



the **BONDING STAGES**

How Men Fall In Love



BOB Grant, P.L.C.

*You and you alone
make me feel that I am alive.*

**Other men it is said
have seen angels,**

**but I have seen thee
and thou art enough.**



George Moore

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Introduction



For years, I've listened to my clients tell me over and over again what it was they wanted in a relationship. Most of the time they would say things that were fairly familiar. They wanted a man who was kind, fun to be with, patient and a whole list of other wonderful attributes.

For years, I listened to the “wishlist” items and noticed that while they often sounded the same, rarely did I hear women bring them up once they were truly smitten with a man. Instead, what they all had in common was a sense of euphoric delight when they felt connected to a man on a deep emotional level.

For each of them, the feeling was that they had finally found the one man that not

only understood them, but also actually loved them more deeply when he got to know them.

In my counseling practice, I listened year after year to women tell me about their desire to have a deep emotional connection with a man they admired. When they did have such an experience, they described it to me as feeling so wonderful that it was like they finally felt complete.

Yet what also became apparent was the way these women would date and interact with men often wouldn't lead to that kind of emotional connection. In fact, most of the time, they were left brokenhearted as the intense relationship ended with their love interest feeling overwhelmed or emotionally disconnected. They would come into my office, crying, and ask what they had done so wrong that would make this once affectionate man now want to pull away from them emotionally.

It's easy to understand their confusion. Almost every woman I have spoken with believes that a man will have a deep emotional bond with her if he feels a strong enough intense attraction for her. She believes that the intensity will make him feel that she is the only woman for him for the rest of his life because his heart is bonded to her. What makes this worse is that men often believe this themselves and tell women as much.

During the moments of intense passion, it feels so exhilarating that it's common for even a man to mistake the intensity of his feelings for true love. Because those feelings are expressed to a woman with such conviction, it's understandable for a woman to assume his feelings represent a depth of commitment to her and their relationship. Yet what happens so often is that his intense feelings of passion and devotion begin to fade.

As this happens, the emotional bond that seemed to connect her heart to his feels like

it is vanishing right before her eyes. What makes this worse is that often there isn't a clear reason as to why this happens.

I've listened to countless female clients describe this exact scenario and then obsess over all the details of their relationship, wondering "why" this happened. In her mind, he seemed to be enchanted by everything about her just a few short weeks ago. They seemed to have the kind of bond that you only see in the movies, yet now they are perplexed to see that a man could bond with them so deeply and then pull away from them for no apparent reason.

At least, that's how it appeared to them. It's easy to understand why they feel so confused and hurt. From everything they have been hearing from the man they've given their heart to, it's only natural to assume that he is giving his heart to her fully. But as logical as that belief is, here's why it often ends in heartache. Expecting a man to bond with you

based on the intensity of his feelings doesn't work. As you will discover, men need more than that to give their heart completely to a woman.

I'm not saying that these women were asking for anything that was unreasonable, but that they haven't been told that for a man to bond with you deeply, he has to go through several stages. These stages are what I call the Bonding Code. While you may find some rare exceptions to this code, my concern is if you choose to believe that the man you love is the "exception."

When my clients maintain this belief and they allow the relationship to become red hot with passion and desire, time and time again they enter my office with this one question: "What happened?" The man ends up not being as committed to her as he claimed (and even believed), and now she's devastated when he's emotionally overwhelmed and feels that maybe she isn't his soul mate after all.

This doesn't mean that a man can't commit, or that his emotions don't play a significant part in contributing to his falling deeply in love. What you'll discover is that when you learn the Bonding Code, you won't have to simply hope that the man you love won't get overwhelmed by the intensity of his emotions. You'll know how to pace the relationship through the stages that will lead him to the place he really wants to be (in love with you) but often doesn't know how to get there.

As I say this, I must also give you this warning. There are some men this won't work on for this reason: When a man experiences exciting emotions over a prolonged period of time, it initially feels wonderful. The problem is that when a man experiences any feelings intensely, it has the effect of magnifying ALL of his feelings.

While he loves the feeling of infatuation with the new love in his life, his insecurities

and doubts suddenly begin to creep into his thoughts as well. The reason is that men don't feel that often. They typically manage their emotions by restraining them. For them, letting oneself feel is an invitation to feel out of control. Memories of feeling sad, angry and other hurtful emotions reinforce the memory of feeling out of control from a past heartache or argument.

In a man's mind, the way to "manage" this is not to encourage his feelings, but to contain them. While he enjoys feeling happy and excited, even those feelings come at a cost to him. His emotional capacity is far more limited than that of most women. His brain doesn't process his feelings with the speed or consistency of a woman; and when he feels deeply, his entire emotional state is running at full speed.

In fact, if you took a brain scan of a man in love, it actually looks quite similar to someone that is "high" on the drug cocaine.

Since he's been hurt or disappointed in the past, any drama, disagreement or unpleasantness is an indication that something is wrong with the relationship.

For the man that can't (won't) bond, the only relationships they are interested in are the ones where the woman makes them feel good all the time. To them, any kind of uncomfortable emotion is a warning flag that something is wrong with the relationship. For this type of man, the more emotions he feels, the more his insecurities will begin to surface toward you. Initially, he will seem confident and seductive to the new woman in his life; but once the newness of the relationship begins to fade, he feels that the woman has disappointed him.

No longer can he simply look at her and feel a rush of love and passion, but instead, she looks quite similar to every other woman. Her special qualities suddenly don't seem that special as a restless feeling begins to grow

inside his mind.



The good news for you is that through the process, you'll learn what will actually increase their anxiety so that you will be able to see their inability to love you before you actually give them your heart. Often these types of men are drug addicts, women beaters, and frequently are unfaithful in a relationship. What makes them so dangerous is that they are also often very charming and possess the ability to make a woman feel special through their relentless pursuit of her.

So here's what I want to ask you as we go through this program: "Are you willing to follow this program, even though what I'm about to share will feel counterintuitive at times?" There's a strong chance that what I'm going to describe will make you say to yourself, "Bob, you don't know what you're talking about." The most popular excuse I've heard is more of a justification. Countless clients have sat across the room, looked me in the eye and said, "Yes, I know what you're saying is true...but my situation is different." Once I hear those words, I know that their relationship is in trouble. They want to act; however, they feel and convince themselves that the intensity of their feelings is the most important gauge of how well their relationship is progressing.

I also want to emphasize the fact that I've seen this process work for women for over fifteen years in my clinical practice. When clients walk into my office, they

expect advice that actually works. It is this expectation that compels me to provide them not simple suggestions that reinforce their current beliefs about men and relationships, but rather insights that actually work. I simply can't afford to tell them things that don't work. What I suggest has to work; or quite simply - they don't come back, they don't tell their friends about men and they never get to experience their heart's desire.

After working with men, women, and couples for years, I can tell if a man is going through the Bonding Code or if his relationship is headed for disaster. The beauty of this, though, is that when you understand the Bonding Code for men, you can utilize this, not to just your advantage, but for his advantage as well. When you understand the sequence and the significance of each stage, you'll know how his heart works better than he does.

You'll also see why, if you get that

sequence wrong, skip certain stages or overemphasize one particular stage, you could end up destroying his chance for him to bond with you. If you help him navigate through these stages, you'll see him slowly develop an attachment to you as the one woman he can't live without. This isn't to say that he can't do this himself; it's simply that your understanding of this secret passage will make him feel that you are special. He'll see that you have the keys to his heart, and he'll feel both lucky to have found you and desperate to keep you happy.

So as we begin, please don't expect what you'll learn to be as natural and effortless as you'd like. While I wish it were always that simple, my promise to you is that what I'm going to teach you is powerful. If you'll follow our steps and go through this process, you'll find it actually becomes more natural and effortless.

Chapter 1

I don't like to play games



Tell me what comes to mind when you hear someone talking about “playing games” in a relationship. Most likely, you’ll think of a woman (or man) that is either dishonest or manipulative in a romantic relationship. She hides her feelings by pretending not to be interested, even though deep down inside, all she can think about is when will she see him again.

Let’s also add the fact that you’ve probably also experienced a relationship where a man “played games” with your heart by being deceptive with you regarding his interest. He might have had an agenda of simply trying to seduce you or told you how loyal he was, only to later cheat on you with another woman.

Because of past painful experiences, it's understandable to want to minimize your risk in a romantic relationship. I've had more than a few clients tell me, in no uncertain terms, that they didn't like to play games. They considered anything less than being completely honest and upfront with their feelings to be the same as catering to a man. In their mind, if they couldn't "be themselves," then they felt the man wasn't strong enough to handle them.

Yet, other women believe that not being completely honest and sharing all of their feelings is tantamount to lying or misleading a man. If they have to restrain their emotions or modify their behavior, it feels as though they are pretending to be someone they are not, just to make a man like them. As one woman told me (rather forcefully), "I want a man to love me for who I am; therefore, if I have to pretend to be something that I'm not, then I don't really want him anyway."

I'll admit that it's hard to argue with

that statement. However, in every romantic relationship, being transparent isn't always helpful. The issue isn't whether to disclose your feelings or share your vulnerabilities, but rather it is a matter of WHEN you share such private thoughts. If you want to let your relationship progress "naturally," then you'll likely never experience the depth of devotion that you crave. The secret some women know is this: romance happens as the result of both chemistry and timing. If you don't have both of those ingredients, then romantic feelings will begin to wane. Contrary to what you might believe, a romantic evening is just as much about planning as it is about raw physical attraction.



Let me illustrate this point by describing Julia's magical date with Frank. On Tuesday, Frank

called her and offered to take her to an exclusive restaurant on Saturday evening. Once she accepted his invitation, she immediately began to think about what she'd wear in order to make a good impression on Frank. If I would suggest that she simply wear something comfortable with no regard for Frank, she'd look at me like I was crazy. In addition, she certainly wanted to make sure her hair was at its radiant best. Finally, let's not forget the amount of time she spent on her makeup, getting it just right.

As you can see, she didn't want to take the risk by letting the evening unfold naturally. Her plan was to make a good impression on Frank in her appearance. On Saturday night at the restaurant, she most likely was very attentive to him by listening intently to his every word.

Whether she would admit to this or not, she was actually playing games with Frank. Her planning, anticipation, and attention to

details didn't mean that she was playing games in a bad or dishonest manner, but instead, it indicated a high degree of interest.

Now let's compare this with what frequently happens in a marriage. The couple has been together for years, and the cares of life have started to wear on their relationship. Once this couple welcomes a child into their home, the attentiveness to each other becomes more difficult to give. The stresses of raising a small child, bills that never seem to end, and the lack of time spent talking with each other begin to cause the romantic bloom to fade. The partners feel tired and often overwhelmed as their relationship seems at times more like a business arrangement.

Both long for the intimacy and closeness they once shared. Upon closer inspection, we find that rarely do they spend any time together away from the home. Most of their interactions focus on the demands of the family, and romance is simply left to "happen."

Because each feels the other should just simply “want to” meet their needs, over time resentment begins to build. Because each one stops making the other a priority, their relationship slowly begins to die. Both of them don’t “feel” like being romantic, so they don’t bother creating an atmosphere that produces romance like they did when they were dating.

These two scenarios illustrate that game playing is actually desirable, when done correctly. Creating a romantic atmosphere does at times require some planning. Certainly there are times when it does feel that a romantic spark just happens on its own, but almost always you will find a great deal of preparation has led up to that moment.

THE FEAR FACTOR

The examples above illustrate why simply

letting a relationship develop completely naturally rarely works. While being neglectful can cause harm to a relationship, that isn't the most common romance killer. Buried deep inside so many women's hearts are the memories of being hurt by a man they thought they could trust.

In the beginning of the relationship, he was so attentive and pledged his love for her. Then over time something inside of him seemed to change. Whether he decided he no longer loved her, was unfaithful to her, or even physically abused her, the result was the same. His love for her, which she trusted, was gone and it left her devastated. The result of this nightmare experience is often that a woman, in an attempt not to be hurt again, begins to focus on not getting hurt again. The thinking for this is that the quicker they can find out if he's a good fit for them the better.

In an attempt not to trust a man only to be heartbroken again, they focus on what

they believe is an accurate measurement of a great relationship: having a really intense emotional connection. The logic is that a man who can arouse such intense feelings of desire and attraction is the type of man that will be a great lifetime partner.

As the rush of emotions continues, it often leads to these women having poor boundaries. All caution is thrown to the wind as they disclose things too quickly and give into physical intimacy too soon.

Logically, it makes sense; but in reality, it doesn't work. The flaw in this approach is based on confusion between intensity and intimacy. While feeling intensely is more likely to create a bond with a woman, it is no guarantee that it will produce an emotional bond with a man. To create that almost mythical bond with a man, one of the key ingredients is tension. Tension can be a bit uncomfortable for both parties. And what I've just described is a common attempt to

avoid tension. Some women don't want to feel vulnerable and take a risk. They want to have a man reassure them so they don't have to feel rejected again.

In addition, if a relationship is simply based on feelings of euphoria, then what happens when those feelings aren't there? What is a woman to do when she's having a bad day or is emotionally overwhelmed? It's not only unrealistic, but a little bit absurd to assume a woman (any woman) can constantly be so inspiring that a man will always feel wonderful around her.

IT'S FREQUENCY - NOT JUST INTENSITY

Well then, are feelings important to a man? Yes, and one element is actually similar to that of a woman. While men tend to feel

things very intensely and for short bursts, it isn't simply the wonderful feelings that make a man bond with you, but rather the frequency of feelings. A woman that can arouse a man's emotions awakens a part of his brain that is normally dormant. If a woman has a few intense interactions with a man, he'll certainly enjoy them; and he'll feel "full" after each encounter.

If he doesn't get to spend as much time with her as he likes, or if she maintains a bit of mystery, then he begins to desire her more. From his perspective, the desire to want more of her is what creates a sense of urgency to pursue her.

Without that urgency to pursue her, men begin to view a woman as less than desirable and simply convenient. It's for this reason that the thing I fear the most in any relationship, and you should too, is that a man takes you for granted. When he believes that he knows all that there is to know about you, he'll begin

feeling disconnected with you.

Being taken for granted is so toxic in a relationship that I would rather a man be angry with you than feel you'll always love him no matter how he treats you. That kind of accommodation is actually the recipe for death in a relationship. If you make it a point to constantly not play games by being too transparent and disclosing too much information too quickly, he won't bond with you; and his feelings for you will start to wane.

If you're in an established relationship and think that the idea of mystery and romance and flirting is too much work, then you're sowing the seeds for the romance in your relationship to slowly die.

I want to invite you to think about playing games as something that is fun. It doesn't involve lying or deliberately misleading someone, but it also doesn't involve disclosing

everything to him.

You want the man you're interested in to be curious at times, to not know all the information, or to not know exactly how you feel. You want that tension to build because for him to be able to bond, he must first be aroused. He must first be curious. And once those feelings are stirred up, and this is crucial, they must be prolonged.

So as we begin this process, let us first start with the idea that this is a game. This is a game that benefits both of you, and we don't want to take all of the fun out of it. We want that tension; we want some anxiety; we want a little bit of nervousness. It is the variety of feelings that will open his heart and not simply the intensity of them. Allow his feelings and thoughts to slowly align so that he can experience the kind of connection that only happens perhaps once or twice in a man's lifetime.

LEVELS OF DISCLOSURES

Early in a relationship, it's easy to have your emotions color your view of the other person. When you're infatuated, the brain



simply makes assumptions that go along with how you're feeling. Instead of trying to use your

intuition with a new relationship, a better method of pacing the relationship is what I call the levels of disclosure. Let's rank these levels from 1-5.

Level 1 DISCLOSURE: Generic

Appropriate for: Anyone

“Do you know what time it is?”

“Do you know if it’s going to rain?”

Notice how you could ask these questions to almost anyone, and it wouldn’t require you to disclose anything about yourself. On this level, it really isn’t a disclosure but really just a question or even a statement that you could use to engage a stranger.

Level 2 DISCLOSURES: **Casual**

Appropriate for: The beginning of a relationship

“Hi, my name is _____.”

“I work at _____.”

This stage is when you give information about

yourself as a way of providing an introduction. You share general interest topics, occupation, and other information that begins to paint a picture to the other person about what makes you unique.

LEVEL 3 DISCLOSURES: **Comfortable**

Appropriate for: Acquaintances

Examples:

Sharing about your hobbies or interest.

Disclosing your opinion on controversial topics such as politics or religion.

These interactions are with those you interact with on a regular basis. They know much of your public information (name, where you live, social interests). This may include work associates, friends, or others whom you

interact with socially on a frequent basis.

LEVEL 4 DISCLOSURES: **Personal**

Appropriate for: Close Friends

Examples:

Sharing your dreams about your future.

Telling someone something in your past that's embarrassing.

These are secrets about yourself that you would only share with those you trust not to take advantage of such information. They have proven themselves to be both safe and caring with your concerns in the past.

LEVEL 5 DISCLOSURES: **Intimate**

Appropriate for: Intimate Encounters

Examples:

Sex

Sharing your deepest fears and desires

These encounters are a combination of both physical and emotional transparency. In almost all cases, level 5 disclosures are sexual in nature.

As we look at all 5 levels, I want to point out that each one is designed to build upon the previous one. Level 1 needs to come before level 2, which needs to precede level 3 and so forth.

What happens in a romantic relationship if you “skip” certain levels? Let’s use an example of a couple that meets for the first

time at a social event, and they feel an instant attraction for one another. As the evening goes on, each can feel their desire increasing until they end their evening together in bed and a level 5 encounter ensues.

While there is no denying the intensity of that entire night, the problem is that their encounter wasn't built upon a foundation. Each individual doesn't really know the other person; and once that intensity wears off, there really isn't much else the relationship is based on. From a woman's perspective, she's given him access not just to her body, but also her heart without knowing if he's trustworthy of such a treasure.

Since she didn't take the time to go through the levels, she doesn't know how he acts when he's angry. She has no idea if he can keep a secret or if he's actually kind. Everything she knows about is based on assumptions.

When we build on the layers 1 through 5 slowly and methodically, it shows us whether the other person is both desirable and safe. For a woman, it also demonstrates value by insisting that a man invests in winning her heart. Sadly, so many of my clients haven't gone through these levels before they disclosed themselves at level 5. They're more than happy to let things go fast simply because it feels so good. This is the choice you have to make: Are you interested in having fun now versus actually believing that you deserve the kind of connection with a man that you've always wanted?

The proper way to use these levels is to go from 1 to 5 and pause when you reach each one. When you're disclosing level 2 information, before you divulge more, wait to see if he responds appropriately with what you've shared. Does he try to rush the relationship? Does he go straight to level 3, 4 or (heaven forbid) 5?

These levels are not a single event. When you first begin a relationship, it takes time to progress through each level. But even after you're married, they are still applicable.

Imagine how you would feel if you were tired and overwhelmed after a tough day and all your husband wanted to talk about was sex. Maybe you'd be in the mood, but probably not. The reason this would be the case would be because he would be looking for a level 5 encounter. In contrast, you would need for him to find out what's going on inside of you before you could open yourself up to him in that way.

Here's another example. Let's say that he's heavily involved in a task and you want to pour your heart out to him in that exact moment. In this situation, he may not be at a place where he can have a level 5 encounter with you at that moment.

The way to think of these levels is

1) As your relationship is progressing, don't rush through them and skip a level. It will often take months for the process to unfold. After all, it includes building a foundation progressing towards level 5 disclosures.

2) Once he's bonded with you, having level 5 interactions will happen more frequently. But still it's important to keep in mind that rarely is it a good idea to begin a conversation or interaction at level 5. Start at level 3 or 4 and watch how he responds. If he's listening and engaged, then open your heart up to him.

Practice Questions:

Imagine that you just met a man for the first time at a party, and you feel that he is someone you would be romantically interested in.

In the spaces below, come up with an example of a conversation topic that you would use for Levels 1-5. (If you can't remember what is appropriate for each level, check my explanations above.)

Level 1: Generic Conversation Starter

Level 2: Casual Conversation

Level 3: Acquaintance Conversation

Level 4: Close Friends

Level 5: Intimate Encounters

What level do you generally feel most comfortable with when you meet a new man?

Write the name of a man from a past relationship where you may have skipped going through all these levels, one at a time.

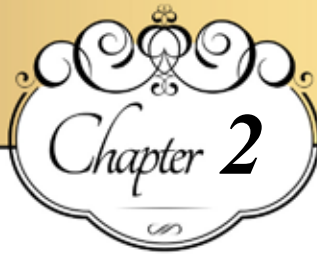
What did you miss getting to know about that person?

Did this ultimately have a negative repercussion on your relationship? If so, what happened?

For the next week, when you are out in situations where you will be meeting new people, practice starting conversations with Level 1 and Level 2 topics. Try to start at least 5 Level 1 conversations and practice taking them to Level 2.

See how this experience feels for you. Once you've practiced, you'll feel that

communicating on Level 1 and 2 gets more and more comfortable.



Tension is Your Friend

*** Three Magic Words ***

When a relationship is either just beginning or it hits a lull, the natural tendency is to focus on being nicer, sweeter and lovelier. The problem with this is that during those times, a man has a decreased interest in romance. For a man, his emotions are like a sleeping bear which need to be aroused. There are 2 reasons for this:

1) Men don't naturally feel as often as do women.

2) Feelings make a man feel out of control.

*HE DOESN'T FEEL
AS OFTEN AS YOU DO*

As a woman, you most likely experience far more feelings in a month than most men do in a year. Your brain is designed to process emotions and thinking simultaneous. This is why women typically get more “emotional” about certain events than do men. I don’t mean to imply that this is a weakness, but rather a different manner of processing emotions.

Men are designed to focus on a single task at hand and to focus intensely, which enables them to either think or feel. This ability to detach from their feelings enables them to focus on a task without the distractions of emotions. In a life or death situation, this can be very helpful. Yet, it can be frustrating for

a woman trying to get her lover's attention when she's upset and he stays detached. For him, feelings aren't something that happen every day, but rather an experience, which occurs rarely.

Since he doesn't feel that often, the feelings a man typically experiences are frequently those intense enough to break through his emotional vault. When he experiences something wonderful, such as a concert or attending a sporting event, then he welcomes those feelings. However, when he experiences painful emotions, it leads to the second point...

*FEELINGS MAKE HIM
FEEL OUT OF CONTROL*

During times of duress, anger, or discouragement, a man feels powerless. His

ability to regulate his emotions works so long as he keeps himself emotionally neutral by not allowing himself to get too high or too low.

When he experiences emotions that are painful, he simply can't cut them off, and he doesn't know when they will end. The typical response to this is for a man to search for the cause of his problem so he can fix it. If you've ever opened your heart to a man and had him offer 3 or 4 solutions, this is the reason why. When you share your painful feelings with him, he feels overwhelmed and wants that feeling to stop. For him, finding a solution is what he does to cope with those feelings. The sooner he finds the answer, the more quickly he can get his feelings under control.

Understand that a man's natural tendency to avoid feelings is critical to the bonding code. Since we know that his heart is guarded against feeling out of control, we can understand how paramount it is for a man

to feel in control while he is falling in love.

This need to be in control is what makes him cautious about lowering his emotional walls. If the pace and intensity of his emotions happen too quickly or too intensely, there is almost always an emotional crash afterward. At this point, any progress in your relationship often comes to a screeching halt. Perhaps you've noticed this pattern with former boyfriends, your brothers or, if you're married, your husband?

When you see a man experiencing an emotional high, realize that he won't be like



this always or even very often.

This is similar to someone that's eaten too much sugar and is acting hyper.

They have so much extra energy that their mind is racing; and given enough time, the

high will wear off.

I know what makes this tough for women. When a man crashes emotionally, a woman doesn't relate to his inexplicable drop in passion, since she is capable of so much more emotionally. The more a woman feels, often the more cathartic the experience becomes as it enables her to process the myriad of feelings that flow through her mind. This is why women believe that when a man is upset, he'd feel the same level of satisfaction as she does if he would just "talk" about his feelings.

But when a man talks about those feelings, he often becomes confused and overwhelmed. Rather than trying to help a man understand his feelings, what is more helpful is when he feels he has some control over them. If he is experiencing emotions and it is his choice to experience them, then he is more likely not to run from them.

The tool we use to accomplish this is

to allow a man to experience tension in a relationship. Tension is defined by the sense that something is wrong or missing in a relationship mixed with a sense of urgency. In practical terms, this means that a man desires more from a relationship than he is getting. This uncomfortable feeling is what I call tension, and that intensity motivates him to move closer to the woman he desires.

The beauty of tension is that most of the time, it isn't as intense as the crash of going from an emotional high to feeling overwhelmed. It is a constant nagging in the back of his mind that keeps him from taking you for granted.

What does tension look like in a relationship? Often it involves conflict or some sort of irritation. Early in a relationship, the easiest way to create tension is to not allow a man to interact with you as much as he'd like. This is what I call pacing a man.

In an established relationship, tension occurs whenever you stay true to your convictions, even though he is upset or angry. It's not that I'm suggesting that you create conflict simply to make him upset with you. It's that you treat him in a way that shows you know what's best for the relationship, regardless of what he may tell you.

If you know that he's likely to crash if the relationship escalates through the levels of disclosure too quickly, then you'll make sure not to encourage that.

Even though you'd love to have him close to you every day, giving into that desire only puts him at risk for getting over whelmed. As his desire for more of you increases and your availability remains the same, he'll feel tension. He'll feel somewhat frustrated.

He won't be worried about getting overwhelmed, but rather his focus will be on solving a problem. He'll be thinking, "How

can I get more of her?” While any woman can get a man’s attention through flirtation, what will separate her from other women is her ability to maintain his interest.

But how will this feel for you? If you do this correctly, it will feel uncomfortable for you as well. If you share too much information or confess the depths of your feelings too soon, it may feel reassuring initially. Yet, the cost to you is that you will have killed the tension that was built up between you. In gaining the reassurance you craved, you have also removed the curiosity.

Here’s an example that I’m certain has happened to you before. Think about a man that holds no interest for you. It’s not that you despise him, but he is simply unappealing. Because you have no interest in him, you’re a challenge. You’re mysterious. There’s tension whenever he sees you. It’s easy for you to create tension toward these types of men for one simple reason: you’re not interested

in them. That quality is what makes you so appealing. It's not because you're treating him terribly (hopefully), but because you don't seem to be concerned at all about his opinion of you. This is what you want as a relationship develops and, even to a lesser degree, once it has been established.

When you apply this to the man you care about, one thing is certain: it won't feel natural. It will most likely feel that you are depriving yourself of the love and attention that you crave. Even though it will feel so natural to give in to your desires, remember that just because you feel strongly about something doesn't mean it's the best thing to do.

Just yesterday a client told me of a man she can't get out of her mind. She feels a strong connection with him, but she realizes that he isn't good for her. She told me about his history of cheating on his ex-wife and addiction to pornography. In addition, she mentioned that

he also has a temper. If she simply decides to do what feels natural and give her heart to this man, then it's not hard to predict the heartache that awaits her. Regardless of the intensity of her feelings, it is still going to end badly for her. If she gives in to her desires, she can't expect him to change his patterns.

Her choice is whether to ignore the consequences and be short-term oriented or to be long-term oriented and make the wise but harder choice, even though it will be uncomfortable in the present moment. Now I don't mean to imply that everything has to be long-term oriented; but if we're talking about having a bond with a man, something that's going to last a lifetime, you must have some degree of long-term orientation.

As I'm pointing this out, let me emphasize that most men won't understand what I've just explained to you. Most men don't realize that the emotional high they are experiencing with a woman can't last. When their feelings

do begin to subside, they often make the false assumption that something's wrong. I've seen men overreact this way for years, even though this letdown is perfectly natural. Those men that understand this don't fret when the intensity of their desire decreases; but often, so many men do misinterpret the decrease in feelings as a sign that something is amiss.

I've predicted this rise and crash pattern to countless clients. As they sit across from me, they nod their head when I suggest they pace their relationship. All goes well until they give into their desires and encourage the relationship to intensify at a rapid pace. Then weeks later, they come to me and say, "Bob, he doesn't seem to be interested in me like he used to; what's wrong?" When I remind them of my previous warning, they often look at me as though they didn't understand what I was talking about.

In reality, they did understand, but they didn't want to apply what I suggested.

Understanding is one thing. They just didn't want to believe it because it wasn't easy. My warning to you is this: If you neglect allowing tension in a new relationship, you will be missing one of the key components that will motivate a man to bond with you. I understand how good it feels for you to finally experience the love you've patiently waited for in a man who can't get enough of you. I listen to women who gorge themselves with the emotions and want more and more. They've been emotionally starved for so long that they don't want to stop; so they savor the long talks, the hand-holding, and the sharing of feelings. While they're bonding, the man they love is slowly becoming overwhelmed by these intense emotions.

Is this fair that he can't bond the same way as you? No, I'll admit it's not fair. As the woman, you are the heart in a relationship. You have an understanding about relationships that most men will never have, and that

insight is what will enable you to nurture this emotional bond. Here is your cheat sheet for those moments when it seems that he isn't responding to tension as fast as you'd like.

1) Tension makes him curious.

It is the variety of emotions that draws a man closer to you, not simply the wonderful ones. Men by their nature don't feel that often. Feeling for most men is equated with being out of control. Yet they need to feel so that they don't feel alone and isolated in the world. So when a woman comes into their life, that awakens their feelings, and it is refreshing.

If a woman only tries to make a man feel wonderful, then what is most likely happening is that at times, she is avoiding conflict. Which leads us to...

2) Tension trains a man how to treat you.



When a man takes you for granted, is rude to you or neglectful, then being

happy with him isn't just inappropriate, it's also strange. Being happy, upbeat and joyful when someone is acting poorly doesn't make his or her bad behavior go away; it actually encourages more bad behavior.

Creating emotional distance is often more powerful than yelling when you're upset. The "trick" is that you have to be willing to outlast a man. When he sulks, the proper response is to pull away emotionally until he approaches you. Is it kind of silly, yes; but it's very effective.

3) Tension allows him time to bond.

Believe it or not, it takes men longer to bond with you emotionally than it does for you to bond with them. Men do not bond to the emotions the way that women do. When men bond, it's oftentimes just as much an intellectual thing as an emotional component. Even though he's feeling emotionally intense, you must allow his intellect to make a conscious choice to be with you as well. From a man's standpoint, the woman he falls in love with, the woman he marries, could hurt him. It doesn't mean that you will. It means that you could; and because of this, he is simply more calculated when he makes his decision to bond with you when he thinks in terms of a lifetime partner.

4) Tension makes him feel that he's caught you.

Even if you're in a long-term relationship, your man desires (and needs) the hunt.

For him, you are the prey; and he wants to capture you over and over again. Sometimes a perfectly timed, “No,” can send a bolt of passion surging through his body. Don’t be afraid to let him feel disappointed at times. Men are not nearly as emotionally fragile as you’ve been taught. The allure of pursuing you is what makes him feel alive.

*** Three Magic Words ***

Ok, I know you’ve been waiting for these words; but I want to put them in context first. Knowing when to use them is just as critical as the actual words themselves. Simply walking up to a man and blurting them out won’t work any more than a man walking up to you and saying, “Have sex with me,” would motivate you to start taking your clothes off.

In each stage I’ll show you when to use

them and some other phrases that help a man go through each stage quicker so they can bond with you for life. So what are the three magical words that men are dying to hear?

Tell Me More

Now let me explain why and how they work. Most men keep their emotions to themselves unless they feel safe or happy. At a sporting event, most men are loud and excited because they're happy. This also applies at a concert or any event where he feels free to express his emotions that don't require vulnerability.

That's the key in experiencing intimacy with a man – it's only when he has let you see his vulnerable side that he falls deeply in love. All the excitement and passion are wonderful, but men quickly retreat for such emotional

high points. Sometimes those feelings recede after a few hours while other times they can last for weeks or months, but there is always a pull back because men cannot maintain emotional intensity for as long as the average woman (we'll discuss this later).

What the magic words do is to encourage a man when he's in one of those vulnerable moments and unsure of how to proceed. Women love it when a man is strong and decisive, but even the strongest man has moments of doubt. It is during those moments that he is most vulnerable to the influence of a woman.

When he's experiencing feelings that he doesn't understand and struggles to explain them, what he needs isn't your advice, counsel or suggestions. What he needs is for you to listen because most of the time his fears are irrational. When a man is overwhelmed, simply having a woman listen to him is hypnotic. During each stage we'll discuss

when to use these words (or different phrases for each stage) so that you'll soften his heart by showing him you are the ONLY woman who truly "gets" him.

Practice Questions:

Write down the name of a man you know that you are completely uninterested in pursuing a romantic relationship.

Describe an interaction with him where you simply were yourself, but clearly showed no romantic interest in him.

How did that feel?

Can you imagine how you might use the same sort of approach with a man you do desire?

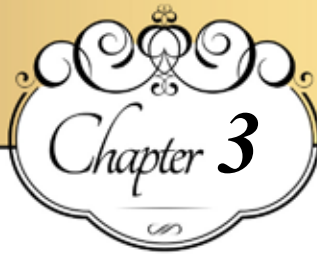
YES / NO

Let's say you had a similar interaction with a man you were interested in. Can you see how it might increase the levels of tension he feels?

YES / NO

Why would that be?

Below write down a tension-increasing scenario you could potentially plan to do in the future with a man you are interested in.



THE BONDING SEQUENCE FOR MEN

Before we go through the bonding sequence for men, it's critical that you understand the core needs of a man. For a man to feel good about himself, he wants the same things you do. He desires to feel loved, accepted, listened to, etc.

But what is critically different for a man is what increases his self-esteem. Deep inside the heart of a man, there is the desire for Power. That isn't a bad thing, although some men overcompensate and take that desire and turn it into an obsession for complete control. Power is the natural desire of masculine energy.

For a man to feel powerful, he must believe that he is capable of conquering and mastering his environment. Put another way, there are two ways that a man's self-esteem is built up:

- 1) By what he overcomes
- 2) By what he accomplishes

Notice how both of these validate his ability to change his environment. This is why when a man is struggling in some area of his life, he doesn't want sympathy. In his mind, your gracious act of kindness is actually a message that you don't think he's capable of mastering his environment.

What he really craves is your belief in his ability to overcome his problem. As a woman, no matter how much you want to make him feel good through being nurturing and kind,

those qualities alone will not replace his need to feel empowered. For him to bond with you emotionally, he must have challenges that he has overcome to capture your heart.

Now let's discuss the steps a man must go through to bond. As I mention these steps, I won't tell you that each one takes the same amount of time for a man to complete. While there is some flexibility with these, most men will go through these stages.

The Male Bonding Stages:

1. Interest
2. Emotions
3. Disillusionment
4. Testing
5. Bonding

Stage 1: A woman who creates interest by demonstrating value

While men are visually stimulated, it isn't simply a woman's appearance that creates value in a man's eyes. Just as important, but often overlooked, is the degree that he finds her interesting. It may be her smile, or it may be certain outfits that she wears. Who knows as far as the reasons for it? It can be a lot of different things.

When women ask me what's the thing they can do to stand out, my first response is usually this, "You're asking the wrong question." The truth is that men actually like looking at women in general. As a woman, you have the assets and the attributes that men naturally find appealing. Men are hard-wired to find you appealing as a woman - from your smile to the curve of the back of your neck - everything about you is lovely.

If a woman tells me that she doesn't get much attention from men, I'll always ask her what she's doing to avoid attention.



I want to know in what ways she is sending men the message that she is unapproachable. When I suggested women wear dresses in my program *The Woman Men Adore*, I got several emails that accused me of simply being sexist.

My response then was the same as it is now, if you want to give yourself the best chance possible to be appealing to a man,

then you already have the qualities he finds appealing. Your goal is simply to accentuate them, and wearing a dress makes you look feminine and soft in his eyes. I know there are certain circumstances where you can't wear a dress. But all things being equal, if you wear a dress whenever you get a chance, you have an advantage over men. Men are predisposed to find it more appealing.

Another aspect that makes you appealing has to do with your personality in general. Whether you're shy or outgoing, there are going to be some men that you just don't hit it off with. This doesn't mean there's anything wrong, but rather the problem is that your personality simply might not be a good match for him. What can cause problems is if you attempt to change your personality to accommodate a man. In the short term, you can certainly project yourself however you would like him to see you. This is what Tonya did when she met Rodger.

When they first met, all Tonya could think about was how dazzling Rodger's eyes were the moment he smiled and said, "Hello."

Within a week, he had invited her out to dinner; and she couldn't believe her luck. Yet even during that first encounter, something seemed a bit off. All of her friends would describe her as "chatty." They liked her stories; and she felt accepted by them, even during the times when her stories went on a bit too long.

During the first, second and third date, Tonya felt that Rodger became impatient when she was speaking. It was as though he couldn't wait for her to finish her thoughts so it would be his turn to talk. Because of all his other wonderful qualities, she felt that she didn't want to mess up this chance with such a wonderful man. As she continued to socialize, she began to withhold her thoughts from him. After a couple of months, even her friends noticed that she seemed to become

more reserved and wondered if everything was all right.

After 4 months, she realized that what she was becoming wasn't who she wanted to be. She knew that sometimes she needed to restrain herself verbally. But for her, this felt more like being held hostage. If she had to change who she was to be loved by Rodger, then the thought of walking on eggshells the rest of her life was enough to make her realize that Rodger wasn't the man for her. What she learned is important for you as well. Accepting your personality and style of relating to others means that you won't be appealing to every man. This is normal... and good!

There are also some men you will never bond with because they're not capable of bonding. Did you know that one of the key elements of whom someone marries is based on what's called The Pathology Mirror? As much as looks, money and other social influences determine the romantic choice of

an individual, there is a stronger unconscious force that plays a larger part in choice of a partner.

What actually happens is each individual is drawn to a partner who is on a similar level of psychological health or pathology as him or herself. This is why you'll often notice an alcoholic man marry a co-dependent woman. Their "issues" aren't the same, but both have a similar degree of pathology (emotional sickness) and thus they are on the same level.

Conversely, when a woman is accepting of herself and maintains good boundaries, she won't find an alcoholic man appealing. She may find him attractive; but when he tries to induce guilt on her for not tolerating his bad behavior, his attempts will fail. She is not at his level of pathology; and due to her healthy perception of herself, his shaming behavior makes the choice for her to leave him an easy one. If a particular man doesn't find you appealing, please don't simply assume you're

not enough.

Not pretty enough.

Not thin enough.

Not _____ (insert any insecurity you might have) enough.

More times than you might realize, the reason is you aren't the right match for him either because of the differences in your personality or because you aren't willing to accommodate his bad behavior. The sooner you recognize he's not a good fit, the quicker you will become available for those men that are a great fit for you.

Magic Words When you're getting to know a man, in this stage the only goal is to pace him AND help him invest in you more deeply. For this, use "Tell Me More" every so often when he shares something new or that's concerning to him.

In doing so, he will begin to feel that he

WANTS to share his thoughts with you. You don't want to say this phrase every time he talks or he'll feel that you've simply memorized a script. Use this when he's shared something but seems to be holding back.

Stage 2: Experiencing Emotions

As the second stage begins, it is marked by an increase in emotion arousal. Whether early on in the relationship or even if you're in an established relationship, a man will begin to experience deep feelings toward you. Most women assume that when her man begins expressing his emotions of love and desire, he's emotionally bonding with her. This is my warning to you. He's not bonding during this stage. You might be starting to bond, but the depth of his complete devotion to you is only in its infancy.

What separates men and women during this process is that men don't bond with emotions alone. Without the intellectual component to validate his choice, his emotions will decrease and eventually lead to his doubting the relationship. He may feel like he's bonding and even tell you that, yes, you're the only woman for him; but don't believe it.

I'm not saying this is fair. A man should know better than to make such a pledge of devotion, but sadly there are so many men that don't. Please be cautious when you hear these words. It's not his intentions that I'm questioning. What I'm questioning is if he really knows you well enough to love you as deeply as he claims. I'm certain he feels a deep love for you, but will he maintain that devotion even when he doesn't feel romantic? If you attempt to help him get to know you better by sharing countless details about yourself, then you'll only make his emotional crash worse.

There is no way to rush this process. He must get to know you over a period of time and experience several emotions toward you, not simply the euphoric ones.

So when you're in this emotional phase, by all means enjoy it, but don't let it get out of control. Maintain some distance by not allowing him to see you as much as he'd like. Don't share as much as you want to, even though this will feel completely counterintuitive. Even though it won't feel natural, you will actually help him feel curious and be motivated to progress through the remaining stages. His desire will be to come closer to you. When he feels your restraint, it actually makes you more desirable. As his desire increases, he will call you more often. When you speak, he'll be more attentive toward what you're saying.

This level of attentiveness isn't an act. He really is interested, but it's based on an artificial high. When he thinks about you,

he can't help himself. Everything about you just effortlessly pleases him. Biologically, he's experiencing many chemical reactions similar to if he was on cocaine – and I mean that literally. It is addictive, and he can't help but want more.

Enjoy this stage, but realize that it's only the second part of the process. In his eyes, you're wonderful and charming during this stage. You'll need to be a little scarcer than he would like – and what is tough about this is, yes, that's probably going to mean even less than you would like too.

What is often the biggest challenge for my professional clients is that in most areas of their life, they have accomplished so much. They have learned how to achieve what they want. Most often their success hasn't come from waiting, but by being proactive. They've accomplished so much, and the idea of waiting is kind of silly. They say, "I don't want to wait," and my response is, "You don't have

to wait; but if you want a kind of connection, if you want to be a part of this, if you want to have what you want, then you must pace him.”

Magic Words During this stage, you actually don't want to ask him to “Tell You More” because he's so full of emotions, we want to slow him down. When he's flooded with feelings of desire, this is the stage when men often make promises that they mean; but their raw emotions are getting ahead of their heart. If he says “I love you” or tells you how much he's smitten, instead of returning his same level of devotion, say this instead, “I'm Not Sure.”

I realize how that sounds, but here's the reason for those words. We're trying to slow him down so that he doesn't crash emotionally. If he looks like someone just kidnapped his puppy after you say those words, you can reassure him with, “I like you but you're talking about our future; and while

it's flattering, I still don't know you well enough, but I'd like to." Then smile. That will be all the reassurance he needs.

Stage 3: Disillusionment -The Emotional Crash

Stage 3 is one of the most critical aspects of getting a man to bond with you. Unfortunately, it's also the most misunderstood stage in the entire process. Up until this point, everything has been fairly easy. As the woman, prior to this stage, it will seem as though you can do no wrong. Without any effort on your part, he seems to be effortlessly patient, attentive and charming.

While it may look like he's displaying the qualities with ease, the truth is that he's spending a lot of emotional energy to be so focused on you. Psychologically, he's doing

what is called PROJECTION.

This concept originated from Sigmund Freud, and it means someone is projecting his or her unconscious beliefs onto another person. Imagine he had a flashlight and he placed a plastic orange cap over the top. When the flashlight was shown onto the wall, the light would have an orange tint.

In a similar fashion, his emotional infatuation causes him to see you in the most favorable light. It's as though he was actually shining an emotional flashlight onto you that makes him see you as "perfect." Because he sees you in such a favorable light, his brain makes the assumption that you'll always make him feel this way.

Just how powerful is emotional hypnosis? It's so mind-altering that it bears a striking similarity to the same experience someone would have if they were high on cocaine. His brain is experiencing a sort of drug high

which, although delightful, if prolonged, it can actually cause damage to his mind and body. Those powerful chemicals cause his body to work harder than normal. In fact, while it feels effortlessly blissful, his brain will not allow this state to continue. Eventually, those same chemicals that produce a sort of natural drug high cannot be allowed to remain in his bloodstream. Therefore, his brain will decrease the output simply to maintain his health.

When his chemical balance returns to his brain, the Love Spell will feel like it has vanished. At this stage, he is experiencing what is called Disillusionment. When he's infatuated with you, everything you do causes a flurry of emotions within his heart. Now you notice that he doesn't seem to be as effortlessly smitten as he was in the beginning.

Suddenly, when you're 5 minutes late, he now finds himself irritated with you; whereas before, he may not have even noticed. Now he

doesn't seem quite as interested in what you and your girlfriends talked about at lunch. It would be easy for you to misinterpret this seeming indifference as a lack of interest in you. While that could be true, often that is the wrong interpretation. Here's what you may be thinking:

The reason he was so attentive was because _____ (insert any magical item you wish here)

- I was dressing really sexy.
- I wore my hair down.
- I always laughed at his jokes.
- I was so confident.

When a woman begins making this assumption, often her greatest fear is what she assumes is the problem. If she has been told that she is too chatty, then she'll assume his lack of interest is because she talked too much.

If her greatest insecurity is that she's too needy, then that is what she'll assume is the reason for his detachment. The list of causes can be endless. The true cause, however, began with the belief that she had an almost mythical quality to make him fall in love with her. Judging by how infatuated he acted during moments of affection, it's easy to understand why she would fall for that assumption. The truth is that during that phase, a man is more in love with the feeling of being in love than he is with the woman. I know that's kind of harsh to hear.

For him to go from being in love with love to giving his heart to you requires a different chemical to activate within his brain. The infatuation chemical is called adrenaline, and it makes falling in love effortless and fun. That's the one that produces an experience in his mind similar to cocaine. While it's powerful and fun, it's not designed to create a lifetime bond. It's really just a way to

jumpstart a relationship.

As his brain makes the transition from adrenaline to endorphins, this is where he begins to experience Disillusionment. Even though this phase is normal and necessary to build a foundation for a relationship that can last a lifetime, it's hard for a woman not to take it personally. During this phase you must remember these two key points:

- 1) This phase is normal.
- 2) Most men don't understand it.

I believe that you understand what I'm saying, but my concern is whether you choose to ignore those two points. Make a decision right this moment to remind yourself that the period of disillusionment is normal and necessary. A man cannot retain an adrenaline infatuation with you. Don't think there is

something you can do to help him prevent it. Instead, look at it as a stage for you to help him navigate through. Trying to delay this transition frequently makes the emotional crash more intense.

RECAP: When he seems to be restless or withdrawn, it could mean that something is wrong; but most likely, it is the stage he's in. It is during this stage that he begins to test the relationship and you as well.

Magic Words This is where the words have their most power. In Stages 3 and 4, we're going to use the Magic Words the same. When he's struggling with doubts about your relationship, there are 2 ways most men respond. If he is trying to stay connected to you, even though it feels like a struggle, then whenever he expresses doubts, that is the time to say "TELL ME MORE."

I realize you don't want to hear his fears, but the more they stay in his head, the stronger

they become. Getting through his doubts is a normal process that men go through to experience true intimacy, and you want to model for him that what he's going through is normal (although you might not feel like it).

If he is distant and punishing you by threatening to leave you or blaming you for his feelings, then you would say, "I UNDERSTAND." This doesn't mean that you agree with him; it only means that you are not going to waste time defending yourself if he's going to blame you for his emotions (which is very codependent on his part). If he escalates his blame, then simply say, "This doesn't feel good; let's talk about it later," and then either end the phone call or leave the room.

The reason for this is he needs to see that you value your heart above his feelings. That may sound selfish, but it's crucial for a man who is feeling overwhelmed to know a woman is someone he can trust, even if doing what is right means setting a limit with the man she loves.

Stage 4: The Testing Stage

When a man first experiences disillusionment, his assumption (and hope) is that it's just a phase. He will try and dismiss it as being the result of his circumstances or perhaps the result of some stress from his job. After this restlessness continues, he begins to admit to himself that something is wrong; but he doesn't know what. Often, it's not a single event that he can point to as the cause of his lack of enthusiasm, but simply a feeling of complacency. When I speak with men going through this stage, they are often frustrated and scared. It feels like something is wrong, and their lack of ability to "fix it" makes them feel powerless.

When I sit across the room from a man going through this stage, I can appreciate his anxiety. Instead of trying to help him reclaim those lost feelings, most of the time

I explain why he's feeling this way. Since I'm speaking to a man, giving an analogy often works better than a detailed description of his internal emotional world.

The most effective example I've found is to compare it to the experience he has if he eats too much. Particularly, I'll ask him what happens if he eats an entire gallon of chocolate ice cream. Does he feel full? Does he want to have another gallon? Most men laugh at the thought of wanting more when they're full. Then I tell them, "Does that mean you don't love chocolate ice cream? Or perhaps that means that something must be wrong because you no longer crave it as much as you did 1 hour before you took your first bite." Now, compare this feeling to emotional fullness: "In the same way you'd get full if you ate too much, you're full emotionally from all the closeness you've experienced with this woman. I don't know if there's something wrong. How about let's not make any decision

about your relationship right now?”

Most men feel a sense of relief when I go through this explanation, and it gives them hope. As a therapist, what I’m doing with them is called Normalizing their condition. I’m not denying how they feel or even trying to change those feelings. I’m simply explaining that it’s normal and showing them why.

For the man in your life, it’s not that he doesn’t love you or want to be close to you. It’s that he’s emotionally full, and he needs a break. As a man, his emotional capacity is far more limited than yours as a woman. He won’t be able to explain this stage to you, and it’s crucial that you don’t let your fears take over and ask for reassurance because during this stage...

HE CAN'T REASSURE YOU

As innocent as your questions might seem, asking for his reassurance often causes him to question whether his feelings for you are that strong. If he expresses doubts, what he needs is for you to be able to normalize his fears.

You want him to experience those doubts so that you can be the one woman who understands him better than any other. For some men, they will be more intense than others. What's happening in his mind is that his brain is realizing, "Hey, this relationship is real. This could actually go somewhere." With that being said, there are some exceptions.

IF HE'S EMOTIONALLY INJURED

When a man has experienced any sort of trauma in a relationship, his brain remembers the pain and looks for ways not to have to

experience that again. What makes this difficult is that the level of certainty a man wants/expects from a woman is often tied to the degree of trauma he has experienced.

If he has been through a divorce (or several), had his heart broken many times or been betrayed, then he's going to place too much emphasis on how a relationship should feel. If the relationship doesn't feel effortless and magical all the time, it's an indicator in his mind that something is wrong. If you were to ask him, 'Exactly what is wrong?' he may do one of two common things:

- 1) He becomes flustered because he can't think of a reason why his feelings have cooled down. All he knows is that it doesn't feel the way it did in the beginning, and he's been in a bad relationship before and doesn't want to experience that again. If you ask him to describe what he's feeling, the best

he can come up with is usually that it feels overwhelming. Some men will say they feel trapped inside a box and they can't get out.

2) The other option is that this traumatized man will focus on a particular trait, incident, or disagreement that has upset him. Then he takes all of his uncomfortable feelings and blames them on that particular quality. He picks something that is real (like she's always late or she interrupts him when he's talking) and begins to fixate on those qualities as a way of explaining his lack of desire. The irony of this is that early in the relationship, those same qualities didn't concern him nearly as much. But as the woman gets closer to him, he begins to notice them more.

Because of being hurt in past relationships, he misinterprets the first sign of trouble as an indicator of danger. His fear of being hurt again causes him to look for any

sign of future trouble. Thankfully, most men don't react to these extremes, but they do go through this testing stage. In this stage, this is where they can begin to...

TAKE YOU FOR GRANTED

Now that he's emotionally full, his motivation to be attentive isn't nearly as effortless as it was prior. Some men begin showing up late for dates or delaying a return phone call. A husband might begin to listen less often or forget a promise he made to his wife. During this stage, what he's actually testing is your value. You demonstrate your value by 1) being able to normalize his fears and 2) setting the appropriate boundary if he takes you for granted.

It's during this stage that you value yourself more than you do trying to keep him

happy. He needs to see that you're willing to put your heart first, and sometimes this will feel like you're doing it alone. If you find yourself constantly having to enforce boundaries with him, then this is the stage where you reevaluate whether you're with the right guy. Just a thought.

The irony about this phase is that when he's testing you, he's also thinking about his long-term plans with you. If he wasn't taking you seriously, then he wouldn't be experiencing any discomfort. His frustration is that he wants to be closer to you, but now that closeness is causing him discomfort and he feels stuck. The most common mistake you could make is to pursue him with added vigor because you're fearful of losing him. Calling or texting him more frequently may seem like a great way to reconnect, but they only make him want to pull away even further.

When a man pulls away, he takes the role of Distancer. In this role, the only goal is to

create space between himself and a woman. The opposite of a Distancer is a Pursuer. If you pursue him, it will only make him want to create more distance. The solution to this is completely counter-intuitive, but very effective.

Regardless of his reasons for pulling away, if he pulls away, I need you to pull away emotionally as well. With my clients, I use a number system to illustrate this. On a scale of 1-10, if these are feet of emotional distance, then when a man pulls away and he's created 5 feet of space, what I want you to do is to create 7 feet of distance. This doesn't mean create 70 feet and completely ignore him for weeks at a time, but it does mean that you don't spend as much time with him - AS HE WOULD LIKE TO SPEND WITH YOU.

When you're on the phone, you don't talk as long with him. If he hasn't called for a few days and wants to get together at the last minute, then you can't because you're

busy. During this testing phase, you will be training him that he will never take you for granted. You will accomplish this not through long talks and clever insights, but through distance.

It would be so much simpler if you could just have a talk with him, but that doesn't work. It's not that he won't talk about his feelings - it's that he doesn't know how. As a woman, if you press him to say what's going on or explain why he doesn't feel the same way, in his mind, this confirms his fear that you aren't the right woman for him.

Sadly, I have a feeling either you have experienced this before, or you know someone that has. It's a common tale from every woman that has done this in an attempt to be helpful. But the woman assumes that the man understands his feelings, and most of the time he does not. He experiences emotions, but he does not understand them. Therefore, trying to discuss something that they don't

understand makes them feel stupid. It makes them feel incomplete. It makes them feel like a failure. If you do that, however sincere you are, you will stir up those feelings and make him doubt the relationship. He will not bond with you, plus he will pull away and perhaps even leave you.

As much as I would like to tell you this testing phase will only happen one time, in reality, it may occur multiple times. The good news is that with each experience, you will be modeling to him that you are a woman of value. He'll learn that when he pulls away, you know how to interpret that correctly; and in doing so, he will begin to pull away less often. After going through this experience, he begins to evaluate you on an intellectual level. The testing has enabled him to begin to see you not just as a woman he desires, but also a woman he can trust.

Magic Words The same words and reasons we used in Stage 3 apply to this stage as well.

Stage 5: The Bonding Stage

At the end of the testing stage, a man begins to transition from being independent to feeling dependent. Throughout the relationship, he has guarded his power of independence and now he begins to realize that he wants more. After seeing how the woman he loves has responded to him in a variety of settings, he now considers her to be a part of his life. It isn't that he feels a strong romantic surge pulsing through his body, but rather it feels more like a part of his heart has been awakened after a long period of sleep. Now, he can't imagine living the rest of his life without her (you).

In his mind, you have met the three criteria he is looking for:

1) The attraction and emotional connection - He finds you both appealing and desirable. That initial spark or connection caused him to want to get to know you better.

2) You demonstrated value - by both setting limits with him on his bad days and reassuring him when he had doubts, you have made him feel that you are someone who knows what he needs, even when he doesn't know himself. And because you've done this in a kind and respectful manner, it makes him



feel protective of you.

3) You have done both over time - On both good days and bad, he has seen you not overreact to his fears and doubts. This is critical because it is a consistent pattern that makes him realize he

belongs with you.

By fulfilling all three of these criteria, he has not only felt the emotional connection with you he craves, but he is also able to intellectually reassure himself that you are trustworthy, even when he isn't perfect.

Put another way, he both loves you and trusts you. For a man to bond with you, all of these criteria must be experienced. While this process often takes longer for a man than for a woman, the benefit is that when he bonds with you, his bond will be so deeply embedded into his psyche that you will always be a part of his heart. Unlike your emotional connection to him, his bond doesn't need to be nurtured as much.

From his perspective, you are the one person that his emotional happiness is dependent upon. In addition, research has shown that men have a much harder time

getting over the death of a relationship than women. Other scholars have suggested that men are only capable of giving their heart to a woman only 2 or 3 times in their lives.

As you can see, it is harder to get inside a man's heart; but once you are there, your place is often assured for the rest of his life. In his mind, he thinks of you as an investment, as someone to take care of, as an extension of himself. If you are unhappy, it feels like something is wrong inside his heart that he must remedy.

Magic Words During this stage, he's emotionally invested in you. Your focus is on maintaining his emotional attentiveness to you and your happiness. When he does something you like, say, "THAT FEELS GOOD." He may grin, or he might not realize what he's done and quickly reply, "What, What did I do?????" That reaction is because he loves getting that response from you and wants to know how to get you to say that again.

When he does something you don't like, say to him, "THAT DOESN'T MAKE ME HAPPY." Please don't overuse that phrase, and when you say it, be careful of your tone (not too strong).

He'll quickly learn what you like and what you don't like, and it will feel much easier for him to please you knowing you'll give him these words to guide his efforts.

Practice Questions:

Below you will see a recap of the stages that a man goes through before he bonds with you. Below, I've indicated a scenario that fits the stage. In the blanks below, answer the multiple-choice questions and come up with a good way to respond that will draw a man closer to you instead of pushing him farther away.

1. Interest

You are dating a man, but you constantly feel that you have to be a different type of person to please him.

Should you:

- A. Keep it up and hope that it leads to a long-term relationship.
- B. Decide that this behavior is not sustainable and seriously consider ending the relationship.
- C. Try to change him to be more like you.

2. Emotions

It's the early stages of a relationship, and the

man you're dating tells you that he's never felt as close to anyone as he does to you. He tells you that he's falling deeply in love with you.

Should you:

- A. Tell him you feel the same way and sleep with him.
- B. Doubt that he is has already bonded with you and not get too invested in the relationship.
- C. Start fantasizing that you might marry this man.

3. Disillusionment

You've been dating a man and everything has been going really well. You are excited about the prospects. Suddenly, it seems like

everything you do or say irritates him.

Should you:

A. Start dressing sexier.

B. Start trying to please him more.

C. Realize he's in a normal relationship stage.
Start laughing more at his jokes.

4. Testing

A man you've been in a relationship with starts pulling away. You notice he's making more plans with his friends and not getting back to your texts.

Should you:

A. End the relationship.

B. Set boundaries if you feel you are being

taken for granted.

C. Set up a time where you have a serious talk about the way he's been acting.

* Answers: 1 - B , 2 - B, 3 - c 4 - B

Let's talk about how women bond next.



The Bonding Sequence for Women

While both men and women start off similar in their sequence, how they reach the place where they've bonded with the other person really is an entirely different mental process. A woman's bonding sequence is as follows:

Stage 1: Sees Value

Stage 2: Feels Special

Stage 3: Testing

Stage 4: Bonds

Stage 1: She Sees Him as Valuable

As with a man, the first part for women as well is the initial attraction. The qualities that you find admirable will often be different than some of your girlfriends. While some women prefer an athlete and others place more importance in a man's earning potential, they both have one thing in common. When a man displays the qualities you find more desirable, you can't help but feel an attraction to him.

There's nothing wrong with this situation because it's mainly just an organic reaction within your brain that likes what it sees. The problem is when a woman assumes that this initial chemistry is anything more than what it is (simply, initial chemistry). As when a man projects his desires onto a woman, it will be just as easy for you to do the same onto a guy that possesses those qualities you find appealing. In fact, men that are really good at

dating understand this about women. If they can make some type of verbal or emotional connection with you, then there's a good chance you'll overlook some of his dangerous qualities.

As a woman, during this initial phase, remember how easily your emotions can influence your perception. What separates you from a man is how quickly you can progress through these stages. While a man requires multiple interactions where he is able to think and feel, a woman doesn't require such a methodical approach to falling in love. A woman's bonding sequence is about enabling her to feel an emotional connection. Once this occurs, she begins bonding with the man, regardless of which stage she is in.

To clarify, I'm not talking about simply finding a man handsome or charming. I am referring to experiencing an incident, or several incidents, where she feels an emotional closeness to him. After that experience(s),

her imagination begins to reinforce the encounter(s) day after day. From daydreaming about her future with him to remembering the magical moments they have experienced, her emotions are aroused. These are the primary ingredients toward bonding.

Stage 2: She feels special



Once a man is desirable, a woman naturally wonders if he will find her appealing.

Her deepest desire is to know that the man she values views her not simply as attractive, but special.

During the second stage, she observes how attentive he is when planning an evening in advance. How frequently he calls (or texts) reinforces his level of interest in her eyes. She measures his depth of affection for her

through consistency.

During this stage, even though you might feel you're observing him rationally, you're really not. Every gesture he does will seemingly reinforce your belief that he is a perfect fit for you. It's not that this stage is wrong, but it is simply a transition from being simply attracted to a man toward the ability to share intimacy with him. If a woman feels that he has "potential," then she will naturally ease into Stage 3.

Stage 3: Testing/Reassurance

During this stage, a woman begins to feel comfortable enough in the relationship that she doesn't need to be as cautious regarding her thoughts and emotions. Frequently, this is where a woman begins sharing her disappointments and joys with her man.

As a way of feeling closer to him, she begins to let down her emotional guard. This is also the phase where her expectations for him begin to increase. No longer is she happy simply to accept his gifts of time; now she begins to count on him for support, and this represents a test for their relationship.

Often, it's common for a woman to want reassurance regarding the relationship at this stage due to previous relationships where she has been misled or injured. She may seem to lack the carefree attitude that she displayed previously, and a man may misinterpret this as a sign of insecurity. For her, it is more about wanting to confirm her initial interpretation of his character and intentions.

As a woman, the length of this stage is often dependent on your previous relationship experiences. Some women's parents taught them to put their heart first ahead of any man. For them, dating and courtship is simply an opportunity for the men in her life to audition

for the chance to win her heart. These women often don't have many experiences of being mistreated by a man and don't need as much reassurance of his intentions.

Yet, most women have experienced disappointment and betrayal in one form or another. Because no one has ever taught them the need for caution in romantic endeavors, they often allow a relationship to progress too quickly. During this stage, they may seek a high level of reassurance to offset the past actions of previous men. Some women simply skip this stage, unfortunately, because they get caught up in the passion of the moment and don't want to deny themselves the pleasures they have wanted for so long.

Those that skip this stage tend to have this pattern. They become aware of warning signs regarding a man's character. Yet, they choose to ignore those warnings. If this has been you, then I need to point out this truth that applies to woman. Ignoring or minimizing

parts of a man's character won't diminish their importance in your relationship. If his lying bothers you now, it will make you furious in the future. If his making excuses makes you think less of him now, in the future you'll most likely despise him.

The reason is that time will only magnify his character weaknesses. This isn't to be judgmental, but to assure you that even if you ignore those traits now, as time goes on, it will require more and more effort to "pretend" those traits don't bother you. If this doesn't apply to you, then as this stage concludes, you will transition into bonding with your man.

Stage 4: Bonding

The women I have spoken with describe several interactions where they felt completely understood for who they were. It was a level

of acceptance that made them feel a deep bond with a man that includes attraction, connection, safety and adoration. When all of these pieces are in place, a woman feels complete. While this connection is deep, it is also fluid. The level of connection fluctuates in her much more than that of a man.

WHAT'S DIFFERENT FOR WOMEN?

John Gray (from *Men Are from Mars*) describes women as possessing small love tanks, which require more frequent emotional deposits than a typical male needs. Since her connection to him is more emotionally-oriented, she is more dependent on that emotional connection. To experience this connection, a woman typically values the frequency of interactions as well as the quality, whether it be time spent together, frequent conversation or romantic gestures.

It's not that a woman doesn't have an intellect; it's that for her, the emotions are so much more critical. In fact, when you as a woman bond with a man, your brain will naturally use your intellect to justify your decision to be with him. This is a great quality for a wife to utilize, but it works terribly if you bond with a man too quickly when you're dating. This leads us to a critical point.

The strongest way a woman bonds is through her body. For when a woman gives her body to a man, she also gives him access to her heart and mind. Once she has sex with a man, she's at the mercy of the biology of bonding. As oxytocin is released into her blood stream during an intimate encounter, a chemical bond ensues. No matter how objective she convinces herself she is, physical intimacy has the power to cause a woman to go straight to level 4 bonding, even with just one encounter.

I have met women that have prevented

this, but the cure was actually worse than the problem. To avoid having an emotional connection, they suppressed their emotions by becoming emotionally detached. At that stage, they were able to numb out the loneliness of giving their body to a man they would never see again. The problem is that this is a short-term solution. Over time, the loneliness that this produces begins to accumulate. The chemicals that flooded throughout her body during sex burned the encounter into her mind. The only way for her to remedy this is to either reunite with that man or practice detaching herself from her emotions. Either alternative is disastrous. So why would a woman give herself to a man before she has realized all the aspects of his character?

Just as a man will project wonderful qualities on a woman in the beginning of a relationship, a woman will do the same. As a woman, the most common trap I want you to avoid is this: regardless of how intelligent

or successful you are, you cannot fight biology. Many of my professional clients have learned how to contain their emotions in their workplace. Based on their success, they falsely assume that skill will also work in combating the chemical bonding reaction during an intimate encounter. For many, they describe having sex as just one more avenue in their evaluation of a man.

The truth is that when they sleep with a man, they have lost their objectivity, whether they want to admit it or not. If you allow yourself to bond with a man early in the relationship, before he has had time to bond with you, it is almost guaranteed to ruin any chance of success. As a woman, it is critical that you pace the relationship in the beginning, lest you fall into this trap. Don't make the mistake of assuming he bonds the same way as you. Even if you're rekindling a relationship, remember that you need a series of things, not a single euphoric evening, for a

man to think in terms of spending the rest of his life with you.

While no amount of emotion alone will speed up his bonding process, it can certainly speed up yours. While emotions will certainly be a large part of how a man bonds with you, he possesses an ability to disengage from his emotions that you simply do not have. I'm not saying intimacy doesn't have an effect on him. But without the intellectual component, he's not on the same level of bonding as you are when your emotions are surging.

Now I realize that it might sound like I'm trying to take your fun away. Does it seem unromantic that I'm suggesting that you not simply give into whatever you feel like doing? I offer this warning because of the clients that have sat across from me, with tears in their eyes, as they poured out their broken hearts. I've heard over and over again how brutal it can be to give your heart to a man only to then have him leave for no apparent reason. The

only things remaining are the questions that play over and over in your mind, wondering what you did wrong.

I don't want you to experience that again, so I'm begging you, guard your heart early in a relationship. Don't let things progress too quickly, in spite of how intense the connection between you feels. If you're already dating or even married to the man you love, let's not try to rekindle this connection in one day. Give yourself and your partner time to slowly acclimate toward this. Next we're going to talk about how to use these sequences as the ultimate weapon for you.

Practice Questions:

As you can see, men and women have radically different bonding processes. What can you do instead of focusing on his journey and worrying about whether he's bonding

with you or not? Choose activities that enrich and enhance your own life. During the time that he is going through his stages, you have ample time to focus on YOU!

Below, come up with at least 10 healthy, productive or just wonderful activities that you can do to fulfill your own needs.

1.

2.

3.

4.

5.

6.

7.

8.

9.

10.

Will you receive some sort of fulfillment from these activities?

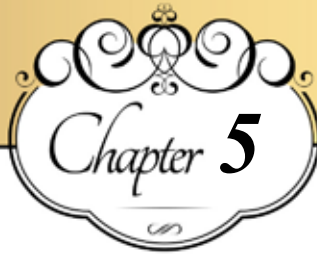
YES / NO

Do you think this could help distract you from bonding too quickly?

YES / NO

If your answer is no, it's time for a little introspection. For the next week, start setting 5 minutes aside to meditate every morning. While you're meditating (or after you finish), gently ask yourself if there is anything you can do that will assist you in your goals of not giving away your heart too soon. You just may find that you know the answer deep within. Once you've come up with an idea,

write it below.



The Secret is The Sequence

Whenever I describe this concept to a female client, the reaction is almost always the same. They listen and acknowledge that they understand what I've described. Yet, once they are in a relationship, they often deviate from the stages. During romantic encounters, they hear sweet and tender words of devotion from the man proclaiming his love. It's not that they don't remember what I've taught them, it's that they like what they are feeling and don't want that euphoric feeling to stop.

Based on the intensity of their feelings, they ignore their own better judgment by giving themselves to a man too quickly. The intensity of their feelings gives them

the feeling that their situation is somehow different. They begin focusing on what he wants instead of what he really needs. If you are in that situation right now, you must give up the idea that the intensity of your feelings is the same as your intuition. They are not the same.

INTUITION vs. INTENSITY

How intensely you feel is based on how much you enjoy or fear a situation or thing. The greater the risk of injury or potential for a reward, the greater your emotions will intensify. Imagine how intensely you'd feel being thrown into a room filled with snakes or being on an airplane that is about to crash.

Now suppose a man from your work began pursuing you, and you've been daydreaming about this occurring for months.

For weeks, you've just hoped that somehow he'd notice you and say, "Hello." Then one day, he doesn't just stop to say "Hi" but he also invites you out for that Saturday evening. You'd feel so excited because you're going to get a date with the one man you've been dreaming about for so long.

There's nothing wrong with those feelings and they are sincere, but they are different than intuition. Your intuition is not simply about your feelings, but also about your knowledge about a person, situation or organization. An example would be Samantha, who works as an interior designer. Every week, she listens to clients tell her how they want their homes to be redesigned. Based on her years of training, she transforms their homes into exactly what they want. At times, she has a feeling that what her clients are telling her they want is probably not exactly what they really want. This intuitive feeling isn't necessarily intense, but it is based on her knowledge gained from

working with hundreds of clients. While she may be “guessing” when she makes suggestions, the homeowners, who feel that she truly understands them, frequently embrace her recommendations.

Notice how the designer didn’t simply rely on what she felt, but focused more on what she knows from past experience. Even though she may have a feeling about a certain design style, it is based on her expertise and not the intensity of her feelings.

To truly utilize your intuition, one of the key factors is understanding this principle. The greater your emotions are involved, the less capable you will be of being objective. The reason is that emotions magnify whatever you are focused on. If you are fearful a man is about to breakup with you, those same fears are more likely to interpret everything he does as confirmation he’s about to end your relationship. The same applies when you’re in love and feel a man can do no wrong.

There is nothing wrong with those feelings, but understand how feelings influence your interpretation of your relationships.

This is why you've been given a process to deepen your relationship. Instead of focusing on what you feel, now you have the ability to focus on what you know. Oftentimes in a relationship what you feel and what you know are in conflict. If you're unsure which one to trust, focus on what you know.

This won't always explain a man's moods or actions, but it will prevent you from trying to rush intimacy with a man.

While I realize it isn't fair that you should be in control of the pacing of the relationship, the truth is you really don't want to leave this aspect of your relationship to chance. Therefore, what is needed from you is the conviction that you want the closeness in a relationship that can only be cultivated over time.

As much as you'd like him to be in agreement with you on this point, it doesn't matter whether he wants to take his time in slowly getting closer to you. Even if he's annoyed, what he pays attention to more than your words or persuasive powers is the strength of your conviction. In his mind, what you say doesn't mean nearly as much as what you do afterward. Therefore, you will have the conviction that you know what he really wants. What a man has to work for is the only thing he really values.

THE MOST CRITICAL PART OF THE CODE

While each stage is important, the most critical part of this process isn't any one particular stage, but it is the sequence of the stages. As a woman, you can skip certain parts of the sequence and still bond, but he

cannot. By focusing on the sequence, you'll be able to look back at your past relationships and realize why certain relationships never worked out. As you analyze your past, ask yourself the following questions:

At which stage have you struggled the most?

Which stage(s) have you gotten out of order?

What are some of the things a man has told you that led you to allow him to skip certain stages?

Each stage builds on top of the other, allowing the relationship to deepen. For a man, falling in love is wonderful and also scary. Deep inside his heart is the desire for power and to feel in control. When he gives his heart to a woman, he begins to feel her desire to influence his decisions. No longer can he do whatever he pleases, but her happiness soon

becomes important to him. The deeper she gets into his heart, the more his priority isn't about doing what he wants, but about making sure she is happy.

While at times this is a romantic gesture, for him it is also a matter of emotional survival. When she occupies a place in his heart, her emotions can both empower him or make him miserable. His method of coping with stress and disappointment is typically to suppress those emotions until he can work out a solution in his mind.

Yet, when she is upset, he cannot use this method of problem solving. If he ignores her, her unhappiness only increases, which, in turn, only magnifies his unrest. Now he feels out of control (his worse fear), and it becomes paramount to do whatever it takes to relieve her stress. This progression enables him to justify falling in love with her.

The successful completion of each

stage in sequence makes a man emotionally dependent upon you. What most women don't realize is that men actually welcome this dependency. Nearly every man I have spoken with speaks longingly about a past relationship with a woman who seemed to know how to hold his heart in some sort of mystical trance. None of these men has ever stated that the woman did this by being accommodating to their requests.

*THE SEQUENCE PREDICTS
THE FUTURE*

In addition, when a man goes through this sequence, it also enables you to predict what kind of husband he'll be to you. When a man is smitten with you, acts of kindness and romantic gestures are effortless, but surely those feelings can't last. Certainly you know

that he won't always feel that rush of passion for you as the years go by. Just because he's charming when he's enthralled with you does not mean that he'll be kind or respectful when he's annoyed. Yet, if you ask him or have several "talks" about how he'll treat you in the future, he'll most likely pledge his devotion to being attentive and protective - for better or worse.

In my experience, it's not that a man is lying when he tells a woman that she can count on him; it's that he has a blind spot regarding his own personality. Each of us has a view of ourselves based on our own perceptions and the feedback we've gotten from others. We may view ourselves as kind or gracious and perhaps even admit to a small bit of selfishness or jealousy. Even though we think we're being honest with ourselves, we all have blind spots regarding our character that we are not aware of; and yet, those closest to us can see these traits quite clearly.

It is in how we respond to our circumstances that our entire personality is on display. This knowledge about a man is what you will need to determine how he will treat you in the future.

THE #1 KILLER OF THE BONDING CODE

When he must go through the sequence rather than skipping steps, it will be irritating at times and he might even feel frustrated.



It's not that you are trying to upset him; it's that you're not preventing it either. Even if

he doesn't realize it, the worst thing that can happen to you as a couple is that he takes you for granted. If you make excuses for his

bad behavior, you will train him to continue treating you this way.

By focusing more on the sequence rather than his insistence that you accommodate him, you'll get to observe how he treats you during those times when he feels upset or annoyed with you. I'm not expecting him to be romantic and send you flowers when he's upset, but I do expect him to try. What the sequence also does is show you if he's willing to be kind, even when he doesn't feel like it.

Even when he thinks you're playing games.

Even when you won't give in to him.

Even when he wonders if you really like him.

If he is unwilling to adhere to the

sequence, then he'll grow tired of the relationship and look for a woman that is more convenient. In my experience, this man is the type I mentioned earlier who treats a woman as his mood dictates.

When he's in a good mood, he's charming and attentive. When he's in a bad mood, he finds fault with the woman he supposedly loves. Regardless of the depth of his emotions, his willingness to allow a woman to influence him is essential for him to bond with her. The sequence isn't simply about testing him. Throughout the entire process, you'll have a mixture of both passion and tension together. This mixture actually increases desire and contributes to his investment in making you his very own.

In order to successfully use the Bonding Code, you'll have to start figuring out how to take actions that are not necessarily based on what your emotions dictate. This means you

can't always do what you feel you should do with your man.

Practice Questions:

If you think back, you've probably had several experiences when what you think and what you really know were not the same. List some of them below.

As we discussed in Chapter 5, you need to be absolutely sure that your man goes through all the stages properly. Only then, can you expect to have a happy loving relationship. I asked these questions earlier in the chapter, but now is the time to really answer them.

At which stage have you struggled the most?

Which stage(s) have you gotten out of order?

What are some of the things a man has told you that led you to allow him to skip certain stages?

Think back to a previous relationship that didn't work out. Were there stages that were skipped?

YES / NO

If so, which ones did he miss?

How do you think this might have impacted your relationship?



What Happens When He Bonds?

So we've given you an overview of why this is important for men to go through this process. Now let's go inside the heart of a man. Beyond the emotional wall that every man has is a core set of intense feelings. One secret most women never realize is that once a man feels, he actually experiences those feelings more intensely than a woman. Even if a man appears to be calm and disengaged when he's upset, on the inside, his heart is likely racing.

In a man's mind, once his feelings are unleashed, he is at the mercy of those feelings. His only method of coping with those same

feelings is to choke or suffocate them. This is why when a woman suggests to her man that he talk about his feelings, he gets a bewildered look on his face. In his mind, why would he want to unleash a torrent of emotions that he can't control, unless the emotions are pleasant?

Due to his guarded nature regarding feelings, it often takes several emotional encounters for his feelings to permeate his entire brain. His brain puts his emotions into various compartments as opposed to a woman who tends to experience emotions in most activities of her life.

This enables him to keep his emotions at a surface level. But to bond, his emotions must permeate his entire brain. To get the guard around his heart to come down, you must trick his mind into doing the opposite of what it naturally does. Rather than over relying on passionate encounters or clever words to try and bring his guard down quickly, he must

feel that he is choosing to let his guard down himself.

A man's guard comes down gradually. His emotions may come up quickly in the right circumstance; but his guard, his willingness to be vulnerable, always comes down slowly. Even if a man professes his love to you and tells you how intense he is and swears his allegiance to you, even if he promises you marriage or he makes promises to the end of the earth, do not trust these words – trust this process. A man has to bond slowly. That is the only way for him to let you in because if it doesn't happen slowly, if his guard goes down quickly, it will shoot up just as quickly at the first hint of threat or uncomfortable feelings.

3 INGREDIENTS THAT CREATE INTIMACY

Most men don't understand that to truly experience intimacy, there needs to be a mixture of wonderful feelings, periods of



discouragement and shared experiences.

When those ingredients are present in your

relationship, it puts less pressure on the need to feel good all the time. He may want or even expect you to make him feel hypnotically in love all the time, but that won't create a deep bond between the two of you. By allowing for moments of feeling disconnected, you'll find that the passionate feelings often rekindle between both of you rather quickly.

For him, there will be moments when he feels close to you as well as times when he

feels the need to create some distance. Before long, he'll want to be close again; and then for no apparent reason, he suddenly becomes irritated or overly sensitive. He doesn't quite understand what's going on. Even though he doesn't understand everything he is feeling, because the relationship is progressing through each stage, he is curious instead of cautious.

When he feels curious, it makes him feel that it is his choice to pursue you, rather than an obligation to spend time with you. Even if he does have doubts and fears, his curiosity overrides those concerns. In spite of any aversion to letting a woman come close, it feels as though he can't help himself.

When he's bonding with you, what is freeing for him is not that all his doubts and concerns have vanished. What makes him think you are the only woman is even if he does have concerns, he still finds himself wanting to not just be physically close with

you, but emotionally as well.

This isn't just my opinion. My male clients have had similar experiences. Take Steve, for example. Steve told me about a woman he was dating that he found made him uncomfortable. She wasn't disturbing or irritating, but Steve simply couldn't determine whether she liked him or not. With his charming personality and handsome features, Steve was accustomed to having women fawn over him. Even with so many women to choose from, he always found something lacking in each woman.

During one particular visit, he told me about his most recent date the previous Saturday evening. He thought she was pretty, like all the rest, and admitted he had enjoyed her company and had a good time. But, after the third or fourth date, all of a sudden he realized that she wasn't as accessible as he was used to. Whenever he dated a woman, it was always the girl who wanted to spend

more time together. Slowly he would feel the pressure building inside his chest, and it felt like he was being smothered.

But with this woman, Kari, she even declined his invitation one weekend because she wanted to spend time with her family. To say he was miffed would be an understatement. After this setback, he came back in to see me and asked with a sly smile, “She’s not one of your clients, is she?” I paused for a moment before I replied, “Well, if she was one of my clients, I’d suggest she handle you just the way she’s doing.”

Then I paused for a moment to let those words sink in for him. I didn’t have to wait long because he understood that Kari seemed to understand what he needed, even if it wasn’t what he wanted. She paced him by controlling the amount of time he could spend with her in the beginning of their relationship.

Even if she wanted to spend more time

with him, she almost always left him wanting more, which, of course, would frustrate Steve. But it did more than that. It also made him curious and reflective. What was it about her that he couldn't get her out of his mind? Over the next several weeks, their relationship would be a series of romantic encounters that would be followed by periods of distance from her.

Three months into their relationship, Steve finally became frustrated enough that he asked her specifically, "Why are you playing hard to get with me?" Almost on cue, she tilted her head and smiled and replied, "My friend told me that you dated a lot and always found something wrong with every woman." And that was all she said.

For a tense moment, Steve just sat there waiting for her to expound on that single sentence. She just sat there and waited for him to realize that he was no match for her.

She understood his tendency to run whenever he let a woman get close. She knew that he needed her to keep the relationship slow, even though that's not what Steve said he wanted.

For years, he believed that if only he could find the one woman that was so beautiful and enchanting, then all his relationship fears would simply disappear. Yet here was Kari, who didn't seem to care one bit about trying to appease his fears. In fact, she actually seemed more concerned about what was best for her instead of doing whatever it took to capture his heart.

Now in that moment, Steve was flooded with emotions. For the first time, he didn't want to run; he wanted to stay. It was a strange sensation for him. He told me one day how grateful he was they were in public on their last date or else he would have grabbed her right there and begun kissing her passionately. All the weeks of training him had led to this

moment where she triggered in him a desire to chase her.

Steve didn't bond with her that evening, but the process had begun. For the first time ever, he finally felt what it was like to have a woman disarm him, to actually experience the wall around his heart come down, even if it was just for a few minutes.

In the coming days and weeks, Steve kept thinking about that evening. He wanted to understand it and her. He liked that feeling and wanted to experience it again and again. This is the part of bonding where his emotions and thinking began to come to an agreement. Kari was someone who was both attractive and who would give him what he needed, even if he didn't agree with her. It wasn't that encounter that convinced him to marry her, but it was several small encounters repeated over and over again that melted his heart.

In his mind, he had to justify his choice

to allow a woman access to his heart. What he and every man understands is this: once a woman is inside your heart, she can hurt you like no one else. This doesn't mean that she will, but that she could; and that is a sobering choice for a man. The multiple experiences enable him to choose her over and over again and thus reinforce his belief that she is both desirable and safe.

As much as you'd like him to display a steady stream of passion and affection for you indefinitely, now you realize why it can't be this way. He must go through this emotional process several times. His intellect and emotions must come together to reach the conclusion that you are, and will always be, the only woman for him.

Practice Questions:

Can you think of a past relationship experience where you didn't let a man get too close to you in the early stages?

YES / NO

If your answer is yes, describe what you did successfully on the line below.

Did your actions have an impact in making the man desire you more?

If your answer is no, take the space below and write down at least 5 specific things you could have done in a past relationship to make the man feel that you were keeping your distance.

- 1.
- 2.
- 3.
- 4.
- 5.

Do you think you could apply those actions to a future scenario?

Yes / No



What Happens Inside a Woman's Mind and Heart as She Goes Through the Process?

I understand that as a woman, you desire the romance of a man pursuing you. It's easy to want to gorge yourself on the experience. The loving words he expresses and kind gestures can make you feel an almost hypnotic state of bliss. What makes it even more difficult is that you actually are bonding through all of those emotions, and it's easy to assume he is also. Yet because you've gone without the romance you crave, there is a hidden danger which most women never realize until it's too late.

Whenever your emotions are awakened,

it opens the door to your heart. This doesn't just awaken the feelings of love and affection, but it also unleashes all of your emotions. The feelings of being special and adored are accompanied by whatever insecurities and fears you keep hidden deep in your heart. Those feelings don't necessarily occur at the same time; but the more connected you feel with a man, the safer you will feel to be sincere with him.

With that sincerity comes a feeling of vulnerability when you share a fear or concern. Regardless of the incident, this closeness will always lead to the moment when he doesn't respond in the same patient and loving manner that he has previously expressed. Even though you knew it couldn't last, whatever insecurities you hold are now exposed like a raw nerve in your tooth. Suddenly your fears of abandonment (or whatever) flairs up just as intensely as your previous feelings of being loved. As a woman, when you experience

those fears, you're likely to want to talk about what you're feeling. For you, it feels intense and creates a sense of urgency, making you believe that what you're experiencing is a sign that the relationship is in trouble.

He's likely not feeling the same intensity as you. In his mind he doesn't understand why you're so upset simply because he's gotten "quiet." Since his way of coping with stress is often to let his emotions calm down on their own, it seems he is indifferent to your concerns. His approach is foreign to you. It's not that you don't want to give him his space, but it feels like you've got to do "something" with all of those thoughts and feelings racing around in your head.

Because you're upset, you just assume that the same man that has been attentive and loving will want to talk about what concerns you. After all, when he was so positive about his feelings, he seemed to hang on your every word. Yet what you call talking isn't merely

having a conversation; it's full of emotional energy. It can even be intense because that's how you feel; but to him, it's nothing but DRAMA.

While he enjoys the intensity of the wonderful and loving feelings, he is overwhelmed with the intensity of your negative or fearful thoughts. Yet as a woman, sharing your feelings is both calming and stimulating. All feelings are simply different flavors to be savored and are a means to become closer to the man you love.

Your man, however, doesn't want to experience intense feelings unless they are pleasurable. This process of sharing feelings, processing emotions, and opening your heart is what men call drama. While women love drama, men can't stand it unless it's pleasant. Often, women assume that showing any weakness is what drives a man away. You know differently. Pacing the relationship enables your man to get to know you before

he experiences too many of your emotions.

CREATING A TEMPLATE

The truth is that what makes a bad impression is when you open your heart too quickly. Think of one of your closest friends. You've spent years getting to know her and have seen her on good and bad days. All of these interactions have enabled you to create a template in your mind about her. The impression you have isn't based on a single incident, but the combination of dozens of encounters, which enable you to see her as a complete person.

After all the time you've spent with her, every interaction you have is seen through the template you have of her. Just because she's having a bad day and is unusually angry, you don't consider her an angry person based on this single experience. She's simply angry that

day. When she's sad, that doesn't change your view of her. Instead, you ascribe her emotions as the reaction to her circumstances.

This is the same dynamic you want to create for a man. As he gets to know you, slowly he's building a template in his mind about you. No matter how much you "tell him" about yourself, you can't create the template about yourself for him in his mind. When you share your fears and insecurities, you want him to know you well enough and long enough so that his perception of you won't change. The more interactions you have with him, the more he feels he knows and understands you.

Your goal is for him to see you as a person who feels scared, upset, etc., at times instead of you as a person who is always scared and upset. The less he knows about you, the more he'll assume whatever you share with him is an indication of who you really are. I want him to get to know you for who you

are and not misinterpret your fears as a sign that you're not a good fit for him. Rather than trying to fool yourself into believing that you can feel intense passion and control your other feelings, it would be wiser to admit the power your feelings have. This doesn't mean you must suppress all your feelings. But you should realize that once your emotions become intense, almost ALL of your emotions will intensify.

THE EXPECTATION GAP

By denying yourself the intense interactions you desire, plan on feeling a bit disappointed. In fact, the relationship might even feel less exciting than you'd hoped. But this disillusionment has a great benefit for you. One of the best ways to create a passionate relationship is a bit of a paradox. The real secret is found in a ratio that most men and

women have never been told. Here's what this formula looks like:



When your experience exceeds your expectation, then you will feel excitement and passion. Conversely, if your experience is less than what you were expecting, then you will experience a lack of passion and, if the gap is large enough, even depression.



Everything is the same except for the fact that the experience is less than what you expected. While it will feel like you are depriving yourself (and him), the bonding code will initially lower your expectations (and his). Here are some practical examples...

He doesn't get to spend as much time on the phone with you as he'd like.

He only gets to see you once a week instead of every night.

He has to schedule time with you. No same-day invitations.

Notice how all of these things make him (and you) wait? Clients respond to this delayed gratification typically by saying, “But I’ve been waiting for this for years. I don’t want to wait anymore.” I understand the feeling that everything in you just wants to enjoy the relationship, but that’s the trap.

As your expectations begin to rise and you expect it to feel wonderful most or all of the time, it is only a matter of time before you are disappointed. The longer you can delay this disappointment, the less intense it will feel. The depression gap won’t be as large because you haven’t allowed your expectations to grow to such lengths that no man could meet them.

So if I tell you that I want you to lower your expectations, it’s not that I want you

to plan on having a miserable relationship. The joke I tell my clients is this, “I’m sure what I’m suggesting sounds like I want you to settle for a boring man or that you should just accept your relationship the way it is. The truth is creating a passion gap will intensify your feelings (and his) more than you can imagine.”

There is also an element of protection that occurs as you keep your expectations from rising too high. The man you love will want to know that he can make you happy. He’ll feel more masculine and powerful whenever he feels he can please you. If he doesn’t think he can please you, then he’ll start to feel inadequate. Pacing him will also serve to pace your expectations as well. When you can’t have as much closeness as you’d like, besides feeling frustrated, you’ll be much more grateful for the time you do spend together. When he sees (and feels) your happiness, he’ll feel even closer to you.

Unlike a father, who is giving to his daughter even though he gives more to her than she does to him, the man you love will expect something from you. He cannot selflessly focus on you without feeling that he's actually pleasing you.

YOUR CORE NEED

For him to truly please you, he must meet your most basic emotional need: SECURITY.

Now, that need for security is going to be different for each woman. For you, it might be emotional security; for others, it might be physical security, financial security, or the combination of all of these. For a man to make you feel secure, it will take him time to learn how to provide that for you. It won't be something that he intuitively knows, but it's a preference he will learn as he watches and gets to know you. The more you experience

that feeling of security with him, your guard will naturally go down.

If you allow the process to accelerate, then you'll put pressure on him to keep up with your level of intensity. This factor applies both to a new relationship or even if you've been married for several years. Men always take longer to engage emotionally than women. It enables you to get what you want without sabotaging the relationship in the process.

Practice Questions:

Have you ever opened your heart too quickly?

YES / NO

What type of feelings might you typically be tempted to share with a man whom you are bonding with?

Do any of those feelings have negative aspects?

Can you list below at least 5 thoughts or feelings that you could share with a man instead that are 100% pleasant?

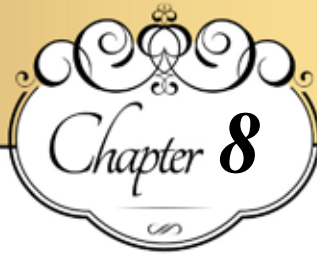
- 1.
- 2.

3.

4.

5.

List a few ways below that you could use to hold a man off and make him wait. These will reduce expectations.



You Enhance Him, Not Change Him

Up until now, we've discussed that the reason for implementing the bonding code is to have that amazing bond, that connection with a man that happens maybe once or twice in a lifetime. Now I want to cover what is a cornerstone regarding your ability to mesmerize a man. The ability you naturally possess enables you to magnify every aspect of a man. What is this ability? It's simpler than you think.

Your feelings and femininity were designed to be a complement to his tough, masculine ego. It's powerful stuff! Unfortunately, this kind of power often gives

women the impression that if they were _____ (pretty, thin, sexy, etc.), then their man would want to change his bad characteristics for them. The truth is that as a woman, you can't change a man, but you can enhance him. You magnify whatever is already inside of him like gasoline intensifies a fire. In technical terms, you are an accelerant, which makes his fire hotter.

He'll tolerate you wanting to influence him to make small changes and suggestions, with the exception of two areas.

WHAT YOU CANNOT CHANGE IN A MAN

The two aspects that no woman can change are:

1) His character

2) His personality

Both of these qualities make up the core essence of a man, and to change these means literally to change who he has been as a person for his entire life.

“But Bob, what if he actually needs to make changes? What if he has bad traits and habits that aren’t good for him? Shouldn’t I try and help him?”

I get that question often, and it’s a very clever question for this reason. When a woman asks me this, she’s implying that to NOT try and help him would be unloving. For her to sit back and watch him continue acting in ways that are making him unhappy would mean she doesn’t love him at all. In her mind, all she wants to do is help him.

It sounds so caring and sincere, doesn’t it? The problem is that kind of logic would apply to a mother in relation to her child, but not to a grown man. As a woman, you may very well see things that need improving, but

that doesn't mean that you have the ability to inspire him to change. The truth is, no woman has that kind of influence over a man in these two areas. If he is already working to improve some aspect of his personality and/or character, then you can help. But without him being motivated first, it's not possible to help.

I want to make a distinction between these two words, help vs. enhance, because they imply something very different. To do this, let's first stop using the word "help." If you want to help a man, you can justify all kinds of behavior simply by believing you're simply "helping" him. We need to separate your motivation as follows:

- You can ENHANCE a man to go faster down the path his life is currently headed.
- A selfish man will become more selfish.

- A kind man will become kinder.
- Simply having you in his life will magnify whatever is inside of a man.
- If he's working on self-improvement, you can help him improve faster, as long as he has begun the process.
- You cannot CHANGE a man who doesn't want to change. Even if he should change, no woman has that kind of power over her lover.

The ability to enhance a man doesn't happen immediately. It takes time to learn his personality, attributes and insecurities. If you simply ask him about his qualities, which is what a lot of women do, he'll simply tell you how he sees himself. He'll also be inclined to describe himself in a way that he thinks you'll want to hear. If he knows how important being kind is to you, then he'll talk about how kind he is. If you mention how vital loyalty is

to you, well, he's going to just so happen to mention that he's very loyal. In fact, he'll even provide some reasons to justify that or some experience he's had where he demonstrated this loyalty. Now, it's not that men are lying when they do that. They're being sincere. The problem is that what he tells you is what he thinks you want to hear and the way he sees himself. It's not necessarily the truth.

*A SNEAK PEAK AT HOW HE'LL
TREAT YOU IN THE FUTURE*

The surest way to determine what's in a man's heart is through T I M E. No matter who a man thinks he is, or how hard he tries to pretend to be someone different, time will always show you his true nature. As powerful an indicator as time is, there is no way to rush the process. Excessive talking, gazing into his eyes, and having him share his feelings

are wonderful experiences. None of those will give you an accurate indication of his character compared to observing him over several months' time.

Just the very nature of a relationship means there will be times of closeness and frustration. As a couple, you'll experience some conflict where you will be able to experience how he treats you when he doesn't feel that connection.

It's not that I expect him to be romantic and doting when he's upset with you, but it's critical that he "tries." When he's upset with you...

Does he try and listen?

Does he try to be patient even though he's tired?

Does he sit and listen even though he's a bit overwhelmed?

I want you to see how he responds to you when he doesn't feel like trying. If you're married, then



you understand why this is so important. When it's 2am and the baby is crying and you're sick,

you aren't going to romance him into getting up with your child. He'll help that night because he chooses to, not because he feels like it. On that particular night, you won't have the energy or desire to try and motivate him with your romantic charms. Instead, you'll be at the mercy of his character. If you've ignored the fact that he's often selfish and demanding, then on that night, YOU will be the one getting up with the baby. Please memorize this phrase about when a man is going through difficult circumstances:

“Circumstances don’t make a man - they reveal him.”

I’m not asking you to create a crisis, but I am asking that you don’t do everything in your power to keep the peace. When you begin following the bonding code, it will most likely increase the tension in your relationship. That tension will make him feel upset, bored and maybe even angry, depending on the guy. At that point, you will have remarkable insight into his character.

When you see issues come up in your relationship, it’s important to not just immediately try to smooth them over. Instead take the time to carefully evaluate them. To have a man bond with you means that he’ll feel a sense of your well-being, on both his good and bad days. This isn’t something you can ignore or simply assume he’ll act differently in the future. Giving yourself time

to determine what's actually in his heart takes courage at times.

One client who started using the Bonding Code found it difficult to slow the relationship down at the beginning. She said to me, "This is hard." I replied to her, "No, it's powerful."

I admit it can be hard at times, but this is one of the hidden benefits of using the bonding code. It not only helps to awaken arousal and passion; it also indicates a man's personalities and those deficits that you want to see now before you've given him your heart.

Practice Questions:

Can you think of a past occasion where seeing a man's reaction to a situation gave you insight into his true nature? If so, describe that situation below.

If that insight was negative, did it cause you to end the relationship?

YES/NO

If your answer was no, why not?

When you see problems coming up in a relationship, is your automatic reaction to try to quickly smooth over those issues?

YES/NO

Do you think that you will be able to resist the temptation to resolve tension that is caused by using the Bonding Code?

YES/NO

If your answer to the question above was NO, what hurdles do you think will stand in your way?

If your answer was NO, try this additional exercise. When you do encounter issues using the Bonding Code, instead of immediately

trying to smooth things over, give yourself a time out to do something you enjoy. Go to a yoga class, get a massage, go to the beach or do something else alone that allows you to reflect on his behavior. See if you feel any differently afterward.



Once He's Bonded

Up until now, our big focus has been to actually get him to bond with you and for you to be able to bond with him. We've gone over why this process is critical and the fact that once it is in place, it will give your relationship a rock solid foundation.

But to retain that bond, it will be paramount to understand that the emotional bond between a man and a woman isn't a one-time event. Like a prized investment or cherished antique, it requires attention and nurturing.

Since women bond through their emotions more than men do, the emotional connection you feel with your man is how

you measure the value of the relationship. Men don't put as much importance on the emotional connection because of the assurance they have in their decision. When he gives his heart to a woman, it's a pledge as much as it is a decision. In his mind, that decision wasn't something he ever planned to question. This is why I've told women for years that when a man decides to marry a woman, it's not simply a piece of paper. It is not only an emotional decision, but a calculated one as well. In his mind, he doesn't make such a commitment without thinking through his decision.

Because of this, those periods of emotional disconnect won't produce the same level anxiety within him as it does to you. He doesn't have emotions swirling around in his mind nearly as often as you do. The absence of the emotional connection doesn't scare him because his decision wasn't simply a choice he made, but a surrender. For a man to give himself to a woman, it is to give up what

he believes is his birthright: his cherished independence.

As a woman, this lack of emotional intensity may seem like his desire for you has diminished. Even if you don't believe something is wrong, you long for the days when all he wanted was to spend time with you, listen to you, and do everything with you. In a man's mind, he has come to depend on his lady because with her, he feels complete. Inside his heart lies a smoldering desire for her that is easily aroused, but most often he enjoys the comfort of her love. His lack of intensity is really the feeling of contentment and peace, which he rarely felt before he met her and surrendered his absolute "freedom" to her.

When a man has given you his heart, he has become emotionally dependent upon you for his happiness. When you are pleased with him, his world is a wonderful place. When you are unhappy, then he cannot relax until you

are content. His heart isn't capable of bonding frequently, nor does he want to. His greatest joy isn't passion, but contentment, which often is viewed as indifference. If, as a woman, your desire is to have a man that is frequently full of passion, then I must warn you - you don't know what you're asking for. There are men like this, yet that same passion spills over in other aspects of their life as well. When they are upset, they are very passionate. When they are annoyed, they are very sensitive and often get their feelings hurt easily.

A man's passion isn't something that you can experience in only a few areas. Such men are often described as "exhausting." If the choice is between a passionate man who is up and down, versus a content one who is fairly stable, then I'm guessing that neither is your ideal. The good news is that either type will modify themselves once they are bonded to you.

What makes a passion-filled man bond

with you is the experience of you maintaining some emotional distance. It will demonstrate to him your ability to be a calming influence by showing him you are not at the mercy of his passions/emotions.

A man who is more cautious by nature will find his emotions aroused in a way he's rarely, if ever, experienced. Even though he craves contentment, he cannot help himself in desiring your happiness. These examples illustrate the power of a woman over a man who has pledged his heart to hers.

This power is so great that it even carries over if the relationship is injured and an affair occurs. I've spoken to countless women who were the mistress of married men. Each has attested to the power and influence of their lover's wife. Even in those circumstances where the man is cheating, the bond that was created continues to haunt him.

“Well, if the bond was that strong, then why

would a man cheat on the woman who once held his heart?” you may ask. From my work with hundreds of singles and couples, it isn’t because the bond wasn’t strong enough that caused him to stray. Most often it is because one or both of the partners took the connection for granted. While a man doesn’t need as much reassurance as women do, what men do need are the characteristics that you displayed early on in the relationship. Even if you’ve been married a few years, he still has this need.

At the beginning of your relationship, you attracted him by Demonstrating Value. Perhaps it was the way you dressed or looked at him when he talked that made him feel you were special? Maybe you laughed at his jokes or seemed to be the only woman that really “got him” when he shared something personal.

Whatever qualities you demonstrated early in the relationship, those were so

powerful that he felt he wanted you and only you. Don't neglect to keep showing him those same qualities as your relationship progresses. It won't be as easy to do like it was in the beginning when everything was "new," but it will reinforce the bond between you every time you repeat them.

Since you are the heart of the relationship as the woman, I need for you to understand this process better than he does. Because of this, you are the initiator. You are the spark that ignites the flames of passion that smolder deep within his heart. The myth is that men are the pursuers. In reality, it is a woman that sends the first signal that begins a relationship.

A) Beautiful woman (you) sends signal: Wink, smile, or some gesture that he sees/feels that lets him know you are receptive to him coming closer to you.

Then...

B) He sees/feels that signal and approaches beautiful woman (YOU), and the first stage of a relationship has begun.

You send the first signals, and he responds to your flirtatious signals. This doesn't make you masculine, but it is actually surprisingly feminine to send the first signals to get a reaction from a man. To maintain this connection, I will give you four points that will not only keep your conviction alive, but also will make the emotional bond between you grow deeper.

Rule #1) Never compromise on your conviction.

When you have a conviction, something that means a lot to you, it's going to be critical that you maintain your conviction and not give in just to please someone. Now how do you know what a conviction is? A conviction is something that you're willing to enforce all the way, even if that means the relationship ends.

It's not that you necessarily know exactly how you'll enforce it, but that you won't compromise on your belief. As you can tell from my definition, there's not going to be many things that you feel that strongly about. So when a woman says to me, "What should my convictions be?" My response is, "Tell me which things you're willing to enforce." If you're not willing to do whatever it takes to enforce the boundary, then perhaps the particular issue really isn't a conviction? If it's not, then the issue is negotiable.

One client said, "I hate it when my boyfriend's five minutes late." My response

was, “Are you willing to give him a consequence? Are you willing to increase the consequences until he’s on time? What would you be willing to do the next time he’s five minutes late, besides simply complaining?” Her response was typical when she replied, “I don’t know what you mean.”

In reality, she did know what I meant, but now she realized I was suggesting a series of actions on her part that would increase the conflict. What she believed (and hoped) was that her boyfriend would simply show up on time because he loved her. This is unlikely. Instead of expecting this, I offered an alternative suggestion, “If he’s five minutes late, then don’t go out with him.”

For a moment, she just sat there and with a look of puzzlement said, “But isn’t that overreacting?”

“It might be,” I replied, “but how important is it for you that he shows up on time?”

If her boyfriend was beating her, I have no doubt she'd do whatever it took to make him stop. She might call the police, breakup with him or both, but she certainly wouldn't simply complain to him. At least I hope she wouldn't. She had to decide just how important it was for him to be on time. I wanted her to quit focusing on HE SHOULD and instead take responsibility for what was important to her. I agree that he should be on time, but just because he should doesn't mean he will.

A man won't modify his behavior simply because he should; but in some cases, the consequences of continuing that behavior simply aren't worth continuing it. In your life and relationship, what things are important enough for you to enforce?

Men Don't Listen - They Watch

No matter what you say to a man, he won't take your words seriously until he knows you'll actually enforce them. Some men don't need to see as much enforcement of a consequence as do others, but every man needs to see you follow through on what you say. I have listened to countless men tell me how they "handle" the woman in their life and the pattern is strikingly similar.

Phase 1: The woman gets upset. Often it starts with her getting quiet, or perhaps she drops some "hints" about something he should have done differently.

Phase 2: He ignores those hints and the tension begins to build. He's trying to minimize the problem, and this simply makes her feel neglected. In her mind, she's trying not to be mean. Her "hinting" was her way of trying to be gentle. Now she is beginning to feel taken

for granted and her anger begins to grow.

Phase 3: After a few hours, or even days, an event happens that might be mild in nature, but it ignites her anger. The disrespect she's been feeling now comes out in an angry outburst as she pours out her reasons for being upset. Like a prosecuting attorney, she attempts to prove her point to make him feel her pain. In her mind, this outburst is the consequence that he'll want to avoid in the future. It's uncomfortable and intense, but it's also ineffective. Why? While she believes this approach will have a lasting impact on her man, it will not.

Phase 4: After the outburst, the man hears her concern. But if he doesn't believe what he's done warrants change, he won't change. As unpleasant as the argument was, it was momentary. For him, all he had to do was

put up his protective emotional shell and wait until the onslaught of emotions passed. Even if he did feel some remorse in the moment, over time that feeling will begin to fade.

I spoke with a young mother who wanted her husband to stop grabbing her in public. She told me it was playful at first, but over time it became embarrassing when he put his hands on her “private parts” in front of everyone. Even though he knew it bothered her, he didn’t realize just how much.

Even though she had told him,

Even though she had raised her voice,

Even though she had repeated those two steps...repeatedly.

It wasn’t that he didn’t understand; it was that all he saw her do was simply complain. I’m not defending him. He should have known

better and should have listened to her.

Finally, she decided that if he did it again, she would leave wherever they were, call a cab home and leave him by himself.

She didn't announce it; but when she got in the cab, in front of all of their friends, it was a day he never forgot. Suddenly, he FELT the consequence of his actions. Instead of simply hoping he'd honor her convictions, she defended them. In the process, he decided that grabbing her wherever and whenever he liked simply wasn't worth it. Her conviction had won out over his desire to grope his wife in public.



**Men Don't Listen
They Watch**

If you have to enforce your convictions often, then perhaps you're not with the right man? You must teach him to respect your convictions. The man that's bonded with you may be upset in the short term, but it will reinforce the belief that you are expensive and that he is never to take you for granted.

In his mind, when you set limits with him, he will begin to feel a calm sense of security in knowing that you aren't fragile, like a little girl. It's not that you want to set boundaries regarding everything, but he'll know that you won't allow resentment to build toward him. In his mind, he won't fear that you'll lash out at him for something he did weeks earlier.

He'll trust you even deeper knowing that if something is wrong, you'll decide on your own whether it's worth "training him." Your conviction of your value reinforces to him that he is very lucky to have you in his life.

Rule #2) You must never forget to flirt with him.



When you maintain your convictions, this gives you a sense of power (which is a good thing). The balance to this is your willingness to be flirtatious. These two variables are not in competition with one another, but actually belong together.

For years I've heard women say, "I'd like a man to be sensitive." The truth is they are lying, perhaps even to themselves. That's not what they really want. What they want is a **STRONG** man, a **CONFIDENT** man, who can be **SENSITIVE**. This expectation

applies to men as well. When a man tells me (and so many will say this), “I want someone who is cool and easy going,” most often what they are referring to is a woman that is accommodating to their wishes. They don’t know what they’re asking for. What they really want is an EXPENSIVE woman who can be accommodating at times.

The demonstration of value through enforcing your convictions maintains the foundation of the emotional bond between you as a couple. When you remember that you are the girl, the initiator, and flirt with your man to spark his heart, then you will create a loop for constantly reinforcing the bond.

Nearly every woman remembers how she smiled and looked at her man when he spoke early in the relationship. She was extremely attentive when he spoke, until she became comfortable in the relationship. It’s not that she cared any less; it’s that being flirtatious and attentive requires effort. The problem

becomes making the assumption that the reason for his attentiveness and fascination with her was simply because she's pretty or special. The reality is that her flirtatious gestures are what enhanced her attributes, and this was why the man responded the way he did.

Take this as a warning. Once he's bonded with you, don't fall into the trap of believing that it's simply a quality you have that made him fall in love with you. The unique qualities you have won't be enough if you neglect this second rule: always flirt with the man you love. I have yet to see a marriage or a relationship that was in trouble where the woman was flirting with her man.

Rule #3) Understanding bad tension

As much as we've been talking about

tension being good, obviously there's going to be instances where it's not a good thing. I want to give you a rule of thumb to know when to be concerned. If you're feeling threatened or scared, that is not the type of tension that you want. In those instances, I'm telling you to find a way to detach. You can set a limit, but what gets men's attention more than anything else is this: when a man is rude or disrespectful to you, I need you to pull away, not argue with him.

This is similar to the rule about maintaining a conviction, but it is more focused on the particular moment when a disagreement becomes competitive. What you don't want to do with a man is argue. I'm not telling you not to get angry. I'm telling you not to debate him. I'm telling you not to try to prove your case with him. Once it feels competitive, once you have that scared feeling, whether his intentions are bad or not, that is your internal signal to remove yourself

from that conversation. Regardless of what makes you feel nervous, you say to him, “This doesn’t feel good.” Then wait a second to see how he responds.

Most of the time, that statement will puzzle a man. If he escalates and becomes more aggressive, then it is imperative that you walk away. What this will teach him, eventually, is this:

If I am condescending or ugly, she will leave. With enough reinforcement, he’ll make that connection that being aggressive with you simply isn’t worth it.

But what happens after you leave? This is a bit delicate, so please bear with me. I want you to treat his aggression as though he slapped you in the face. Now it’s not the same thing, I realize, but please follow my logic. If he had slapped you, I don’t think you’d simply ignore him and then act like everything was all right a few hours later. If you didn’t call

the police (which he would deserve), you'd expect that him saying he was sorry wasn't nearly enough. You'd want to know that he understands how unacceptable his actions were. Your conviction would take over, and you'd outlast him for as long as it took. This might mean you'd stop taking his phone calls if he was your boyfriend; or if he were your husband, you'd remain silent until....

Until he humbled himself and told you he was wrong for being aggressive.

Until he said he was sorry he raised his voice.

Until he reassured you that even if he's angry, he won't use the Testosterone Card. This is what men do in combat. They get loud and they intimidate. In theory, the reason is actually to avoid a fight. It's to send a signal to your

opponent that getting into a fight really isn't worth it. That approach doesn't work with you as a woman.

When he has reassured you to your satisfaction, then he is forgiven. What you are teaching him is that you can disagree and be safe. You can argue and be safe. You can be angry with each other and be safe. You're not just doing this for your benefit; you're doing it for his as well. Because he's bonded with you, you are an extension of him. When he's aggressive, he's harming a part of himself as if he were doing something harmful to his arm or to his heart. He may not even realize this is how he's coming across.

Your part in this is that you cannot attack him either. Don't assume that he's not sensitive to you being harsh or cutting or condescending. Now that he's bonded with you, he's much more susceptible to your emotions and feelings than he is to anyone else; and you cannot take that for granted.

4) Listen to each other

After you've gotten to know someone over time, it's easy to assume that you know everything about him. One of the most powerful intimacy triggers is the act of being listened to. Once your relationship is established, you're not going to be able to give him your undivided attention all the time. However, there needs to be moments where you focus on what he's saying. The secret most men will never tell you is this...

NO ONE REALLY LISTENS TO A MAN

In a business situation or something that is task-oriented, men have others' undivided attention. When it comes to matters of the heart or feelings of vulnerability, the man you love has no one that listens to him. In

fairness to you, the main reason for this is that he doesn't share those feelings with anyone. He acts as though they aren't important, but it leaves him feeling disconnected. The man you love doesn't need to open up to everyone; he just needs one person that he knows will listen to him when he needs it.

Now does this mean that you're going to have to listen to some things that might seem boring to you? Yes. You are asking the same thing of him as well. Being listened to is a form of validation. When you listen to him and he listens to you, it validates that you're not alone with your problems. It validates to you that you and what you're saying are important.

In addition, when you listen to your man, it also gives you leverage. If you find that he is not listening to you but you've been listening to him, it enables you to say, "You know, I listened to you this week talk about your work, talk about your boss, and I

did it not necessarily because I like all those details, but because it was important to you. So when I share with you something about my girlfriends or _____(fill in the blank), it would mean the world to me if you would listen to me as well.” Finish with a smile.

If you say it that way to the man, softly and slowly, I promise you he will hear you. If it's early in a relationship and he doesn't want to listen to you, then be warned: No matter how attractive, rich, or powerful he is, if you don't feel he listens to you, over time the bond between you will erode. Nothing else can make up for the lack of feeling listened to.

If you'll follow these four rules, you'll find that your intimacy and your bond will not only grow stronger, it won't require major repairs as time goes on. There'll be some ups and downs as far as how close you feel to each other, but the bond will continue to grow and strengthen. Some months, you may have to implement one of the rules more than the

others. You may have to set more limits some months than others. Other months you might have to flirt more. If you find that there's a disconnect between you and your man, go back and review these four rules and you'll find that one of them is not being kept.

Practice Questions:

Have you ever felt like a man's passion for you was diminished once you were inside a long-lasting relationship or marriage?

How did that make you feel?

Is it possible he was content rather than indifferent?

Now in the spaces below, see if you can come up with 7 ways to demonstrate positive characteristics that you revealed early on in the relationship.

- 1.
- 2.

3.

4.

5.

6.

7.

If you are in a relationship, what are a few ways you can do this right away?

Specifically, how and when can you flirt with him more to capture his heart?

After this takes place, come back and write down the reaction that these actions had on your partner.

I asked this question earlier in the chapter. Do you have any convictions?

Which ones are important enough for you to enforce?

How might you enforce these convictions in the future?



What Destroys the Bond Between Couples?

Regardless of how deep the bond is between a couple, there is one danger that every couple faces over time. The greatest threat to the intimacy that you've carefully cultivated isn't destructive behavior or unfaithfulness. What will slowly eat away at intimacy is a gradual lack of empathy for each other's concerns. Most women feel they are naturally good at being empathetic. I'm sure you can recall a moment when you saw someone in pain and you remembered feeling something similar. In that moment, you can relate to their pain because you remember what it felt like for you. While this is being

somewhat empathetic, a more accurate description would be that you could relate to the other person.

In an intimate relationship, a deeper level of empathy is required to maintain and even strengthen the bond. The empathy I am describing occurs primarily because of your effort, not your experience. It is what I call Intimate Empathy. What makes partners feel that you “get” them is when you listen to them in such a way that they feel you understand. This isn’t easy to do when they are talking or experiencing something that doesn’t interest you or seem familiar.

If your man practiced Intimate Empathy, then he would focus on how you were feeling, even in a circumstance that he doesn’t relate to that well. Suppose it’s your period (Menstrual Cycle), and you feel like you’re 100 pounds overweight. In fairness, this isn’t something any man can relate to. Yet, if he uses Intimate Empathy, he would focus by paying attention

to you.

He might ask how you're feeling (Even though he can guess). -- He might listen, if you started to talk.

After a few minutes, he might say, "I'm sorry you're feeling bad. Can I get you anything?"

During this interaction, what he's doing might sound like he's simply being nice, but there's more to it than that. He's concentrating with an intense focus on you. It's not something that comes to him naturally, but it's a choice he's making to show you that he cares. For you, it feels wonderful. For him, it feels like work. When he focuses on you, it makes you feel closer to him and creates intimacy. For couples, these intimate encounters happen because each partner chooses to try and understand what the other is experiencing. The reward is a deeper sense of shared closeness.

The cost is that often times, one or both partners don't feel like focusing on each other. They begin to develop a pattern of interacting where they anticipate each other's responses. Instead of experiencing Intimate Empathy, they begin to stop investing in each other. The secret is to make Intimate Empathy a habit between you and the man you love.

Don't wait until you feel like being kind to show him acts of kindness. When he does something that means a lot to you, be certain to point out how thoughtful he acted. When couples begin taking each other for granted and stop practicing empathy, regardless of the level of emotional intensity between them, the emotional neglect will make the relationship become stale.

Another aspect of lack of empathy is the unwillingness to allow your partner to influence your behavior. As you get to know one another, it's inevitable that you'll find aspects of each other's personality to be

challenging. His preferences on child rearing, money, and other areas of life are bound to differ with yours to some degree. While there are some areas that you won't be able to compromise on, look for ways to give in to his request. When you let him "win," it makes him feel that he has value in your eyes. Using empathy, focus on those areas that are more an issue of style than substance.

Some examples would be routines you develop.

What time do you go to bed?

Who manages the checkbook?

How do the dishes get loaded into the dishwasher?

You'll notice that each of these examples

doesn't have a right or correct way to manage them; they are more a matter of style. When you make these right or wrong choices, it makes someone feel victorious and the other person feel like they did something wrong. While I'm making this suggestion to you about finding ways to let him "win," I am certainly suggesting that he will do the same for you. Intimate Empathy is the life blood of an intimate relationship. Don't neglect this vital ingredient or you'll find the bond that once seemed unbreakable will slowly disappear.

Practice Questions:

In Chapter 10, I discussed how you can begin anticipating your partner's responses. It's essential to show him acts of kindness in a proactive way.

How can you show your partner Intimate Empathy? Did you have any immediate ideas when you were reading the chapter? If so, what were they?

It's time to make these types of scenarios a habit. List 5 things that you plan to start doing to be more kind and empathetic to your man.

- 1.
- 2.
- 3.
- 4.
- 5.

Now try these scenarios out on your partner.

See if you can do all 5 items you wrote above in the next week. Once you've finished, come back and answer the following.

Did it feel uncomfortable to focus on your partner in this way?

YES / NO

How do you think it made him feel?

Did you see any positive results from the experience?

Can you think of any new ways to show him intimate empathy based on these experiences?



In Conclusion

As we come to the end of this program, let's go over some of our core principles. If you find yourself struggling, these guides will enable you to quickly identify which principle you are neglecting.

Principle #1: Not Every Man is Able to Bond.

Thankfully, most men are quite capable of bonding, but there are a few men that are incapable of intimacy. Most often, the reason is because of a horrible childhood, poor choices as an adult, or both. There is no woman

who is special enough to heal those injuries unless the man is already in the process of resolving them himself. These types of men typically have personality disorders; and they can be serial adulterers, hit or injure women, chronically lie, or have a history of drug and alcohol abuse. What all of these destructive behaviors have in common is that the man seeks to deal with conflict and stress in an addictive or impulsive manner. Therefore, the stress of pacing him will cause this type man to actually become more destructive.

What these men want is a woman who will tolerate their bad behavior. What they need is a woman that WON'T tolerate their bad behavior, but insist that they treat her as valuable - even when they are upset.

It's not that a man with struggles cannot be a good partner. What's more critical is how he is responding to his "issues." If he has struggled with any type of destructive behavior, what is he doing to remedy those

behaviors? What you want to focus on is his level of awareness and the steps he's taking. If you're with or you're attracted to a man like that, what he needs is a woman who has very firm boundaries.

You cannot be gracious to men when they violate a boundary. They perceive that graciousness as a weakness. They will tell you all the excuses in the world. They will make hundreds and hundreds of apologies, and they will be quite sincere when they do it. And yet, the behavior will not stop. All they understand is a firm consequence. Oftentimes, this means that you have to lose. This man would rather cling to his beliefs and his own way of doing things and find an accommodating woman than change his behavior than be with an expensive lady.

Remember that it is your ability as a woman to enhance a man. You will magnify what's inside of him. Early in the relationship as you're following the bonding code, you're

spacing him. If he responds poorly, the bonding code will reveal his character early on before you give him your heart and before he breaks it. You'll have this experience and avoid being devastated four, five, or six months later. I'm not trying to ruin the relationship with the man you want. I'm saying that this code will actually protect you from those men that will hurt you.

Principle #2: You must decide between the goal or the process.

A process is how you go about implementing something. It's the steps you take. Oftentimes, women will tell me they want their relationship to be effortless and romantic. My response to this is nearly always the same. The only way to have that is to focus on avoiding conflict. Don't take any risks with each other. Don't allow each other

to see weaknesses and instead focus on just having fun.

Over time, what happens when you choose this path is that the relationship becomes boring. There's no tension, no romance; but instead, it feels like two roommates living together. You'll have some short-term happiness; but in the process, you're killing the tension that helps create the bond you crave.

The alternative is to focus on what you want (the goal). The process won't always be fun. At times, it might even be a little difficult, but the reward is a lifetime of intimacy. You'll need to be proactive, flirt when you don't always feel like it, set boundaries and trust the process. The truth is that creating the intimacy you want rarely ever happens organically.

When you're dating someone in the beginning, as much as it seems effortless, it's

really not. The date is planned in advance. After you accept the invitation, you obsess over what you'll wear to make a good impression. During the evening, both of you make it a point to focus on what the other is saying. You make an effort to present yourself in the most favorable way. You wouldn't dream of simply wearing something comfortable, like sweat pants and a baseball cap. There's really nothing natural about it per se.

Even though there were magical moments, the process of creating that evening wasn't magical at all. Almost every detail was planned out so the time spent together would feel wonderful. By committing to the goal, it will enable you not to focus so heavily on trying to make the process comfortable all the time. To create the bond you desire, sometimes the process will feel uncomfortable.

Principle #3: Focus on Those Areas That You've Had Trouble With.

Almost every couple Ie work with experiences some struggles in going through the bonding code. Usually, there's one stage that's the most difficult for an individual. For some women, they let themselves indulge during a man's emotional stage. For others, they overreact when he experiences the disillusionment phase. Look at your past and identify the areas you've struggled with, so you'll be able to respond differently this time.

Principle #4: Trust What You Know, Not Just What You See

Even if you experience days when it seems that he's disconnected from you or doesn't care, trust what you've just learned.

Remind yourself over and over again of the stages he must go through to bond with you emotionally. Don't interpret your progress simply based on how you feel in the moment or based on a single day's activities. Some days won't feel very inspiring, while others may give you the sense that he's completely devoted to you. The best way to measure the progress of your relationship is to look at one month time periods. Is the relationship progressing over the last month or remaining stagnant? Is he still in a particular stage month after month? That will give you a much better measurement to evaluate if you're moving closer or farther apart as a couple.

Often it takes much longer for internal changes within a man to manifest itself through his outward actions and words. I know you want him to share what's going on inside his heart and mind. In time, he'll be able to share with you the way you'd like; but during the process, he won't be able to that often. He

won't understand what's happening to him enough to be able to describe his feelings.

My promise to you is that even during those times when he's being quiet, he's actually letting you inside his heart. You're becoming the most important person in his life, and he'll do whatever it takes to keep you happy. Now that you have this code, congratulations; in your hands, you have the key to a man's heart.

Practice Questions:

Do you find yourself wanting your relationship to be effortless and romantic?

YES / NO

Are you still prepared to focus on what

you want in the end, which is a fulfilling partnership? Are you willing to do this even if it means doing what makes you uncomfortable in the initial stages?

YES / NO

Have you had problems doing this in the past?
If so, what were the issues that you faced?

Do you anticipate that you will have any problems acting this way?

YES / NO

If your answer to the above is yes, what do you feel is the biggest problem?

Can you set these feelings aside if you knew the end result would be him bonding with you and a loving and lasting relationship?

YES / NO

Do you anticipate that you will have any problems acting this way?

YES / NO

If your answer to the above is yes, what do you feel is the biggest problem?

Can you set these feelings aside if you knew the end result would be him bonding with you and a loving and lasting relationship?

YES / NO