

Bob Grant, L.P.C. "The Relationship Doctor"

HOW TO FIND



***The Man of
Your Dreams***

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How To Get The Man Of Your Dreams
Bob Grant, LPC
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~ INTRODUCTION ~

I want to tell you something. Regardless of what you have been through, it is possible to have a wonderful man want to marry you. I know because every year I get the privilege of seeing some of my clients have a wonderful man walk right into their life. For some, it's the result of having a carefully crafted plan that they follow regardless of how silly or insecure they might feel implementing it. Others simply take a look into their past and realize how they have been unconsciously sabotaging their deepest desire to find love. Once the realization comes to them that attracting a man is pretty simple, love seems to find them, almost as though it was waiting on them *right* around the corner.

Perhaps you've heard such optimistic stories before and wonder if what you are about to read is nothing more than just a repackaged assortment of clichés such as, *"You need to go out and meet more people,"* or *"You just haven't found the right man"* and my personal favorite, *"If you weren't so picky, you'd be married by now."*

I promise you'll find none of that here. This book is about you getting results because nothing else really matters, does it? If you simply wanted to feel good about yourself and remain single, you certainly wouldn't be reading this book. Every single woman I have ever counseled has experienced the feelings of loneliness when their friends are getting married and they are not. One client described it to me like this, "It feels like all my

friends were invited to a party and I didn't get an invitation." It's a feeling that is rarely discussed but universally felt by single women across the world.

It feels lonely sometimes, and hopeless, and no matter how hard someone tries, when these feelings arise within a woman, it is inevitable for her to wonder to herself, *"Is there something wrong with me?"* Or sometimes the question is, *"Am I doing something wrong?"*

Regardless of whatever questions or fears or doubts have come into your mind, you are going to learn how to attract and marry a wonderful man. If you noticed that I didn't say '**the man that you want,**' then your observation is very keen. For now I am going to suggest that you may or may not know what type of man you really want. If you've dated the same type of man for years without getting married, it might be that you truly don't know what type of man is good for you. Even if you don't, it doesn't matter because, by the end of this book, you will know exactly what you are looking for and will never fear ending up with the wrong man.

For this to be successful I need something from you. It is absolutely essential that you maintain an open and curious mind throughout this entire process. If you are not getting the results that you want, then it is highly probable that you are doing something wrong and you must be willing to change either yourself, the way you present yourself, or even your choice of the type of man that you're selecting.

The reason I feel so confident is that I offered a free 15-minute coaching session with the purchase of my first book, [**The Woman Men Adore and Never Want to Leave**](#). Through

those hundreds of mini-sessions, I observed that every woman was in some way contributing to their lack of success. Women do not marry the man of their dreams by accident. Some can tell you how they did it, while others just have an inner knowledge that enables them to attract men like flies. Rather than continue to speak to women one at a time, it became obvious to me that I needed to write a book that showed every woman exactly how to attract the man of their dreams.

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~ CHAPTER ONE ~

Knowing What You Want



ere is a phrase that would save a lot of women countless heartaches when it comes to dating: ***Start before you date or it's too late.*** By the time you are on your first date, a lot of things are already in place. Once you are out with someone, all your fears, insecurities and hopes are already in motion. No matter how much you think you're going to be rational, you can't be if you really like him. You'll give him some indication that you like him and make it easy for him to captivate your heart. Once your emotions take over, forget about being rational.

If, on the other hand, you have a pretty clear idea as to what type of man you are looking for, the type of characteristics he needs to possess, and you have a brutally honest assessment of who you are, you'll save yourself untold hours of anguish during your dating, because you won't have to try to figure things out as you go along when you have all of your emotions mixed up in the process.

Once you go on a date, it should be fairly effortless because your objective really is to see if he's any fun. We're going to begin by finding out exactly what type of man you want to

marry. I'm going to ask you some questions which will enable you to discover a more accurate view of the type of man you want to end up. Otherwise you will simply be practicing *trial and error* dating.

So, let's begin with the idea that within a month to six months, somewhere in there, you're going to be meeting someone wonderful. If that seems too long, then let me remind you that getting what you really want is always worth the wait. Now I'm not saying it has to take a month to six months, if someone wonderful pops into your life tomorrow, by all means, act on it. But if you've had any trouble finding the person who is in your heart, it usually means that your actions are incongruent with your beliefs. Something you're doing or not doing is causing your dreams to not manifest.

Do you think this sounds too hocus-pocus? I promise you, any therapist, psychologist or coach who has had success working with singles will echo my statements. It's not something I have made up. There's a reason why some women are lucky at love and some women seem to struggle, even though both of them are similar in appearance. Since you can't often see the difference, it must be an unseen quality that separates the successful women from those who struggle with getting and maintaining a relationship with a man. What's on the inside of someone has a large impact on how lucky they are on drawing someone into their life.

If you describe yourself as being a "black and white" person, you are going to need to expand your thinking. Relationships are rarely "black and white." There isn't one perfect method that works with every man, every time. If there

were, you would have already discovered it by now. What is true is that there are principles that can be learned that will nearly always produce the results you desire. I would be remiss with you not to bring

“There’s a reason why some women are lucky at love and some women seem to struggle, even though if you saw both of them, they appear to be equal in appearance.”

this to your attention because my goal is to help you get what you want. I’m not telling you what you have to pick in a man. You tell me what characteristics you want in your man, and that’s our goal. So let’s go over a few generalizations.

Oftentimes, women who struggle with finding a man to sweep them away and marry them tend to confuse intensity with truth. Or some would say they confuse intensity with love. So whatever they feel intensely, they believe is the most accurate. When a woman is feeling lonely and discouraged, she often has a tendency to view herself through the eyes of those feelings, causing her to say to herself, *“What is wrong with me? Why do I have this uncomfortable feeling so much? What is it about me?”*

Those questions may be valid to some degree, but they tend to emphasize what is wrong with the person and neglect their good qualities. They’re not viewing themselves as, *“I’m a nice person who happens to be feeling these uncomfortable feelings.”* They view themselves as being lonely, as being worthless, as being defective, even though logically they can tell you that it isn’t true; yet their fears tell them otherwise, and because those feelings are intense, in that moment, they feel absolutely, positively true.

Conversely, when something feels good and it's intense, they view those beliefs about themselves as true too. When they see a man who is strikingly handsome or another who is charming, many women say that they a "connection" with him, even though he may have a bad reputation. Because he makes them feel good, they say to themselves, *"I can tell that he would treat me wonderfully."* When I point this discrepancy out to a client, the discussion is usually brief and goes something like this.

Bob: "Isn't this the same person that you told me cheated on his wife and who has a history of being a philanderer?"

Client: "Well, yes, you're right, but I just had this connection with him. It was like magic. He wouldn't do that with me because we have a connection."

How can I argue with that logic? While they may indeed have a connection with this man, they frequently disregard all the evidence that says this person is probably not going to be good for them simply because it feels exhilarating. So, to begin with, if this has ever happened to you, I am not telling you to disregard intense feelings and to treat them as though they are always false, but the rule of thumb is going to be whenever you feel something intense, we are going to have to validate it with something else besides your feelings of intensity. There have to be other ingredients, other characteristics that validate intense feelings, either good or bad. Intense feelings alone aren't enough

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to base a decision on whether a man is good for you or not. These feelings are a part of it, but they are not all of it.

Many women believe that not relying on intense feelings only leads to settling for someone other than who they really want. Since they have never taken the time to find out what they really want before they get into a relationship, they wrongly assume that picking someone who is a good match for them is nothing more than dating someone who is boring. I want to say to you that nothing can be farther from the truth.

Your goal is not to end up with someone boring but with someone who is wonderful and good for you. To accomplish this, you must be willing to find out what is REALLY in your heart. If you are, then I'd like to begin with an exercise that will remove any chance of you ending up with someone who is less than your ideal. I mentioned this same exercise in my book, [How Do I Get Him Back](#), so if you have read that book, feel free to skip over it; but if you haven't and you ignore this exercise, you're going to make this process much harder.

Deep within your heart, there is a dream of a certain type of man, the way he'll treat you and the characteristics he will have. When it comes to finding this ideal man, most women believe they have to identify every single ideal characteristic about him. In reality, there couldn't be a bigger myth. The truth is, all you really have to do is to identify the core parts of those dreams or, put another way, the dreams within the dreams. You have to identify the most essential desires, because once you have those in a partner; you will be able to appreciate the rest of their qualities. Let me give you an example. Imagine if you were able to identify something that you absolutely had

to have in a man. Perhaps it would be that he makes a certain amount of money. Now I'm not going to make fun of you if you come up with a quality that seems superficial. If it's in your heart of hearts, I want you to cherish that dream. So you decide that you need a man who is financially able to provide for you so that you don't have to work any longer once you are married. You might still want to work, but you'd prefer the choice not to have to. If you feel that a man needs to make, let's say \$200,000 a year in U.S. dollars, then it goes without saying that this type of man is probably going to have a good work ethic and is probably going to be financially stable. I know it's not a guarantee, but it's not that big a stretch to tie them together—making \$200,000 a year and the ability to provide for you and your family. With every non-negotiable you come up with, other qualities that are closely related will most likely be in that man. Pick your main qualities and the others will follow, I promise.

So here is your exercise. Go find a pencil and paper, and I want you to write out all the things you can think of that you want in a husband. Now, here's the first guideline. Only take five minutes to come up with this list. I want you to keep it to five minutes to keep from overanalyzing yourself. I promise you that nothing that is critical to your desire will be left off the list. As many things as you can think of in five minutes, write them down. Quantity is more important than quality in this part of your exercise. Do not be afraid to be too picky. Do not worry about being shallow. This exercise is nothing more than listening to what's in your heart. We're not going to have you show this to other girlfriends or friends or your parents. This is just for you and your heart.

I mention this because inevitably I sometimes have a woman who is tall or taller than most, and she will put down that she wants a tall man as one of the things she would love to have, and this is almost always followed by her saying that she feels guilty or shallow for wanting such a thing. But if that's what she really wants, I would rather her put that down than try to settle for something less than her dream! So whatever you want, put that down.

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Then when you're done making your list, I can make a pretty educated guess that you either struggled coming up with no more than six or seven choices, or you went wild and have a list in the range of 20 to 30 different things. It isn't the actual number you have— what is important is that you begin to do what's called **possibility thinking**. With the exercise I gave you, anything is possible, at least if you did it correctly.

Of course, you are going to narrow your list, but you can't really start narrowing it down until you've considered all the possibilities. Now it gets interesting. Let's find out what you REALLY want. Now, I want you to come up with the top three things from the list you just created that you absolutely must have. If you don't think you can give up any of the qualities on your list, then this reveals that you are actually more afraid of making a mistake than you are about finding love. A child needs someone to be perfect for them to love, not an adult. If you must have every quality on your list, then you will most likely remain single for a long time.

But why, you might ask, can you only have three non-negotiables? Well, you can certainly keep everything on your list or have five things that are non-negotiable, but you don't need that many and, once you are married, you will see that some of the things you swore you couldn't live without aren't nearly as important as you thought. The greater the number of items above three that you can't (won't) have as negotiable, the more needy and rigid you will be with men.

Someone who is fragile needs someone—insists on having someone—with eight or nine non-negotiable characteristics, because they are scared of a man having any imperfections. If you ask almost any happily married couple how many things their partner has that they would consider non-negotiable, usually it will come down to two or three things. It goes without saying that certain things are not included in this. You don't have to put down as a non-negotiable that a man doesn't beat you. You don't have to put down that you absolutely have to have a man who is faithful to you and doesn't cheat on you every weekend. Some things are considered a given.

The exception to this would be if you have a history of dating men who were unfaithful to you. That might very well be one of your non-negotiables, but what we're after on these top two or three things are things that either make your heart come alive or make you feel incredibly safe, or both. So, set the book down, take as long as you need to listen to your heart. If you need more time to reflect, put the book down and come back the next day or a couple of days later. This is too important to just skim over. Think back to your patterns. What attracted you to certain men? What qualities in a man made

you either feel safe or caused you to feel alive and fulfilled? Select your top two or three things and then we'll resume.



Congratulations! You have now identified your non-negotiables. These are things that you absolutely have to have in someone, or things you cannot live without. It doesn't matter if a choice is that he is tall or he makes a lot of money—this is what's in your heart and you cannot change it simply because you want the guy in your life to be one of these. Either he is or he isn't. Now over time, these may change. You may come to realize that some of your non-negotiables may be a little different from what you thought, and that is going to be fine, but these will change effortlessly, not because you forced the change. This is why I despise the saying, *"You're being too picky."* In all reality, I'm trying to get you to be very picky.

You have a starting place now, and if your ideal qualities change because something in you changes, or you come to value something differently, that's acceptable. But you cannot change them because you want to try and talk yourself into liking a particular man. Don't lie to your heart and pretend what you wrote down isn't important. You may be able to talk yourself into marrying him, but you'll regret it.

This list that you've created is now going to be your template for dating. Whenever you go out with a man, you are going to continue to go out with him until he violates one of your non-negotiables. In other words, if you have tall as one of your top three and he's four inches shorter than you, why would you continue to date him? Most characteristics won't be that obvious. If you have, "being a good listener," as one of

your top three qualities, it will take some time to determine if it is true. He may actually be a good listener, but is very nervous and talkative on a first date.

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Don't think you can tell everything about a man's character in one or two evenings. Does this mean that you're supposed to go out with every man who asks you out? No. This only applies to men that you have some interest in or that have come recommended by someone you trust and you are willing to give them a chance and actually accept a date with them. Your non-negotiable list is designed to take the pressure off you having to evaluate 10 to 20 different variables on the first three dates to determine if this person is long-term potential. You've already taken time to filter out the qualities that are not that important to you and in doing so you know the qualities that fit you perfectly. You now know what will make a particular man an excellent long-term choice for you by being methodical and doing this exercise without being overwhelmed by emotion.

You can now trust these three non-negotiables that you have come up with. During the course of a date, you may like his hair. You may be impressed with the car that he drives. He may say something to you that makes you feel wonderful, and in that moment of feeling wonderful, it's very possible that you could ascribe certain qualities to him that he doesn't have. In psychological terms, this is called **Projection**. Much like a child who sees a dog panting and assumes the dog is smiling. It may or it may not be smiling. More information is necessary to

determine the dog's temperament before we would allow the child to extend their hand to pet the dog. For all we know, the dog might hate children and his smile could quickly turn into a growl the moment we got too close. This new knowledge of what you REALLY want will keep you from being misled into falling in love with someone in the moment. It's a well-known fact that we tend to interpret other people based on how we're feeling at the moment. There are many men who are excellent at talking to a woman and making her feel special and unique in the moment, yet whose primary goal is nothing more than seducing his way into her bedroom and leaving before the sun rises, never to be seen or heard from again. It's a horrible thing when certain men do this, when they're willing to lie and cheat and steal, but they understand this principle well.

You feeling intense is not always the best indicator of whether someone is good for you or not. You want a combination of feelings and non-negotiables. Let me repeat this: **Since you already know what qualities your man will have, you now have no worries about ending up with the wrong person.** If you are loyal to your non-negotiable list, it will be impossible for you to make a wrong choice in the man you're going to marry. You can change your list, but only when you are not overly emotional. Take some time, talk with someone about changing your list—someone you trust and admire, who knows your patterns. See if they concur. Otherwise your list will be as fluid as your intense feelings, changing with the wind and not helping you one bit.

Think about this. How is this going to affect your dating life knowing that you cannot make a mistake? What kind of risk

could you take knowing that you can't possibly end up with the wrong person? When you have this kind of freedom with dating, you will come across as prettier and more at ease with yourself. You will have empowered yourself with the freedom to take risks.

Now, it's possible that you might still be a little anxious. Surely it can't be that simple, you might say. You've had good intentions before and, yet, you've ended up picking the wrong men, even though you already knew that you shouldn't date men that are overly romantic to begin with or who have a history of treating women poorly. This is where your past comes in. You don't need to understand every detail, but I want you now, just in your mind, to take a quick look back at all your dating relationships. What do they have in common? You have to look closely because it won't be obvious.

I remember doing this with a friend of mine as we drove to the beach on a holiday weekend. His name was Jim. We were both single and going from Atlanta to Destin, Florida, which is a six-hour car trip. That was a lot of time to talk and, during the course of our conversation, it came up about being single, and he asked me if there was something he could do differently. Now Jim was, by most people's standards, fairly successful when it came to dating, which means he dated fairly attractive to very attractive women and yet his greatest desire of being married kept eluding him.

So I asked him this question, "Jim, what do all the women you've dated have in common?"

And his first immediate response was, "I don't know. I don't think they have much in common at all."

So I redirected him and said, “I don’t mean every person that you’ve ever been out with, I mean the ones that you’ve been very attracted to. What quality isn’t identical in each one, but it may be a tendency. Do they all tend to be overly sensitive? Do they all have a high degree of empathy? Are they all challenges? Do they all like to be taken care of by a man?”

He wasn’t sure during our car ride, but after we went to the beach with friends and came back, a couple of weeks later, I saw him and it dawned on him. He told me that his pattern was that he was attracted to women that were somewhat aloof. They were nice and they could be sweet, but they always kept their distance. They were always a challenge. He kept dating women that were unavailable and he didn’t realize it. As long as he kept going after women that were unavailable, he was violating one of his non-negotiables, which he found out was to have someone who wanted to marry him.

Once Jim was willing to accept this insight, he began to date differently and within a few months, he met the woman whom he would marry. He admitted that he didn’t feel the same intensity toward her in the beginning. After all, she liked him and it was obvious, which made him wonder if he shouldn’t be dating someone who was more of a challenge. Now that would feel familiar and intense. Yet, that type of women never wanted to get married. He told me that they never seemed to be satisfied. So Jim continued dating his new girlfriend. He realized that what he actually wanted and what he thought he wanted had been incompatible. One year later, this beautiful woman walked down the aisle right next to Jim at a lovely wedding ceremony. He had found someone who was beautiful, who was

ready to be married. She couldn't wait to be his wife and to this day, he absolutely adores her.

Take a look at your history, like Jim, and see if you tend to be drawn toward men who are incompatible with one of your non-negotiables. We have gone over how to determine non-negotiables and while this is a very accurate way to avoid making a mistake and picking the wrong man, I have had feedback from some women who are actually afraid that they might put the wrong things down; they are so afraid of making a mistake because they feel they just can't decide. They ask questions like, *"What if I really can't tell what the top three are? And what if I really have five instead of three?"* If you're feeling that right now and you still have doubts, I want to offer you one more simple way to determine—a method that isn't going to be as effective but will be easier for you to identify if you're dating the wrong type of man for you.

Here's a really simplistic way to evaluate men. Let's just put men into two categories. One group of men we'll call fabulous and the other will be those that are strong (steady). Realize with all things, this isn't to say that there are men who are entirely fabulous or that there are men who are only strong and steady. Usually a ratio of 60-40 is a good measurement. These are going to be their predominant way of relating to you and relating to the world around them.

Fabulous men are those who tend to go more up and down with their moods. When they are feeling energized and they are feeling good about themselves, they can be very exciting and they can also be very intimate and very quiet and very focused. They have an ability to use their intuition at times to almost

read a woman's mind. They may or may not be loud or they may not be the life of the party, but there is an emotional connection that a woman feels with a man like this that seems almost magical and effortless and these are the type of men that a

“A strong and steady man is one who predominantly doesn't have the swings in mood that the fabulous one does.”

woman is most likely to say, *“We just clicked when we first met. It was as though he could read my mind.”* This type of man has the ability to make a woman feel very excited, energized, alive, and passionate.

A strong and steady man doesn't have the swings in mood that the fabulous one does. It's not that they can't be empathetic. It's not that they can't be engaging and kind and gracious, but this type of man usually takes longer to get to know before you feel any of these things from him. They tend to be a little more guarded with their feelings and they tend to have relationships move at a slower pace. If you've ever had a relationship with a man that professed his love early in the relationship, you are almost assuredly not dealing with this type. A strong and steady man is safe and a bit more predictable than his counterpart, Mr. Fabulous.

Now initially, when I mention these two types of men, the obvious answer from most women is, *“I want Mr. Fabulous.”* I mean, based on what I just told you—who wouldn't want someone exciting? If that's all there was to these two types, the choice would be obvious. But there's a down side that each of these types carries with them.

A man that has a fabulous ability is often moody. That same

quality that enables him to be intuitive and in touch with a woman's feelings means he is going to be more in touch with his own feelings, even the darker ones. He's not going to be as good at containing his doubts as Mr. Strong-Steady. The fabulous man is going to be one who is going to be more likely to doubt a relationship once it is going well, thinking that he's gotten into a relationship and it's gone fast and it's gone effortless and because of this, this type of man tends to think that the relationship should stay effortless and once it's not effortless, once the first inclination of boredom or the first disagreement comes about, they begin to question the entire relationship. Some of it may be because of his childhood and past unresolved issues, but even with years of therapy, this type of man will always have a tendency, even if it's slight, to have doubts about a relationship from time to time because he's a little more feeling oriented than a man who is more stable. Therefore, the fabulous man is very exciting and the downside is that their doubts and impatience will scare you from time to time.

A strong and steady man is more predictable and, therefore, safer. This type of man is not given to having a lot of doubts once he has decided he cares for a woman. He will not have the mood swings because he does not get as high as often. He does not rely on the intensity of feelings that a fabulous man does, which makes him safer. He feels deeply, but it takes him longer to achieve this emotional bond with a woman. There is less concern of him being unfaithful, of having doubts once he is in a committed relationship. The downside of this type of man is that, at times, he will be a little boring. In reality, he really isn't

boring, but whenever anything is safe, it feels a little dull. A safe job, a safe stock portfolio and safe friends all aren't as exciting because there isn't as much to lose. The strong and steady man, because of his predictability, won't provide as many emotional swings that some women crave.

"You can have either type of man you want but the type of man you pick determines how you have to interact with him."

When I go over this with a client, inevitably what they say is, "I like a mixture of both." Remember, every man is a mixture of both, but they will have one primary style of relating to the world. If you insist on having a perfect mixture of both (50-50), then what you really want in a husband is a father figure. My daughter at the time of this writing is three years old. As her father, I am supposed to be fabulous and strong. What enables me to do this with her is that I am completely in charge of her life. I do not depend on my daughter for my emotional well being. A man who is both doesn't need a woman in his life unless he's looking for a woman to dominate. He doesn't need anyone to make him be complete. He's complete in and of himself, or in other words, he's narcissistic. So the simple version about determining what type of man you want is, would you rather have a man that is going to scare you at times (with his self doubts or temper) or would you rather have a man who will bore you at times (with his steadiness and strength)? Not all the time, not even most of the time, but these uncomfortable traits will appear because every gift comes with a shadow.

Any man, no matter how good a job you do of picking him, will have days where he falls short of your ideal. After all, you

wouldn't want him to expect you to never disappoint him, would you?

You can help a man in a relationship to modify some of his deficiencies; someone who is steady certainly could use a woman in his life who has some zest and passion. Someone who's fabulous could use a woman who's a little more centered, who has a pretty high degree of self-confidence. But you will never be able to completely change them. This is important because the one pattern I have seen over and over again are

“Any man, no matter how good a job you do of picking him, will have days where he falls short of your ideal.”

women who are attracted to a fabulous man and then once they get in a dating relationship, they insist on helping him become strong and stable. They want him to always know he loves her, to always be passionate, to not have any doubts, and then they get incredibly frustrated as though he has lied to her, as though he has misled her when he expresses doubts about his love for her. Sometimes men do lie to get what they want; but most of the time, these women don't understand that a man who starts a relationship quickly, one that is full of passion, is destined to have a mood swing. *It's not if. It's when.*

You can have either type of man you want, but the type of man you pick determines how you have to interact with him. If you want to pick a fabulous man who can have effortless conversations, who has a wonderful intuitive capability, then that type of man needs a woman who is fairly stable, because a fabulous man always feeds off the self-confidence or doubts of the woman he's with. A woman, who has insecurities that she

shares with a fabulous man, will find that sometimes he will be tender and empathetic toward her while other times he will not have the capacity to listen. It won't be simply because he's rude or selfish, it will be because she caught him at a time when he was emotionally empty and had nothing left to give her.

This doesn't mean Mr. Fabulous needs to be in a relationship with a woman who never discusses her insecurities; it means that he needs a woman who doesn't take herself too seriously, who doesn't take him too seriously and is a little more even-keeled. The type of woman they do best with is one who, when he's too high or too low, doesn't get overwhelmed by the moment. She knows that when he's head over heels in love with her that he's not always going to stay that way and she also knows that when he's in a downturn, he is not going to stay that way either. She understands that he tends to cycle and she doesn't interpret his love for her based on which part of the cycle he's in. This is the rule that goes with the Fabulous Man.

With someone who's steadier, they are much better equipped at dealing with a woman who is passionate, who is at a full range of emotions, because they're not as easily rattled. They're not as intuitive to a woman's needs, but they are also not rattled by her insecurities as easily. Someone strong and steady isn't as sensitive, and when you fight with a man like that, it can be actually very nice to know that they don't take you so seriously, that they're not going to want to break up just because you get mad at them. This man understands that the woman of his choice, full of passion, is going to have good days and down days. They actually like some of the ups and downs


and aren't overwhelmed by it and don't have the need for a woman to be as full of self-confidence as a fabulous man does.

Now this is the simple version of how to pick a man. You can pick either style you want, but don't try and change him because he will resent you for it. You cannot make him stable if he doesn't want to be. You cannot make him full of life and passionate if that's not what his life has been thus far. You can influence him, but you cannot do a total makeover on him. As you go about dating men, decide ahead of time, which of these styles you do best with. Look at your own history just like your non-negotiable exercise. Have you dated fabulous men? And if so, has it worked out? And if not, could it be for some of the reasons I have mentioned? Have you tried dating stable men but after one or two dates, you said, "*Oh, they're just too boring*"? Well, if that's the case, perhaps you didn't give the relationship enough time to see their passionate side. A strong and steady man may take five or six dates before they let you see what's really inside of him.

There are men who are good at dating and there are men who are good at marriage. Most men are not good at both. So when you are screening men out, and you make a decision after one or two dates, it's not that it's always the wrong decision, but unless it's something glaringly obvious, there's a good chance that you may be making a decision too quickly. Sometimes what you get the first couple of dates with a man is not an accurate indicator of what type of husband he would be. It's more an indicator that he may not be good or even great at dating.

~ CHAPTER TWO ~

Where To Find Your Man

 When most single women are given a list of where to meet men, they often feel disappointed because they dream of a magical place where they can just be themselves and men will approach them. Usually they are basing this on past experiences or there has been a period in their life when, for some unknown reason, it just seemed like men were asking them out one right after another. When they remember back to those times, they think it was certain things that they did or a certain mood they were in.

In reality, a lot of times, it's a combination of both. When someone is in the right place emotionally (they are happy, feeling good) and that lines up with the place they are physically (they are participating in positive constructive actions), results will always happen. When someone is in a good place emotionally (happy) and they are in the wrong place physically (they stay at home and never go out), usually nothing happens.

Susan was blonde and slender, so you would think that going to a bar would be an ideal place for Susan to have success attracting men. Being single, she was more than willing to try whatever it took to meet the man of her dreams and so she went

to a particular bar two or three Fridays out of every month. Once there, there were countless men who would approach her. Some would merely want to talk with her, while others simply wanted to take her by the hand and lead her home, straight to their bedroom. Even though she had all of these men approaching her, she just couldn't seem to find a man who captured her attention.

What I didn't tell you is that Susan hates going to bars. She doesn't like the smoke. She doesn't care for the intensity of meeting people at a bar and the pressure that goes with it. It makes her feel uncomfortable, self-conscious. She doesn't feel

“When most single women are given a list of where to meet men, they often feel disappointed because they dream of a magical place where they can just be themselves and men will approach them.”

like she could really get to know someone and she's not that comfortable divulging information about herself to perfect strangers. To her it feels like buying a car and not knowing anything about that car. It could be a good car. It could be a bad one, but she can't tell in the smoke-lit light. Even though

Susan is in a pretty good place in her life—she's fairly positive, she has an idea of what she wants in a husband—her setting is not in alignment with who she is as a person. She's not going to a good place physically for her. When Susan goes to bars, it's only going to frustrate her, which it did, until she finally gave herself permission that she didn't have to go to bars anymore.

Why would Susan go to bars in the first place? Because she didn't know of any other place to meet men since everything else she tried wasn't working. It's the same problem most single

women have who want to get married, and it seems like every attempt they make fails. Susan was reacting out of fear, thinking she was opening her horizons, not being so picky. What Susan needed was a place that worked for her, and what works for her may not work for someone else.

When you're looking for Mr. Right, it's a good idea to know what are and are not good places for you to meet men. While a willingness to try new things is often healthy, I'm going to suggest to you that you not do something that you loathe. Just be willing to try new things that are within your personality. These suggestions are by no means a complete list of where to meet men, but it's simply designed to give you the best chance to succeed.

Some of the best bosses and coaches understand that the key to helping someone succeed is to place them in a situation where, just by being themselves, they produce exceptional results. For you, that is about finding a place where there are a high number of men and it is fairly easy to speak with someone one-on-one without a lot of competition from other women. When I first mention this, the first thing that gets ruled out is going to a bar. It's not that you can't meet someone at a bar; it's not that there aren't good men at bars, but there are too many women there. It is hard to have a casual conversation at a bar. The music is loud, there is dancing. A bar is intense and if you like meeting men at bars, I'm not telling you to stop, but because a bar is intense, the way people present themselves may or may not be an accurate reflection of who they are.

While doing research for this chapter, I found many lists of where to meet men. Some made sense, while others were just

the same old tired suggestions. Here are what appear to be the most popular suggestions:

- 1) Join a sports team
- 2) Host a dinner party
- 3) Become active in online dating
- 4) Join a Club
- 5) Walk your dog
- 6) Become a Volunteer
- 7) Frequent Bars
- 8) Attend Church
- 9) Frequent your local Bookstore
- 10) Take a part time job that interacts with people

As you glance at this list, you can tell that it is by no means complete. The possibilities are endless when it comes to where you can meet the man of your dreams. Based on this list and from the feedback my clients have given me, here are my top suggestions on where to meet men. Some of them will require you to step far out of your comfort zone, while others will require very little risk.

Suggestion Number One:

Men Love Golf

If you have any interest in sports, go to a putting green. Nearly every female client I have mentioned this to replies, “What is a putting green?” Or sometimes they say, “Oh, you mean a driving range.” No, I don’t mean a driving range, I mean a putting green. A driving range is usually a place on a golf course

where there is a long row of people who swing golf clubs and hit golf balls out into a big open field. It is hard to talk to someone there because everyone is focused on hitting their golf ball as far as they can. It's a male ego thing. There is lots of testosterone at the driving range and men don't like to talk to other people when their testosterone is raging. The putting green is an area near the clubhouse where people take the putter and putt the ball into the hole, much like a putt-putt course without all the windmills. Why is a putting green an excellent place to meet men?

- 1) Rarely are there many women on the putting green. Most of the time, there are men and more men. With such an excellent ratio of men to women (usually none), any woman that comes on the putting green will stand out, will be noticed, will catch every man's eye because they're not used to seeing that. In addition, on the putting green everyone's skill level looks nearly the same. You don't have to be that good. The putting green is where people walk around, which provides easy access.
- 2) It's easy to putt the ball into the same hole that the man is aiming for, walk up at the same time, smile, say, "Hi." It's not threatening at all. If you interest him at all, it will be very easy for him to make conversation. Sometimes on the putting green, people inadvertently strike the other person's golf ball. Sometimes people accidentally bump into each other. I bet you never would have considered this place. Neither have most women. That's why I wanted to tell you about it.

3) All you have to do is spend 30 to 45 minutes there to have a man speak to you. You don't have to invest hours doing this and waste a half-day if there is no one that catches your eye. If you're sports-oriented at all, go on a Saturday. Go on a Sunday when there are more men, some time in the afternoon.

You don't have to stay on the putting green the whole time. Go out there and then go back in the clubhouse (where the food is served). Buy a soda. Buy some chips. Go back out. No man will think less of you. No one will think you're weird. No one will even suspect you are there to pick up a man. Once you go the first couple of times, you'll understand why this is such a fertile place for meeting men.

Suggestion Number Two:

Consider a part-time job working in a man's clothing store.

I can tell you that I hesitated before finally deciding to include this suggestion. I mean, what woman is actually going to get a part-time job to meet men? Yet, that kind of thinking is what is wrong with so much of the advice about meeting men. I'm making suggestions from a Man's perspective. A men's clothing store is the perfect place to meet men because your job is to introduce yourself and be helpful to men.

From a man's perspective, a woman in this setting is totally safe and approachable. She seems genuinely interested in helping and it is wonderful having a woman tell you (as a man) how nice you look in a certain jacket or shirt. The easiest way to meet a man is when you are noticed by him and have the

opportunity to talk to him one-on-one and the secret is that it doesn't really matter what it is you're talking about. It doesn't just have to be in an obvious social setting.

Anyone who has worked in corporate America understands how easy it is for relationships to occur in the workplace. Some companies even go so far as to have policies that forbid this because they know that any kind of interaction between men and women, when it's done on a one-on-one basis and there is a feeling of collaboration, always has the potential for a relationship to develop. In fact, this potential is so powerful, it causes many a married man to abandon his wife and family in pursuit of a coworker who makes him feel alive, needed, special and important.

"A men's clothing store is the perfect place to meet men because your job is to introduce yourself and be helpful to men."

If the idea of getting a part-time job is something you just can't imagine, then don't even consider this one. If you can consider this, you will have the opportunity to talk to men one-on-one and while you're there, you would have the ability to meet their needs. Each man can see your attentiveness. They will see that you seem to be very interested in them doing well.

In a word, a man will appreciate you for being helpful to him and, because it's your job, there is a built-in barrier that makes you a little bit interesting. In addition, this meets one of our primary criteria. There are very few women who work in a men's clothing store as opposed to a perfume counter with lots of women.

Suggestion Number Three:

Habitually visit the library and/or neighborhood bookstore.

The one negative about a bookstore is the equal ratio of men to women. It just doesn't have the high ratio that I would like for you, and it's quite possible that in a bookstore, there might be other women there who are very attractive and might catch a man's eye. The benefit is that you can easily linger there for an hour or two, order something to drink or something to eat, casually take your time with books and spend an extended period of time without it being awkward or forced. You're doing something other than looking for men so you will appear to be at ease. That alone makes you more approachable.

If you are the type of person who feels that going to a putting green might seem too risky and getting a part-time job at a men's clothing store seems a bit overwhelming, then this is probably something for you that is more in your comfort zone. You may have to go quite a few times before you catch the eye of someone or before someone happens to strike up a conversation with you, which is usually the trade-off when it comes to how you meet men. The more comfortable the situation is, generally, the more of a barrier that is in place.

What's unnerving about going to any social function made up of primarily singles is that it is considered perfectly acceptable for a man just to come up to you, whether you show an interest in him or not, and that can be a little awkward or embarrassing and maybe intimidating, having to turn a man down that you have no interest in (like a party, dance, etc.). So if you need a place to meet men that makes you easily approachable, where a man could start up a conversation with

you about a particular book you're reading or a section that you're standing in, then this would be a good place at least to begin stepping out. It shouldn't be the only place that you make yourself available but this is one place from a comfort standpoint that a man would find fairly easy to approach a woman and initiate a conversation.



Now let's go over some ideas that most women understand and may have even already done, and let's talk about the specifics of making each one successful.

One of the most obvious places to meet men is at church (Synagogue, etc.). Most single men who attend religious services have some interest in family and starting a family and they are more likely to value such things. It certainly isn't a given that if you were to go to church, that everyone there is going to be safe and marriage material. Churches are full of people who have issues; in fact, that's one of the reasons they go—they're hurting and they want to connect with God and with other people. Now when I go over the specifics with you on making yourself available at church, I am in no way minimizing the fact that going to church simply to find a husband usually isn't that effective. This type of woman stands out like a sore thumb in their lack of interest in the church activities. They don't seem to be that interested in either the sermon or any form of self-sacrificing activities such as volunteer work. In other words, they come across as insincere and shallow. If you disdain anything associated with God or formal religion, then it's really doubtful you're going to find the type of person you're looking for in a church. A good way to decide on participating in a

church is to pretend that you are going to stay in it for a number of years. Don't go to a church because it has a large number of singles in it, because if you were to meet someone wonderful there, they might just want to stay there for years.

The best way to meet men in a church is to volunteer in some group or project. You want to get in a smaller group where it is easy to get to know someone. The reason you want to join a volunteer group has to do with the psychology of the type of group you belong to. Groups have a tremendous pull on each individual member for conformity to whatever the group members have in common, which can be either good or bad. If you pull a troubled child out of a bad classroom and put him in a classroom of excellent students, assuming he has a similar aptitude, the odds are that he will perform better. The peer pressure of the good students will, most likely, although not guaranteed, raise his performance up. They've proven this so many times in classroom experiments that education experts consider it a fact. People who make a lot of money and are very successful in business almost always attribute a large part of their success to associating with other financially successful people.

“Most single men who attend religious services have some interest in family and starting a family and they are more likely to value such things.”

In other words, if you only associate with the singles groups, then by the power of group association, it will be harder for you to find the love of your life there because, when you pair off with someone, you immediately have less in common with the singles group. Once you have a dating relationship, you will

often feel torn between doing things with your single friends and getting closer to your new boyfriend. What is different about volunteering in a church (or anywhere for that matter) is that the group members who are volunteering with you will not feel threatened if you are successful in obtaining a relationship. They won't be jealous, envious or threatened. In fact, they may even be willing to help you in your pursuit of finding a wonderful man.

Years ago, the first client I ever mentioned this idea to was named Crystal (well that's not her real name). She hated attending Singles functions at her church. It made her feel as though she was a "loser" and desperate. While she was over-reacting to her fears by never involving herself with the singles, her feelings are fairly common amongst single women when they enter any type of group setting with a Singles category. So, I suggested she instead find something to do at the church that she liked, and she decided to teach Sunday School to preschool children. Most people would think that this is the wrong way to meet men because most single men don't frequent those classrooms, but they are mistaken. Once she stopped being so visible to all the single men, in time many of the single men began to ask her out for dates. In addition, some of the women she worked with began to speak to her about some of their husbands' friends. These women weren't threatened if she got married, in fact, they felt quite the opposite—they wanted to help her fulfill her dream. Nearly every newly married woman remembers the first few months of socializing with their single friends and how different it feels. She wants all of her friends to join her in marital bliss because life feels perfect.

Now I'm not talking about if and when you're going to church not to be involved in a singles group ever, but it is imperative that one of the ways to stand out with men is not to make a singles group your only means. It is hard to stand out there. There are all types of other women there. Some are honorable. Some are not. You want to stand out, and doing something as a volunteer is the way to get involved in something you like that is easier, not just for a man to notice you, but for other married women to notice you as well. What a lot of single women either forget or don't know is the power in the value of having married people being on the lookout to introduce you to single men that they have already pre-screened; and because they're married, they are not threatened by you or intimidated or worried about there being an agenda.

Yes, there are some men who go to church who are going to cheat on their wives, and there are some women who don't want any woman looking at their husband, but this is not the norm. If you find such a church as that, run away. A married man who meets you will probably introduce you to his wife if you are working with him, or them, and if they get to know you, they will want to help you and their recommendation of you to another man will carry far more weight than you doing it on your own.

Think about when you are searching for a service or a provider of something, a doctor or a dentist, if you had a really serious illness or it was important for you to get the best real estate agent. The person you are most likely to trust for referral is a friend, not an advertisement, because the individual who is advertising their self is simply trying to sell their self. They

aren't objective at all. Therefore, one of the best benefits of making yourself available at a church is going to be the relationships you build with those individuals who will gladly and eagerly be on the lookout for you. I know personally and I'm sure you do too, when you find someone you appreciate, you take pride in recommending them to someone else. They will take the same pride in introducing you to any single man they know. Sometimes they may not know of someone immediately but, because they have gotten to know you and the wife sees that you are respectful to her husband and don't try to be overly flirtatious, and the husband sees how well you get along with his wife, they will feel loyalty to you and want to help you out.

Suggestion Number Four:

The Internet.

Most single women have tried or at least considered using the Internet to increase their odds of finding a man to date. Of those who have used this forum, most have at least one horror story to tell. There can be a lot of reasons why so many women have bad experiences with Internet dating. While the site you go to may have something to do with the type of man you're going to meet, it often has more to do with the way women approach Internet dating.

From my experience with clients, the pros far outweigh the cons. When you enter a Dating website, you get to view the profiles of men who have admitted they are interested in a dating relationship. You get to set your criteria for the specific type of man who has—at least in his profile—stated that he is

looking for someone special—assuming you're on that type of a website. If you're on websites that are geared towards sex, then most men will be mystified if you start talking about having a long-term relationship that will culminate in marriage when all they said they wanted was a casual fling or an affair.

What Makes For Successful Internet Dating?

At first glance, using the Internet seems pretty simple. You just post a profile and let men contact you. You will get more responses if you post your picture. You don't have to, but men, by and large, are visual. Writing the best profile in the world is not going to mean nearly as much to a man as his first impression when he sees your picture. You don't have to post it if you are concerned for safety's sake or if it might be embarrassing if one of your friends or coworkers happened to see it, but it would be wise, at the very least, to include something in your description that states that your picture is available upon request. If you reach out to someone on the Internet and you include your picture, that's one of the most disarming things you can do. Men, in general, feel that if you are withholding your picture, there must be a reason for it, whether it's true or not. That's how men view women who withhold their picture for any amount of time.

Many men can understand a woman not wanting to post her picture because she feels uncomfortable or she feels it might be something that could potentially violate her safety but most are very suspicious of those who delay posting their picture for a week or more. So be sure and have two or three nice pictures of yourself to send him. The reason you want two or three is

that with one picture, especially if it's a nice one, a man may jump to the wrong conclusion about exactly how you look. A single picture may make you look taller or your hair darker than normal. It may not be as accurate a reflection of what you actually look like and it may come across that you are a little insecure, that you're only sending your best picture toward him. Sending two or three conveys to a man that you are comfortable with whom you are and what you look like.

Secondly, in describing/writing your profile, be sure and be honest. Don't exaggerate or write anything that is too long. The goal of this is similar to advertising. You're not trying to con someone or change them. You're simply trying to find someone who wants what you have. The difference between the two approaches is often what separates those who are successful with online dating and those who simply get frustrated and quit the experience. Think about a time when you were approached by a salesman at a store and you asked for a particular item, only to have them try and talk you into something you didn't particularly care for. It's very hard to convince someone to purchase something they don't want, while it is extremely easy to sell someone exactly what they are looking for.

I could write a profile for you that would generate a thousand email responses from different men. I really could. But in this profile, if I write that you are six feet tall, have blonde hair, weigh 140 pounds, love going to sporting events, make \$200,000 and are looking for a man that you can take care of—I don't know how accurate that is going to describe you. While it will get a huge initial response, the men responding will feel duped when they realize you don't have all of these

qualities. In fact, they will feel like you are desperate, lonely and pitiful if you can't accurately reflect who you are in a profile.

The main things to focus on when writing an accurate description is to convey the idea that you have an active life and that you would like to share it with someone. Certainly, do not convey the idea of being desperate, of being lonely, of wanting someone to make your life complete. These are very serious things that will overwhelm most men when they are reading a posting. Remember, most Internet postings are similar to flipping through a catalogue. People glance over them. If you write something very in-depth, the problem is the men will only glance at your profile; they will have a vague idea of you and nothing more because initially they're not interested in much more than they can absorb at a glance. It is a proven fact that on the Internet people scan headlines, and only if something grabs their attention will they then consider reading more.

Yes, you have all these deep qualities that a man will find wonderful but I promise you won't be able to convey it on an Internet posting accurately, and some of your best qualities you won't know exactly how to describe. Too in-depth of a description of yourself might lead a man to conclude that you are romantic and like to cuddle all of the time. In other words, you'll be painting a picture of yourself that's true but you won't be able to maintain this ideal image most of the time. You only want to get their attention with your Internet ad. Most women are too serious with their ads or they are too guarded and they say things like, *"Maybe I'll e-mail you back if I'm interested,"* or

“Don’t bother to e-mail me without a picture.” Can you see how that comes across? Of course, they are trying to weed out men who are lazy and unattractive, but they inadvertently come across as self-centered and shallow.

You should come across as being open to almost anyone who will e-mail you and who fits the description of your non-negotiables. If being a hard worker is something that is very important to you, you would put that. If someone being very kind is one of your non-negotiables, you would put that. Be sure and give your physical dimensions because if you don’t, again, men will assume you have something to hide and most will not respond just out of the fear of being deceived.

Once a man makes contact with you via email, one of the most critical things is to meet him in person as soon as you can. Women who wait to meet a man until they feel

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comfortable, inadvertently suffer from the belief that the more they talk to the man, the more he is developing a relationship with them, and the closer they’re getting because of these conversations on the phone. While it is possible to bond with a man over the phone or through email exchanges, the man is developing a bond with a

woman, while he is imagining how she looks. His imagination is filling in the gaps of how he thinks she is looking when she is talking, how she comes across when she is joking. When he meets her later on, he is often disappointed because she doesn’t interact the way he had pictured. I think you’ll understand this

phenomenon when you think about someone a friend has told you about or someone you've heard about and then when you actually meet them in person, you say, "Oh, they don't look the way that I thought they would." Even if you have given them your picture, it isn't the same as meeting someone in person.

This is what happens with men. There are hundreds of variables that determine how we see someone. The more of a man's senses (taste, touch, sight, etc.) you involve, the more accurate a picture he has of you. Men need to see you in person and hear your voice simultaneously to form a good bond with you that will last for months/years. Since most women are verbal skilled, they can form a bond with someone through simple verbal interaction. Men do not have that capacity. At least most men don't, and if you wait and have lots of conversations on the phone, as in more than two or three, and then meet him, there's going to be a big adjustment in a man's mind. It doesn't matter how honest you are or how much you have shared, they've got to be in your presence to adequately bond with you.

Meeting a man is no more difficult than having a cup of coffee with a friend in a public place where there are lots of people. It doesn't involve giving your phone number to them or taking a risk or putting yourself in any jeopardy and it doesn't mean that it has to be a prolonged date. One of the best rules to remember for a first introduction is to keep your introduction to nothing longer than 30 minutes. This will give you just enough time to be able to see him in person and for him to see you. It will make you a "real" person in his eyes. It will enable him to put a feeling with the picture you sent him. If it goes

well, then you can proceed at a slow pace. But I must warn you, most of the people you will meet on the Internet will not work out. This is one of the downsides to Internet dating.

Most men tend to be a bit impulsive and they tend to think that they're going to meet someone they're going to have such a connection with that they rarely give it more than one or two meetings. Because Internet dating is more intimate in the details people describe in introducing themselves to strangers, it's easy for a man to want a relationship to go fast. By fast, I mean primarily physical intimacy. As long as you realize that with Internet dating you will probably have more people that you turn away than those you accept, and you make it a point not to take it too seriously if a man doesn't like you, then Internet dating can be a wonderful alternative. If you are fairly sensitive to rejection, if you think that a man who finds your profile on the Internet, meets you and then doesn't follow up with you is a reflection of you, then meeting men in this way may be a little too difficult for your taste. It may make you more self-conscious and maybe even a bit overwhelmed. One of the things with Internet dating also, that I would advise, is to get a background check on anyone you might follow up with. There are many sites on the Internet that will do this for you and any man who is unwilling to have a background check raises some concerns.



While these ideas should give you something different to try, I have an exercise for you that you can begin today, which will help get you started in the process of reaching out. If you find yourself in a rut and you're doing the same old things over

and over again, I promise you nothing is going to change until you have different actions and a different set of beliefs. This exercise is called **14 Days of Reaching Out**. It's not easy, but if you'll do it for 14 days, you will find you have already put in motion the process of bringing new people into your life.

Here's how it goes: For 14 days, you are going to reach out to someone new or different every day. It can be someone you already know and you may contact them again within the 14-day period, but they cannot count as a person for that day after you have used them once. An example would be if you were to reach out to your mother through a phone call or meeting her for lunch. Anything that involves 10 to 15 minutes of time with someone with some form of interaction, counts. If you did have a lunch date with your mom on the first day, your mom has been the person you've used for the first of the 14 days. You can spend time with your mom every day for the next 14 days, but on the second day, you cannot count your mom as your person that you reached out to.

In other words, you have to reach out to 14 different people for 14 consecutive days. If someone turns down your invitation for that day, you have done your part for that day. Your job is simply to reach out to someone and try to engage them for 10 to 15 minutes. Calling them and asking them to do something next month doesn't count, unless you end up spending time talking with them or you at least try and engage them on the phone. What normally happens with this is, the first seven or eight days, you're able to go through people that you know, sometimes through even 10, but once you get to the 11th or 12th day, then you find yourself having to reach out to those

folks that you haven't talked to in a while or maybe don't know as well. In other words, you have to stretch yourself.

Remember, you don't have to have a whole evening with the person. You don't have to have an in-depth conversation. You're

"If you find yourself in a rut and you're doing the same old things over and over again, nothing is going to change until you have different actions and a different set of beliefs."

going to reach out because most single women who want to find someone wonderful in their lives tend to isolate too much and socialize with the same crowd and the same group of people. They take big risks with going to parties and doing elaborate things and they ignore the day-to-day process that really opens them up to someone new coming into their life. If you will do this exercise, I can tell you that some days the person you reach out to may not be that receptive, and even though it might be disappointing, in time it won't matter much because you are going to do the same thing again the next day.

This exercise will help you not to take each encounter too personally because reaching out and being open to someone reaching out to you will become a habit. It might also reveal that you have been stuck in a routine of isolating yourself. Once you've reached out for 14 days, you will have rekindled some friendships or some relationships with people that might even put you in contact with men you never would have known before, but that will just be a bonus. The real purpose is you will regain a sense of control. You will begin to experience that you can create movement in your life, even if your circumstances are uncooperative.

~ CHAPTER THREE ~

Prepare Your Heart



The last chapter was about where to meet men in both practical and tangible terms and most women believe that that's the solution to finding a wonderful man. I've had clients say to me, *"Once I know where to meet men, I'll do just fine."* For some this is true, but for most women it is not. From all the women I have spoken to, except for those who live in a rural town that has 50 people in it and 48 of those people are married couples and the other person is another woman, most women do have access to the right kind of man.

What contributes to their not being able to find the man of their dreams is what goes on inside them, their beliefs, self-esteem, how they come across to men. If you are not aware of what's going on inside of you and how you come across to men, then even if you are able to find the perfect location where there are a thousand eligible men, the odds are that you will still struggle having Mr. Right find you.

If I am going to be completely truthful with you on how to meet the man of your dreams, I have to talk to you about magic. The dreams you had when you were a little girl, when you believed anything was possible. Even if your childhood was horrible, I believe that there was at least a moment when you

had hope, even if you can't remember it. Children are born innocent. That magic that a child has and their ability to believe in the impossible is the same thing that you will feel when the man of your dreams walks into your life. The irony is that you must be prepared for him before you meet him, you can't keep your same beliefs and routines and expect him to just knock on your door one morning. You must have this magical quality already present BEFORE the man of your dreams steps into your life. If you don't have some belief in yourself, that you are wonderful, beautiful, adorable, etc., then a man won't be able to convince you that you have any of those qualities. I am not speaking about feeling happy all the time or never having a discouraging day. What you will need is to focus on your actions in addition to your feelings about yourself. It is quite possible to ACT as though you are wonderful, even if you don't feel it. Your actions will determine your self-worth more than your feelings. It is often what a woman does when she doesn't feel motivated that determines her worth.

A couple of years ago I was working with a woman who felt she was overweight. She claimed she knew that she really wasn't, but her insecurities came out with her questions to her boyfriend. She constantly sought her boyfriend/husband's reassurance.

"Do I look fat?"

"No, really, tell me the truth."

"Why are you getting upset, I'm just asking?"

Fortunately for me (and her boyfriend), she realized that her need for reassurance was causing a strain on her relationship.

No matter how many times her boyfriend reassured her that she looked wonderful, she was hesitant to believe him. She wanted to, but her actions (the questions to her boyfriend) were actually reinforcing to herself that she was indeed overweight. I decided to give her some homework. Rather than tell her how to feel about herself, we focused on her actions. For one week, she was not allowed to ask for any reassurance (assuming a major catastrophe didn't occur). Do you know what happened? Well at first she felt horribly out of control and rather than giving into her fears she practiced self-talk, she kept herself busy. When her fears crept up about being overweight, she was to challenge them by talking back to those thoughts. She challenged those beliefs that said because she might be a few pounds overweight she was unattractive. She didn't have to do it perfectly—all she had to do was try for one week and not seek reassurance when she felt overweight.

“What gets most women in trouble is what goes on inside them, their beliefs, self-esteem, how they come across to men.”

However, at the end of the week, she began to notice that her boyfriend started complimenting her, without being cued to do so. She was amazed but I wasn't. Here is what so many single women don't understand: **A man can only convince you of what you already believe.** Let me emphasize that point. He may encourage more of your beliefs, but he can't convince you of something you fear isn't true. I have seen countless examples of women who did not believe they were pretty and no amount of encouragement could totally convince them because they weren't willing to act like it is true. A woman who believes she

is pretty will usually wear clothing that attracts attention to her, not outfits that she can hide in. A woman, who knows that she is enchanting to men, won't feel the need to compete with men because she does not believe that they will take advantage of her. Think of it this way, how often do you need someone to reassure you of the color of your skin? I mean, wouldn't that be silly if you were fair complected and you asked your boyfriend, *"Do I look fair complected? I mean my skin is still fair, right?"* He'd look at you like you were crazy because it should be obvious to you. He would feel that you should be able to determine this for yourself.

Needing a lot of reassurance only makes a woman more insecure. What also reeks of insecurity is when a woman's husband or boyfriend compliments her and she accepts it with the enthusiasm of a weak handshake or she dismisses it completely. Such a response may seem humble, but over time, it causes men to quit trying to encourage and compliment their lady. Taking a compliment involves being vulnerable. Minimizing one is actually a turn-off for men. In time, a woman who minimizes a man's attempts to adore her will inadvertently train him to quit trying.

It's a sad thing but many single women, deep in their heart, believe that they will be happy once they meet the man of their dreams and they have no idea how much pressure they are putting on a man to make them happy. It would certainly make you more fulfilled to have that person looking in your eyes, putting his arm around you and telling you that he loves you; but I promise you, no matter how wonderful the man you draw into your life, there will come times when he hurts you,

he bores you, and even neglects you in a way that you didn't think was possible. Anyone who has been married four or five years will tell you what I am saying is true.

One of the greatest gifts you can give a man is to begin cultivating the belief within yourself that you are special and that the man you desire will come to you. This belief will manifest not only in how you think, but how you dress and how you carry yourself.

Do you want to know what this feels like? Just for a moment, I want you to remember back with me. See if you can think back when you were in grade school. Remember the last day of school. How excited you were, how fun that day was as you looked forward to your summer, either the trips you were going to take or the time you might spend with your boyfriend. If you'll remember, you were in school that day, and no matter what happened that day, you were excited. Your circumstances were not what was making you excited. It was the anticipation of your upcoming summer plans which you had in your mind that made it so that if someone stepped on your foot or teased you, it would have had very little effect on you because of where your focus was.

Conversely, if you consistently think about the things you don't want and think about the things that scare you, of never being married, of never finding true love, of wondering if it's ever going to happen to you, you will stir up those feelings that will weigh heavily upon you. And you will make it so that every circumstance that happens to you, that you don't think is favorable, will seemingly reinforce your worst fears every time a man doesn't follow up on a date or doesn't come over and talk

with you. If you are not careful, it will reinforce the belief that there's something wrong with you. Let's start preparing your heart to meet the man of your dreams.

If you're ready, you can begin right now. Take just a moment to imagine that it is two days before

“One of the greatest gifts you can give a man is to begin cultivating the belief within yourself that you are special and that the man you desire will come to you.”

your wedding or perhaps it is the day of your wedding or the week after. I want you to think about which point in time within a two-week period of your wedding would be the most exciting part for you. It could be the two days before, when you are sitting somewhere and reflecting about what it's going to be like to finally marry him, or it could be the moment when you actually walk down the aisle and you see him waiting for you in the front of the sanctuary, or perhaps it is your honeymoon, a place you've always dreamed of going, and that picture stirs your heart the most. It doesn't matter what you pick, the key is to select something that stirs up that emotion of joy and passion for you. If you have to think about it for a couple of weeks, take your time in doing it. What would the most exciting point of your wedding week or your honeymoon be?

I did this with a client and when we were going through her choices, and she told me that she has always had a dream of having her honeymoon in Bora Bora. She said that they have huts that are located out on the water where you and your husband stay and the only way to get back to land is by boat. She said they bring your breakfast out by boat and they have glass floors that you can look down through and see the ocean.

As she was telling me this, I listened to what she said, but more importantly, I watched her as she spoke. Her face began to glow. Her words were slow and measured, like she was drinking something delicious, like she was taking in the sweetest of smells. She was describing it to me and in that moment in her mind, she was actually there.

That's the moment I want you to come up with. Don't worry if it seems silly, because it is, but it works. Unless you are able to begin to stir up those emotions of how you will feel once the man of your dreams comes into your life, you will have a very hard time finding him. Once you do come up with the picture of your future in your mind, you then need some way to capture that image. It can be a picture that reminds you of that moment. If need be, write it down, *"I am on my honeymoon in Bora Bora. The glass floor is beautiful, etc., etc."* Capture that moment in some way so that when you either look at the picture or what you've written down or see the trinket that you've selected to remind you of it, that memory comes to mind of what it's going to be like.

For this client, she went on the Internet and found a picture of those huts in Bora Bora because every time she looked at those pictures, that feeling got stirred up within her. That feeling which gets stirred up in you is what men will start to notice about you. That feeling is the similar feeling that you had the last day of school. It's the same feeling you have when you feel empowered. When you are empowered, your patterns will change and produce different results.

As a therapist, I can tell you one thing for certain: **Patterns don't lie.** If you seem to have trouble finding, dating or keeping

the man of your dreams, you have a pattern regarding relationships. Certainly there are things that have happened to you that you couldn't control. Yet, don't you want your dreams to manifest, regardless of circumstances? Please allow me to quote from James Allen's classic *As A Man Thinketh*:

“Cherish your visions, cherish your ideals, cherish the music that stirs within your heart, the beauty that forms in your mind, the loveliness that drapes your purest thoughts for out of them will grow all delightful conditions..... He(she) who cherishes a beautiful vision, a lofty ideal in his (her) heart, will one day realize it. The greatest achievement was at first and for a time a dream. The oak sleeps in the acorn; the bird waits in the egg. Dream lofty dreams, and as you dream, so shall you become.. Dreams are the seedlings of realities.”

Dare to dream, not because it is the only thing to do, but because you want to. Dare to believe that what you want is possible. As you look at these pictures or whatever it is that you have, I want you to throw away the idea of how it's going to happen. Do not get stuck on how long it's going to take or when it will happen. All you'll end up doing is obsessing and you'll ruin that feeling.

Men are very susceptible to your beliefs about yourself. No matter how well you hide your feelings, in time, the man you want will notice. They do not need you to be perfect nor do they prefer it. When you are gentle with yourself and take responsibility for your happiness, it will lead to a feeling of empowerment and, I promise you, men will notice it. You will

send off a signal like a campfire; you will have a glow to you that draws the attention of men, but to have this power, you have to have a picture in your mind of your heart's desire.

I have women that say, *"Do I really have to do that?"* And I say, *"You don't have to do anything,"* but my question is (again), ***"How bad do you want it?"***

People who make lots of money understand the principle I've just told you. Women who seem to effortlessly marry a wonderful man wouldn't laugh at what I've just said. One of the first women that I ever spoke to about this was the woman who, when she did her non-negotiables, said she wanted someone tall. I suggested that she actually write out exactly what she wanted in a husband and then read it to herself nearly every day. Weeks later she told me she began to feel as though her dream was actually going to happen. She had written something down that caused her to feel inspired. It wasn't work. It wasn't drudgery. If that were the case, I would have told her to put it down.

If you don't feel good, if you don't feel empowered, if you focus on all the relationships that have gone poorly, if you let your past control what your future will be, then men will pick up on those beliefs about yourself. They won't be able to describe it, but they'll feel like something is missing, no matter how pretty you are, or smart or successful.

For all of the optimistic reasons for asking you to dream about your future, the main reason why I believe in this exercise so much is for a totally different reason. As a therapist, I have seen the power of repeatedly thinking about something work in negative ways, primarily when it comes to adultery.

For the past 17 years (at the time of this writing), I have spoken to more than a few husbands who have struggled in their marriage. A number of them confided in me that before they had an affair, they began to daydream about what it would be like to have a Mistress. Nearly all of them said that it began innocently. They didn't ever think they would be unfaithful to their wives and so they would let their mind wander about meeting someone new. As the months went by, those thoughts became more intense and vivid. As they daydreamed, they began to have stronger feelings about a new relationship and then suddenly, they met someone new. Sometimes it was a coworker they hadn't noticed before, who they became attracted to, while some went surfing the Internet for a sex partner.

Most of these men didn't have a written plan or a team of experts to

help them have an affair; they just focused on a picture in their mind, month after month and, in time, the picture happened. Whatever you focus on, will happen to you if you focus on it long enough and with feelings, whether it is good or bad. Think back in your own life and see if you can remember when you have used this very principle in your own life, perhaps without even realizing that you did so.

This exercise will begin to create the feeling of anticipation and I want you just to focus on that during your spare time, when you aren't out doing something. When you are by yourself and it doesn't have to be every day. But every few days,

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look at the picture you've selected or read the paragraph you've written. Imagine what that day is going to be like. Close your eyes for a few seconds and experience it so that the chemicals in your brain can begin to rearrange themselves in such a way as to expect the man of your dreams to actually walk into your life. This is one of the fastest ways to create hope in your future.

“One of the greatest gifts you can give a man is to begin cultivating the belief within yourself that you are special and that the man you desire will come to you.”

~ CHAPTER FOUR ~

Now You're Ready To Get Noticed



So now you have ideas of where to meet a man and you have ideas of what to do to prepare yourself emotionally and mentally before you even meet him. Next let's talk about how to get noticed. If I had a room full of 100 men, not all of them would agree with these suggestions, but most would. When it comes to appearance, men are more attracted to a woman who dresses feminine. Take a moment to analyze your wardrobe, your hair, your makeup. You don't need to copy someone who doesn't have your features, but men, in general, like soft. Men also tend to like brighter colors. Men are attracted to women who don't compete with them through their strength and their firmness. What makes a man feel more like a man is a woman that seems to enjoy being a woman. What about men loving leather and really high heels and such? Those qualities make men think of sex. There is a difference and I assume most women understand it.

So, I want to ask you a question, when it comes to your appearance, are you trying to impress other women or are you interested in how you come across to men? They are often entirely different things. The latest fashion trend is usually

designed to appeal to your fellow women. They may love the bright shoes you wear or a certain trendy hairstyle, but men may not. Dressing to impress other women is one way to not get noticed by a man and, unfortunately, a lot of women have gotten into the habit of dressing comfortably rather than making it a point to dress in a way that a man would find attractive. Upon making this suggestion, one client became upset with me. She became angry and said, *“What do you know about fashion? What’s wrong with what I am wearing? Don’t I look pretty enough?”* What a loaded series of questions.

She was trying to justify how she dressed by framing her questions in a right or wrong manner. Her designer pants and perfectly groomed hair made her attractive, but she rarely wore a dress and she certainly didn’t appear to be soft. She wasn’t dressing comfortably in the sense that she wore baggy clothing, but she was dressed for doing business. Nothing wrong with that and I am sure in a room full of women, they would all compliment her on her outstanding taste, but she could do better.

After waiting a second, I replied, “I may not know anything about fashion, but you asked me what men like. Men like dresses and long hair. Perfume and heels are always to be encouraged and, yes, earrings and makeup will always bring a smile to a man.” I’m not saying you have to always dress this way every day, but every time you do, you have a better chance of getting noticed and you never know when someone might notice you. It may just be that one day you are at the super-market, the post office, or simply going to meet a friend and they happen to bring someone with them. Sometimes it is

going to a party where you are positive there won't be anyone there you will be interested in and there just happens to be. When you make it a point to present yourself in a way that men like, you are prepared for the unexpected.

Another powerful way of getting noticed is so simple, and yet it's often forgotten by women; it's smiling. Men always find women who smile more attractive. Some women are fearful of encouraging the wrong type of man by smiling at a stranger and their concerns may be valid. I trust that a horribly dishonest man may take your smile as an invitation for something else, but you'll spot his type easily. You don't owe any man anything. If you smile at someone, it doesn't mean anything you don't want it to. You can tell them I said that.

A smile is an invitation that allows a man to come close to you. In years gone by, a woman would drop a handkerchief so that a man could pick it up and she would have the opportunity to speak with him. Men in general do not approach women without some type of invitation. There has to be some clue. There has to be some signal, even if it's subtle, that the woman is approachable. Men rarely will take a risk with a woman, unless they are led to believe that they have some reasonable chance of success. But why should you have to be the one to give him a signal? The primary reason is that most men can't stand rejection. They may cover this fear up, but it's there deep in the heart of every man. Some manage this fear better than others, but all men are familiar with it. If you're like most women, you are probably very good at hiding your feelings

“What’s the most overlooked feature when it comes to attracting men? A smile.”

when you want to. There is no way for a man to read a woman's mind, especially when a woman doesn't want it to be read. Whether you like it or not, unless a man has some signal that you are interested, he will likely not extend an invitation.

The exception to this is when the man is under the influence of a drug, like alcohol. This is why men have such terrible luck at bars. Once they have had enough drinks, they'll approach almost any woman, even if the woman is sending them the signal to stay away because he is repulsive to her. Men have no fear under the effects of alcohol, and they may get turned down by 20 women and just won't care. Unless you're at a place where there's heavy alcohol or drug consumption, you will need to give a man some type of inclination that you're approachable and a smile is the simplest way to do it. With smiling, though, if you only smile at those men who interest you, it will come across as nervous and coerced. It will seem unnatural and awkward. What will work far better for you is if you begin to develop the habit of smiling; and even if you are in the region of the United States or in the world where smiling is not that familiar, you will stand out even more. I am not suggesting that you be flirtatious with married men any more than I am suggesting you take your clothes off in public when you are hot. When a woman doesn't smile, a man tends to interpret that as a signal to stay away.

If smiling is an invitation, then what is intimidating to a man? One common thing that many single women practice (which often keeps men at a distance) is to go out socially and surround themselves with their girlfriends. Now it's safe to do that because with a lot of girlfriends, there's always someone to

talk with; if you're out dancing and your goal is just to have a fun time with your girlfriends, then by all means, do it. You may or may not have men approach you, but generally the only men that will approach a group of women are the somewhat shallow narcissistic men (or the man at a bar who's drunk, but we covered that). While it may be flattering to be approached, there will probably be other men that might have taken a risk on you, if there was a better opportunity to approach you.

Phillip was having dinner at a restaurant with a group of friends, while at a nearby table, there were a group of seven or eight women dining and apparently having a wonderful time. One particular woman caught Phillip's eye. Since he was in a public place, it was hard to determine exactly if she had noticed him, without him simply staring at her. It seemed as though their eyes had met, but she was too far away for him to notice if she had a wedding ring on. In his mind, there was something about her (which to men simply means he thought she was pretty), but there in the restaurant, it just seemed like too big a risk to walk over there in front of her friends and introduce himself. *What if she was married? What if she was insulted? What if he came across as being too pushy?*

Well, you might think that this indicates that the man was weak, and perhaps he was; but Phillip, like most men, was just as concerned that he might come across as rude and disrespectful as he was worried about his own self-esteem or self-image. He told me there never was a moment where she was alone that he could have gone up to her. He said, "Had there been that moment, I would have approached her. I mean, I had never seen her before. I knew it was crazy. I didn't know her.

Basically all I had to go on was that I thought she was pretty.” He never got that moment. There was never a moment when this woman stepped away either to go to the restroom or be by herself or to wait out front while her friends got the car.

Now I certainly don’t fault this woman. She didn’t do anything wrong. I tell you this story to give you some idea of how much men wait for an opportunity to approach a woman; and if you are out with your girlfriends and there is someone you see who might

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interest you and you are willing to take a chance, be sure and find some time during the evening when you are approachable and by yourself because the man that’s wonderful will be concerned at how he comes across. He will not want to scare you, and most men will not go up to a group of women and initiate something in front of all of your girlfriends because it’s just too intimidating. Your goal is to help the man of your dreams find you, not make him work any harder than he has to. You’re not going to audition him until you start dating him.

The last insight about getting noticed is something that might surprise you. Men do notice how you treat other men, particularly those who are not that attractive or who are not that popular. If you only pay attention and speak with men who are the most attractive or the most successful, it comes across to men as being shallow; and there will be men that are noticing you that you are not aware of, be it at a party, be it when they talk amongst themselves, so you cannot turn genuineness on and off. Just as when you notice a man who only pays attention

to gorgeous women and is rude to those who are overweight, plain, shy, etc.

Alan Loy McGinnis in his classic book, *The Romance Factor*, showed that the ability to be at ease is the most attractive attribute a woman can possess. It is more powerful than perfect skin and a toned body. Now having a perfect body will certainly get more men to notice a woman, but it isn't nearly as hypnotic on a man as the **Ability to Be at Ease**.

When a woman is at ease, she is often kind to everyone. She isn't trying hard to be impressive because she seems to like herself. It doesn't mean that you must have a long conversation with someone who doesn't interest you. But if you are gracious and kind and courteous to all men, I promise you when a man comes along that interests you, it will be very easy for you to be at ease with him. It will have become a habit that is effortless, even though you will probably be nervous. If you don't give men who do not interest you more than a moment's notice and you are disrespectful and dismissive when they speak with you, you will find that when you are with a man who does interest you, you will come across as much more nervous. It is much harder to turn your charm on and off than it is to simply leave it on all the time.


You can be upbeat, positive and flirtatious, when you want to, but that does not catch a man's eye nearly as much as being gracious constantly, even with men whom you are not attracted to. If you treat every man the same, I promise the man you want will notice this quality. He just may notice it when you aren't trying to be impressive, which will make you even more appealing.

Now you have an idea of where to find the man you want, how to prepare yourself before you meet him, and how to come across the right way. As you practice this over the next month or two, your dating life will improve. Then it's time to tell you what to do once you get your first date.

“Having a perfect body will certainly get more men to notice a woman, but it isn't nearly as hypnotic on a man as the Ability to Be at Ease.”

~ CHAPTER FIVE ~

Once You Get A Date

 Now we come to the part where you've been asked out. It may have been in a variety of ways. Someone asked you out at a chance meeting, perhaps it's someone you've been waiting to get to know for a period of months, or you're going on a blind date. But you've been asked out and you've said, "Yes," and the reason you've said yes is simply because you were curious. *Not positive that you are going to marry him, but curious.* I mean, for a first date, you don't really know the person well enough to know that you're interested in a serious relationship. That is what the first date is for—to determine your interest. A woman should always audition a man, not the other way around. It's his job to impress you, not yours to please him. You've already determined your non-negotiables or the type of man you want to marry, and what your warning signs will be. You now have the ability to take risks because your checklist that you have in place, those non-negotiables, that style of man you've decided you want to pursue—either Mr. Fabulous or Mr. Steady.

So before your first date happens, you're going to have one goal and that is to get a second date. Your goal is not going to be to have a wonderful time. Your goal is not going to be to

make a final determination if this person is worth marrying or not. You only want to give yourself the option of being invited for a second date. If you ruin the first date and then a few days later decide that you want to give him a second chance, you may not get that opportunity.

I discovered this rule almost by accident. As a counselor when I was doing my training, I had a fantastic supervisor and he knew all there was to know about working with clients. I always thought that every session with a client had to be action-packed and filled with insights. During the course of one of my supervising sessions, he said to me, “Bob, remember on your first visit, your only goal is to get another visit.”

At first, I hesitated, wondering if he wasn’t talking about just stringing a client along. Then he went on to explain to me, “Remember, during that first visit, all the client is really doing is evaluating you. Most know better than to expect the solution to their problem in one visit. They’ve tried lots of things. They are leery of some easy answer because they would have certainly discovered that on their own. Now the first visit is simply where you’re trying to establish some type of relationship with them and build some degree of trust. If you overwhelm them and you flood them with new insights, all you’re going to do is confuse them.”

Fifteen years later, after that supervisory session, I can tell you from experience that he is right. In my profession, which involves men and women talking about intimate details, it really is about building a relationship. Only when some form of rapport is established will a client ever trust me, or any therapist for that matter.

So how do you make sure you get to a second date? There are a few things. Number one, I want you to focus on making sure he has a good time. The primary way of doing that is for you to be feminine and attentive. The rule on any first date for a woman is to convey feminine to a man. The rule on any first date for a man is to convey masculine. The details about your life will come later. On the first date, you want to show him that you have the ability to be feminine, soft, sweet, and, yes, pretty. That's really what men look at on a first date. It's really more about primitive, emotional feelings than discovering what college he went to and evaluating his pedigree. The first date, more than anything else, is the broad screening-out process. The first date is where men particularly want to see if you're worth a second date. Men aren't going to volunteer a lot or invest a lot on the first date unless they're already head over heels in love with you, which is rare.

So your goal on the first date is that you do not share too much information about yourself. You're going to keep it fairly light. You're not going to go much deeper than what you do for a living, perhaps where you live, maybe even some things that you like, but certainly not your fears, your concerns and certainly no talk about your future as it relates to him or any man. No, you want him to wonder and think that you have the confidence that you know your future is going to be wonderful whether it includes him, or any man for that matter.

Secondly, you're going to be attentive to him. You're going to look at him when he speaks. You're going to pay attention as though what he's saying is the most important thing in the world. Act interested in what he has to say, even if it isn't all

“So before your first date happens, you’re going to have one goal and that is to get a second date.”

that interesting. I want you to come across as being respectful. By doing this, you will make him feel more masculine. I don’t mean agree with everything he says. In fact, if he says something that you don’t agree with,

don’t comment at all and if he presses you for an intimate or personal comment, decline and say, “You know, it’s our first time out. I probably need to get to know you a little bit better before I have that kind of conversation.” He may be put off that on the first date you would not agree to have some deep discourse with him; but if he is, it means he’s a very impatient man. This response will show him that you are not easily won over, which will repel him from you if he’s insecure, and if he is worthy of you will make you instantly interesting in his eyes. Being attentive to him will make him feel special.

Thirdly, I want you to be sure and remember to smile often, even if it feels stupid. On a first date, most men are looking for some type of signal from you that you are having a good time. Smiling softens a man and makes him view you as more attractive. Smiling conveys confidence. The same skill you will have been practicing the previous weeks/months before you met him will now work for you on this date. Smiling at him will make him feel good about himself.

The fourth thing is—don’t you dare pay for anything. For most women, I know this is going to be obvious. But paying conveys that you are masculine. Remember your primary goal on the first date is that you are feminine. Masculine is giving. Masculine is initiating. Masculine is taking care of and protect-

ing. If you offer to pay, even if your intentions are good, you will convey to him that you want to be treated as an equal, that you're partners, and while some men appreciate it, most won't.

The other reason you want to let him pay for everything is that one of the surest signs from a man's perspective that you're not interested in him is when you insist on paying for something. Imagine you were having dinner with a man, assuming this has ever happened to you, and, for whatever reason, you realized it was a horrible mistake to accept his invitation. He was rude, ate with his mouth open and asked the waitress for her phone number—in front of you. At the end of the meal, he offers to pay for your dinner.

Notice how you didn't want to feel obligated by accepting his offer. At that point in the evening, the last thing you want is for him to think you might be interested in him, so you politely but firmly say that you will pay for your own meal. Receiving generally makes a woman feel a little obligated. Now it doesn't mean you owe him anything, but accepting any gift gives a man the intention that you are interested. Think about women who give a gift back from someone uninteresting. Their concern is that he will wrongly assume that she feels the same for him.

Now if you handle your first date correctly, you probably won't have the time of your life. You might, but you will most likely feel that you were primarily focused on him, like a good host at a dinner party attending to the needs of her guests. Since your goal is to end up with someone wonderful, it is more important that HE have a wonderful time, at least in the beginning. You're going to show him on the first date that you can

be wonderful and fantastic so that he'll think about you once the date is over.

As I have written before: Don't have sex with him on the first date. Don't do it if you want him to think you're special. If at all possible, don't give him the chance to kiss you good night either. Remember, you control the speed of the relationship in the beginning because there is going to be some point in your relationship where it will be almost impossible to control your heart. You'll want to give yourself to him. You're going to want to give him your heart and once he has your heart, it's going to be hard to say no to almost anything he does. Once a woman gives a man her heart, it's almost impossible for her to not feel enslaved to her man emotionally. I'm trying to keep you from having your heart broken when I tell you to be certain not to have physical contact on the first date.

An added benefit for maintaining this physical distance is that you want him to wonder. You want his curiosity aroused regarding you. You want him to remember the smile on your face, the outfit you wore and the smell of your perfume after the date is over. Just like a great musical always leaves the audience wanting more, so you will begin training him to think of you often. Be sure and tell him that you had a wonderful time, that's it. Don't make any suggestion about "doing this again" or any leading question about another date. Your job is to simply convey gratitude.

If the date was just okay, and if he has not violated one of your non-negotiables, I still want you to tell him you had a wonderful time. Some men are not good at dating and one date does not make a man. Many women think they can tell right

away, but unless a man violates your non-negotiables or unless you can clearly tell that he has the wrong pattern for you, I want you to make the date wonderful for him while maintaining your boundaries. If you let him go too fast, that's one of the surest ways to scare a man off. You don't want to convey *easy* under any circumstance. The primary need of a man is respect.

When it comes to how men perceive women, they equate respect with value, which manifests into wanting to cherish a woman. When a man cherishes you, he will move closer to you. Therefore, your first-date goal can be summed up as this: **Make**

"You want him to remember the smile on your face, the outfit you wore and the smell of your perfume after the date is over."

him feel good and don't let him get close. When you combine those two things, you'll make him feel wonderful. Unless he has ulterior motives, you'll have a second date.

Now after the date, you're going to wait for him to call. This means don't call him. When he does call, you're going to keep that call short. Ten minutes is the most amount of time you're going to spend on this phone call because in 10 minutes' time, there's a pretty good chance that you're going to be able to end the phone call while it's still fresh and fun. The worst thing you can do is spend too long on the phone and end the phone call when it's on the way down or it has become a little more monotonous.

What if he hasn't asked you out within 10 minutes? You still have to go. Your goal is to train him that you are valuable. You want to give him the impression that you have a full and vibrant life and that he had better pursue you before someone

else does. The best way to convey this is to never let him have a monopoly on your time and this begins with the phone calls that he makes to you.

So you're going to wait for him to call and when he does, you're going to keep it to 10 minutes. If he hasn't called by Wednesday evening, make other plans. If you think that not being available for the weekend when he calls on Thursday will cause him never to call you again, well there's a chance you may be right. But if he has waited until Thursday to call you, I can tell you he doesn't value you enough to consider making a commitment to you. Even if he calls on Thursday and, heaven forbid, Friday, and says, *"If not Saturday, how about Sunday?"* you are going to be busy for the entire weekend. You're going to be smiling when you talk on the telephone because he will hear that in your voice.

When you turn him down, if it's after Wednesday, be sure and say this phrase, *"Can we do it some other time?"* See, this is encouraging, while maintaining distance. You don't want to be sarcastic. You don't want to be rude. You do not want to hint by saying that he needs to call earlier. He'll figure that out on his own. You don't need to lie either. If you tell him you're going to be busy, come up with something to do, even if you have to go do something by yourself.

Many women, when they hear this strategy complain that it sounds like a game. *"I just want to be honest,"* they say, *"I just want to be transparent. I'm tired of playing games."* Well what they really mean is that they want to be transparent with someone because they feel like they are ready to move forward with the relationship. What they're not factoring in is that the man may

not be ready. Playing games the way we're describing this is nothing more than controlling the timing. Men decide to marry and men decide to commit when the timing is right for them. But when a man is not ready to commit, and a woman presses the issue too quickly, all it does is overwhelm him.

A lot of women I've talked with want to meet a man who just knows right away that he is head over heels in love with them and they think that that's the way they can tell if someone is going to be a good life partner. Well, it's one way to tell. I don't know if it's the best way. Oftentimes, there are men who come into their lives who would make excellent marriage partners, but they may be a little cautious to begin with or they may jump in too fast. Regardless, if a woman doesn't control the speed and either allow it to go slow or keep it going slow, the men, oftentimes, mistakenly think, "*She's not the woman for me.*" They were almost ready to commit, but the woman out of her own sense of either insecurity or impatience didn't allow the relationship to cook and simmer for the required length of time. If you've ever cooked, you understand that sometimes the recipe calls for the particular item to be cooked at a certain temperature for a certain amount of time. If it says 300 degrees for 30 minutes, and you try to cook it at 600 degrees for 15 minutes, it usually ruins it. It is extremely difficult, and often impossible, to speed it up. Don't believe me, ask a cook. This is the same way with relationships.

Be willing to train the man, beginning with the first date, that he had better make reservations with you by Thursday or else it will be hard to have time with you and if he fades off, I can tell you from all the clients I have seen, you're saving

yourself a lot of future heartache because in general, this is the kind of man who is often self-centered and hard to please. They can seduce and charm a woman, but only for a moment and never for a lifetime. This is someone who doesn't see you as special. Being accommodating early in a dating relationship gives the impression that you are desperate. You're to be accommodating much later in the relationship, not in the beginning. The beginning is about establishing value.

Now if he does call on Monday through Wednesday, say yes to his invitation. Again, keep the phone call under 10 minutes and smile while talking. If you've read, "[How Do I Get Him Back](#)," you'll remember that I told you about the research that the hotel chain Ritz Carlton has done regarding employees smiling while talking on the phone. They have found that the customer on the other end of the phone can actually hear the difference in their associates' voices when they smile. Because of this, smiling on the phone is part of the training that accompanies your training as a Ritz Carlton associate. Be sure and not offer suggestions if he asks you what you might like to do, even though there might be something. Instead, you should reply with this: *"I don't know. What did you have in mind?"*

Be willing for the second date to accept anything that doesn't scare you or offend you. I put this in because there was one woman who said a man wanted to take her on a helicopter ride, and she was afraid of heights and even though she agreed to his invitation, all it did was just scare her. It would have been better if she had said, *"I'm sorry. That doesn't interest me. I don't particularly enjoy heights but I would be interested in something else."*

THE SECOND DATE

The second date is a lot like the first date as far as your preparation goes. Dress appropriately, of course, for what he has in mind. Be sure and dress feminine. It's not the time to be relaxed. It's not the time to be comfortable as far as in how you dress. Things that always work with men are a dress, earrings, and if you can, wear your hair down and possibly wear heels. For some dates, this won't be practical and it might actually make you look out of place, so use your best judgement.

The first two dates are primarily about making him feel good because you're a girl, rather than conducting therapy on him to determine if he has issues with his mother. Your focus is still going to be on pacing. On this date, you will probably have a little more conversation about your personal life. You are going to make sure that you do not reveal more about yourself than he reveals about himself. Remember, **the person talking is not in control. The listener is in control.** Burn that thought into your mind. The person doing the talking is volunteering information. The person doing the talking may feel like they're in control, but the person talking is trying to motivate, is trying to influence. The person doing the listening decides whether they will be influenced or not. Therefore, as much as you can, make sure that you don't out-talk him on this date.

Perhaps you're someone who is very talkative. All you're showing him by not talking so much is that you have the ability to contain yourself at times. You're not going to be quiet and let him do most of the talking for the rest of your relationship, should it progress to that. No, you're just showing him that you have the ability to listen, which from a man's perspective comes

across as very respectful. The first two dates are about showing what your potential is, that you can do certain things at times. You can look really pretty whenever you choose. You can hold back from talking too much whenever you need to. You can gaze attentively at him whenever the mood strikes you. All you want is the opportunity to choose him if he gives you his heart.

You won't have to do these things for every date, but you absolutely need to on the first two dates. If you do out-talk him, whether you realize it or not, you're becoming the man. You're dominating the conversation. Whether you realize it or not, you've become the alpha male, and while he might find it cute and endearing on this date, you'll be setting a bad precedent that will have to be corrected later. Sometimes women forget that the first three dates really are about setting a tone. And for right now, if this is not someone you feel comfortable enough with letting him share a little more and letting him talk a little more, then it may be time to wonder if he hasn't violated one of your non-negotiables or if he has a different style than you are comfortable with.

A good guide about how much to share would be if we had a scale of one to five, and this is a scale of disclosure. Level one disclosure is nothing more than sharing something that's easily observable. It's when someone might comment on the weather or a sunset or the color of a car, anything that is readily obvious. A level one disclosure could be made to a perfect stranger and it wouldn't be odd or out of place. You're not giving any type of an opinion, just commenting on something easily observable. Asking someone what time it is would be an obvious level one comment.

“Sometimes women forget that the first three dates really are about setting a tone.”

Level two disclosures are slightly more intimate. This might be where you tell your name to someone in the form of an introduction or you ask them for their name. There’s a subtle difference. It’s not intimate but it does ask for more information about the individual than a simple observation about the environment. A level three disclosure is where you begin to offer opinions. It’s where you comment on how someone looks or the appearance of their home. It begins to be the place where there is emotion. Levels one through three are fairly innocent, but you’ll notice the difference between somebody telling you their name and someone commenting on how lovely your house is. You can feel the difference between those.

Level four disclosures are when you start to share personal information about yourself that few others know. Level four is where you begin showing vulnerability. You’re not revealing every dream and every fantasy, but you’re sharing things that you would not share with the average person. Your political views, opinions about various topics and information about your family are all level four disclosures. Generally you have to get to know someone for a while, usually weeks or months before you share such things because that time frame will help you to see if the other person is safe to disclose these things to, that they will respectfully listen and not judge you.

Then there are level five disclosures, which are the most intimate. It can be physical as well as emotional intimacy and these disclosures are things that you rarely give to anyone else. These are (should be) reserved for, a spouse, a dear friend and/or

a family member. What you'll find with these is that the higher up the levels you go, the fewer number of people have access to them. In other words, there should only be one to three different people with whom you share level five disclosures, whereas with a level one disclosure, you could share it with nearly everyone on the planet.

Now it isn't imperative that you memorize which number relates to how you're talking, but if you find that you're on a second date and you go to level four disclosures, and he's doing levels one and two and maybe three, you're not on the same page as him, and the disclosures are supposed to be gradually increased, not jumped right into it. You don't want to start, over dinner, sharing some of your deepest secrets. If he begins sharing level four or, even worse, level five disclosures, then you need to slow him down. He's going way to fast and he'll lose interest in you just as fast if you don't prevent him from overheating. What's the rush besides it simply feels good? I don't care how positive he is about you, true love can wait.

These levels give you a template to use to measure the speed at which the relationship is evolving. So you're going to keep your openness to the same level he does, and even if he tries to open up more, you won't go any higher than level three on date two. Now that you've made sure he had a wonderful time, as he takes you home, let him kiss you good night if you'd like, that's fine. If he wants more than that, absolutely not, unless all you want to do is date him. Remember, you are laying a foundation. He must see that you have the ability to outlast him before he can give you his heart. He must see that you are willing to put your heart ahead of him before he can ever consider making

you a permanent part of his life. A man who goes fast, a Fabulous Man, will scare himself out of a relationship if it is allowed to overheat in the beginning. I hear this all the time from women who heard my warnings but chose to ignore them because their boyfriend was “*different.*” They assured me that I just didn’t understand. I had one client named Lisa, who told me:

“For two months, he was intoxicating. There wasn’t a day I came into work without receiving an e-mail from him, expressing his love for me. We had bubble baths and Champagne. He showered me with presents, chocolate and flowers every weekend. It was more than I had ever dreamed. And then it just stopped. He said he was having some doubts.”

By the time she had spoken with me, it was, unfortunately, too late. She had had numerous talks with him. She had demanded to know what was wrong with him, which only caused him to have more doubts. She wasn’t able (willing) to train him. Her point was valid. He certainly did mislead her, but I don’t think it was on purpose. I don’t believe her ex-boyfriend understood himself that well and she simply didn’t know how to pace a man, especially a man like this. She assumed that this man had the ability to pace himself emotionally and I can tell you, most men do not.

You are not going to make that mistake. You have already made your mind up—you want the man of your dreams and nothing less. If that means that you don’t get to go as fast as you or he would like in the beginning, then so be it. Your second-

date goal is simply that you will keep your disclosures to level 3 and below.

Now the following week, you're going to do this one differently. You are going to make plans ahead of time for that weekend. You are going to be busy and, regardless of what day he calls, you're going to be unavailable because nothing stirs up passion in a man more than when he thinks he has a woman in the palm of his hand and she suddenly becomes unavailable. You're going to be nice, you're going to be courteous. You're going to encourage him. You're going to say, *"I would love to, but I have to..."* You're going to encourage him again saying, *"Can we do it another time?"*

Now if this man is overly sensitive and that alone turns him off, he is not the man for you. What would be rude to a man is if you simply said, *"I'm sorry, I'm busy, I can't,"* and left it at that. Then he really wouldn't know if you're trying to blow him off or if you are interested and just busy.

But after two dates where you have made sure that he's had a wonderful time, he is now emotionally dependent on you. Where else is he going to find someone who makes him feel the way you do? Your unavailability won't scare him off, but it will cause him to have just a little bit of doubt, which is exactly what you want. Just when he thought he had you in the palm of his hand, you have done something unexpected. In his mind he'll think, *"Perhaps winning her over isn't going to be so easy after all."* That's right buddy (my thoughts), you're going to have to win her over and when you do, you'll be bonded to her for life. After you're married, you can tell him how you captured his heart.

I know this works on men. At the time of this writing, I am working with a particular client and he is going slow with his girlfriend and he has never done that before. He's

“Your unavailability won't scare him off, but it will cause him to have just a little bit of doubt, which is exactly what you want.”

never done this before because no woman has ever insisted on it. He's quite handsome and accustomed to women doing what he wants. Because of this, he's had trouble getting married. Women, up until now, have bored him after a few months of dating. When he talks about his current girlfriend, I see the look on his face, sometimes of frustration, that he can't make the relationship go faster than he wants it to, and I also see how much more it makes him want her.

In fact, during one moment of frustration he said to me, “You know, Bob, if I didn't know better, I would think that she was a client of yours. I know you can't tell me, but she's really good at this making me wait stuff.”

While I'll never tell if she's a client of mine, I will say this, she's doing exactly what I would tell her to do. By keeping him guessing she has created a little insecurity within him and he's now beginning to consider asking her to marry him, after five months of dating!

But let's get back to you. Now “your man” will begin to realize that you're not so easily figured out, and he will wonder if he has totally read you right. For as good a time as he had on the first two dates, he was certain you'd say yes. You creating distance for that weekend is part of your plan to begin creating emotional dependence.

THE THIRD DATE

I promise you, he'll ask you out again . . . if he's as wonderful as you think and he hasn't violated any of your non-negotiables, then he'll ask you out for a third date. I promise you, he'll ask you out again if he's someone you would want to marry. If he is so fragile and impatient that one disappointment turns him off, then he has worse problems than you are aware of. If you feel that you just can't decline him, then go ahead and accept, but you are going to have to show him later that you can be independent and I don't mean simply "talking about it." It is your choice—train him early (which requires less effort) or train him later (which causes more hurt).

Once he does ask you out and you accept, after you've given him a week to wonder (assuming you did it my way), it's going to be very important that you decide ahead of time on what you want to do and how you're going to end this date. Because if it hasn't come up already, it probably will this date or one or two after it and that has to do with what you're going to do about having sex. This decision is going to have the biggest impact on your potential for this person to be special and him wanting to spend a lifetime with you or whether you are just one more girl in his life.

As I was writing this chapter, earlier today, I had a phone counseling session with a client and she said that early on in a relationship she would tell men that she wasn't really interested in long-term, but she wanted to take the relationship and see where it went and she wanted to know why these men kept cheating on her. Now there may be a lot of reasons as to why

they were cheating on her. The most obvious one has to do with their upbringing in regards to their mother and father. This type of man doesn't think it's that important to keep his commitment to her and thought even less of her feelings. But there is something that I shared, which she hadn't realized. When she said the phrase, *"I'm not interested in a relationship,"* she didn't realize how men interpret that statement, namely, *"I don't have to be committed to her, ever."*

Men fully expect that a woman wants the relationship to progress, most often to the point of marriage, and if a woman doesn't have that expectation on a man, a man will almost always take the easy way out. Men don't dream about getting married when they are 15-year-olds, like women do. Men tend to do what they can get away with in relationships although there are some men who are more honorable than others. Sex is the main area that has to be tamed when it comes to a man. Because once you have sex with a man, you give part of your heart to him. Here's an article that emphasizes what happens physically when two people have sex:

Chemical Bonding

In romantic love, when two people have sex, oxytocin is released, which helps bond the relationship. According to researchers at the University of California, San Francisco, the hormone oxytocin has been shown to be "associated with the ability to maintain healthy interpersonal relationships and healthy psychological boundaries with other people." When it is released during orgasm, it begins creating an emotional bond—the more sex, the greater the bond. Oxytocin is also

associated with mother/infant bonding, uterine contractions during labor in childbirth and the “let down” reflex necessary for breastfeeding.

Vasopressin, an antidiuretic hormone, is another chemical that has been associated with the formation of long-term, monogamous relationships. Dr. Fisher believes that oxytocin and vasopressin interfere with the dopamine and norepinephrine pathways, which might explain why passionate love fades as attachment grows.

Endorphins, the body's natural painkillers, also play a key role in long-term relationships. They produce a general sense of well-being, including feeling soothed, peaceful and secure. Like dopamine and norepinephrine, endorphins are released during sex; they are also released during physical contact, exercise and other activities. According to Michel Odent of London's Primal Health Research Center, endorphins induce a “drug-like dependency.”

What about when that euphoric feeling is gone? According to Ted Huston at the University of Texas, the speed at which courtship progresses often determines the ultimate success of the relationship. What they found was that the longer the courtship, the stronger the long-term relationship.

The feelings of passionate love, however, do lose their strength over time. Studies have shown that passionate love fades quickly and is nearly gone after two or three years. The chemicals responsible for “that lovin' feeling” (adrenaline, dopamine, norepinephrine, phenylethylamine, etc.) dwindle. Suddenly your lover has faults. Why has he or she changed, you may wonder. Actually, your partner probably hasn't changed at all; it's just that you're now able to see him or her rationally, rather than through the blinding hormones of

infatuation and passionate love. At this stage, the relationship is either strong enough to endure, or the relationship ends.

If the relationship can advance, then other chemicals kick in. Endorphins, for example, are still providing a sense of well-being and security. Additionally, oxytocin is still released when you're having sex, producing feelings of satisfaction and attachment. Vasopressin also continues to play a role in attachment.

Source: <http://people.howstuffworks.com/love7.htm>.

After reading this article, you see how powerful it is and it is especially so for women. I have spoken to many women who weren't sure about a particular man, but decided to have sex with him anyway. After all, they said, *"It's been four dates."* Sometimes the sex was awful while other times they were surprised. They actually enjoyed it and began seeing their boyfriend in a new light. Based on the above article, what really happened is the chemicals in their brain overrode what they knew to be true. They became bonded to someone and now it was too late for them to go slow. They became clingy and desperate, finding it almost impossible to maintain an aura of mystery. It often came as a shock to them why their boyfriend would suddenly break up with them and complain that they (she) were getting "too serious."

Taking a slightly different look at the bonding aspect of sex, it is important to note that men do not equate sex with love the way women do. Since women have more access to feelings and tend to feel multiple feelings around events and things that are pleasurable or painful, the feelings of closeness and safety and

warmth that women have when they're experiencing sex tend to linger with them long after the experience. In other words, women are bonders.

Men are not bonders, at least not simply because of sex. While the same chemical components can occur in men, their ability to compartmentalize their feelings enables them to suppress the feelings they do not like to deal with into a deep dark place in their mind. Simply put, men can keep an aspect of sex, and suppress other parts. While sex is the highest form of expression of love for men, they can also have this wonderful experience with a stranger. Women are not capable of having a wonderful experience without the emotional bond, by and large. Just because a man has sex with you, that doesn't mean he loves you. The only sure way to know if a man loves you is his willingness to be committed to you for a lifetime.

I heard this principle illustrated clearly from the most unlikely of persons. In the United States, there is an actor named Burt Reynolds who in the 80s and 90s was a huge movie star. He was known for carousing with women and, by most standards, he was considered a man's man. He played college football, and those that know him do not consider him to be a sentimental man, in touch with his feelings. In the late 1990s, he had a television show—I can't remember the title—and in this one scene, he was on his boat late at night and his niece, who was 20 years old, was telling him of her mixed feelings regarding her boyfriend. She wasn't sure whether she wanted to have sex with him, but she didn't want to keep saying no. She was torn. She didn't dislike her boyfriend but she didn't know if he was someone who was special. She wasn't sure if she was

ready to open her heart up to him that much. The Burt Reynolds' character said this, "Let me ask you a question. Do you want this guy stirring around in your head for the next 40 to 50 years?"

I couldn't offer you any better advice when it comes to when to have sex with a man. For most women, that is going to be your experience, especially if the sex is bad. Sex is not something you try

"While sex is the highest form of expression of love for men, they can also have this wonderful experience with a stranger."

out because your goal is marriage. Your goal is to own this man's heart. I am certain you have heard this phrase before. **You want Mr. Right, not Mr. Right Now.**

On this third date and every date thereafter, should he begin to pressure or insist on or hint about sex, you're going to tell him this phrase: *"You can have me once you buy me."* It's the same phrase that my wife said to me. If you don't have to have this talk on the third date, you probably will on the fourth, fifth or sixth. You want marriage, not just dating. This third date should be fairly effortless. It's okay to share more about yourself at times. You've already proven to him that you can be attentive, that you can be respectful, and now, by setting the tone with sex, you are displaying for him in the most obvious of ways that you are expensive and because you are expensive, nothing short of him purchasing you, nothing short of a commitment for a lifetime, will get him what he wants. If you give yourself to him too quickly, in the short-term, he will thank you, but you will have diminished your value in his eyes. It doesn't mean that he still might not marry you. It doesn't mean that he loathes you

or thinks horribly of you, but it is a special woman who is beautiful enough and charming enough and confident enough to dare to make a man wait. These are the women who truly understand what drives a man wild. These are the rare women who always marry the man of their dreams.


Because you've shown him that you can make him wait, he will now be able to trust you with his heart. **If you cannot say no to the man you love, he cannot possibly trust you with his heart.** He will admire (eventually) that you do not give into his pleas and, therefore, he must have you. The man that you want will be willing to wait for you, especially if you say it with kindness and graciousness.

Use the sweetest tones and say to him, *"You can have me when you buy me."* I promise you, he'll know you're serious. You don't have to be firm in your tone or ugly. After the third date, things are now in motion and you no longer need a date-by-date guide. Now you've indicated to him that you are only interested in something serious, in something long-term and without saying that, he now understands that you are marriage material only—you are not someone simply to have fun with.

*On this third date and every date thereafter, should he begin to pressure or insist on or hint about sex, you're going to tell him this phrase:
"You can have me once you buy me."*

~ CHAPTER SIX ~

The First Three Months

uring your first three months, it will be very tempting just to go with the flow, and do whatever comes to mind. Whether that means announcing to everyone that you're a couple or spending most of your time with him—some of those things are fine. But during the first three months, one thing I want to make sure you don't do is to avoid conflict at any cost. What you may not realize is this. You're not in a relationship until you've had your first fight.

During the first three months of dating, it is expected that there will be at least one disagreement. It doesn't have to be violent or abusive but it should include anger or it doesn't count. Only when a couple has expressed anger at each other has the relationship progressed to the authentic stage. Perhaps you have heard of some therapists recommending couples fight more. Well, actually, that's something primarily in the movies but it does have some basis, especially for men.

From a man's perspective, a woman who cannot tolerate any anger from a man is actually very weak. Actually tolerate is the wrong word. *Not faint in the presence of* is more accurate. In laymen's terms, it means that a woman who cowers to a man when he is angry doesn't think enough of herself to stand up

for herself. Men have a belief that they can't verbalize but believe deep in their heart. If you could look into his psyche, you would find this written on his heart, *"If you can't handle me when I'm angry, how can I possibly open up to you when I'm scared?"*

For men, they hate being vulnerable and will only become so when they feel someone is able to handle their vulnerability without panicking or trying to offer a quick fix. When a woman is able to stand her ground with a man in a disagreement, she gains tremendous respect in his eyes. In short, he begins to cherish her. I wrote more in detail about this in [The Woman Men Adore...and Never Want to Leave.](#)

Basically, you don't need to be concerned about the content of the disagreement. It really isn't as important as who wins, at least not in the first three months. What is imperative is how the argument unfolds. I wrote an article about this and I've included it below.

The Argument Women Can't Win

When it comes to fighting and disagreeing with men, women frequently make a critical mistake, which ends up causing them to feel hurt and lonely. When I see a female client for Relationship Advice, I frequently encounter this scenario. During a routine conversation, there is a disagreement between the woman and her husband/boyfriend.

It starts out in a logical manner with two competent-speaking adults simply talking about a problem or disagreement. Then at some point in the discussion, that woman gets her feelings hurt and responds in an emotional manner. All of a sudden,

the entire dynamic of the conversation has changed and the man feels he has been betrayed.

While the discussion was logical and factual, it had the similar feel of a business meeting where everyone has the sole goal of finding the answer to the problem. No one would dare interject their feelings into such a discussion for fear they would be viewed as weak and childish. In the business world, accomplishing the task is the primary goal, not making everyone feel good.

This is how a man views a discussion that is logical and factual. He believes that if her idea is so good, then she should be able to prove it. *"She wants to prove her point so I'll prove mine. May the best man win,"* is how he thinks and has no idea that she only wants to be heard/understood.

When women interject their feelings into a discussion that has become competitive, it makes men feel as though they are being blamed for being logical, which causes them to react in anger. Men say to themselves, *"She asks me to prove my point and when I do she gets her feelings hurt!"* He has been blindsided by the one thing that makes him feel powerless, a woman in pain.

The man feels tricked by her acting strong only to pull the feelings card out when she is starting to lose the argument, so now he feels entitled to punish her. That really is how most men think in that scenario.

If you are a woman, a practical rule when discussing a topic is that if you want to debate, prove something or compete with your boyfriend/husband, then stay in that role throughout the discussion. If you want to be understood or nurtured, then relate to him by sharing how you feel about the subject.

Don't switch to becoming a soft, feeling and vulnerable woman after you have presented yourself logically. All that will do is encourage him not to discuss things with you in the future. He'll be afraid of you dropping the feelings bomb.

Most of the time I would suggest that you start off softly by speaking to him about how you feel concerning the issue so he can recognize your feelings, which will signal to him that you are not trying to be competitive.

On the occasions you do need to prove your point, hold your ground regardless of how you feel. Remember, it doesn't matter as much which way you relate to him, the most important thing you can do is not to combine the two.

That is what you will concentrate on. The reason many women argue like this is because a man becomes competitive when he argues and a woman doesn't leave the argument soon enough. Once you feel in the least bit uncomfortable with the discussion, leave it! Tell him that it doesn't feel good the way the conversation is going. Handling a man when he is angry is nothing more than leaving his presence whenever he is acting in a way that is intimidating, hurtful or aggressive. Now, I doubt you will have to leave the conversation, but if you do, be certain that you follow through. Your boyfriend will see that you have more respect for yourself than you do for his opinion and you will have just induced him into a deeper level of emotional dependency on you.

It should also go without saying that during the first three months, don't have any conversations of marriage any more than just a passing comment. He must believe that it is his idea

of wanting to either get married or to start thinking about it, not that he's responding to something that you've brought up. Even during these first three months when it is going to feel so effortless with him, make sure that you do things on your own with your friends, with your girlfriends, so that you won't be expecting him to meet all of your emotional needs. For men, too comfortable and too familiar equals boring. The first three months are about having fun together and giving him just a little more freedom than HE would like. The first three months are about getting to know him and revealing yourself to him, not about making lifetime plans.

Now in your mind you may be thinking, *"He's the one,"* and he may be thinking the same thing, but you want him to be the one that initiates this and when he initiates it, you want him to be the one that follows up with it. You're going to have a cool detached response if there is any talk of long-term plans. You'll say such phrases as, *"I'm not sure. You know, that's a long way off."* You're going to keep him guessing about how badly you like him and at the same time, you can increase his emotional dependency on you by using a secret weapon that I will reveal to you.

YOUR SECRET WEAPON *(Use Carefully)*

Even though you are going slow and making him wait, that doesn't mean you can't stir up his passion for you. I want to teach you something very powerful. It's not always easy to master, but if you can learn how to use it, you'll have more power over a man than you can imagine. Anthony Robbins,

who has done numerous infomercials in the United States, and perhaps abroad, was the first person I saw who utilized this. In reality, it is simply an NLP (Neurolinguistic Programming) technique. He says that everyone has a specific love trigger that is verbal, tactile or visual. Now with each of those senses, there is usually a particular thing within one that stands out to the man that you love.

If his love trigger is visual, this means that when a woman looks at him, smiles or tilts her head in a certain way that is special to him, a mental switch goes off in his brain and he will immediately feel love towards that person. He will feel an overwhelming sensation of love toward the woman in that moment of her activating his love trigger.

If it is a tactile love trigger, then there's a certain way that he is touched, be it holding his hand, rubbing his elbow, a certain way of being hugged that when someone does that to him, he will feel love towards that person whether he wants to or not.

Thirdly, if it is auditory, there might be a certain phrase he likes to hear or there could be certain words or a particular tone spoken softly or quickly, and when he hears it, it will cause him to feel love toward that person. I'll give you an example of each of these.

Sydney brought her boyfriend in for premarital counseling. As we went over this very insight, I asked her for a particular time when she felt adored by her fiancé. I said, "Was it something you saw him doing? Was it something you heard him saying? Or was it something you felt with the way he touched you?"

After a little bit of thought, she said, “I think it’s when he hugs me. Yes, there was a time when I felt it, and I remember it was him hugging me, and there was a certain way he hugged me.” I then asked her to stand up and show him, to which she rolled her eyes, like I was kidding. I responded to her embarrassment by saying, “You know, it’s just us three here in the room. No one is going to know, and your fiancée would love to know this about you.”

And so, after a moment of hesitation, she got up and she hugged him in a particular way that meant the world to her. After she finished and started to sit down, I said to him, “Let’s wait for a second. Would you mind hugging her just that same way?”

He agreed and hugged her the same way right there in front of me. It took a few seconds but suddenly her body became almost limp because it felt so good. Even though she did not want to feel it and was embarrassed, she was almost powerless to resist it. Now her fiancé knew that whenever he wanted to convey his love to her, all he had to do was hug her in that unique way and she immediately would feel loving toward him.

For someone who’s visual, I remember that happened to me. I was dating someone and we weren’t doing very well in our relationship. In fact, we were about to end our relationship. One particular Sunday afternoon she called me on the telephone and sensing the distance in my voice, asked if she could come over to see me. After five minutes or so of deliberating, I finally relented and said, “Sure, come on over.”

I must admit I wasn’t looking forward to seeing her. I just assumed we were going to have a disagreement or an argument

or something that required a lot of effort, and I remember vividly how she looked when I opened the door. She had worn her hair down and had greeted me with the most amazing yet coy smile. She had makeup on, and there was a way she looked at me that instantly melted my heart. I found myself hugging her, telling her how glad I was to see her. I was shocked at what had come over me. The combination of the way she looked at me and the way she was dressed immediately pushed a button inside of me where I found myself almost powerless to resist her that day. The irony is that if we had had more days like that, perhaps we might have stayed together. Even though this was not a relationship that was going to be good for me or her, that visual love trigger was so powerful in that moment, all of my fears and all my angst disappeared.

Someone who has an auditory love trigger would be someone like Steve. One particular counseling session quickly escalated into a heated argument with his wife. It started off with simply discussing facts and, within 10 minutes, it escalated into personal insults. As I sat there in my office, I began to fear that the session was about to spiral out of control when suddenly his wife intuitively recognized how to diffuse the conflict. After Steve said something that was particularly harsh, she quietly and softly said to him, "I'm sorry. I'm not trying to compete with you."

As I sat in the room, I remember that her response seemed almost odd. It didn't match at all with the intensity that they had displayed for the previous 10 minutes. I looked at Steve and his face was suddenly calmer, softer. In a matter of 15 seconds, he became almost docile.

After waiting for what seemed like an eternity of no one saying anything, I couldn't help myself. So, I asked the wife, "What did you just do?"


She replied, "As long as we've been married, you'd think I'd remember this by now. But I know from experience that whenever I say 'I'm sorry' and I say it in a certain soft tone and I say it slowly, it melts him every time. I guess it's just sometimes I'm too mad at him to say it, but I know it always works with him." This was a woman who understood her husband's love trigger. Once she was willing to use it before things escalated, her husband began to listen to her more often. Within a month, they made wonderful progress.

During these first three months, you're going to be looking for his love trigger, whether it is visual or auditory or tactile. It may not be easy to find out what it is and you may stumble upon it by accident, but once you find it and you strategically use it, he will only think of you in terms of long-term because he will be afraid of losing you.

*"What you may not realize is this:
You're not in a relationship until
you've had your first fight."*

~ CHAPTER SEVEN ~

The Second Three Months

uring months four through six, you are primarily going to be thinking and reminding yourself of not having a rigid idea as far as how fast this relationship should be progressing. If you have in your mind how serious your talks should be or what type of plans for the future you and he should be making, you're only going to put pressure on him because some men like planning far ahead and some have a fear of being boxed in.

The fact that he's dating you, and you alone, for four to six months means he is serious about you. He may not say it the way you'd like. He may not articulate it. But since you have learned his love trigger and you have practiced it on him selectively, he is thinking about it; but like most men, he won't verbalize it until he has a degree of certainty that his love won't fade, unless he's Mr. Fabulous, and you'll need to keep putting the idea of getting married off for a few more months so that he won't scare himself out of the relationship.

Now he may mention it from time to time, but what you're waiting on is for him to provide some details should he have long-term plans. Don't fall into the trap if he asks you how you see your future as a couple. I doubt it will happen, but some

men will do fishing expeditions simply to see your reaction. They will ask a question simply to judge your reaction. If he provides details, if his tone is humble, if his tone is gracious, then you can share some details with him about the plans you would like; but if he says something quickly or flippantly or jokingly, this is too serious an area to joke about. It means he is merely testing the waters with you and he isn't divulging as much about himself. Oh, he's thinking about it but he's not at the point of being vulnerable enough for you to fully share your heart with him.

In other words, vulnerability with men manifests itself through humility. You can tell when your man is humble. It's not fancy words. It's not saying, *"I'm sorry."* You can tell when his guard is down, if he is open to your suggestions, to your feedback, your words. Only when he is humble should you have a serious discussion about the future. During this period of time, as much as you can, you want to let him bring it up. You also want to be careful about too much passion, and I'm not talking about just sex. As a woman, you know this about yourself, and once the chemicals start going through your body and passion is ignited, you spend lots of time kissing and holding and connecting with him, and you're going to be more pliable in his hands. In fact, that's your goal, isn't it? To find a man whom you feel safe enough that you can give your heart, your soul, your mind to?

There are so many women who have contributed to a relationship going off course by allowing passion to cloud their judgment. The solution isn't about being logical all the time, that wouldn't be fun at all. Rather, the solution is to only allow

passionate interactions to occur in safe places and at safe times. The very frustration you will feel by making him go slow is the same frustration that will motivate him. Once too much passion (however you want to define that) is in place, you will have made him feel better. You will have taken away some of his motivation from wanting to speed up the relationship and get closer to you.

Men respond well to voids. Men respond well when there is something they want and they don't have it. Men need voids. Men do not need women to always make them feel good. If you want a man to put off asking you to marry him, include lots and lots of passion. If you want it to progress faster towards marriage, temper your passion. I'm not talking about being a prude; I'm talking about using the male psyche to your advantage. You're going to allow the relationship to go at its own natural pace without speeding it up because, for the man, this is going to allow him to feel like it's his idea. When he feels like he's in control, he is much more likely to make a decisive decision regarding your future with him.

So your rule for months four through six is: Allow him to become a real person, not just the one you fantasize him being. As long as the relationship is progressing, do not pressure him about the future.

“You’re going to allow the relationship to go at its own natural pace without speeding it up because, for the man, this is going to allow him to feel like it’s his idea.”

~ CHAPTER EIGHT ~

Months Six Through Twelve



nce you've reached the six-month barrier in any relationship, it's okay to entertain the idea of marriage, unless you're in your early 20's or younger (if so, please take more time than six months). Most couples, after 6 months of dating, will have an idea that this is someone whom they might want to spend the rest of their life with.

After six months, the primary way a relationship ends is more about the mistakes that were made than it is about something being wrong with you or wrong with him. Since you have dated him six months now, he knows a lot of your insecurities and he knows most of your flaws, and they haven't scared him off. You've had fights that have been resolved, so you know that it's possible to disagree and still love each other. If there were something obviously wrong with you, he would have seen it by now and discarded you for someone else. So after six months, you're going to be looking at him in terms of, *"Can I live with these characteristics he has for the rest of my life?"*

If he's overly talkative when he's around friends or when he is nervous, don't expect that to change if you've seen him do this for six months. If he has a habit of showing up late when he picks you up, you may be able to modify that some, but if

he's been doing it consistently for six months, don't expect that to completely go away just because you marry him. In other words, rather than trying to change a man, which is how most women contribute to the breakup of a relationship at the six-month interval, you're primarily focusing on whether you can accept all of these qualities that you know about him.

Notice I'm talking about qualities as opposed to tangible measurable items. If he dresses poorly, once you get married, you can buy some of his clothes for him. If he thinks he's an excellent dresser and he takes great pride in the horrible outfits, then it's a quality about him, which he is not likely to change. If he's disorganized, but prides himself on never losing anything, don't expect that he's ever going to like you cleaning up after him and rearranging his items. No, he'll be highly insulted because you've seen this quality in him for six months and in his eyes, if you've accepted it for this long, you should realize that's part of who he is.

Between six months and twelve months is the time where you and he negotiate power. You negotiate what things he is open to having you influence him and what things you're willing to be influenced by him. This is the time when you finalize not how many of his good qualities you like, but whether you can live with those idiosyncrasies and bad habits that he has. Notice I didn't say tolerate. If you're going to simply tolerate some of these bad habits, you're only going to resent him. No, you have to push it one way or the other. You're either going to accept these bad habits or you're going to insist on them changing. If you simply ignore them, you're just hoping that one day they'll get better if you remind him enough, and that

maybe he'll outgrow them even though he's had them for 20 or 30 or 40 years of his life, which is just wishful thinking.

Six months to twelve months is where you take a careful inventory of all the things you've seen about him and you start asking yourself, "*Is this the person whom I want to hurt me at times?*" Yes, I did say *hurt you* because whatever man you choose is, at times, going to hurt you. I certainly don't mean being abusive or being horrible, but if you're going to let him get this close to your heart, by definition, you're going to get hurt by him. If you are dancing with someone closely, they are going to step on your toes at times, simply because they're close to you. Any man you give your heart to, will hurt you at times, sometimes accidentally. It may be something as simple as him showing up late for an important dinner because his car got stuck in traffic. Sometimes it will be because he misunderstood what you've said and he'll become angry with you. Sometimes the man you love will hurt you because he's not at an emotional place to be able to provide you the support that you want and that will hurt horribly because early on in dating he seemed to always be available.

During this time frame, if you cannot let him get close enough to hurt you, then you know that this is not the man for you, and it may take weeks or months for you to determine this. That's why this stage is a six-month stage. I have frequently asked men during premarital counseling, "*Is this the woman that you want to hurt you?*" Most women instinctively know what I mean by that.

At times, men are going to mess up. You're also going to make mistakes. You won't purposely wake up in the morning

dreaming of ways to hurt him, but you're going to get angry with him at times. Other times you're going to hurt his feelings, and there will be those rare instances where you're just furious with him. It doesn't mean that you love him any less, even though it may come across that way to him.

As you are making a point simply not to make a major mistake and making it a point to evaluate in your mind if this is someone you can live with, with all his idiosyncrasies and bad habits, you and he will know each other fairly well during this stage; and, yet, because you have kept yourself from him, there will be a part of you that he feels the need to conquer. He will feel incomplete since you know how to make him feel good with his love trigger and by not competing with him.

Six months to twelve months is where you take a careful inventory of all the things you've seen about him and you start asking yourself, "Is this the person whom I want to hurt me at times?"

During this stage is where the man begins to realize that even though there might be other women, there is no woman like you. Even if he could find another woman who makes him feel good, he already has that with you. As you remain true to the principles I've mentioned, most likely you will receive a proposal within the six-month to twelve-month range. If you don't, then look back over this book and see which part you might have skipped over or neglected to implement.

Everything else within your relationship can be intimate and wonderful, with a free exchange of ideas, but even during this stage, you still cannot let yourself become too familiar with him so that you are transparent. Don't share everything with

him. Even after marriage, it is good for a wife to retain some mystery. If you share everything with him, you'll only delay his proposal to you.


Years ago a wise older woman told me, *“Men get married because they're tired.”* When you first hear that, you might be tempted to think that when men get tired, they will just settle for any old thing but that's not what that phrase means. What it means is that it requires a lot of emotional energy for a man to pursue a woman. Until he finds what he's looking for, he'll expend that energy, even though it exhausts him, and he won't know how tired he is until he finds that woman. Once he finds her and doesn't feel the need to keep searching for her, in his mind, he will begin to slow down and realize how tired he is of chasing. He has finally found someone to be his sanctuary, to share a home with, to provide for, and to take care of.

Men like the chase, but only when they're not content. When a man is content, he does not feel the need to chase. There are some men who chase all the time, even after they are married. I promise you, they are not content. But the way you set it up by pacing him and waiting on him, you should get a proposal between months six and twelve because he will have realized that he is content with you. He is tired of looking for something better, wondering if you are the one.

Your rule of thumb through months six through twelve is that your man will want to marry you if you don't get impatient and get in the way. Your goal is to decide what you can accept and what you cannot.

~ CHAPTER NINE ~

Final Thoughts

ow for some of you, it may take more than a year, but it shouldn't take more than two. In fact, if it takes more than two years, you're giving in to him too easily on something. There is some type of insecurity or issue that hasn't been resolved in you, in him, or in both of you. It is really beyond the scope of this book to go through all the issues men face that keep them from marriage. My goal has simply been to give you a guide for those who are ready for marriage. I invite you to take this book and read it, and then read it again, so that it sinks deep within you and becomes part of your heart.

I believe there is a man out there hoping you will do what's in this book. I have told my clients for years, I'm always learning about women; but men I know and, I promise you, every man who has married the woman of his dreams would agree with this book. Any man who doesn't want to be told to wait or to go slower is going to have a hard time once they get married. They can still do it, but it's going to be a rough transition because they are fragile by nature.

Your choice is this: *do you want to put more time in the beginning of this process by picking someone who doesn't need as much work or would you rather just pick someone and ignore the*

obvious warning signs and work on him for the rest of your marriage?

If in your heart of hearts, you have a fear that you will never find what you want and, therefore, must take what you can get, I can certainly empathize with you. It is hard to keep hope alive when you have experienced much disappointment.

It is, however, easy for me to believe in your dream. Every year I get to see women who marry the man of their dreams, in spite of years of frustration and loneliness. I know it can happen, I see it happen every year. I have seen it happen with women who had low self-esteem. I have seen it happen with women who were overweight. I have seen it happen with tall and short women. I've seen it happen with women who had four children and were divorced. I've seen it happen with women in their 40s, as well as in their 20s.

I've seen it happen with every type of woman. The one thing they had in common was they were willing to be loyal to their dream, in spite of how hopeless their circumstances appeared. As they were loyal to their dream, their dream began to change them. They became authentic and even when they were scared and overwhelmed, they refused to settle for anything less than what was in their heart. Now you can become one of those women.

"I believe that there is a man out there hoping you will do what's in this book."

SUGGESTED READING

Here are some additional resources for your consideration. Not everything will apply to you but you might gain an insight or two from each book.

Find a Husband After 35: (Using What I Learned at Harvard Business School)

BY RACHEL GREENWALD



***Lies at the Altar:
The Truth About Great Marriages***

BY ROBIN L. SMITH



The Romance Factor
(Paperback)

BY ALAN LOY MCGINNIS



Love Tactics: How to Win the One You Want

BY THOMAS W. MCKNIGHT AND ROBERT H. PHILLIPS

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Bob Grant, "*The Relationship Doctor*," has written numerous articles about men and relationships and two successful books entitled [The Woman Men Adore and Never Want To Leave](#) and [How Do I Get Him Back](#).

He has appeared on both Television and Radio on such shows as *The Dr. Robyn Show*, *The Jaci Rae Show*, *Singles World Talk Radio* and *Marriage and Family Today*.

With this new ebook, [How To Find The Man of Your Dreams](#), Bob gives advice to women on exactly how to attract the man of their dreams.

Bob currently resides in Atlanta, Georgia, with his beautiful wife and their wonderful baby girl.