



GREAT MEN MOVE MOUNTAINS



Free Audiobook!



Get More Hugs, Kisses,
Affection & Sex:
The Staircase of Intimacy

Brought to you by:

Great Men Move Mountains

<https://www.greatmenmovemountains.com>

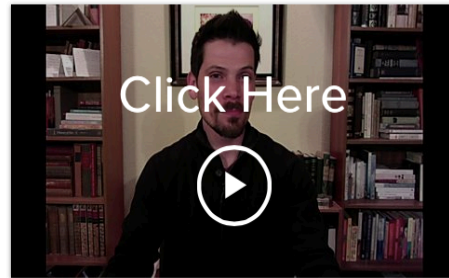
**IMPROVE YOUR
RELATIONSHIP.**

Maybe you've heard the D-word, or maybe you're worried it's going to come soon. Either way, I'm here for you.

That's why I launched Great Men Move Mountains.

I'll tell it to you straight and get you back on the path. Whether you stay with her or not, you'll become the calm, successful, centered man that's ready to take on the world, gain respect, and be a great lover.

**YOU'RE NOT HAPPY.
SHE'S NOT HAPPY.**



Check out our YouTube channel at:

https://www.youtube.com/channel/UCdCNEKQi_v0mF0lsOiTPiaQ

**My 1-1 coaching program is intensely powerful and life changing!
I work with men who are ready for a change and serious about it.**

- Contact me directly -

<https://www.greatmenmovemountains.com/contact>

Request access to our private Facebook forum:

<https://www.greatmenmovemountains.com/cnote>

The Staircase of Intimacy

No one is forced to stay together these days, so as a man you must know how to maintain, grow, and deepen the relationship over time. You must know how to grow the respect, attraction, and love between the two of you.

TOOL

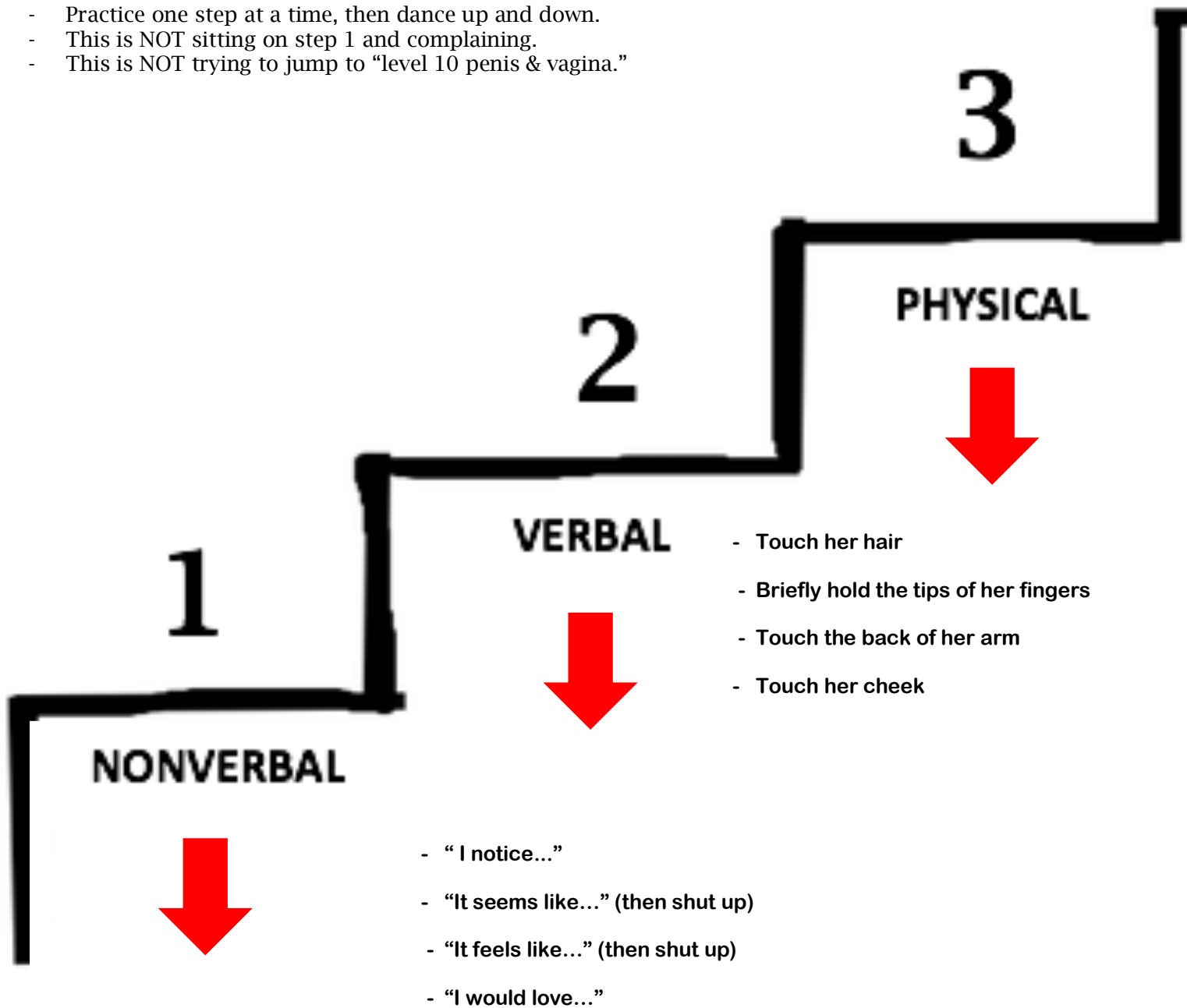


The Staircase of Intimacy



THE STAIRCASE OF INTIMACY

- Practice one step at a time, then dance up and down.
- This is NOT sitting on step 1 and complaining.
- This is NOT trying to jump to “level 10 penis & vagina.”



- Look at with her with high regard
- Hold a vision in your head of a favorite memory
- Think of this positive experience for 5-10 seconds

20X EXPERIMENT TRACKER

- Write it down.
- Do it 20 times.
- Be a scientist.

DATE	WHY DID YOU TRY?	*RESULTS* (prompts below)
1		
2		
3		
4		
5		
6		
7		
8		
9		
10		
11		
12		

13		
14		
15		
16		
17		
18		
19		
20		

***RESULTS* PROMPTS:**

As a scientist, I observed today...

One important thing I noticed about her today was...

I am curious to know more about...

One positive that came from this interaction was...

I was surprised to find out...

You must know how to uphold your boundaries, live by your values and ask for what you want in a grounded masculine way. To even step up to the plate, to even be in the game, you must respect and stand up for yourself in a healthy way. This is Step 0-the ground floor-the cost of entry.

TOOL



(Don't Be a Tool) Tool

**WHEN SOMETHING HARD
HAPPENS**

YOU HAVE 3 CHOICES:

Let it define you.

Let it destroy you.

Let it strengthen you.



(DON'T BE A TOOL) TOOL

- Follow steps 1-5.
- Do NOT skip #1.
- Practice this 20X.

1. Warm-up/Preface:

- *Say, I'd like to talk about something that's important to me...*

2. Call out the Elephant:

- *I'll bet you think that a part of me is [angry/frustrated/upset], and you're right; a part of me is...*

3. My Fear/Vulnerability:

- *And a part of me is [scared/embarrassed/disappointed], because _____;*

4. Positive Vision:

- *What I would like for us is __[share your positive vision for your relationship]__;*

5. "So please help me understand"....

(choose **only 1 Question** to start):

- *How can we move forward from here? (now shut up)*
- *What do you want me to know about that? (now shut up)*
- *What were you wanting in that moment? (now shut up)*
- *What else would you like me to know about that? (now shut up)*



****This last one is great to add at the end to make sure she feels heard and you've explored the situation and understood everything.

Does she play a part? YES.
Is she responsible for own self ? YES.
Is she an adult that has her own agency?
...Well that's the kind of woman you want to be with.

As, a man, it's your job to energetically lead in the relationship. Is this a double-standard?

YES. Is it reality. You bet.

TOOL



Sensual Words



SENSUAL WORDS

- Trust yourself to talk about your feeling states.
- If she doesn't respond well it doesn't mean you've done anything wrong.
- This is a way to call forth the type of relationship you want.

Starter words

- Adventure
- Closeness
- Mystery
- Excitement
- Goosebumps
- Wind on my face

Noticing the Outside

- Beautiful
- Powerful
- Captivating
- Delicate
- Admirable
- Gorgeous

Character Words

- Generous
- Loving
- Adventurous
- Intelligent
- Creative
- Graceful

A woman cannot be attracted to a man she doesn't respect. She can't love you if she doesn't respect you. If you don't respect yourself and the health of your relationship, WHY should she?

TOOL



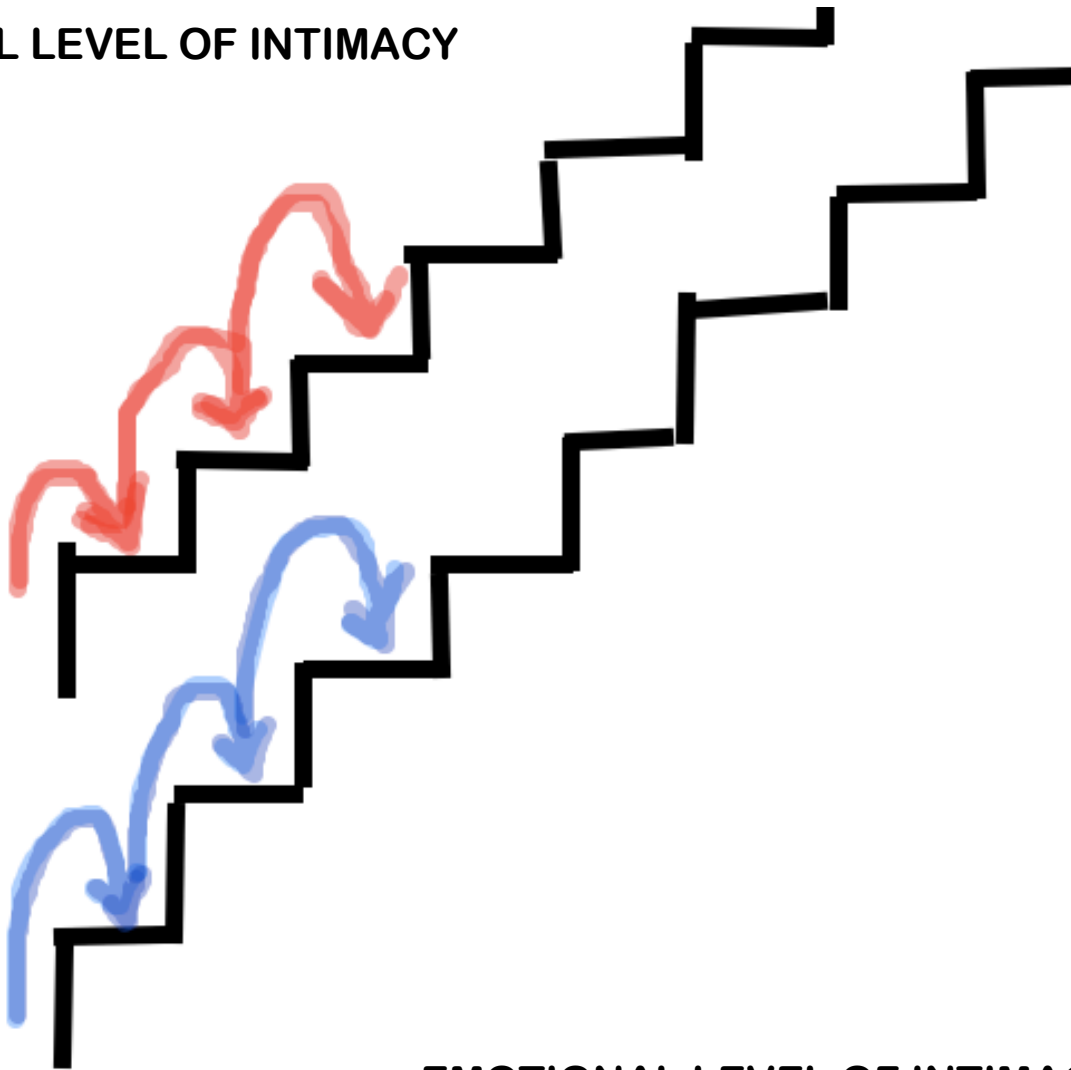
Emotional Level & Physical Level on the Staircase



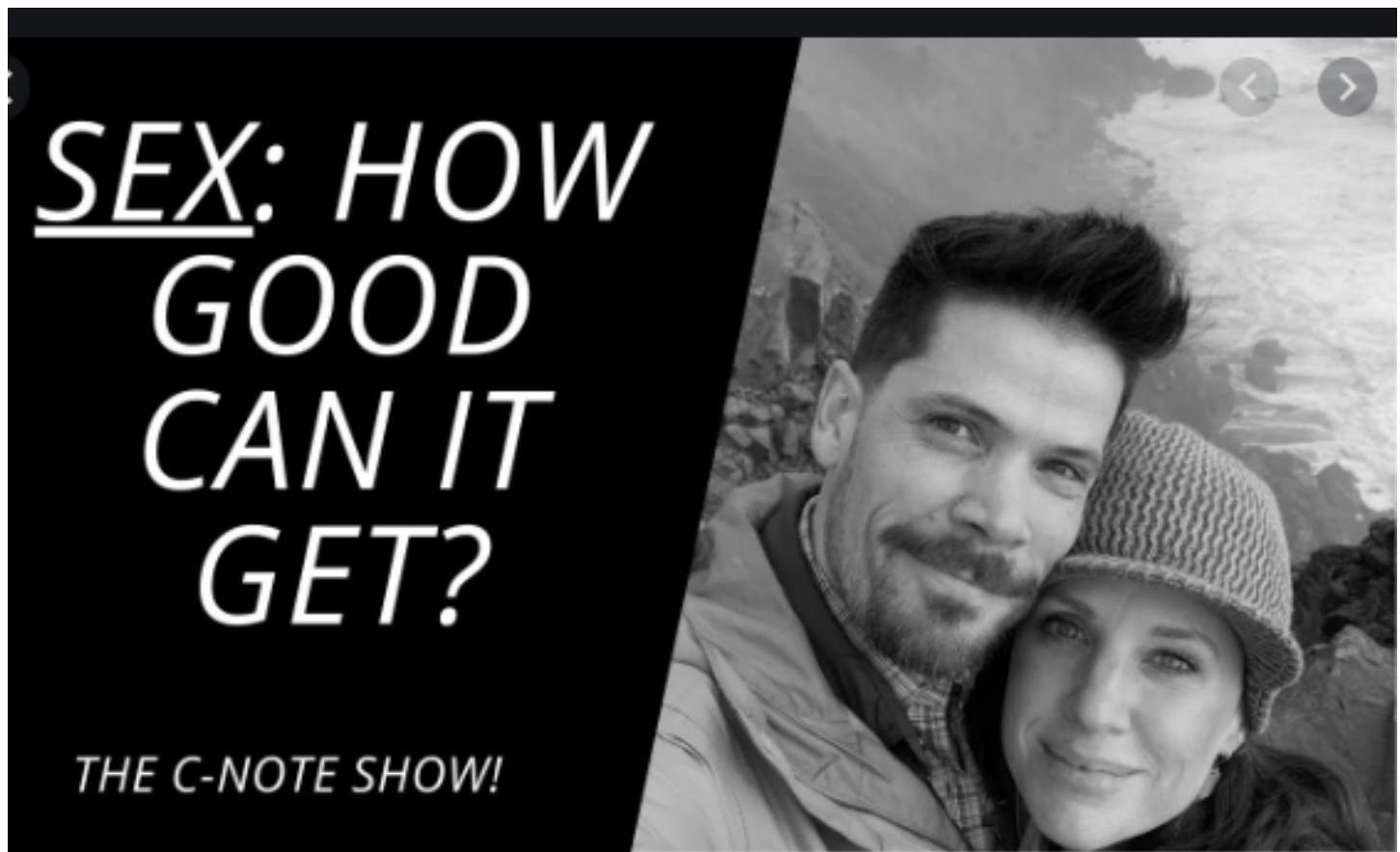
EMOTIONAL LEVEL & PHYSICAL LEVEL -STAIRCASE OF INTIMACY-

- Don't wish for *her to be EASY*, wish for *you to be EFFECTIVE* in relationship.
- You can NOT expect physical escalation beyond the level of HER perceived emotional connection.

PHYSICAL LEVEL OF INTIMACY



EMOTIONAL LEVEL OF INTIMACY



**Join us on *The C-Note Show!* LIVE via Zoom
Monday-Friday 11:00AM-Noon MST, Colorado USA**

Find out how to log in and have your questions answered LIVE:

<https://www.greatmenmovemountains.com/cnote>

