



ALPHA CHEAT SHEET:

7 Ways Guys Mess It Up...

**(And Wind Up
Losing Their
Girlfriends)**

Carlos Xuma's

R.E.A.L. GAME

7 Ways Guys “F” It Up

And Wind Up Losing Their
Girlfriends

Look, we've all got issues – both men and women, right?

But here's the deal: Most of the problems with girlfriends boil down to some very common and simple mistakes we make. And if you've ever been seeing someone and she started to lose interest, it's probably due to one of these mistakes...

MISTAKE 1

- Dropping the Ball:
Going from romantic
to routine in 7 seconds
flat



Look, it's no secret that guys routinely let their girlfriends get the better of them. And we guys need to stay on the ball much better than we do.

So How does this happen where we drop the ball and lose her attraction?

The Big Change



- Male Pattern Dumbness

We go through 7 stages of this process, and here are a few of them:

- 1) We're romantic and "courting" when we don't know how she feels, or we're in doubt
 - 2) When we think we've got her, we "seal the deal"
 - 3) After we've had sex and established a pattern, we stop the courting
- In other words, we act like we've got her.

This can also show itself early on when you give over all the control to her for what you do on dates, or you let up on the "chase" too early...

THIS is one of the top reasons women lose interest in their boyfriends. (That's you, by the way.)

But maybe you're the kind of guy who really does work hard to get her interest and keep it. I'll cover that mistake in a minute.

This "Male Pattern Dumbness" is also caused by something very similar in men, and I'm going to reveal that to you in Mistake 4

MISTAKE 2

- Not understanding how women think...



A lot of guys wonder what women are thinking, or they assume it's completely the opposite of men.

In fact, it's very similar, but just on a different timeline...

Turning Her Into Your GF



- SIMPLE:
Time-shift her
- Time
Compression

All you need to do to get a woman to go into the same place you are with the relationship is to use time-shifting techniques to get her to sync up to you.

One of the best methods of doing this is to do a time trick known as time-compression. This is where you can double the speed of time that she feels going by, so that she catches up to you faster. There are lots of ways to do this, and I don't have time to explain them all here.

But – For example, when you take her out for a drink, make sure you go to at least two different places before your final destination. It only adds about 20 minutes on, but it more than doubles her feelings of connection to you.

MISTAKE 3

- Didn't keep her happy...
- OR
- You tried too hard.



Now this is a double edged sword, right? I mean, if you remember what I talked about before, you don't want to go as nutty as the mad hatter by going down that rabbit hole of making a woman happy. Men aren't meant to live in that place. It's scary in there!

But you can also go too far by trying too hard, which also makes HER bored with you. You're too eager and there's no challenge.

So what you want to do is to make her happy INDIRECTLY.

You Really Don't Need To...



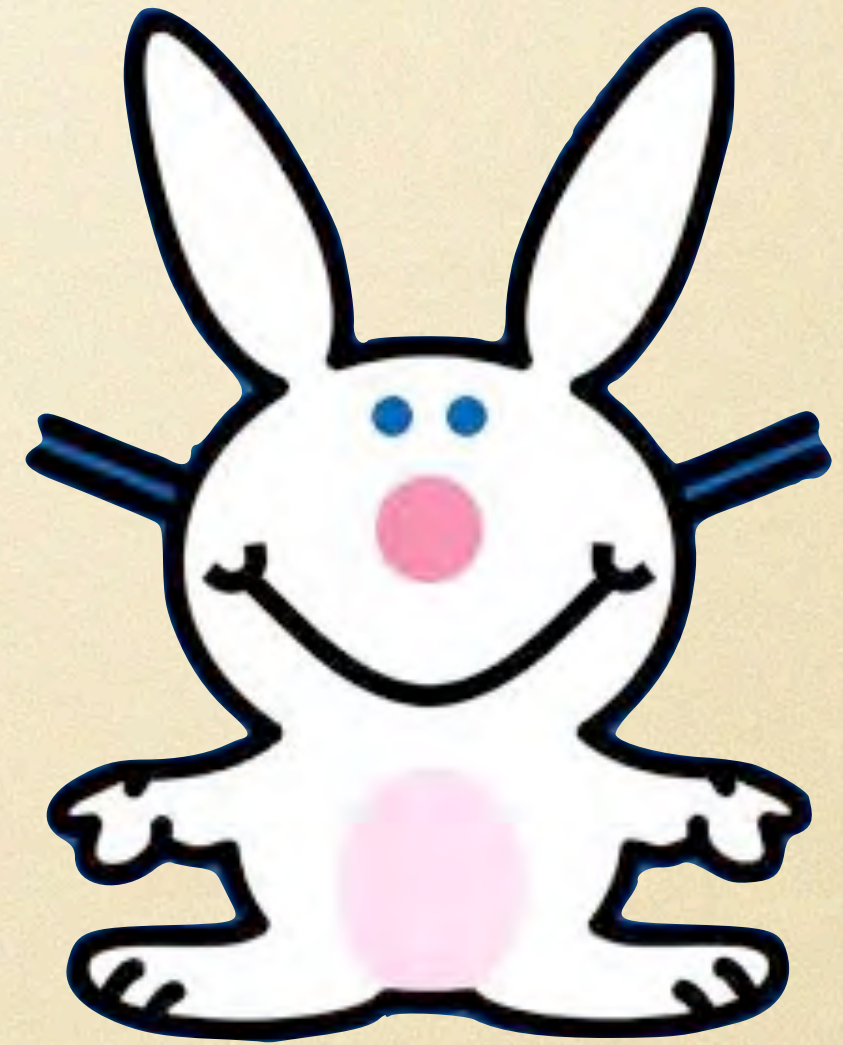
- IF You know this:
- Attraction IS happiness for women!

You can't substitute – which is what most guys do. They try to make her happy in every way except the one way that she can be. By feeling attraction for you. You do all kinds of crazy things to get her to be his girlfriend, but she only wants to feel attraction.

You have to appeal to a different part of her brain than you're used to.

MISTAKE 4

- Can't Pass Her Tests



**I'll be nicer,
when you're smarter.**

Tests are the sonar pings that a woman gives off to figure you out. Just like submarines trying to find their target.

And the more you fail a woman's tests, the more of them she gives you. Which is why you **MUST** know how to handle them.



How To Pass Tests:

- 1) Don't react...
- 2) Turn the test around so it's YOU testing HER...

1) You never want to react to a woman in any way. Because that right there is how she figures out that she needs to start testing you more. "OH," she says in her innocent little voice. "He has some hot buttons that he's not in control of. I gotta see what other ones he has!"

The less you react, the less you get tested.

2) Turn it around so that you test her.

One of the most important things you can be doing is QUALIFYING women. This is where you make her prove herself to you first. It's the only way a man can really make sure that this girlfriend is right for him.

Because part of the reason we go through that Male Pattern Dumbness I talked about before is actually because we settled and we got bored. That's why we get lazy.

MISTAKE 5

- Missed the signals she was giving you



Man, this is a BIG one.

You ever been talking with a woman, and she suddenly gets quiet? Or she gets a little distant and cold on you?

The Big Change



- “What’s wrong?”
- “Nothing.”

Then you ask her “What’s wrong, honey?” and she says, “Nothing.”

But you KNOW there’s something wrong?

Well congratulations. You’re picking up on a signal, but it’s the wrong one. You’re already too late. You pissed her off.

What happened was that gave you something a minute ago that was a signal for you. But you missed it. I’ll give you a hint as to what the signal was...

It was a **question** she asked you.

MISTAKE 6

- Turned into laid-back, easygoing guy...



Remember when I told you that eventually you will start acting like you won her?

This is how we do it. We start relaxing because we feel like we're set. We can coast. We're on autopilot.

WINNER!

WRONG!



- You won her!
- BUT -
The game is still on...

You won the prize, now you get to enjoy it.

WRONG!

A woman will only stay with you for as long as she feels that the game isn't over yet.
The way you do that is challenge her – and qualify her.

MISTAKE 7

- Didn't "train" her into being your girlfriend



This situation of men being on a leash doesn't happen because women are evil enslavers of men.

It happens because guys are too quick to give up their power to their girlfriends, and that trains her to treat you like her pet.

So the answer to this is to stop training the women in your life to disrespect you. Whether you realize it or not, you – and every guy out there – is training his girl. Either to respect and adore him, or to take him for granted.

It's time you trained her correctly – before she trains you. I realize that sounds kind of harsh, but it's reality. We're not trying to trick or mind-control her here. What we're trying to do is to get the respect – and the women – we deserve.

The Confession



- The affair guy...
- Inside information

I was the guy who would occasionally hook up with some guy's girlfriend. A couple of times, I have even been with married women.

It's **not** okay to do this, and I was younger. In my defense, most of these women didn't even let me know that they had boyfriends – or a hubby.



So hopefully you'll forgive me that. But at the same time, I want you to realize that I have inside information on what women want.

I've been there in bed with her while she ranted about her boyfriend and what a "loser" (her words) he was. I know how and why guys lose it with their girlfriends – and how to avoid that once and for all.

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COMING NEXT...

There you go, there are the 7 big mistakes guys make that winds up losing them their girlfriends.

Next up: How to stop these mistakes from happening and turn it all around. Never lose a girlfriend again.
AND the stealth secrets of keeping your girlfriend attracted - and downright ADDICTED to you for as long as you like.

Oh, and how to **stop winding up in the friends zone with women.**

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RATED	ALPHA
A	Required for R.E.A.L. Men

