

Introduction

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PROS
                                                                                                                   The connection
                                                                                                                   Build a family
                                                     PROS AND CONS OF RELATIONSHIPS
                                                                                                                   Facilitates tremendous growth 🕒 You will never grow more than you will in the context of a long-term relationship
                                                                                                                   Natural conspiracy - society's expectation
                                                                                                                   Works against your sexual nature
                                                                                                       CONS
                                                                                                                   Requires creativity to keep it interesting
                                                                                                                   Easy to fall into a rut and rely on the relationship too much
                                                                                                          Short-term
                                                                                         Biochemical
                                                                                                          Long-term
                                                                                                          Mating Imperative
                                                                                         Why it's so damn hard to stop the downhill slide 🕣 "Falling" in love
                                                    What "Love" REALLY is...
                                                                                        Love addiction 

Addicted to that rush
                                                                                                                          You MUST be a realist up front so that you can risk letting go later
                                                                                         Losing the "romantic" aspect
                                                                                                                         The most important "buying decision" in your life
                                                                                                                          Choose WISELY!
                                                                         Find
                                                     STRUCTURE
                                                                         Connect
                                                                          Keep
                                                                                  Not forever, only until it serves you
                                                                                 Don't become dependent on the "security"
                                                                                  How men become destroyed by divorce 

The "Pattern"
                                                     Guiding Principles
                                                                                                                      In general, if you're still dating after 2 months, and there's forward movement
                                                                                  When does a relationship start? (
                                                                                                                     If you're wondering if you have a relationship... 🕤 Ask if she or you would be hurt if it ended
                                                                                  IMPORTANT: 

A relationship does not need to be DECLARED by you
                                                                                               You CHOOSE a relationship - not NEED it
                                                                                               Stay because you want her, not because you're afraid of the pain of being alone or having to find another
                                                                                               No settling below your standards
                                                                                               If there's a part of you that could walk away and deal with it,
                                                                                               but you choose to stay because you want her, then you're in the right zone
                                                     MOST IMPORTANT ATTITUDE
                                                                                                              You can't really "change" a person, but you can "lead" them in the right direction
                                                                                                                                                              1. Explain what you want - your expectations
                                                                                               AA motto
                                                                                                                                                              2. Demonstrate by doing it
                                                                                                              Shape by example 
Three step method:
                                                                                                                                                              3. Reward when she does what you want
                                                                                                                                                              Remember that punitive measures create an atmosphere of resentment
                                                                                               List your attitudes about relationships
                                                                                               List your conflicting emotions - be aware of them
                                                                                               List past patterns regarding relationships 🕤 What's your past pattern? How will you manage this?
                                                                                                                                  Must vs. nice to have
                                                                                               What do you want? Long-term?
                                                                                                                                  Must have a frame of comparison - date many women!
                                                    DISCOVER YOUR OWN NEEDS
                                                                                                                                  This will evolve
                                                                                                                                                                Ultimately, you can NEVER be completely secure that they will always be with you
                                                                                               Can you be comfortable with the uncertainty of relationships?
                                                                                                                                                                You can't control another person, only choose them with a critical eye
                                                                                                                                                                If you can accept that whatever relationship you get will be temporary, you'll do fine
                                                                                                                                                                Relationships should not be a crutch for your own insecurities
                                                                                                                       Nurturer
                                                                                                                       Good communicator
                                                                                                                       Has goals and a clear idea of the future
                                                                             SCREEN FOR GOOD MOTHER MATERIAL
                                                                                                                       Responsible
                                                                                                                       Cool under stress
                                                                                                                         Loyal
                                                                                                                         Save yourself months and years of time and energy by avoiding poison women
                                                                             Attract the right kind of woman up front (
                                                                                                                         All relationship problems and breakups stem from choosing wrong at the start
                                                                                                      Self-destructive / Party girl
                                                                                                      She doesn't want kids (or tries to hide that she does)
                                                                                                      She's a gold digger - materialistic
                                                                                                      She's selfish
                                                                             Bad Mom Indicators
                                                                                                      Obsessed with youth and vanity
                                                                                                      She's not a nurturer, or impatient and poorly tempered
                                                                                                      Neurotic perfectionist/critical
                                                                                                      Violent tendencies
                                                                                                           What is REAL compatibility?
                                                                                                                                     Nurturer
                                                                                                                                     Listens to you
                                                                                                           What you must have
                                                                                                                                     "Gets" you
                                                                                                                                     Relatively secure
                                                                                                                                     Self-aware
                                                                                                                                          Minimum of anxiety (relaxed)
                                                                                                                                          Anger
                                                                                                                                                                Marriage chick
                                                                                                                                                                Contentious chick
                                                                                                                                                                 Fragile chick
                                                                                                                                                                Vanity chick
                                                                                                                                          Types of women: (
                                                                                                                                                                She's a drag chick
                                                                                                                                                                Taking/Selfish chick
                                                                                                                                                                Dull/Flatline chick
                                                                                                                                                                Anxious crazy chick
                                                     Choosing Well
                                                                                                                                                          Lying / Dishonesty
                                                                                                                                                          Ex is still around (when not necessary)
                                                                                                                                                          You're not the center of their attention (priority)
                                                                                                                                                          Hate her friends
                                                                                                                                                          Too focused on you (obsessive & jealous)
                                                                                                                                                          Pacing is too fast/way too slow
                                                                             COMPATIBILITY ELEMENTS
                                                                                                                                                          Abusive in ANY way - Sexual, mental, verbal, or emotional abuse
Starting Relationships
                                                                                                                                                          Frequent problems communicating and understanding
                                                                                                           What you must NOT have
                                                                                                                                                          Controlling behavior
                                                                                                                                                          Over-dependent behavior
                                                                                                                                                          Drug/alcohol abuse
                                                                                                                                                          Anger issues
                                                                                                                                                          Criminal activity
                                                                                                                                          RED FLAGS
                                                                                                                                                          Mental illness - Bipolar, depression, binge behavior (extremes), plays mind games, frequent hot/cold
                                                                                                                                                          Detached - extremely
                                                                                                                                                          You're doing all the work
                                                                                                                                                          Watch how they treat other people
                                                                                                                                                          Sexual issues/incompatibility
                                                                                                                                                          Super selfish
                                                                                                                                                          Blamer - never accepts responsibility
                                                                                                                                                          No female friends (no friends)
                                                                                                                                                          Gold digging
                                                                                                                                                          Money issues - spender, debt, poor control
                                                                                                                                                          Pattern of cheating
                                                                                                                                                          Always trading up (lots of short short term)
                                                                                                                                                          Your family or friends disapprove or have reservations
                                                                                                           Don't even entertain a relationship with a woman who doesn't understand gender reality
                                                                                                           Every woman has some bad qualities, the trick is deciding how much is too much
                                                                                                      Mental health history
                                                                                                      Relationship history
                                                                                                      Relationship to family (especially mom)
                                                                             SCREENING PROCESS
                                                                                                      Pattern of previous boyfriends – find out their character, and why it ended, who did it, etc
                                                                                                      How does she treat others?
                                                                                                      How does she treat herself?
                                                                                              The truth - False intimacy
                                                                                              Shopping for a wife - non-American
                                                     Long Distance Relationships
                                                                                                                Must have regular physical presence
                                                                                              How to do it (=)
                                                                                                               Regular communication - deep 😑 Phone
                                                                                                                MUST have a plan for coming together
                                                                                                     "Love conquers all..."
                                                                                                      "Leave her better than you found her..."
                                                                                                      "Love is Forever"
                                                                                                                                              The fact is that the more you analyze and talk about the relationship, the worse it generally is
                                                     MYTHS OF LOVE & RELATIONSHIPS
                                                                                                     You need to talk about relationships
                                                                                                                                              If you're doing it right, she won't need to talk about it other than the "where is this going"
                                                                                                                                              Beware talking about the relationship as a separate entity from you and her
                                                                                                                                            The only work is to overcome the limiting parts of your personality that are keeping you from connecting
                                                                                                     Relationships require a lot of work (
                                                                                                                                            Or recognizing that even though you THINK you want a relationship, you're just insecure 🕒 And you think a relationship will make you feel better about yourself
                                                                                       Assumption: Attraction is there
                                                                                                     Created by unhealthy focus on one woman 😑 And when you just don't meet many women
                                                                                                     Idealizing women based on superficial knowledge
                                                                                       ONE-ITIS OF Dispel the obsession by getting in touch with flaws right away
                                                                                                     Regularly connect with many women
                                                                                                     Emotional Self-control!
                                                                                                          How to go from casual dating to relationship
                                                                                                          First step is to ensure there is GENUINE ATTRACTION
                                                                                                                        Without sex, there will be no relationship
                                                                                                           Get Sex (
                                                                                                                        Physical intimacy is a pre-requisite of all relationships
                                                                                                                                                          Regular dating 

Emotional connection
                                                                                                                                                          Regular sex
                                                                                                                                                          Committing to future events together
                                                                                                                                                          Meet her friends
                                                                                                                                                          Meet her family
                                                                                                                                                          Travel together
                                                                                                           Progressive milestones to the relationship:
                                                                                                                                                          More distinct verbal commitments
                                                                                                                                                          More distinct lifestyle commitments
                                                                                                                                                          Living together
                                                                                                                                                          Marriage
                                                                                       The Transition
                                                                                                                                                          Children
                                                    How To Start Them Up
                                                                                                                                                          Most relationships just keep going on autopilot after 6 months to a year
                                                                                                                               Keep seeing her at least once or twice per week 

Natural expectations of commitment
                                                                                                                               Keep moving the agenda forward 

Keep moving through the milestones
                                                                                                                                                          No need to talk about the relationship
                                                                                                                                                          Do NOT tell her your feelings before she has told you
                                                                                                                               Keep your mouth shut
                                                                                                                                                           Do NOT make future plans in the early stages
                                                                                                                               Keep the attraction going
                                                                                                           Simple plan:
                                                                                                                               Keep building connection and intimacy
                                                                                                                               Keep her on her toes 🕒 Constantly challenge her and hold up under testing
                                                                                                                               Keep taking the lead
                                                                                                                                                 Watch her behavior
                                                                                                                               Track patterns
                                                                                                                                          NOT YOU!
                                                                                       Let her be the one to declare the "relationship" (=
                                                                                                                                         If you do it, you'll always wonder if she really wanted it
                                                                                                                                         If she does it, you know where she stands
                                                                                                           Make sure you know where you want to go first
                                                                                                           Usually predicated with a "where is this going" talk
                                                                                       SHE will start it
                                                                                                           Get her to voice her desires first
                                                                                                           Express your interests in terms of being aligned with hers 🕒 Instead of creating confusion with your own verbalization
                                                                  Really, any woman with kids that you get involved with
                                                                  Recognize the priority of her kids
                                                                  Know how YOU feel about her kids (and in general)
                                                     MILFs
                                                                  Recognize your own need to procreate 

She will give this to you
                                                                  Relate to her on understanding of her situation
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Acknowledge her value as a woman - beyond being a mother

Be more direct...

Stability

Foundation for future growth

Conflict resolution skills Emotional self-control 😑 Patience, anger management, etc. Communication skills Intimacy skills ESSENTIAL RELATIONSHIP SKILLS The one who loves the least... The one who can walk away from the table... Independence Together, but separate Feminine/Masculine energy She simply has to have more to lose by leaving

This will ensure attraction is somewhat "enforced" Ability to wait and NOT act The one necessary skill for keeping a woman interested in you Inner Game - Self-Control! Emotional Control

Nature of moods - Hers & Yours Don't tell her you love her just for sex Don't tell her you love her because you're having sex Don't tell her you love her just because SHE does Don't tell her you love her until after AT LEAST 20 dates - or 6 months LOVE Emotional Control: Patience Don't tell her you love her until you FEEL it ALWAYS better to have waited too long than to have said it too soon ALWAYS better for HER to say it first People naturally resist You must get to acceptance FAST Resistance/Acceptance Principle Roller Coaster analogy Accept women's foibles Accept your situation, whatever it may be 🕒 If you're trying to tell yourself stories to make it better, you're in delusion and resistance All relationship problems stem from origination

All problems are a "pre-existing condition" Money Issues Communication breakdown Lack of trust Kinds: (Lack of sex Jealousy Wandering Eye Learn how to invest and save YOU have to be good with money first 6 Learn how money works Make sure she is not carrying a lot of debt The Big "M": Money Know how she handles money

What's her attitude toward money? Relationship Problems - And how to avoid them! Watch how she handles YOU spending money

Does she step in with caution, or encourage recklessness? Find out what her tastes are Talk about money 6 "Champagne" or "Beer" Give her fun & adventure while YOU get calm Calm Water vs. Whitewater Handling the "routine" trap First reaction: Humorously point it out Second: "I'm seeing something, and I want your opinion on it..." Listen to her explanation completely Any red flag behavior you see 3 times must be addressed Be explicit when stating your expectations If they repeat, she is either testing you, or this is a problem point Be willing to make the hard choice 🕤 If you can't do it, she will never respect you Physically deprived 2 Reasons: 6 Emotionally deprived Learn and understand healthy sexual practices Prevention is always about meeting these two needs on a regular basis (Communication skills She will leave because she feels she has lost the connection that makes her feel safe Why Women Leave Men Starts with a "last attempt" to fix things - usually unnoticed She then starts to withdraw, in ways that seem like she's giving you space Replacements are just an excuse she can use later How she will do it: She starts to look around for replacements ... and a justification for herself She'll wait for an appropriate incident that she can use as reason to break it off ... Or she just might let you know about the affair Not getting needs met 😑 In a woman's mind, she can justify it, and NOT be wrong 🧁 Just like you can WHY? Sexual needs 2 Reasons (= Emotional needs By the time it happens, it's already too late CHEATING Is it her character, or was it the situation? This is one place you must practice PREVENTION, not SALVAGE When a woman cheats, it's more damaging than when a man does Why you can't go back: 😑 You won't trust her If you do stay: 🕤 Don't ever bring it up again or use it against her A woman sends out sonar pings to figure you out These pings are tests If you pass them, you maintain her trust 🕒 If not, you lose traction and create doubts Struggle for control

Will try to take the lead away from you. Disrespectful behavior

Cutting you down in public Pushing buttons

Looking for an emotional response Challenging you

Teasing Most popular tests: She will see if you give up a hobby or passion to put her above it You'll be tempted to give in just to avoid conflict
Trying to keep "calm waters" Give it up When you do, you're doomed This also falls under switching your priorities - or questioning them Her control over you All tests are tests of control (Your control over yourself TESTING It's not what you say - it's the attitude of non-reactiveness you give off Remember: The Nazi or the Comedian "Inner Wink" Non-response that shows that you see what she's doing "isn't that special..." TRUSTBUILDING 101 "You're so cute..." "Now why would you say something like that ... " "You're testing me, aren't you? Nice try..." Total change of subject If she' persists - call her on her behavior gently 🕤 You know, it was cute at first... but now it's kinda rude Don't try to memorize responses Be careful of responding to rhetoric 😑 "I suppose you think you're charming..." 😑 "I'm sorry, did you ask me a question?" You need to find out what her character is Give her responsibility and see what she does

Planned chore (sprinklers, errand) Tell her something about your friend in confidence Test women BACK Give her information and see what she does Check in later and see if she told someone Give her a small silent treatment and find out how she reacts The more she feels she has passed your qualifications, the more invested she is A relationship requires some emotional disclosure Make it planned, not haphazard Emotional disclosure Do not wear your heart on your sleeve A woman is always looking for proof that you'll stick around

This does not mean you have to reassure her every day You have to be able to count on her

If she proves unreliable, you have a problem STAY AWARE and WATCHFUL! Keep her satisfied sexually BASICS: Keep open communications

Listen unreasonably well The things you need to do are simply counter the reasons she will leave you or cheat Keep her feeling safe Remember that she's only there from SELF-INTEREST! Love is not enough We have to feel that we're getting something from the situation Without respect, you can't keep her interested in you Fear of losing you

Selective absence

Go dark from time to time Respect requires a small dose of healthy FEAR Fear of losing YOUR respect

When she looks up to you, this is implied Maintain respect NOT fear of suffering Do not let a woman boss you around Coach her on certain skills to keep up a "teacher" role Dominating other men Leading other men Respectfully gathering the attention of other women Demonstrate power by: (Being a powerful presence

Confident personal authority She has to see your power on a regular basis Forgive her

Demonstrate that you have power Example: Jim - Dead to me Let her see your judgement facility Let her see by example that you have this power 48 Laws of Power by Robert Greene NOT financially! Emotionally You need to be her anchor in life Keep her slightly dependent on you Make her work for you

Small tasks/chores Give her an area of responsibility

You will control accountability Football tryouts Don't make it too easy for her (Make her understand that there is a selection process Do it respectfully Never fear showing your natural interest in other women (The goal is not to incite jealousy - ever ABT - Always Be Teasing Teasing and never-ending seduction (When in doubt, just give her a hard time

Except when she's fragile On a subtle level When you open your mouth, you're exerting mind control Ethical use of influence (You're seeking your own desires and outcome on some level Others are going to use the unethical methods to take what is yours Brings her back down Get her to "confess" to you Opens her up to you Get into her mind Find her fantasies Make sure you get her to reveal dark secrets to you Stir up the waters yourself from time to time 🕒 Keep her working on YOUR schedule Subtly destroy the "other guys" if she never got over him Reveal an occasional flaw - deliberately and planned Don't be TOO perfect in her eyes CULT of YOU You can make her insecure by being too good Be formless and adaptable 🕤 The less she can predict, the better off you are And occasionally illogically Time your generosity

Give presents irregularly Like when SHE should give you something We must be reminded Gratitude and appreciation is not NATURAL We are easily jaded Use the principle of "you don't know what you got 'til it's gone..." Occasionally remind her of the Gloom The emptiness she experienced before you without saying it directly! Show, don't tell Remind her of how good she has it Remind of previous loneliness, pain Be deliberately unpredictable Avoid revealing too many of your habits and routines

Some are endearing Surprise and spontaneity Self-improvement Makeover your image Re-invent yourself (Change things up

Start with things that don't matter as much to you Don't let her feel too familiar with you Facts about you Make sure she never gets too familiar (Novelty is the heart of early attraction Always keep some things in "reserve" Hobbies/interests Generate new things to keep her guessing If she's always chasing you, there's never room for another The most important thing to do is never let her "sit down" Keep her chasing you! Don't reveal everything about you Be selectively honest (Stuff she knows she doesn't know about you Give her cliffhangers ("I'll tell you about that sometime..." If you start to react to her (pinballing) she will learn that she can control you You will be tempted when you feel attacked Keep yourself safe Responding emotionally is a CRITICAL error Remember that nothing can touch you Non-Reactiveness to a woman is PRIORITY External judgements are empty Controlling you = NO ATTRACTION = Repulsion! The more you act jealous or try to control her, the less she will be into you KEEPING HER INTO YOU Encourage her into situations that would leave most men uneasy Hold on loosely (Show her you know this Most men screw it up by making all the mistakes Being able to out-game other men is a powerful attraction element in itself 🕤 When she sees this, she's all in Almost all conflicts can be defused with a joking deflection Guard with the comedian, not the Nazi Don't setup a contentious relationship Travel to new places Do your own thing - apart! Throw parties and get-togethers

Both of you organize Handmade jewelry (original) Nice wine Books Framed picture Cooking kits Chick flicks Mix CD Bath products Give her a gift - memento Starbucks card Journal 8 Ways To Keep Your Relationship Alive Robe/Slipper combo Photo calendar Birthstone ring Plants Movie card Dinner club membership Women quote this as being one of the biggest sparks Surprise is simply breaking routine - occasionally Surprise her (Cover her eyes and leave her in the excitement of occasional "risk" Keep a date night Align your goals and priorities

Talk about expectations openly Different places Variety in your sex life Different positions... Get out and adventure

Write down something you'd like the other to do

Then exchange Must handle this correctly

Jealousy is insecurity of the worst kind She will be attracted to other guys There will ALWAYS be competition (Whether or not she acts on it will be based on how connected she feels to you She won't just hang around because you're YOU. You must always be giving her a reason to BE there Money (security) 3 Reasons (Adventure (excitement) COMPETITION The more you are willing to hand her off The irony... - in a cocky way - to another guy, the stronger you look If she is fickle and likes to push the jealousy button, leave 🕤 Good quality women do not flirt around They will make mistakes If she's dating other guys, your only defense is to have more emotional control They always do If it's early in the relationship, you should make sure she sees other women interested in you You must be the leader Good ratio is 3/4 or 4/5 Taking the leadership role (You'll start to go along with it If she fights for leadership too much, move on

The reason is that she will sabotage your masculine power She will seem to be happy in control She'll cheat on you and eventually leave you How to read a woman's mind and heart before she does... Partly cultivated instinct, like knowing what play a football team will run Argument cycle Make mental (and real) notes on her patterns (Period Reassurance pattern Body language

The only time it pays to read her What is she talking about? Fragile? How expressive she is What is her emotional response? Explosive? Contentious? Important signals: Family Friends With who? See The Signs How is she spending her time? You At work? How often? Watch for deltas!

Changes are always worth noting Women will never admit to what they need, thinking it is selfish, not deserved, etc. YOU must be the one to give her what she wants when she needs it This is the completion of her nurturing cycle She will expect you to do what she needs to do for herself. (If you don't do it, eventually she leaves to "discover herself" Predict her Send her to a spa Get her massages Ways to recharge her: Date nights - out of the house! Travel **Keeping A Girlfriend** So why take showers? The Car Wash Principle You just sense the B.O. easier than tension Dave and the Car Wash Relationships are the same: Keep washing this car! How to keep her family & friends from driving you nuts 🕒 How to manage them so they don't manage YOU Better to be silent and thought a fool... First, remember: (Than to open your mouth and remove all doubt. Learn as much about her family in advance Make friends as much as you can When push comes to shove, you don't them fighting you when she is Find out her history with her family & other guys - before you meet them Compliment her on something she's DONE Make sure mom likes you (Flirt a little with her Find one thing he's into that you can connect on Family (Respect dad Compliment something he OWNS

Be downright gushing Watch out for the parent "test" questions 🕒 Deflect or do the politician tap-dance Don't ignore siblings Your job on the first few meets is to learn as much about them as you can LISTEN - a lot! (Remember that if you don't like her family or if they don't like you - it's only a matter of time... Where they work FAMILY & FRIENDS Start memorizing them before you meet them

Name + Important detail about them Notable story Common interests Ask her WHY she's her best friend Find out who she considers her best friend 6 Friends This is the quality you want to give her Find out what she normally does with friends Make sure to give her time out with them Be careful about spending too much time with them and her 🥚 You'll feel like an outsider on their "in-jokes" If you fan the flames, YOU will be burned, not them Be cool, deflect with a smile Look, I think we got started on the wrong foot... Try a "hard reset" What's say we give it another shot, for her sake... And don't ever be the one to complain or whine about the other person What to do when they're hostile If the reset fails, just go for "detente" Isolate the troublemaker by befriending a circle around him/her Study the 48 Laws of Power Don't let her think you're working against their friendship/relationship Be careful about trying to keep her from the negative influence Communicate why this person is not getting along with you so it's not up to her imagination Don't try TOO hard

Looks too phony and they won't buy it How to make the big transition without going insane Most marriages are less successful after living together Is marriage a goal? If so, don't bother.

) Why? Because when the commitment is first, you'll live up to it Don't try to fast-forward success

This principle underlies a lot of problems in society (debt) Why you do it 🕒 Because you already have a plan for marriage and need to Wait until you are completely clear on your future Not earlier than a year Make sure you know all of her quirks and habits

Travel somewhere with her for at least 12 days When to do it MOVING IN And that she CAN live on her own! Make sure you know HOW she lives on her own Talk to previous roommates Pick a new space - don't move into hers or her into yours Don't go for a place that isn't at least better than where you are 🕒 Resentment She will eventually want to replace everything Try to bring in equal amounts of your pre-existing furniture, or buy all new How to do it Nesting instinct Share costs equally as much as possible Make sure you have a schedule!

If you're going to get married, stick to your plan Sulking, pouting, pity me behavior Trying to be right - at the expense of good will Pushing/Controlling Ignoring/Denial

LETHAL LOSING STRATEGIES Going along with her to get along 🕒 Taking the "easy" path Shame running your life Never asking for what you want Imaginary relationships

Pretending you know when you don't Giving up your identity and life for her Sex

Find out her attitudes Beware over-reliance on opening up to her Guy friends Some of your feelings Some feelings are best shared elsewhere Therapist Some things she doesn't need to know What you must talk about "You need to share everything ... " People have unpredictable emotions Ignores the basic truth that we don't The Myth of Communication: respond ideally to information Radical honesty is best practiced only on yourself Proof? Try telling her she looks fat. Her plans for the future Money Timing is a factor Choose a good mood Choose a secure time When to talk about things You can reschedule (time shift) Don't always let her corral you into talking about something right now You must be the one with the clear head Save her from her own emotional habits COMMUNICATION Religion Don't talk about the "hot" topics until you have attraction built Politics What NOT to talk about (Do not talk about your feelings more than 10-20% of the time she does. She will talk just to talk and explore

Don't offer solutions until after she's talked it out Don't listen to what she says - mind what she DOES Female Communication Strategies Don't believe what she says she wants 😑 Unless it's backed up with action The best way to talk is to listen - between the lines Beware suspicious mindsets

Distrust kills relationships, so don't invent it Lack of details is suspect Hesitation is suspect Ask questions about the event (Invent a challenge to the story

I heard there was a fire over there... Leave some silence

They will try to fill it Body language will be subdued How to tell if she's lying Active process - must test Eye contact will be weak Indirect answers A liar will follow willingly to avoid the topic Change the subject If they're telling the truth, it will be harder for them to change gears "Lie To Me" Starts with wanting to be there more than wanting to leave 🕒 And wanting to stick around for more than just avoiding losing her Conflict is inevitable

It's how you handle it that defines your relationships Remember that women don't like conflict or confrontation of ANY kind Conflicts MUST be resolved - not paved over We think THEY are the problem; they think WE are the problem Facts don't change feelings Men don't like to talk about feelings - only facts Arguments are never about being right - they're about WHY you feel that way Which is why we end up "losing" when we think we won If what they're saying is true, or perception of ourselves might be wrong! Arguments are a threat to our identity (The gap between what we hope is true and what we fear MIGHT be true We're naturally self-biased

Self-interested

Self-preserving Ground your identity before a discussion or argument Recognize that you can't control her reaction/emotions

Prepare for it instead In 3 months, will this really matter? Get perspective (What's the REAL purpose of this conversation? Remind yourself that you can't change her The situation didn't change - your feelings did Feelings follow thoughts The old man next door story (= The way to change your feelings is to change your THINKING Those assumptions are usually 100% wrong We make assumptions based on intentions (She did it because... Still center Remember to keep your emotions under control (Watch out for your assumptions The ego wants you to be right The monkey trap Do you want to be right, or do you want to keep her? (Know-it-alls

Have you ever let them "win"? We all have a desire to be right more than reasonable The more you judge or put the person on defense, Avoid judgment (=) the less likely you are to get through Avoid "always" and "never"

Extreme absolutes Don't blame

Blame only puts up defensive shields Don't threaten If I were in your shoes, I'd feel the same way The de-fuser: (I hear what you're saying Handling arguments Never yell

Tip: To get her to quiet down, talk very softly (pattern interrupt) CONFLICT The one to lose their temper loses the argument Make it a game - name the emotion Curiosity gets you out of a selfish mindset Works in every area of relationships Be CURIOUS about her story Just ask - Why...?

Without judgement You'll never win without resentment Don't make it your goal to "win" (The way to "win" is to get her to vent, and fix the problem without blame 1 - Am I competent? She just wants to know: 2 - Am I a good person? 3 – Am I worthy of love? And to know that others care enough to listen We have a deep desire to be heard She won't hear you until she thinks you've heard her Listen to her vent completely Hear her out Empty the teapot 90% of the time, this is all she needs After you hear her out, confirm...

"So you're saying..." She usually already knows what she wants Get her to help you find the solution (= If she doesn't she'll calm down when she realizes it "What can we do to fix it?" Don't defend. Remember that anything that sounds personal will immediately trigger you to defend yourself She's not really attacking you (most of the time) If you discover that she can't separate the problem from the person - this is a red flag to leave Make sure you finish by affirming that she is still loved Never argue in bed If you react, she'll never trust you enough to tell you when something is - fear of reprisal Women must feel safe in order to open up and let you know what is bothering them. This is negative social pressure 1. Plan out your communication in advance

DON'T WING IT! If you're coming to her with a problem: 2. Don't get personal or attack 3. Keep your patience Let her win where it just doesn't matter Be gracious and make sure she recognizes the concession

Get the benefit of the gesture Choose your battles (Don't be a whiney bitch and bring it up all the time when you get angry Conversation & Persuasion

http://conv.carlosxuma.com Not religion Important to have some alignment in your belief systems SPIRITUALITY Faith in positive outcome The capacity for faith is also important for relationships to endure Faith in your own resilience Spirituality becomes a pivot point in the relationship Because you SHOULD - she's a sweet girl You've been dating forever and it's just the next thing you ought to do (the "why not") Your peers are all getting married Make your parents (or hers) happy - being too close to either set of parents (the "We love her") When you do NOT want to marry her: You owe it to her – She's pressuring you She proposed to you or you got caught up in the "spirit of the moment" (The "whim") She's pregnant She's got a 3rd grade perception of love - jaded or overly romantic She's so insecure that she needs constant reassurance

She will drive you nuts and push you away logic conversations, not emotional passionate interactions - practical conversations Routine is the foundation You know she's not quite right, you're not close, but she's still talking marriage Watch out for women that are settling for YOU: All she talks about is kids Nothing really in common Sex is perfunctory - occasional, no intimacy or passion MARRIAGE Date at least 25 women before you consider marrying

You can't date TOO many Lots of arguments - all of them are bullshit and emotionally based 1. She should have more to LOSE than to gain by leaving you - not the other way around 2. You cannot guarantee that she/you will not change. Can't do it. 3. No one ever gets married thinking they're going to get divorced 4. It leaves your mind free that you will be together from desire -

Money is the main reason for fights and divorce that nothing else will come between you that shouldn't You MUST have a prenuptial agreement Ensures that your children will not get screwed by whatever may happen. 6. Protects (her) from debts Read some divorce horror stories about men who are destroyed by this Marriage may be an emotional and physical union, but it is also a financial union "Unromantic" (A prenup is a sign of incredible trust and financial openness Marriage is more important to women (typically) - but many people over 30 (in progressive places) do without If you're not planning to get married, you need to tell her before things get too deep If you do plan to get married, learn EVERYTHING you can about her Sex will flow if you provide foreplay

Foreplay is everything that happens 16 hours before sex 3 ways to upkeep: frequency, intensity, diversity Keep kissing Sensual massages Use porn Toys Why it slows down, how to keep it up Locations Positions Variety Role-play, experimentation Timing

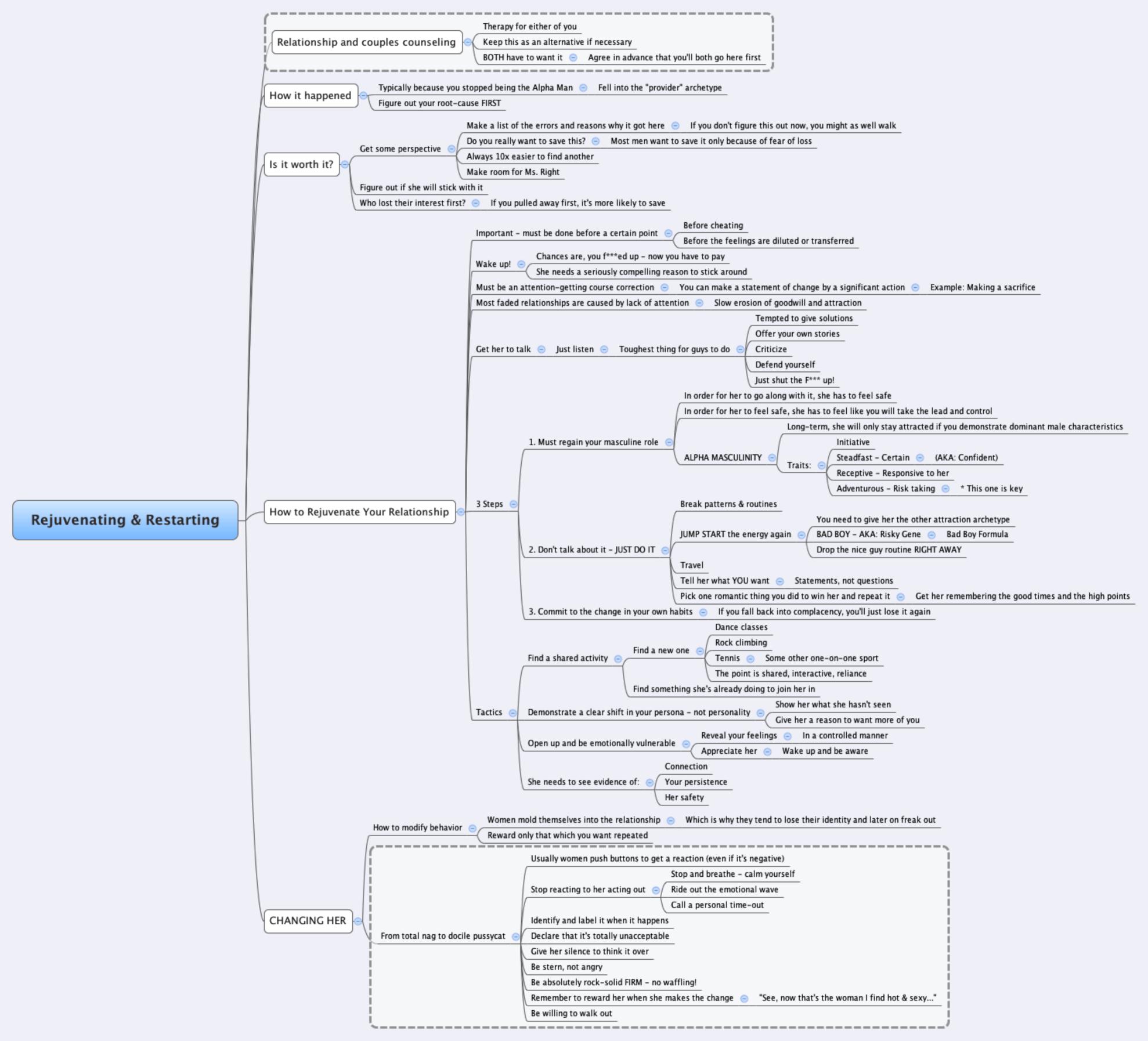
Mornings, Nooners, Nights... Learn some new techniques

David Shade Part of her obligation to you is to keep herself attractive SEX Stay fit

Inspire her to stay fit by your own example Buying her exercise equipment and a gym membership will only backfire Must have physical attraction Find an activity - do it together In advance As with all traits, you must watch for her attitude towards "looking good" If she's let herself go, it's probably already too late Power play Manipulation Angry with you Bored of you Why women hold back on the sex Different sex timetables and appetites She's cheating Women withhold because men let them get away with it. You must keep the lines of communication open Choosing to have them What's her attitude about them? Will it completely absorb her? Do you want them?

Now? Absent dads Take no responsibility KIDS Don't contribute Make absolutely sure you have a firm idea of how you will parent Make sure she's not just in it for the kids Make sure she's health-conscious enough to lose the weight YOU will lead the household 🕒 You set the policies and behavioral rules (with her) You show me the most beautiful woman in the world... All relationships change, mellow out JADED She's no different than other women. It's an illusion created by chemicals. It's up to you to understand yourself and what will keep you in the game Make damn sure she's what you want before you go through this effort Decide BEFORE you go past 6 months or so Most guys aren't willing to face this one, Make sure YOU are what SHE wants (= and wind up in tragic heartbreak Compatibility ATTITUDE Do you really want a carbon-copy? The important element of compatibility: Similar interests do not stop conflicts Hobbies and interests can be diverse and different

if both of you are relaxed and open



Only use this with short-term dating situations

Whenever possible, avoid dating for at least a month

The Rebound Factor

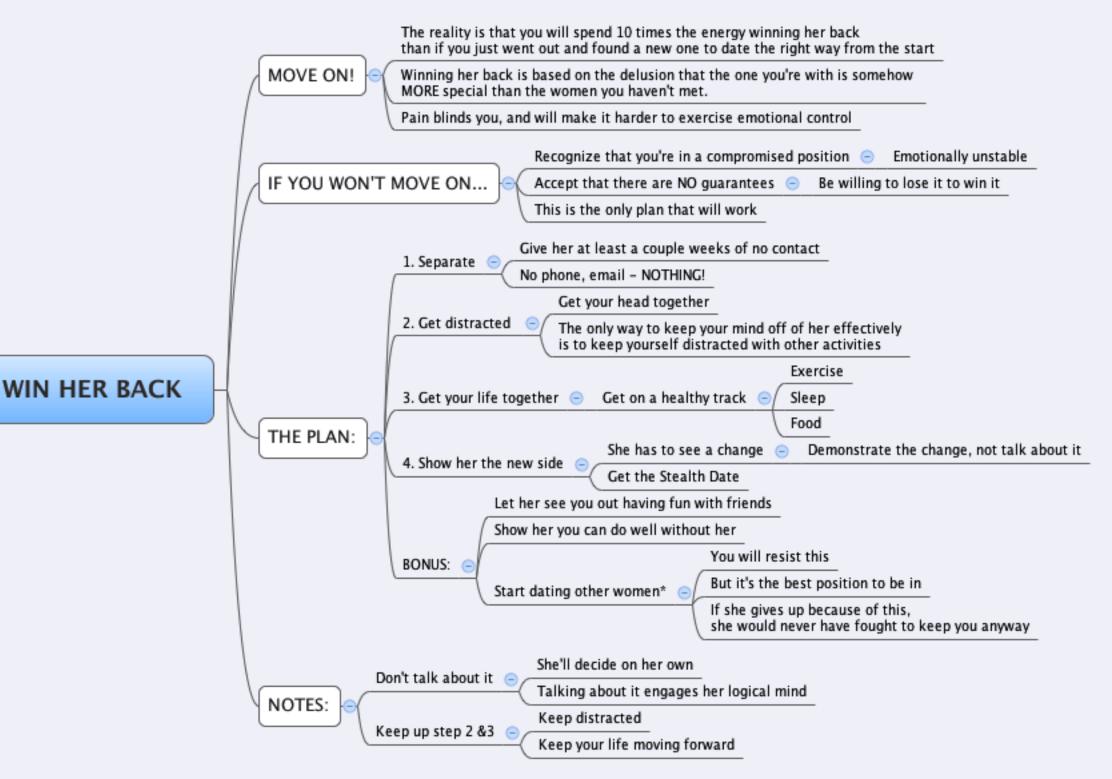
Desperate need to revalidate our masculinity and significance

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

You'll just destroy your dignity and confidence trying to salvage it



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 Cry for help/attention Bored of you Feels ignored, neglected, not appreciated Top 8 Reasons Women Cheat or feels abused in any way Isn't being prioritized The relationship isn't serious to her She disconnects Won't leave SOMETHING for NOTHING Monkey syndrome Her exit strategy Sets up the next one Emotional cushion Transitioning out of a bad marriage In the right situation, anyone can cheat The point is to NOT allow her that situation... Scars you, and leaves you distrustful 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! Go through the effort to win her Win her The Girlfriend Dilemma for men Stop putting in the effort She leaves If you think you can skate by with 0 effort... Keep doing the right things to keep her Keep Attraction Alive! The reality is that humans do not live by prevention We'd rather fix the oversight later STAY PROACTIVE
Prevention is 99% Human nature works against relationships You must defeat human nature to be successful Romance (Sex comes later) Simple solution: Communication (=) At least to listen AKA: Surprise EFFORT (=) Maintenance schedule AKA: Energy Unpredictability AKA: Attraction This is the spark of energy that keeps her on her toes She must feel safe communicating to you

Even difficult things Keep a constant channel of communication open with her 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" Make a list of the errors and reasons why it got here Do you really want to save this? Get some perspective Always 10x easier to find another If you've already buggered it... Make room for Ms. Right Figure out if she will stick with it Figure out if you will be able to continue

Bonus: Cheat-Proofing Your Relationship

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