

The *Feminine* ATTRACTION System

Module 3, Video 2 - Exactly How To Challenge Him

(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.)

All right, so welcome back to this video in this module. He needs to be challenged and he is challenged to give his time, his effort and meet you, go high to your standards, right? He needs to raise and go up that feminine staircase. So one thing I want you to consider about this, this is part two in this module, right? The feminine energy is a response to masculine energy. Stepping into your feminine, falling back, receiving, right? Him.

You being soft and following means he's leading, means he's starting it. Masculine is a very initiating energy. It starts things, it's action oriented. It's the first in line. And so the man has to be in masculine leadership, action, planning, going, achieving, doing, in order for the feminine to respond. Think about the times that you've gone up to a guy. If you're watching this and you're a woman that does that.

most I am talking to the single strong successful woman that is who this video is for and if you're not and you're more you're more of a hider as I call them like hustlers or hiders in the feminine in the female world with masculine energy you're either a hider or a hustler and

But as hustlers, we're initiators. We go get things. And so that's where it's very masculine, right? But the hiding is more of a protector, and this is more of a provider, going to get things done, going to complete. And so we are able to be pursued, we're chased by someone chasing us, right? We have to be moving in order for somebody to come over.

For you to come over, you have to be the walker, right? The man does. And so for a man to be challenged and to give, we have to receive, but they have to be the initiator. They're the ones calling. They're the ones giving, right? They're the ones going up the stairs. But we set the standard. We're up here. We're sitting on top of the staircase, right? So they gotta come up. And he's gotta be like, okay, for me to get you, I gotta go up these steps over time. And so I just want you to consider that that's where...

The feminine is a responsive energy and we respond to their initiation. Masculine is an initiator. It's the one that starts first. We can't follow somebody who isn't leading, right? You can't follow somebody who's standing still. You're going to bump into them, right? If he's not moving forward, we can't follow. That's what we do. We can't receive when someone isn't giving. What do we say? Receive and then there's no one there, right? So no, we receive when someone says, here, I'd like to give you something. We say, thank you. And then we take it, right? We receive it. So.

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It is a very responsive energy and it's a reaction, right? We answer the call. I just want you to think of that dynamic, right? So we're sitting on top of the staircase, he's coming up. So if he needs to be challenged and we are the prize, we are the thing at the end of the tunnel, right? And he is challenged by giving his time, giving his effort, giving his...

his provision, providing, protecting, right? And then rising up to our standards, right? That's what challenges him is our high standards. If you notice on the staircase, what's the thing in between us? There's space, right? There's space and there's time. So I want you to think of this time when you're with him, the dating, the courting, as the way that you challenge him is the main thing I want you to keep in mind is,

You do this by creating space. And there's five ways of creating space that I'm gonna give you and it's here in the cheat sheet below. You're creating space, one, in response, so your response time. So he calls or he texts or he DMs or he writes you a message or he does something. Don't answer immediately. Let there be a little bit of time, right? There needs to be one of the main emotions that we're trying to create in him, other than interest and attraction and curiosity, like what is going on.

is anticipation, like he's waiting for you. He's excited. Anticipation is different from waiting. It's this exciting waiting, right? So if he's anticipating you, he doesn't know when. He's just like, where is she? Where is she, right? So it's this really fun way of waiting for you, because for him, it's not so much waiting, it's working. He's working for you. So I want you to think that we're creating space in response time. So that's the first way you're creating space.

The second way you do it is, and remember, why? Because you're busy. If I'm recording right now and somebody sees my phone just went off, my cell phone, I saw it and my laptop kind of gave me an alert and it was my daughter calling. As much as I want to answer, she doesn't call me all the time, I can't because I'm recording, right? And if a guy called me, I definitely wouldn't because I'm working, I'm talking to your beautiful face, right? So I'm working, I wouldn't answer. There's some of you that just run to the phone and answer, no, no, no, you're busy.

We're always busy doing something. You're busy resting. You're busy working. You're busy having fun. You're busy exercising. You're busy shopping. You're doing tasks. Make him wait a little bit. It creates anticipation. He wants to anticipate that you're not always going to be there. It creates this curiosity. Why? Whoa, what is she doing?

Remember, curiosity is one of the biggest things that makes a man feel challenged. He doesn't have all the information, so he's always thinking about you. Most of the women tell him everything. hi, I'm just, I'm shopping, I'm buying a dress for this party that I'm going to on Saturday. I'm gonna be there from like six o'clock to midnight. It's for, it's a quinceanera. Girl, no. Least amount of information possible, right? So, the curiosity is don't, so don't answer right away. Don't respond right away. I am busy. I'm somebody who has a life.

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You're different from other women. Remember, you don't need to be better. And by better, I mean you don't need to be skinnier, you don't need to be younger, you don't need to be prettier, you don't need to make more money, you don't need to have a nicer house, you don't need to, like, I don't, you don't have a better career. You do not have to be better than any woman. You just need to be different from the other woman he's with. The Difference stands out in a man's eyes. And this is such a really, this is a big concept for you to understand and I think learn and reprogram your mind with because I think,

A lot of women think that in order to get the guy they have to be sexier and prettier and richer and skinnier and younger and nicer and sexier. No, that's not the case. A man just wants a woman that is comfortable in her own skin, confident, unique, willing to be herself, isn't like playing the part, isn't gonna like to fake it, isn't fake perfect. She is honest and she's just herself. But she's, and she's not willing to like...

Change that for anybody. Like, this is who I am. Take it or leave it. I have a great life. Somebody else is gonna come along. Somebody wants this. You just have to be different in the sense of being feminine. All the other women out there are being scared of little masculine girls. They're being hidden. They're hustling. You just have to do that. So the response time, remember I'm busy. So create space between your response time. Wait 10 minutes to respond. Wait a couple hours to respond if you can. Again, the space. Here's what I know about women. We love to be connected to people.

We are emotional feelers and we love our people. We love to make people happy. We love to be happy with them. We love to serve. We love to support. We love to encourage. We love to talk. We like to know that when someone calls us, we're there for them. We love to be available. It's a really beautiful thing because we have that maternal natural instinct, right? So when a man calls, you want to be there. When you're married, yes. When you're dating, nope.

He has to chase you. You can't be there. He's not, there's nowhere to go. He's not chasing you if you answer right away. If he calls and you're not there, whoa. Every other girl that I text responds in a minute. They have read receipts on. They can see, no.

I'm not, you don't get that from me. I don't know you yet. In the beginning, you don't, they don't know, they don't get that yet, right? You could be a psychopath. Why would I let you know anything about what I'm doing so you can go find me? Like, nope, you don't get that information, right? So if you can and you are busy working, wait till after work. You don't have to respond right away, you know? So the space in between response times.

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The second space that you want to make is space between dates. If you saw him on Friday and you guys had a really great day and he is masculine and proactive and he is making plans to see you again. He asks to see you that day before you even leave. Can I see you tomorrow? I'm busy. Don't give him dates back to back. That is too soon. You need to create space for him to miss you. There needs to be anticipation. There needs to be curiosity. It's like, whoa, what is she doing?

She, all the other girls always say yes to me. Wow, she's not saying yes. Like she has things planned. I'm not her number one priority. And you know what it does for a guy? I'm gonna show her that she needs to see me, that I'm a good catch. And he will grow to work for you. He will create more effort, he'll put in more effort to show and like peacocks and say like, look, I'm a great guy. So it just makes him work harder for you.

Again, this isn't manipulative. I'm telling you that you have such a great life already that you're busy. If a guy asks me to hang out tomorrow, I have, tomorrow's Saturday, I have my whole day planned. No one's gonna see me tomorrow. I'm working all day tomorrow. I'm editing, I'm writing, I'm doing so much stuff. So I don't care how cute you are, or how nice you are. I'm talking to somebody right now. And if he asks me, no, I would not see him. So,

Tomorrow, my evening, Saturday night, I'm actually planning on taking a bath, starting this new book I got for the summer. My twin sister let me read it. I'm gonna have a glass of wine. I'm just gonna relax, do a facial. I'm gonna, it's Annabelle time. You can't get in the way of my time like that. I've had my children for eight days straight. This is like my time to relax this weekend. I'm working and then I'm having some time off. So let there be space between dates.

Please let there be space between dates. Don't go back to back. You guys can get over, like once he has all the information about you and you guys are seeing each other back to back, he loses the drive, he loses that testosterone and that dopamine and the interest and he just knows already and he's like, okay, I got it. I got what I wanted. Leave time, leave space. So what I would say is, no, I'm not available because you're busy, but I'm available next Friday or Saturday.

And then he can say, okay, can I see you Saturday? What do you wanna do? Where are we going? Why, where are we going? Who's gonna be there? Right, what you work for, tell me what you're planning. If you ask me out, you decide. I don't know, what do you wanna do? If he asks you that, I mean, you could say something witty and say, I thought you had a plan since you were asking me. I like a guy with a plan. You know, you could just flirt with him and joke and kind of call him out on the fact that you can see that he's not putting in the effort.

and let him tell him when you think of what you want to do, text me. When you think of what you want, when you think of the date we have planned, let me know. I'll let you know if I'm

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free, right? I remember, I think, did I mention this in this video? Maybe not, maybe I think I mentioned it in another one.

I had a guy ask me, I think I did, I had a guy ask me out and he assumed, he like flippantly said like maybe I'll see you next week and I was like yeah maybe and he asked if I had my daughters that week and I said no I don't have my daughters that weekend. And, because I have my daughters every other weekend and then several days during the week and I think he assumed because I said I don't have my daughters that I was like leaving my week open and then that Thursday night he said so what are we doing tomorrow and I was like.

"I'm nothing. I have plans." And he's like, what? I thought we were going to go out. I was like, you didn't ask me out. You made no plans, honey. And so I'm, and I wasn't like, what are we going to do? If a man doesn't ask me out, ask me out, he's not interested. He's not attracted. And you know what I let him know? You have to properly ask me out and make plans. And so, no, I did not, I didn't.

reach out to him. I didn't text him. I didn't ask him, so what are we going to do? And I didn't leave my day open. I made plans. Guess what I did? It made him set the date for the next time. The date, the time, the place. And so we have to set those standards that you can't just assume. I will always, I have friends, I have a life. I don't just sit around waiting for you. Okay? So when a guy asks you, ideally, here's,

This is a theory I have, this is something that I do, and you don't have to adopt this, but it really does create curiosity and anticipation. Someone has to give me at least a week's notice. You don't get to just ask me out on Friday for Sunday. I have plans. You're probably gonna miss out on a week or two of me. You can't just assume, my calendar's booked already ahead of time. And mostly because I only have two free weekends a month.

So if somebody asks me, this is my free weekend, right? And if I met a guy, like a church on Sunday, let's say, and he said, can I hang out with you next Sunday? I was like, sorry, I have plans. Because I have my daughters that weekend, right? That following week. Next Sunday.

And I don't know, I think I probably have, no, and my following weekend I'm in Las Vegas with my friend for an event. So if he asks me out for that weekend, nope, I'm not free. And I wouldn't be lying, I have a calendar that's booked and I don't like to say yes to a date within a week. I like to keep a little bit of a gap. It builds anticipation.

It shows that I'm busy. It shows that I love my life. It shows that I'm not gonna cancel my life for you. It's very important. My friends and my hobbies and my personal time matters and I'm not gonna tell them what I'm doing when I say no. Just to have plans. Don't ever say no. I mean, don't ever say what. Don't ever say the information. Why? It leads me to the next one. Keeps, leaves space and information, gaps in information about you. You don't need to tell him anything.

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You don't have to give him all the information about you. Let there be curiosity. He doesn't know everything about you yet, right? When I say, sorry, I have plans, that could mean I have a date with another guy. And guess what? You don't deserve that information yet. You don't know me like that. We're not exclusive. I can date whoever I want. And so even if you guys have been together for months and months, it doesn't. Here's one thing I tell my clients, always assume he's dating other women.

always assume he's able to date other women because just because he's dating you does not mean he's exclusive to you until he asks, hey, can I be your boyfriend? And then you choose and you say yes or no. You guys, you're open to dating whoever and he is, why? I'm not sleeping with anybody. I'm not sleeping with him. He's not sleeping with me either. So one, I'm not gonna be really hurt by it because I don't have this.

body full of oxytocin and completely attached or connected to him because I'm not having sex with him anyway, right? But two, we're friends. We're friends until it gets romantic and we're romantic until we're in a proven, committed relationship where he asks if he can be my boyfriend and then I decide whether I want to or not, right? So until he says,

I don't want you dating anybody else or like, can you, I want us to be exclusive. I don't want to date anybody. I don't want you to, and this is what makes him want to be exclusive with you. He sees you're a woman about town. You have plans. You're busy. You're not, you love your life. He's like, she must have such a great life. I want to be in it. It's, and every time I'm with her, it's so fun. She's a great woman. She has high standards. This is a great woman here. So this is one of the things that actually makes him want to like,

be exclusive with you and be committed because he sees that you're so great. He wants you all to himself. And so the third one, I mean, the third one is right. Create space in gaps, create gaps in information and knowledge. Don't give him all the information about you, right? Don't tell him what you're doing every day. I would even go as far as to like, you know, you're sharing things on social media. Nowadays, everybody's on Instagram and.

things like that, or TikTok or whatever. And people share a lot of their stories and things. And so I don't always tag the place, like the restaurants or places that I'm at. I don't tag people sometimes just to make it very elusive so that you don't know if I'm on a date or I'm with friends. I went to dinner with my sister two weeks ago and she said, tag me. I said, yeah, I tag her, but I tag her like in a way where you can't see her name.

So that, and we're having oysters and she's having a cocktail and I'm having a glass of wine. And you could see the food and the drinks, but you can't see if I'm with a woman or a man. So, like with a friend or on a date. And so I do that very purposely. Like you don't, no one needs to know about my dating life. And I'm not gonna share anybody publicly until like, it's like a legit, legit, I really like this person. I'm proud of this person. He's a great man.

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you know, we're in a committed relationship, I'm not gonna share that, right? So you don't necessarily need to share a bunch of stuff with him. It creates curiosity. What is she doing? Who is she? Wow, she's so mysterious. I know a little bit. Make the space between response times, space between dates. It makes him think about you every day. Gaps, leave gaps, right? Space and information know everything about you.

The fourth one is to create physical space between your bodies. When you guys are together, no sex. Don't have sex with him too soon. And by too soon, until you're in a committed relationship. And for you women that are believers and love God and honour the Bible and honour Jesus Christ and are a follower, wait till you get married. That's what the Bible says. That's what Jesus says. I'm doing that. I don't care. I feel like...

I realise it's going to be such a big challenge, but to me, it's like the biggest spiritual flex to wait to have sex until I get married. I really want God to honour and bless my marriage. And I think God, I believe God blesses us. He always blesses us. But when we abide by His word, when we are obedient, when we are in relationship with Him, to abide means to be with Him, to spend time, like, you know, humble abode, abode your home, right? So to be with Him.

and follow his commandments and follow his teachings. That's what I do. So I'm not having sex until I'm married. I don't care if I'm 44. I don't care if I have three children. I don't care if I've been divorced. I will not do it. And the reason is I want to choose a guy, you guys. I want to choose a man with all my heart. I'm sorry, all my heart and all my head. I want to make a logical decision and an emotional decision.

with my brain all there. I want to understand him and know him. I want time. I didn't do this with my husband. We were married in six months. We had sex before we got married. And then ironically, we...

Once we decided we were going to get married, like we didn't have sex until our wedding. I don't know, but we tried. We were Christian and stuff, but we didn't honour God's, like Jesus wasn't in our marriage like the way I wish he would have been. At least he wasn't in my heart. So I wasn't able to abide by him. When you have a relationship with Jesus, you play it out in your life if you honour him and fear him. So space between your bodies.

create space. You guys don't need to be all hugged up all the time. And because remember this bonds you to him and you get a lot of oxytocin. When you're, when women, when we have a lot of oxytocin, the brain is offline. I just want to say your judge goes offline and your threat detector, your amygdala goes offline. What this helps you do is your amygdala helps you spot red flags and things that are a threat to you. Things that are bad, things that can hurt you. Your alarms like alert, alert, alert. He's drinking, wait, he's had seven drinks, you know, he used four.

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credit cards and they all got declined. Look at how he's flirting with all these women. Look at how he can't keep his eyes on you when he checks everybody out. These are things that you need to be seeing with your eyes. If you're flooded with oxytocin, you are trusting him too much and you are emotionally attached to him now, you're not using logic. You're just feeling like he's the husband of, you think he's the father of your children and the husband to your marriage. This is what happens when we have too much oxytocin.

And oxytocin floods our body when we have sex, when you have orgasm, even more. But even just sex makes you have oxytocin. So for you, for us women, we bond and we get oxytocin from conversation, from physical closeness, from compliments, from when they help you, when they support you, when they give you attention. This gives you a lot of dopamine and oxytocin. You feel bonded to them.

and then sex. So create space between your bodies. You shouldn't be getting sexual that close. He's your friend until you guys are romantic. And before you're romantic and before you have sex, you should be in a committed relationship. And for you believers, wait till you get married. I'm telling you, it's wonderful. And because you want to be thinking logically. We don't choose partners just based on whether we're attracted to them. That's the first top layer physically, right? Surface.

We have to see if we're compatible. You have to get to know him. Or do you have aligned values? Like, where is he going? How is he getting there? What's his plan? Are we both going to the same place? Do we have the same standards and values? you're an alcoholic and you drink a lot and I'm sober, right? I could threaten your sobriety, right?

You have to be watching things. So one of the ways that you protect yourself by falling in love too soon so that you don't start trusting somebody that you don't even know is by not having sex, is by keeping space between your physical body. Don't be doing things where you guys are all close. I heard someone say, who said it?

I forgot. Someone said that the first time a man touches a body, like you, he's like waiting for the moment where he gets to touch you. It's like a big deal, especially if you guys are just friends and you've never hugged or you guys are just co-work, like you guys have never gotten close. This is a big deal to a man, let alone like physically or a kiss or things like that. So if, you know, try to keep separate from him as much as possible. This builds anticipation. He's like, I wonder how she smells. I wonder how she's going to feel.

I wonder how she, just all the things, right? Her skin, I wanna see it up close. Let him stay away, stay back. It builds anticipation for him to want you more. It makes him wanna come back. Be his friend, you don't know him yet. You shouldn't be kissing your friends. I don't kiss my friends. Do you kiss your friends, right? You wait to kiss them. So that's a really, really, really big one. And then the last one is to create space in knowledge.

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Create space in your emotions and your knowledge, his knowledge of your emotions. So he doesn't know that you are totally into him yet. Keep that a secret. Privacy, put it in. Privacy is hot. Privacy is attractive in a person. Have you guys ever met somebody or have you ever been somewhere where someone at the party is just like quiet and he or she almost seems elusive, they don't talk a lot?

But when they talk, everyone pays attention because you're like, whoa, they never talk, let me hear. This is very sexy. I'm an extrovert, I'm very expressive, I've never been that person. I see those people and I'm like, that's great, that's just not who I am. God made me this way because of my purpose. But especially when it comes to your emotions and how you feel about them, you don't need to tell him why. It creates anticipation. Does she like me? Does she want more? Is she into me?

and ways that you do that is by one, not saying, I'm so into you. I like you so much. you know, all these like, just like, just saying that you like him, right? But there's other ways that you can let him know that you like him. And the way you do this is by complimenting him too much or calling him too much or texting him too much or being too available, responding too quickly. Yes. Saying whenever he asks you, what are you doing? Are you asking for the dates? Right. having sex, it shows them you like him. Right.

telling him too much, shows him you like him. So he will, by definition, by doing those things, like if you don't create space and response time between dates, with sex, information about you, he will automatically think that you like him, and then the thrill of the chase is gone. He needs to know, I don't know if I'm gonna win or not. I don't know if I'm gonna get her. I don't know if she's dating other people. You wanna keep it a little, like ambiguity is so attractive.

This is why a lot of us are attracted to men or we're attracted to people that don't like us. It's not because it's like we're dysfunctional. There's just always something about when you don't know, it makes you curious and it builds anticipation in you and it makes you want to get close because you want to look. That's how it feels to a man. So if he doesn't know that he has it in the bag, like I got her. She likes me. She's I could do anything I want. No, he's he's he's already there's no chase there. He doesn't have to do anything more. There's no challenge.

create a challenge by being elusive, by not telling him you like him. Like, hmm, still trying to figure you out. I'm like, I don't know. I don't know about you. Like, you know, give little flirty things like that. Like, you're one of those guys. You know, make him doubt that you see him as somebody that you trust, that you respect, that you like, that you're interested in. You could do this in really flirtatious ways. I'm gonna have a list down below, like little things that you can say. But it's really like, it's...

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One of the ways that women do this is by kind of throwing a dig, but it's a playful dig where it's ambiguous enough, where it's grey, where you don't know if it was a compliment or if it was like, I don't know if that was good or bad. And I don't know how to take that. I'm confused, creating a little bit of confusion and not in a bad way. It's more curious because confusion is actually really bad. And we're going to talk about that in module five. You do not want to confuse him out. If you confuse him, he's out.

a man will not date a woman that makes him feel confused. Because when he's confused, he feels dumb. If he feels dumb, he feels like a failure. If he feels like a failure with you, he will never be with you. A man never wants to be with a woman that makes him feel like a failure. So confusion is bad, and I'll explain more about that. But curiosity by not letting him know if you like him or not, right? Just doing things where, like when he does, you know,

Like we say, are you one of those guys? I thought maybe you were a little better. I thought you were different. Little quips like that can feel like a dog and then it can make him feel like you don't like him or you got turned off and he'll want to work for you. Again, the effort, right? So these are the spaces, the five spaces are the biggest cheat code to create anticipation in the emotional connection stage.

Talk about wanting him to, talk about wanting, him wanting to climb the stairs of time and effort. Remember, cause you're creating time, creating space between you guys. And when you're, when you're, when you have space between your response to messages or calls or anything, when you have space between your dates, right? When you have space between the knowledge and information that he has about you, when you have space between your bodies, when you guys are together and then just, and you're not having sex yet, he doesn't know what you look like naked.

and you have space between his information of knowing your emotions, whether you like him, whether he's in or not, whether he's winning or not. This feels, the anticipation of that is so alluring. Most women make it so obvious, remember, we've got, all you have to do is be different. When women make it so obvious, like you're so cute, my gosh, you're so handsome. I feel so good when I'm with you. You're so strong, look at, it's like.

He's like in the bag. This is so easy. So I got her. No challenge, none, right? Don't do it. So the space is such a big deal, ladies. Such a big deal. Okay, let me look at my notes. I wanna make sure I'm not missing anything. Be yourself during this time. During the courting stage, this is the time for you to, you need to be you. Be different by being feminine, right?

creating space, moving up, having your high standards. But more than anything, you want to be, you're different by being yourself, right? No guy wants to date the same girl all the time. Guys want something different and unique that nobody else has. Like this is my Annabelle, like my Maria, my Sandra, this is my Michelle. She's so different. Like I've never met a

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woman like her. He wants to feel like he got something that nobody else has had, right? This is valuable.

I want a precious diamond that nobody has. Guys love things that create status and value for them. Something unique is great. And the woman you are dating, the woman that he sees, he knows is the woman he's gonna marry. So like, I say that to say, whoever you show up as is the way he's gonna treat you and see you as. And this is ideally,

who he is gonna receive and who he's gonna get later. So if you're always yourself, imagine like him, all he knows is Annabel wears, you know, she wears flats and sometimes she wears makeup and sometimes she doesn't. You know, she's really nerdy and reads books and neuroscience and business stuff and loves to sing and loves the arts and loves Jesus. Like I'm so different from other women. I don't think I'm, and I'm kind of hood and I'm Mexican and I love.

Like, I'm so different. I'm very, very unique, I think. And I think any guy would say, he's probably never met a woman like me, yeah? You wanna be that way. And the woman that he sees during your relationship is the woman that he expects to have later. And remember, he only wants to marry the woman for the long term. He wants a woman that is high standards, high value, respectful.

a woman that he's proud to have by his arm, next to his arm. Remember I was talking about Brody Jenner and like all these guys that like them, they have party girls, they have fun girls and they have forever women. Very different women. If you wanna be seen, if you wanna just have fun and just party and have sex, like this program is not for you.

I say this very clearly to other women. If you want to date losers and liars and little boys and you want a guy that lets you have sex really soon and this program isn't for you. This is to attract a certain type of man, a loving man, a loyal man, a man that wants to get married, a man that wants to commit, a man that wants to treat a woman with so much love and support. This is to attract that kind of a man. If you don't, and if this feels hard for you,

It's because you're used to probably getting those kinds of guys with masculine behaviour, right? And just having sex whenever and not being patient and giving them all the information gets you such a different kind of man. Trust me. So, all right, so be yourself, be different. Look at my notes. Listen, learn. You wanna be noticing how you feel with him. Okay, so now I'm gonna go through my...

my, not my cheat sheet, but it's kind of my cheat sheet. These are the top things that you need to be, the mindset you need to be having, the thoughts you need to be having, the feelings you need to be focused on or feeling, what you're looking for him to do. So the emotional connection phase, right, this is he needs to be challenged, he needs to be

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challenged, the way he's challenged is that he needs to give, he needs to give his time, he needs to give his effort, effort meaning mental effort, planning.

money, he's paying for dates, he needs to have ideas, he needs to talk to you and share and be open and do things with you, he needs to spend time with you, he needs to go up those stairs, right? The objective is to open up and connect with his heart and make him keep wanting to come back, right? So remember that inverted triangle.

When you guys are going deep, you guys are actually getting closer. So when you guys are in your hearts, in your body, when you're up here, you're in your head. When you're down here, you're in your heart. So when you guys are talking about things, this is actually his way of opening up. And when he opens up with you, because you're opening up and you're in your feminine, you're really relaxed and you're really just chill with him and you're feeling your feelings and it opens him up and then you guys can bond and connect here, down here, right?

But when he experiences things with you, it's because he is putting in time and effort, there's space. He's like the anticipation and the curiosity is really building. It keeps him wanting to come back. We create anticipation and curiosity by creating space and memorable experiences with him. Remember, it's very different. You guys are fun. You're doing all these things together. But you're watching. Very, very, you're watching it intently. You're learning about him. You're qualifying him. Is this a man that I want in the future?

Always, every time I'm with somebody or talking to somebody, do I like this about him? Do I want a partner like this? Right? Create, continue with interest and attraction and desire in him, right? So we're building dopamine, testosterone, and when we're bonding with him and we're doing these things that are opening his heart, he's creating vasopressin. Vasopressin is the bonding hormone that is created in him when he's stressed, when he gets sexually aroused with no climax, meaning no sex, no...

finishing and this happens but this has to happen over time. Dates after dates after date after date, months, months, right? Again, guys can fall in love as quickly as two months, ladies, fast. It can happen very quickly. I've seen men take a woman off the market fast, right? But you still want to date them for longer but you guys can get exclusive very quickly.

He can fall in love and say, and when a man takes you off the market, it's because he sees you as special and he does not want anybody else to have you. And he is, it's called mate guarding. He's like, nope, this is mine. Get away. Right? I'm going to tell everybody you're with me. I'm proud of you. I want to show you off to somebody. Right? But he only does this to high value women because he's very proud of you. So vasopressin over time, you're spending time with them, going up the stairs, takes effort.

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Right? He's giving, it's making it feel really capable. Dang, I'm accomplishing a lot with her. I could wait. I planned a date, you know, I was emotional with her and I shared stuff with her. I'm opening doors and I'm able to relax with her and do things with her and she's just making me feel like a man. I feel so manly with her. He starts feeling very successful with you because he's creating effort.

He's never had to do that with another woman. He's like, this is so different. my God, this must be love. Like, this is it. Like, this woman is amazing, right? And this makes him build more and more vasopressin, which makes him bond to you. Triangle, right? And then he doesn't want to let you go. And this is very different from any other relationship, right? So the testosterone keeps him coming back, because there's a lot of dopamine. Every time you guys hang out, it's great. It's fun.

fun, quirky, you never know what he's gonna get. He's like, I need to go on a date with her next. Like I have to see what I'm gonna see, I have to know what I'm gonna see her next, right? He's planning things. He's coming back to start showing in his system. It makes him interested and attracted. It makes him wanna know more. Okay, so here's the mindset that I want you to be having at this point. At this stage, the biggest thing that you want to keep top of mind is that I am qualifying him.

I'm deciding, I'm the buyer. I'm deciding whether I'm gonna buy him or not. He can ask me, can I buy you? And you can be like, yes or no. But you are watching. You're watching him, learning from him, saying, is this somebody that I want in my life? You're the decision maker. You're the prize, you're busy, you have a great life. You're having fun, but remember, create space, create time. Biggest thing. You have high standards that he has to reach. He's being challenged by them to work for them. Because what's up there? Your love, your trust.

your respect, your commitment, and your physical body, your intimacy. He gets closer to you. He gets more information. He gets everything from you, right? Takes time, though. And he wants that. He wants to earn it, right? You, what you're looking for is connection, right? So you guys are going deep. You're looking for chemistry. Do you guys have a vibe? Do you guys get each other, right? Is there attraction? Do you have that love thing, too? It's not just like we're friends, right? There needs to be more than friendship. There's chemistry and compatibility.

Connection, chemistry and compatibility, very different things. Compatibility is like, do we have things in common? Are we both going to the same place, right? The vision, where are we going? If I'm going to Paris and you're going, I said this before, and you're going to LA, we're not going to the same place, right? If I want to take an aeroplane and you want to ride a bike, we don't have the same vision, we don't have the same mission either. The way we're getting there is totally different. We're not gonna be aligned, right? If I want to go to Paris, he wants to go to LA, I want to go there with Jesus and he wants to go with...

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with Mormons, we're not gonna work, right? We have to see, are we compatible with our standards, our vision, our mission, with your belief systems, right? Your faith. Do you guys have the same lifestyles? Like, do you guys wanna make the same kind of money? Do you guys have similar schedules? Do your lifestyles blend well, right? Are you allergic to dogs? He's a veterinarian and he has seven dogs. Like.

You know, this may not be an issue, right? Compatibility is important. It's not just about love and you're he's hot and you guys are both going to some same work. There's a lot of things that compatibility is important. Someone I wanted to date was Christian. He was great. This was last summer And handsome and we had a lot of things in common. We both love music. I mean so many things but he was

He did not know how to communicate. He could not talk. He couldn't, I would ask him questions like, I don't know how to answer that. I'm like, with your mouth, like he could not think well. He was very inarticulate. He didn't read books. He wasn't ambitious. He wanted to just like, I mean, he'd probably be happy making like.

Nothing like me. I'm a big dreamer. I'm dreaming because that translates into me serving a lot of people. I want to serve a lot of people. And if I serve a lot of people to get people to God's kingdom, that means I'm going to be earning a lot. I want to earn a lot because it means I'm bringing a lot of people to the kingdom. Right. So he just couldn't, he wasn't a good partner. We couldn't fit. I didn't have a lot of things aligned in that part. Nope. Wasn't going to do it. So the compatibility part is really important. So you're qualifying. Right. You're watching for it.

The feelings that you're having at this point is I love myself, right? I love my life. I'm busy. I don't have to respond quickly. Like you're feeling very confident and you're feeling really secure. And you're feeling very, you're good being alone.

Right? This part is important because the patience part, right? Patience is probably one of the most important feelings you're probably feeling here, if you're okay between space. You're okay with not knowing whether he likes you. I think that's probably the most dysregulating thing, but here's one thing I will tell you. It might feel uncomfortable, you not telling him that you like him. You're probably used to expressing that. A lot of women are. You hold back a little bit, right? But then the other thing is a man.

that likes you, a masculine man, he makes it very clear that he's interested in you. He will be intentional about what he wants. He will be intentional about how he feels. You will always know when you're gonna see him next. You will know what he's thinking about you. He's gonna be very honest. You will know his vision and his plans for his life. These are five signs that you know, if you don't know these things, he's...

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He may be playing games, he doesn't like you, he's not really into you, he just wants to stay on the surface. I've got a masculine man that likes you, you always know that. I want to marry a woman, that's my goal. Some guys will be like, I don't really know what I want. Not good, right? And it's okay in the beginning, because it could take time. But most men know, I either want to be married or I don't want to be married.

There's no ambiguity. The guys that are saying, I don't know, it's like, they don't want to tell you because they think that if they tell you, you're going to latch onto them like a leech. It's like, bruh, calm down. You're not that cool, right? A man should be able to say that and not be scared to say that he wants marriage. And if you're not saying that, there's something going on there, right? So when a man is into you,

You'll know how he feels about you. Men like that may get known in a very respectful way. They tell you what their intentions are. They tell you what they're thinking. You always know the next time you're gonna see them and you know what their vision is, their plan, like their five -year plan. They make it very clear. These are my plans, this is what I like, what I don't like. You're not confused. When you're with someone that doesn't like you, you feel so much confusion. Confusion is the biggest feeling that you feel when you're with a man that's not masculine leader. He...

wants to play games, he wants to try to be elusive, he thinks that that's cool for, to play with a woman, immature men do that. Feminine women, we can do that. We can do that with men because men need that for a challenge. Women, we don't like that. Women need certainty. Women need plans. Women need a vision. Immature guys don't have that and they don't know how to lead with it.

They think that if they tell you that you're going to fall in love, they actually don't understand that it's quite the opposite. A masculine man will actually say those things to you. He either doesn't like you or he's very immature. Either way, you don't want a guy that doesn't like you and you don't want a guy that's immature. Your patience is one of the biggest emotions that you need to focus on at this time. Patience and privacy. I always say privacy is pretty. Privacy is so pretty and patience is hot.

Here's why the privacy member space, you're creating space between you. So it's like, I'm not going to tell you all these things and just think that it's, it's, it's a very attractive trait in a person. It really is. I want to, I want you to believe that it's, it's, it's an, men find it very attractive. Here's why they think that, when they see you not giving it like not giving you all, not giving them all your information, this is what he thinks of you. This is how she's going to be with other men. Good.

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I like that she doesn't give all her information to everybody. I like that she doesn't trust me right away, because she's not gonna just trust a random stranger right away. I like that she's not overly flirtatious and likes telling me, giving me her phone number right away and like

coming up to me. She's like this, the whole thing, if she's like this with me, she's like this with everybody. If she's respected, if she has high standards with me, good, she's gonna be like this with everybody. I want a woman that's like this with everybody. Whatever you show him, he's gonna think that way...

that you are with him is the way you are with everybody. And if you're a hoochie coochie, having sex the first night, drinking, getting drunk, making out in public, wearing short skirts, low tops, cursing and being belligerent and degenerate and whatever, men think you're like this with everybody. Like this is just the norm. And no man wants to marry a woman like I'm a woman like that.

Losers do, liars do, little boys do, because then they can feel bigger with you. Masculine men that are loving and loyal will not be with a woman like that. And so I want you to know that whatever you show him is what he will assume you will be later. And think, what I'm being right now is this marriage material, is this girlfriend material, is this a woman that a man wants to marry? Because whatever you're showing him is what he's gonna think that he's gonna get later. So it's very, very important, okay?

I always have that top of mind. Questions to have about him during this stage. Is he being challenged? Am I challenging him? The biggest one, right? Is he being challenged right now? Is he going up the stairs? Time, effort, right? Space.

High standards, am I making him known? And listen, with your standards, you don't have to go out and be like, I don't wanna have sex until I get married, and I expect a man to do that. With time, that information comes out. But who you are, how you're carrying yourself, is gonna show him what kind of a woman you are. He's gonna know your standards by the way you care. If he tries to kiss you and you're like, too soon, mm -mm.

You know, if you shake his hand or whatever, he's gonna see that you create space. He's gonna see that you don't answer right away. He's gonna see that you're busy. He's gonna see you have Bible study. He's gonna see you go to church. He's gonna know what kind of woman you are by the way, the things that you're doing, right? If you're partying every night, he knows, right? So the challenge, is he being challenged? Always ask yourself, am I making my lifestyle and vision very clear? Again, with your schedule, right?

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Are we connecting? Are we going down? Am I in my head asking too many questions? sorry. Things about to topple over. Am I in my head asking way too many questions? Am I nervous and anxious? Because that will be, he'll feel it. Or are you in your heart? Are you relaxed? Are you chill? Are you just having a good time? No pressure. Like, I'm just getting to know you. I'm trying to qualify you, right? So, and if you're sharing stories about yourself and being open and honest,

and vulnerable, he's doing that too, right? And so you guys are having new experiences together. You guys are overcoming things together. He's feeling challenged and he's feeling successful with you. That means you guys are connecting, right? You guys are going down the triangle. Is there chemistry, right? Are we attracted? Are we compatible long-term? We talked about that. Do we have similar values and missions and vision? Mission is how are we getting there, right? If I'm like, I wanna get there, I'm taking the train.

and he's taking a bike, right? Just think of it like, I have like a five year plan in my life and I explain how I'm getting there. I'm gonna work, I'm gonna be self-employed, I'm gonna be living online and doing videos and all these things and he's like, I'm private, I don't want anybody, I don't have social media, I never want anybody to see me. I work nights and I work during the day, like we're not compatible, right? We have different ways of getting there, we're not gonna be aligned. I'm not gonna be with someone like that, right?

So the way you get there is important. And the way you get there is like your values, right? That's the foundation and stuff and the car that you drive or the plane that you fly. Where is he going? Do you know where he's going? Is he going to Paris? Are you going to Paris? Right? Are you guys going to similar places? Does he even know where he's going? Some guys don't even know. They don't even have a plan. I don't know. I'm just taking it day by day. Nope. Gotta go. And you're 42? No, not good.

Does he have a plan? Is he working? Is he on purpose? How is he getting there? The actions that you need to be doing here, creating space. Space between dates, physical space, I already said all these things. And you're being yourself. You're being yourself, you're creating space. You are setting your standards high, you're showing them...

what your standards are by him knowing some of your life, right? Not sharing too much, sharing it over time, right? When you're with him, if you do like him and you wanna get to know him, you're connecting with him, right? So you guys are connecting, you're being feminine, you're following, letting him plan, right? And you're just like, it's like following the lead. That's a big one that you're doing. You're receiving, letting him give to you, you receive it, and then you're following his lead.

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So you're receiving and following. It's almost like you're holding his hand when he gives you his hand and then you're following him. Big, big, big actions. Keep that in mind. Oxytocin is not in your system. No sex. You are the qualifier right now. Do I like you? Do I want you in my life? How do I feel when I'm with you? Right? Do I like this? Is there a return on my investment? Do you hurt me or do you help me?

Do you make my life better? Because my life is already great. And he needs to be moving up the steps of effort.

This is what not to do and we'll talk about it in the other module, but don't be too perfect. Don't be like a fake perfect. Like you're always fun. You're always dressed perfectly. Be yourself, but when there's too, when people are too perfect, it's very uncomfortable for the other person because it doesn't allow you to be messy. If you mess up, you always feel like you have to be perfect too. And it's very dysregulating when someone's perfect. It's fake. It's impossible to be perfect. And when someone is too happy all the time, knows exactly what to say, dressed immaculately, it's like you could be, you could.

allow yourself to be messy and mess up. If you have a day where he catches you and you're, or you watch a movie and you just start crying and you're, and it's like, I'm sorry, like don't apologise for crying. Like cry, be yourself. There's no reason to apologise for that. I will, if I want to cry, I will always cry. I think it's such an important emotion to never suppress. Your body needs to release that, right? So don't be misperfect. Judgmental, bad, better bad. Just see who he is. Let him be himself.

Take note of it, but don't say like, that's dumb. Why are you wearing that? This is a place, this is a time where he gets to be himself and it's, you guys are both just displaying yourselves. You get to see who he is. And if you don't like it later, you can text him like, we're not aligned. Great, go your own way, right? But this is an opportunity to get to know each other. This is why you're friends. No harm, no foul, right? We don't need to judge people's lives.

don't share too much. Don't be defensive. By that, I mean, I mean, don't be scared and self-protective and feel like you can't let yourself down and be vulnerable and relax because you're scared. You're going to get hurt. There's nothing to hurt yet. You guys don't even know each other. Like just all you're doing is having fun and getting to know each other. This is such a prequel phase, right? Special notes. I already said this feminine attraction system is like a staircase. He can reach certain levels with you after he spends time with you.

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You challenge him with his time, effort, and your high standards. Create space. You're the qualifier. I'm saying all this stuff over and over and over again. Confidence is important. Being comfortable in your own skin, being willing to say how you feel and what you think and your beliefs. Don't try to impress him. Just be yourself. You want somebody like you, not the fake version of you, right? And manage yourself. Self-control, alcohol, keep it to a minimum.

You want your judge online, you need your alarm online. This one tells you where there's red flags that you need to watch out for. This one lets you see everything that's there so you can see if you guys are compatible. You're qualifying at this stage. It's such a fun place. This is still super, super fun, but you're the buyer. So you get to decide if you buy, but the way that you make it easy, you make him feel like he's buying. What I mean by that is you help a guy buy.

You can sell yourself or you can help somebody buy something. Salespeople are like, come on, pushy. Buyer, good salespeople, people that help a person buy, this is the thing. Let me give you all the details about it. Let me show you what it is. I'm gonna give you all the specs. I'm gonna tell you what it's not. I'm gonna tell you what the competitors are. These are all the different things. Just, what do you think? What do you think?

What's your opinion? And that's it. As a woman, this is me, this is not me. I'll always tell you the truth. There's a million women out there. You can be whoever you want, but this is who I am. Take it or leave it, I don't care. I'm great with or without you. Femininity is very beautiful with or without your feelings and energy, but it's also a...

I'm gonna let you take the lead, because I want a man that I can trust and I can respect and I can't respect you if I can't feel safe with you. I can't feel safe with you if I don't know what's happening, if you don't give me a plan or a vision. And if you don't have that, you're not leading, you haven't even thought about it, you haven't put in any effort into your life. And I want a man that puts in time and effort, because when there's hard times in our marriage, you're the man, you should be like the forefront of us, right? You should be able to protect me and our children.

super, super important, right? So I love this module. I hope you learned a lot. The cheat sheets below, you can get everything you need in the PDF, all this information that I shared. And I can't wait to take you into the next module, what we're talking about, bonding. This is the, this is the place where you guys, if the first stage is him coming towards you, remember, and that's physical attraction, cause he's attracted to you. The second one is you guys, him coming back, him,

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keep on coming back for dates and you guys going deep. So emotional connection, I'm sorry, you guys are going down and getting deep, not just staying surface, not just staying physical, connecting, right? So emotional connection, he's opening his heart. So you guys are connected and he likes each other, do you guys like each other? The next one is bonding. So now when you're bonded, you're like, think of like super glue, a bond. You don't wanna leave. It's like, I choose you and I don't wanna go anywhere else. And I'm gonna tell you and teach you everything you need to know. Why men?

Choose women that say, that's it. I don't want you going anywhere. I don't want any man to get you. I don't want to be with anybody else but you. What the super, super, super formula is for what makes a man say that he doesn't want anybody else but you. I'm so excited. See you in the next module.