

The *Feminine* ATTRACTION System

Module 4, Video 2 - How To Make Him Give & Win

(This is a transcript of the full video lesson. This is not the FAS guide. Please refer to that document in the individual module page. Please excuse any grammar or mistakes.)

Hi, all right, we're back. Okay, this video, we are gonna do a quick little recap of stage one, two, three. Stage one, he needs to chase. So how does a man chase you? Does a man chase you for sitting down? Can you be chased if you're just at home watching Netflix all day? No, he can't, sweetie. You need to be moving. Remember, his vision is how he is seeing things and a man is best.

when he is looking at things that are moving objects. Women look at things that are still and that are, that we could see details and we could see colours, because we have to remember, we have to pick our mates, we remember details. This guy's funny, this guy's handsome, this guy's kind, right? Men have to see a woman and they have to see her moving, busy, you have a life.

You're doing things, right? So you're happy, whatever you're doing, you're focused on what you're doing, you're not paying attention to him. So when it comes to chasing, he needs to be coming to you, you know he's into you, if he comes to you. How does that happen? You get his attention by moving around, you're unique and different, and in your own special way, he's attracted to that, he gets filled with testosterone when there's attraction. It's like a jolt of lightning in him and it pushes him towards you.

So when a man's interested, he comes to you, right? So that's the first one. And one of the fun ways of making sure that he can come to you is that you are welcoming. And there's ways to be welcoming. There's ways to kind of encourage him to come over and talk to you. And listen, this happens live and in person, or it can happen online.

you are happy, welcoming. I'm doing online dating and I've been looking at men's profiles and when I see a man that doesn't smile in any of his pictures and he's serious in all his pictures, all of his pictures are selfies, they're all selfies like at the gym or just like in the mirror, I will not look at his profile. Not that I don't take him seriously, but it's almost like I don't see him doing things, he's not with people.

A lot of them are just like shoulders up. It's like, what's your body look like? Are you fat? Are you skinny? Are you tall? Are you short? How do you dress? Guys wanna see you and they wanna get an idea of who you are. So even on your dating profile, are you welcoming? Do you like to come hither? Are you playful? Are you doing lots of different things? Your profile, you can make it look like you're moving by doing lots of different things. I have a picture of me at church.

The *Feminine* ATTRACTION System

I have a picture of me at work. I have a picture of me, let me see my pictures. I have a picture of me out to dinner with my sister. I have a picture of me at a gala, like in a nice dress. I have a picture of me with my older sister. I have lots of pictures that look like I'm doing lots of different things. So it's like, you could see me in lots of different ways. This is my life. And I'm smiling, I'm happy. Are you inviting me? Are you giving that come hither look, right?

Come hither, but also like, I'm interested, but like, I'm nice, like I'm welcoming, right? Not every man, I want every man to come talk to me, because you don't want to attract weirdos, right? So are you welcoming? Are you happy? Are you making eye contact? Eye contact is a really big thing, especially in person. A guy at a grocery store is not gonna come talk to you if you're looking at your phone, if you have AirPods in your ears. Make sure you put all that stuff away and you're aware of your surroundings and you're very present, but you're happy. How's your energy?

Right? How do you look? What do you dress like? Those things are all really important. Move around, move around. Right? So he's got, so he needs to chase. The top main thing that you need to be focused on in this stage of attraction, so this is the physical attraction stage, is the question to be asking yourself is, is he coming to me? Is he coming to me? Is he chasing? Is he coming to me? If you're going to him, no, no, no. Red flag. Right?

And ladies, this is the feminine attraction system. This is all about getting him to, you create an environment where you're creating him, creating the environment, the behaviours that he needs to do to fall in love. Remember, he needs to chase, he needs to be challenged, he needs to win. And all these ways that he's, you're promoting giving. Remember, guys fall in love by giving, not by receiving. If you're always giving to him, it's not gonna work, right?

So he's giving you attention and he's giving effort by coming over. That's what's going on in the first one. His testosterone is really important here and dopamine. He gets dopamine when he sees something he likes, right? And men like things that they're interested in, okay? If you look interesting and unique and different and welcoming and happy, it's like, ooh, I like that. He'll come over, all right? So that's the first one. Stage number two, he needs to be challenged.

How is he challenged? He needs to give his time, his effort, and he needs to reach your high standards. We're thinking of the feminine staircase, right? He's at the bottom, you're at the very top, and this happens over time. So over time, he needs to give his effort, his time, he needs to reach your high standards. You're gonna make it very clear what kind of standards you have by spending time with him. In this stage, the main feeling that you wanna be building in him is curiosity.

The *Feminine* ATTRACTION System

Curiosity is, I'm sorry, curiosity and anticipation. The first one is curiosity, I'm sorry. Who is she? What is she doing? I don't know that much. I'm interested. Wow, she seems happy. I've never seen someone like this. She doesn't even look at me. She doesn't even really care. She's just having a good time. What kind of life does she have? He knows enough for you to get his attention.

but he doesn't know enough and that's what makes him come over, right? You're not even paying attention to him, you're doing your thing, okay? So the first one's build curiosity, okay? That means there's mystery, there's a gap of information, he doesn't know everything. Guys like the thrill of the chase, right? He's made to be challenged there. So in the second one, when he needs to be challenged and move up those stairs, the main emotion that you need to be focused on here is anticipation.

He just doesn't know when he's gonna see you. He doesn't know if you like him. He doesn't know information about you. He doesn't know when he's gonna see you next. He doesn't know when you're gonna answer his call, when you went like, it's just like, she's just so different. I want her and does she like me back? The questioning, the curiosity and him not knowing a lot about you, this is,

builds a lot of anticipation. How do we create anticipation in him? You create space, right? So the space is, it's that staircase too, right? But there's five spaces that we're creating. We're creating space between response times from texting and phone calls and things like that. Creating space between dates, creating space, meaning creating gaps of information. He doesn't know everything. Creating physical space, you guys aren't.

Being close physically and physical intimacy is not happening yet, right? And then space and response time, sorry, space between dates, space between your bodies, space and knowledge, he doesn't know everything and space, yeah, my gosh, space and him not knowing if you like him or not, right? There needs to be a question there, right? And that space, he's anticipating knowing and it keeps him coming back. We want him to come back. So remember, if the first, if stage number one,

Him chasing. Sorry, let me get a drink of mine.

Stage number one is him coming towards you. Stage number two is him continuing to come back. But this is the emotional connection stage. So it's him, it's you guys connecting and like you guys going deep. It's not just staying on the surface. The first one is very surface, just physical attraction. Like you don't know a lot. So whatever I see right now, at least just the surface, I like that so far. Right. That's the external. This one is why we keep on coming back. But as he comes back, we're going deep. It's like that triangle. Right.

The *Feminine* ATTRACTION System

the deeper we go, the closer you guys get. So the deeper you guys go together, you guys are starting apart and you guys get closer. And when you guys go deep, you guys are going from head to heart. You're going, opening with each other. He's opening his heart because you're opening yours. In this time where you guys are doing things, you guys are going on dates, having experiences together. While you're having experiences, you guys are bonding. So you guys are talking, doing things, opening up, sharing things, sharing stories.

When you're in your feelings and you're opening up, he opens up. And by that I mean, you're just sharing how you like your ideas and some of your thoughts. This is definitely a bonding state. I mean, a stage where you guys are getting to know each other. You want to know things, but you slowly divulge that over time, right? So in this stage, you're the qualifier, you're the buyer. You're deciding if you like him. You're watching him, you're learning him, you're just checking how you feel with him.

Creating this space, privacy and high standards, right? Create space between you guys, create space between dates, space and response time. You're busy, you're living your life. You're like him, you're definitely interested in him, but he doesn't know everything. You're just playful and fun, right? He needs to climb the feminine staircase. And you're the qualifier, you're watching him, you're listening to him, you're checking to see for chemistry, compatibility and connection, right? Are we bonding, are we connecting? Is he opening up?

Do we like each other? Is our chemistry between us? Are we compatible? Do we fit? Are we both going to the same place? You're watching, you're asking questions to see if he has a plan? Does he have values? Is he or you guys aligned with your lifestyles? Do you guys match the things that are most important here?

Staying in your body, like dropping down and relaxing and just having fun with him. You want to stay out of your head because when you're in your head, he stays in his head. When you're just asking and worried and anxious and just thinking about things, you're in a survival stress response and so he will be too. It activates that in other people. So you want to relax, chill, like no pressure, like I'm just trying to figure you out, see who you are. You're in your heart. It helps you guys connect both of you guys to your heart. And so,

He's, we always want to assume he's dating other people until you guys are exclusive, until he asks you to be his. That happens usually in the bonding stage, the next one. You're the qualifier, you want to get clear on is he the kind of guy for you? And I have this really great thing in the feminine attraction mastery community that I've talked about before.

that you can join in anytime, cancel anytime. We have this really great tool called the value identifier and it helps you if you're somebody that when you start dating a guy you get really attached. You want to connect with them but you really get overwhelmed and you're always thinking about him when you're dating you don't know how to be that cool girl. It's usually

The *Feminine* ATTRACTION System

because you're too worried about him and you're not focused on you. You're not focused on what you want. You're worried about what he thinks about you. So you need to create...

separation there. We need to create space. And the way that we do that is by focusing on what you want. You need to be thinking about what you want, not what he wants. Usually a lot of women, a lot of masculine women, even though we're very strong and successful, what can happen when we're single because we want a partner, we're too worried about what they want, we lose focus on our own life and...

What gets you back to that is remembering all your value, what you have to offer. And when you have that top of mind, you're always remembering things like, dang, I'm a catch. Like, he's lucky to have me. So I have this exercise called the value identifier. And when women do this exercise, women are like, I am such a catch. Like, I'm not even worried. It makes dating feel so good. You keep all the right things top of mind. If you want to do that exercise, definitely recommend going to the community. Click below and you can join at any time. Okay?

you need to get to know him and he needs to get to know you, right? So that's how you guys bond, how you guys are connecting with each other. You help him get to know you and you help him feel like he's getting to know you and connecting with you by having experiences, not just talking. Women bond by talking, men bond by experiences, behaviours, and action. We bond, we can bond with just talking to somebody, right? So he needs to spend time with you. And if he likes you, he will ask to spend time with you. If he's not,

Seeing you, men know, ladies, men know that when they spend time with a woman that they like, they start liking her. That's why if you notice, if a guy's not asking to see you, this is a clue that he's not letting himself get attached or connected to you, okay? So when he's spending time with you, this is when you guys are talking, sharing ideas, emotions, stories, great things like that, this is where you're connecting, okay? You're looking at, you're letting him know who you are.

Think about this, when the woman that he sees when he's with you is the woman he's gonna feel like he's getting later in the relationship. So whatever he sees is what he's gonna believe he's gonna get. So definitely be yourself during this stage. You wanna be unique, you wanna be honest about who you are because he's gonna expect that later, right? I remember when I was in my 20s and 30s, my gosh, I would just like.

be anything that a man wanted me to be. Like if he was smart and into art, then I would be into books and art. I mean, I would just like to change myself for any guy. No, and then he expected me to be that way and then I would feel horrible because I wasn't, right? I felt like a liar.

The *Feminine* ATTRACTION System

So you want him to see your strengths. You want to be honest about your weaknesses, like in a really good way. Like I don't know how to do that. I'm not really a good cook, but I'm a great, you know, I'm great with children or whatever, right?

Most importantly, you want him to see the value of what life will be like when he's with you. He'll know by spending time with you, right? I once had a client ask me, "How am I gonna let him know that I'm a really great cook? Like if he's not, if I don't let him come to my house right away, and I'm not cooking for him, because remember, he falls in love by giving to you, right? If a man falls in love by giving, he's constantly giving to you, giving his time, his effort.

his ideas, sticking you out on dates, he's doing a lot of the work, right, to lead you. She's like, how do I let him know that I'm a good cook? And I was like, what do you think? Tell me, what do you think? And she could, like, she's like, I don't know, like, if I don't cook for him. And I said, you cook for yourself.

And then when you cook for yourself and he's like, what are you doing tonight? And you're like, I'm making myself a great steak and I'm trying out this new recipe. my gosh, or it's so, I can't wait. It's gonna be so good. And if you're always posting pictures of meals you're making, like on Instagram for your family or for your friends or for yourself, like I cook for myself all the time. I love to cook. He's gonna know, dang, this is somebody who, she just makes great meals for herself. Like imagine what she's gonna make for me. That's how you let him know, by doing it for you, right?

Live your life, live your happy life. And so he falls in love with the experiences with you, but he needs to be challenged. In this stage, you always need to be thinking, is he getting, is he being challenged? Is he being challenged? Is he having to work? Is he, am I creating anticipation? Are there gaps? Is there space? I'm not letting him know I like him all the way, right? Not giving him physical intimacy. Yeah, he has to work for it.

He needs to know that it takes time. When a man has to work for you, he falls in love. He sees you as a high value woman. He sees you at the top of that staircase and he's so proud to be with that kind of a woman, okay? So that's stage number two, he needs a challenge. And stage number three is he needs to win. So he, we talked about this one in the last video, it's all about bonding. The stage is all about bonding and creating vasopressin in his system.

Remember vasopressin is the bonding hormone and that is created when he has experiences of coming, like experiencing stress or solving a problem with you, with you. He needs to feel like when he's with you, he's successful, right? He doesn't fail with you, but he wins. He creates wins by giving and he gives you support, he gives you solutions, he fixes things, he gives you advice.

The *Feminine* ATTRACTION System

You guys are playing games and you guys maybe like to play a sport together and you guys win together, right? He's giving you plans, he's giving you intentions. It's all about him having stress with you, even conflict. If you guys like conflict, because conflict always happens, and he sees that when you guys are together, you guys overcome it together, big, big, big deal. Like he's like, whenever I'm with Annabelle, her and I, we have issues, but we always solve them.

We're gonna last. We're a good team together, right? So you want him to feel like together you guys win championships. Kobe and Shaq, he's winning with you, okay? Big, big, big, super, super important. I just wrote something in my window, that was so weird. Usually little birds fly in my windows and stuff, it's so weird. So.

One of the questions I like to ask women is to keep top of mind. Are you speaking to the winner in him or the loser in him? Are you making him fail? Are you creating situations where he can never win with you? He's always failing. You're making him feel bad. You're judging him. You're not accepting him. You're blaming him for things. You're complaining about things. When you're complaining in his presence and about the things, even sometimes in your life, if he doesn't have to do with them,

But if you guys go somewhere, he plans it, and you're like, ugh, this is so dumb, he'll feel like, I can't make you happy, I can't win. If I can't make you happy, I'm not creating a good environment for you, I'm not giving you what you need, I'm not successful with you, I'm a failure, nope. So you wanna notice, and ladies, there's gonna be some guys where they fail with you, and that just means that they're not the right guy. They can't make you happy, they do all the wrong things.

You guys just aren't a match, okay? But you wanna notice if with the guy that you're with, if you're able to create situations where he wins, you can ask him to help you with a problem. You can ask his advice on something. You can ask him to do something for you in your house, change a light bulb, hang a picture, get something, open a jar of pickles or something. Ask him for advice on something. And then if you guys have conflict, if you guys can get over it with...good communication, he feels like a winner with you, okay? The last thing is sexual arousal without climax. That's a physical stressor and that makes him feel, even though he doesn't fit, like he doesn't climax, it makes him see that, wow, I can get aroused with her and she still doesn't let me be intimate with her, have sex with her.

but he respects it. It's very interesting. And then with him, he'll be able to, it's new for a guy. A lot of women, just you guys, let's just be honest, a lot of women have sex with guys. And when he's with a woman that doesn't, he sees you as more precious and delicate and you have boundaries and that you respect yourself. And so he's able to see that even though you guys don't have sex and you guys still like each other, he's able to come back and say, wow, I got through that and I didn't sleep with her and I'm still here. I'm still strong. He feels like he has a lot of willpower and self-control. It makes him feel powerful. And remember,

The *Feminine* ATTRACTION System

Once he gets a lot of vasopressin in his system over time, there's receptors, what that does is now he gets bonded to you and he's bonded to you, now he starts falling in love with you. Oxytocin comes in his system, that's the love hormone, and when there's oxytocin in his system, there's a lot of it with vasopressin, testosterone is no longer there. When there's no testosterone, testosterone doesn't make him keep looking, looking, looking, looking for other women.

He will just want to be with you. He will literally be wanting to be with you, won't want to be with anybody else, won't want you to be with anybody else, and he'll want to commit. And he'll, at this point, probably tell you he loves you, or he'll tell you he wants to be your boyfriend, be exclusive. This is what we want here, right? That's the point of dating, to become exclusive, be in a relationship, be committed to each other. And in this stage, it's all about vasopressin. It's about bonding. It's about...

This one is about getting close like glue and staying close, staying together, right? Never letting each other go. Hopefully it leads to marriage, right? So those are the three stages. Are you creating, so are you creating a place where he wins and or fails? This is one of the ways that you do this is by staying more focused. I call it being focused on the relationship, like on the team instead of the player. You're not focused on yourself.

in this stage, where like, I want commitment, I want to be my boyfriend, you're more focused on your guys coming together as a team. So when you, and that, what that does is it helps you focus on you guys as a relationship. I have a really great exercise for this in the feminine attraction mastery community. So if you want to know how to bond with him more, definitely invite you to come into the community. It's such a great community. I'm doing live calls every, twice a month. I may even do more.

depending on how big it gets and if there's a lot of women, I might do weekly calls. But I definitely, if you need more help, then I want to see you there. The link is below for you to join. And lastly, this next video that you're going to see is module five. You're going to see the never to do list. This is a to don't list instead of a to do list. These are all the top things you need to keep in mind. If you do them, you're going to push him away and repel him or you're going to attract

losers, liars, and little boys. Guys that are emotionally unavailable, they're not loving and loyal men. They're losers, liars, and little boys. These guys cheat. These guys are narcissists. These guys are not emotionally available. They don't want to commit. They just want booty calls. They stay on the surface. You want to stay clear of them. So in the next video, you're going to learn all the things not to do so this doesn't happen to you. So I'll see you there.