothing standing in his way, of doing what you need.

**Step #2: Prove that you can handle him, to prove to him that he can handle you** –

Have you ever been in a store, where a child was begging and pleading with their mom or dad, to get something?

Have you ever seen that same child suddenly turn into a screaming, crying, and stomping machine, immediately after, the parent tells the child “no”?

How do you feel, when you are around that child?

Do you feel comfortable, or do you feel awkward?

Most people, in that situation, probably feel pretty awkward. I mean, it’s a screaming kid. I bet you want to get out of there pretty fast, after that, don’t you?

Or you in the very least, wish that the kid would just be quiet, and behave, right?

Either way, you want the loud, obnoxious reaction to stop. That’s almost everyone’s immediate response to an uncalled for temper tantrum, isn’t it?

Well the same is true when it comes to your own temper tantrums in the relationship, and your man. Some women, are just like the screaming little kid in the store, who didn’t get his/her way.

When something doesn’t go as expected or planned, the women start stampeding through the relationship, and screaming bloody murder at their man. They throw an emotional temper tantrum worthy of an award too, while they begin getting angry, depressed, sad, demeaning, or argumentative etc... toward their man.

At this point, I do understand that a lot of women are only doing this, because they
want their man to listen.

It’s also important to note that not every woman throws this huge outwardly projected temper tantrum. Some women act more like the kids who threaten to “hold their breath”, if they don’t get their way, in an attempt to ‘scare’ their men into listening or doing what they want.

But either way, the ONLY thing that ever happens when a woman over reacts, because she didn’t get her way, is that the man ends up feeling as though:

A) She is beyond immature,
B) She cannot handle her man,
C) She is overly dramatic and negative, and,
D) She must be avoided.

This kind of behaviour, basically signals to a man, that you are INCAPABLE of handling him and the relationship, and the result is that a man pulls away. If you want to get deeper into the relationship, however, and if you REALLY want to get your way with a man, you need to approach everything differently, from hereon out.

Men do not listen to emotional temper tantrums, and they especially don’t want to listen to a woman who is freaking out every single time something doesn’t go her way. Note, that even if he listens to you in that moment, it’s only because of how much noise you are making, but not because he truly cares about what you have to say.

So if you want a man to care about what you have to say, and if you want your man to listen, and if you want your man to actually WANT to fulfill your needs, you have to PROVE to him that you can actually handle HIM in the first place.

What does that mean?

It means that if something unexpected, unplanned, or undesired happens, you don’t blow your top, and immediately panic. It means that if things aren’t 100% as you’d like them to be, that you take a deep breath, and deal with it... instead of panicking, freaking out, or worse.

This includes, not projecting your insecurities or doubts onto your man either, because
that is a lot like trying to hold your breath, till you pass out. That’s the kind of childish behaviour that kids use, to try and manipulate others around them, into giving them what they want.

But it doesn’t work. If anything, it angers the people around you, and emotionally projecting your doubts or insecurities, any time that you don’t feel something is going as planned, is just as bad.

The thing is, if that very same child who was screaming in the store, had worked to EARN whatever it is that they were asking to receive in the first place, what do you think the likelihood of the parents obliging that child’s desire, would be?

Do you think the parents at that point, would say no?

Probably not.

If the parents felt their child deserved it, they would probably more than go out of their way to fulfill that very request for the child... would they not?

Now I know that some of you might be making the “but what if” argument in your head, wherein you are thinking “but what if the parents just couldn’t afford it”?

Well do you think that they wouldn’t give back to that child, in other ways, if the child had earned it? Do you think that they would not try to replicate something similar to the desire that the child had, if they felt the child had earned it?

Well heck yes, they would.

Why would they do that?

They’d do it because deep in their hearts they’d understand, know, and feel that their child deserved it.

Coming back to the main point here, the same thing happens with your man. He will more than accommodate your needs, if he felt that you had earned it, and deserved it.

But if you simply just demand, or ask without first deserving, and then throw a temper tantrum because your man did not comply... well he’s going to think you are a bit
nutty, and that he cannot trust you.

There is something important that you must learn in all of this, which is that it doesn’t actually matter WHAT you are asking for. You could be asking for your man to be honest, you could be needing your man to commit.

Even with topics and needs as heavy and serious as those, you must understand that your man won’t feel like he can give those things to you, if he doesn’t first:

A) Feel like you are earning that right from him, and

B) Feel like he should give it to you, because you are in a calm enough state for that to happen in the first place.

Thus, the key to this step, is once again, to prove that you actually deserve, and have earned the very thing that you are asking him to do for you.

At the beginning of this chapter I spoke of the calm before the storm, and this is the exact calm that you must create, if you want to ignite a powerful but positive emotional storm within your man.

You must, again create the right conditions, and that certain calmness that you create, therefore allows a powerful emotional storm to erupt within your man, because you are giving him the room to do that, and are creating the atmosphere for that to happen.

Once you do this, your man will not be able to withdraw, back out, or run away from your desire, but instead he will feel an intense need and desire, to want to help you fulfill your need.

Why is that?

Again, you would have given him the proof, and the reasoning that helps him understand that you deserve it, and that he can trust you to appreciate, and thus receive whatever he has to offer in the first place.
This is especially true if you want your man to go above and beyond, for you. Remember that any time you want your man to do MORE for you, you must be able to prove to him that you can handle that, and that you deserve it, because you are quite literally asking him to go out of his way now for you.

That means work for him, and he has to feel like it is justified. The key here, is therefore this:

If you prove that you can handle him, by proving that you can handle all of the things that involve him, the result is that you equally prove to him, that HE can handle all of the things that involve you. Thus, you prove to him that he can DO and fulfill all of the things that involve your needs and wants as well.

So how do you justify it? How do you prove to your man that you can handle him? You prove yourself, by never turning anything into a big deal.

You DO NOT blow things out of proportion. You keep your emotions well sealed- so that you don't have something like a massive emotional spill on your hands with emotions flying everywhere.

It means that if something is freaking you out, that you STEP BACK from that thing, and that you do not address this thing directly with your man, until or unless you can discuss it without your emotions coming into play.

It means that if something is not going your way, that you internalize the feeling, but do not ACT on it. Now this does not mean that you are not allowed to feel.

Quite the opposite.

Many emotions are meant to be felt, but instead of just feeling them, women often project them. It’s your job to learn how to feel your emotions, and just allow them to be.

How do you do that?

You recognize the emotion, and admit to yourself that the emotion is happening, but then you make an internal commitment not to act on that emotion, until you can put
the emotion aside and deal with the actual problem causing the emotion.

Another thing to remember, is that in a relationship you can’t have two people emotionally exploding at the same time.

It has to be one or the other....not BOTH. The minute one person emotionally explodes, the other person ALWAYS has to step back, and then the person emotionally freaking out gets the attention. But the “attention” is never going where you think it is.

Almost always the attention that your man gives you in that moment, is only an attempt to actually stop the projection of your intense emotional outbursts. He is not there to listen to you, at that point, but he’s actually there now to stop his own pain, because you are projecting negative feelings onto him, that are in turn making him feel bad.

It means that neither of you gets heard, and neither of you gets what you want, but it also means that your man will NOT hear the message you are trying to send.

Even if your man is the one causing the argument, or the emotional outburst, it’s your job to step back, and to not add fuel to the fire. If your man is exploding emotionally, he needs to know that you can handle that, and that you won’t throw his feelings back in his face, by exploding on your end either.

It teaches a man that you cannot handle the difficult times, and tells him that you struggle to deal with him when things are not ‘perfect’.

Again, the key, is that no matter what is going on, if your man is the one projecting, or if you feel the urge to emotionally project, that you only allow the hurt feelings to be acknowledged, but don’t act on them.

Doing this, shows a man that you can take care of your own emotions, and causes your man to have a quick turn-around, wherein he will trust you, listen to you, and be there for you a lot quicker, faster, and more intensely after, because you are not standing in the way of his ability to come and do that for you.

It means that you create a comfortable zone for your man, that even when there is a problem, you quickly allow it to be diffused, and don’t turn that problem into the “end
all” or “be all” of the relationship.

This ultimately proves to a man that you can handle him, which makes him more than comfortable with the idea of being with you, and going out of his way to please you. But it does something even more important:

It shows your man, that YOU are easy for him to handle. It removes any complications that your man might have been dealing with, when it comes to trying to please you or do things for you. Now he will know and understand that you will be patient and more understanding with him, which again, makes him absolutely comfortable in the idea of doing more for you now.

Why is that?

Well now you are not screaming at him, demanding, or pressuring him. Now you aren’t throwing temper tantrums to get your way. Now you are simply stepping back, and are giving him the room he actually needed to problem solve.

Another interesting thing happens when you follow through with this step: your man will start asking you, what is wrong.

If you pull away, instead of project things, around your man, he will come to you. When you are projecting your emotions, it means that you are coming to your man, but that he is not coming to you.

Normally your man would be expecting strong, if not extreme reactions from you, but suddenly you are withdrawing emotionally. At this stage, your man will work to figure out what you need, and what is wrong, because you are clearly indicating the fact that something is not 100% ok, but you aren’t punishing him harshly for it either.

You make it comfortable for your man to approach you and ask you what is going on. Another key to this trick, therefore, is to actually ask for space in an argument, when you feel that your emotions are starting to take over.

I will talk more about that, in a coming section, but for now, know that it’s extremely important to simply control your emotions and to exhibit a calm reaction, no matter what is going on, even if it means that you have to leave the room or ask for some
space, before you come back to the subject again.

**Step #3: Frame Your Needs, As Strategic Statements**

Following the example I gave in step #2, of the child throwing a temper tantrum in the store... before that temper tantrum arose, the child would have either:

A) Demanded something, or  
B) Asked for something.

But the child did not “receive” that thing, which they wanted. Why is that?

Again, part of that is in the frame of whether or not the parents felt the child deserved it, and secondly in whether or not the parents felt they were in a position to give that child what they wanted in the first place.

One final frame, that helps make up all of it, is in how the child would have asked. If the child “demands” that something be given to them, do you think that the parents would feel inclined to want to do that, even if they loved their child?

Probably not. Why is that?

Well the way in which the child is asking for a need to be fulfilled, is negative, and it turns the parents off, from wanting to do that.

The same thing is true in your relationship, when you have needs or wants from your man, and especially if you want him to go out of his way to do more for you.

I want you to imagine now, the same situation, of a child who wants something. But now I want you to imagine that the parents were the ones who approached the child, and asked them what they want, instead.

At this stage, do you think the child will be allowed to get whatever they pick out?

Probably.

This part of the Maximum Emotional Impact tactic, actually teaches you how to get your man to ask you FIRST, and how to make him want to ask you.
It completely removes your need to have to ask, and thus, has your man working himself, to want to know what it is that you want.

So how do you make your man want to ask about your needs, and how do you make your man ask you first, about what it is that you want from him?

You frame your question as a statement, and remove the demand. You frame this statement, as something that you would like or want, but then you add in a little hesitation, and don’t finish the statement.

The best way to do this, is to state how you have been feeling, in short form, and to attach what you need as a result immediately after that. You then add in the element of hesitation, and fail to finish your next sentence after that, or fail to follow through with even bothering to finish what you were trying to say, in the first place.

The element of hesitation, means that by cutting your explanation and statement short, you end up spiking a level of curiosity in your man, that makes him want to work to find out the rest of your statement. This means that he is going to ask you now, to finish what you were trying to say, and he will be open to hearing what it is that you need.

Ultimately, he is going to have to ask you what you need, because of this, and thus you would have effectively gotten your man to ask you what you need, without even asking him anything.

So for example, if you want your man to help you more around the house, you would say something like this: “I’ve been feeling so tired lately, I would love some help around the house, but I mean...Hmm...”- and then you stop there, without finishing your sentence.

The key is to not say anything after your statement of what you need or want. In this case, you have told your man that you would love to have some more help around the house, but you hesitated to even explain or discuss it further.

Stopping dead in your tracks, signals to your man that there was MORE you wanted to
say, or possibly more that you intended to discuss, but now you have completely cut off that information from him.

The only response your man can have now, is to wonder what else it was that you REALLY wanted to say, but suddenly stopped trying to communicate to him.

What will happen, is that he will ask you to reveal further what it was that you were hesitating with, and in the process he is also going to fulfill your needs.

This is how you get him to ask you first. You build up the curiosity, by revealing something that you need, and how you feel about that, but through failing to explain all of it, in the first place. Thus you make him work to want to know more, by leading him halfway, and then making him work to come to you, the rest of the way.

**Making These Steps Work:**

The key here, to the Maximum Emotional Impact method, is therefore this:

If you want to have the maximum level of emotional impact over your man, you must be able to come in with a calm approach, just like the calm that exists before a storm. If you come in guns blazing, a man will back away, and will not react the way that you need.

But if you back away, and become a little more tolerant, and patient, a very powerful and magical thing happens... your man starts to ALLOW you to ask for the things you need, directly, and even more helpful, is the fact that he will end up asking you too, because you have given him the space to think of it himself.

The problem with directly asking a man, each and every time, is the fact that it teaches your man to never personally learn about your needs, wants, or desires... because you are always handing the answers to him each and every time.

Thus another key to being calm in this situation, on purpose, before you deliver the reality, is that you train your man to start looking for the answers to questions that he should be asking himself in the first place, when it comes to the relationship, and to
you and your needs.

So, the ultimate key here to impacting a man, again, emotionally, to get what you need and want, is to prove to him that you deserve what you are asking for, and to secondly prove that you can handle that reality.

The last key, of course, is to gently nudge your man in the right direction, and to only come halfway. As you can see now, the key to actually igniting his emotions in the right way, and in a positive way, is to get him to take his guard down with the first two steps, but then more importantly, to come in with step #3, and build up an emotional charge through a challenge that he cannot back out of.

That emotional charge occurs when you raise his level of curiosity, now that you have made him comfortable enough to want to wonder, with the completion of the first two steps. This emotional spike, will give your man the motivational trigger, to actually want to fulfill your needs, because again you are rewarding him with a level of calmness, which is a HUGE deal to men, because not many women can do that.

So you’ve rewarded him from your end, and you’ve ‘behaved’, and now you can actually come in and ask him for all kinds of things, because he will MORE than feel that you deserve it, but more importantly, he will feel more than comfortable helping you to fulfill your needs now that you have made it so easy for him to do that with all three steps combined.
Chapter 20: Mental Love Glue Technique

“If curiosity killed the cat, it was satisfaction that brought it back.” - Holly Black

As you’ve been learning so far in this program, that a man needs to either first feel:

A) Motivated
B) Curious, or
C) Validated and justified

If you want him to go out of his way to do something for you.

These 3 realities will come together in this section, as I teach you about the Attraction Anticipation Technique, which you can use to draw your man back to you, if he has grown distant, or if he doesn’t follow through on his promises.

One common example of this, is when a man tells you that he will call you back, but then he never does, or when a man tells you that he will be there for you, but suddenly he withdraws or flakes out on you.

This behaviour early on in a relationship, is caused by a lack of fulfillment when it comes to all 3 of the previously listed needs that a man has. The same is also true, if you have been with a man for a while, and you suddenly find him pulling away, or becoming inconsistently disappointing with his ability to keep his promises.

It all comes down to one simple thing: how much of the RIGHT KIND of perpetual-intrigue are you able to make your man feel toward you?

What exactly do I mean by that question?
Well, a lot of men only feel intrigue, initially. What happens is, they are curious about something, which is great, but by the time they get their answer, the answer they receive often turns them off, or makes them bored after.

You see, what happens a lot of time between a man and a woman, is an almost ‘curiosity killed the cat’ kind of a situation.

What this means is that once a man has his curiosity satisfied, he basically becomes emotionally ‘dead’ after that, toward a woman. Now this doesn’t refer to the same kind of curiosity sparking that I’ve been talking about in this program so far.

It actually, instead, refers to the overall curiosity that your man feels toward you in general, about who you are as a person that attracts him to you, in the first place. You see, curiosity is a huge part of attraction because it makes a man want MORE, and more, and even more.

A man should naturally feel curious toward you, but this curiosity should be in the form of a surprising ‘awe’ that your man will, and should form around you. What this means, is that he should always feel like there is more to learn, know, and experience about you.

What normally happens in relationships, though, is that a man begins to RAPIDLY learn everything about a woman, and thus he feels rather quickly, that he knows everything about her, and grows bored as a result.

Thus, it’s when that curiosity is completely ‘answered’, that a man’s desire to need or want more, suddenly stops.

This is where the 3 principles of satisfaction that I mentioned at the beginning of this chapter come into play, because until or unless you can fulfill your man on those 3 levels, collectively, you will basically end up with an emotionally dead man.
Fulfilling those 3 principles, helps to fuel a level of satisfied attraction, that continues to propel itself into a deeper form of love. At the beginning of this chapter, you’ll notice that I gave a quote talking about how, if curiosity killed the cat, that it was satisfaction which brought it back.

What this means ultimately, is that curiosity can only go so far on its own, and this is especially true if a man feels that his curiosity is answered, and that he can read you like an open book.

That’s where the art of satisfaction comes into play, so that your man doesn’t grow distant or bored from you.

So this is where you have to come in and create a certain level of intrigue, by blending the 3 factors I spoke of, together.

The biggest part of creating intrigue, in the first place, comes within your ability, once more, to fulfill the 3 realities I just spoke of. You have to be able to motivate him, which means you must challenge him, so that he doesn’t start taking you for granted.

You have to be able to raise and peak his levels of the right kind of CONSISTENT curiosity in you, so that he doesn’t get bored, or feel as though everything has become a routine.

But finally, you have to be able to JUSTIFY his interest and intrigue toward you, in the first place, so that he always has a renewed sense of purpose that ultimately gets fulfilled through you.

So basically, if a man is going to feel, or think something about you, or toward you, he has to be able to justify that purpose within himself. Part of getting a man to justify that purpose to himself, is to get him to question on his own, what exactly it is that he needs from you, and values in you.

How do you get a man to question that? You follow the 3 steps of the Attraction Anticipation technique. They are as follows:
Step #1: Use a Confidence Thwart -

Right now, the reason why your man is being disappointingly inconsistent, is because he is taking you for granted.

Why is he taking you for granted?

Well, he has an INTENSE, and by that, I mean gigantically ENORMOUS level of confidence, in the fact that everything will stay the way it is.

What exactly does that mean? It means that no matter how he reacts, or what he does, you will continue to give him what he wants, needs, or desires. He is not expecting you to suddenly stop, for example, answering his calls.

He is not expecting you to break up with him either.

Obviously he isn’t, because you clearly want to be with this man. His ego, is now through the roof with this fact that you are more than committed, and are more than consistent in all of the things that you do.

This is what I call “assumption arrogance”. It means that your man is ripe with an arrogance that has built up, because of these assumptions he is making about his own relationship security.

He thinks that he has you “bagged”. He thinks that now everything is finalized with you, and that is it. That’s why he doesn’t care to call you when he said, and it’s the same reason why it doesn’t bother him if he breaks his promises either.

He knows that you will always be there, and will always be accepting of him, regardless of what he is doing, and because he knows this, he starts to laze off around you.

Suddenly he stops treating you out, and he no longer flirts with or compliments you, like he used to. Next thing you know, he’s even ignoring you, and cutting you off when you’re trying to talk about something important.

Once again, this all comes back to the assumption arrogance that your man has built
up over time, around you. He assumes that you will just put up with all of this, and that he can “relax” now around you. He assumes now that he doesn’t have to try, because he has already “bagged” you and caught you.

In his mind it’s a done deal, and now he can just do whatever he wants, even if that means hurting you, ignoring you, or completely abandoning you. He always knows that you will comfort him into coming back.

So this is why you now have to introduce a confidence thwart. What is a confidence thwart?

A confidence thwart is something you say, or do that completely cuts through his ability to remain confident in something about you, after the fact.

Now this is not the same thing as breaking a man’s trust, because you are not going to be doing anything that tells him you cannot be trusted, but rather, you will be saying and doing things, that now remind your man that he is not ALLOWED to take you for granted.

Through doing this, you return his ability to be motivated, to feel intrigue toward you again, because once more, you are creating a challenge, and a chase for him, so that now there is a new prize to be won.

You can do this, by simply removing the things he already takes for granted, temporarily, so that he once again works to get those things back from you.

The reason you are going to be using the things that he already takes for granted is simple. He already clearly appreciates that reality, in fact he enjoys it so much, that now he takes it for granted.

This is why you have to lure him back in, with the things that he already likes, enjoys, and takes for granted about you and your relationship.

So how do you do that?

You use statements and actions that completely undermine your man’s ability to remain confident in something.
So if you normally answered the phone right away when he called, or religiously called him back on time when he wanted you to, you now stop cold turkey.

He cannot remain confident anymore in this, once you suddenly literally stop something right in the middle of its tracks.

It’s basically like being on a speeding train, when suddenly it stops. Everything inside that train, gets pushed forward and back, and gets thrown all over the place. That’s exactly what happens inside of your man, when you stop him dead in his tracks. It quite literally shakes his entire core up, and what is the first thing that happens, therefore, when a train suddenly stops and jerks everything inside around?

People start to ask “what happened”, or “what was that?”. There is NO other response that a person can have to this, except to want to know WHY that happened, and WHAT caused that.

Now coming back to what I said about using a confidence thwart in your actions, basically, what you have to do, is just the EXACT opposite of what you were normally doing, but always make sure that your action, is not a negative one.

So if you were normally honest, this doesn’t mean that you suddenly go out and lie every chance you get. That would be a negative response, and it is a huge NO-NO.

What you are actually going for here, is a completely unreachable NEUTRAL zone. So what you would do, in the instance of being super honest with your man, is to now withdraw, and withhold information back from him, at a very strong level, which he cannot ignore.

Thus, in doing so, you never stoop to a negative level, but just create a NEUTRAL zone.

This neutral zone is what makes all the difference, because before you would have run to your man’s every beck and call, but now you are stopping him right in the middle of it, and are declaring a neutral zone.

This neutral zone breaks through every fiber and being of your man’s arrogant level of confidence and pride in the idea that he has, that everything will always be there.
Neutral zones work to create a positive reaction in your man, because on his end it looks like this:

- “Is she not interested in me anymore?”
- “Did I do something wrong?”
- “Does she really just not care?”
- Etc...

In essence, it gets your man to start asking all of the RIGHT questions. Now he wants to know why you are pulling away. Now he wants to know why you are not strongly chasing him, or why you aren’t just magically giving in to his every whim and desire.

Why does he want to know that? Again, you have turned neutral. You are neither mad, nor happy with him.

That is the worst reality a man can ever imagine, because at least if you are mad, he knows that he is getting your attention, and time, and again, he feels heavily validated.

But now, you have completely taken away his ability to feel validated in anything. Nothing is certain anymore. So again, the key to actions is to take a completely neutral zone.

If you spoke to him all the time, every day, like clock-work, you now just cut that off, without explanation, rhyme, or reason.

If you normally called your man pet names, and babied the living daylights out of him, you suddenly just stop doing that.

Repeat this behaviour throughout every action that you normally take, which you know he clearly is taking for granted, or clearly doesn’t appreciate.

Now there is one more thing you can do, to really push him, in the case of using a confidence thwart, which is to verbally CONFIRM to him, that you are in a neutral zone.

Using verbal confirmation, directly tells your man, that you are in fact, turning over
into a neutral area, but it does so, without explaining why or without revealing the motive behind it.

Doing this sends your man into a whirlwind of positive confusion toward you and the relationship, wherein, once again, he will start asking all of the RIGHT questions, and thus will feel motivated again to solve the problem, and thus work toward getting you “back”.

The quickest way to use a confidence thwart verbally, is to create a ticking time bomb. A ticking time bomb is basically a bogus time restraint that you place on your man, to remind him that whatever you are giving him is not going to be there forever.

In other words, you are basically saying “hey, I know you have this thing, but don’t think that this thing will always be there for you”.

It creates doubt in your man’s mind, and an inability after that to be confident that he will always receive what he wants from you.

In an earlier section of this program I spoke about the scarcity mentality that we all have within us. This mentality is the ultimate fear that there might not be enough of something, and when activated, it makes us take immediate action to try and secure as much of that “thing”, as we can, so that we can feel comfortable again.

The same thing happens when you create a ticking time bomb. You effectively plant this idea that what you have, might not be there forever, so your man wants to come in after and swoop up as much of that same thing, as possible.

So for example, when you want to put the ticking time bomb into use, you could say something like:

• “That’s all you get for now. Don’t try your luck too much here.”

Something like this is said, when he is for example, trying to get intimate with you. You allow him to get a little taste, but brush off his ability to receive ALL of it. So this is where action and verbal confidence thwarts combine to form one powerful “neutral zone”, that tells your man that you might not care, or that he might not be doing
enough anymore.

The ticking time bomb comes into play with the example I just gave you, when you restrict just how much your man can immediately get. This same ticking time bomb can be used to place a restraint that has an exact timeframe, upon which you will deliver more, LATER.

So, some other examples of a verbal ticking time bomb that you can say to your man, are the following:

• “I don’t have much time to talk right now, but I wanted to ask you something that’s been making me curious recently.”

• “I’ve got to get back to work, but really quick can I tell you something strange...”, if you are talking to your man during work hours.

• “___(such)__ and ___(such)___ just happened. Oh wait. I have to go. I’ll tell you tomorrow.”- then hang up, if you are in a call.

• “If I didn’t have to go right now to do _____(you list something here), I’d tell you something else. But... no. Oh well I have to go!”

• “I can only stay for 10 minutes, because I promised my _____(you name somebody here), that I’d meet them for ______(list something).”, and leave after 10 minutes, regardless of what is going on.

• “If I didn’t have to go right now, I’d... well... Never mind. Sorry. I have to go!”

• “I’d stay longer if I didn’t have to ____(you list something here). Well I better get going now.”

• Etc...
Again, you want to put a time constraint onto the amount of time, or exposure, or even attention that your man can receive from you, as shown above, in the sample statements. It means that you cut him off, before he can get everything from you now, and you should personalize your statement to match your lifestyle so that it’s also believable to your man, yet ensure that it is still noticeable as being a clear ticking time bomb on his end.

**Step #2: Use A Curiosity Prick-**

A curiosity prick is basically an ambiguous or sarcastic statement that you impose, to completely break through all typical expectation that your man has of you, and the relationship. Ultimately, it removes you from the picture, before he can.

It basically takes something good, and then twists that around into a negative, or turns a negative into something good, depending on the situation. The main theme behind everything you say, will be to either:

A) Elicit an intense level of immediate curiosity, and a need to “know more” feeling from your man,

Or

B) Make your man feel like he has to prove himself to you, as he begins questioning what it is that he really thought that he knew about you in the first place. (The curiosity to figure out what is causing this, will spark a level of intense need for approval seeking or validation from your man, toward you after this.)

Now I get that this can sound a little confusing, so the best way to explain how this works, is to actually give you a few examples, of this step in motion.

If you are using a sarcastic curiosity prick, you will come in, and say something like:

• “I have a habit of liking a guy early on, but then suddenly something happens after a while, so I don’t trust myself around you.”

Or
• “I want to feel that you are a great lover, but I am getting this intense “friendly” vibe from you.”

Or

• “For a while now, I’ve been wondering if I am your type, because I like to be challenged.”

Or

• “I guess that I could end up being too hard to handle for you”.

For all of these examples, your man will end up thinking “what do you mean? You were fine so far, with me, and the relationship, weren’t you?”, and a need to re-validate everything your man once had confidence in, will arise.

Again, curiosity builds within your man, when you say something like this, because you aren’t exactly blaming him, but you’re telling him “hey, look buddy. I need more. So I am not sure everything will work out now.”.

You are in effect, indicating to your man, that this is not “everything” that he should be doing, nor is it everything that he could have done so far.

With the sarcastic curiosity prick, it’s important to note that you cannot entirely say this with a serious tone. You must lighten it up, and you must be careful not to label, blame, or completely tear down your man.

Making it about you, and how YOU need more, ensures that your man doesn’t feel like you are simply attacking him. Now you are only attacking the actions, which indicates to your man that a change has to be made.

I mentioned that there is another way to give your man a curiosity prick, which involves using ambiguity. This kind of curiosity building, involves talking about something which you never fully explain, or happens when you start to express something which you failed to explain on purpose.
So for example, you could say something like “I had a great time with you today but it was both exciting and a little odd, don’t ask me about the odd part yet, I’ll tell you when the right time comes”.

Basically, as you can see from this example, you take something that was good, and twist it into a potentially “bad” reality, but don’t answer your man, as to which one it actually is. You only hint that both realities are true.

So you take something good, and twist in a little bad nugget of information, and don’t explain why that is true. Or if something is bad, you twist in a good nugget, and don’t explain why that is so, either.

You do this on purpose, to make your man work to figure that out. The lack of explanation, and sudden ambiguous nature will confuse the heck out of your man, but it will also make him more than curious enough to want to once again, start asking you what’s going on, and why.

This gets his attention back on working to fulfill your needs, and back on you again. Some other examples of ambiguous curiosity pricks, include, telling your man things like:

- “Recently, I’ve discovered something really weird about you. But I am not sure if that’s a good or bad thing yet. I’ll let you know when I figure it out.”

- “Sometimes you do this thing that really drives me wild, but, well. I guess I can’t tell you yet, it’s too freaky.”

- “There’s something that has been bugging me for a while now, but strangely, I really like that. I know that you won’t be able to guess what it is, but I can’t tell you either, because it’s a secret.”

- “I recently learned something really shocking about you. I am not sure what it means yet, but I think it’s a good thing.”
• “You know that you’re a really hard guy, to get to know, right? I think I might have to stop trying too hard, because I have learned that I need to try something new. I might tell you what that is later.”

• “Sometimes I find it sexy when you...oh, that’s too dirty to share. Maybe when we are closer I can tell you.”

• “I can’t believe that you told me about ______(here you list something) the other day. It has really got me thinking, and recently I thought something really shocking about you, but then because you told me about that, I don’t think it’s a good idea to tell you now.”

• Etc...

Thus, the key here again, is to prick him with a level of curiosity, whether good or bad, again, that has him wondering what it is that you are talking about. Once again you don’t explain why you are saying what you are saying, because you are going to make your man actually ask that himself, by failing to actually explain yourself.

Remember to simply pull away right before the goods are delivered, and to allow your man to come the rest of the way, to figure out what you are trying to say, or accomplish.

Step #3: Trap Him Before You Release Him-

There is a deeper purpose to the Attraction Anticipation Technique, wherein you actually get to a level of being able to negotiate with your man, based on what your needs are. So if he has been ignoring you, you will be in a position after step # 1 and 2, to basically negotiate any outcome that you want after. But in order for this to run smoothly and effectively, you first have to trap him and corner him in.

This means that you must remove any possible loop hole that your man might come up with or encounter, that would “excuse” him from having to take responsibility now,
for the reality that you are setting up for him to fulfill.

Part of how you do this, is by tearing down his ability to be confident in the **wrong things**, and secondly by raising the level of curiosity.

The last thing, therefore that you must do, is leave him out, to ‘hang-dry’ on your emotional clothes-line. What this means, is that you quite literally, pin your man up, to wait, and dry off a bit, so that when he comes back to you, he is a crisp new man.

Just like you wouldn’t wear a soaking wet t-shirt, you shouldn’t want your man when he’s soaking wet either.

So what you have to do is create a timed cage situation, wherein you basically put him in the dog house, and don’t let him out, until you are certain that he’s going to follow through.

Again, as you’ve learned in the previous chapters, it can be a mistake to give in, too soon, because it tells your man that he can just “say” the right things, but doesn’t have to DO the right things.

You must only give in now, when he actually starts doing what you want. It means that you have to become dry, pull away, and must distance yourself from him after, even if he is begging and pleading with you to come in and answer his curiosity, or solve his internal dilemma of his renewed need for validation from you.

Thus, when you trap him he can’t get what he wants, until he gives to you first. It won’t take your man long to figure out either, that he has to come to you and deliver something, because he will feel an intense need to solve the problems or breaks in realities that you just created for him in step 1 and 2.

Remember that a little impatience can go a long way, but patience in the right direction, especially when you are trying to get him to change his behaviour, is key. It doesn’t mean being patient with him, when he’s only telling you that he will do things, or he’s showing interest for a short period of time. Push it just a little further, and hold on to the steps that you originally implemented, so that you can build up a stronger
drive in your man, to work toward having you in his life.

Again you are trying to build up attraction here, and you are trying to give him the satisfaction once more, of anticipating your next move, and anticipating your approval of him once more. He will never feel that, or have that build up, if you just hand him the candy immediately. Pace yourself, and you will see astounding results.

**Making These Steps Work:**

At the beginning of this chapter, I mentioned that you have to satisfy 3 realities for your man, if you truly want a man to go out of his way to do something for you. Those 3 realities, again, are a man’s need to feel:

A) Motivated
B) Curious, and
C) Validated and justified

When it comes to the relationship.

A man, must therefore have all 3 of these realities met, and satisfied, before he can feel a desire to come in and please you on a deeper level.

When you are facing a stubborn man, or a man who wants to withdraw heavily in your relationship, these 3 keys MUST be fulfilled first, before he would even remotely think about doing what you wanted, needed, desired, or wished, in the relationship.

Now all of the 3 steps combined in this chapter, allow you to come in and give a nudge to your man to feel, first motivated to want to listen to your desires, because again you remove his ability to take you for granted.

You then, secondly, allow him to feel curious toward your needs and desires again, and toward you, by using a curiosity prick.

But finally, you give him a reason to feel validated and justified through all of the
steps, but especially with step #3 when you back away to allow him to work to solve the problem.

By utilizing step #3, you actually help to justify to a man why it is that he should work, because you only begin to reward him when he actually does what you want, after that point, thus he feels BETTER when he does more for you, and WORSE when he does not, through this method.

This is therefore the key to getting your man to open up to you, and it is the way to make a man come back to you again, emotionally and physically.
Chapter 21: Journey To The Heart Method

“A knight in shining armor is a man who has never had his metal truly tested.”

So far, in this program you have been learning how to peak and spike a man’s emotions, based on circumstantial solutions. What this section will show, and teach you, however, is a rule that you can apply to the long term reality of a relationship, and love life, with a man. If you are an overly nice woman, or if you are extremely “giving” when you are in a relationship, then this is the rule for you.

If you also are prone to expecting your man to be your world, and knight and shining armor, then this is also for you.

Why is that?

Well, I am going to let you in on a little secret. A knight who has “shining armor”, is the same kind of knight who actually did NOTHING for nobody. Yes, you heard this correctly, a knight in shining armor, has done NOTHING for nobody. He is absolutely useless. But here’s why...

He is the kind of man who LOOKS good, and SEEMS good, and you even build him up therefore, to even BE good in your mind, but here is the ultimate reality...

You want your knight to have banged up armor. You want to see dents, scratches, and imperfections in that armor he wears, so that you actually have PROOF that he is the kind of man who goes out and fights his battles.

A true mark of a hero, is not all of the scratches, bruises, and marks they DIDN’T GET, but of everything that they acquired, because of what they DID do.

Thus, you want your “hero”, and your knight in shining armor, to actually have the dents, and scratches.
What does this truly mean in relation to your relationship? Well it means that you need your man to do more than simply exist, and you need him to do more than simply sit there and look pretty.

As you have learned in the previous sections, it’s very easy for a man to become comfortable with the idea of you, and to laze off, while taking you for granted.

Such men are basically like the knight in shining armor.

What is worse about this reality, is that a lot of women are guilty of doing this: you take off his armor, and say “no, honey, please, sit down. I wouldn’t want you to get hurt. Here, allow me to fight for you.”

What happens next, is YOU are getting all of the bruises, and battle scars, as you go out and do all of the work, meanwhile when you are done, you even offer to get your guy some new shining armor, because now you’ve dented or damaged the original gear!

Does that not sound strange, or what, though?

It should sound strange, because it is strange. The point I am trying to make here, is this: a lot of women mother, baby, and completely smother their men, to such a level that the man never actually has to get up off his butt, and contribute ANYTHING to the relationship, because the woman in charge, is taking care of it all for him.

It means that the man can just sit back, and laze off, when it comes to the relationship, and his love life. It’s all just falling into his lap.

There’s one huge problem with this reality though. It means that you are completely overshadowing his role in the relationship, and you are even preventing him from wanting to complete his half of the bargain.

What’s worse, is the fact that you are basically investing in something that doesn’t even exist either.

The Liberating Investment Rule, is simple. It dictates that you should ONLY invest in a
guy, once you have a clear picture of what he’s willing to invest in you, in return.

It means that you also equally do not invest in this guy, in the future, if he just so happens to STOP giving you a return. It means that you only ever give, or move an inch, once your man has already DONE that first.

It doesn’t matter what stage of the relationship you are in, this is an extremely important rule, and it must be followed. Failure to follow this rule, means that you are basically putting everything you have, into something that doesn’t actually exist.

To help illustrate this for you, I want you to imagine that somebody has told you about this huge lottery, where you have the potential to win a billion dollars. The way that this person has told you about the lottery, is so powerfully enticing, that you end up putting your life’s savings into it, and you even sell some of your things to buy as many tickets to this lottery as possible.

But this lottery isn’t something you’ve really heard of before, so you don’t know where to pick your tickets up, and that’s when your friend starts telling you that it’s underground. Still enticed by everything this friend has told you, you give them all of your money, and hope for the best.

Next thing you know, this friend has taken all of your money, and when you try to ask them what they did with it, you end up learning that this lottery never actually existed. Now all of your money is gone, and you don’t even know where it went.

At this point you will feel as if you have lost everything, and now there isn’t even a way to get it back. Your friend is also surprised that you were this gullible and that you believed them, but here you are feeling betrayed because you thought this person was your friend.

Now you are left wondering how, and why it is that somebody you cared for, could do this to you, and not even feel bad.

The same kind of thing happens with a lot of women, wherein they basically give the guy everything, based on his ability to ‘sweet talk’, and give ‘verbal promises’.
But when actually put to the test, a lot of guys don’t actually follow through on anything they said they were going to, because before they even do, you’ve given them the car, house, and even the kitchen sink, when it comes to your love and what you invest in the relationship.

At this point, why would he actually have to follow through with his words? You’ve quite literally told him that he didn’t have to. Sure you need him to be trustworthy, and sure you want him to do the right thing, but really, you are giving him as much as you possibly can, without actually receiving anything in return from the man.

This is equally as bad as spending all of your money on a lotto ticket when you never actually get proof, that it exists. Then again, spending your money on lottery tickets may be considered silly too, because your chances of winning are low.

Thus, what I want you to understand is that you can’t wait around, hoping to invest in something that:

A) Might not even exist, because you actually have no proof, or never asked for proof, or never verified that it was true.

OR

B) Has the lowest possible potential of actually producing the results you are after.

If you knew for certain, that you’d never EVER win the lottery in your lifetime, and this was guaranteed, do you think that you’d still invest in it, if this were 100% true? Probably not.

Well, you would never invest in a guy either, if he was never going to return anything to you either, would you?

But thankfully, men are not entirely like this “false lottery”. They might turn into “false
lottery” guys, when you start investing in them, without actually making them prove their claims first, but this is fixable, and you can turn things around, so that you don’t get stuck with just the knight in the shining armor who doesn’t want to get up and win his love.

So the rule here, therefore, is that you ONLY give back to your man, once he has given to you.

What this ultimately means is that you have to take your feelings out of it. You can no longer make decisions, or act based on your feelings, alone. You must temporarily remove your feelings from the mix, so that you are only investing when it is logically SOUND to be doing that in the first place.

What does logically sound mean?

Logically sound means that your man has actually PROVEN, physically, that he can follow through with his words. His actions match his words, he follows through on promises, and he mostly does what he says he is going to do, with little to no contradictions therein.

It also means that you aren’t stuck on the excuse train, that stops every 10 seconds for one reason or another, instead of actually just going to the destination.

It means that you only invest in this guy, once you have a clear picture.

You want to be the girl, investing in realities, not pretty words or dreams.

You wouldn’t dump all of your money, on a lotto ticket, that didn’t actually exist—simply because somebody told you that it for sure was going to win the lottery.

Now, what if 50,000 people told you that this ticket was going to win?


It simply doesn’t matter how many times somebody says something, promises that, or even how many people come in and say it, if that thing doesn’t exist, and proof
cannot be found yet that this thing is happening, you can throw all you want at it, but it’s not going to happen, if it never existed to begin with.

At least put some of your eggs into an actual basket here. That’s the main principle behind the Investment Guideline Rule.

It means that you end up with a man of action, instead of a man of empty promises.

So how do you do that? There are 4 steps which you need to follow:

**Step #1: Draw Clear Boundaries**

These cannot be things that you HOPED or ASSUMED your man would ‘figure out’ or ‘get’, based on OTHER promises he made. These must be clear drawn out rules, and guidelines, that you let your man know, are extremely important to you.

So how do you do that?

You clearly tell him what you need, you give him a reason why he should do this, and then you seal the deal by reminding him that it’s good for him to do, because you further explain what it will do for you, if he does comply.

Once you have given your man a boundary, you must never let your man cross these boundaries, regardless of what excuse or “reason” he comes up with, to cross them. It means that if he starts misbehaving or disrespecting your boundaries, that you back up, and tell him that you have to take space, because he clearly is not respecting your needs or boundaries.

You just simply, don’t put up with it. He is not a child. He doesn’t need you to baby him into doing the right thing. He is a grown man, so treat him like one. That means that if he starts trying to test you, and press your buttons, where he shouldn’t be, to see how much he can get away with, you simply don’t sit around and put up with it.

You aren’t his mother. You aren’t going to come in and congratulate him for doing the wrong thing, and love him anyway. Your love must be earned, and it deserves to be earned, so make him earn it. Stick to your rules, so that he can as well.

Remember that a man can only cross your boundaries if you let him. I know it’s hard
to draw and KEEP the boundaries, but you will find that the harder you work to keep your boundaries, that the more your man will respect them, and OBEY them in the future.

Again, your man follows your lead, so if you don’t respect your own guidelines, he won’t either.

**Step #2: Offer Appreciation Where It Is Deserved**

It will be hard for your man to follow through with some of your demands or boundaries, honestly speaking, especially if some of your boundaries require him to open up, or commit more.

So how do you get him to become comfortable with the idea of your needs, and wants, and to become comfortable with the idea of actually fulfilling them in the long term?

You acknowledge his efforts, and reward him with an appropriate level of appreciation, when it is earned.

Now this shouldn’t be confused with simply telling your guy that you love him everyday, or just being nice to him, just because. No. You are nice to him, when he earns it. You are open with him, when he deserves it.

You only, once again, ever invest in him, including in the rewarding stage, once he has done something in the first place, to get that from you.

Once again, as you have learned in the earlier chapters, you must be careful to let your guy know what EXACTLY you are rewarding him for, as well. You cannot use blanket statements anymore, like saying, “I love you” out of nowhere, with no context.

Now you bring in the big guns, and specify exactly where, and why you are thanking him, or are appreciative, so that he can begin to understand what you want more of, and why.

This helps clearly tell your man, exactly what you need, and exactly what you enjoy as well. It then becomes a PLEASURE for him to fulfill your needs in the long term, because:
A) The communication is clear,
B) You are giving him the motivation to do it, and
C) You are justifying everything for him so that now he has a reason.

**Step #3: Act It Out**

There is only so much talking and explaining that you can do, before you ultimately lose your guy, because again, talking means that you are still allowing him to do things that you might not agree with.

This is why you have to act out the boundaries that you draw, so that you aren’t just saying “hey, do this thing, because it’s really important to me”, but now are proving it too, by following through with action. So how do you follow through with actions?

You take a step back, or even two steps, depending on what your man is doing and how he is reacting. This means that if, for example he starts throwing a temper tantrum when you draw a boundary, that you back up one MORE step as well.

Why? Well now he’s misbehaving, on top of misbehaving, so again, you won’t tolerate your man trying to do the wrong things here, and you aren’t going to keep allowing your man to continue getting the idea that he shouldn’t be getting his hands dirty in the relationship.

You are more than willing to give him what he wants, and in fact you can even remind him of this, as you do in step #2, where you tell him why it’s good for him, and what it means to you.

So it’s not as if you are cutting off his supply of oxygen here, so your man can “handle”, and can even take a little heat here. Don’t feel sorry for him, just simply take a step back, and let him work out his emotional drama on his own, as a result.

Remember that you are only doing this, because your man is lazing off in the first place, and you need him to be in gear, for the ENTIRE relationship, and you need him to want to be there ALL the time, not just SOME of the time.

Again, guys don’t always understand when you say things, but they understand when
You ACT IT OUT.

You are the leader here, the man follows your leadership, which means you take a step back, depending on how he reacts, or you take a step forward depending on how he reacts.

So, what does taking a step back mean? It means removing your ability to completely give in to him, connect with him, or be around him, in a fulfilling or wholesome way.

It means that you reduce his ability to have access to your approval, your time, or your affection etc... until or unless he budges. Again if he starts throwing a temper tantrum because now he’s not getting his way, and now he can’t just laze off, you back up even further.

You make it clear in this stage, as well, that you won’t put up with that, and that you need a man who can handle you.

Step #4: Use the Trap Reversal Method

Men fear being trapped, while women fear being abandoned. This truth creates quite a controversial contradiction in most relationships, as the woman tries as hard as she can to secure the man, meanwhile the man tries as hard as he can to prevent himself from being trapped and ultimately secured in something that he fears could be a miserable circumstance in the future.

What the Trap Reversal Method does, is it helps to alleviate this ultimate fear that men have of being trapped in a dead-end relationship, so that this very same man can completely feel no barriers blocking his ability to love and commit in his relationship.

So how do you alleviate this fear that a man has, when it comes to feeling as if he might end up ‘trapped’, instead of ‘free’ in his relationship?

You reverse the roles. You ideally want to put the man in your shoes, wherein he feels what you feel. What does that mean?

It means having him know, feel, and fear the exact same things that you do, which ultimately means that you translate your fear of being abandoned over into his
territory, so that he ends up wanting to stick around, and never leave.

You see, until or unless a man fears that you would leave him, it means that he doesn’t value you enough to stay PERMANENTLY, and that he doesn’t love you enough yet, to emotionally devote himself to you whole heartedly.

This is why it’s important to reverse the roles, so that you are ultimately treating the relationship as your man does, so that he can feel what he needs to, to finally treat the relationship as it is meant to be treated.

So how do you reverse the roles?

What you do, is you take on his role, which means that you act, in the very same way that a man acts in a relationship.

So for example, a man would withdraw often, in an attempt to emotionally and physically get away from a woman, the closer she tries to get to him. A man fears being trapped, so he often doesn’t open up, and becomes emotionally distant at the most inconvenient times, usually of course, this is when you need him the most.

A man, also fears taking things fast, so he often times slows things down, sometimes to a blood curdling speed that is so slow, that women want to poke his eyes out, just to get him moving again.

Likewise, men fear being cajoled into commitment, so any time a woman might give him an expectation that requires further commitment, the man will flake out, and run.

Ultimately what this means, is that you have to emotionally adapt this same attitude, for a temporary period, to completely reverse the roles, so that you are no longer the one trying to convince your man to stay.

When you do this, your man becomes the one who is trying to convince you to stay, instead.

So the way to do this, is to reverse everything you have ever done, as a woman, in your relationship. It means that YOU start taking things slow. YOU start maintaining a
distance. YOU start fearing that he may trap you, by verbally letting him know that you don’t want to take things too fast, don’t want to be trapped, and that you don’t want to end up stuck.

You take on the male psyche when it comes to commitment. To be clear here, you have to verbally let him know, that you in fact want to take things slow, and that you want to maintain a distance.

This also means that you have to follow through slightly with action, by backing off very quickly from your man, both physically and emotionally.

It means that he doesn’t get to feel the sweet, warm comfort of your soothing love, or affection, because you effectively put a cork on that bottle. So nothing is coming out of that bottle now, until he comes to you, and pulls the cork out himself now.

You are not an overflowing fountain of love here, that just pours endlessly for your man to come in and have whenever he wishes, as he wishes, without even having to give back to you.

You must be more like a bottle with a cork, wherein your man must come to you, hold you in his hands, and pull the cork out through his own effort, before he can taste the sweet victory of your love again in his empty cup of loneliness and fear of abandonment.

What does this accomplish, when you do this?

The first thing it accomplishes is that you start standing out in a guy’s mind. You are no longer like the same kind of woman that he’s accustomed to, because every other woman follows the standard rule, which is the “trap the guy” reality.

The second thing that happens, because of this, is that your man will look at you, as though you are this exceptional woman, because now you will have cemented the reality that you’re not like other women. Other women don’t know about this. Other women just try to trap their guy, meanwhile you are letting him go, to come back.
That is the exact meaning behind the saying “If you love something, let it go. If it comes back to you, it’s yours forever. If it doesn’t, then it was never meant to be.”

The men who don’t come back, are the same men who feel that they are caught up in a nightmarish reality of women who are trying to trap and cage them.

The men who come back, however, and the men who stay, are the ones who feel that the woman they are with are outside of that reality.

Ultimately if you want your man to feel like you are outside of that reality, it means that you have to reverse the roles to give him that perspective to begin with. Do this, and your man will see being with you as the best decision of his life, because you are free from all of the other insecurities that other women carry.

**Making These Steps Work:**

The key here, is to liberate yourself, by making your man see you as an investment, but by further having your man recognize and see value, in investing in you in the first place, which in turn improves the quality of your relationship.

Part of doing that, means sticking to your guns, even if your man starts to grow a little bit annoyed, or irritated, because that’s the EXACT response which you will want to see, because that’s the response that comes before acceptance.

You see, there is a widely accepted hypothesis in the psychology community, known as the Kübler-Ross Model, which is commonly referred to as the ‘5 Stages of Grief’. This model suggests that when a person is faced with an extreme circumstance, wherein they will feel an intense sense of loss, such as in the face of death itself, or in the face of something like debt, or a divorce etc... that they will go through 5 stages of grief.

The 5 Stages of Grief, are as follows:
1. **Denial**- which is a basic lack of acceptance of what is happening, or refusal to believe that it is real.

2. **Anger**- which is the blame placing stage. It’s basically a ‘why is this happening to me, and who is to blame’ stage.

3. **Bargaining**- which is an attempt to change fate itself, by trying to negotiate one’s way out of it, such as in saying something like “I’ll do anything”.

4. **Depression**- which is the stage where a level of understanding of the loss comes into play, but now all emotions are involved.

5. **Acceptance**- which is the stage where one comes to terms with what is happening, and now feels like they can do something about it, or will feel as if they can manage it.

So why am I mentioning the 5 Stages of Grief?

Well that’s basically what is going to happen when you REMOVE something from your man, in the relationship, or when you take away his ability to immediately have something. At first he will deny it. He will want to pretend that nothing is wrong. But if you persist, you will notice that he will start to get a little angry.

As I noted earlier, you actually want to push past this stage, because it means that the method is actually working. Naturally what comes next is a level of bargaining, as your man attempts to tell you that he will do ANYTHING for you.

But you want to push past this stage too, wherein after this he will become a little depressed, and might even try to blame you, or ask ‘what’s the point’... because he didn’t get his way, by simply using words, the first time around.

But here’s where the GOLD comes into play, is with the final stage, of **ACCEPTANCE**. That’s what you are ultimately looking for, so it doesn’t matter what he does before this point, up or until the point where he actually accepts the fact that he has to become the knight in the **dented** armor, instead of the knight in shining armor who actually never got out of his castle to rescue or at least be with the princess in the first place.
So the key here is this: help motivate him to want to get his lazy butt up off of the couch, in your relationship castle, to pull his weight on his side of the relationship, properly.

You do that again, by following all of the steps of the Liberating Investment Rule.
Chapter 22: The Judgement Factor

“There are two ways of exerting one’s strength: one is pushing down, the other is pulling up.” - Booker T. Washington

The most absolute and worst nightmare that any woman can imagine, is often packaged as this ULTIMATE fear that their guy thinks, or believes something devastating about them. Many women, because of this, secretly wish from time to time, that they could just get inside of a man’s head, to know what that man REALLY thinks about them.

Now I am not going to tell you that men don’t have or form judgements about women, because they absolutely do. In fact, they do it all the time.

Again, a man most often thinks with the logical side of his brain, even when it comes to attraction, but what is logic, exactly?

Well logic is simply our ability to think about something in a sensible way. In other words, it is our ability to reason. What is reasoning? Well, reasoning is the action of making a sound judgement.

So in a nutshell, reasoning is our ability to judge something. Thus, logic, is simply our ability to judge something WELL.

What you might not realize, however, is the fact that every single waking moment of your life, your brain is making little judgements. You make judgements to determine how you should feel about something, for example.

You make judgements, about where you should move your body, as another example, so that you sit on the chair, instead of missing and falling down, instead.

Judgements are therefore a very good aspect of logical thinking that we use in our everyday life, to help us determine if something is good or bad, and if we should follow through with acting on it.
Now, a lot of your judgements, are based on emotion, because you perceive, experience, and view the world through your emotions, as a woman. This means that you decide how you are going to act on something, and toward something, based on how you think that thing is going to make you feel.

You basically react, and decide, now, based on how you feel that thing will give back to you emotionally, after the fact, because of how you feel to begin with.

A man, however, as you have learned, mostly perceives, experiences, and perceives the world through logic.

This means that he doesn’t have any feelings to go off of yet, to actually figure out how he wants to react to something. It means that a man cannot sit and base any reactions, or choices on how to proceed with something, based on how he feels.

He doesn’t have that kind of data built up inside of him yet, because once again he is using logic. Logic is dictating a completely different reality to him, that is almost completely void of feelings altogether.

Thus, as I explained in the earlier sections, a man has to rely on Logical Attraction, when it comes to a relationship.

Therefore, a man, will judge something, not based on how he feels about you, or around you.

Instead, this means that a man judges you, based on the outcome of something, instead of the feeling. But how would a man know the outcome of something, if he doesn’t have the knowledge of a solid feeling about that thing, to decide on it, in the first place?

Well, a man actually has to do something, which you might find to be pretty evil, because of this.

What is that?
He has to test you.
But not just once, twice, or even three times, BUT sometimes more!

A man will test you CONSTANTLY... because the only way he can get a clear answer, is from the results. So he has to drop little tests here and there, before he can make a decision, of how he should feel or react to something, again because he is basing this off of logic.

To help give you some perspective, I want to give you insight, on a very common test that men often place on the women that they are interested in.

It’s the communication cut off test. Basically, what a guy will do, is he will purposefully cut off contact with you, out of the blue, either with an explanation, or without one. But either way, this test is designed to force you to respond.

It’s the RESPONSE that he is actually looking for, mind you. So this test usually goes something like this, in a man’s mind: “What will she do if I don’t call her for a day?”

He proceeds to not call you, and ignores you.
Why is he doing that?

It’s simple, he is looking to see what you will do, if he’s not there.

In his mind, questions are now running through his head, as he waits for answers that you are about to give him, such as answers to questions like:
- Do you freak out?
- Do you blame him?
- Do you get mad?
- Does this turn into a blame game?
- Do you try to play mind games just to see if he will respond?
- Do you get or become overly needy, or obsessive?
• Do you become overly controlling, and demanding, or coercive in nature?
• Do you threaten to leave or get extremely dramatic?
• Do you just accept it and would you just be understanding?
• Etc...

This is what guys want to know. It’s basically the equivalent of this question: If I give you an inch, will you take the mile, and the entire continent too?

As you can see now, a man can therefore learn a lot by testing a woman, which is why men OFTEN do this, and they almost always do this without EVER telling a woman.

If they DO tell a woman, they almost exclusively tell her AFTER the fact, which makes things even worse, because almost always by the time a guy is telling you that he’s tested you, it’s because you failed, and he wanted to let you know that you failed too.

Thus, men use these tests as a way to figure out, how they should feel about you. They use this as a way to gather data, that tells them how they should proceed, react, and treat you after the fact, because again, they didn’t have an understanding of the emotions they should feel yet, so they have to create a situation where they can get an understanding.

Ultimately what this translates to, is a reality where they judge your temporary actions, and form a long term judgement.

They see how you react and form a long term judgement and ASSUME now, how you will react far into the future. They remember these things, after the fact, for a long time after, until or unless you prove that judgement to be wrong, in the future.

A man, also, for example, judges your personality by the way you act around him. Men secretly test women all the time, and most women don’t know this.

They actually check your reactivity....to EVERYTHING. They actually push your boundaries to see how far you would go, and secretly judge you, again, on EVERYTHING, all the time.
Even worse, is the fact that men will use your requests and demands, as a way to test you too. So if you asked your man to be more honest, what he will do is he will come in and test you with a level of honesty that he KNOWS you will react heavily to.

This is how he tests, whether or not your request is even reasonable, or “do-able”, in the first place. In his mind, this equates as “hey, I am being honest, because you told me to be honest”, but by the time you figure out that he is being honest, you’ve probably gotten into a heated argument with him, when suddenly he pulls out the bombshell revelation, that you ASKED him to say that thing to you.

Confused you will ask him when you asked for that level of honesty, and he will replay back your request, for him to be more honest, just like a parrot, and suddenly you feel foolish. Then you feel guilty.

All the while, you would never realize the fact that your man had actually been testing you, and you’d not even be noticing how evil that reality really was, except to internally feel like that wasn’t fair of him. But you’d also have no explanation as to WHY it was unfair, except that you simply knew it wasn’t fair.

But that’s the thing. Guys will never just outwardly say “hey this is me doing what you asked”, as they are doing it. NO.

They come in, all jerk like, secretly...and do what you asked, without telling you they are doing it, because again, they are TESTING you to see how you react when they actually do what you wanted them to do.

The reason why they don’t tell you this, is simple. If they told you, you wouldn’t react naturally, or normally. If they keep it a secret, and never tell you, they can see the REAL you, and can get an idea of what you are really like, when you aren’t aware of the fact that you are being secretly judged.

A lot of women demand that their guy open up, or be honest, or they ask that their man tell them when he doesn’t like what she is doing etc...

But what guys will do, is they will come in and make a small statement, but this isn’t just any statement. They actually specifically worded it a certain way, and are waiting to see how you will react once they do.
The concern here is they are about to make a decision, and you don’t even know it. What decision?

The decision to be honest and open in the future or to close the door in your face for the immediate future.

A guy will never immediately do what you ask or want. Even if he 10,000% agrees with you, normally it goes like this:

He hears you. He might disagree to your face, but behind closed doors he is actually thinking about it, and it has hit him hard.

He takes time to let that sink in, because he will have to do something about it.

If he does something about it right away, his pride and ego are on the line, so almost all guys wait to actually take action on something you said, and usually do it out of your sight.

This is why most women never recognize when a guy is actually listening to them, or doing what they asked...because men come back LATER and listen to you after the fact... and by this time frame, men are actually TESTING you.

If you told him that you want him to be more open and honest, or you want him to share more of how he feels about your negative aspects, so that you can change them....those are times when a man will leave a gap between his response and your request.

But the concern is that most women don’t realize, understand, or know that a man will come back and test you, to see if he actually CAN, or is ALLOWED to even do what you said.

It usually works something like this.

You make a point, or request, or state something.

The guy either immediately argues, disagrees, or backs away from that.
He thinks about it after, regardless of what he DID the moment you told him about it-it doesn’t matter if he agreed, or disagreed, or completely avoided addressing it, he IS thinking about it. He decides in the future, to act on it, if something reminds him, or if he is prompted with something that fits within your criteria.

He does what you said, then.

Only AFTER does he tell you, that he’s doing it though.

So, most women would end up feeling attacked, or as though the guy is being mean under this circumstance, because now he’s being honest, or is telling you what he doesn’t like about your behaviour...almost out of nowhere.

And then you feel even worse when he reveals that he actually was doing it because you had asked. Now you can’t even argue this, because the guy has just backed you into an impossible corner. He’s right.

You did ask.

Now you look like a complete “meany” reacting so heavily to something that you had previously asked him to do for you.

But what’s worse: is that now you fear he won’t be honest again, or tell you things again, because you just proved that you can’t handle your own needs, when they are being met.

This extends well beyond simply asking a guy things too. Guys test you to see how angry you get.

Guys will even PURPOSEFULLY lie to you, just to see how you handle yourself, when this is true.

Many men will even test you to see how many lies they can get away with, before you finally notice, just to see if you actually can tell the truth from the lies, or to see if you listen properly, or to tell if you can easily be fooled.
Other men may lie directly, and tell you, just to see what you would do, when things are not “perfect” or when he makes a mistake. You will find that nice guys actually do this, because the problem they face is often a woman expecting them to be perfectly nice all the time.

There will come a time when the nice guy messes things up. So he sets up a situation to test your reaction, so he can see how you will fare, when he actually hasn’t done something extremely wrong… but something small and controlled, yet still wrong.

Nice guys do this the most, because they are in the biggest position to be hurt, used, and even abused, because of the fact that they are nice. The chance of them being taken advantage of, or having somebody walk all over them is intense, and the more self-aware a “nice guy” is, the more often he will test a woman, BEFORE he even steps further into a relationship, to understand if she can even HANDLE him properly.

Nice guys, need a woman who can control herself, and who doesn’t immediately attack him, because as noted, nice guys are open to changing, and nice guys are actually the ones who will do what you ask, almost always if it is within reason.

The ultimate fear, therefore is always there that the guy will end up stuck with an unreasonable woman who projects onto him, or makes assumptions, or who comes to conclusions, or who blames….when the guy was always willing to change or do what she asked. He doesn’t need the EXCESS negative drama.

Bad guys, do the same thing, only they actually test a woman to see how far he can push her, use her, and how much he can get from her…. by putting in the least amount of effort. These guys can be spotted, easily because they will ALWAYS push your limits.

They do not respect your boundaries, and always go beyond them, because they are again, testing to see how much they can get, without having to put much effort in on their end (they don’t want to make changes, they don’t want to do what you asked, or they don’t want to commit etc...).

So what is the solution to the Judgement Factor? The solution is to carefully pay attention to, in the future, moments when you request something from your man, so that you can recognize when that very thing is in motion, in the future.
The solution is to also pick and choose your battles wisely. Just because a man is reacting, this doesn’t mean that you suddenly have permission to react heavily too. As the saying goes, two wrongs don’t make a right.

This is why you have to be very careful to not always battle your man, when he appears to be “battling” you in one way or another.

Almost always, any time you feel like your man is pushing your buttons, take a step back, and remember that he is supposed to do that and WILL do that, so that he can figure out how to react around you, and so that he can know what to do with you.

The solution therefore, in this circumstance is to always take an emotional step back, before anything gets too intense. If you find yourself feeling pushed to respond, or become reactive, leave, or ask your man for some space.

Don’t feel bad or guilty doing this, and ignore him if he tries to push you to stay as well, because in the end, if you actually stand your ground in a mature way, you are ultimately proving to your man, that you know how to do the right thing and that you won’t over react with every little thing.

That is all your man wanted to know anyway. So let him know that you can handle things, and that you know what you are doing on your end, and that it won’t waver, just because he is uncertain or unsure of himself.

Have enough certainty in and of yourself that it spills over in his direction to solidify his trust in you, so that his doubts disappear.

**Making This Factor Work:**

At the beginning of this chapter, there is a quote that reads “There are two ways of exerting one’s strength: one is pushing down, the other is pulling up.” This quote is the exact embodiment of what it takes to make the Judgement Factor work in your favor.

You see, a lot of women, when dealing with a man, and when trying to assert their own individual strength, end up pushing DOWN on a man, when he starts testing her,
pushing her buttons, or judging her prematurely.

Obviously, as you have seen, however, doing that is a huge mistake, because it only further cements the idea in a man's mind that you can't handle him, or that you might be bad for him.

It’s important to note that even men who have been with a woman for a long time are guilty of this behaviour, because there will always be new things happening in a man’s life, and he must gauge whether or not to share that with a woman, or whether or not to keep that secret.

Thus, it’s important to use the knowledge of the Judgment Factor to the best of your ability, so that you can recognize when a man may be testing you, may be pushing your buttons, or may be creating a judgement from only a few details.

Knowing this is the difference between a woman who has an open man, and a woman who does not.

Thus, the ultimate key, to utilizing this factor, is to actually push UP and out, when a man is pushing you, in the relationship. Don’t push back down on him. That only makes him feel pressured to push you even harder, because now you are squishing it all back down on him.

So push up, and let everything he is trying to do, figure out, or cause, have a release that is OUTWARD, instead of a release that goes into you, and is therefore inward.

If you do this, you will be able to actually dodge tons of arguments, problems, and even more.

Remember that you don’t have to attend every argument you are invited to, because ultimately that’s what a man’s purposeful judgements or tests have the ability to create, is an argument. So remember that you don’t actually have to participate in
every argument that you might feel compelled to debate within your relationship, and between you and your man.

Learning how to pick your battles, as you have seen in this chapter, is the first step to accomplishing that reality, so remember to look for moments when your man is potentially using the Judgement Factor on you, and learn to dodge it, and see it as simply his need to seek out more information, which is why it’s important to answer him with the right information in the first place.
Chapter 23: Vapors of Obsession Process

“It is not the sex that gives the pleasure, but the lover.” – Marge Piercy

In the earlier sections, I spoke about how a man is actually vulnerable after intimacy, just like you are, because he has opened himself up to you, in one of the most intimate ways possible.

Now this might sound strange, but a lot of men are actually emotionally fragile after sex. Yes, you heard that correctly, they basically, are in a state where they could break like glass, if one wrong thing is said or done after that, from your end.

What might make this even more confusing, is the fact that some guys seem to get a power thrill after getting intimate with you, but let me explain what is really going on there.

If a guy appears to have a super inflated sense of self, and he is bragging, boasting, or basically blabbering on about how great he was, or how good the sex was... that’s all a huge show. It’s mostly all a lie too.

The guy is literally sitting there, trying to TALK himself, and you, into believing that this was a good experience. Why do men do that?

Well, men need you to validate their sexual ego.

It’s a need so powerful and strong, that they actually require it to be satisfied during, and immediately following intimacy with a woman. It’s basically the equivalent of a woman’s need to know if a man really finds her to be pretty or beautiful.

It’s this ultimate insecurity that men have, which will eat at them, and eat at them, until a woman gives in or confirms that the experience was either good or bad for her.
Just as you’d never want a guy to call you ugly, a guy doesn’t want a woman to either:

A) Not give him any feedback (remain neutral on it, because now he doesn’t know if you did like it),

OR

B) Give him negative or rude feedback.

So what is the deal with this sexual ego? Why is it important to a man, to have that validated?

Well deep down inside, many guys have performance anxiety, which they will never discuss with women, but it basically comes down to a man’s core makeup once again. Again men want to know that they are useful, and powerful. This is a part of their core, to have their deeper fulfillment needs met, when it comes to their manhood.

This is all about what makes him a man. Can he lead? Can he take charge? Is he a good lover, for example?

If a man feels that he is a weak lover, this translates to a deeper fear and feeling that perhaps he is not a good leader, not a good provider, and not a good man, therefore.

A man needs to know that what he is doing, is good enough, and that it is making a difference, but he ESPECIALLY needs to know this, when he is getting intimate.

Why is that?

Well, by the time a man is getting intimate, it means that he has invested himself in the most personal and ‘close’ way possible, with another person.

When a man is leading and providing in other roles in his life, he never gets THIS close to the other people involved. He never gets this vulnerable, or this emotionally involved.
That’s why, intimacy to a man, becomes this very fragile subject, because now it’s not just his logical side talking. Now it’s his primal side, his emotional side, and everything else being thrown into the mix as well.

Now the fate of everything that he has worked up toward, is resting in your hands. He wanted you, but now he needs to know, if he can satisfy you, and deliver on a deeper level and nature.

Thus, a man’s sexual ego needs to be validated, but in subtle and believable ways.

I know that some of you might be thinking, “Wait a minute? My guy doesn’t even boast about sex, after the fact. If anything he’s extremely distant and shy, and pulls away.”.

Again this all ties back into his ego. If a guy is pulling away or getting weird after having sex with you, it means that he is unsure of himself, or he is having doubts about whether or not that was really fulfilling.

He pulls away, because of the uncertainty, and disappointment, in what he feels was something that he now failed in. Even if you enjoyed yourself, if a man doesn’t get a proper confirmation that it was in fact good, he will end up feeling as if HE is not good after.

Again, a man attaches his sexual abilities back to his own definition of himself as a man. If he feels he is bad or has failed at pleasing you intimately, that means he feels he is failing as a man.

That’s how serious men take sex, which is why they sometimes place so much importance on seeking out intimacy in the first place. It can make them feel like a real man, as long as they are receiving the right validation.

But it also has the power to make them feel like a loser. This is why, once you are at the stage of being intimate with your man, that you must help raise up his sexual ego.

When you do this, you will find that your man derives more pleasure around being with you, even outside of intimacy. Why?
You will have validated him in the most extensive and private way possible that only you know about. It’s not like somebody else could easily come along and validate that. No.

Only somebody he has been exclusively intimate with, could do this for him, which means you are now exclusively somebody he knows, that he can trust his intimacy with.

It paints you as somebody, who in his mind, he can open up around, and be free around, without having to fear repercussions.

Doing this helps to validate your man’s purpose, with you, but helps to reward him for getting that intimate with you in the first place.

Remember that you are still giving your man something, when you get intimate with him, but he can only ACCEPT that from you, if you finalize all of it, by wrapping it together neatly at the end, as one final package for him to receive.

So how do you do that?

There are 2 steps, which you need to follow...

**Step #1: Remove Your Need For Validation**

Wait until after you are outside the bedroom to seek it. I know that you are vulnerable, after getting intimate with a guy, and that you have an intense need to seek his approval, but you need to withhold that need, and that desire until after you have left the bedroom.

Only THEN can you talk about what your guy thought of you, or whatever else it is that you want to know, in depth.

Talking about your insecurities immediately after sex, indicates to a guy that he didn’t do that great of a job, because really, you are talking about negative things immediately after. If he did a good job, you would feel secure, happy, and confident.

But now he’s got a woman feeling insecure, in his bed, which is an ultimate “bad
taste” experience for him, especially after getting that close to the woman.

Nothing kills or ruins the reality more, after sex, than when a guy is stuck with a woman who drags everything down by projecting her neediness, insecurities, and doubts.

This doesn’t mean, again, that you aren’t allowed to talk about your concerns for the future, or your feelings about everything. It just means that you have to wait, until you are outside of the directly intimate aftermath, before you dump your heavy emotional load on him.

I spoke in an earlier section, about this as well, wherein I said that you don’t want to dump your emotional load on him either immediately after sex, because it signals to a guy that you are needy, and worse: it makes him feel like you are trying to trap him with sex and intimacy.

That makes guys run away. You now know an even deeper reason why this is a huge no-no, which is as I just explained.

**Step #2: Genuinely Validate Him With Compliments-**

If he took the time to kiss you, tell him how you enjoyed it, and explain a little bit why. Again, genuine validation, means that you have a proper justification or reason as to why you are saying something.

It isn’t just a blanket statement of saying something like “oh I really loved it”. That’s too generalized, and doesn’t seem sincere. A man will think that you are just trying to be nice, which will turn him off too, because now he will feel like you are just trying to kiss up to his ego.

Again, bring logical attraction into the mix. Show some respect toward the effort he made, and let him know the specifics of what worked.

Your job therefore, is to actually maintain the same feeling, vibe, and respect that existed before and during intimacy, after the fact as well.
So after sex, you could say something like, “I feel secure around you” or “I feel comfortable in your presence”.

Or you could compliment how enjoyable the experience itself was, by saying something like: “I really had fun with you, in bed.”

Or, “That ___(thing)__ that you did, was really interesting. I’ve never had a guy do that with me before. I really liked it.”

Or, if you don’t want to bring in the “never had another guy do that with me” aspect, and just want to talk strictly about your man himself, you could change that statement to this:

“…. I’ve always dreamed of being able to do that with a guy.”

Again, you are being careful in your compliments, to validate what you are saying with a reason. That reason could be that you enjoyed it, that it surprised you, that you had always wanted to do that, etc...

But always be sure to include a reasoning behind the compliment, and to make the compliment specific to something that he did, so that it’s not a blanket statement.

This is the best way to validate a man’s sexual ego, because it allows him to see that you are being genuine, because you are giving him a reason why this is true, and you are telling him how this made you feel specifically.

If you really want to come in big with the validation aspect, what you can do is hint that this is something you’d love more of... but you must be careful to not allow any confusion as to why you are saying it.

You must not make your man feel like you want more, simply because he didn’t satisfy you, but rather you would love more, because of how good it was. So you could say, for example:

“The _(here you list a specific thing)____ that you did was so amazing, I think I am going to need more, because that just made me feel so alive.”
If you want to take this even a notch further, you could validate even further by saying something like: “I really love a challenge, and you did not disappoint! I can’t believe how fulfilling you are in bed!”

This is basically like saying to a guy, that he knows how to bring a deeper element of fulfilment to the table.

That being said, I’d like to give you one final mind blowing thing you can say DURING intimacy with a guy, that will completely more than validate his sexual ego. Here’s what you say:

“I don’t know what you are doing, but don’t stop!”, and you make sure to say this in the most sincere and passionate way possible.

**Making These Steps Work:**

At the beginning of this chapter, there is a quote which states that it is not the sex that gives the pleasure, but that it is the lover. What this means, is that the intimacy is only as good as the other person is willing to make it, in the first place.

Thus, the key to the Sex Fulfilment Guideline, is that you ultimately fulfill your man on a deeper level, by framing both you, and the intimacy as having been a good experience in your man’s mind.

You do this, of course by first removing any unnecessary drama, through step #1, and by making it easy for your man to be in your presence, and to feel comfortable around you, in the first place. Then of course, you bring in step #2, wherein you further cement the idea that you are a good experience, in your man’s mind, by validating his ego in the right way, to help him feel worthy, and to help justify his manhood.

Doing this will set you apart from a great multitude of women who either become too emotional after intimacy, or who don’t understand that a man actually needs an ego
boost after the fact, because emotionally and internally he will be filled with doubts immediately following.

Being the woman to finally understand this about your man, and to help fulfill his needs during and after intimacy, on a deeper level, means that you will be the only one capable of fulfilling your man on a deep, and intimate level.

It means that his experience with you, will go above and beyond any experience he could possibly have with any other woman, which also means that he will think of you as having been the most fun, exciting, and powerful intimate experience, he could ever have.

Cementing yourself this way in your man’s mind, means that you also begin to make him feel as if you are the right choice, outside of the bedroom too, because you don’t compromise his security, when he is the most vulnerable, but instead, you take care of him, the way that he needs.

That level of comfort, ultimately, will not be ignored, by a man, and it will draw him back to you after as well.

Remember that intimacy with a man is not about what \textit{you} can get, and how \textit{you} can get it. That’s why it’s important to implement step #1, because if you don’t suspend your insecure emotional projections during or after intimacy, it basically tells a man that you are selfish, and that you therefore, want to be problematic.

This may offend you, but please try to understand that intimacy with a man, is about the man. Now the reason why I am saying this, is because once you get together with another person, it’s no longer about you.

It’s about that person, now. If you just wanted to satisfy yourself, you could be alone and do that, for the most part, correct?
Ultimately what this means, is that an intimate relationship is not about what you can get, what you want, and how you can have it. It’s actually about trying to please the other person, comfort them, and more.

That’s what your side of the role should look like and involve, which is why it’s a huge no-no to come in projecting your insecurities during, or after the fact.

Now I don’t want you to feel offended entirely by this reality, so I will offer you one comforting reality, therein.

It’s also your man’s job to please you, on his end of the role. Now it might take a man some time to figure this out, or realize that as well, which means that you might have to gently coax and remind him, that you’d like certain things to happen, if he is not doing those things.

But that doesn’t mean projecting insecurities into the mix, either. It means that you instead, positively reward your man, by validating his ego, or by complimenting him, on the things that come closer to what you want.

Or you prematurely reward him, in a genuine way, for something that he hasn’t done yet, thus encouraging him to do more of it, by saying something like:

“You know, I really love it when you take the time to kiss me and touch me when we get intimate, but I’d really love it even more, if you could try to take some time to work on ____ (here you list what you want). I know that you wouldn’t disappoint me, and I am really looking forward to it!”

Thus, in doing so you remind your man of what he’s good at, reward him for the potential to be better, and let him know that you are looking forward to something even better as well.

Your man will be extremely prone to wanting to accept your challenge to give you
better, after this, because you have made it a very positive reality, instead of a negative one. You reminded him that you need more, but this time you have made it extremely validating for him.

You therefore, remind your man through this method, that his side of the role is to please you as well, because again, if he just wanted to please himself, he too, could do that alone, without a partner.

So remember, therefore that a relationship is not about pleasing yourself, but it’s about what you can do for the other, it’s about being self-less, and the BETTER you can be, at being self-less in the right way, the MORE your partner will give to you in return.

So the key to being self-less intimacy wise is to follow the steps of this chapter, but to also reward your man positively, and to speak positively of him, when asking for a change, or for more from his end, so that he feels validated and welcomed to do just that.

Remember as well, that men WANT to be able to fulfill their purpose, of providing for you, protecting you, and guiding you. You can help them to fulfill that purpose, by, once more, validating them in the right way, and by reminding and rewarding them through selflessness that they can, and should fulfill that purpose through you.
Chapter 24: The Permission Principle

"Love is giving someone permission to hurt you, but trusting them not to."

In Chapter 22, I taught you about the secret tests that men give women, in order to gauge how they should react, or give back to them. Because of this factor, it’s important to know how to treat your man, in such a way, that the Judgment Factor does not affect you or your relationship with a man. The way to do this, is to use something called the Permission Principle.

The Permission Principle basically creates an atmosphere, wherein you can vacuum out any fears or doubts that your man has about you, so that he can trust himself to be free to unconditionally love you, without having to fear the worst if he does.

In fact, a man actually needs you to use the Permission Principle, so that he can feel as if he is free to love you, which means that until or unless you use this principle, your man will always feel a barrier between you, and his ability to truly emotionally open up.

So what exactly is the Permission Principle? Well, put simply, it’s your ability to give a man PERMISSION to love you.

Yes, I said permission.

I know it sounds strange, but you actually have to go through a series of actions, and NOT just words, if you want your man to feel like he actually is allowed to love you.

Ultimately, it means giving a man permission to be who he actually is around you.

Why do you need to do that, for a man to love you? Well, a man cannot truly love
you, until you show him that you are capable of handling him, accepting him, and
acknowledging him for who he really is, in the first place.

Imagine, for a moment, that you felt somebody didn’t really like you, or you noticed
that somebody around you kept on pointing out your flaws, and mistakes frequently.
Would you feel like trusting this person with your personal secrets, or would you feel
comfortable devoting a great deal of emotional effort toward this person?

Probably not.

Why is that?

Well this person doesn’t allow you to simply be who you actually are, and they
constantly find faults in your being, that you can’t even change either. So now you
have to be careful, and put up walls so that you don’t constantly feel dragged down by
this person.

Ultimately you have to emotionally desensitize yourself, so that you don’t FEEL bad
because of this person’s negative opinions or feelings toward you.

This same thing goes on in a relationship, where a woman starts to point out a man’s
flaws, or begins concentrating on the things that she wants him to change, so that he
can become her “perfect lover”.

This makes a man feel as if he is inadequate, and makes it hard for him to try loving
you, when you clearly can’t even accept him in the first place. It puts up impossible
barriers that your man can never climb over.

Thus, with the Permission Principle, what you are doing, is you are NOT trying to trap
your man into one expectation, and you are not trying to pigeon hole him into being
just ONE kind of man. It means that you give him some wiggle room, to express
himself, and be himself in your presence.

It means that you allow him the luxury of a forgiving comfort, to allow his flaws to
exist, and that you equally allow his amazing aspects to shine through as well, all at
once.

It means being open, without judgment, without assumption, without expectation,
and without denial.

So how do you do that for a man? You follow 5 steps, as a part of the Permission Principle.

**Step #1: Assume that you DON’T actually know him-**

This helps you to remove all assumptions and previous judgments, that you might have built up surrounding your man.

You should even go as far as to assume that what you know about your man is wrong... and that you’ve still not met the real man inside. This allows you to come in with an open and fresh mind.

If you don’t know the person, then there is EVERYTHING to learn about that person, once you accept this reality, which now means that you removed all judgments, preconceived notions, assumptions, or ill placed ideas surrounding this person.

I know this may sound absurd, but if you truly want to be able to make your man feel like he is in a judgment free and assumption free zone, when he is around you, you must approach him, as if each and every time you are around him, you DON’T actually know him.

Treat it as if you are meeting your man for the first time, each time. Imagine that you don’t know his annoying habits, or his frustrating ways just yet. Imagine that you still want to understand what makes him tick, and why he does what he does.

Do this, and your man will start to feel free in your presence to be who he wants to be, but to furthermore be who he NEEDS to be. Giving him an open space like this, means that you are coming in with an open mind, and when you come in with an open mind, so does your man.

It means that he no longer closes himself off to you, or hides things. It means that you get to know so much MORE about him, on extremely deep levels as well.
This basically ultimately gives you the insight that you need, to learn how to properly deal with and handle your man, so that now you are working off of correct information, and ideas that your man gave you, instead of ideas you formed yourself due to a lack of information, or a lack of understanding, which brings me to my next point...

**Step #2: Accept Him As He Is, Not As You Want Him To Be**

Your man is not a project that you need to come in and fix, change, or “save”. That is not your job. You should not come in trying to turn your man into somebody else or something else, because you EXPECTED something else, in the first place.

It’s basically like saying this to your man: “Hey, you are not ok as you are. I have a problem with YOU. Become another person, so that I can be happy”. It sends a really confusing message and signal to your man, because previously you would have hinted to him that you actually liked and wanted him as he is.

But now you are coming back with a mixed signal, telling him that he’s not good enough, and simply not accepting him for what he is, as he is.

Such behavior makes a man feel closed off to being able to give you unconditional love, because you are completely cutting off that reality from him, by indirectly rejecting him. There has to be some ability to accept your man as he is.

Now this does NOT mean that you accept certain behaviors as they are, that can be changed or improved. But it means that if something pertains to your man’s make up or core values, or his identity as a man, that you tolerate, and allow it to exist, as it is.

Tolerance, however, does not mean that you extend a level of SYMPATHY to your man. It doesn’t mean that you come in and feel SORRY for the state that your man exists in, as an individual, and as a man.

A lot of women confuse acceptance and tolerance, as this sort of level of sympathy, of feeling sad or sorry for your man, because in your mind, he is WRONG.
That’s not what I am talking about.

When you approach your man with a level of tolerance and acceptance for the things that simply make up who he is, and how he perceives the world, it means that you allow his DIFFERENCES to exist, without feeling sorry for that difference, and without patronizing the person for that.

It means that you allow, whatever makes your man different from you to be, and even RECOGNIZE why that might be important to your man, and why he needs it. It means that you try to even understand what it means to your man, so that you can get a wider perspective of its importance to him.

This is how you help yourself gain a level of tolerance and acceptance, is you stop thinking about how it would feel, or work if YOU were to be like that. Obviously some of his ways, ideas, and personality traits wouldn’t work for you.

But they work for him. He is happy with that, and this is how he functions, so work to understand how that works for HIM, instead of trying to understand how you feel that would or wouldn’t work for you. Once you remove your feelings, of assumption as to whether or not you could personally be that way, and curiosity toward whether or not that’d work for you, you can step back, and give yourself the room to understand how this would be beneficial to your man.

Again, this is not about sympathizing with the “wrongness” that you feel your man is inside of, because you personally feel it is wrong for you, but is instead about recognizing what is right about that for him, as it works for him.

This also means that you let go of some of the dreams of who you want your partner to be, and start to build an acceptance around who he actually is, and work around building dreams that involve who he is, not who you want him to be.

There is a very powerful quote, that recognizes this reality, which I’d like you to hear right now. It goes like this: "To dream the person you would like your partner to be is to waste the person your partner is."
Again, you want to be able to be happy with your man right? That happiness starts in being able to accept, and tolerate what actually is, instead of always denying that reality. Now I know that not everything your man does is perfect, and many things he does will annoy you.

Some of those things are temporary, and are fixable... but some things about your man’s make up or core, are NOT. Some things are permanent, and are not temporary.

There comes a level where your man will still be a certain way, think a certain way, and act a certain way. At this level the only thing he can do is try to be the BEST person that he can possibly be then, but he can only do that if you start accepting that reality, and ALLOW him to do that in the first place.

Ultimately the purpose of this step, is for you to stop trying to change him for just long enough, to actually learn who he is, and what he is about. If you are always trying to mold him into being somebody else, it means that you are not stopping long enough to learn who he really is in the first place. It means that you don’t appreciate who he is, or understand that.

So take a step back, and allow him to exist as he is, and allow yourself to be OK with this.

**Step #3: Understand By Asking To Learn, Instead Of Asking To Confirm**

A lot of women, when they ask their man something, are asking to confirm or deny an already existing preconceived notion. It means that by the time you are asking your man to learn something about him, you already have an idea in your head, of something you want answered, in a certain way.

Thus, it doesn’t matter what your man says, because you already have an “answer” existing in your mind of how something should be, should turn out, or should exist.

This is an extremely toxic way to go about addressing your relationship, and your
man, because it means that you leave no real room for what is, as it is. Everything
gets pigeon holed into a false reality that you are creating in your mind of what can be
tolerated and what cannot be.

The solution, therefore, is to actually ask to LEARN. Again, assume that you don’t
know anything. Remove any ideas that you actually have an answer before you ask.
take away any ideas that you have, or assumptions that you might know something.

No more asking to “confirm” something you’ve already felt or thought about him. This
time, when you ask, you come in to pay attention now, to the way that your man goes
about addressing everything. This time when you ask, you are observing, and are
exploring everything about him, so that you can recognize, and then understand how,
and why he is doing this.

This means that you are seeking to understand now, instead of seeking to criticize.
Coming in and asking a question, when you already have a preconceived notion of an
answer you want to hear, means that you would be seeking to criticize.

But coming in, asking to LEARN, means that you are seeking to understand. It means
that if your man gives you an answer or shows you something, you don’t immediately
come in after and tell him how that is wrong, or argue about the validity of it, based
on the answer you actually wanted.

It simply means you remove the answer you want, and instead allow the answer that
actually exists.

Again, it doesn’t mean that you are accepting your man, when he is wrong, but it
rather means that you are allowing him to be free to express, and to give you a
window to understand him.

Ultimately this step means that you remove your own personal agenda and needs
from anything that pertains to reaching him on a deeper level. It means that you allow
him to shine through first, as a man and individual, before you come in and project
what you would like onto him.

You’ll find that when you take a step and allow your man to exist, naturally as he is,
openly, that he will feel more than comfortable coming back and asking you what you need, and how as well, because again, you are leading by example.

It means putting your man first, where it counts, and prioritizing a deeper level of satisfaction for your man, which ultimately has him returning the favor ten-fold to you.

**Step #4: Respect His Reality** - Again, respect is more important to a man than love is. I have explained in the previous sections of this program what respect means, but basically coming back to that point, respect to a man, is a level of acknowledgement of his deeper purpose.

It means that you recognize, appreciate, and accept the things that make him a man in the first place, on a deeper level. What makes him a man? Well his drive to lead, help, guide, and provide for others, in his lifetime.

This means that sometimes he might end up trying to take the world on his shoulders, which is one behavior that men have, that drives women mad. But again, in his world this is acceptable, and is useful at times, and he’d appreciate it if you could respect it.

Respect, doesn’t mean that you always mindlessly agree either. It just means that you recognize why this is important to your man, and that you acknowledge its importance.

Even if his way of doing things drives you mad, or the way that he sees the world seems completely flawed. As long as that is working for him, RESPECT it.

That’s all that a man truly wants. It’s not even about whether or not you believe in the same things. A man is more than willing to allow you to have your own beliefs, and to feel differently about things than he does.

But he NEEDS you to actually respect his reality, whatever that might be, if that’s how he functions and thrives.

He needs you to separate your desire to have things done your way, your desire for
him to think your way, and your desire for him to BE in a way that you need... from the reality of what he actually needs to be, how he actually needs to think, and how he actually needs to do things, as a man, and as an individual.

Respect, in this case, means acknowledging when something is important to him, and not trying to change what that is, or the importance of that to him. Respect means recognizing what those things mean to him, and the purpose that they serve to your man as well.

**Step #5: Use the Unreasonable Appreciation Trick**

As noted, not everything your man does will be amazing, acceptable, or even remotely understandable. So how do you show support toward your man, and have an open mind when he is completely driving you up the wall? Again, the purpose of the Permission Principle is to allow your man to be the best that he can be, and a part of that comes in the above steps, wherein you accept what is, as it is.

Now obviously you won’t be able to accept EVERYTHING, because some of the things he does NEED to be improved upon. But this doesn’t mean CHANGING him, or denying him acceptance.

Rather, it means encouraging him to be BETTER, and to help him be the best he can be, as he is in the first place. This means that sometimes you have to come in and let him know that something can be better for him, but this time without trying to change who he is, but rather trying to change the behavior or action itself.

So how do you allow your man to see that you are open, and that you are giving him permission to love you unconditionally, if you need to ask him to improve?

You offer him a level of unreasonable appreciation and RESPECT, even when things are going wrong.

You do this by letting your man know that you are only bringing up whatever behavior or circumstance you wish for him to improve upon, BECAUSE you respect and appreciate him.
So ultimately what you are doing, is you are offering a level of openness around your man, even when you don’t agree with him. This means that regardless of how crazy or intense things get, that your man will always feel comfortable being open with you, and it means that you make it comfortable for him to change as well, because now he doesn’t feel attacked.

Thus, whenever you are in an instance where you find yourself unable or are struggling to accept something, and you need him to improve, you first tell him the behavior, and again let him know how you feel about it, and also let him know that you acknowledge how he feels too.

Then you say this:

“I actually respect and appreciate you, that’s the reason why I am bringing it up”

So now he feels open again, to the idea of remaining open for you, even when things are not perfect. He won’t fear any repercussions, judgments, or assumptions from your end, which means he can remain open with you, and thus he feels comfortable being able to love YOU unconditionally in return as well, because you are allowing him the space and room to be able to do that.

Again, you remove any ability of your man to feel guilty around you, for who he is, or how he is, even if he is not perfect.

Your man is not at fault for existing, and he is not at fault for his faults either. Most people don’t try to be wrong on purpose, if you think about it. Thus, you remove the “blame” for something that he genuinely never intended to really do wrong in the first place, even if he is wrong, once again you only go after the action, and not the person.

Understand that there is truly nothing to blame him for. He just is. You came into HIS life, which means you are an outsider. You MUST therefore be willing to accept and tolerate some of his reality.
This doesn’t mean that you accept all of it, but it means that you are willing to allow those things to be, and exist, without trying to tell him that he is wrong, or that something is wrong with him for simply existing as he is.

That’s like grabbing a bird and yelling at it for having wings. The bird didn’t ask to be that way, and those wings serve a very important purpose for the bird, yet here you are blaming the bird for having wings. But if you were to step back, and give the bird room, you’d see that it could get up, and fly, if only you’d let it go, and allow it to.

Then, you’d be able to appreciate the reality that this bird is in. The wings of this bird, are therefore about more than what you initially thought. Those very same wings are about movement, and thriving, because they are a core of how that bird functions and survives.

You may use legs, but this bird has wings. Accepting this difference, as a part of reality is key too, because both you and the bird can move, and thrive in your own way, even with such a stark difference.

Thus, it’s when you try to stop the difference, that you take away the ability for something to be, or for something to actually work, in the way that it needs to.

So let go of your man, equally. Take your grip off, of this need to try and change him or fix him. Recognize that some of this, doesn’t actually need to be changed. Take your ego out of the picture of what you feel is right and wrong, and try to understand what is right for your man, in his circumstance.

Now with this part of the step, it’s like finding a bird who has a broken wing. Are you going to, once more yell at the bird for that reality? Or are you going to want to help fix it, so that the bird can fly again?

That’s exactly what this step accomplishes, is it takes a reality that could be better, and gives you the power to actually make it better, without attaching any blame, guilt, or shame into the mix, based on what is.

If one of your man’s ‘wings’ is broken, you simply come in and tell him that you
recognize that he needs that wing to fly, but help him mend it, so that things can be better for him, and you.

**Making These Steps Work:**

You’ll notice that at the beginning of this chapter, I gave a quote which states that love is about giving someone permission to hurt you, but is also about trusting that same person NOT to do that.

The key to the Permission Principle, is therefore about giving your man the permission to love you as well, by TRUSTING him to not hurt you in the first place.

If I was to be extremely real, then I’d have to admit that there is always the chance for a man to hurt you, but at the same time, there is a chance for him not to.

But, the more you make the conditions right for him to do the right thing in the first place, the better your chances will be of being able to actually not even just trust, but to KNOW that your man is going to protect you, love you, help you, and more, in the relationship.

That’s what the steps of the Permission Principle are about. They are about making the conditions right for your man to do the right thing in your presence, and to set him up so that he no longer has to do the wrong thing anymore.

Part of that, as you have learned, comes in accepting him, in the first place, so that you are not always butting heads with your man, and so that you are not always going against him with arguments, about who or what he is as a person.

Making it easy for him to love you, means that you make it easier for yourself to love him as well, where you can.

Remember as well, that your man is also dealing with the EXACT same reality that you are, wherein love also means that he can be hurt by you, but that he is trusting you
not to hurt him as well. Prove therefore, that you are worthy of his trust, by utilizing the steps of the Permission Principle.
Chapter 25: Sprint Of Love Technique

“The single biggest problem in communication is the illusion that it has taken place.” – George Bernard Shaw

In the previous chapter I spoke about how everything might not always be perfect with your man or in your relationship, and at the end of the section, I gave you a way to encourage growth within your man, for the things you’d like him to try and work on.

In this chapter, I am going to address the moments when you absolutely cannot be tolerant, or when you find it impossible to be accepting of something that your man is doing, saying, or expressing to you.

Mostly in these cases, it’s almost always a matter of misunderstanding or lack of understanding.

What this means, is that there is a piece of the puzzle that you are either not getting, are not understanding, or need to be able to resolve things to work things out.

This is a part of why things don’t work out, in the first place, is because the communication is either invalid, or is confusing the actual message that your man wants you to hear, or that you want your man to hear.

This is why it’s important to know the art of language decoding, so that no matter what situation you are in, you are capable of understanding him, and thus everything is always very clear.

Having clarity in your communication, means that your man can be a better lover, a better provider, a better leader, and a better man overall, because he will always know what you need, want, and desire, on a very clear scale. There will be little to no
confusion on his end then, as to how to approach you, treat you, or love you after that point.

So how do you open up this reality of communication clarity and understanding in your relationship? You follow these 5 steps, as a part of the Art of Language Decoding:

**Step #1: Understand The Male Lens Secret**

This is the key to making a man understand you on a deep level, because it quickly allows you to get on the same page as your man. It means that you are no longer on two different levels of thought patterns. It makes it a lot easier to come together as one, and to agree, and understand one another.

So, what exactly is the Male Lens Secret? The male lens is basically the way in which your man sees the world.

A lot of women often approach their man in such a way, that they are trying to get their man to see, feel, and view things, in a feminine way. This means that women basically approach men in the same way that women themselves experience and see things.

Men cannot always do this, because again, they aren’t always capable of pulling out their emotional side, to think and feel the way that you might. In an earlier section, I spoke about how a man needs you to create and have a certain level of Logical Attraction, so that he can understand and know that you truly are somebody he should be attracted to.

The same thing applies here. Men need you to have a certain level of logic, wherein you are not always approaching everything based on how it makes you feel, or how you want to feel about that thing.

Men sometimes need you to withhold your emotions so that you can see and think about things from a logical perspective. Ultimately, what this means, is that men need you to at times view things through their “lens”.
Part of being able to do this means recognizing what a male lens looks like, and thus being able to accept that, as it is, so that you are not always fighting his reality or his perspective.

As you’ve been learning so far, men and women think differently at times. To best illustrate this for you, I’d like to give you an example of how a man and a woman, would think, and feel, if put under the exact same circumstances, throughout the span of the day.

Let’s say that you are late for work, and your boss starts pressuring you in a jerky way to get a bunch of things done. The result is you feel like your boss is punishing you for a small mistake, and that he or she is being unreasonable. You start to think that maybe your boss simply hates you.

To make matters worse, you end up skipping lunch, because you had so much work to do, and you don’t want your boss to think poorly of you.

You end up feeling so tired and drained by the time you get done work, that when you get home you just want to sit down and relax.

But let’s say that you can’t. Something dramatic is happening with a family member, and they need your emotional support, so instead of stopping to rest, you now have to help them.

You spend hours talking it out with them, listening to what they have to say, so that they can feel supported.

By the end of this you feel drained, and just want to be able to dump your emotional load off, and that’s exactly when your man walks in the door!

Feeling exhausted and wanting to find some comfort, you immediately start trying to tell your man about your day, and about all of the crazy things that happened. You want to be able to unwind in his comfort.
But then, out of nowhere, your man starts getting cranky with you. You try talking this out with him, but he just withdraws, which further pushes you to feel like you should talk about it more... only to find that he is completely ignoring you now.

You now wonder what you did wrong, and start to feel like you are doing so many things wrong, in your day now. You begin blaming yourself, but to alleviate this, you call up another friend or family member to talk it out, since your man is avoiding you.

Next thing you know, you are calling somebody else up, to try and talk about how bad your day was, so that you can finally just get it off your chest.

A man, however, going through the same experiences, would do the exact opposite.

When his boss was being jerky, a man would end up:

A) Not feeling bad, and would just accept that as a reality of the fact that he was late. He wouldn’t take it personally. He understands that it’s not that his boss hates him; it’s that he was late. A man can deal with that logically, because he accepts this as a fact. He resolves to just get his work done after this, but not to worry too much about his boss being cranky, because he knows his boss is only upset because he was late.

AND, finally,

B) He probably wouldn’t skip lunch, because he knows he is working hard enough, and isn’t emotionally invested in what his boss thinks of him as a person. He knows that he will get the work done anyway.

He leaves work feeling like he did what he could, and doesn’t take it home with him. It was a hard day, for sure, with a lot of work, but now he just wants to come home and relax, because he’s actually just tired.

But when he walks in the door, the woman in his life suddenly starts bombarding him with details about how bad her day was, and a bunch of other emotionally taxing things.
The next thing he knows, she’s dragging him into a long conversation about all of her intense feelings and emotions that she experienced throughout the day, and only NOW, does he feel emotionally drained.

He notices that she doesn’t get the hint that he just wants to get in the door and relax for a bit, before he helps her unwind, so he gets cranky.

She keeps on insisting that he should talk, and listen, which only further aggravates him, that she simply cannot understand that he just wanted a few minutes to unwind himself, before he deals with her heavy emotional unloading.

He does listen for a bit, about how her boss was being a jerk, and then he starts to offer her a solution and advice.

The next thing he knows though, she is still going on about how big of a jerk her boss was and how bad that makes her feel. He tells her to just quit then if it’s really bothering her that much.

To which she gets offended, and can’t believe that he just won’t listen to her.

But from his perspective, she doesn’t get it. So now he starts ignoring her.

At this point he feels like he must withdraw just to get some emotional space.

Thus, the very same day, can turn out very differently, based on how a man or a woman thinks about it. A woman, most often experiences her day as a series of emotional realities. A woman therefore finds relief in talking about how she feels about something.

A man however, as you may have noticed, doesn’t exactly like the idea of simply talking about how something feels. If he sees that there is a problem, do you know what he does? He looks at it logically and tries to solve it. He doesn’t make it personal, or take it personally, until he first tries to solve it logically, and then gets the results.

You’ll notice that in the span of the day I just described, that the woman in the story spent a part of her day after work, talking out a problem that another family member
was having, and therefore had come to her, to talk about. At this stage she could have spent hours on the phone, or hours in person talking about that other person’s problem, to make that person feel better.

You’d do this as a woman, because you imagine the pain and hurt that person is feeling, and you know that by talking it out, a person can release or alleviate their stressful emotions.

A man, however, in that same situation, would be done with that conversation in 10 minutes or less.

Why?

He’d come in, with a solution on how to fix the problem, and therefore would feel after that, that any hurt feelings should immediately be resolved. Why do men do that?

Well again it comes back to the way that they think, and thus approach everything. Men are natural born problem solvers, because they think with a heavy level of logic. Thus if somebody is expressing to them, that they feel hurt about something, that equates in a man’s mind, as meaning “hey, I have a problem and need to fix it”.

So a man drops a solution, and feels that everything should be resolved.

But in your world, that is not enough. You don’t actually want the solution. You want to be able to talk out the feelings, because you’ve already DONE what you wanted to DO with that problem, but you need to release the feelings surrounding it.

Men, however, don’t always have feelings surrounding their problems like you do, and instead they just want to release the tension, anxiety, or stress they feel if something is not going right, and so they try to solve the problem immediately.

Now if you combine the two levels of thinking, you end up with a situation like the one described in the example, where a woman just wants to be heard, meanwhile a man just wants some space, and number two, wants to be able to solve the problem for you, if you come to him with a problem.

Meanwhile you aren’t getting that he just wants to solve it for you, and he isn’t getting
that you just want to be heard. So the result is some kind of an argument, then your man starts avoiding and ignoring you, meanwhile you are pushing him to just talk and listen.

This is exactly why it’s important to sometimes step into the male lens, and to use that to your advantage.

So how do you step into the male lens?

You get logical. Again, suspend your emotions temporarily, so that you can approach the situation, on a level that he can FIRST understand.

You need him to at least understand what it is that is going on, and what it is that you want first. To have him understand that, you must get logical, and suspend your emotional needs temporarily.

It means that you state facts, or state what you need or want directly, without beating around the bush or getting into an hour long conversation about that topic, just yet. You simply just deliver the reality, and then let your man address that logically as well.

It means that you also step back to give him the space to address it, because once again you are temporarily suspending your emotions.

Your emotions, if you don’t suspend them, create a reality that looks like this to your man:

Talk, talk, more talking, emotions projecting, more talk, me, me, me, me, and more me!

It’s very hard in all of this, for your man to figure out exactly what it is that you need, because now you are mixing in quite a few different themes, from your own needs to be heard and validated, to the actual needs with the problem you have, to a bunch of feelings, then a bunch of talking etc...

It’s not clear enough to your man this way. Your man needs the unrelated information to be removed, and he needs you to single out the specific need that you have. That is what getting logical means. It means just getting to the core concern, and making it
A man wants to be able to see one individual issue, meanwhile you are seeing everything as a whole, and are pulling everything together into one bundle. Suspending your emotions temporarily, allows you to also separate everything into their own respective areas, so that you can deal with, and address one thing at a time, which leads me to the next step...

**Step #2: Use The Short N’ Sweet Rule-**

Part of effective communicating, is being able to deliver the message, in its entirety as quickly and concisely as possible, to your man. This means that you only say, what actually needs to be said, and that you don’t add on extra information or ideas that might confuse the main message.

A lot of women when they communicate with their man, pull in unnecessary, exaggerated, or extremely detailed pieces of information. When you do this, it makes it difficult for your man to figure out what EXACTLY it is that you want him to pay attention to or get.

In this situation, a man doesn’t know what he should be saying yes, or no to, because you are bombarding him with a sensory overload. Now you might be able to handle all of the details, and in fact you can see the bigger picture in all of those details, but a man just sees a completely confused reality, when a ton of information and details about something are laid out in front of him.

Have you ever, for example, seen a woman, who when she is talking, just keeps going on and on, and then on again about something? It’s almost a never ending story, because she keeps on saying “and then.....and then.... And then...” as she proceeds to explain every possible aspect of what could have possibly all been connected to ONE original story?

That’s basically the experience a man has, that by the time you are done communicating, he’s completely forgotten the first, second, and even third thing you said, because so many details and other little mini- stories were pulled into the mix.
Something that you should know about this reality, is that a man almost always does the wrong thing, or he does nothing at all, if a message is confused, or becomes overly complicated with detail overloading.

If you want your man to be able to say “yes” to your needs, and requests, you have to shorten what you say to him.

Thus, part of effective language decoding, comes in making everything to the point. This means that if you are describing a white cat, you simply just say, it was a WHITE CAT. You resist the urge to start talking about the eye color, how fuzzy the tail was, if the cat was fat, or small...Etc.

You just now state, there was a white cat, and get to the point as to why you are even mentioning the cat in the first place. There has to be a rhyme and reason that your man can JUSTIFY, as to what you are saying.

That’s when you FINALLY reach him, on a communicating and understanding level, is when he can justify why it is that you are saying something to him. Keeping things short n’ sweet is the key to achieving that reality.

Thus, instead of giving him details, and feelings, it’s best to use male talk, and tell him exactly what you want to do, in a short, “matter-of-fact’ manner.

Instead of beating around the bush, get to the point and he will appreciate it more.

How to do it?
You use the fact, feeling, and request method. It means that you first state JUST the raw fact. This means that you ONLY state what is, or what the problem is, in the most direct and concise way possible.

So, if your boss is being a jerk, for example, you now state: “My boss has been treating me like ____ (here you insert the fact or problem) lately.”

You then state how you feel about this, also in a very matter of fact way. So you could say something like “I feel like my boss is singling me out, and this ultimately makes me feel a lot of stress and anxiety”. 
You then refer back to what you need now, from your man, after stating that. Maybe you need him to listen to you just talk out the feelings, so that you can get them off your chest. Maybe you actually need a solution, but be CLEAR.

So you could now say something like “I’d really like to talk out my feelings about this with you, so that I can release some of that stress, before work tomorrow. Do you think that you could make time, for me, to do this?”

Or if you actually want your man to give input, and help, you could say, “I know that I deserve better, but I don’t know how to communicate to my boss, that I am trying my best. Do you have any ideas as to how I could get my boss to appreciate me?”.

Again, if you want your man to give feedback, you tell him that’s what you want. If you DON’T want that, you equally have to tell him, and make it clear, to let him know what you want, and how you want it, that way there is no confusion in his mind, as to what you want, and the communication now is crystal clear.

This means that you are no longer spending an hour describing something, as you HOPE that your man will get the point, meanwhile an hour later he is more confused than ever.

The Short N’ Sweet rule completely removes the confusion, because you are directly getting straight to the point of what you actually want, and thus aren’t wasting your energy or his on any unnecessary details, BEFORE you even clearly start to get what you want from your man.

It’s okay to talk about the details after you have communicated to him what you need, because now your man understands that you want to talk about the details, and he will be OK with that, and he will know what to do with that now.

**Step #3: Focus On His Actions, Not His Words-**

As you have seen with the Short N’ Sweet rule, a man needs you to be more than direct, and to get to the point so that he knows what he should be paying attention to, and concentrating on.
But a part of communicating actually comes in the things that ARE NOT said, but actually in the things that are DONE. A man will place a heavy emphasis on what you are doing, and only a little bit of emphasis on what you are saying.

So for example, if you are talking about a problem that you are claiming you want to stop, but spend hours upon hours just talking about it, a man will assume that you actually don’t want to solve the problem, and will start to believe that you instead, just want to talk about it.

This doesn’t mean now, however that your man will get, or figure out that you just want to be heard, because from his end, it appears that you simply don’t want to solve the problem now.

By paying attention to your reactions and actions, a man can effectively start to figure out what it is that you actually want, but the more that your words match your actions, the clearer the message becomes.

The same is true for a man however, in that you also need to pay attention to what he is doing, and not always to what he is saying. Part of communication, again, comes in actually knowing what is going on, and what is happening physically, to put action to the words being said.

Action is the biggest indicator, for you to be able to tell what your man actually wants, or is needing. If you find him doing the opposite of what he says, always place the MOST emphasis, on what he is actually doing.

If a man is doing the opposite of what he is saying, for example, this is an indication to you, that he is either:

A) Struggling to follow through, and thus a barrier is in his way,
OR
B) Feeling like he has to hide what he truly wants, because he fears that you might not be accepting, or because he feels like you aren’t allowing him the space to resolve the concern.
This is why it’s extremely important to focus on a man’s actions, because they can indicate to you, at what stage your man is at, when it comes to his ability to communicate with you, follow through on his promises, and more.

It means that you can recognize problems in their infancy, instead of only trusting his words and feeling completely betrayed after the fact, if he doesn’t follow through. It means that you can know the progress of a promise, or of an agreement, long before it needs to be fulfilled, and thus you can help him if he struggles along the way, so that it’s no longer just one huge problem by the end of it all.

It makes problems in the future much more manageable, and gives you the power to fix things, right as they occur, because you can see in live time, what is actually happening.

Now when you start to focus on his actions, as noted, you will be able to see when he is wavering or faltering on his promises or words. In that moment you are going to need to be able to address that, which leads me to the next level of language decoding, which is step #4.

**Step #4: Use The Neutralizer Technique**-

This technique masters the art of effective fighting, by removing your man’s ability to actually fight with you in the first place.

It means that when you are in a position where you have to communicate or address a problem, need, or concern, that you will be able to effectively prevent a massive fight, or if you are already in a fight, that you will be able to completely stop the fight dead in its tracks.

The Neutralizer Technique, is a way in which you can fight, that forces your man to agree with you. It lets you basically say ANYTHING to your man, but without having to worry about the consequences, or the fear of scaring him away.

So how do you just stop an argument dead in its tracks, or prevent one from happening?
When you are arguing with your man, you simply admit to your mistakes. If your man starts to bring up things that you have done wrong, or if he starts to point out negative things about you, all you do is you simply say that he is right, don’t deny it, and accept it.

The basic principle of this tactic, is that your man will be incapable of arguing with you, if you don’t, in return argue back. How can he blame you, if you are already taking the blame and responsibility?

He cannot. The only thing he can do from there, is de-escalate, and calm down. This makes your man’s defenses go down, because now he doesn’t feel like he has to force you to see where you are going wrong, from his perspective either.

If you admit to your faults or wrongdoings, in an accepting manner, he ends up assuming that you are in fact apologetic, and that you aren’t doing whatever it is that he has a problem with, to cause him harm, anymore.

What happens after this, is that psychologically your man will want to follow through with your requests after this, because now he sees that you are being reasonable and that you are approachable. You aren’t raising your voice. You aren’t blaming him heavily for something. Heck, you aren’t even disagreeing with him!

This means that HE cannot disagree with you either at this point, after, because you clearly are in agreement. What happens as a result of this, is that your arguments will diffuse faster, and he will agree a lot more with you. Most of your arguments will end up having a constructive conclusion, instead of a detrimental outcome. Your bond will grow stronger with him.

It also means that you will basically have the power to turn around any intense or extreme situation, in your favor. If your man was absolutely angry he will become calm, understanding and loving, within a matter of seconds, because you didn’t allow the argument to escalate.

To help illustrate for you how this should look, I want you to imagine a woman who is
completely annoyed with her man. He can sense that she has been growing annoyed with him over time, because she has started to become rather snarky toward him, and she doesn’t have a lot of patience anymore.

An argument erupts over something small now, because pent up frustrations are now bursting through. Suddenly this woman is giving off a laundry list of all of the things that her man doesn’t do for her, and how this hurts her, and so forth.

The next thing she knows, the man is equally returning fire, telling her exactly how disappointing she has been for him as well, and exactly where, and why.

At this point, the man just storms out of the room, because he feels attacked out of nowhere, and at the end of this there is no conclusion.

Why is there no conclusion?

Nobody wanted to take the blame, or the fall, or the responsibility. Both wanted to defend their side, which means that nobody is heard. At this stage, it’s all about the defences being up in “protection mode”, and not about what is really going on, nor is it about what really needs to happen.

One person, therefore, must be willing to step back emotionally, and allow for some acceptance of what has happened to fall on them. This doesn’t mean that you are the only one in the wrong here either.

It just means that you stepped back, first, to give your man the room to come to terms with what it is that you actually want to say, in a comfortable environment. If you are not denying your own responsibility or reality, it means that he will not really be in a position after to deny his own either, because now you are clearly saying, “look, I am dealing with my side, it’s only fair for you to deal with yours”.

This is hard for a man to argue, because once again, it’s using logic. It’s inescapable at that point, and he will have to listen to you after this point, but this time he won’t be dragging anything else into it, and he won’t be blaming you heavily for things, because now the concentration is on what he needs to do, and what he needs to improve.
When you accept your faults, a very interesting thing happens. You’ll find that your man will come in and admit that YOU are right. What’s even better, is he will end up apologizing to you too.

Why? Because you diffused the situation, and didn’t allow any MORE fault or any MORE blame to fall upon your shoulders. You didn’t give him ANOTHER reason to make you wrong, which means the only person left in the wrong now, is actually your man. He knows this, and he will therefore work to rectify the situation from that point forward, with ease.

At this stage, you have left no room for your man to justifiably attack you, after, because you have waved the white flag, and have already admitted defeat.

So what can you say then, to diffuse the situation, and let him know that you are accepting of your own faults?

Well first, you must do it IMMEDIATELY. You cannot wait to accept or admit to your faults.

Secondly, you must clearly point out whatever it is that you might be doing that is not helping the situation, preferably before he even points it out.

Once you have done this, only THEN can you begin discussing HIS behaviour or what you want him to do, as a result of that admittance. So this is where you come in, saying something like this:

“Look, I am not blaming you, because I understand that I haven’t been the best girlfriend/wife myself. I am sorry about that. In fact you probably have a lot of things you would like to point out about me as well, but I just need to let you know that I understand that I am not perfect either, and I have made many mistakes as well.”

Then you mention what you have a problem with, when it comes to him. He will be 10X more likely then, to understand your situation, and the communication will remain on key now, because you have justified a reason to him now, as to why he should try.

He should try, because you’ve made it clear in your communication that you are
trying, that you are understanding, and that you see your responsibility in all of it as well.

That having been said, there is one final thing which you can do to completely set the communication up between you and your man, so that he almost explicitly agrees with you, even if you’ve just had a big fight, or even if everything is going fine. To do that, you simply follow step #5.

**Step #5: Create An Inescapable Agreement Reality**-

Imagine if you could have your man agreeing with everything you say, and thus agreeing to do something, on his own, in such a way that your man will feel like it’s his idea anyway, to do it?

That’s what the Inescapable Agreement Reality does. This step basically, is the ultimate level, in the art of effective fighting and language decoding, in that it allows you to adequately get your point across, without turning the argument into an attack zone, or an overly dramatic scene.

So what exactly is an inescapable agreement factor?

It’s about making a man do whatever you want, by using a series of statements that he ALREADY agrees with. These series of statements that you will use, of course, all conveniently point to one ultimately undeniable truth, or reality.

Once you have gotten him to agree to this series of statements, that all conveniently have a hidden agenda, and point to one inescapable fact, you then directly get your man to agree with a finalizing statement, which sums up the purpose and point of the previous statements, into one final request.

So how do you do that? Well, you start by making a statement, which your man already agrees with. So if you are feeling extremely overwhelmed with your responsibilities and roles in the relationship, and you need your man to help you out
more, in the relationship, you would start with an agreeable statement, like:

“Honey, you know that there is a lot of work around the house, right?”

He will say yes...

Then you make another statement, that your man completely agrees with, such as:

“You also know that I’m trying my best every day to do things around the house, but I don’t have enough time. Correct?”

He’ll say yes.

Then you lead him to a conclusion that he cannot escape, which is basically your request now, that he will have to agree with, so for example, you could say:

“Don’t you think in that case, you could help me a little?”

Now he will have to say yes, because you already made him go through a series of “yes’s” where he cannot escape the final conclusion.

He has already admitted, at this point that he recognizes you are overloaded. He has even agreed that you might not have enough time. At this stage, he has no choice but to agree. That is the essence of the inescapable agreement factor.

You have backed him into the corner so hard, that he cannot get out of it, because everything that you have said, is an idea he already believes to be true.

Thus, by the time you actually make your final statement, it will actually become HIS idea to want to help you and do more, at this stage, because once again, you are already using everything he agrees with to begin with, to reach that conclusion.

It’s not like you are asking him to do something that wasn’t something he already believed should be happening in the first place.
When you use this method, you will notice that you will be able to frequently convince your man, that something was his idea, or his desire to do for you, all along, and it makes it a lot easier for your man to want to do something too, because it will always be clear to him WHY he should be doing it.

This form of communication, is extremely effective, because it allows you to get what you want, by using a very clear form of logic, that reaches your man on a very powerful level.

It’s important, therefore to remember that when trying to decode what it is that he needs, or when you are trying to make him understand what you need, that you always add an element of logic, but that you also make it as clear as you possibly can.

Once you do this, your man will be more than willing to accommodate your need to get into the details after the fact, and you will find that ultimately, he listens to you better, he responds better, and he reacts more efficiently to your needs and wants.

**Making These Steps Work:**

At the beginning of this chapter, I referenced a quote by George Bernard Shaw, which talks about how the single biggest problem of communication, is the illusion that it has actually taken place.

As you have learned in this chapter, a lack of clear communication, or the lack of communication itself, can quickly cause a relationship to deteriorate, and it can equally confuse the messages that your man receives from you, as to what you actually want him to do.

That is why, if a man is misbehaving, or if his behavior is far out of the reach of reasonable acceptability, you have to bring the communication in your relationship, back to a clear, and crisp reality.

But as you know, this communication cannot just be ‘assumed’. You can’t just assume that your man is going to read your mind, or do the right thing, or get what you are
saying if you are simply just telling him to do something but aren’t also following through with your actions etc...

Communication must actually take place in a very strategic and solid manner, and likewise when you are listening to your man’s communication, either through his actions or words, you must learn to decode what he actually meant, from what is being said or what is happening, so that you can reach the true heart of the problem.

Learning to do this, and taking steps to properly decode the language that exists between you and your man, means that you ultimately remove the excess fluff or problematic nonsense that otherwise clouds the true core problems, or needs that are trying to be communicated between you and your man.

Remember that the right level of language exerts a hidden power, like a moon on the tides, and that the moments in which you find yourself thoroughly annoyed with your man, and unable to accept him, it means that there is not enough understanding from one end to the other.

That can easily be fixed, however, by following the steps of this chapter.