



THE FOREVER WOMAN

MAKE HIM SEE YOU AS THE WOMAN HE
WANTS TO BE WITH FOREVER

MATTHEW COAST

The Forever Woman

*Make Him See You as the Woman
He Wants Forever*

By
Matthew Coast

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Who Am I?

If this is your first time reading or seeing something of mine, I'd like to introduce myself. My name is Matthew Coast and I'm known as the "Commitment Coach."

Maybe you've heard of me?

I'm the head dating coach, author and founder at CommitmentConnection.com. Since 2005, I've been teaching and coaching both men and women in the dating industry.

I've taught, coached, and spoken to hundreds of thousands of people about dating and relationships. My videos and articles reach millions of women, every month, all over the world.

Many of them have gone on to get married, raise families, and live happily ever after. I've helped save marriages, mend broken hearts, and heal struggling relationships.

Here is just a small sample of what some women have said about working with me:

"He has responded in the way I was hoping he would and I'm so glad he did. We are in a very committed relationship now and talking a very long term commitment and it's like I opened a book to his heart, he's very open about everything now I couldn't ask for a better man than him. Thank you so much, I'm glad I found your help."

- Nicole

“Matt, I just wanted to say thank you. Last year I found myself in a very destructive relationship and was so broken and confused. I turned to your website, and at first it all seemed so difficult, trying to be something I wasn't or actively considering what I said and did. I spent a year single and just kept reading.

I recently reunited with a college boyfriend, who used to adore me but things never actually went that far. He recently proclaimed that he never knew I liked him and would end up hurt and it would end, time and time again. We would both get hurt.

We spent the summer as friends and recently started dating, he is the most wonderful, tentative and supportive man and I could not be any happier. He said things feel ten-times different this time. He smiles and stares at me with glee that I know 'get him', it's as if I have woken up but to a dream rather than from it.

Thank you so much for opening my eyes. No longer will I listen to my friends asking me what he's bought me or why he's going on holiday without me and planting seeds of hatred and doubt. I trust and love him and I show him every day. I want to make him as happy as he makes me.

Hoping this never ends!”

- Laura

“I thank Matthew so much. His program changed my life. His advice and techniques are invaluable. Easy to understand and implement.”

- Kim

“I have to say you have a very kind hearted energy and I can tell you're a genuine person and you truly care about helping us ladies 😊 You're also cute to look at 😊 Thank you, Matthew!”

- Marcella

“So much great info I have to listen over and over to get it all. Thanks a lot!”

- Rachel

“I love how much I learned about how men think and what they are truly looking for. I have been in management for 27 years, in a male dominant environment.

For 19 of those years I was in a stable relationship. For the past 5+ years I have been single and really wanting a relationship. I was the queen of the first date and rarely was I asked out for a second. I longed to know why.

The program made it clear; what made me successful in business was ruining my dates. I looked over many of the dates I felt really good about and realized I was putting out

masculine energy. I had forgotten how to lean back — how to be a girl. I was so focused on proving I was independent, that I didn't need a man, that I didn't show the man there was room in my life.

By focusing on your principles, I have finally had some great first, second and even third dates. It is still not natural for me, but it is getting easier to transition from work to being a woman.”

- Deanna

“I have paid to other online love courses and it was either playing tricks, art of manipulation with hypnotic words and this just feels more realistic, more simple and more easier to understand. Nothing really should be too complicated. This program has helped me open my eyes to the few mistakes I have made.”

- Kelli

“This program is superb, I am a beginner in it but it helped me to get in touch with myself and I realized that how I have been shutting myself to love. Ever since watching the videos, I started to see men having interest in approaching me for love.

I was giving up in my love life but the program has given me hope that there is still love out there waiting for me to take

hold of it. To personally change inside and also my attitude towards love, men and relationships.

It has made me to realize that I can still fall in love and get the kind of love that I have always been dreaming of. It has revived my attitude towards relationships and made me realize that love is possible and I can be happy in a relationship as long as I know the right things to do with my man. I am now positive towards having a relationship that will last.”

- Kgomotso

“I just want to say thank you. I bought the program two days ago, already finished it. Once started I just can't stop, because what you said is so true, I totally agree to everything. This is exactly what I need.

And I want to thank you for the emails, they mean a lot to me. They make me feel that I'm not alone and being taken care of. I wish I have a successful story to tell you, but not yet, not in a few days. Still, I can feel things are starting to change, slowly. Thank you again for the wonderful program. Talk to you soon.”

- Sharon

“I'm a whole new woman because of your program!”

- Sonya

“Thank you so much. I met with your program almost two years ago. Then I realized what I was doing wrong dating (lots of things! everything!) and what to do instead.

Very soon after realizing that, I met and attracted such a wonderful person (huge hearted, high quality man) and all the women around him secretly wanted him. But he chased me while all of them chased him!

We started dating and after 6 months he proposed to me and now we are married. If I could do it then there is no reason why any other woman could not do the same. I work on the construction site. I'm an engineer. Not the most feminine of jobs you could think of!”

- Zagreb

CHAPTER 1

Winning Mindsets

Okay, so the first thing that I want to talk to you about is mindsets. If you don't have the right mindset coming into this, it can really *harm and damper everything else* that you do when it comes to learning this material. You'll figure out what I'm talking about here in a minute. The first mindset that I want to talk to you about is this mindset called “the long game mindset.”

Mindset 1: Long Term Perspective

I was talking to a friend of mine the other day... he's a men's dating coach. He works for the dark side... I mean the men's side! Just kidding.

Well, we were talking about how long it takes for a man to learn how to really attract and then keep a woman that he really wants to have in his life. One of the things that he told me is that a lot of times it can take up to 10 to 15 years for him to really develop the necessary skills.

Because for a man, it's not just learning how to make a woman laugh and how to be charming and entertaining on dates. It's also about getting it together, so to speak. That means:

- Getting a good job

- Becoming financially stable
- Learning how to be masculine
- Developing himself
- Becoming stronger
- Getting himself into shape
- Learning different skill sets

Then you have the actual relationship skills, dating skills, and “meeting new people and approaching them” skills. They call them “pickup skills.”

But for women, at least for most women, it's not quite as long of a process and it probably won't take nearly as long to figure these things out.

We hope it won't take fifteen years, right? Nah, I don't think it will!

The point is you should be coming at this with a *long term perspective*.

You shouldn't be looking at it with the perspective that includes “how do I get this one text message to convince this guy to do this one thing” or “what can I say to him to make him fall in love with me?”

Now communication is very, very important, which is why I teach a lot of stuff like that on my blog. But the point is, try to

think of dating from a long-term perspective. If you take a long-term perspective, there are a lot of other things that will help empower you, strengthen you, and make it easier for you attract the guy that you want and have the relationship that you want.

The more you get into that short-term perspective of “How do I force and manipulate this guy into doing what I want him to do?” the more difficult it's going to be for you.

What you'll end up finding is that you'll waste a lot of time going for short-term solutions.

Whereas, if you would have switched over to the long term perspective instead, it would actually be faster, and easier, and you'd have better results from it. Play the long game! Give yourself permission to screw up and do the wrong things and work your way into doing it right. Learn how to really attract and keep the guy that you want to have a relationship with over time.

Because a lot of women end up losing men because they want that quick fix. They want what they want *right now* and they don't think about it in terms of it being this long term journey that they're getting themselves into.

Mindset 2: The Growth Mindset

The second mindset that I want to talk about is something that I call the growth mindset. I found, based on the thousands, tens and tens of thousands of women that I've worked with, that there are typically two different types of women out there in the space of dating and relationships.

The first type of woman tends to be something that I call **The Settler**.

These types of women tend to believe that relationships are either perfect or they're not meant to be. They believe that finding the right guy happens through chance or luck.

These types of women tend to settle for men in relationships that they don't actually want. Because what they do is they find a guy and they're like:

“Oh my God, he's so perfect, right?”

They tell their friends, they tell their family, and they tell everybody they know that this guy's perfect and they *ignore all the red flags*.

They ignore any kind of issue that comes up because they're *avoiding conflict*. Because they want it to be perfect. Because that's what they believe in their minds — that it needs to be *just so* and in order for it to work out.

They just ignore all the warning signs. Then at some point, it ends up blowing up in their face because relationships tend not to be perfect, right?

The second type of woman is a woman that I call **The Creator**.

The creator believes that it takes skill and effort to attract a guy and to make things work. This is skill and effort on both sides. It's not just about you doing everything and learning everything in order to please a man, but it's about both of you guys coming together in order to create a great relationship that you want to have.

And yes, it's important to think about it on both sides. Ultimately these types of women have much better luck because they figure out what they need to be doing in order to create a great relationship.

- They develop themselves, they learn about new things...and guess what?
- They end up getting into better relationships
- They end up having better relationships
- They end up attracting better men

Because the type of men that they want are also the type of people that grow, and learn, and better develop themselves.

In my opinion, that's one of the number one things you should be looking for in a partner. Somebody that's *focused on growth*, because those are the best partners that you could ever possibly be with!

The bad news is, usually, if you're a settler-type of woman, there's not anything that I can do for you.

UNLESS you decide to switch your mindset over to being a creator type of woman, one who focuses on creating what it is that you want.

Because a man needs to feel certain emotions with you to think of you as the “forever type of woman,” the woman that he wants to be with forever.

That takes growth, right? It takes some time to learn about men. It takes learning about yourself. It takes time to develop and learn these skills in order to attract and keep the guy that you want to have.

That's why I say you need to focus on growth in yourself, and don't fall prey to short-term solutions.

There is plenty of advice out there. The “Oh just be yourself!” advice, which feels really good when you hear it...

Because it's like, “Oh, I want him to love me for myself! He needs to either love me for myself or screw him!”

Right? And in reality, that usually ends badly.

A lot of women look at it like, “Oh, I don't need to do anything differently. I don't want to change myself. I don't want to grow. I don't want to change how I do things.”

When in reality, that's a poor approach to life itself.

Everybody should be growing, and learning, and developing themselves! In doing so, you can attract more of what you want in your life.

How to Change the Attraction

We are a complex kind of system. Each and every one of us. You are a complex set of your personality, your emotions, your past experiences, and the way that you think and believe.

All of those things together make up who you are, as well as who you *think* that you are. The only way to attract something different into your life is to *change some of those things*.

My suggestion is that you shouldn't fall into a pattern of *perpetual victimhood*.

This victimhood mentality keeps you in the same place.

Instead, think of yourself instead as this constantly evolving work of art. One that is:

- Developing yourself
- Growing yourself
- Learning more about yourself

- Learning more about men
- Learning more about life

You're all these different kinds of things in order to become the type of person that you want to be. Then you will start to attract not only the man you want, but *all the other things that you want to attract into your life*.

Mindset 3: Partnership Mindset

The third mindset that I want to talk about originally came from a friend of mine named Alison Armstrong. It's called the partnership mindset. The partnership mindset is about *being on the same side*.

Instead of fighting a man in order to get what it is that you want, you want things to be easy.

You want things to be flowing, you want things to be win-win and so you need to let go of this idea that you have to *fight him and be better than him* or beat him at his own game. Doing this is not going to get you what you want.

Opt for relationships where *you're both winning*.

True, you need to make sure that you're taking care of yourself. But it's also about *getting into relationships where he's winning as well*.

When you're both winning, you're both coming together. You're both getting what you want.

You're looking at your relationship in terms of this healthy win-win perspective, where you're both getting your needs met.

These are the types of relationships that really last because they're mutually beneficial.

When he feels that you're really on his side, that is when things shift for him. That's when he starts looking at you differently.

What Makes a Man Want to Marry, Anyway?

One of our coaches is named Celine. I was recently talking to her and her husband. He told me that originally he didn't ever want to get married.

I was like, "Well what happened?!"

Or more like, "what really shifted for you that took you from this space of not wanting to get married to this space of like, 'Hey, I'm going to marry this woman?'"

What he ended up telling me is:

"It is just that I know that no matter what, she's always got my back. She's always on my side. She's always about being together with me and us being on the same side."

That's what partnership is, right?

He felt partnership and all of a sudden his mind shifted from...

“I don't want to get married!” to...

“I want to give this woman a marriage because she's so amazing and it's a gift I want to give.”

He continued, “It's my gift to her because I think that she's such an amazing woman and I want to celebrate her in this world of marriage that we have together.”

So these three mindsets are the foundation of this new study course. You should develop them in order to really win at this game.

In review, remember:

The long game mindset, where you're playing the long game.

The growth mindset, where you're continually growing and developing ourselves.

The partnership mindset, where you're on the same team as the guy.

Now we're going to move on and discuss what it means to “cherish.”

CHAPTER 2

Force vs. Power: The Secret That Keeps a Man Cherishing You Forever

If you want a man to love you and cherish you and value you forever, there's one secret that you absolutely must take on in order for that to become your reality.

This secret is the difference between force and power.

First, let me explain what force and power are and then we'll talk about why these terms are so important, as well as how you can start incorporating this into your dating life and your relationship.

Force is trying to get what you want coming from a space of fear and trying to control it, or push it, or manipulate it, or force it.

Men absolutely hate and resent being told what to do.

If they think that you're manipulating them, playing games with them, or doing things to try to force them to like you, it won't end well.

In fact, what it'll do is end up pushing him further away, making him feel less attracted to you and deciding that you're

not really the type of woman that he wants to have in his life forever.

Why? Because he realizes that it's going to be a constant struggle, a battle for the rest of his life, in order to maintain a relationship with you.

It's never going to be easy for him. It's never going to feel good. It's never going to be what it is that he wants.

If he does end up ignoring it and jumping into the relationship anyway, a lot of times it'll end up in a really painful position and there'll be a really bad break up, and sometimes, there'll be a really bad divorce.

This happens all the time with men and women who do this to each other.

If you start using force against him, he'll either start treating you the same way, with force, or he'll end up leaving. Or maybe he'll end up wanting to get out of this relationship. He wonders how long this is going to last. The thought of ending it is already in his mind.

Neither of those two things are things that you want!

Trying to make a guy who doesn't like you, *like you* — well, that's force! Trying to make a guy behave in a way that you think that he should be behaving, that's force. Trying to make

a man see you as the woman that he wants in his life, that's also force.

When a man feels forced, he feels like you're trying to control and cage him. When he feels like he's being caged, he'll end up acting like an animal that you cage, and he'll try to run away and get out of it as soon as you open the cage.

He gets resentful. He gets angry. He starts pushing back and fighting back, and trying to run away.

It's very, very painful when this happens, for the both of you. Relationships that are based on force are some of the most painful relationships that you could ever find yourself in.

Control: A Reflection of Your Own Issues

If you try to control a man who has healthy self-esteem, you'll just drive him away from you and make him lose interest completely. Trying to control or force a man, as we discussed earlier, is just a reflection of yourself.

If you need to control a man, ask yourself: is this projecting my own needy and insecure, low self-esteem behavior?

You want to be in control of a situation, it's only ever going to be a feeling of control. You're never ever actually going to control the person you're trying to keep.

You want to control your significant other because you're scared. You're scared that it's not going to work out. Or that

he's going to run away from you. Or maybe you feel that you're not worthy and that he's never going to see you as worthy.

So you try to force it and by doing that, all of your fears end up coming true and he starts running away from you.

That's what force does!

Trying to control him will only push him away, make him *love you less*, and make him eventually have no desire to be with you at all.

Even if it does work, what this strategy does is usually attract men that are suffering from low self-esteem and insecurity. You wouldn't want to invite these kinds of men into your life.

On the other hand, men with confidence and high self-esteem will not put up with this nonsense and will leave you the moment he figures out what's going on.

Coming from a Place of Power

The other side of this is power. It's time to start thinking about how to approach your relationship from a place of power.

It's not about *gaining power over somebody*, but it's about *empowering yourself* in a such a way that what you seek ends up coming to you.

People want to please you. Your ideal man wants to please you. He wants to do things so that he can be around you. He wants to commit to you. He wants to do all these things because you are coming from this place of empowerment, where he feels compelled and inspired!

He sees you and you're this amazing, magnificent, person that he wants to please and that he wants to have in his life.

When he feels attraction, he wants to do all of these things in order to make you happy and make you feel good, and be around you all the time. Because he thinks you're so awesome! That's what "coming from a place of power" is about. It's unlike force, where you're trying to manipulate him. With power, you're still going after what it is that you want, but you're also making sure that *what you want also wants you*.

Instead of trying to force him into wanting you, you attract him into wanting you. You want to allow men to have their freedom, but having a standard for what you want in your life — that's power.

With this power, you then become valuable; you're a woman that men want, but you only allow men in who meet your high standards — that's power.

Putting the goal of the relationship ahead of any one man and then only allowing men who are willing to step up and take the actions necessary to be with you — that's power.

Freedom equals commitment. Freedom equals power. Freedom equals monogamy. If you want him to be closer to you, you have to give him the freedom to choose you or to choose to not be with you.

Power is the easy route. It's the free route. It's the route that makes everything easy, fun, free exciting and inspirational. It's something that lasts.

That's the forever woman method — coming from a place of from power.

It's having a man who:

- Wants to do the things that you want him to do
- Wants to loves you
- Wants to encourage you to reach your goals
- Wants to cherish you
- Wants to treat you well
- Wants to steps up into the masculine position for you

That's power.

This program is about giving you power. It's about turning things around for you completely, so that dating is now on your terms.

You're no longer a victim of what the man is doing for you or what he might be failing to do. You no longer have to ask "Is this one guy going to do what it is that I want him to do?"

You're no longer pushing him away. You're no longer coming off needy and clingy. Instead, you're dictating what's going on and doing it on your terms so that you end up with the ideal relationship. The one you always wanted to have. Remember this, *you attract how you act*.

If you act like a woman who has high self-esteem, like a woman who is empowered, like a woman who knows what she wants and she's not willing to deal with anything that isn't that, then you're going to attract other high self-esteem men.

In other words, you'll attract men with power and men who are really high value. You're going to see them, they're going to see you, and you're going to be attracted to each other. There's going to be a mutual attraction there and it's going to be passionate. It's going to be inspirational. It's going to be amazing. And you're going to love it.

That's how coming from place of power works and that's what you want in your relationship. Surprisingly, very few women

do this. Very few women and very few men do this. In fact, *very few people* take this approach.

When you meet people and they come into your orbit and your circle, and they're in this place of power, you recognize each other. It's a really awesome, amazing thing, and it's really, really, really cool!

You can end up having that relationship that you've always wanted to have. That's force versus power. Hopefully, you decide that you want to come from a place of power because that's what's going to enable you to have an amazing relationship. One where you're loved and you're cherished and you're seen as this amazing, beautiful goddess that you are, *without having to try to force somebody* into being with you and treating you the way you deserve to be treated. Now, let's move on and discuss another part of the equation in our next chapter...

CHAPTER 3

The Scarcity Principle - Give Him The Gift of Missing You

If you want to instantly raise your value in a man's eyes and rekindle his desire and love for you, you can. Even if he's been taking you for granted, or losing interest or is pulling away from you. That's what we're going to talk about in this chapter. It's called the Scarcity Principle.

What you're going to do is “give him the gift of missing you.”

Think about it this way: *If a man brings you flowers every day, you'll eventually take it for granted.*

If he never buys you flowers and surprises you one day with them, you'll value it a lot!

You'll think it's amazing. *That's* why scarcity is valuable in relationships. If you're always available, always waiting for him, always texting him, always reaching out, then he's eventually going to start taking you for granted.

It's very unfortunate. I don't want this to be true. But it's true and this is how human nature works. It's a part of our biology and it's just something that we all do. It's important to know how this works, because you want him to continually value

you, and you want him to see you as special and amazing and to really appreciate you, right?

It's the same thing with anything. If you eat the same food every day, you'll take that food for granted, and eventually get tired of it. If you eat cake every day, eventually you're going to start saying, "Oh yeah, here's some more cake... no big deal."

But if you just eat cake every once in a while, or if you eat cake once a week or two times a week, *you'll value it* and you'll appreciate it a lot more. If you don't have it in front of you all the time, and if you're not eating it every single day, that's when you appreciate it.

That's the metaphor for what we're doing right here. If you take the same route to work every day, eventually it'll lose its charm and you're much less likely to appreciate it.

It's the same with text messages. If you're texting him good morning and good night every single day, eventually he'll expect it and it won't have as much of an impact anymore.

It's not bad to send a good morning or good night text, but it's better if it's random or if it's not every single day. It's much better because he'll appreciate it more and it'll put a smile on his face. It'll be much more of a surprise and much more valuable to him if it isn't happening all the time. If he doesn't expect it, and *then* you do it, it will have more of an impact.

The less there is of something, and the more in demand it is, the more valuable it is! If it's in demand, if you're in demand, he's attracted to you and he wants you, and you're interesting to him. So if he wants your attention, if he wants you around him, if he wants your presence, *but there's less of it*, that's what creates value.

Scarcity. That's what creates value in products. That's what creates value in the economy. That's what creates value in people. If there is something that somebody really wants, but there's only a certain amount that they can get of it, that's what creates value.

In this case, it's all about the contrast. Contrast is what allows us to appreciate what we have and realizing what it would be like to not have it.

Here's the cliché: “Absence makes the heart grow fonder.” And it's true, so give him some space. Don't give him so much space that he thinks that you're not interested in him, but give him some space. Open it up, don't smother him, pull back a little bit.

Here are some ways to do this:

1. Have things going on in your life
2. Have a full life
3. Have passions in life, interests that you take seriously
4. Have your time taken up by other things

5. Have hobbies
6. Have things to do in your life and things that keep you busy!

Now, some women might take this thing to the extreme, where they end up having so much going on in their life that they don't even have any time for a man whatsoever. So you don't want to go that far!

On the other hand, you do want to have things going on in your life because that creates scarcity, which then creates value.

Communication Should be Sacred

Communication is very sacred. Initially, it's something that men appreciate and cherish, because it tells the man that you like him.

Here's something you might not know. When men go out and approach women, the overwhelming majority of women that men approach end up *rejecting them*.

So if I'm a guy and I go out and I approach women, most of the women that I approach are going to reject me. The few women that don't reject me, most of them, the case will be that nothing's going to work out with them. They're not going to text me back, we're not going to end up going on a date. There's going to be something missing there. There's going to

be some kind of disconnect and, and things aren't going to work out. Statistically speaking, anyway.

When you're a guy and you're doing all of this, understand that when a woman communicating initially, it becomes this really amazing thing.

Because the guy's like, "Oh yeah, it's awesome! This woman likes me, so I appreciate it. It's important to me. It's so cool that she's reaching out and giving me signals and we're having this communication with each other, this mutual communication!"

Over time, what generally happens is that this man spends time pursuing this woman. Then over time, the woman starts reaching out. Then, the woman starts pursuing the man, which is when the guy *stops appreciating it*. He stops appreciating her time. He stops appreciating the communication.

What you want to do is *lean back*.

You want to let him lead. You want to allow him to be the man, to *invest his time in you*. You want your communication to only come up to around 50 percent at most, but ideally somewhere between 30 and 50 percent of the time should you actually be reaching out to him and communicating with him.

Leaning back doesn't mean that you completely stop reaching out to men altogether. A lot of women make that mistake,

where they're like... “Oh, now I'm not going to show him I'm interested. I'm not going to contact him ever again.”

For a lot of men, what that does is make them think that you're not really all that interested. So he doesn't pursue you, because he thinks that you're not actually that into him and so he backs away.

But that's the opposite of what you want! You want him to be interested. You want to dangle that carrot in front of his face, so he ends up moving forward and pursuing you.

Now he's saying, “Okay, this is actually moving towards a romantic relationship.”

That's what you want.

A lot of women also think, “Oh, just friends first.” They try to do this “just friends” thing with a guy. But if a guy thinks that he's going to end up in the friend zone with you, there's a high probability that he's not going to pursue you at all.

He's not going to communicate with you or respond to you. And you'll be left wondering “Why?”

So many men end up in the friend zone and it's a huge frustration for them. Sometimes it's very painful, if the guy really cares about the woman. So a lot of men won't pursue women if they get that friend zone vibe.

Pacing His Interest

Your goal then is to *mirror his communication* and his level of interest. You're as interested in him as he's interested in you.

If he's moving forward, pushing things forward and he's showing lots of interest, then you're moving forward, pushing things forward and showing lots of interest too. If he pulls back and he starts leaning back, you should start pulling back and leaning back too.

If you can do that you will make sure that you're in sync. You will always prevent yourself from getting into too much trouble and pushing too hard.

It's one of the most powerful things that you can do. Because usually, what ends up happening is that guys will start pulling back and women will start chasing, moving forward and trying to get the guy's attention.

This ends up destroying the relationship, because he needs a little bit of space in order for that fire — that flame of desire — to build and grow. He needs space so that he can fall in love, become infatuated with you and be totally into you.

If he's not making you a priority, you can't make him a priority. If he's pulling his interest away, then you pull your interest away. Remove your attention from him!

That's the fastest way to raise your value in his eyes. You're not trying to force things, you're coming from a space of power.

Now you're saying, "Okay, you're leaning back, I'm leaning back. Hey, it's no big deal, whatever."

Instead of pulling those fears and that neediness and saying:

"I have to make him want me before he loses interest."

It's that illusion of action that makes you think you need to do something, but it actually will just backfire on you most of the time.

Patience is a Virtue

You need to have patience. It takes time for a man to emotionally fall in love with you. If you're in a situation where you've been

- Showing up all the time
- Messaging him all the time
- Doing things that are destroying his attraction for you

it's going to take time for things to work again and for his feelings of attraction to increase. If you're in a relationship already and you're wondering whether you've been screwing things up a lot, what you want to do is *pull back and give it*

some time. Don't apologize, don't make it confrontational. Just give it some time and be patient. Let the fire he has for you rekindle and flame back up again.

Then he will like you and love you and cherish you again, but this will only happen when he's ready. The best thing to do is lean back, chill out, and let his emotional desire for you grow. If you smother him, that'll never happen.

Remember the Flame

Just think of it like a fire. You need to give a fire some space. If you're all over it and you're throwing new wood on it all the time, it's just going to die. If you want a fire to grow, you light the fire and then you give it some space. You give it some oxygen, you give it some air. You let it grow, and build, and build and build.

Over time, you start putting on more wood in it, and it starts growing, getting bigger and bigger and bigger. Then eventually you have a big fire and it's awesome. You can warm yourself with it. You can roast some marshmallows on it. It burns for hours!

What we're talking about here is not manipulation. You're not trying to manipulate him into loving you. You're not trying to manipulate him into having this desire for you. You're nurturing it. If you water a plant, you're *nurturing it*. Just as

with him, you're nurturing the relationship with him that you want. You're nurturing his fire of desire for you.

Let's move on to Chapter 4 and discuss another angle of this Forever principle.

CHAPTER 4

The Abundance Principle

In this chapter, we are going to talk about the abundance principle. That is, how to eliminate anxiety and fear and have men come to you.

This is important because you want to *get rid of your anxieties and your fears* about men, dating, and relationships. You don't want to push guys away. You don't want to be using needy and clingy behavior. What you want is for dating to be easy.

You want a guy that chooses to step up. You want him to choose to give you what you want. You want him to choose to treat you well, and make you a priority because he believes that's the only way that he's going to have you in his life.

When he chooses those things, instead of you trying to manipulate him into it, he's much more likely to do it. He'll do it with a smile on his face! He'll do it, and feel like he is more deserving and that it's a privilege. Because you're just that awesome!

When you do this, you'll also end up raising your own personal standards. You'll realize that you can have something better and you won't accept just any offer from a man — you'll just go for the best offer.

As you can sense, this is really about empowering yourself. Don't use this mentality to manipulate or force or control a man. Instead, give yourself the best possibility of having the relationship that you've always wanted to have.

If things don't go your way, it's not like you're just going to have one option left and you're going to freak out about it. That's what a lot of women who come to us complain about, because that's the situation that they're in.

What you want to have is *abundance*. So that if things don't work out, it's not a big deal, and you can handle everything with a level head.

When things don't go your way, *you have lots of options*.

Men are much more attracted to women who have options or act like they have options in a confident but humble way.

There are a few reasons you should do this.

Test His Mental Strength

If he's needy, if he's abusive, if he's crazy, or if he acts mentally unstable in another way, *you'll trigger that with your new behavior*. This will trigger his behavior. If he's a high quality man, and if he's stable and emotionally mature, it'll trigger those qualities as well.

You'll find that out by *having and creating an abundance*. What ends up happening is you're going to have abundance and he's going to *feel it*.

He's going to do what he always does in relationships. Whether that's to try to manipulate, back off, or pursue you — whatever it is that he does — he'll get into his pattern when you start creating abundance for yourself.

You'll be able to trigger his emotional reactions quickly instead of having to wait months, weeks, or even years, to find out valuable information about his behavior and attitude.

The important thing to remember is that there is only one way to have an abundance mindset. *You need to experience it for yourself.*

You can't get this by reading a book about abundance or talking to your friends about abundance or imagining and visualizing a world of abundance. I mean that stuff helps, but the only way you can actually experience abundance is to *have abundance*. What does this mean?

First, *you want to create an orbit of men* so you're not just focusing on one guy. If he mistreats you, if he takes you for granted, you can throw him back into the orbit.

Let him know that you want to be around him, but that you want a relationship where you feel valued. That way, you're

not just clinging onto him and trying to force him to do that. Your attitude is more along the lines of:

“Hey, you're in timeout and you can come back when you're ready to play like an adult.”

It could be weeks or months until he comes back, or it's possible that he never will.

But you see, you need to be okay with that. You need to become okay with the idea of NOT settling and begging him to come back. The way you do it is by having an orbit of men where you're not just focused on this one dude.

The mindset that you need to have here is:

“If you come back and I'm still available, great. If not, maybe you should have figured it out earlier.”

That's the mindset that you need to have. You're not going to necessarily articulate that sentiment word-for-word to him, but that's the *mindset that you should have with the men that you're seeing*.

If a man pulls away, it is disappointing, but it shouldn't destroy your world because you have other things going on. Other friends, other activities, and other men that you can date.

The two metaphors that I want to give you...

The Men Are Like Cats Metaphor

The first one is treat communication in terms of men and abundance *like they're cats*.

Let's say you see a cat. You want to pet a cat and you see him and so you run up to the cat.

The cat runs away from you... and so you chase after it. It's going to run off into the yard. It'll probably run off all the way into the city or run off somewhere else so that you can't possibly go and pet it. Then you have to wait for the cat to come back to you.

But what you really want is to allow the cat to come back to you at the cat's own pace.

If the cat comes to you, it'll approach you and start brushing his head against your leg. Then you'll pet it a little bit and then it'll jump on your lap. Then you can pet it some more. You can give it some food. You can have fun and play with the cat because guess what? He came to you.

But if you're chasing after the cat, the cat's just going to run away from you. So, you don't want to *chase after the cat*. You want the cat to come to you.

The Tennis Match Metaphor

The other metaphor that is especially helpful is that a relationship is like a tennis match.

There needs to be back and forth. If you are hitting a ball over the net to a guy and he's hitting the ball back over the net to you, that's two people engaged in a tennis match.

But if you're just hitting the ball over the net and he's not hitting it back to you, and *so you hit another ball and you hit another ball and hit another ball...*

Well, eventually what's going to end up happening is he's probably going to leave the game! Or you're just going to be hitting balls over the net with nobody to actually play tennis with, because you're not actually *playing tennis*. You're just hitting balls over a net.

You want there to be *back and forth*. Both of you need to be engaged in the activity of playing the game and interacting with each other as you play. Don't chase after him. Otherwise, you'll become needy, insecure, and might even start questioning yourself. Ultimately, you'll end up feeling exhausted.

The Three Step Plan

What you actually want to do is (1) **create an orbit of men**, as I talked about earlier. Even if they're not guys that you're super excited about, just have an orbit of men in your life. Every time you do find a guy that you're more excited about, pull him in until you have a big orbit of men. It'll show that all of these cool guys trying to get you.

No, I'm not saying you want to be sleeping around with all these guys! Please don't get that idea! (There's a lot of reasons why you don't want to do that, and I'll talk about that in another chapter.)

What you want to do, though, is have an orbit of men that are trying to court you, and pursue you, and create a relationship with you.

Then, (2) **create an active and exciting life for yourself outside of men.** This simply means, do fun and exciting things. Have hobbies, have interests, have a job, have a life, have good things in life, have friends that you go and meet, talk to girlfriends that you hang out with and gay guy friends, if you're into that. Make sure you have a group of friends, have parties to go to, and have an abundance of things that you love to do.

You get the point. Even if all you do with other men is hang out and chat! That's staying busy, and that's attractive.

Even if you're more of a home body, it's good to have things that you do when you're at home and fun stuff that you enjoy. This gives you a life and gives you the *true projection of being busy* and having abundance.

When you're building and developing your life, your focus isn't just on men anymore.

Next, (3) **learn to lean back and let the men come to you.** Chill out, relax, drink some chai tea, and just let men come to you, instead of you running after and chasing them.

That doesn't mean that you can't ever communicate with men or reach out to a guy or send a guy a message. Nothing about this is so strict.

But the point is to relax. Don't try to force anything. Don't try to make a guy set up an event or a date. Don't set up dates and events for men. Don't become a social planner of a man's life. Just chill out. Just relax. Let your conversations flow naturally.

Finally, (4) **communicate how you're feeling.** If there's something that you don't like, let him know how you feel when he does it.

For instance, you might say something like, “Hey, I really like you and want to get closer to you and spend more time with you, but I feel hurt when you do things like _____. Can you agree to stop doing that? Or can you agree to start doing things where you do _____ instead?”

If he continues to do the thing that you don't like then you must take action.

(5) If he continues to do something that you don't like or he doesn't agree to your terms, **let him know that you won't be seeing him again.** Not until he agrees to it and sticks to

your rules. This has to happen because you *value yourself and you love yourself*. You only want to have men in your life who treat you well.

“What if he disappears then comes back?”

If he disappears on you and then comes back, here's what to say.

“I really like you and I'd like to get closer to you. But I also like men who communicate what's going on with me and it's really unattractive when you disappear and don't acknowledge it. In the future, can you make sure to let me know if you're not going to be in contact with me for a bit?”

See what he ends up saying to you and act accordingly based on that.

“Oh, but I live out in the middle of nowhere...”

This can be challenging, even if you're trying to get into the abundance mindset. So ask yourself, how important is it to you that you find and build a relationship with a man that really values you? And loves you and adores you?

If it's really important to you, what you might want to do is start thinking about taking trips or moving somewhere where it's easier to meet more men. That way, more men will pursue you and court you and it will allow you to create that attractive “abundance” mindset.

Think About the Abundance Mindset

Visualizing it also helps. For example, when you're in a situation, think about it in terms of "If I was coming from abundance, how would I interact in this situation?"

Would you walk away? Would you put up with it? Would you fight the guy and argue the point? How would you behave? Would you constantly be messaging him and asking him if he's okay? Or ask him if he's mad at you? How would you respond and react? Would you be leaning back?

After you experience abundance, it's a lot easier to get into this mindset and feel it and go: "Okay, I'm in abundance right now. I have options."

Test yourself. Say, "If I'm coming from a space of abundance, how would I be? How would I respond to this? How would I react to this?"

Just get yourself into that pattern of thinking.

Remember that you have plenty of options. Remember that you're going to go on a date with another guy in a couple of days or that you know whatever's going on in your situation is not a huge deal.

If you really want to be a woman that a guy chooses and a guy *steps up for*, someone he pursues and treats like a queen, then one of the most powerful ways to do so is to create a space of abundance for yourself.

That way he *chooses you* and decides this is what he wants. He steps up for you and is like, “Hey, this woman is amazing, and I want to make sure that I take her off the dating market and that she is mine forever.”

All right, good lesson. For now we’re going to move onto another point: emotional range. Let’s begin the new chapter...

CHAPTER 5

The Emotional Range Principle

If you want a man to be *addicted to being around you* (so much that he can't think about being with anybody else and he misses you) then you need to use the *emotional range principle*.

I want you to think of dating like going to the movies.

Sometimes, you go and see a movie and the movie is boring and it sucks. Right? You leave the movie theater and you're thinking, "Oh my God, I just wasted this time and this money and I will never get back."

You never want to see that movie again!

Well, there are other times when the flick is OK, but it really doesn't leave much of an impression on you. You didn't care about the movie or characters. You're never going to see it again. It was an OK movie; something to fill the time, at least.

Then again, there's other movies that are... *fantastic*, right?

These movies become classics. These movies are absolutely amazing. You laugh, you cry, you feel anticipation. You feel all these different emotions and it's wonderful. You get scared, you get excited and you love it.

These movies are so good that you go home and talk to other people about them.

You say: “Oh my God, it was this awesome movie! Have you seen it yet? You should totally go see it! It is so worth it. It is just absolutely amazing.”

Then you go back and see it again and again. Eventually, you might even get it on DVD or Blu-ray because you liked it so much.

Maybe you watch little clips of it on YouTube. Maybe you even like reciting different parts of the movie to other people when you're around them, and sometimes they even don't get what you're saying... because you totally obsess over the movie so much and they haven't even seen it!

So take this scenario and *compare that movie* to the man you like. You want him to experience this magic moment and say:

“Oh my God, this woman is so amazing to be around!”

The way that you do this is by using something that I call the **emotional range principle**.

The goal is to make him experience *powerful and raw emotional connections with you that he doesn't feel with anyone else in his life*.

I know this might sound a little intimidating, but let's discuss it one bit at a time. It's not as hard as it seems.

Believe it or not, most women that guys meet are absolutely boring.

Having anything that's going on and having any kind of emotion that you stir up with him will make you a lot more interesting than 99% of the women that he ends up meeting in his entire life.

Biological Drive vs. Emotional Experience

I want to talk a little bit about the biological drive that men have versus the emotional experience of being in love.

The biological drive that guys have, and sometimes women mistake this for this “being in love,” is very immediate.

You'll know that it's the biological drive because a guy does certain things when he's experiencing this.

- He gets excited very quickly
- He'll start talking about traveling the world with you
- He'll discuss relationship stuff
- He'll wine and dine you
- He brings up marriage
- He dreams of what your kids will look like

It's like this immediate thing where he's just like, “Ah!” and he's just totally in there, flipping out about how great you are.

It's definitely something that you want to trigger in a man because hey, it's what drives him forward, it creates attraction.

But...

The emotional experience — that “in love” feeling that he ultimately gets — *takes more time*. It needs more space. It's sparked by curiosity, mystery, and freedom.

Think again about the fire analogy that I talked about before, where dating with a man is like building a fire. When you're building a fire, you start it a little bit at a time and you don't want to put too much on it or otherwise it will smother the flames. You need to give it some room, you need to give it some air.

You might blow on it or fan some air into it and it builds and builds, right? Eventually, you can put more logs on it to burn.

That's the emotional experience of being in love.

It's this deeper feeling, and it's more real. Being in love is a powerful emotional experience that lasts a lot longer. It's long-term. You end up putting big logs on it and other flammables so that it builds and builds and builds. Then it's very difficult to smother after that. It's a long-burning fire.

How to Create A Deep and Emotional Love Connection

I'm going to give you three steps to remember so that you can create this emotional bond. This is what makes him fall deeply in love with you and *makes him feel like you're different than all the other women that he's met.*

The first is to connect with him on a deep emotional level.

This means that you need to *become curious about him* and learn about who he is, including:

- His struggles
- His successes
- His childhood
- How he's gotten to where he is with his life
- His career
- What makes this guy tick?
- Why does he do what he does?
- What gets him excited about life?
- What are his passions?
- What are his goals?
- What are his dreams?

Most women keep things on a surface level.

Then they wonder why guys only want a sexual relationship with them!

Don't be that woman.

You want to go deeper. You want to find out what his passions are. What does he really care about? What has he cared about since he was a kid?

Oftentimes, it's not just his job. Sometimes it's a hobby. Sometimes it's something that he *gave up on* because of social pressure.

A lot of people these days have these dreams when they're kids and then they go into life and they realize that it's a lot harder than they thought it would be to be the kind of person that they want to be, to achieve their goals.

So who does he want to be? What dreams and goals does he have about his life? Is he pursuing those things? Is he not pursuing those things? What does he really care about?

The second is to make him feel amazing (when you're around him).

Be somebody that he enjoys being around, so much that he can't wait to be around you again!

The most powerful way to do this is to show him that you support who he is and who he wants to become in his life. After you find out what it is that he wants in life, *find parts of*

his personality that showcase his talents and then give that back to him.

For instance, let's say that he wants to be a doctor. If he wants to be a doctor, take note of instances where he's very nice to somebody or he demonstrates how much he cares about someone (basically, acting like a doctor)...

Then find little parts of his personality and then *tell it back to him.*

Say things like,

“You said that you really want to be a doctor, and I could see you being an amazing doctor. Just the way that you ask me questions and how much you really seem to care about having a conversation with people and figuring out ways to help. I think you would be an amazing, awesome doctor.”

That's one example.

You're taking *what he wants to do* (or who he wants to become), and feeding it back to him.

Or maybe he's already a doctor but wants to do something else. You can still feed it back to him for where he is or who he's slowly becoming.

Where he's at in the stage of becoming his “true self” is not the point. Just find out what it is that he wants to become and

then link it back to different characteristics or traits that you see him doing right in front of you right now.

He could become that man! And you can remind him of that.

Understand that most guys *do not* have anybody that does this with them. This is one of the most powerful ways that you can show that you support somebody in their life.

But Don't Make This Common Mistake

One word of caution: avoid falling in love with *his potential* and make sure that you're seeing him for who he is and loving him for *who he is right now*.

A lot of women make that mistake, and then they end up in a relationship where they're like, "Well, he said he was going to be this great guy, but he's only this one simple person."

If you can't love him and respect him for *who he is and where he is right now*., then it's going to be a difficult relationship — especially if he doesn't end up becoming that man that he wants to become.

You have to be able to respect and love him for who he is right now, and don't wait to fall in love with his potential. See his potential but see him as successful right now, for the man he is inside.

Third is to create emotional range with him.

Being “happy” isn't the only emotion that men want to experience.

A lot of women come to me and they're like, “Oh, I don't want to be happy all the time... that’s boring.”

You don't have to be “happy all the time.” Obviously, you should strive be somebody that's easy to get along with.

Let's go back to the movie metaphor. A good movie isn't just a movie where it's just happy and sunshine all the time.

There are parts of the movie that that you laughed at, parts where you get scared, parts where you cry, parts where you feel anticipation.

So you want to be somebody that *experiences different types of emotions and gives that gift to him.*

The fastest way to elicit these types of emotions is (1) **through questions.**

For example, find out:

- What he's afraid of
- What he thinks is funny
- What he thinks is fun
- What he thinks is boring

Identify different kinds of emotions and then ask him questions to inspire conversation. For example,

What's something that you think is really fun to do?

When was a time when you were really scared?

What's something that's really freaked you out?

Do you like surprises?

Have you ever been really surprised before?

Asking questions can immediately elicit these emotional responses in a person. If you ask him questions about stuff like that, then he can talk to you about how he reacted in the past, then he'll *feel it through the act of remembering it*.

Another way to do this (2) is **through storytelling**.

Tell stories about difficult things that have happened to people in your life, or tell stories about fun times you had. Tell him about sad times, about scary times, about different things that happened in your life when you were scared, excited or happy.

Maybe there was something that you were watching that was funny or exciting. Try to talk about these different ranges of emotional experiences.

Storytelling is the most powerful way to elicit the emotional experiences of another person.

The third way to do this is to (3) **create emotional experiences he will remember.**

Get involved in things that create emotional experiences!

This is the easy way to do it. You're not doing anything special, you're just going out and doing something that's fun. Or something that's scary, or sad, all these different things. Emotions just come up as a part of being in that space.

If you go do something that's risky or adventurous or spontaneous, or you go to a comedy show, then these emotions come up naturally. He's going to experience those with you and he's going to have all these different types in the emotional range. This comes from his experience of being with you.

He feels alive!

If you want a structure of how to do this effectively, here's how to remember it:

- You volunteer whatever it is that you're doing. You want to bring up this emotional experience of [being scared]
- Talk about it. Say, “One thing that really scares me is...” Or say, “I'm scared of spiders”
- Then tell a story about it. Talk about an experience of when you were scared. “I went into the bathroom one

time and I saw this spider and I got so scared, I jumped up into the air and I hit my head against the...”

- You're mixing this emotion of being scared with humor. That way, it's going to elicit a stronger emotional experience from him.
- Then you elicit emotional information from him. Ask, “What's something that you're afraid of?”
- You can do the same thing with other emotions.

That's it. If you want to be a “forever woman” to a man, and you want to get yourself out of being like all the other women that he's met, the woman that he loves being around and that he misses when you're not there, then you must learn how to elicit these emotions in him.

Use the stuff that I just talked about and you can use that formula for yourself. Now in the next chapter, we're going to discuss value framing and some ways to always come across as a high-value woman.

CHAPTER 6

The Value Principle - Value Framing

How do you set yourself up so that you're more valuable to a man, and he then treats you like you're his priority? Like a queen?

The most powerful way to do this is to start by *recognizing your own worth and value within yourself*.

You're going to be learning about how to make yourself more valuable to a man in time but the first thing that you need to do is *believe within yourself that you are incredibly valuable*.

If you don't believe it, you're going to let a man treat you like garbage and you won't do anything about it.

But if you believe in yourself, namely, that you're a valuable woman, you're not going to put up with bad behavior from men. You're only going to allow men into your life that treat you well.

You're also much more likely to attract men into your life who are going to treat you well.

Think of it this way:

- Some men will open doors for you and lead you through an experience with them.
- Some will shut doors in your face or some doors just won't be open at all
- Your job is to walk through doors that are open
- Stop trying to go through doors that are shut
- Stop trying to go through doors that are locked
- Go through doors that are open

If you haven't figured it out yet, this is a metaphor!

The metaphor is: if a guy isn't allowing you to come in and he's not opening the door for you, then his doors are locked.

You're not trying to chase him. You're not trying to fight him. You're not trying to force him be the guy that you want him to be.

He's got doors that are open already. You deserve to be loved. You deserve to be valued, and you deserve to be cherished. You want men who are going to love, value, and cherish you. And that's it.

You want to believe that you are *so valuable* that you'll set a new standard for yourself. From now on, you will only spend time with men who are already *valuing you from the beginning*.

If they don't value you or they stop treating you like you're valuable, then you will walk away from them and you won't allow them to come back into your life, not until they start treating you the way you want to be treated.

The most powerful position that you can be in is the position where you're willing to walk away. And actually be willing to walk away!

A lot of women say, "Oh, ultimatums don't matter, or they don't work."

They don't work because most women aren't serious about them working. They're just trying to manipulate or force a man through using an ultimatum but they aren't actually serious.

The guy knows that they're not serious. So the guy that takes her for granted, which is also one of the reasons why some guys don't realize that they've screwed up. They only realize they lost her when it's far too late.

The Law Belief of Transference

In the workplace, if you come in and believe that you're valuable and that you have valuable abilities, you can get pay raises, you can get promotions, you can start out in higher positions and take on more responsibility.

If you believe that you're valuable and act like it, and talk like it, then everybody's going to treat you like you're valuable.

That's how things work in life. The person who is most certain about whatever belief system is going on in their mind, transfers their belief systems to the other people that are around them.

If you're around somebody and they believe that you're not valuable and they start acting and treating you like you're not valuable, then you'll start to believe their perception. You'll take on that belief of inferiority.

But if you really believe that you're valuable, you're going to transfer that belief onto other people, and you're going to behave like you really think that you're valuable! You're also going to behave in a way that will allow people who believe that you're valuable to enter your circle of friends.

Here's what you need to do to maintain value:

1. Focus on personal growth

Focus on developing yourself, on developing your abilities, and on becoming the best version of yourself that you can possibly be.

This is by far the most important thing that you can do. The more that you grow and develop yourself, the more that you build yourself, and the more valuable you're going to feel.

Also, the less likely you are to put up with nonsense from people in your life, whether it's a loved one or whether it's a friend, or a stranger, or even someone at work.

2. Become really good at something that you like and that you enjoy

All you have to do is get really good at one thing. Then you can start working on other things, more goals, one by one. Soon, you will be very good at a lot of different skills and hobbies.

You need to become good at something because this will boost your self-esteem. People that are valuable believe that they're good at some skill set that they have.

Well, the more things that you become good at, the more you're going to believe in yourself and your own value. You're going to see yourself doing great things.

So develop your abilities, develop your talents, and develop all the things that allow you to become a good person that YOU yourself can believe in.

3. Have a passion in life

The next step is have *a passion in your life*. Something that drives you, something that gives your life purpose and meaning. Something that makes you want to wake up in the morning and experience life!

It could be a volunteer activity, or it could be another person.

For instance, for a long time I really cared about making sure that my nephew was learning about life. I wanted to make sure he was getting raised comfortably and had a lot of awesome things going on in his life. That was important to me.

So with you, there could be some kind of passion like that, something that you have to live for, or maybe something new that you'd love to experience.

Maybe you want to go out and try new things. Or you like to travel. Maybe you love trying new foods, wine, whatever. Just find something that you can be *passionate* and excited about.

4. Belief reframing — What beliefs or thoughts do you have about yourself that are holding you back?

What beliefs do you hold onto that seem to put you down or make you feel bad about yourself?

I want you to spend some time figuring out what kinds of thoughts and beliefs come up in your head when you think about regrets, negativity, and attitudes that make you feel bad about yourself.

Listen to yourself. Pay attention to the voice inside your head when those things come up.

My personal suggestion is that you take those things and you write them down. Make a list of the things that come up in your head that are actually making you feel bad about yourself. Think about the stuff that makes you feel worse, that's holding you back.

Then what you want to do is think to yourself:

- What if this isn't true at all?
- What would happen?
- How would I be?
- How would I live my life?
- How would I experience my life if these thoughts and these beliefs weren't real?"
- What would I create?
- How would I experience things?
- What would I put up with?
- What would I not put up with?
- How would my life be different if I didn't believe these thoughts, if they weren't true at all?

Next, what you want to do is you want to think about *how this current thinking is holding you back*.

What is it preventing you from doing in your life? What would you do, what could you create if you didn't have this current thought process?

What would you experience in your life? What kind of a life would you end up having? What are you missing out on because of the thoughts and beliefs that you have?

Next, consider, what's a better belief that you can replace it with? What kind of a belief would be a better belief for you to have in this situation?

After that what you want to do is you want to *emotionalize the belief*.

Take the new belief that you find, the new thought belief that you have, and focus on seeing it every single day.

You want to feel yourself feeling it. What would life be like if I felt this way, if I thought this way every single day?

Think about who you could be with this new belief system and spend time *feeling how much more empowered you would be with that belief system in place*. The more you do that, the better you'll have these belief systems that empower you and make you a stronger woman.

You will start to believe that you're worthy and worthwhile of the things that you want and the things that you do in your life.

Let's say that you have a belief or thoughts that you don't like. Let's say that it's something like, "I don't really believe that I should be treated well by men."

What you might want to do is just think, "What if this belief weren't true at all? How would I behave?"

So things might start coming up to you, new thoughts, like:

"You know what, I wouldn't put up with Rick acting like this when he cancels my calls and ignores my text messages or cancels my dates and ignores my text messages or ignores my calls. I wouldn't put up with that anymore. What if I didn't believe that I wasn't really worthy of having a great man in my life?"

So think about how is this holding you back. You're dealing with things in your life that you wouldn't normally deal with. You allow guys to tell you something that you wouldn't normally allow him to say.

What's a better belief system that you might have? It might be something like, "I believe that I'm a worthy and amazing woman who deserves everything that I want in my life, and I deserve a man who cherishes me and treats me like a queen."

If you had that belief system and thought process, how would you feel? How would you feel about life? What would you experience in your life differently if you had that thought process that was really deeply ingrained within you?

What I think that you'll find is that if you get rid of all the negative thought processes that you have, and the belief systems that you have, and you replace them with better thoughts and better beliefs...

What's going to end up happening is you're going to end up *changing your life from the inside out*.

You're going to start experiencing things differently. You're going to start experiencing men treating you better and other people treating you better. You're going to experience yourself feeling more confident, more self-assured, less riddled with anxiety, less troubled by thoughts of insecurity.

You're going to experience a better, stronger, more empowering life for yourself!

So if you really want to be that “forever woman” where a guy treats you like a queen, you need to take control of your thoughts and your beliefs. That's what value framing is all about.

In the next chapter, we're going to talk more about the mindsets that do transform your life. So let's get to it!

CHAPTER 7

Mindsets That Make You Naturally And Irresistibly Attractive to Men

In this chapter, we're going to discuss how to be naturally attractive to men by using different types of intelligent mindsets that make it so that you're actually attractive to him.

You know, when I first started teaching in the dating industry, I actually focused on the men's side. I worked with this woman who would always come out with me and she would help the men that I was coaching get into approaches and get into conversations with women.

One of the things that she used to always tell me is that men never hit on her. Men never talked to her. Men were never interested in her. And I thought it always seemed really strange because she was a very good looking woman. She never really dressed up a whole lot or anything like that, but there was no reason why she wouldn't get hit on and approached by men.

I decided to test her theory. So we went to this club while we were in Denver, Colorado. It was one of those clubs where there's this long hallway that goes straight down the middle.

I walked her from one side of it to the other and I just walked a few feet in front of her. Well, as I was expecting, what ended up happening was guys came over and started trying to talk to her. It was almost like every guy in the entire club came over and tried to talk to her!

They were just coming over and trying to start a conversation or some would try to dance up to her. She was hitting them and pushing them away and saying, “Screw you, get out of here!” It was really funny!

So this happens all the way through the club. Well, we get from one side of the club all the way to the other. Then I remember stopping at the other side of the club and turning around to look at her.

She looked at me and I was like...“What?”

I said, “I thought you said that guys never hit on you?”

She responded, “They don't.”

One of the things that I realized was that *she had no idea that guys were even actually hitting on her!*

We ended up talking about later on and one of the things that she thought was that guys were just *messing with her* or guys weren't really interested or there was something else going on there. She didn't realize that guys were hitting on her.

So what came to me after a long time of working with men, and then getting the woman's perspective of things, is that we all have mental blocks that prevent us from *accepting reality* or seeing what's happening around us.

We all have these glasses that let us see the world — but only from the perspective of *what we already believe about the world*. You naturally see things that make you attractive to men and do things that make you more attractive to whatever guy you're talking to.

An Affirmation Experiment

I have a list of different affirmations and I'm going to go through these affirmations with you. What I want you to do is pay extra close attention to these affirmations. The first time you listen to them, pay attention to yourself saying them. Then I want you to notice to what your mind says.

Do you disagree with these?

I want you to pay attention anytime that you think, “that's not true because...” or “Yeah but...”

Anytime that you make excuses for why you can't do it, or it's for other people, or this isn't about you., take notice. Then, what I want you to do is write down any kind of negative thought patterns that come across for you after you go through these affirmations.

Just write down whatever kind of negative thoughts and negative beliefs come up for you.

I'm going to go through this list of different affirmations and you should basically think of these as beliefs. These are mindsets. These are thought patterns that you should have when you are talking to and interacting with men. These are the interesting mindsets that will make you more interesting to men and more attractive to whomever you're talking to.

Here goes...

1. Men want to prove that they are worthy of my time, attention, and commitment
2. I will only commit myself to a man who has proven that he has committed himself to me
3. I don't need validation from men, they need it from me
4. I am the prize that men are trying to win over
5. I only allow men into my life who live up to my standards
6. I deserve and I have permission to keep an amazing man
7. I only accept men into my life who respect me, my time, and my property
8. I radiate confidence, love, and charm that men find irresistibly attractive
9. I am confident and comfortable in my own skin

10. I can control myself and I can wait, I don't need it right now
11. I am beautiful inside and out
12. I captivate men with my beauty, charm, and energy
13. I am indifferent to the outcome
14. I have fun and I am playful around men
15. I understand that men want relationships as much as women do

So that's it, those are the affirmations.

When you listen to them, make sure that you pay attention to what your mind says and if you come up with any excuses...
“Yeah, but...”

I want you to write down all of the excuses that came up for you. We're going to go through these in the next chapter.

For now, put all of these affirmations below. Then I want you to take them and print them out or write them down. Think about them.

From now on, I want you to see these affirmations every single day when you wake up in the morning and if you want extra credit, you can do it before you go to bed at night!

If you want something great to do with these affirmations, my suggestion is that you *emotionalize them* because the more

emotion that you put around these affirmations, the more you'll start to actually believe them.

The more you think about them, the more your brain will actually remember them and connect them to who you are. If you want super extra credit, my suggestion is that you “find evidence” for these things in your environment.

How can you find evidence for these things?

Let's investigate this last one real quick, which is, “I understand that men want relationships as much as women do.”

Where can you find evidence for that? Where have you seen that? Where have you seen a guy chasing after a relationship or wanting a relationship? Maybe it was with you, maybe it was with someone else.

Anytime you see anything that gives you evidence for an affirmation, just remember to write it down. You might want to take one of the affirmations at a time and just take one a day and just write down any evidence that you see for that affirmation.

What will end up happening is that your brain will start coming up with more and more and more evidence. The next thing you know, you'll start seeing it everywhere!

You'll start to realize the way that you thought you saw the world isn't actually the way the world is. Best of all, you can change the way that you see the world just by changing your belief systems.

We're going to continue on in the same line of thought in the next chapter, as we discuss getting rid of the negativity that's been distorting and limiting your worldview.

CHAPTER 8

How to Get Rid of Insecurities, Negative Thoughts, And Negative Beliefs

I studied at Arizona State University. I was in many different classes at the time and they frequently ran tests.

Well, one of the tests I witnessed involved these big jugs of Kool-Aid. They were all different colors. They grabbed these little paper cups and they poured the different colors of Kool-Aid in the cups and gave each student all of the colors of Kool-Aid.

You were supposed to drink the different colors of Kool-Aid and guess what flavors matched which colors.

As you can imagine, what ended up happening was that most people guessed that colors were associated with flavors. So they all figured red was cherry, green was apple, purple was grape, and orange was orange.

At the end, there was a big reveal. They said:

“Oh no, all of the Kool-Aid that you're drinking, it's all grape. We just put different coloring into the same Kool-Aid. When you drank it your mind said, 'Oh, this is cherry,' so you take a drink and you taste cherry.”

We learned how our perceptions change our reality and what you experience isn't based on reality, it's based on *what you see with your mind and how you experience things through your thoughts*. What you see in the world is based on your beliefs and previous experiences.

What we want to do now is get rid of your insecurities and the negative beliefs that you have. Hopefully, you noted some negative beliefs from the list that I mentioned in the previous chapter. If you haven't done so, just stop reading, go back, and write them down.

Now let's continue on.

1. Learn to Shift Your Negative Thoughts

I've got a process that I'm going to have you go through to get rid of negative thoughts and shift those negative beliefs out of your mind. We want to take those negative thoughts and beliefs and get them out of your system.

2. Push the Thought Out

First, consider that we tend to build up emotion around our thoughts and our beliefs. Usually, some kind of event or situation leads to us having these negative associations.

We get triggered and then we're like, "No, I believe in *this...*"

That's one of the things that keeps that negative thought and belief inside us, is that we have so much *emotion wrapped around it* that we've almost become invested in it, in this idea or belief.

So what you want to do now is get that thought out of your system in whatever way you can. Release that energy Maybe it's by chopping some firewood or it's going out in the forest and yelling. Maybe it's going to the gym and working out. Maybe it's through art or music. Or writing a letter.

The point is, having negative thoughts in your mind is unhealthy and you want to do everything you can get that negative energy out of your system.

You don't have to worry about getting all of it out, because you will probably find that you still have some energy left, even after you do this exercise. It's just part of who we are.

For some people, it takes a lot of time to heal because there's a lot of energy built up. So it's a good idea to do it over and over again, once every couple of weeks. Anytime you feel that negativity triggered, say: "Okay, I have this energy and I'm pushing it out."

3. Question the belief.

The second thing you want to do is question the belief. For example, let's say that you that believe men only want sex.

What you want to do is question the belief and say: is this belief really true?

Then, find evidence that shows that that belief isn't true. What evidence do you have that shows this belief is incorrect?

As an example, it might be that you've seen guys that have wanted relationships or you know guys that only pursue serious relationships with women. There's evidence in the experience you've had in your life.

4. Create a negative association into this old belief.

Next, you want to create a negative association to this old belief and the way you do this is to simply ask, "What has this belief caused me to experience in the past? What kind of a negative experience in my life is tied to this belief?"

Let's say you believe that men just want to hook up with you.

What you might have experienced is that you were looking for confirmation of what you feared. Maybe you were thinking, "Oh this guy just wants to hook up. Let's find out if this is true!"

Next thing you know, you start coming up with all these things and the guy doesn't even have a chance with you, because you are finding reasons to disqualify him. From the very beginning, the relationship is doomed and that's not what you want.

The next way that you want to acknowledge negative association is to ask yourself, “What will this belief cost me in your future?”

How will this impact my life in the future if I keep this negative belief alive?

That’s when you decide to replace the belief. Ask yourself, what is a better belief that I can replace this negative belief with?

Remember, we have one from the list already. Namely: “I understand that men want relationships as much as women do.”

So you want to create belief that’s healthier and more practical and then ingrain that new thought inside your mind.

5. Create a positive association with this new belief.

Ask yourself, “How would my life change for the better if I adopted this new belief? What would I experience differently? How would I experience men differently? How would I experience relationships? How would I experience dating? How would my life be better from having this new healthy belief instead of the old one?”

Then, do what we talked about in the other chapter. Remember when I said “find evidence”? Ingrain the thought, emotionalize it, and take hold of that new belief.

Now, don't be surprised if men come into your life and test your new beliefs. A lot of the time, what happens is that people come into our lives to test us and to see if we've actually moved on to that next level of growth and development. There might be circumstances and situations that'll test us.

So, let's take a negative belief right now and work with it as an example.

“I don't deserve a good man.”

What you want to do is take that belief, and all that's behind it — the emotion, the energy — and just get it out!

1. If you've got to yell or cry, or pour your souls into something, whatever you have to do, just let go of that energy
2. Question the belief. Is this really true? Is it really true that you don't deserve a good man? How would you even know that's true? It's kind of a silly belief if you think about it. What about you is deserving of a good man? What would a good man find attractive in you?
3. Find different ways of collecting evidence so you can challenge the thought. You may want to ask your good friends about this. Ask the men you know about what they like in women. Find different ways that you can question those beliefs.

4. Start with negative association with the old belief. In the past, maybe you've sabotaged relationships with men because you believed that you didn't deserve them. Maybe you've gotten rid of a good man who wanted you, but you didn't think that you were really worth anything to him and so you did things that made him leave. Maybe you've stayed in bad situations because you thought that was all you really deserved. Find what is true for you.
5. Next is the cost of believing this negative belief in the future. You'll probably keep pushing men away and it'll keep you single. You'll feel like all you deserve is to be treated poorly and so you stay in relationships that aren't what you really want because that's all you think you deserve.
6. The next one is a replacement belief. You create a positive association with the belief like, "I deserve and am worthy of a good high quality man." Now how would your life benefit if you start believing this? Maybe you'll start accepting compliments and advances from men. Maybe you'll start receiving men into your life and you'll start flirting with men who flirt with you. Because all of a sudden you believe that you deserve him!
7. Now, you start to filter out the wrong type of guy that maybe you have dated before, but didn't want. You are

no longer desperate, you're not going to just take whatever comes to you. You are deserving of a great man! So this time you'll be more attractive because you have that confidence. Now, you do believe you deserve something more. And this time, you're going to set boundaries and only allow a man into your life who treats you exceptionally well.

Use this process on your own beliefs and thoughts. What negative beliefs do you want to get rid of and what positive beliefs do you want to ingrain in your mind?

You can start creating beliefs that make you see what you want to see in the world so that you can start experiencing what you actually want to experience. You can start attracting great men into your life and being vastly more attractive to all the men around you, especially the men that you really want to be with.

In the next chapter, we're going to talk more about what investment means.

CHAPTER 9

The Investment Principle - Chase Framing

We're going to talk about the investment principle, which is also known as “chase framing.”

If you want a man to love you forever and commit to you indefinitely, there's one thing that you absolutely need and that's his *investment*.

He needs to invest in you emotionally, mentally, spiritually, and from an energy standpoint. The more he invests in you, the more he'll feel like he'll never want to let you go. He'll backwards-rationalize that he's doing it for all the right reasons.

This is actually a psychological principle that everybody feels, The more he invests in you, the more he will feel like he doesn't want to let you go.

How do you do this? There's a multistep process that I'm going to review, so let's take it step by step.

1. Show interest – that is, romantic and sexual interest in him.

There are myths out there that say that you should never show interest in a man. I understand there are women who have been burned in the past because they jumped in way too soon. Maybe they tried to go the opposite direction because they felt like, “I can't show interest in a man, or I'll get burned again...”

But that's not true. It's actually quite possible that maybe he felt smothered or that she was just showing interest in the wrong way. There's nothing actually wrong with showing romantic interest in someone.

True, there's a big difference between desperation or clinginess and showing interest. One of the ways that you can separate these two attitudes is to *come from a space of power instead of coming from a space of neediness*.

There's a big difference between saying that you really like a guy and expecting something to happen, and coming from a space where you *need something to happen*.

In the worse scenario, you're throwing your needs upon him and you're expecting him to do something because of it.

When you come from a space of “matter of factness” or power, you *can get away with saying almost anything* because there's no expectation. There's no need for anything to happen. You're not weak.

Think of it like the difference between a creepy guy looking at you and a hot guy looking at you. They're both looking at you,

but you like one you like and you don't like the other one. That's the difference between coming from a space of desperation and coming from a space of simply showing interest.

Showing interest doesn't expect any kind of reaction. *If you need a reaction, that's not interest.* That's clinginess and desperation.

Your interest also should be coming from a space of *romantic, sexual interest*, not friendship interest. A lot of women get this wrong, and they end up having guys run away because they're trying to show friendship interest, and they're like, "Oh, we need to become friends first..."

Which is not what you're looking to do with a guy if you like him romantically!

If a guy is out there and he's interested in finding romantic interest and then he sees you trying to "push him down" as just a friend, there's a high probability you're never going to see him again.

He doesn't want to get thrown into that "friend zone." What sparks his biological drive and prevents him from walking away is experiencing you *showing romantic interest in him*.

That's what propels him to think of having a future together with you and what makes him want to please you. That's what makes him think about you two being in a relationship or

being married or what your babies are going to look like. This is a positive thing that can happen if you're interested in a guy and you want to have a serious relationship.

So, there's nothing wrong with showing romantic interest. Men love compliments. Men like to know that you're interested in them. They like to know that there's a possibility of having a romantic relationship. They like being shown genuine interest. It shows them that *they're on the right path to pleasing you* and having what you both want, which is a romantic relationship.

Basically, what you're doing is dangling a carrot in front of him. If you don't want to be romantic at all, then don't be surprised when he thinks that you're not really that interested in him! In that case, he's not pursuing and chasing you because he thinks that you're just going to end up friend zoning him.

We have women in our community that do this all of the time. And it sucks because I think some of these guys *are interested*, but just never pursue a relationship because the women don't flirt or give romantic signals. You don't want to end up in that position.

Hey, it's really easy to show interest in a guy. Here are a few ways:

- Give him compliments. Compliment him on his arms, his strength, his build or whatever. You can compliment him on his smile, his butt, or anything at all! Find little things that you can compliment him, in romantic way, about the things that you like about him.
- You can send him winky smiley faces or heart emojis. You can tell him that things that he does which are really attractive to you.
- You can touch him. Most touches work, especially lingering touches like hugging him for a little bit longer than you normally would.

So give him little hints to keep chasing you. Men have no idea what they're supposed to be doing!

Everyone was raised in a different environment. Sometimes, I speak to women who tell me, “Oh, he knows what he's supposed to be doing!”

But he probably doesn't know! Most guys have no idea what they're supposed to be doing or if they're flirting “too strong” or aggressively. Guys that “know what they're doing” are usually players and that's probably not what you want.

So there are guys that know how to pursue you, but then again, there are a lot of guys that don't know how. They don't

know how you were raised and they don't know what your expectations are in a relationship.

There are actually huge portions of the population that have had no true role models on how to date or interact in a relationship with another human being.

Everything that they learned was either from their friends, from watching movies, or some where else that isn't necessarily a healthy place to learn about real life romance and relationships.

2. Create an invitation to chase you.

Here's a metaphor of a bunny rabbit to help you remember the point. Let's say you're following the white rabbit from *Alice in Wonderland*.

I used to do this thing called "hash running" where we had this person that was called a rabbit. They had a bag of white flour and they would go running.

It was a really interesting event! Everybody would get drunk and go running and the rabbit would run before everybody else. That person would throw down some white flour to create a trail and everybody had to figure out how to go down the trail. Then everybody's running with beers and getting drunk. It's called hash running, if you're interested in it! Just

kidding...but I used to do it back in the day. I've done it a few times back in the day.

Basically, you're doing something similar. You're leaving a breadcrumb trail for him to follow. That way, he knows that he's on the right path to pursuing you. What you want to do is *create an invitation*.

For example:

“Hey, I'm at _____ (place)! Come and visit me here.”

“I need help with something. Can you help me?”

Usually the best things to ask him for help with are masculine tasks, or “manly things.” It could even be something like cooking. Maybe you want to cook something, and you're like...

“Hey, can you help? I really wanted to cook this dish, and I think it would be fun if we did it together.”

Or, “I'd love it if you took me on a hike.”

Or a dance, or that restaurant or bar that you talked about. He senses when you're excited about something. Saying something like “Hey, I'd really love it if you took me and did that with me. I think that would be so much fun.”

You're creating an invitation.

3. Let him make progress with you and you can reward his progress.

Men want to win. Men are goal oriented and that's why he needs to feel like this is *moving towards a romantic relationship*. What you want to do is *reward him for his good behavior*, basically, reward him for following the cues.

You're going to reward him by doing things that he likes, such as kissing him on the cheek or spending more time with him, and giving him your attention in other ways. Maybe it's touching him, or hugging him, or complimenting him.

All the things that you do when you show interest... *these are things that you want to do when he's on the right path*. Rewarding him whenever he does great things are indications that he is chasing and pursuing you successfully.

Now bear in mind, things don't always need to be “moving forward.” I am never going to tell you to hurry up and sleep with him; that would be a big mistake!

Instead, think of it this way. There's this concept called “two steps forward, one step back.” Sometimes people can get addicted to things, not because they're always winning, or always losing, or things are predictable, but because *winning happens sometimes and other times it doesn't*.

Sometimes they lose. And not knowing whether they're going to win or lose, they keep playing because but the promise of winning feels like it's worth it.

So that's what you want to make sure is going on here with this relationship. He should feel like *he's winning. For him, this it's a game that's worth playing because he's moving forward.*

If he feels like he's not going to continue moving forward, there's a high probability he will end up cutting things off with you.

That bring us to...

4. You have to show him that having you is attainable.

When you are a high value woman one major issue that you're going to run into is when *guys think that they can't attain you.*

That this happens to us all the time in our community. These women focus so much on “leaning back” (or maybe when they're trying to counteract the times when they feel needy or clingy) that they seem to become *unattainable* to the guy.

When this happens, or before this happens, you need to work on your “attainability.” Otherwise, you might find yourself in this situation where he starts thinking that you're unattainable and assuming that you're not really that interested in him. He might feel like the journey is next to impossible and, therefore, not worth it.

You need to let him know that *what he's doing is attractive*. The best way to do this is to “frame it.” Framing is another way to show interest, but what you actually do is you say...

“I think it's really attractive when you do _____.”

Or, “It's so hot when you put your arm around me.”

Or “I think it was so sexy that you came over here and decided to help me out with this. I think it's really awesome, and I think you're a really cool guy, so thank you for that.”

These are simple and easy “frames” to give him as a reward.

Remember to also give him genuine compliments. You don't want to do it all the time because it'll lose its “scarcity value,” but you do want to *become warmer and friendlier over time*, and allow him to win more and more and more with you. There are lots of different ways to let him win.

You want to open up to him, but you also want to make sure that you're *pacing his interests*. When he's off, you're off, and so you're just pacing his interests and mirroring what it is that he's doing, including the level of interest he shows in you.

Let's review. Make sure you're:

- Showing interest (romantic and sexual interest)
- Giving him ways to chase you
- Allowing him to make progress

- Showing him that you are attainable

The more that he invests in you, and the more energy and effort that he puts into you, then the more that he will feel like you're somebody that he doesn't want to let go of. The more he'll feel like you're someone that he's committed to and that he wants to have in his life. That's how you become a forever woman.

But if right now you're thinking that something is missing, some "spark" that gets the relationship going, you're right! Let's talk about this in the next chapter.

CHAPTER 10

The Polarity Principle - Feminine Attraction

The polarity principle is basically what we know as “feminine attraction.”

How do you create that spark? That mystery, the passion, that so many men go gaga over?

After all, similarities are what make dating and being in a relationship with someone very easy. Compatibility is good...

But it's the *polarity — the differences we have with someone — that really creates that spark*. This is the connection and the passion that you guys have with each other.

If you want to attract a masculine man, get into your feminine energy. If you want to attract a feminine man, get into your masculine energy.

If you want to attract nobody then stay in the middle. Why? *Because it's the ends of the spectrum that create the most attraction*. It creates an attraction and connection like a magnet.

In this chapter, I'm going to talk about strategies to get in touch with your feminine energy so that you can create

polarity with men that you meet. You want them to feel a more powerful attraction and spark for you, right?

Even if you've already met a man, and you've been talking to him a while, you can still turn on that spark. Actually, with guys, sometimes the “spark” can reignite their interest, even if they were acting kind of neutral about you before.

Once you get into your feminine energy, a lot of the time you will start feeling that spark immediately.

And then the guy will be like, “Whoa! All of a sudden, there's something really different about her that I that I really like. For some reason I'm turned on and attracted to her now!”

That's how guys think and that's how quickly you can change the energy.

1. The first thing that you can do is practice “presence.”

Try to let go of structures and rules and *just get into your emotions*.

Get into your body and just feel. Feel your body and feel your emotions and allow yourself to flow with your body and observe how your emotions “feel.” Pay attention to how you're feeling and what's going on inside your mind and your body. Connecting to yourself in that way is helpful because men thrive on emotion, even if it's very subtle.

2. Another way to change the energy is to allow a man to lead you.

Let a man take charge and include you in whatever kind of experience that he wants to take you through. This usually does require a more adventurous partner, but if he's got it in him, let him show you. This might require that you let go of your need for perfectionism or your need to control things.

And it can be difficult to just “go with the flow” and let a man lead sometimes. But sometimes what turns a man on is simply following him, and letting him take you on his own unique adventure. He might have an idea for a date that he's hinting around at or he might have his own style of flirty conversation that he wants you to follow. Do it!

Just a word of caution: Obviously you do want to keep your boundaries and make sure that you're not putting yourself in a bad situation, for example, if he's pressuring you to go to bed too soon. This is simply about allowing yourself to let go of expectations and let him lead you into an experience he is excited about sharing with you.

- 3. Do things that make you feel more feminine. Femininity might feel like:
 - Going out into nature
 - Taking a bath
 - Singing

- Dancing
- Drawing
- Coloring
- Painting
- Doing things that make you feel feminine and sensual

I know a lot of women that practice femininity as a ritual. They take bubble baths and they like to play with the bubbles. They have fun and enjoy themselves. It's a way of getting connected to your emotions, and connected to life!

4. You can try wearing more feminine clothing.

Find clothing that matches and fits your unique body and personal style. Find clothing that's light and feminine and airy and fun. Most of all, clothing that makes you feel feminine and makes you feel like a woman. Remember that a man is visual when connecting with you and so he notices these subtle things.

5. Try spending time with feminine friends.

If you want to get more into your feminine energy, try to spend time around other women who are feminine and have that “spark” that instantly attract men. Very often, you will be able to pick up on what's going on with them, and what they

do to get attention. You'll also create a feminine bond which will only improve your energy.

Hey, I'm not a girl, so I don't really know about that one, but that's what I hear! I know it happens with men, who get into their masculine energy by hanging out with other masculine men. They seem to pick up on some flirting techniques, and creating a more of a masculine presence.

6. Being more playful and letting go of seriousness.

Love is playful and fun, right? It's about connecting. It's about having fun. It's also being playful. Let's call it the youthfulness and the joy of connection.

Having fun is where love comes from. So don't be afraid to get a little silly. Have fun when you're out on dates. Have fun in your life. Have fun in your house. Connect to yourself and connect to the world through humor and by relaxing with something fun for a change.

7. Next, allowing yourself to receive.

A lot of times we seem to live in this world where we are taught that it's better to give than to receive. A lot of times people are shamed for "receiving," and they're told that they should be "giving" all the time.

Well, it's time to just let go of all of that. Let go of that nonsense and let yourself receive.

Let your desire and your need to be by yourself and do everything alone, let that go! Instead, just allow yourself to receive; *receive from men*.

If a man gives you something, if anyone gives you something, if someone gives you a compliment, if somebody gives you some help, or if somebody gives you a gift, *just allow yourself to receive all that nice stuff*.

Take it in, and just let go. Sometimes it might take practice. I know women sometimes have a problem with doing this because they're not used to receiving. It still feels wrong, even though the men enjoy it.

All of these practices can take time, right? But from the women that I've talked to who do these things *feel a lot less stress in their life*. They feel a lot less anxious. They feel a lot more calm and peaceful and at ease with themselves.

8. Next, try connecting with your emotions.

- Let go of your goals
- Let go of what to say
- Let go of what you want him to do
- Let go of your expectations
- Let go of how he should be acting
- Let go all of that stuff

Instead, it's time to connect with your emotions. Come from your emotions when you're connecting and talking to a man.

It can feel really powerful if you do it. If you're focusing on the connection with him, and the connection to yourself (instead of focusing on what you're thinking) and just get into your emotions... It's going to feel more intense and more exciting.

Connect with him emotionally, not logically. That can be a very powerful thing to do, something that might even turn you and your relationship around for the better.

9. The next one is coming from a space of gratitude.

It's time for another let go!

- Let go of your frustrations that you've had in the past
- Let go of all your expectations of what you're trying to do in the future
- Let go of your goals
- Just let go of all of it and just be grateful for being here

Instead, focus on being grateful.

- Be grateful for being alive
- Be grateful for his presence

- Be grateful that you can be in this situation where you're going out on a date
- Be grateful that this moment is happening
- Come from a space of gratitude

That can be a truly powerful thing!

Especially for men. When they hear that or experience your gratitude, it's a very powerful moment for him. It makes him experience the moment, makes him slow down and feel emotion, especially emotions connected to you.

I'm not exactly a feminine energy expert here. But we do have a program that's called "Feminine Enchantment" that goes into more detail of how to create the "spark," You can check that out at:

<http://www.FeminineEnchantment.com>

It's made by the one and only, amazing, beautiful, Halena Hart. If you're interested in more information, go visit the website and you can get more ideas on how to improve your presence from a woman's point of view.

In review:

- Practicing presence
- Allow a man to lead
- Do things that make you feel feminine

- Wear feminine clothing
- Spend time with your feminine friends
- Get playful
- Allow yourself to receive
- Connect with your emotions
- Come from a space of gratitude.

By now you understand the main principles involved in how to attract a man's attention, how to emotionally connect with him, and how to keep him in the "forever mindset." The key, of course, is to make him happy and to keep rewarding him for the attention he gives you. Continue to let him chase you so that you both continue to feel passion, love and playfulness in your romance.

In the next few chapters, we're going to discuss some common mistakes women make and why sometimes the "rules" don't seem to work. What can you do if you've tried this strategy before, but can't seem to make it work?

Let's analyze some issues.

CHAPTER 11

Mistakes Women Make Using This System

What are some of the biggest mistakes that women are making when using this system?

Mistaking Power for Force

The first one is trying to turn power into force. When I talk about force versus power, some women might hear that and think “How can I get this power and then use it to force somebody into doing what I want them to do?”

But that’s the exact opposite of what you want to be doing!

You don't want to use the power to manipulate or control a man. The idea of being willing to walk away from a man, and then using that to try to manipulate him into doing what you want, is counterproductive.

The feeling of fake power wears off eventually. It disappears and the guy that you're seeing will eventually be left thinking, “Okay, well, she's not even serious about this relationship.”

If you are serious about commitment and yet you walk away, that’s a terrible message to send. And if you leave with the thought “Hey, I'm trying to get him back,” what are you

planning on doing? Breaking up with him over and over and over again?

It's risky behavior. Eventually, he's going to get tired of it and then he's going to get tired of you. He's going to want to put you in your place, or he's going to leave without a word. One or the other.

This kind of behavior will only end up backfiring on you. If he's smart, he's either going to start playing games back or he's going to leave you. Or both.

Having abundance and being willing to walk away is not the same thing as manipulating him with a power play. It's not about using it for force because it will end up screwing you over in the long run.

Trying to Force the Guy to Stay

The second mistake women make is keeping the man as the goal but pretending like they're making the relationship the goal. In other words, you're so stuck on one guy, and obsessed with keeping him, but you're actually thinking, "I can force him into being the guy that I really want and making this relationship work."

But the point is to *not* use force. The goal is not to be stuck on one guy and always holding onto him, doing anything to keep him. That will end up backfiring on you! It's just going to turn

into this manipulation game and he's probably not going to like that very much.

For him, it's no longer a choice, either. What he does do probably won't be based on choice. He might end up getting angry with you and trying to enact revenge because he figures out he's being manipulated.

This is precisely why you need to make the goal *the relationship and not just holding onto the man*.

Wanting a “Quick Fix” Without Doing the Work

It happens more than you think. Some women try to skip doing everything I mention in my course and instead email me, asking me for a quicker response. They usually say something like, “I don't know how this all applies to my situation. Is there some kind of text message that you can send to a man to make him do what you want him to do?”

This happens to me a lot! And sure, it's frustrating.

If you keep doing that to me, I swear, I'm going to take your question and make a video out of it and then I'm going to make fun of you the entire time during the video!

No, no, I'm just kidding. But seriously, if this is what you're thinking, don't try it. *It never works*.

Use the system. Use the system like it's intended, because it's about “forever,” not just the temporary. If you just skip out on

all this stuff and don't use the system, then you're not going to get the amazing results that you want.

If you do use the system, you're going to get amazing results, and you're going to create a much better life for yourself. As a result, you're going to have much better relationships.

Taking Things to the Extreme

The next mistake is being too extreme. This is about leaning too far back or leaning too far forward.

By leaning too far back I'm talking about not contacting guys at all or ignoring them.

By leaning too far forward I mean behaving in ways like being desperate, clingy, and smothering a guy.

Or another variation might be “not enough texting” versus “texting too much!”

It's the same principle. It's being a doormat versus being too rigid, or being too available versus being too unavailable. You don't want to be too hot or too cold, nothing extreme because this indicates a lack of control over your emotions, or perhaps a lack of emotion in general.

The magic is really in the middle. Usually people start off somewhere close to the edge of one of the two, right?

They're either too rigid, or they're too flexible. They're either smothering a guy, or they're leaning way too far back. What ends up happening is that in order to get to this middle great spot where you're starting to have really good connections, *you have to jump from one side to the other*, then to the other and back and forth, until *you finally start figuring out where that middle ground is!*

It's all about hitting that middle spot, that sweet spot, where you both feel a real connection. That's where all the magic happens.

That's when all the good things happen for you in dating and in your relationships. It's not necessarily a mistake that you are on one side or the other in the beginning. That happens to everybody. Instead, *it's staying on one side or the other or switching to the other side and then staying there.*

You want to go back and forth and back and forth until *you make it into the middle*. That's the relaxed and fun space that you want to be.

Sleeping Around Too Soon

This harms you more than it helps you. Obviously, you can do whatever it is that you want to do, but my suggestion is that you shouldn't sleep around.

Just stop it. Just stop it altogether. Stop sleeping around. Stop sleeping with guys.

Some woman posted something the other day on my Twitter account and said: “With guys that aren't relationship material, I sleep with them quickly, and guys that are relationship material, I make them wait.”

It's terrible advice, in my opinion.

I suggest that you don't sleep with anybody too quickly and that *you make them all wait* until you get the relationship you want.

Don't get into situations where you don't want a relationship, since I doubt that's going to make you happy. If you ultimately want a forever relationship, don't ever get into any kind of situation where it's not an “actual relationship” that's moving forward.

This is a problem for a number of different reasons. One, if you don't set things up correctly, there's a good possibility that you're going to end up catching feelings for a guy who no longer wants you.

Then, you're going to be in a friend-with-benefits situation and coming back to me and saying, “Matt, why can't I get into a relationship with this guy? Tell me what to do.”

Then you're going to realize that it sucks being in a friend-with-benefits situation trying to progress into a relationship because it's doomed from the start. So don't even put yourself in that situation in the first place.

The other factor here is that it's been proven in studies that women who sleep with a lot of men usually end up having problems *staying in relationships*. Or they have a problem staying faithful.

Why does that happen? One is having to do with your ability to pair or bond with a man. It becomes really difficult to stay in a relationship with a guy if you have the habit of sleeping with every cool guy you meet. It changes your wants, desires, experiences, and even what you're looking for.

On the same topic, another mistake women make is using the friends-with-benefits relationship to try and reach a guy's heart.

You think sleeping with a man is going to get you into that serious relationship zone with them. But this is a mistake, because casual sex "friend-zones" you. It makes him think of you as just a casual friend with benefits instead of putting you in a relationship category.

This mistake can make him go from thinking that you're "relationship material" to thinking of you as only a sex partner. You don't want to do this. Don't think that sleeping

with him is going to get him to fall in love with you because it won't.

Falling Too Much Into Masculine Behaviors

What this looks like is *giving too much*. Or chasing too much.

It's being too logical. It's being too rigid. It's not having fun. It's being too serious.

Love is playful. Love is fun. If you want him to fall in love with you then you need to *connect with him on an emotional level, on a playful level*.

That's done by connecting with your heart, and that's being in your feminine mind with feminine energy. Too many masculine qualities (you chasing him) only pushes him away and most likely, it will push him into a relationship with a more feminine woman.

Anaconda Dating

What this looks like is you telling him that you will contact him when he's ready.

But the truth is, he needs some space.

You say, "Oh okay, I'll contact you when you're ready."

Then you contact him before he contacts you.

Here's the thing: if you tell somebody to contact you "when they're ready," then you have to leave him alone and let him have some space *until he ends up contacting you*.

You need to do that. Otherwise, you're just going to choke the life out of the relationship.

Negative Misinterpretation

This means interpreting what he does as being overly negative. There's this phrase that a lot of women use that really just destroy a man's desire and that can potentially drive him out of your life.

It's five words, "Are you mad at me?"

Women say this all the time because they think that they're going to be connecting more with a man by asking this, but usually, what it does is just push him away.

Why? Because it shows him that you're coming from a space of neediness and a space of desperation. A space of clinginess and of lacking.

Those five words just drive his desire for you and his love for you out the window. Things start shifting almost immediately when you start asking paranoid questions like this.

There's actually other versions of this same question. For example:

- Hey, what's wrong?
- Are you talking to other girls?
- Did you get off the phone with me to talk to someone else?
- Do you really love me?
- Would you even date someone like me?
- Have you found someone better yet?

Any of that kind of stuff is just massively cringe-worthy, and it will drive a man completely out of your life and destroy all love that he has for you.

Being Hard to Get Along With

Men who are on their path and purpose in life *want a woman who complements their lives*. They don't want stonewalling. They don't want drama. They don't want to see you throwing a fit. They don't want temper tantrums. They want women who talk to them in a loving, sweet way, and openly communicate about what's going on with them and what they want, and negotiating desires together.

Becoming somebody who is easy to be with, someone that's easy to get along with, is very, very, very important when you're connecting with a man.

Because if you start attacking him, or you start nagging him, and you're jumping back into that area of force where you're trying to make him do what you want, it ends up destroying his attraction for you. Even if he does love you, eventually he'd be thinking, "Man, she's just too much of a pain for me to even hang out with!"

A lot of the time, guys like that will just end up breaking up with women because they think something along the lines of, "I can't deal with this forever. It's just not going to work for me. It's too stressful."

That's it. If you want to be a forever woman, make sure that you avoid those mistakes so that you don't end up destroying a man's attraction or getting yourself into bad situations that you will only regret later on.

I mentioned texting a while back. Now, I don't want to give you the impression that texting itself is a bad idea or that creative and cool texts won't help. Of course, it's a great idea to send flirty texts to a guy. But rather than publish a list of silly texts to send, I thought that in the next chapter, I should discuss some of the rules and logic of texting.

So let's start thinking about the deeper meaning of texts.

CHAPTER 12

Texting Rules, Secrets, And Challenges

Let's talk a little bit about texting and what you should be doing in different texting situations. The first thing I want to say is *stop trying to build a relationship over text message, messenger or over the phone.*

There's a whole bunch of reasons that I say this. I meet so many women and I talk to so many women about this.

And it's weird... there are so many women now trying to build an entire relationship over text messaging!

But the first reason you don't want to do this is because there are scammers everywhere now.

I can't tell you how many women I've talked to who have ended up throwing money away to a scammer. They've given money to a scammer or they bought iTunes cards or whatever because of a scammer.

Usually, they build up these relationships over weeks, months, and sometimes even years, before they start asking you for money. You've never met them, you've never seen them on FaceTime and you've never actually had any kind of real conversation or been connected with him at all. Don't let

that happen to you. That is the worst possible situation that you could get into.

Remember, Texts Are Just Previews

The second thing is that you should only be using text messages as a way to get together with him in person. The magic is really in the meeting. Meeting up with a guy and connecting with him face to face is what's going to allow you to build a real connection. You're not going to build a real connection over text message or messenger.

You're going to build a fake connection with a fake person that you're not really connected to. Why? Because you're not really interacting with somebody in the real world.

People can hide lots of things over text message and messenger. You don't want to build a relationship based on superficial communication. You want to build a relationship in person where you can *connect with him in person*.

You can make sure that you're talking to him in person. You can find red flags that he might be able to cover up in text messaging that you would be able to catch easily in person. When you finally meet up, that's when you're actually building a real relationship.

That's what you want to do. I've heard there are relationships that do actually work out from building intimacy over text

messenger, but I've only heard of one so far, and I've heard dozens and dozens of them that *haven't worked out and ended badly for the woman*. You want to make sure that you're putting yourself in the best possible position.

Over-Texting

As a rule of thumb, you don't want to be texting more than 50 percent of the time or do 50 percent of the initiating. Ideally, you'd be doing about 30 percent because the more that he's texting you, initiating texts and pushing things forward, the less likely it is that he's going to be pulling away from you.

If he's the one that's pursuing it and if he's the one that's contacting you, it's very easy to get a gauge for where he is and not end up smothering him with over-texting.

Remember, the magic is in getting together so you just want to focus on using text messages to connect with him fairly quickly, but with the goal of getting together with him for a date.

If you feel like you need to connect with him through text messaging once a week or every few days, that's not a problem. It's not a big deal if you reach out to him and even initiate sometimes.

But the problem comes when you feel like *you need to connect with him all the time*, or if initiate conversations all the time.

Then, it's time get some friends and some other hobbies in your life.

You don't want to bombard him and make him feel like he wants to pull away or that he needs some space. *If you're giving him space before he needs it*, it's far less likely that he'll end up pulling away from you. Why risk that?

If he says that he's going to contact you, you need to wait for him to contact you. I know this might seem like contradicting advice, but believe me, if you contact him, he's just going to think that you're needy and insecure.

If you tell him that you're going to wait, but then send all these opposite signals (like messaging him, asking him if he's okay, asking him what's going on, and so on) then he's just going to feel like you're needy and insecure.

Constant communication is going to drop his level of attraction for you and it's just going to make things worse.

Will A Man Ever Message Back?

He's a man. He told you that he's going to contact you and so *you need to give him space and freedom*.

If he values you, he'll come back.

If not, he's just not that interested. And guess what? It's time to move on. You need to have abundance going on, like we've talked about earlier. You need to have a busier life so that

you're not totally wrapped up emotionally in whatever happens with just him.

You need to have lots of options open. You need to have an abundance of choices. You need to feel open and free and be able to have the relationship that you want and focus on that relationship, instead of focusing on just pleasing this one man. This is, by far, one of the most important pieces of advice I can give you.

How About Scheduling Dates?

The next point of advice is to *not schedule dates with him*. Let him do the scheduling of dates. He's the man, let him get into his masculine mindset and start scheduling dates. If you start doing it, what's going to end up happening is that over time you're going to start taking it over more and more, until you become the *planner of his entire life*

That's when he starts leaning back. He's just going with the flow and you become "the leader" of the relationship. You're going to get stressed. You're going to feel like you're doing everything, and he's going to feel like he doesn't need to do anything. He's not even going to feel that committed or invested in the relationship.

So you need to lean back and allow him to lead and allow him to schedule the dates. If he doesn't schedule dates with you and it's been two weeks or more since you've gone out, what's

happening is you're probably contacting him too much. That's usually what goes on in situations like this and that's when you need to dial it back.

Should You “Fix” the Relationship?

What a lot of women seem to think is that if their guy isn't scheduling dates, then she needs to start doing a bunch of things in order to fix it. Damage control, right?

In reality, you need to *start doing less in order to fix it*. You see, when you stop doing as much, *it gives him some freedom*. It makes him start thinking more about you and it makes him start thinking...

“Hey, why isn't she contacting me anymore? Why isn't she trying anymore?”

If you haven't ruined things with him yet, then trust me, he will start moving forward. He'll start building up that momentum again. You want to give him space. You always want to give him space.

What if he ends up ignoring you when you text him? *Give him three days to respond*. Then reach out to him with a new text message.

The 4 Word Text Message

When a man pulls away from you, there's a 4-word text message that you should send him that will definitely get his attention.

Here it is...

“Are you still alive?”

This text message is kind of funny, right? It's kind of a sarcastic remark. It's more like a tease. It's sort of like saying, “Are you dead? What the heck?”

You're reminding him of the basic thought, “Why haven't you messaged me?”

That's what you're communicating.

Then what you want to do is give him a couple of days to respond after that. If after two days he doesn't respond, just delete his number and move on.

But it's almost guaranteed that he *will respond* to that text message unless he's completely lost his attraction for you.

But if he still has feelings for you, and if there was a true connection, he will message back.

We've had men respond back, apologize for pulling away, and take women out to dinner or drinks to make up for pulling away by using this text message before.

If you've destroyed the connection or *if he wasn't ever really into you from the beginning*, then this text message not going to work. There wasn't anything there from the get-go, so don't try to force it to happen when the love is not real.

Come on, you don't want to be messaging him all the time, doing all the work, and getting nothing from it, right?

You want to leave some mystery and intrigue into what it is that you're doing.

Be Mysterious!

Don't tell him what's going on in your life. Think of it this way, when you do meet up in real life, you guys will have more things to talk about, since you've avoided discussing anything "too real" over text message.

Now you've got this list of different subjects that you can talk about once you meet up because you weren't boring each other all day long with unimportant conversations. You weren't forcing conversation.

What you want to do is create urgency in your in-person encounters and help him to meet his emotional needs as the conversation gets deeper.

If he's getting validation and his emotional needs met *through texting alone*, he doesn't feel a need to schedule things for more a intense connection. That's why you want to

meet up and escalate the bond you have. You just need to lean back and chill out and relax

What If He's Iffy About Showing Up?

Another rule that you want to follow is this: make sure you finalize plans before showing up. If he sets up a date the day before the date but doesn't message you again, don't just show up to the date.

Sometimes women are like, "Oh, well he hasn't messaged me today, but he set it up yesterday, so it's not a big deal."

But if you're still kind of unsure, or if you feel like you're not sure whether he's even going to show up, then don't leave things to chance. Your time is valuable. Make sure things are still on before you go.

If he hasn't messaged you about it, here's what you want to do. Send him a message in the morning and say:

"See you at 6:00 PM," or whatever time you're supposed to meet up with him. Then just wait.

If he doesn't respond to that message, don't go!

If he does respond, he'll communicate with you about what's going on.

Right? Makes sense? If you're unsure about it, then in the morning, just send him a quick message that says, "See you at

5:00 PM” and then give him the chance to respond. That's it. Make sure he's as enthusiastic as you are before investing your time and energy.

I hope you got some pointers from these texting rules. Make sure that you're following them, as well as the spirit of feminine energy, so that you don't get yourself mixed up in a bad situation.

But speaking of missed signals and guys not responding, I think it's only appropriate that we devote our final chapter to “confusing and messed up guys” – namely, how their minds work and what to do if you're dating a guy who seems flaky or confused. Let's tackle the big mystery...

CHAPTER 13

What to Do With Confused, Not Ready, and Flaky Men

I have a lot of women that come to me and tell me that they get these guys who are confused, flaky, and kind of over the place. I just want to address some of those issues right here, right now. And let's not make it so complicated because, frankly, it's not that complicated.

The thing thing is, if a guy says that he's not ready for a relationship, then it's best to not freak out about it or lose your mind.

That's usually what most women do who come to me. They're like, "Oh my God. He said he's not ready for a relationship!"

I understand why you might think that's a justified reaction. However, what you want to do is learn more about what's going on with him. You do not want to force him to stay or fix his doubt like a band-aid.

Instead of coming to me and asking me what's going on with him, you should *talk to him* and find out what he's thinking and why he feels that way. No pressure, no anger — just talking. Ask him why he's not ready for a relationship.

Because most guys want a relationship. Seriously, most guys do.

Most guys want to end up in a relationship where it leads towards getting married or being in some kind of committed relationship.

But there's some reason why he doesn't want it right now. Maybe there's a reason why he doesn't want it with you, or maybe it has nothing to do with you.

For most guys, if there's a reason why he doesn't want it right now, he will tell you about it. If there's a reason why he doesn't want it *with you* specifically, he'll probably avoid talking about it as much as he can.

So ask him, "Why don't you want a relationship" Listen to what he says.

What is Bothering Him?

Usually, the excuses are similar. Men have this thing where a lot of times it'll be his job, or his life, or maybe he's got all these things going on at work or with his family.

Of course, the real reason that he does this is because, as a man, he has a need to feel like a provider. He wants to be financially secure and financially stable in order to feel like *a man* in a relationship with you.

He wants to be able to provide. He wants to be able to protect you and make sure that you two are together in a good situation.

So if he's not able to provide that, then he might say that he's not ready for a relationship.

If he starts talking about his job and his business or whatever's going on in his financial life, what you need to do is ask him how long he thinks it'll be until he's ready.

Is the problem really that he's going through some kind of financial strife? Is it really just his job or is it just the end of the relationship in his mind?

If it's really his job or life, he'll usually have an idea about how long it's going to be. He might even tell you exactly what that timeframe is and it can be anything from three months to several years.

If he doesn't talk about his financial situation, then there's something else going on.

What is it, then? It could be that he just doesn't want to have a relationship with you and he's avoiding talking specifically about that. Maybe he doesn't want to hurt your feelings. Or it could be that he has some other kind of mental or emotional issue going on that he doesn't want to deal with.

In that case, you need to *leave him alone completely because he's not going to fix that stuff while you're around him.*

You being around him is just going to enable him to continue to avoid dealing with these difficult issues in his life.

These issues could be emotional or mental and they might be severe. Pay attention and find out what's truly bothering him. Simply put, guys who are confused are not ready for a serious relationship with you. They might never be. Or the timing will be all wrong. End of story.

Don't Wait for Him

Meanwhile though, *don't just sit around and wait for him to come back.* My suggestion is you do what we talked about earlier in this book, where you go out and *create abundance for yourself.* Start creating options so that you're not just sitting around waiting for something that may never happen.

What happens if you run into a guy and he just seems flaky or complicated or “all screwed up” or whatever else you want to call it?

Women often approach me to me and say, “You know, there's this guy and he says that we're just casual. He says that we're just friends. He says that it's nothing serious, but he keeps paying for dinners. He showed me to his friends and family.”

It sounds like he does all these things, but that he can't seem to decide if this is a real relationship.

You have to realize that none of these things are special or indicative of a relationship – especially if he doesn't talk about it. If, in his mind, he thinks you're just casual, then you're just casual.

We've had women in our community that have been in relationships or have been in “situation-ships” for 12 to 17 years. And for a long time they always felt like they were just an option.

She was actually just in a casual situation in real life... but in delusion, in her mind, she was thinking that this guy is in a “relationship” with her. Sadly, all he was doing was playing around and he didn't have the guts to just tell her.

In reality, they were just in a casual friends-with-benefits situation for over a decade, for over 10 years!

You don't want to be in that situation. Don't waste your time.

One day you're going to realize that your guy isn't actually committed to you and he'll end up running off.

Or maybe you'll realize that you want something more and then you'll find out that he's been serious this whole time and yet he's not giving you what you really need, romantically and intellectually.

Make sure that you don't get into that situation. Find out if he's looking for a serious relationship and if he says no, then go through the steps that we talked about.

What Should You Say?

If he tells you that he doesn't want a relationship, here's what you say:

“No problem. I'm looking for a relationship, though. So if you change your mind, get back to me. If I'm still available, maybe we can start talking again.”

Then you want to leave it at that and let him go. For good. At least until he comes back.

This will end up turning things around for you (regardless of him) because now you can be free to go and find another relationship and open your options up again. You'll have an abundance and that's what you deserve.

Understand that these words are something people say only when *they're coming from abundance*, because no one would say this if they didn't have options or have that abundance. You couldn't say this if you were still attached to things happening with one person. You have to have that leverage in your favor.

Then, one of two things will happen. One, he's going to wake up and think to himself, "She's serious about this and she's leaving and this is my last chance and she's awesome and I want to be with her!"

Or he's going to be like, "Ah, it's not really worth it for me." And he's going to walk away.

Both scenarios are good for you because he's either trying to win you over, or he removes himself from the situation and lets you go to find someone else who's really interested.

Don't get yourself into a bad situation. I really truly think you can avoid all these conflicts and subconscious resistances if you just try the techniques we discussed. Start by putting yourself in the best situation possible. You will be able to turn things around for yourself, even if you're going in the wrong direction right now, and you will find happiness.

You will be the Forever Woman that he really wants and you will find the love of your life – a love so intense it goes even beyond this life and into forever! Thank you for reading.

In closing, I just wanted to share some of the letters and emails I've received from our community. Thanks so much for providing these testimonials and letting us know how the program has worked for you. It's so moving and makes us all

Author Name

feel great about the work we're doing to truly help you find happiness you deserve.

CHAPTER 14

Additional Resources

If you're interested in other books, programs, articles, and videos on topics like how to men fall in love, why men pull away, how to love and appreciate yourself, how to heal after a breakup, how to get your ex back, how to text and talk to men... please visit my website at

<https://CommitmentConnection.com>.

If you'd like to join our support community, get professional coaching, additional information on what to do when a man pulls away from you as well as how to better raise your value in a man's eyes, consider joining our Gold Club membership here: <https://commitmentconnection.com/forever/>

Here are some additional books that I recommend...

- The Queen's Code – Alison Armstrong
- For Women Only – Shaunti Feldhahn
- The 5 Love Languages – Gary Chapman
- The Way of the Superior Man – David Deida