

Track 3: Attract the Kind of Man Who Shows Up

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Subconscious reprogramming so you'll stop confusing effort with worth and start attracting grown, emotionally mature men who lead, follow through, and show up clearly. You'll feel safe letting yourself be loved without having to earn it.

💬 *"He follows through — and it feels so easy."*

1. Opening Grounding & Permission

Take a deep breath...

Let yourself land.

Let your shoulders drop.

Let your jaw relax.

Let your heart soften.

You are safe to receive steady love.

You are safe to feel protected, wanted, and cared for.

You don't have to fight for attention.

You don't have to beg for clarity.

You don't have to question if you're enough.

You were designed for love that makes your nervous system feel calm.

You were created for love that stays.

And it begins with believing that you deserve it.

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2. Section 1: Releasing the Fear of Safe Love

You were taught to brace for disappointment.

You were taught that men leave.

You were taught that love always slips away.

You were told not to need too much.

Not to feel too deeply.

Not to trust too easily.

So you closed.

You performed.

You stayed guarded.

You got used to men who kept you guessing.

You got addicted to highs and lows.

You confused anxiety with chemistry.

You didn't feel safe with safety.

You didn't feel worthy of presence.

You didn't feel comfortable being cared for.

But that was the old you — and she doesn't live here anymore.

You no longer fear love that is calm.

You no longer reject men who show up.

You no longer feel unsafe in steady.

You are safe to unlearn the fear of real love.

You are safe to release the stories that told you good men don't exist.

You are safe to trust that healthy love is meant for you.

3. Section 2: Emotional Receptivity to Secure Masculine Love

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You are the kind of woman who inspires masculine leadership.

You are the kind of woman who is pursued with purpose.

You are the kind of woman who feels secure when a man takes the lead.

You are safe to be wanted.

You are safe to be chosen without confusion.

You are safe to receive without proving.

You are no longer drawn to indecision.

You are no longer addicted to men with “potential.”

You are no longer waiting to be picked by someone unsure.

You are no longer trying to earn the basics.

You are no longer questioning your value in love.

You are no longer willing to negotiate your needs.

You attract emotionally available men.

You attract men who show up with clarity.

You attract men who are proud to claim and protect you.

You feel safe when love is simple.

You feel calm when he follows through.

You feel most alive when you are emotionally supported.

You feel feminine when you are led.

You feel powerful when you are seen.

You feel loved when you are still.

4. Section 3: Identity Integration — Worthy of Masculine Devotion

You deserve devotion.

You deserve provision.

You deserve love that makes you feel emotionally secure.

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You deserve to be prioritized.

You deserve to be pursued.

You deserve to be loved without needing to perform.

You are no longer afraid of being loved well.

You are no longer afraid of being vulnerable with a good man.

You are no longer afraid of being fully seen.

You are soft, and you are strong.

You are receptive, and you are radiant.

You are feminine, and you are powerful.

You are worthy of a man who protects your heart and honors your soul.

You are worthy of a man who shows up with depth and direction.

You are worthy of a man who knows your worth before you even speak.

It is safe to open to masculine energy.

It is safe to receive his presence.

It is safe to rest in his consistency.

You are not too much.

You are not hard to love.

You are not intimidating — you are irresistible to the right man.

You are not asking for too much — you are asking the wrong men.

The right man will rise.

The right man will give.

The right man will stay.

You are safe to be loved by a steady man.

You are safe to feel peace in his presence.

You are safe to be fully chosen without question.

You no longer fear love that stays.

You no longer chase what keeps you guessing.

You no longer bond with men who make you doubt yourself.

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You are not too much for a secure man.

You are not too strong to be adored.

You are not intimidating — you are the answer to his prayer.

You attract masculine men who lead with presence, not ego.

You attract men who are emotionally available, steady, and clear.

You attract men who want to provide, protect, and pursue.

You are worthy of consistent love.

You are worthy of emotional safety.

You are worthy of masculine devotion.

You do not have to tone yourself down to be accepted.

You do not have to question his intentions.

You do not have to perform to keep his interest.

You feel most feminine when you are fully supported.

You feel most radiant when you are emotionally safe.

You feel most powerful when you are at peace.

You are the kind of woman who inspires reverence.

You are the kind of woman men want to commit to.

You are the kind of woman who feels safest when led with love.

It is safe to soften into his strength.

It is safe to trust masculine leadership.

It is safe to receive love that doesn't make you guess.

You are the prize, not the pursuer.

You are the one he builds his life around.

You are the woman who helps him rise — simply by being.

You are no longer drawn to men you have to help grow.

You are no longer entertained by mixed signals.

You are no longer impressed by charm without character.

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You are ready to be fully claimed.

You are ready to be fully supported.

You are ready to be deeply respected.

You trust your heart to recognize peace.

You trust your body to feel safe in love.

You trust your spirit to say yes when the energy is right.

The love you desire already exists.

The man you long for is already preparing for you.

And you are already becoming the woman who receives it.

5. Closing Integration

You are no longer the woman who questions her worth.

You are no longer the woman who plays small to be loved.

You are no longer the woman who waits to feel chosen.

You are the woman who is pursued with intention.

You are the woman who is loved in her softness.

You are the woman who is emotionally safe, seen, and supported.

You attract secure, masculine, steady love.

You are available for consistency, communication, and clarity.

You feel peace in his presence — not pressure.

Your heart is open.

Your standards are clear.

Your subconscious is aligned.

You are worthy of real, secure, masculine love.

You are safe to receive it — fully.