

The *Feminine*
ATTRACTION
System

100 Ways To Create An Unbreakable Bond With Him

BONUS

He Bonds To Things That Make Him Feel Successful

As you've learned in the Feminine Attraction System, he bonds to people and women that make him feel successful, needed, accomplished and purposeful.

You can do this by raising his vasopressin levels consistently and over time. Vasopressin is created when he is challenged, stressed and overcomes it ***with you.***

If you want him to bond to you, see you as someone he deeply cares about being with because you make him better, stronger and purposeful, you must create a space for him where he can show and express his power and strength.

Below is a list of 100 ways to bring out the winner in him.

These are great things to do when you want him to bond to you, feel closer to you, raise his spirits and help him to see your value as a partner.

1. Listen actively to his thoughts and feelings.
2. Express admiration for his strengths and achievements.
3. Encourage him to pursue his passions and goals.
4. Support him in his endeavors, both big and small.
5. Show appreciation for his contributions to your life and relationship.
6. Respect his decisions and autonomy.
7. Trust his judgment and abilities.
8. Offer constructive feedback rather than criticism.
9. Create a safe space for him to be vulnerable and open up.
10. Celebrate his successes, no matter how small.
11. Acknowledge his efforts, even if the outcome isn't perfect.
12. Share your own vulnerabilities to foster mutual trust.
13. Collaborate on projects and decisions, valuing his input.
14. Validate his emotions and experiences.
15. Encourage him to prioritize self-care and well-being.
16. Advocate for his needs and boundaries.
17. Empower him to set and pursue personal growth goals.
18. Engage in meaningful conversations that stimulate his intellect.
19. Offer to help when he's feeling overwhelmed, without taking over.
20. Challenge him to step out of his comfort zone in a supportive way.

21. Defend him in challenging situations, standing by his side.
22. Be his cheerleader, offering encouragement during tough times.
23. brace his quirks and idiosyncrasies, celebrating what makes him unique.
24. Affirm his masculinity without reinforcing harmful stereotypes.
25. Share responsibilities equally in your relationship.
26. Respect his opinions, even if you disagree.
27. Advocate for his interests and rights in broader contexts.
28. Encourage him to express his emotions authentically.
29. Support his friendships and social connections.
30. Foster an environment where he feels valued and respected.
31. Be attentive to his needs, both physical and emotional.
32. Plan surprises or special gestures to make him feel loved.
33. Express gratitude for the ways he supports you.
34. Encourage him to pursue hobbies and interests outside of your relationship.
35. Share decision-making power in your relationship.
36. Offer compliments on his appearance and style.
37. Show interest in his career aspirations and professional development.
38. Provide space for him to recharge and unwind.
39. Be patient and understanding during times of stress or uncertainty.
40. Offer words of affirmation when he's feeling insecure.

41. Include him in important discussions and decision-making processes.
42. Support his efforts to maintain a healthy lifestyle.
43. Encourage him to communicate openly about his needs and desires.
44. Create opportunities for him to showcase his skills and talents.
45. Be his advocate and ally in achieving his dreams.
46. Share responsibilities for household tasks and chores.
47. Offer to help him problem-solve challenges he may be facing.
48. Express pride in his accomplishments.
49. Encourage him to stand up for what he believes in.
50. Share stories of his past successes to boost his confidence.
51. Provide a nurturing environment where he feels free to express himself.
52. Offer emotional support during difficult times.
53. Respect his boundaries and personal space.
54. Encourage him to take risks and embrace new experiences.
55. Show appreciation for his sense of humor.
56. Be mindful of his love language and express affection accordingly.
57. Encourage him to pursue education and lifelong learning.
58. Value his opinions and perspectives, even if they differ from your own.
59. Celebrate his resilience and ability to overcome challenges.
60. Acknowledge his contributions to your shared life together.

61. Create opportunities for him to lead and take initiative.
62. Offer reassurance during moments of self-doubt.
63. Encourage him to seek support or therapy when needed.
64. Celebrate his uniqueness and individuality.
65. Provide a listening ear without judgment.
66. Offer to help him brainstorm solutions to problems he's facing.
67. Show respect for his personal choices and beliefs.
68. Encourage him to express gratitude for the blessings in his life.
69. Validate his emotions and experiences without trying to fix them.
70. Support his efforts to maintain friendships and social connections.
71. Celebrate his growth and progress, no matter how small.
72. Be his partner in building a life that aligns with his values and aspirations.
73. Encourage him to prioritize his mental health and well-being.
74. Share your admiration for his resilience and strength.
75. Create rituals or traditions that honor his achievements.
76. Offer to help him create a vision for his future.
77. Validate his emotions and experiences without judgment.
78. Encourage him to pursue hobbies and interests that bring him joy.
79. Show appreciation for his contributions to your relationship.
80. Be his advocate in pursuing opportunities for personal and professional growth.

81. Celebrate his authenticity and individuality.
82. Encourage him to express his emotions in healthy ways.
83. Provide support and encouragement during challenging times.
84. Share your admiration for his kindness and compassion.
85. Encourage him to explore his creativity and talents.
86. Offer reassurance during moments of self-doubt.
87. Celebrate his achievements, no matter how small.
88. Be his partner in creating a life filled with meaning and purpose.
89. Show appreciation for his efforts to be a supportive partner.
90. Encourage him to prioritize self-care and well-being.
91. Celebrate his unique perspective and insights.
92. Provide encouragement and support during times of transition.
93. Share your admiration for his resilience and determination.
94. Be his ally in pursuing his dreams and aspirations.
95. Offer to help him problem-solve challenges he may be facing.
96. Celebrate his strengths and capabilities.
97. Encourage him to embrace his vulnerability and authenticity.
98. Provide a listening ear without judgment.
99. Show appreciation for his efforts to be a loving and caring partner.
100. Be his partner in creating a relationship built on mutual respect and support.

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