MAKE HIM A Monogamy Junkie WORKSHEETS
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Make Him A Monogamy Junkie:
WORKSHEETS

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Worksheet 1: Releasing Self Doubt and Accepting Your Strength and Beauty as an Irresistible Woman!

Module 1, Assignment 1

Welcome to Make Him A Monogamy Junkie!

Before we can do any work on your relationship, we need to do some work on YOU first. You gotta look inside before you can move forward.

So here’s what I want you to do first:

I’m going to walk you through how to do declarations to get rid of your lingering confidence issues. If you read Module One first (and you’d better have done! :-)) then you’ll already know why this is so vitally important.

If you haven’t read Module One first, go do it now. I’ll wait.

Read it?

Sure?

Okay then.

This Is Not About Doing Affirmations!

I find that, with affirmations (simply repeating something you want over and over again), the results can take a LONG time to show up.
Why?

Because affirmations only work with your unconscious mind.

Declarations have been shown in studies to tackle both the unconscious AND the conscious mind, meaning you can reap the results much faster!

That’s why declarations are 1000% better. I use these in my own life every single day, and I absolutely believe they are the cornerstone of my personal power and the loving relationship I now have today.

I want you to reap their beauty and benefits, too 😊

Here’s how you do a declaration:

- Put one hand on your heart
- Put the index finger of your other hand on your forehead
- Whisper (or say loud and clear, it’s up to you) the declaration you’re making.

I want you to make sure you do the hand placements too, as they are a vital part of a proper declaration.

Why?

Because everything in the world is made of energy. Yes, everything. You, me, these words, your computer screen, your family, the desk, the air. EVERYTHING.
And all energy vibrates.

So everything you do, see, say, and think is *constantly vibrating*.

And when you make a declaration, you’re altering the vibrations of your body.

Placing your hands on your heart and your head makes sure you’re concentrating the effect of the vibrations on your two most powerful engines of change: your heart and your head.

It’s a nice way to make sure you don’t get ‘stuck’ in your heart (emotions) or in your head (rational mind), but tackle both your conscious *and* your unconscious mind at the same time …

… which means you’ll see, and FEEL, results at least twice, if not more, times faster than you would without the hand placements.

Got it?

Good.

Here’s a list of declarations you can choose from to move yourself forwards away from doubt and insecurity, and saturate every cell of your being with the high, sexy, joyful vibration of unstoppable confidence:

- ✓ I am a confident and beautiful woman.
- ✓ I’m strong, free, and sexy.
✓ I deserve to feel the love I want.

✓ My partner finds my confidence sexy and irresistible.

✓ I lovingly release any insecurities I may have once had, and move strongly forward into a life of confidence and happiness.

✓ Today is the day I reclaim my power and beauty.

✓ I love and respect every cell of my being.

✓ Others are drawn to my personal power, strength, and confidence.

✓ I am an irresistible woman!

So now that you know what declarations are, why they work so darn well, and how to do them ...

... here’s what I want you to do now:

Step One: Pick ONE declaration that resonates with you.

Step Two: Repeat this declaration to yourself twice a day, once upon rising, and once before bed, EVERY day for the next week.

Step Three: Write your declaration of choice in your journal right now. Then, every day over the next week, check in with your journal and either write, ‘Yup, I made my declaration today!’ or ‘Nope, but tomorrow!’

Then, go back to the program and start up with module 2: Commitment and the Male Mind!
Worksheet 2: Core of Commitment Cheat Sheet

Module 2, Assignment 1

No actual assignment for you this time – instead, here’s a handy cheat sheet for you to print out or keep on your phone, to look at any time you feel your resolve flagging.

(This is a great way to keep your head in the right place, and reassure your heart that you know what you want and how to get it!)

**Commitment Golden Rule #1:**

At the heart of every incredible relationship is powerful forward momentum, desire, and the urge to *continually commit* …

… an urge built out of CHALLENGING the other person and sparking their *adrenaline*.

**Commitment Golden Rule #2:**

When you challenge him and spark his adrenaline/commitment chemical the right way, three incredible things happen next:

- first, you create *tension*, which is what makes someone intriguing and attractive
o second, tension creates *attraction*, *desire*, and *respect*;

o and third, respect and attraction equal VALUE.

Now I want you to go back to the program and continue on with the next lesson!
Worksheet 3: I Will Never Accept a Guy Who ...

Module 2, Assignment 2

This worksheet is designed to help you know, *for sure*, whether a guy is worth your time, your heart, and your love.

Why?

Because ultimately, time spent with the wrong guy is time WASTED.

And that’s not what I want for you.

So I want you go through this worksheet, and, in your journal, write down every one of the following attributes that your guy does.

This is going to provide you with the cold, hard PROOF as to whether or not he truly is worth your love.

Ready?

Okay, let’s get started.

**In Your Journal, Write Down All Of These That Your Guy Does ...**

He ...

- Is repeatedly late after I have made it clear that this is something I’m not happy with
o Is rude to me, and/or people that I care about, and/or wait staff

o Can’t be trusted to follow his word (doesn’t do what he says he’s going to do)

o Doesn’t respect me

o Is dishonest

o Shuts me out of his life, his plans, and doesn’t let me meet people who are important to him

o Introduces me as his ‘friend’

o Has nothing going on his life and no plans (that are ACTUALLY IN MOTION already) to change that

o Doesn’t make plans beyond next Saturday night

o Only talks with me about sex, flirting, and sex

o Doesn’t respect my standards

o Doesn’t look out for me

o Only sees me when he wants to have sex or talk about having sex
Step One: Read the above list.

Step Two: Write down, in your journal, EACH of these things that you feel applies.

If you’re not 100% sure whether it applies, but you just have a feeling that it does, then write it down anyway and just put a star next to it.

(The important thing is what you feel – it doesn’t have to stand up in court.)

Step Three: Fill out the second half of the worksheet below.

Okay, we’ve dealt with the basic ‘unacceptable’ rules that I’ve set for you.

These are things that I encourage all my female clients and previous customers to NEVER accept in a man.

Because ultimately, they spell doom for his character, his commitment, and your happiness.

A man who consistently demonstrates one or more of the above character flaws is not good enough for you and should be turfed out on his butt.

Harsh?

Maybe.

But I’d rather you went through something painful now, and strike the jackpot in a little while, than be stuck in an ultimately exhausting, painful, unloving relationship built on a crappy foundation for years to come.
So now, I want you to do a little thinking of your own. Keep reading, and answer the questions below.

What other standards are important to you? What else is a dealbreaker?

This isn’t about creating some sort of perfect-man checklist; this is about knowing your boundaries, and being prepared AHEAD OF TIME to enforce the standards that you will and will not accept from a man you let into your life and heart.

What else are you not prepared to accept? Infidelity? Lying? Insolvency (being terrible with money)? Chronic unemployment? Previous kids? Unpredictable mood swings? Refusing to hold your hand? Boring in bed? Tiny penis?

Seriously, there are no judgments here!

This is about getting in touch with what YOU will accept and not accept.

Just put pen to paper (your journal is a perfect place to do this) and let the words roll out.

You can always cross stuff out later if you don’t agree with it after all, so let the need to self-edit go and just WRITE.

Fill the following statements out:

(If you’ve got nothing else to add, that’s okay too. But make sure you actually think about it first. This is important, as it sets the foundation for what’s to come.)
I will not accept a man who ……..

I will not accept a man who ……..

I will not accept a man who ……..

I will not accept a man who ……..
Worksheet 4: Living the Dream Girl Life

Module 2, Lesson Four

This one’s all about creating a CHALLENGE by living a full and exciting life of your own.

✓ Remember, at the core of every amazing relationship is SEXUAL TENSION and ATTRACTION built out of challenging the other person.

✓ You need to keep busy for yourself; and you also need it to create that delicious tingle of tension and challenge between you both.

So, how do you live a full life?

Simple. You focus on doing things that bring YOU pleasure, that you can do all by yourself if need be.

It’s best if these things are doable WITHOUT anyone else having to come along too, because I want you to feel independent and in control – not waiting on someone else to join in : )

That said, if you have a great posse of friends who want to join in, by all means invite them – just don’t let your fun be DEPENDENT on them, okay?

So here’s your assignment:

✓ Think of ONE thing you’ve always wanted to do, but have never actually gotten around to trying.
For instance …

✓ Maybe you’ve always wanted to learn bellydancing, but never have.

✓ Or go to a yoga class.

✓ Or a lecture that’s on at the local college this week that sounds interesting.

✓ A cooking class.

✓ Volunteer work at the animal shelter or a charity close to your heart.

✓ Visiting the library and spending an afternoon holed up choosing some amazing books to bring home!

✓ Window shopping for beautiful art you’d like to hang on your walls one day.

✓ A walk on the beach, in the park, or down to a café to grab a hot chocolate.

✓ An exercise class at the gym.

✓ An adult ballet class.

✓ Adult ice-skating for beginners.

✓ A meditation class.

You get the idea. Something that resonates with you, that you’ve either never done before, or that you USED to do and miss. WHATEVER floats your boat.
So, here’s your assignment:

**Step One:** Pick ONE thing from the list above (or think of your own!)

**Step Two:** Make SOLID PLANS to do it *this week*. (If your first choice isn’t available this week, pick something else and put your first choice on the backburner for now. The goal here is to get some *momentum* building, which means starting *now*.

**Step Three:** Choose which day you’re going to do this thing, and *clear time in your schedule to do it*. I mean it. Write it in your diary or daily planner and take it seriously.

**Step Four:** If you need to book in or make an appointment to get it done, then make that phone call now.

**Step Five:** Smile and feel excited about the cool thing you’re about to do!

*Then, go back to the program, and move on to Module 3!*
Cheat Sheet: Quick Fixes for Feeling Like a Woman Again!

Module 3, Worksheet 1

Remember, while men are DRAWN to femininity, only other women can feed and nourish and BOLSTER it.

The key here is to make regular feminine interaction a frequent part of your life – whether that’s …

☑ coffee with your girlfriends

☑ making time to play and stretch in an all-ladies yoga class (and the energy in these types of classes is amazing!)

☑ worshipping with your friends in your house of worship together

☑ attending a meditation class with a girlfriend, or going within and breathing calmly at home

☑ going outside in nature with a female friend

☑ Go outside in Nature. Breathe the air, look at the greenery, feel the grass under your toes.

☑ The beach! If you live near water, that’s an extremely feminine energy. Soak it up as much as you can. (Wade, if possible.)
✓ Embrace playtime! When was the last time you swung on the swings, did a cartwheel or forward roll, or played tag with another human being? The essence of unstructured playtime is deeply feminine and rejuvenating.

✓ Laughter. There’s something about giggling and laughing that brings you back in touch with your playful feminine side. Rent a funny movie, read a book that makes you laugh, or simply hang out with a female friend who gets your giggle juice flowing.

The bottom line is, time with women is ESSENTIAL for your own sense of femininity and belonging in the divinity of womanhood.

It strengthens your feminine side and allows you non-judgmental space to express it freely.
Welcome to the Emotional Forcefield!

As you know from the previous lesson, male desire is driven by femininity.

And the biggest part of being feminine?

Your VOICE.

Yup – even more than your boobs, your bootie, or your beautiful face.

The perfect example of this is Marilyn Monroe. Monroe swung wildly from curvy to downright overweight, but even at her biggest, she was still (and still is!) widely considered to be THE sexiest woman in the world.

And her secret weapon? The one thing that NO man could resist?

Bingo - her voice.

Today you’re going to develop your own version of the Marilyn voice – this is your very own Emotional Forcefield.

So here’s how it works.
First, find yourself a private space with a mirror (a hand mirror is fine.)

Close the door and make sure you won’t be disturbed for at least 10 minutes.

Next: look at yourself in the mirror and say the following sentence in your NORMAL voice:

‘I am an irresistible woman and I turn heads wherever I go.’

Now, take a step back. Take a deep breath, and imagine this one word flowing through your body like warm honey:

**Softness.**

Imagine every cell in your body softening, until your whole body from your scalp to your jaw and tongue down your neck through your body right down to your toes is awash in softness.

Look at yourself in the mirror and let your face soften. See the difference in the soft skin around your eyes, forehead, and mouth. Your mouth should be soft and relaxed, even smiling JUST a little bit.

Now take another deep breath, and on a slow exhale, focusing on speaking SLOWLY and SOFTLY and just a little bit deeper than your ‘normal’ voice, repeat again:

‘I am an irresistible woman and I turn heads wherever I go.’

Make sure you’re speaking softly and slowly, with that SOFTNESS driving your every word.
The goal here is NOT to sound like Marilyn herself – it’s to sound like a softer, more feminine version of YOU. So don’t worry if you sound literally nothing like her – this is all about YOU.

Practice your soft voice five more times.

Feel comfortable with it? (It’s okay if it still feels weird – hey, you’ve had a whole lifetime to get used to your ‘normal’ voice.)

But, you feel at least SOMEWHAT okay with it, right?

Because you should do. This is all about unleashing your inner goddess – the soft, sexy, feminine version of yourself.

Now here’s your assignment:

Tonight, I want you to try out your soft voice on your man.

Use it when you ask him if he’s coming to bed soon …

If he’ll kiss you goodnight …

How his day was …

If he’d like a back massage (or better, if he can give YOU one …)

… and let the SOFTNESS radiate through you.

See how he reacts. (It’ll be good, so enjoy.)

He probably won’t even consciously notice … but on an instinctive,
subliminal level? A soft, sexy, feminine voice makes men MELT.

Bonus points: use your new soft voice when you next make love. Use it to moan a little bit in the back of your throat, tell him how amazing his cock feels inside of you (better: his big, hard, beautiful cock feels deep inside of you) ... and then moan some more. All the while, relax and let that feeling of SOFTNESS wash through you again and again.
Cheat Sheet: The 3 male drivers of commitment

Module 3, Assignment 3

Here’s your cheat sheet on the 3 male drivers of commitment!

They are …

1. Respect.

One lady did research one time and surveyed some few THOUSAND men, from all walks of life.

She asked them this question:

‘If you could only choose one, would you rather be respected, or loved?’

Guess what the answer was?

The men couldn’t even comprehend experiencing love WITHOUT respect.

In other words, being respected is SO IMPORTANT to a man he has no concept of love without it.

2. Appreciation.

Men are wired to be the providers and protectors.
As a general rule, they derive HUGE amounts of satisfaction from putting a smile on your face, making sure you’re taken care of, and just looking after you.

As comedian Steve Harvey says, ‘Women are the reason for EVERYTHING.’

You are the reason why a man gets up in the morning, goes to work, puts on nice cologne, saves up and buys a flashy car, gets a degree, buys a house – ALL of it.

To impress you, a woman.

This is how they show their love – by looking out for you, protecting you, and to some extent, providing for you.

For instance, the reason why so many men spend LONG hours at work?

Part of it is because they’re being judged by other men, yeah, and they want and need to feel that level of male respect that’s crucial to holding his head high as a man.

But far and away the BIGGEST reason is so that he can provide for the people he cares for.

And other men’s judgment comes into it, too – a man knows that other men will judge him based on how well he can take care of his own. He knows that he IS no man at all if he can’t do that.

So, even though you miss him when he’s working hard, and you can feel exhausted and lonely and even angry that he’s spending so little time and energy with you …
... to him, he IS spending time and energy on you.

Nearly all of it, in fact.

*And the whole time, he’s aching and desperate and Hoping for just the tiniest smidge of acknowledgment and Appreciation for everything he does as a man.*

**3. And finally: WINNING.**

Yes, being a provider and a protector is hardwired into the male chromosomes …

But EVEN MORE than that, most if not ALL men both need and want to be the king of the heap in at least one area of his life.

Some way, some how, he needs bragging rights. To be in control, in charge, the best.

Take a look around, and you will see how this reflects in ALL areas of a man’s life:

- **His work**

- **Sports**

- Typical ‘male’ pastimes (competitive sports and ‘games’, videogames, even pastimes where he competes with HIMSELF to get better over time – golf, weight lifting, and so on)

- Even his conversation with his friends – all based on ‘one-upping’ each
other and being the BEST.

See, men are competitive by nature and they want to WIN.

In fact, for men, this is absolutely crucial to his basic wellbeing, self-respect, and his ability to COMMIT to you.

(This is a hard one for many women to grasp, because mostly we just don’t care that much about ‘winning’. But for men? It’s vital.)

So, tying this into attraction and commitment?

A man’s ability to WIN, in at least one area of his life at any given moment, has a HUGE impact on his ability to fully commit to you.

Why?

Because whether he’s winning or not affects his mood and how he feels about himself.

Which then affects how he feels about you, and – even more importantly – how he shows his feelings for you.
Welcome to Worksheet Four!

Module 3, Worksheet 4

Today you’re going to send your first-ever Acknowledgment Text – exciting! This is all about getting his Attraction Chemical pumping, so have fun with this one.

So here’s what I want you to do:

- Choose an Acknowledgment Text from the list below
- Take a deep breath
- Send it!

And remember … don’t worry if he doesn’t text back. Like I said in the program, that’s not the point.

Sample Acknowledgment Texts (choose one!)

- I love how funny you are. Talking to you always puts a huge smile on my face.
- I should have told you this a long time ago, but … you really are the greatest man I know. Thanks for being in my life.
• I respect your work ethic so much. You have such passion for what you do, it’s incredible.

• I don’t think I’ve ever told you just how much I like how intelligent you are. You’re the smartest man I know.

• I love how safe I feel when I’m with you. You make me feel protected.

• I always have the BEST time whenever I’m with you. Thanks for being so amazing to be around.

• I love how you are with our kids.

• I really love how kind you are. You always look out for me and make sure I’m happy. I feel so lucky to have you in my life.

• You are so much fun to be around!

• People just gravitate to you. You’re a natural leader.

• What you said at breakfast (or lunch, or last night, or during the movie, or whatever) really made me think. You’re one sharp cookie.

• I can’t wait for you to kiss me again. Just being in your arms makes me feel like nothing bad could ever happen to me.

• You are such a good man. I’m glad you’re mine.

• You have such integrity. I respect and love that so much about you.

• I feel like I could trust you with anything. I love how you make me feel so taken care of. You’re my rock and I love that so much about you.
Cheat Sheet: Putting Together Your Own Acknowledgment Texts

Module 3, Assignment 5

First: consult what you wrote out in the Appreciation Game first.

It’s great fodder for specific, unique acknowledgment texts that’ll trigger that rush of dopamine and serotonin in his brain : )

Now, here’s the basic formula for a mindblowing Acknowledgment Text!

The Three Components of an Amazing Acknowledgment Text:

First, the basic intro: for instance, ‘I like/love/adore/respect/appreciate/can’t help but notice …’

Second, add in a more specific compliment: ‘… how great you are with the kids/what an amazing dad you are/how sexy you look in that ripped t-shirt/how passionately you’re committed to your work/what an incredibly generous man you are …’

Third, finish up with a sweet little ‘outro’ statement: ‘Just wanted to make sure you knew how I feel about you/I’m so lucky to have you/I’m so glad you’re mine.’

You get the idea.

Three simple steps = the perfect Acknowledgment Text.
Cheat Sheet: Quick Ways to Trigger His Snuggle Chemical

Module 4, Assignment 1

The snuggle chemical is oxytocin. This is the ‘bonding and cuddle’ hormone (literally what’s released in a baby’s brain when it sees its mother.)

Oxytocin works on the human brain to create a POWERFUL CONNECTION that cannot be broken (as the future of the human race depends upon it!)

Triggering this ‘snuggle chemical’ is absolutely one of the most important things you can do for the future of your relationship.

With these tactics, you can help to DRENCH his system in oxytocin, making him want to grab you, hold you close, protect you from the world, and never let you go.

Quick Tip: The fastest way to instantly trigger a quick blast of oxytocin is through eye contact.

What are some of the BEST ways to trigger his snuggle chemical?

- Intense, prolonged eye contact (2 minutes or more, ideally)

- Energetic dancing to exciting, heart-pumping music

- Slow dancing with your bodies pressed tightly together
- Massage
- Working out together
- making out
- hugging
- watching emotional, funny, romantic, or sad movies together
- Holding hands
- Laughing and giggling together
- anything that makes adrenaline flow (rollercoasters, bumper cars, working out, jumping on a trampoline, roller blading)
- Sex!
Worksheet 2: The Hidden Fantasy

Module 4, Worksheet 2

This assignment is all about triggering his Snuggle Chemical!

Today, you’re going to try the Hidden Fantasy technique.

Here’s how to do it:

**The Hidden Fantasy Technique: Soulsharing Hypnotic Bonding**

This is so easy and SO powerful.

Quick spoiler alert: this is an ancient Tantric routine designed to increase feelings of intimacy and connection on a deeply chemical level.

You know how they say the eyes are the windows to the soul? Well, it’s true. Don’t be surprised, when you do this for the first or second time, if you feel strong emotions welling up – you might feel a bit teary, or you might get a fit of the giggles.

Whatever happens, it’s all good. There’s no wrong way to do this. Just keep at it for at least 2 minutes, and let the chemicals go to work on his brain!
Here’s what to do:

Step One (of seven): Pick an evening you want to try this on, and then, earlier in the day, tell your man you want to try something new and fun together.

If he asks questions, just bite your lip a little and say, ‘I’ve been doing some research and there’s something I want to try with you. But I don’t want to spoil the surprise … all will be revealed tonight. But don’t worry … you’ll like it.’

(If you’re organized enough to plan ahead, you can even send him a cute little text midway through the day, saying something like, ‘I have a fun surprise I want to try with you tonight … but no questions for now. I will explain all this evening. But you’re going to love it ;))’

Step Two: Create a calm, relaxed space.

A bed is ideal.

The room should be dim, but not so dim you can’t see each others’ faces in detail.

Candles combined with a low-watt lamp by the bed are ideal; harsh sunlight is too bright. You want it to be about comfortable-reading-level brightness.

Relaxing music is optional but a nice touch.

Step Three: take your man by the hand, and tell him you would love to try this ‘new thing’ you heard about with him now.

Explain that it’s an ancient Tantric routine designed to increase feelings of
intimacy and connection, and that it’s really easy to do – and only takes 2 minutes.

(You don’t have to tell him you’ve been reading up on ways to boost his commitment to you; that’s perfectly fine to keep to yourself. In fact, I recommend it.)

Then, prep him on what to expect by explaining the rest of these seven steps to him ahead of time, so he knows what to do (you don’t want to be breaking off and explaining as you go!)

**Step Four:** sit comfortably on the bed, facing each other, in a position where you can easily look into each other’s eyes.

Cross legged is perfect; if that’s not comfortable, just use cushions to make yourselves comfortable.

You want to be upright but relaxed.

**Step Five:** Here’s where the fun starts! Take a moment in quiet to close your eyes together and relax in calmness.

(Touching each other is optional; you can hold hands, or not. Whatever feels right. But maintain enough space to look into each others’ eyes.)

**Step Six:** now, each of you open your eyes, and begin gazing into your partners’ eyes.

You will each focus on your partner’s right eye.

After a few seconds, you’ll notice the surroundings – the room, the rest of his face - starting to blur, and new details coming into focus in your
partner’s eye.

(His iris will probably start to dilate, which is a good sign – means the oxytocin is flowing!)

**Step Seven: begin to breathe more and more slowly, tuning your inhales and exhales in tune with your partner’s. (He should focus on doing the same – this is a mutual thing.)**

At this point, with each breath, focus on allowing yourselves to become more and more relaxed, open to each other, and comfortable being completely vulnerable in each other’s presence.

Allow your facial muscles to soften. Blink if you need to.

*The main thing is just to focus calmly on his right eye, as he focuses on yours, and breathe in tune with each other.*

Don’t worry about ‘forcing’ anything to happen – this is all happening on the INSIDE, deep within your brains.

On a neurochemical level, after the first minute or so, the oxytocin is flowing like mad, creating feelings of strong bonding and intimacy.

As an added bonus, the brain’s levels of dopamine (the reward chemical, like what you experience when you bite into a piece of chocolate or have an orgasm) is now pumping like mad also.

The result? Deeper and deeper feelings of intimacy, bonding, and connection.
So here’s what I want you to do now:

**FIRST:** Tonight (yes, tonight!) try the Soul Sharing ritual with him. Relax and enjoy it – whatever crops up, it’s all good.

**SECOND:** Afterwards, journal about your experience: how it felt during, how it felt afterwards, and anything you noticed about his experience as well.
Cheat Sheet: Advanced Soul Sharing (Sexy Time!)

Module 4, Worksheet 3: Advanced Soulsharing

You remember I gave you a list of ways to trigger oxytocin naturally and easily at the start of this lesson?

Well, now we’re going to COMBINE a handful of those with soul-sharing ... while you make love. Whee!

(In fact, you’re going to combine not one, not two, not even four, but FIVE of these techniques for a nuclear blast of oxytocin and cuddle chemical rushing through his veins.)

Here’s what to do.

Step One: go back to the list of snuggle-chemical activities, and choose one that you’d like to do with your man. Anything is fine, with one exception – no sex! (Yet. Hehe.)

Step Two: have fun doing this thing together (whether it’s working out, running, dancing, hugging, making out, whatever. It should be something you both enjoy. Treat it like a date, turn your phones off, and enjoy.)

Step Three: When the activity’s over, it’s makeout time! Take the date somewhere you’ll be comfortable getting naked and eventually having sex together – a bedroom is ideal, obviously, or if you’re travelling or away from home for some reason, a hotel or motel is great, too.)
A car backseat is not exactly ideal, but can do in a pinch (as long as it’s somewhere you won’t get interrupted at a bad moment!)

**Step Four:** Pull away from a kiss and make strong eye contact. (Not staring, just relaxed, sexy eye contact.)

Bite your lip a little, and then say these exact words:

‘I want you. And … I need you. Right now.’

**Step Five:** Tell your partner that you want to try and maintain eye contact during orgasm.

(If you’re not sure how to phrase it, you can just say you want to try something you heard about online called Tantric Eye Gazing, where you both keep your eyes open and maintain eye contact during orgasm.

And, if that’s too clinical for you, just say, ‘I want to see you looking at me when you come for me, baby. I love seeing your beautiful eyes. It turns me on.’

**Step Six:** Sex! Any position is fine as long as it’s one where you can see into each other’s eyes (so, not reverse cowgirl or spooning. Anything else is great.)

**Step Seven:** As he gets closer to orgasm, gasp out again that you want to see him looking in your eyes when he comes.

**Step Eight:** During his orgasm (and yours, if you’re someone who can come from actual penetrative sex – don’t worry if not, not all ladies can do this) hold eye contact. You can blink, and so can he, but don’t look away and don’t shut your eyes. Ride the intensity out (and it IS intense!)
Step Nine: bask in the afterglow! (Don’t be surprised if he stares at you with tears in his eyes, pulls you so close you think you’re in heaven, and holds you tenderly in shocked awe after you do this!)
Lesson 14: The Rev and Kill Kiss worksheet

Module Five, Lesson 14

Welcome to the Rev and Kill Kiss worksheet!

Here’s how to do it:

Step One: Setting the Scene.

Simply pick a time when kissing is the last thing on his mind – maybe he’s strolling down the hall of your house on his way out to check the mailbox, maybe he’s in his home office working on a document, maybe he’s in the middle of cooking dinner, maybe he’s just slopping around in the lounge with his hand down his pants (gotta make sure the boys are still there, after all) watching the news.

Step Two: Rev Him Up. (This is the ‘Rev’ part of the technique!)

After you’ve chosen your time and place, you POUNCE!

Grab him by the shoulders, push him up against the wall just hard enough to force him back, and kiss him.

Kiss him like it’s your first and last kiss on earth.

Tenderly, passionately, just the right amount of teasing, tantalizing tongue.

It’s a nice touch to moan a little bit, softly, in the back of your throat.
Step Three: Intensifying the Rev.

Pull back just a little bit, look him in the eye, and say in a low, quiet voice, ‘You have no idea how much I want you right now.’

(When you combine this sentence with strong eye contact, you send a powerful blast of oxytocin and adrenaline racing through his veins, making his heart race and pound in his chest and his heart long to pull you closer. Strong stuff.)

Step Four: Move In for the ‘Kill’

Now … you execute perfect Cat String Theory and pull right back.

Literally.

You just pull right the hell back.

Bite your lip a little, look him in the eye, smile a little bit, and then WALK AWAY.

Don’t say anything else. Just go about your business. The important thing is that you REMOVE YOURSELF from his immediate vicinity – you’ve gotta let the dopamine and adrenaline go to work in his brain.

(Trust me, he’ll be internally screaming for more – and the sexy challenge you’ve just given him will spur him right on.)

Step Five: Wait in anticipation for him to come hunt you down and finish the job : )
So, here’s your assignment

On ONE day this week, I want you to do the Rev and Kill Kiss technique.

It can be in the morning (a nice touch, because then he’ll be thinking about you all day) …

… it can be anytime during the day …

… or it can be in the evening.

Pick a day, pick a time, and go for it.

For bonus points:

- **Add a little sparkle to your appearance** with a coat of mascara, or dangly earrings, or a pair tight jeans (yoga pants work well too to help you flaunt your rear) … and you generally can’t go wrong with a deep V-necked shirt.

- **Heck, for ALL the bonus points, wear ALL of the above.** *Feeling sexy* adds an extra thrill, and knowing you look good is a nice spice to the experience for both of you.

And, finally …

Yes, I want you to journal about the experience. Even if you don’t FEEL like writing, just write SOMETHING you noticed about what it felt like for you, and how he reacted. Did it go well? Did you feel good? Did he seem to like it? What would you do differently next time?
Remember, self reflection is an important part of this journey. I want you to keep in touch with how you FEEL throughout this process, even more than what actually happened.

Journaling is repeatedly proven to help you break through unconscious barriers that are holding you back, help you release fears and doubts, and move strongly forward into your power as a sexy, beautiful, desirable woman who has that man eating out of the palm of your hand.

(Plus, you’ll want to look back on this journey someday – trust me. It can be truly amazing to see how far you’ve come.)
The Fire and Ice Assignment

Module 6, Worksheet 1

Welcome to the Fire and Ice assignment!

This assignment is all about TEXTING.

The second he opens up his inbox and reads the words you’re about to learn how to send, you trigger a potent cascade of the Big Four:

- adrenaline (excitement and the inability to perceive your flaws)
- dopamine (the reward chemical that acts on the brain in the same addictively pleasurable way as cocaine)
- oxytocin (the cuddle hormone that bonds him deeply to you)
- and even serotonin (which is the ‘brain altering chemical’ that can literally send people temporarily insane due to its INCREDIBLE addictiveness.) Any time you release serotonin in his head, he’ll find thoughts of you constantly popping into his head – you will literally change the way he thinks.

Powerful stuff!
So, here’s what I want you to do:

There are 3 steps.

Each one builds from the next.

Take it slow and DO NOT go skipping any steps – you’ve gotta do them all, *in order*, for this to work!

**Step One: build up the heat SLOWLY with an ‘Ice’ compliment text:**

- ‘Your green eyes were making me so hot last night.’

- ‘Your biceps look amazing in that t-shirt.’

- ‘Have I ever told you how much it makes me tingle when you hold my hand?’

- ‘I love how you handled that problem yesterday. It was amazing watching you take control like that.’

- ‘It’s amazing how disciplined you are in looking after yourself. I love how passionate you are about your health.’

- ‘Cuddling with you in bed last night was the best thing ever. I woke up with a huge smile on my face.’

- ‘I love how strong you are. Thanks for making me feel safe.’

- ‘You’re an amazing man. I’m glad you’re mine.’
- ‘Ok, I need to confess: you give the best hugs in the world.’

**Step Two: Send one compliment text every 2-3 days for one week.**

**Step Three: Add in some heat with a ‘Fire’ text!**

Each message should take 2-3 actual individual texts to send (hence the use of ‘…’ ‘…’ to end and start each individual text.)

This ups his anticipation and adrenaline to sky-high levels.

- *You can, and should, text this one to him apropos of LITERALLY nothing:*
  ‘Speaking of panties ...’ ‘... I’m not wearing any ;)’

- ‘Tonight, I’ve decided that ...’ ‘...You get to do ANYTHING you want with me ...’ ‘...Nothing is off limits. And I mean, nothing.’

- ‘Tonight I want to make your fantasy come true.’

- ‘I can’t stop thinking about your sexy body. I can’t wait to feel you on top of me ...’ ‘... inside me.’

- ‘More more more ...’ ‘... of your delicious lips pressed against mine. Mmmm.’

- ‘Do you know ...’ ‘... how bad I want you right now?’

- ‘Just for the record, I brought you into my fantasy last night ...’ ‘... and I’m going to do it again tonight. Mmmm.’

- ‘I’ll be wearing something special for you in bed tonight ...’ ‘... that I think
you are going to love ;)

- ‘I think we should both …’ ‘… sleep naked tonight and see what happens.’

- ‘Just thinking what it would feel like …’ ‘…to have your sexy hands on my body right now…’ ‘… it’s making me quiver.’

- ‘I can’t wait to feel your hands on me again.’

- ‘I just want to feel you …’ ‘On top of me. Inside me. And …’ ‘… both of us shuddering.’

- ‘I wish we were alone …’ ‘… so I could rip off your jeans, push you onto the bed, and …’ ‘…. ride you until you explode inside of me.’

Q: How should you respond if he starts texting you back?

One great way respond to his sexy texts is to let him take a bit more control, by asking little questions that let him know how turned on you are.

*For instance …*

- ‘What are the dirty thoughts going through your mind right now?’

- ‘tell me what you see …’

- ‘tell me what you’re feeling …’

- ‘Tell me what you want, I want to make you groan …’

Or, just text short sentences back to narrate what you’re feeling. (This can
be incredibly hot for both of you.)

For instance …

- ‘I’m moaning …’
- ‘You feel so good inside of me …’
- ‘Oh baby I love your hard beautiful cock so deep inside of me…’
- ‘I’m so wet and tight …’
- ‘Oh god you feel so big ... I almost can’t take it …’
- ‘More more more ... oh I love how hard you are …’
- ‘I can’t wait any longer, you’re going to make me come …’

So, now that you know what to say and how to say it, here’s your assignment:

✓ This week, send him 1 compliment text.

✓ Next week, send him 2 compliment texts.

✓ The week after that, on ONE day of the week, down a glass of wine and send at least one Fire text!
And, of course ... I want you to journal how you felt after sending each text: what you wrote, and what he said (if he said anything – remember, him not responding IS ABSOLUTELY FINE, I promise!) and how you felt afterwards.
Cheat Sheet: The Sexy Story Method

Module 6, Worksheet 2

Here’s your cheat sheet for the Sexy Story method!

The Sexy Story text: to be sent in installments of about 20 seconds apart.

- ‘I’m going to tell you a story about …’ ‘… what I want to do to you tonight …’ ‘… first I’m going to rip off your pants …’ ‘push you onto the bed …’ ‘Then take my hot, wet mouth and …’ ‘… use my tongue, and …’ ‘… slobber all over your beautiful cock …’ ‘until you can’t take it any more …’ ‘… then I’m going to climb on top of you and …’ ‘fuck you with my tight, wet pussy until you’re groaning …’ ‘… I’m going to ride you until you come so hard …’ ‘… Don’t text back : ) just try not to think of me all afternoon, and …’ ‘… I’ll see you tonight when you’re good and ready for me.’

If you want to make it EVEN HOTTER, you can send this to him when you’re out to dinner with friends together or at a conference together – any time you’re in the same room, but with others around.

Just watching him read each text and struggle to contain himself is a LOT of fun : )
Cheat Sheet: How to Read A Man’s Mind

Module 7 Worksheet 1

Welcome to the ESP cheat sheet!

No actual assignment today – instead, I want you to print out this cheat sheet (or just download it onto your smartphone) …

Or even just write it out longhand, if you prefer.

It doesn’t matter HOW you do it – I just want to make sure you have this on hand at ALL TIMES until you’ve finished this program.

This stuff is super important, and it’s SO easy for women to forget what’s ‘acceptable’ and what’s truly not (mainly, because we get conditioned by society, magazines, and even our friends – who only mean well, most of the time – to expect LESS than we deserve.)

Hence, the necessity for this cheat sheet : )

The ESP Technique – How To Read A Man’s Mind

✓ A guy is showing you what he really feels ALL THE TIME.

✓ He just shows you with his actions, not his words.
If you want to improve the way he's acting towards you, don’t bother talking to him about it. Talking just makes things worse in this situation. (Yes, sometimes asking for what you want CAN backfire.) Don’t worry though – I’ll show you what to do in the next module 😊

Yes, guys are entirely capable of telling you what they think you want to hear, and then acting in a completely different way. If and when this happens, look at his actions every time. Actions don’t lie.

If he doesn’t do what he says he’s going to do, he’s not worth it.

If he’s leaving you hanging, wondering about how he feels, and is refusing to make a small effort to make you feel comfortable and secure, then he’s not worth it.

You have the right to expect a phonecall, a text message, and to see him in places outside of the bedroom (places that he invited you.) If you’re not getting those things, he’s not worth it.

If he refuses to SHOW you how he feels, then he’s showing you that he’s the type of guy who is disrespectful of your needs. This is not likely to change. Move on.

Don’t be the woman who expects little and gets even less. Be the woman who expects A LOT and gets it. You deserve more than just the scraps. (Trust me.)

Always remember: a good man WILL go out of his way to make YOU happy.
Welcome to the Future Wife assignment!

Just a heads up – yes, this technique works great even if you’ve already been married for forty years.

I called it the ‘Future Wife’ assignment because …

… well, because it sounded cool, and I liked it.

But yes, it works great whether you’re already married or not : )

Quite literally, this technique will erode ANY AND ALL commitment phobias a man might have, like taking a sand-blaster to a wall of old peeling paint: eroding off the crud, and revealing a new, shiny, beautiful foundation underneath.

Here’s What You’re Going To Do …

There are just 3 (EXTREMELY SIMPLE) steps to follow.

Step One: Give him the SPACE to chase you.
Here’s how to give space:

- Pull away just a little bit. Still be loving and sweet when you’re around ... just don’t be around ALL THE TIME.

- Make sure you’re living a full and exciting life of your own. This will naturally take you out of the picture a little more often, as you won’t be making him the core of your existence.

- Do a repeat of the Rev and Kill Kiss (hot!)

- If you’re texting, Facebook chatting, or Skype chatting, let him have the final word more than half of the time. The person who doesn’t respond automatically has the power. And the person with the power gets the respect. Which creates tension. Which creates DESIRE.

- Wait at least 3 hours before texting him back. It’s good to let him wonder a little bit. ‘Will she message me back? What else is she doing that’s more important than talking to ME?’ Boom.

- Some of my own personal favorite things to do to give my man space include getting out of the house to go to a yoga class; visiting friends; going for a long walk with my dog; working out at the gym; or simply curling up with a good book.

- Any time you’re not waiting for him to entertain you and fill you up, you’re pulling away. And that’s a good thing.
Step Two: Next, make him feel like a god.

I recommend texting, emailing, or simply coming up behind him, wrapping your arms tightly around him, and whispering one of these little gems in his ear:

Appreciation statements for his drive and talents:

- I love how driven you are.
- I believe in you.
- You’re so strong.
- I feel like you can do anything.
- You’re amazing at what you do.
- I have so much respect for you.
- People just look up to you.
- You’re a natural leader.

Appreciating his looks and body:

- Wow, you look so handsome today!
- I love being wrapped in your sexy arms.
- You look so manly in that suit. I think I’m getting a little turned on.

- Even when you just wake up, you’re still ridiculously sexy.

- Okay, this is totally unfair. How can one person look so good all the time??

- Oh my god, you weren’t kidding about working out. Wow.

- Nice butt : )

- There’s something about you in a pair of jeans. Makes me blush every time ;)

- This one works best with a cheeky smile, and in a public place where there are other women around ... OMG, women just can’t keep their eyes off you. I’d better show them you’re MINE ... and I’m not sharing! (Then do something playful, like grab his butt and lean in for a kiss.)

Appreciating how he treats you:

- You’re so good to me.

- I’m so lucky to have you in my life.

- I love how gentle you are with me.

- You’re a good man.

- Your playful side is so sexy.

- I love how kind you are.
- I love how you are with (the dog, the kids, our friend’s baby.)

- You always know how to make me laugh.

- You are the funniest guy I know.

- Just looking at you makes me weak in the knees.

- You turn me on more than anyone I’ve ever known.

- I feel like with you by my side I can do anything. You make me feel so supported, like there’s nothing to be afraid of.

**Respecting him as a leader and a man:**

- I would follow you anywhere.

- Is there anything you can’t do?!

- I’m always on your side.

- I can always count on you for the best advice.

- You make me feel so safe.

- There’s nothing I wouldn’t do for you.

- I would trust you with my life.

- You always know exactly what to do. No wonder other guys look up to you.
- It’s so sexy how smart you are.

Step Three: **Reward him with appreciation when he moves in the right direction.**

Tried and tested ways to do this, to trigger the strongest rush of dopamine and serotonin in his brain, include saying, emailing, or texting any of the following:

- ‘You were so amazing to cuddle with last night in bed. I love the way it feels when you wrap your arms around me. It feels like nothing and nobody in the world can hurt me when I’m in your arms.’

- ‘Thank you so much for dinner last night! Sharing dessert with you afterwards was my favorite part … you looked so sexy with whipped cream on the end of your nose ;)’

- ‘You choose the BEST movies. You always know what I’m in the mood for. PS: I particularly liked how you bought the exact candy I was craving. Thank you so much!’

- ‘Oh my god, I was so turned on by you last night. You sure know how to make me tremble.’

- ‘Last night was the best night of my life. I love having sex with you more than anything. I’m a bit sore today … in a good way’ (sexy wink and a smile)

- ‘I woke up with a huge smile on my face today … and I think you know why! Thank you for knowing my body almost better than I know it myself ;)’
So, now that you know what to do, here’s your assignment:

One: Implement the first of the three steps **today**.

(If that’s not feasible – let’s say it’s 11pm at night already and he’s already snoring in bed – then tomorrow will do.)

That means tomorrow, you’re going to **do something that takes you AWAY from him, and that fills YOU up.**

During this time, turn off your phone or at the VERY LEAST don’t respond to any texts or calls you may receive from him during this time. Remember, this is time for YOU. You are entitled to be uncontactable sometimes.

(Obviously, if there’s an unexpected circumstance like he’s in the hospital or something, this doesn’t apply!)

But otherwise, make sure you stay out of contact for this time.

Two: **just** before you’re ready to come home, send an appreciation text. (Choose from any of the categories.)

(If you’re not a lady who likes to text, then say it in person when you get home – that’s A-OK as well.)

Three: then watch and wait for the first TINY move he makes in the direction you want (treating you like a goddess, obviously) … and **reward him instantly for doing so** …

… by texting (or saying!) any of the following:
✓ ‘You were so amazing to cuddle with last night in bed. I love the way it feels when you wrap your arms around me. It feels like nothing and nobody in the world can hurt me when I’m in your arms.’

✓ ‘Thank you so much for dinner last night! Sharing dessert with you afterwards was my favorite part ... you looked so sexy with whipped cream on the end of your nose ;)

✓ ‘You choose the BEST movies. You always know what I’m in the mood for. PS: I particularly liked how you bought the exact candy I was craving. Thank you so much!’

✓ ‘Oh my god, I was so turned on by you last night. You sure know how to make me tremble.’

✓ ‘Last night was the best night of my life. I love having sex with you more than anything. I’m a bit sore today ... in a good way’ (sexy wink and a smile)

✓ ‘I woke up with a huge smile on my face today ... and I think you know why! Thank you for knowing my body almost better than I know it myself ;)

Key Points To Remember:

- I know I said this before, but it bears repeating: this technique needs all three steps to trigger the exact rush of chemicals you want in his brain. Doing just one step, or just two (or mixing up the order) will not work. Just follow the recipe as it’s laid out. It works.

- When you get to Step Three, remember to appreciate every little step in
the right direction. (Just think of it like training a dog. If you want a dog to do a backflip through a hoop, you don’t wait until the dog can do it perfectly before rewarding him. You shower that dog with cookies every time he makes ONE MOVE in the right direction. For best results, do the same with your man.)
Preparing Yourself For His Secrets

Module Nine Worksheet 1:

Welcome to today’s assignment!

This worksheet is all about preparing you emotionally for hearing his secrets once he starts to really open up to you.

It’s simple, but NECESSARY, because soooo many women *freak out* when a guy starts to tell the truth (often, for the first time in his entire life.)

Not that guys are ‘liars’ per se …

… but you need to understand just how DEEP the masculine need to ‘protect and provide’ runs.

Most men are *very* aware that they need to be *strong* for you, so to him, it can feel like he’s going against his entire primal conditioning to let you behind the velvet curtain.

And that means, when it happens (and it will), you need to be READY for it.

And the first step to being accepting of another human being’s flaws is …

… being accepting of your own.

This can feel hard to do, because humans are naturally imperfect (it’s human nature, y’all!) and hey, it’s hard to love your flaws. (That’s why
they’re called ‘flaws’, not ‘signs of perfection’, right?)

But it’s gotta be done.

Personally, I’ve found that the more accepting I am of my own propensity to make mistakes, screw up, and occasionally be … well, kind of a bitch (hey, it happens, especially around that time of the month) …

… truly accepting and being okay with that side of me has made me A LOT more accepting, tolerant, and forgiving of other people doing those same exact things.

**Because you know what the psychologists say …**

**The things we hate the most in other people are the things we hate most about OURSELVES.**

So getting on speaking terms with your shadow side is **paramount** if you want to be the kind of strong, powerful woman who can accept your man 100% when he starts to open up. (And I know you do.)

**So here’s what I want you to do …**

- Choose ONE from the list of declarations below that resonates with you.

- Put one hand on your heart, and one hand on your forehead, and repeat your chosen declaration out loud (either in a whisper, or loud and clear) once to yourself right now.

- Do this once on rising in the morning, and once again before bed, for the next 30 days.
The following declarations are designed to help you embrace and fully accept EVERY side of yourself (yes, even your shadow side.)

- I am a strong, powerful, loving woman. Today I own my power.
- I love and accept all sides of myself.
- No matter what I have or haven’t done, I am worthy of love.
- I am strong because I accept and love all of myself.
- I release the past with love, and move strongly forward into a future of peace and love.
- I forgive myself for all past mistakes and all future ones. I am worthy of love just the way I am in this moment.
- I don’t need to change to be loved. I’m worthy of love just as I am.
- I open myself with love to all of my humanity.
- I am protected, I am loved, I am safe.
Using the Forgive and Forget Script

Module Ten Worksheet 1:

Welcome to the first assignment for Module 10!

As you know, the Forgive and Forget script is really for use when he’s already upset with you about something.

(I mean, I suppose you can always use it when he’s NOT angry or mad … just for kicks … but then you’ve kind of stolen your own thunder when you really need to use it. So for that reason, I recommend saving it for when you need it!)

So for now, just keep this script in the back of your mind for when you really need to use it.

(Or, if he’s upset with you already about something, use it NOW.)

Otherwise, here’s your assignment for this lesson:

I want you to answer the following questions in your journal. (Alternatively, print this sheet out and answer in the spaces provided.)

These questions are designed to help you better understand your role in any arguments or disagreements you may have, past, present, or future … to get a peek at his point of view … and help to change your own state next time you argue, to help YOU stay calm and happy, too 😊
1. What kinds of things tend to cause the most strife between us? (For instance, household chores ... sex ... affection ... things he said to me ... things I said to him ... his behavior to the kids ... working too much ... etc.)

2. What is it about HIM that tends to upset ME?

3. What is it about ME that tends to upset HIM?
4. What don’t I like about the way I am during arguments with him?

5. Is there something I would ever consider changing about my behavior, tone of voice, or habits during an argument that might conceivably help us sort things out faster? If so, what would it be? (NOTE: being honest in this answer doesn’t mean you’re committed to actually *doing* what you write down. For now, you’re just exploring. So feel free to be totally honest – nobody’s going to hold this over your head in the future!)

6. What does he do WELL during an argument? (This might be really hard to answer. But do your best – see if you can think of just one thing he does well during an argument, and write it down. Others may come too – jot those down as well.)
Answer these questions as honestly as you can. Go into as much detail as you like.

If you can’t think of anything to say, just write ‘I don’t know right now’, that’s okay too. But you must write SOMETHING in every space given.

And, that’s all for now!

You don’t have to ‘do’ anything with this information – simply let it sit in the back of your mind and let it percolate through your awareness.

Awareness is a powerful thing; getting in touch with your honest observations is all you have to do for this assignment.

Then go back to Module 10 and move on to lesson 28!
Cheat Sheet for the Sudden Superpower

Module Ten Worksheet 2:

Welcome to Worksheet 2 for Module 10!

Here’s your cheat sheet for the Sudden Superpower technique.

That’s right, no actual assignment this time – instead, I want you to simply print this off, or keep it somewhere accessible, so you know exactly what to do next time you want to change him back into his loving, affectionate self.

Remember, you don’t have to have actually had an argument to use this – you can use it ANY time you want to increase that loving feeling in your relationship!

(Obviously, if you’re just using it for the love of it, you can avoid step one.)

First step: Directly after an argument, when things are raw, you need to take it EASY.

That means, get some space.

You both need some time out to let the nerves settle, so go into a different room (or out of the house altogether).
About half an hour is enough to change your state (and his), clearing the way for step two.

**Second step:** Approach him gently, make soft eye contact, and, using your Emotional Forcefield voice, say: ‘You know, even though we have these disagreements from time to time, I really love you and want you to be happy. I’d love it if we could take some time right now to just forget about what we were just discussing earlier, and bond with each other the way we really feel deep down.’

*Note:* if you’re using this without having had an argument first, then say *this instead:* ‘I really love you and I’d love it if we could take some time right now to just love each other and enjoy each other’s company. That would make me so happy.’

**Third step:** Time for some physical contact! If you have a bath handy? Run a hot bath, light candles, and get in together.

If you don’t have a bath? Rent an emotional movie (romantic, funny, even sad, as long as it’s **emotional**) and watch it together while snuggling on the couch.

If you hate movies, for some crazy reason? Then just lie down on the couch, put on some relaxing music, and cuddle together. Full body contact, please.

The only rule here is, **no talking about the argument itself.** Reiterate your desire to just ‘forget about whatever we were talking about, and just spend some time enjoying each other’s company’.

Reiterate that you love him, you want him to be happy, and you’re willing to do whatever he needs to make that happen.
Then, enjoy your cuddle time.

Step four: Go back to your normal, loving life together and see how his behavior is different now!

You should see marked improvements in his expression, his tone of voice, how affectionate he is towards you IMMEDIATELY.

Don’t be surprised if he starts smiling more, whistling to himself, and doing more around the house. This stuff is strong.

Now, go back to lesson 30, where I’ll teach you an advanced superpower called the Jack In The Box tactic!
Brainstorming for the Jack in the Box Tactic

Module Ten, Worksheet 3:

Welcome to worksheet 3 for Module 10!

In this worksheet, I’m going to get you to brainstorm some Jack In The Box Tactics that you could actually see yourself using next time you need to change your man’s state.

This will be fun, so grab your journal and let’s get started!

Here are 3 questions I want you to answer before you get started with your brainstorm.

Either answer them in your journal, or print this off and answer them in the space provided 😊

1: Do I have any physical injuries or disabilities that would prevent me from doing certain physical moves? (List them in the blank space below.) For example, ‘I have a sore lower back, so I probably shouldn’t try and lift anything heavy … and I get vertigo sometimes, so I probably shouldn’t turn myself upside down just in case.)
2. Does my man have any phobias or sensitivities that I probably shouldn’t touch on in my Jack in the Box Tactics? (List them in the blank space below.) *For example, ‘My man is kind of touchy about people laughing at him, so I probably shouldn’t try just bursting out in the giggles spontaneously during an argument because he might take it the wrong way.’*

3. Do I have any strange or unexpected talents that I might be able to put to use in my Jack In The Box Tactics? (List them in the blank space below.) *For example: ‘I can play Chopsticks with a comb … I can crack my knuckles REALLY loudly … I can do a handstand without balancing against the wall … I can sing REALLY loudly … I do an awesome impression of a rooster …’ etc.*

Okay, now that you’ve answered the three questions, here’s what I want you to do next:

Keeping what you just wrote in the back of your mind, I want you to brainstorm at least 20 things that you could potentially do next time you want to try the Jack In The Box Tactic.
Important things to remember about brainstorming:

✓ Remember, there’s no such thing as a bad idea during brainstorming; just write ANYTHING that comes to mind. You can make your final decisions after the brainstorming is over. For now, just write ANYTHING that comes to mind.

✓ Once you’ve brainstormed at least 20 things you could potentially do, I want you to narrow it down to 5 choices (no less than 3.) Keep those 5 choices in the back of your mind for the next time you want to change his state – and when you use them, have fun!

So, grab a pen and either use this worksheet or your journal ... because you’ve got 20 ideas to come up with!

1) 

2) 

3) 

4) 

5) 

6) 

7) 

8)
9)

10)

11)

12)

13)

14)

15)

My Final Five Choices Are:

1)

2)

3)

4)
Cheat Sheet: The ‘Big Guns’ Tactic for Upgrading Your Relationship (Final Resort)

Module 11, Worksheet 1

Welcome to worksheet 1 for Module 11!

Here you’ll find your cheat sheet for the Big Guns relationship upgrade tactic.

**WARNING:**

This method is not to be used lightly OR early in a relationship.

This is *strictly and only* for use when you *need* your relationship to move forward ... you’ve waited as long as you’re able ... you’ve tried everything else in this program ...

And now it’s time to pull out the big guns.

So, here’s exactly what you do:

**Step One: You pick a time when he’s calm and relaxed.**

(Tax time, during a sports game, or any time he’s stressed and anxious is NOT the time. You want him to be mellow and happy.)
Step Two: then, you say this simple script:

‘Baby, I just want you to know that I love being with you. But I have to tell you something: what I need now is for you to take our relationship to the next level.

‘I’m not trying to pressure you. But what we have now is not going to be enough for me forever.

‘So what I need you to do is this: I need you to think about whether you are ready to upgrade our relationship to the next level. If you’re not ready, that’s fine; I hope you know I would NEVER want you to do anything you’re not happy with.

‘But long-term, just carrying on as we are now is not going to be enough for me.

‘So have a think, and let me know in the next month. If you decide it’s not for you, then as much as I love you, I need to make it clear that I’m not going to be able to just wait around forever for you to decide my future.

‘Does that sound fair to you?’

Step Three: the conversation is now over.

You smile, kiss him on the cheek, walk away, and for the next month, you carry on being your normal loving, sexy self.

*Why does this work so well?*
Because men are wired to please you.

And what they respond to best of all is EXPECTATIONS.

So here’s what I want you to do now:

Print this cheat sheet out, or jot it down in your journal, or simply keep it someplace handy in case you ever need to use it.

Then, go back to the program, and continue on with Module 11, lesson 32 – where I’ll be answering some of your burning questions about the program, commitment, and what to do next!