

Introduction

My background

Dozens of LTRs

Many STRs in between

Found that much of the self-help literature is geared toward the IDEAL not the realistic for most people.

What is this program about?

A guide to understanding women

How to keep the attraction going

How to start a relationship

How to avoid losing her to another guy

How to restart or revive your relationship

Ending a relationship - if you need to

How to get her back

What is a "relationship?"

Finding one person to explore and bond with for an undefined period of time.
Might be a few weeks, might be forever

Society is geared toward relationships - Random hookups are not the baseline for society.

The Principle Of Truth

Some things just ARE. There is no why. If you fight reality, it will bite you on the ass.

Women are a certain way, and that way is different.

You must accept it and work with it, the way an artist accepts the nature of wood or clay and doesn't try to treat one like the other.

We don't act like we SHOULD. We act like we DO.

WARNINGS:

Beware advice that falls back on vague or poorly understood principles, like "trust" "giving" and new-agey white light of love concepts.

Giving

Trust

Respect

Passion

Letting go

Communication

I will use these, but not in vague terms.

BEWARE THE NEW-AGE TRAP! - Be careful about new-agey thinking

Example from seminar

Don't pretend you can really save people from themselves

This program will disillusion you - in a good way

The penalty for non-adherence is: - She will eventually cheat on you
- She will then leave you

Some messages will repeat - pay attention to them

There will never be a substitute for critical thinking

How to get the most

1. This is a reference tool

2. Exercises will likely be REAL LIFE

3. Reflect on your past/current patterns

4. Talk to men & women who are in relationships

5. Be brutally REAL with yourself

Disclaimers

All means "most"

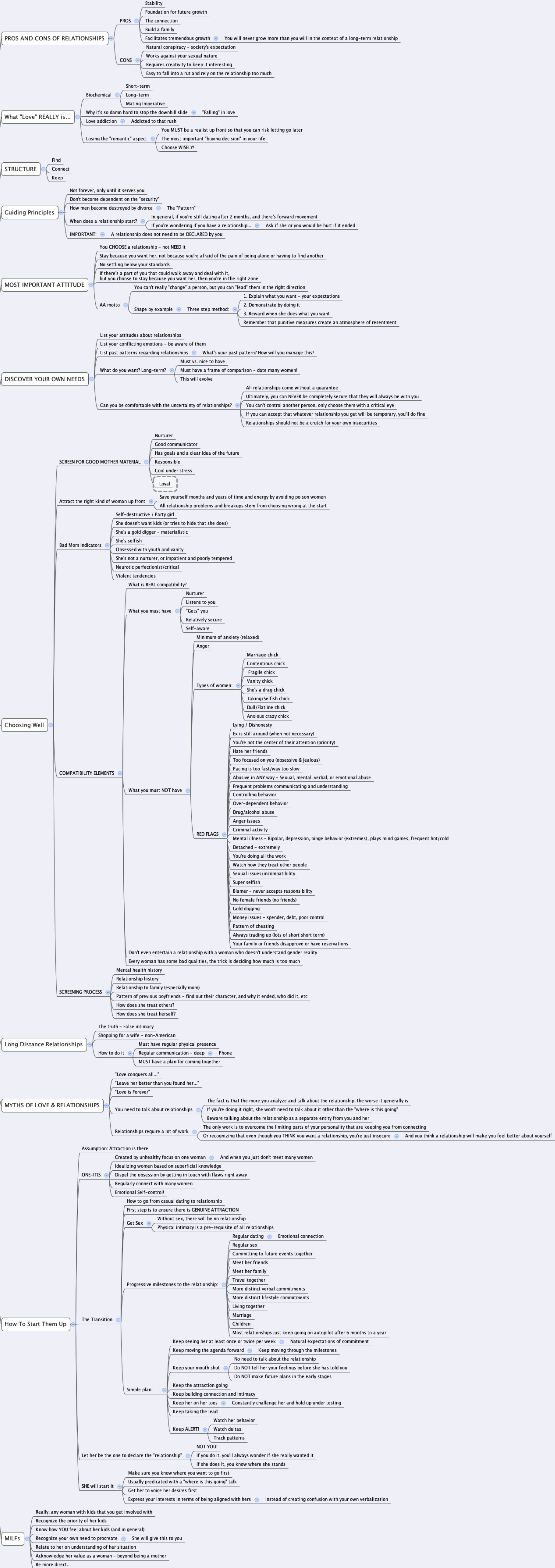
Where there's extreme difficulty, seek help

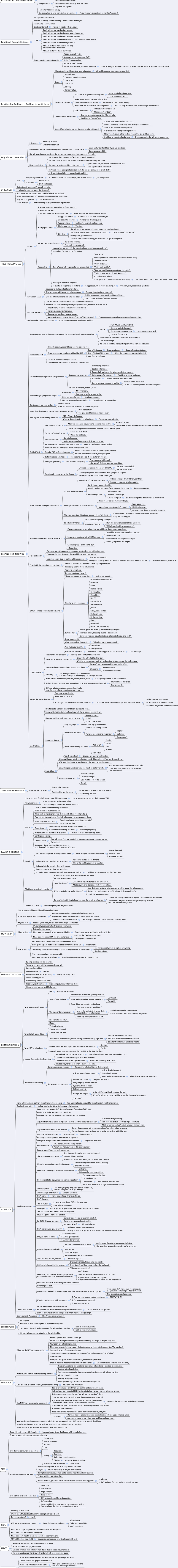
I'm not a therapist...

Don't blame me if something here doesn't work for you in one situation.

There are no black & whites - just grays - But I'm giving you the darkest and lightest shades

Starting Relationships





Keeping A Girlfriend

Rejuvenating & Restarting

Relationship and couples counseling

Therapy for either of you

Keep this as an alternative if necessary

BOTH have to want it — Agree in advance that you'll both go here first

How it happened

Typically because you stopped being the Alpha Man — Fell into the "provider" archetype

Figure out your root-cause FIRST

Is it worth it?

Get some perspective —

Make a list of the errors and reasons why it got here — If you don't figure this out now, you might as well walk

Do you really want to save this? — Most men want to save it only because of fear of loss

Always 10x easier to find another

Make room for Ms. Right

Figure out if she will stick with it

Who lost their interest first? — If you pulled away first, it's more likely to save

How to Rejuvenate Your Relationship

Important — must be done before a certain point —

Before cheating

Before the feelings are diluted or transferred

Wake up! —

Chances are, you f***ed up — now you have to pay

She needs a seriously compelling reason to stick around

Must be an attention-getting course correction —

You can make a statement of change by a significant action — Example: Making a sacrifice

Most faded relationships are caused by lack of attention — Slow erosion of goodwill and attraction

Get her to talk —

Just listen —

Toughest thing for guys to do —

Tempted to give solutions

Offer your own stories

Criticize

Defend yourself

Just shut the F*** up!

1. Must regain your masculine role —

ALPHA MASCULINITY —

In order for her to go along with it, she has to feel safe

In order for her to feel safe, she has to feel like you will take the lead and control

Long-term, she will only stay attracted if you demonstrate dominant male characteristics

Traits: —

Initiative

Steadfast — Certain — (AKA: Confident)

Receptive — Responsive to her

Adventurous — Risk taking — * This one is key

3 Steps —

2. Don't talk about it — JUST DO IT —

Break patterns & routines

JUMP START the energy again —

You need to give her the other attraction archetype

BAD BOY — AKA: Risky Gene — Bad Boy Formula

Drop the nice guy routine RIGHT AWAY

Travel

Tell her what YOU want — Statements, not questions

Pick one romantic thing you did to win her and repeat it — Get her remembering the good times and the high points

3. Commit to the change in your own habits —

If you fall back into complacency, you'll just lose it again

Tactics —

Find a shared activity —

Find a new one —

Dance classes

Rock climbing

Tennis —

Some other one-on-one sport

The point is shared, interactive, reliance

Find something she's already doing to join her in

Demonstrate a clear shift in your persona — not personality —

Show her what she hasn't seen

Give her a reason to want more of you

Open up and be emotionally vulnerable —

Reveal your feelings — In a controlled manner

Appreciate her — Wake up and be aware

She needs to see evidence of: —

Connection

Your persistence

Her safety

How to modify behavior —

Women mold themselves into the relationship — Which is why they tend to lose their identity and later on freak out

Reward only that which you want repeated

CHANGING HER

From total nag to docile pussycat —

Usually women push buttons to get a reaction (even if it's negative)

Stop reacting to her acting out —

Stop and breathe — calm yourself

Ride out the emotional wave

Call a personal time-out

Identify and label it when it happens

Declare that it's totally unacceptable

Give her silence to think it over

Be stern, not angry

Be absolutely rock-solid FIRM — no waffling!

Remember to reward her when she makes the change — "See, now that's the woman I find hot & sexy..."

Be willing to walk out

RELATIONSHIP KILLERS

- Resentment ↔ Contempt
- Acting on an affair
- Overly critical behavior
- No longer in love
- NO trust
- When a woman earns more than you ↔ Emasculations
- No separate time
- Nagging!
- Hyperactive defense mechanisms
- No sex

Relationship and couples counseling

- Therapy for either of you
- Keep this as an alternative if necessary
- BOTH have to want it ↔ Agree in advance that you'll both go here first

Breakup Blueprint

How to get out of a relationship with your dignity and self-esteem intact

Guys have a harder time with breakups than women do ↔

- Usually the woman was the dumper
- Women have better support systems
- Men have less emotional control
- Men develop more dependence on the relationship
- The one who is dumped always feels the biggest hit to self-esteem
- EVEN if you were intending to do it anyway

First step is to start being the dumper, not the dumpee ↔

Make it a concrete DECISION ↔

- If you're even considering it, chances are it needs to be done
- Ask yourself, what's really stopping you from breaking it off ↔ If it's just feelings, or irrational ideas, that's not enough
- Remember, if she's not helping you, she's better off playing for the other team ↔ You're better off alone than with the wrong woman
- Remember that every minute you stay in the wrong relationship, you're preventing yourself from finding the right one

Recognize the parts you can control, and what you can't ↔

You can't control her feelings

We always feel bad about making another person feel bad ↔

- Don't get caught up in the New Age pursuit of thinking you're going to be the "good" breakup guy
- Her anger (and even "hate") is not about you. It's her own disappointment and avoiding self-blame

Create a list of her faults and incompatibilities ↔

- Make it LONG and EXPLICIT
- List incidents of bad behavior and things she did

Rules ↔

- Be very clear, not vague or ambivalent ↔ Avoid "I need some time"
- Don't attack
- Don't talk about friendship or staying in touch
- Don't try to keep a back door open - "Maybe in the future..."
- Don't try to communicate with her for at least several months
- Avoid common friends or situations where you might run into her
- If you do encounter each other, be civil - compassionate
- Don't try to "keep the friends"
- Don't leave an "out" or a weasel clause

The "it's not you, it's me..." ↔

- Use different words and it can reduce some of the sting
- Problem is that she will not have closure until you give her a reason

The Ugly Plan*: ↔

- Become so needy and obsessive that she has to get rid of you
- BAD - still leaves you wanting

The 3 Step Breakup ↔

- Set a plan with a deadline ↔ Don't let yourself back out once you know what needs to be done
- Remember that the quicker you do it, the less likely she will be able to beat you to the punch
- Prepare your support system ↔ Mine: Action movies, going out with friends, travel
- Have people you can call up and hang out with
- Don't do it in public ↔ Do it in a neutral location ↔ Neither of your houses
- Don't do it in text or email ↔ WEASEL way out
- Set aside a fair amount of time for the discussion, but don't drag it out
- Start with her feelings about the relationship ↔ You might find that she wants it, too
- Bridge into how you feel, then finish with "I think we need to stop seeing each other."
- Execute ↔ She will fight it, even if she knows it's true ↔ This is the connection she doesn't want to lose
- Repeat the reasons why when she argues the point
- Don't get caught up in justifying yourself
- Have someone to call you to help you exit if necessary ↔ Or some appointment
- Go home and get rid of everything that reminds you of her ↔ Box it up

DIVORCE ↔

- Special case!
- Get a prenuptial agreement! ↔ No one gets married thinking they're going to get divorced
- No man who gets divorced wishes they hadn't protected themselves with a prenup
- Cover yourself legally ↔ Don't let emotions cloud your reasoning
- You'll be even more bitter and angry if you get screwed in the legality
- Get the divorce finalized while she's still feeling guilty ↔ Men do not come out ahead in divorces
- Act FAST - the longer you take, the more time she has to justify taking everything

Getting over her

Three Step Process For Getting Over ANY Woman ↔

- 1. Pattern Interrupts - Stop the thinking ↔ Rubber band method
- Mental "Stop" Flash
- Have a diversionary problem to solve
- Have a list of situations you can recall that are positive and fun - that do NOT have your girl in them.
- PRACTICE: ↔ Ten times per day
- 1. Bring on images and memories of the person
- 2. Wipe it out by shouting, stamping your feet, shouting, digging your nails
- 3. Replace it with a positive, pleasurable image
- 2. Repulsion ↔ Toilet image
- Silent ridicule ↔ Write out a long, berating speech telling them off
- Substitute any obsessing with her being gross/vile
- Any image that disgusts you and mentally pushes her away
- 3. Reward and Redirection ↔ Reward yourself - anything unrelated to the ex
- Redirect your attention and focus to solving the problem of finding the replacement

Overcoming Jealousy ↔

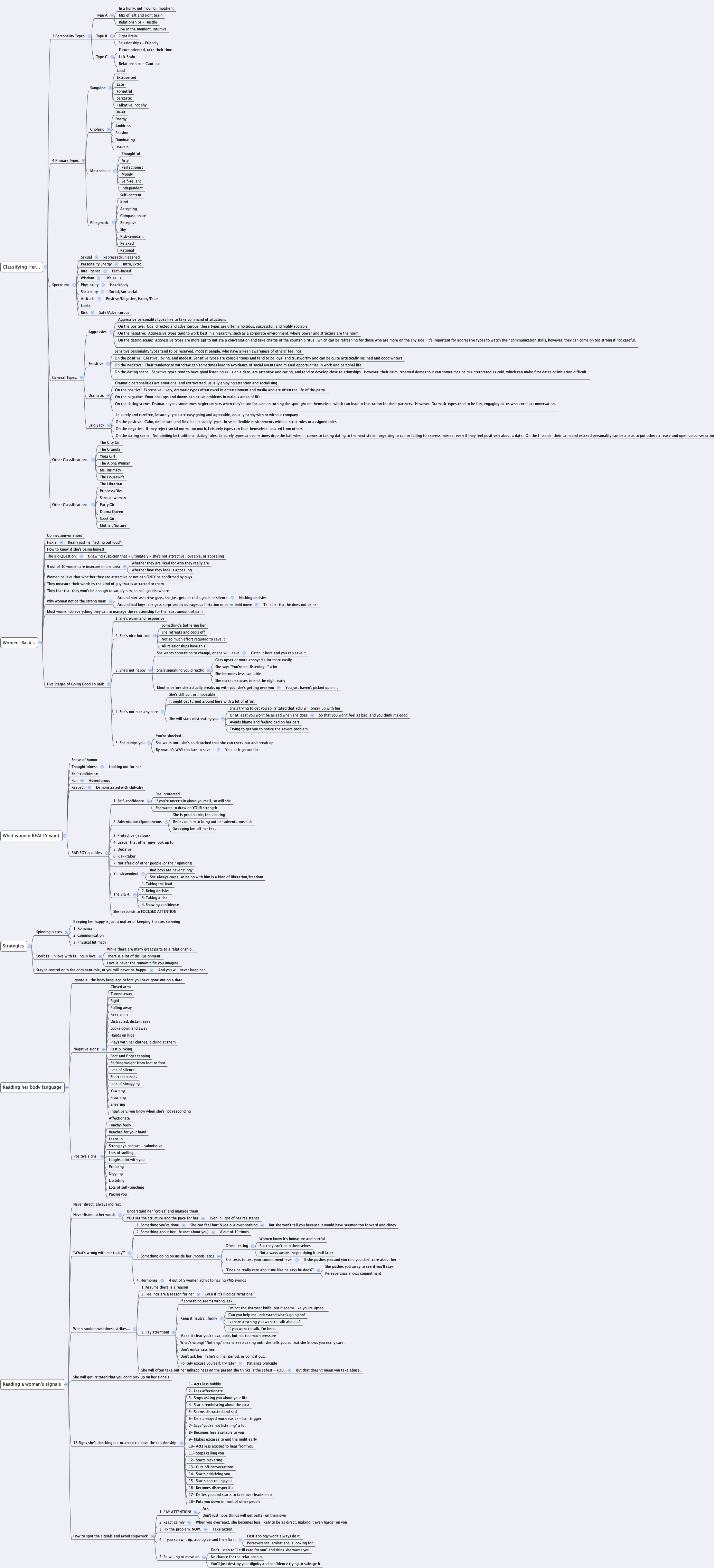
- Anxiety about losing love ↔ Often learned from childhood
- Practice deep relaxation ↔ Relaxation exercises
- Remember all the problems ↔ Review your list
- Remember that she was your problem, and now she's going to be his
- Mental rehearsal - desensitization ↔ Imagine her with other guys until it doesn't bother you
- Remember other girlfriends that are gone - are you still jealous?
- Jealousy is always self-destructive
- Only use this with short-term dating situations

The Rebound Factor ↔

- Desperate need to revalidate our masculinity and significance
- Whenever possible, avoid dating for at least a month ↔ Don't even TRY to date, because your attitude will probably make it difficult, and you don't want that to reflect back on your self-esteem

Ending A Relationship

BONUS: Guide To Understanding Women



WIN HER BACK

MOVE ON!

The reality is that you will spend 10 times the energy winning her back than if you just went out and found a new one to date the right way from the start

Winning her back is based on the delusion that the one you're with is somehow MORE special than the women you haven't met.

Pain blinds you, and will make it harder to exercise emotional control

IF YOU WON'T MOVE ON...

Recognize that you're in a compromised position - Emotionally unstable

Accept that there are NO guarantees - Be willing to lose it to win it

This is the only plan that will work

THE PLAN:

1. Separate

Give her at least a couple weeks of no contact

No phone, email - NOTHING!

2. Get distracted

Get your head together

The only way to keep your mind off of her effectively is to keep yourself distracted with other activities

3. Get your life together

Get on a healthy track

Exercise

Sleep

Food

4. Show her the new side

She has to see a change

Demonstrate the change, not talk about it

Get the Stealth Date

Let her see you out having fun with friends

Show her you can do well without her

BONUS:

Start dating other women*

You will resist this

But it's the best position to be in

If she gives up because of this, she would never have fought to keep you anyway

NOTES:

Don't talk about it

She'll decide on her own

Talking about it engages her logical mind

Keep up step 2 & 3

Keep distracted

Keep your life moving forward

Bonus: Cheat-Proofing Your Relationship

Top 8 Reasons Women Cheat

- Not enough sex — Needs wild sex
- She wants to sow some wild oats
- Self-esteem (validation)
- Revenge/payback — Possibly for you cheating
- Needs emotional intimacy — You're disconnected
- Feels ignored, neglected, not appreciated —
 - Cry for help/attention
 - Bored of you
 - or feels abused in any way
 - Isn't being prioritized
- The relationship isn't serious to her
- Her exit strategy —
 - She disconnects
 - Sets up the next one —
 - Won't leave SOMETHING for NOTHING
 - Monkey syndrome
 - Emotional cushion
 - Transitioning out of a bad marriage

Scars you, and leaves you distrustful

- In the right situation, anyone can cheat
- The point is to NOT allow her that situation...
- AND to keep her so involved in your own relationship that she never considers it
- She has to have MORE to lose with you
- Fearful respect!

The Girlfriend Dilemma for men

- Go through the effort to win her
- Win her
- Stop putting in the effort
- She leaves

Simple solution:

- If you think you can skate by with 0 effort...
- Keep doing the right things to keep her
- Keep Attraction Alive!
- STAY PROACTIVE — Prevention is 99% —
 - The reality is that humans do not live by prevention
 - We'd rather fix the oversight later
 - Human nature works against relationships
 - You must defeat human nature to be successful
- EFFORT — Maintenance schedule —
 - Romance — (Sex comes later)
 - Communication — At least to listen
 - Unpredictability —
 - AKA: Surprise
 - AKA: Energy
 - AKA: Attraction
 - This is the spark of energy that keeps her on her toes
- Keep a constant channel of communication open with her —
 - She must feel safe communicating to you — Even difficult things
 - Waiting until she does tell you something is suicide
- Keep her constantly chasing you — No woman cheats on someone she feels she hasn't fully "won"

If you've already buggered it...

- Get some perspective —
 - Make a list of the errors and reasons why it got here
 - Do you really want to save this?
 - Always 10x easier to find another
 - Make room for Ms. Right
- Figure out if she will stick with it
- Figure out if you will be able to continue

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