

How To Stay Emotionally Free When You Start Dating - For Women -



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Dating for women - Online

Check this:

<http://vitalcoaching.com/datingforwomen.htm>

Dating for women - Coaching

Check this link:

<http://vitalcoaching.com/coaching.htm>

Help! I have a crush!

Help! I have a crush!

There is a huge misunderstanding in our world!

It is the way society glorifies being in love!

Well, glorifying the being in love is good!

It is a beautiful thing!

What is less exciting and leads to LOTS of pain is the fact that abandoning yourself in these feelings is supposed to be good!

It's not!

Really!

Look at a close girl friend when she is in love?

What do you see?

Do you see someone who is happy, singing, enjoying having a crush?

Or do you see someone who is worried and deeply troubled?

My guess is that it can be both.

Now, in my coaching practice I get lots of women who are deeply troubled!

They are confused because they have a crush and the object of their crush, a man, is not responding to them the way they want to.

They have this gorgeous romantic vision of what their love could be and reality does not match that vision!

That's the challenge!

That's the situation so many women face!

They are in love but hurt and worried inside!

How society glorifies crushes

I want to come back to what I said!

It is essential to get this!

If you look at operas, pop songs, literature, mythology, crushes are EVERYWHERE!

You have gods and goddesses falling in love with each other, armies invading lands in the name of love, endless love songs in pop charts, lovers killing themselves because their love can't be fulfilled.

It goes on and on and on!

What does that mean?

That love matters a lot to us!

Nothing wrong so far!

The problem arises when you look at these stories deeper!

There is pain!

Lots of pain!

And this pain is being glorified as if it was a virtue!

Here are the news!

It's NOT!

There is nothing glorious about being in pain!

This is where I believe that a big chapter in our human love stories is still missing!

Till now!

I want you to wake up and realize that there is nothing exciting or realistic about abandoning yourself in the name of love.

In 99% of the cases, the romantic ideal dream does not match reality!

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Sorry!

It doesn't mean that you need to destroy the dream of the perfect romance!

It means that you need to add a new quality!

This is power and awareness!

It is the realization that the winds of your passion are gorgeous!

They are a powerful fire that can drive you for days or even years!

It is beautiful and exciting!

No doubt about that!

BUT!

The new goal is to tame that fire, not be dominated or enslaved by it!

Do you want to be the slave of your passions or their master?

Think about it!

Do you want to be in charge? Or do you want to be enslaved?

You start feeling the answer, right?

Ok, this is a bit conceptual, so let's check some real life examples!

You meet this guy...

He is fantastic!

You are at a club with some friends and he wants to see you again.

Before you know it, that's it!

You have a crush!

A crush means that your passion and imagination takes over!

You spoke with that guy for 5 min and here you are envision the next 47 years of your life with him!

Whaou!

Can you see what just happened?

Expectations!

Lots of them!

VERY big ones!

You are taken by a stream you no longer control.

And guess what?

It feels really good to be in that space!

No fears yet... No questions yet...

All you want to do right now is text your two best friends and share what you feel now.

It is exciting.

These are the early stages!

Fast forward to the next morning!

Nothing happened with that guy yet.

You are still totally taken by the feelings from last night but you feel them already dying out a bit.

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This is exactly the point where doubts and fears start waking up in you...

"Does he have a girlfriend? I don't even know..."

"Does he like me?"

"Will he call me?"

"Should I text him now?"

You see, you enter a space now where expectations are high!

You are not taking this lightly!

You don't want to mess up and in fact you feel quite scared to get hurt.

Everything I have been describing now is quite disempowering.

Can you see that?

You are supposed to get ready for work but can't really think straight.

In fact, you don't feel like going to work at all!

You would rather day dream and talk about what's happening with your friends.

It's a challenge, really!

This crush story happens to women all the time.

I believe that the energy of love you might be feeling is a powerful delicious fire!

You don't want to kill that but something is missing!

It is awareness, power and skills to navigate this crush zone and have fun with it!

How do you have fun with feeling in love?

How do you turn this worry zone into an energizing and thrilling experience.

Let's check that!

Enjoy your crush!

You enjoy it by adding power, direction and awareness to your experience.

You add a dimension of realism to it.

You know that he could be married, never call you back, use you for sex, behave like a control freak or anything else.

These scenarios are all possibilities.

You want to keep them in the back of your mind and have exit strategies in case it goes that way.

It's like setting up an insurance love policy in your life.

Suppose that the guy you have a crush on happens to be a real player.

He got your number, never called you and you see him the following week end making out with your best friend.

What do you do?

Do you have the resilience to rebound on the spot and be ok with it or are you so trapped in the romantic dream that it will take you a month to recover?

If you have been fantasizing for a few days about that guy, you might have built up these high expectations and a palace of romantic dreams.

See how it works?

I don't want you to stop building dreams!

I know how this makes you feel!

It is beautiful!

I simply want you to add a dimension of realism to what you experience and be able to make the difference between dream and reality.

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There is a big difference between the facts and the way your mind will interpret them.

For instance if a perfect stranger smiles to you on the street, your mind might interpret it as way more than what it is.

Your imagination is triggered.

Again, don't stop your imagination!

Simply, stay awake and realize it IS your imagination.

Your imagination builds up possibilities and some of these possibilities might come true.

The moment you get hurt is the moment you invest too much too fast based on very little.

So, how do you make this shift and add realism without killing the dream?

Wake up! See what's real and what's dream

You simply envision all possibilities, not just the positive ones.

Once you have all these possibilities in mind, you develop a strategy for all of them.

For instance, if he doesn't call you back, what do you do?

This happens all the time in the dating game!

What if he is really bad in bed?

What if he is still married and lied to you?

What if he forgot to mention he is about to leave for a year on Monday?

You need a strategy for every situation to feel safe.

Now, the good news is that you have a similar strategic solution for almost all the challenges you can face with a man.

Here is what I feel works best:

Take small steps at a time!

It is really that simple:

If you emotionally commit to a guy too early, you invest too much too fast.

Take this metaphor:

Imagine that a new potential relationship is like a ship.

You have a million dollars emotional capital to invest in your love life.

You put the totality of your investment in this new ship.

You start sailing.

The ship sinks because the guy never contacts you again.

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What happened?

Your emotional capital is gone!

All of it!

What if instead of investing the totality of your love capital in one guy, you only invest a tiny fraction of it?

You invest something you could easily lose without getting hurt.

If the guy disappears you are safe.

I believe that's the way it works!

Really!

What does it mean to invest a little at a time in real life?

Here is an example:

After that first meeting, you can send that guy 15 text messages in 2 days.

That's investing a lot and taking the risk of getting hurt if he doesn't respond.

Or...

You can send that guy a one time text message 5 days later inviting him to a party you are supposed to go to anyway.

That's a small investment.

If he doesn't show up, you party as usual.

If he comes, great! Even better!

The point is that if he doesn't show up, you are emotionally safe!

Of course, you might get a bit disappointed but you are at a party surrounded by dozens of attractive guys...

Not a big deal!

You can easily bounce back and start flirting again on the spot.

Are you supposed to abandon yourself?

Of course, not!

You must stay in charge of your life.

Love stories develop because 2 persons decide to go for it.

If you are the only one investing in this, it won't work!

You feel like you are carrying all the responsibility to make it happen.

Trying harder can work in some isolated cases but most of the times, what works even better is to let the guy take initiative too.

Let him invest in this as well!

If he takes steps, you follow up but you don't invest way more than he does.

You build your romantic dream as the story develops.

You don't rush into it.

One more thing that you want to do:

Keep your options open!

What does that mean?

It means that instead of focusing all your energy on one guy, you invest time and energy in other men too.

That way, if the first one rejects you, you don't end up with nothing.

These are safeguard tactics!

You only let go of other options once it is clear that you are both ready for a solid commitment.

If you are committed to him and he is not, you end up giving way more to this potential relationship than he does.

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This is exactly where you must be careful.

You are emotionally committed to him when you start behaving as if you were already in a relationship with that guy.

In other terms, you reject other offers, you don't respond to party invitations, you stay at home hoping that he will call.

All these are signs of an emotional commitment.

And that emotional commitment becomes an emotional dead end if your crush doesn't respond to your expectations.

What's the alternative?

It is business as usual!

You don't change your plans because you met a guy.

You were planning to go on a date with someone else?

You go for it!

You were about to leave to a trip with some friends?

Don't cancel! Enjoy your trip!

Your boss wants to send you to New York for some training?

Don't hesitate! Go!

Staying emotionally free is an attitude you train!

It is a conscious decision.

You take that decision because you know what happens when you don't:

You end up trapped!

Remember! Business as usual!

Don't change a thing because a guy asked for your number or took you out on one date.

Wait for him to take steps too!

It is really that simple!

If you are the one initiating contact systematically, that's not a good sign!

It's exhausting!

You can take initiative and then step back to give him space to respond.

No need to go to the other extreme or complicate things either.

If you believe that playing hard to get is sexy, well, ask your male friends.

Here is what they will say:

Boring!

That's the other extreme.

Playing hard to get can be fun if it is playful!

Don't use that much.

Don't cancel or reschedule dates unless there is a good reason to.

In other terms, make it easy to date you, not complicate.

I say these things here so that you don't fall into the other extreme and overdo it.

If a guy DOES invest his time and energy in you, you CAN progress with the relationship.

You don't have to put your life behind walls.

You CAN open up, simply don't do it too fast.

Wait for him to take some steps too!

That's all!

Stay emotionally free

I'll be direct, okay?

If you felt challenged in the past with your love life, I know exactly how you feel.

The dating environment can be very challenging. The main test is this one:

Loving someone who does not love you back enough.

You could feel emotionally limited if he is in your mind taking too much space.

His presence in your mind could overpower you. It could make you vulnerable and powerless.

If you want to win this "emotional test" You need two things: extra power and effective strategies.

This is a battle for power. This battle is happening in your mind.

What you want is to stay in control of your life. In other terms, you need to stay in the control seat and kick him out of it the moment he tries to overpower you. It is a battle. It is a battle for your own life and emotional autonomy.

You want to be in love and stay in charge of your life!

It is very simple. Don't "abandon yourself" in your love quest. The dating equation is now to enjoy your love life at 100%.

This e-book is a new and refreshing mind set. It gives you all the tools to stay in charge when you are in love.

This is not about controlling your relationship. It is about staying in control of your life.

This is your number 1 priority!

Right now, you have two options:

- **The first one is to lose yourself next time you are in love.** You'll start feeling insecure, missing him a lot, being overtaken by a flow of emotions without knowing how to deal with them. If it does not work out, you might eventually be so

scared of falling in love again that you will altogether shut down to men and relationships.

- **The second one is to wake up your full power now** and discover effective strategies to thrive with your love experience rather than suffering from it.

Why do we say: "falling in love"? Because for many women like you, this is often how it feels.

You want this to change!

It doesn't need to be that way.

You want to wake up your full senses of joy, pleasure and fun and stay in charge of your life. You don't have to give away the control seat to be happy.

You want your love experience to be exciting and freeing!

You want the perfect mind set and refreshing tools which allow you to fully enjoy love.

Here are some powerful strategies you can apply right now:

- **Be in contact with more than one man.** Why is that? Because the moment you do, you make sure that you stay the center of your universe. When you are in love, you become magnetically attractive to the opposite sex. Go with it! Flirt and stay open. Commit yourself only when it's 100% clear it is a two ways thing.
- **You are in charge!** You decide what you want and when you want it. No one will boss you around or tell you what to do. Don't let anyone tell you what to do! Give your love, not your power. You are in control of your life. Stay in charge!
- **Enjoy at 100%!** You do this by focusing on the moment right now. Make sure that you stay centered in the present. Future plans and security come after. The first love skill is to enjoy right now what is in front of you. This is a gift!
- **Keep the mystery alive!** Don't reveal your strategies. Protect your territory by keeping aspects of your life for yourself.

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- **Be ready any time!** He can cheat, leave or not return your calls. This can happen any time. Be ready for it. Stay awake! Have a strategy for every situation. You stay a winner always!
- **Invest one step at a time!** If you give too much too soon, you'll crash. Guaranteed! Give a little, step back and let them respond. Too high expectations kill your love. Stay real!
- **Give each other space!** Having a couple of contacts in the week is okay. Spending 24 hours a day with each other in the early stages will asphyxiate any new relationship. Stay socially active, challenge yourself and keep investing in your career or studies.

You want one simple thing: you want to enjoy your love experience.

The way to go is not to fall in the first place: it is to thrive.

The idea of succeeding with love has nothing to do with staying with a man for a life time. This can of course be part of the story but the real success has to do with the way you stand in it.

You can master your love life. This is what you want to do right now. No more pain. No more hurt. You are in charge. Love is one of the key energies in your life. It is one magic gift given to you.

Now, if you add this dimension of power to it, you multiply its effect. You want the tools to **empower your love life.**

It's about you!

You deserve happiness!

It's as simple, as that.

Love and happiness are precious. They are energies and substances in your life. The more you have of them, the better you feel.

However, love and happiness are not enough, the extra quality you need is power!

Power is what gives you the structure and energy to protect your love.

Every interaction between human beings involves power dynamics. When two persons meet, there is always a natural balance of power being established.

If you feel strong and confident, this means that your level of power is high. If you feel insecure and vulnerable, this means that your level of power is low.

The goal is simple: create a powerful foundation in your life which gives you the resources to enjoy every single bit of it.

Being in love is a beautiful experience.

You can decide to enjoy it at 100% right now! This is what this e-book is about!

You can be in love, date, flirt and feel free, secure and independent.

This is the right equation. It is the one which works for you! This is what you want to be in because the moment you do, you simply feel great.

Love is magical. The goal is stay in charge of your life.

The stronger your emotional foundation, the better the love experience. This is what you will discover in this e-book.

What is emotional freedom?

The expression emotional freedom is self explanatory, right?

Right now, what is your level of emotional freedom?

Do you have it or not?

Do you have any hang ups from the past?

Is there anything in the way of you feeling 100% happy?

Emotional freedom is a gift. Right now, it can be your target for the next 20 years. The moment you decide to achieve it, you can consciously invite it in your life.

Emotional freedom is about creating space in you. It is about getting rid of what you no longer need: past relationships, negative experiences, toxic friends, etc.

Gaining emotional freedom is a key life skill.

Strangely enough, this might be the first time you hear this expression!

Your mind is your territory. Your thoughts and emotions are yours. When you feel emotionally free, you feel like you are in charge. You are in power of what goes on in your mind.

This is what you want right now.

You don't want old experiences and people having unwanted influence over your emotions.

The key to feel emotionally free is to have the power to protect your inner space.

Your mind is energy. Sometimes, someone can gain access to your mind. Somehow, you open the door and let them steal your attention. This is the moment trouble arises.

You don't want this to happen. You want to stay emotionally free. This is why you want extra power to protect your territory.

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This is a battle of energies. You want emotional freedom. No one can take this from you. Why is that? Because it is your birth right to be in charge of your life.

Do you realize that your time, actions, attitudes, personal space, thoughts and emotions are all yours.

It is your birth right to have control over them. Nobody else but you owns it.

This is why you must stay in charge. The moment you give away that power, you loose yourself. Don't!

It is your life! It is your power! This is the first step of emotional freedom.

Eventually, this is the only concept and idea you might ever need to stay emotionally free.

Don't give yourself away. Nobody but you owns your life

Why it is essential

Emotional freedom is essential because your mind is made of energy. If you try to focus on a project and feel like half of your energy is invested in someone else, it simply keeps you from succeeding with what you want to do.

Your life can be drained. You don't want this to happen. You want to master your energy. The moment you master your energy, you decide what you do with it. You see, you are in charge. No one else is.

The more energy you have, the happier you feel. The goal is to exchange when you want to. If you are the slave of your emotions, you suffer a lot.

Being in love is a mind set. It is an emotional state which involves very specific dynamics.

The goal is to stay emotionally free while enjoying the love experience.

Fun of dating

Dating is fun! It is about enjoying life. Once you deal with the material challenges, the goal is to enjoy your love life.

When you connect with dating, you connect with a very specific environment.

If you want to succeed with dating, you need two types of energies: Love and power.

Dating is an exchange of love. That's one side of the story.

The other side of the story is a battle for power.

Dating is a challenging environment. People compete with each other for attention. Once you connect with a man, you compete with that man as well on an energy level.

"Who will call who?"

"Are there risks of being rejected?"

"Does he like me?"

"Is he telling me the truth?"

All these questions are the reflection of a battle going on. This battle is a battle of energies.

There is your plan and there is his plan. These two visions can either clash or work together.

You might agree on specific points but then disagree on others.

There is a battle of interests, power and energies. This is why you can actually get lost in the dating world.

You can fall in love with someone who does not love you back. You can get rejected, be judged, be betrayed or even be insulted by someone else's actions.

Now, all this should not stop you from dating! Not at all!

If you stop and step back, you lose the battle!

How To Stay Emotionally Free When You Start Dating

Why is that? because love is precious. You deserve a lot of it. It's in the dating environment which it all starts.

Imagine being in a storm in the sea. The goal is to be able to deal with any circumstances. Sometimes you will be challenged, true!!! Now, with effective strategies and extra power, you can deal with any challenge.

Your mind is powerful. Your instincts are awake. In a way a part of you already knows all the right moves. All you need to do is wake up your dating instincts and trust yourself.

What you want is to go into the dating world and stay emotionally free. You don't want to create dependent liaisons. You want to exchange with men in a positive way without feeling like your life will collapse if suddenly something happens.

This something happening can be anything: he might not return a call, step back, find someone else, cheat, be distant, focus on his career, loose interest, etc.

All these are challenges. They are various forms of rejection.

Now, don't be scared of that word. Rejection is a challenge and with the right strategy, you won't even feel it.

Right now, you want to be armed for the challenge and be ready to deal with it any time.

At the end you will realize something: You are the one in charge and there is a battle of energies going on.

The dating world is a training ground. It is a place to develop your character and personality.

It is a life training environment which gives you the opportunity to master your energies.

You master the dating environment by focusing on it. You stay awake and realize that the underlying power dynamics are always present.

You gains skills and develop positive strategies to deal with any situation.

You thrive with your love experience. It is like surfing the waves.

How To Stay Emotionally Free When You Start Dating

When you are on a rough beach, you can be overtaken by the power of the sea. The sea is symbolically your emotions. There is power behind it. It is part of the forces of nature.

Your instincts and desires are part of the forces of nature. Your goal as a human being is to work with these forces, not to be overtaken by them.

Your emotions and instincts are very powerful. They are the driving fire in your life. Your passion is your emotional fuel.

What brings you to dating is desire. You can see that without desire, you would probably not take a step.

Now, desire is a beautiful force. It is a nectar of energy in you.

The goal is to use that force, work with it and tame it when needed.

Take passion for instance. You can be the slave of your passion or you can be it's master. What do you think is best?

You want to be the master. Being the master does not mean controlling or suppressing. You want to unleash your life power. You want to unleash your emotions and give them space. At the same time, you want to give them direction.

Reason gives you direction. Reason is a plan. It is a vision of where you want to go.

Desire is your emotional fuel. This is what powers you. It is the wind in your sails.

As Khalil Gibran described in his book "the prophet": "The wind is your passion in your sails. Your reason is your helm which gives you direction."

Without reason and direction, you would end going in circles driven by passion alone.

Staying independent is a decision. It is your decision.

This is what makes dating fun. You thrive in it with all your power and awareness. You establish key behaviors and attitudes which allow you to step forward in your life. You want to open space, expand the level of joy, pleasure and freedom.

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These are the qualities you want to protect in your life and there are specific strategies to help you do that!

Avoid the early traps

The number one early trap is giving too much too soon.

Avoid that one and you are in for the ride of your life.

Maybe the dating challenge is as simple as that.

When you give too much, you have very higher expectations.

You fall in love and straight away start imagining a long life together.

Expressions like "Soul mate", "He is the one" or "Mr. Right" come to your mind. Big mistake!!!

You met this guy two hours ago and your emotions are already galloping, building dreams and incredible expectations about the future. This is the romantic dream. It's beautiful in itself.

The good news is that there is nothing wrong with you. Dreaming has to do with desire. It is normal to project and have wishes.

This romantic dream can power your day and give you immense joy.

The risk however is to be very disappointed when it does not happen.

The goal is simple: enjoy the romance, enjoy the dream, fantasies and add this dimension of realism which says something like:

"You know what? I dream and I like it. It's okay for me to dream. It feeds me and makes me happy. I know it is just a dream and there is no guarantee. I stay awake. I don't give myself away.

I enjoy this love experience right now for what it is. A beautiful moment. I don't build up expectations. I enjoy the moment for what it is.

I don't give myself away. I don't make promises. I don't give away my life. I simply enjoy a romantic dream in this moment.

I have no expectation and while I do enjoy this experience I know I am and stay 100% emotionally free!"

Can you see what happens. You dare to trust. You know you will be fine no matter what.

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You don't try to control the outcome of your dating experience.

You are not attached to it. You trust that tomorrow will give you similar gifts.

Now, you don't try to fix that moment. You don't take pictures as if it won't happen again tomorrow. Your romantic and flirting power stays awake. It is yours. You can use it again whenever you want to.

You can be in love again because this experience belongs to you! You don't give it to just one man. It is your experience. It is your flirting power which wakes up this experience.

If you are in love one day, you still keep your flirting power. You don't give it away. You don't say something like: "Well... I give up my flirting power because now I found a man..."

No way!!!

Keep your flirting power. Stay active. If you step back, what you say is: "I make myself dependent towards the love of that man. I now rely only on him to validate me"

In other words you emotionally commit yourself to him.

This is the first and major dating mistake. Why is it a mistake? Because you have no guarantee that he takes the same step on his side.

In most cases, this type of emotional commitment is a one way thing.

We are in a stage before you even talked to him about serious relationship. You might have flirted a couple of times. Maybe you have been slightly intimate. There is still no relationship.

However, you emotions are already being polarized and you are ready to drop your other options. Don't!!!

Wrong timing!!!

If you like him and can imagine a steady relationship with him, first, you check where he is at.

You don't ask him straight questions. Read through his words, attitudes, body language, etc. Use your intuition and be realistic about it.

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Is he behaving like he is committed to you or does he want to stay free?

Does he look like a player?

Does he have an ex with who he is still very close?

In at least 80% of the cases, the guys you can meet are not emotionally free and ready to step into a relationship!

Sometimes, it's their job which keeps them very busy. They can as well have other priorities or be coming out of a tumultuous divorce.

They might be enjoy the flirting but want to stay free. They might have someone else in mind. Maybe the idea of commitment is simply not part of their way of thinking.

Don't commit yourself emotionally!!!!

Wait!

Check it deeper! Where does he stand?

Even if he gives you some signs of serious interest, it still means nothing in terms of commitment!

Stay free and keep your options opened!

This early non committed stage of dating can last a few months. It is okay.

During that time, the goal is simple: Build up chemistry. Flirt! Stay free and keep your options open.

This is a battle strategy.

What is the goal of this battle: Stay master of your life! You want to stay in charge of your existence!

If you stay in charge, dating and flirting will be fun! It stays fun and freeing as long as you stay free!!!

How to stay independent

You stay independent by not revealing all your cards. You can keep flirting with other guys.

Don't behave like you belong to someone.

Suppose you met this guy online. Don't drop your other contacts. Keep your profile active and respond to the messages that come in. Act as if you were available.

No need to become intimate. Having guys tell you they like you is validating. Don't cut yourself from it.

Are you in a committed relationship? No, you are not.

You are free. You own your life and you decide what you do with your time and energy.

Don't let a vague one time date limit you with that.

This is the art of emotional freedom.

This is the exact moment you can let go of your independence or strengthen it.

Are you lying to your contacts? No. You are simply not giving them the full picture.

Even if your long term goal is to have a long lasting relationship with someone, it is still safer for you to keep your options open.

Stay active and keep on flirting. This is strategy number one.

Strategy number two is about deciding when and how much you want to give.

You want to keep on feeding your friendships, career or studies, and other activities. You have a life and this life is your number one priority.

To a new date, you can consecrate a couple of evenings a week, maximum! Don't free your agenda as if your time frame was now belonging to him. It doesn't! Your agenda is yours!

How To Stay Emotionally Free When You Start Dating

Stay in charge of your time and make sure that if you give him space, it is quality time and fun time and that you both want to immensely enjoy.

Sharing quality time is a mutual commitment. Don't simply keep your evening open because a guy vaguely told you he would call that day.

Staying at home waiting for him to call is the best way to make yourself totally clingy and dependent. You don't want that! You want the exact opposite!

You want to stay 100% free, so behave like it. Give him some space if he knows how to respect it. Don't give him everything, only some of your time and space.

Maintain this for a couple of months at least.

Spending every minute together in the early stages can kill and asphyxiate a new relationship. Give each other space.

Give sometimes the priority to other aspects of your life.

When to have sex

This question comes often in your dating life.

Is it better to simply follow your wild impulsion and go with it or is it better to slightly hold back?

When a man shows his interest is it better to go with what he wants or is it better to keep your mystery alive?

I'll be direct:

When a man loses semen, he goes into an after sex emotional dip.

This means that the "sexual tension" drops. The intense desire and sexual drive has been released.

When this happens, two partners usually wants space.

The same might happen to you.

This after sex effect is a well known phenomena.

The goal is simple: make sure that your newly built connection is empowered by sex rather than diminished.

You want sex to be a reinforcer of the love you already have.

After sex, you want the connection to grow stronger rather than weaker.

This will happen only if there is a high level of love and complicity between the two of you.

You want intimacy to enhance your love experience and give it a new dimension.

Your first goal is to establish complicity, flirt, love and romance with your new date.

Once your complicity is established, you can move safely to greater levels of intimacy.

Intimacy does not mean intercourse. It means touch, exchange, kisses, smile, eventually naked bodies, etc.

Sexual intercourse comes after.

Sure, you can jump into a wild one night stand.

However, this requires greater power and emotional autonomy. If you want to have direct sexual experience, you need extra power and skills to really make it work emotionally.

The risk is to go into sexual intercourse too soon.

If you have a few dates with a man before you have sex, it gives you time to build sexual tension which will multiply the pleasure you can have from this experience.

There is no given rule which works for everyone. However, if you keep the mystery alive and don't unveil yourself too early, it will build up the sexual tension and increase your link with your date.

Imagine having a couple of dates and not sharing intimacy yet.

Imagine this going on for two weeks for instance.

Imagine after that, sharing intimacy with that man without sexual intercourse yet.

Kisses! Touch! Sensuality! Refinement! Pleasure!

All the ingredients are there but you still did not have sexual intercourse.

This immensely builds up sexual tension and mutual attraction.

If you do have sex after two or three months of "flirting foreplay", I guarantee you that the moment will be magical.

Why? Because there is love, complicity, freshness. You know that attraction between the two of you is now solid. There is romance and flirt. In other terms love is blossoming.

Taking this "intercourse step" early on in the first or second date makes you emotionally vulnerable.

Why is that? Because there is no guarantee he'll still be around tomorrow. You might have sex and then stay apart. This leaves an emotional gap behind which is bigger if you had sex than if you didn't.

How To Stay Emotionally Free When You Start Dating

Sex is an investment. It is an investment of love you give to someone. If you give your pearls and your partner runs away with them, you end up with nothing.

This makes it tougher. Much tougher! You don't want to go there.

The goal is simple. Share intimacy, sure! Enjoy it, but delay the moment of intercourse until you know the sexual tension is strong enough.

Sexual intercourse usually calls for some form of exclusivity.

It is very rare for a woman to have sex with a man without feeling a sense of commitment to that person (unless it's a one night stand thing).

As long as you stay on the flirting ground, there is still no commitment. There is a dimension of innocence and freedom in it.

Sexual intercourse shifts this dynamic. It makes it "serious".

Nature created it like that. Put it this way: sex could be the moment you decide to procreate together. (Create something together). This means some form of partnering.

Of course the modern idea of sex is not so much focused on procreation. The goal is pleasure, expression of desire and sharing of energies.

However, nature still invests a couple who has sex with a very special touch. It is like a marriage and definitely shifts the dynamics with your partner.

My advice is simple: if you want to stay emotionally independent, don't rush into sex too fast. The ideal timing would be to flirt and be intimate over a period of two to three months. If the attraction keeps on growing and you feel a sense of mutual commitment, then take it to the next level and do enjoy it!

No shame! No Guilt! Choose the right moment. Create the right space to enhance this experience and make it a wonderful moment.

Emotional commitment

There are two levels of commitment. The first one is an emotional one. It happens without you even noticing it or deciding for it.

The second level of commitment is a mutual agreement with your partner. That's the moment you really decide to be together.

The risk with emotional commitment is to give when the other person has no intention of giving back in the same extent.

This happens over and over again in the dating scene.

You love him but he does not love you back. When you have a crush, you tend to polarize your emotional being towards someone. The goal is simple: Stay awake!!!

Observe the play of these emotions without abandoning yourself in them. Feeling in love is great as long as you stay "over it".

Don't behave like you belong to someone. You are free! Being in love is like being drunk. You can lose touch with reality. Don't! Stay awake!

Enjoy the experience but keep your two feet on the ground! If you do, you empower your love experience. You give it intensity and pleasure by not abandoning yourself.

You play with these emotions by mastering them.

This is not control. Again, it is like surfing the waves. You play with the waves of your feelings.

You don't block. You don't control. You tame these emotions. You observe them but don't let them overpower your actions.

You stay in charge. There is a control center in you. There is this force which gives directions and decides.

Stay in charge in the cockpit. You are in charge!

Passion is powerful. Use this force to move you forward but stay awake! Always!

How To Stay Emotionally Free When You Start Dating

Don't commit yourself emotionally. There is no guarantee that he will love you back. This means that you stay open and flirt with other men. You are still available.

It does not mean that you will give into someone's advances. You won't if you don't want to.

Staying open means staying free. Use the energy of love rather than being dominated by it.

You decide when and how you truly want to commit. Don't let the waves of temporary emotions take this decision for you. You decide when and how it happens.

Is flirting okay?

Flirting is innocent. It is the foreplay to relationships. It is open. It is freeing.

Flirting is your way of connecting to men. It means showing interest while staying emotionally free.

There is no sense of control, relationship or committed dating associated with it.

This is why you can keep on flirting. You can flirt with many men. You can stay open.

There is no taboo around it. Make it a play. Make it an exciting game.

Smiling to a man does not mean that you give him your life. It means one thing: a smile! That's all!

A smile is an exchange of life force. When you smile to someone, you give him a message. This message can be powerful and subtle at the same time.

However, you are not committing to anything by doing that.

You stay in charge of your life and simply say: "hey, here is a gift for you..."

Many "work place flirts" are confused for serious relationships.

80% of the contacts you have with men could be on the flirting ground. Only a very small proportion of that could turn into serious dating or even relationship.

The good part of flirting is that it's non committed. You are and stay free.

If you have a great evening at a social event and share a couple of smiles with a man you like, you can either built up on that and stay attached to the experience, or you can enjoy it for what it is and let go.

When you let go, you stay emotionally free. This is the art of playing with your flirting skills.

How To Stay Emotionally Free When You Start Dating

Flirting can give you immense pleasure and validation from men.

It stays on the non-exclusive ground. This is why it is so exciting: it feeds you with love and romance in a very innocent way.

You can play with that.

You need to put clear boundaries however. You want to give guys direct signals when they come too close. Dare to educate them if they cross the border in any way.

Be firm with your attitude. Stronger boundaries give you the power for greater intimacy when you want to.

Success with online dating

Online dating is a training ground.

It gives you the occasion to train your flirting skills.

Online dating is very safe. It is much safer than walking into a pub and sitting at a bar, right?

This is a gold mine and one of the incredible benefits of the internet.

By now, I know dozens of couple who met online.

The goal is to empower your experience and make sure you don't invest too much too soon.

You want to network when you are online. You network with online dating in the same way as you would network with business.

You stay in touch, follow up on your contacts, get the best of a connection, have fun, find out how you can make someone's day, let go when you have to, etc.

It is an art to play that game. It takes 1 to 3 months to get really familiar with it.

The benefits are immense:

- You create a social circle
- You get validation from men
- You train your flirting skills
- You develop a "dating body" which is your profile, what you want others to know, etc.
- You have fun
- You learn to take initiatives
- You create romance
- You establish fresh connections
- etc.

I mean, this is already a long list. There is no other place in your life where you can effectively train these skills.

How To Stay Emotionally Free When You Start Dating

The dating equation has shifted over the last few years because of that. The net gives you the opportunity to have much greater control over your dating life.

The trick however is to network. The moment you become exclusive with someone, you lose all the power of your online dating.

What does it mean to be exclusive?

- You send messages only to one man.
- You wait for his answers.
- You worry when he does not reply,
- You know nothing about his real life,
- You have no clue whether what he says is really true
- Etc.

As you can see, being exclusive online makes you dependent and very vulnerable.

In the early stages, it's a mistake you don't want to commit.

You want to stay free and open.

Flirting with a man online does not mean that you have a relationship with him. It is okay.

The moment you are in a committed relationship, this dynamic might change. You can decide for the right strategy at that stage.

However, right now, you are free! Use and express that freedom.

This is how you strengthen your emotional freedom: by expressing it!

Online dating gives you the perfect opportunity to practice this. If you want to keep and empower your freedom, it's very simple: all you have to do is use it!

Freedom is a right! It is a power in you! Use it!

Give them space to validate you

There are hundreds of men waiting for just one thing: make you feel good about yourself.

Did you know that on a dating site, there is an average of 5 to 10 men for 1 woman. Guys don't know that usually. They will often sit at their computer waiting for women to take the initiative.

For women, it's the other way round. As soon as you post a profile on line you start already receiving messages.

If you check how many times your profile has been viewed after 3 months (let's say that you got 1000 views) you can be sure that a man only go a small fraction of that (at least 10 to 20 times less).

This is good news for you!

Guys are waiting for women to join dating sites.

If a guy is slightly trained and aware of the dating game, he will seek one think: try to make you feel good about yourself. Put it this way: he is competing with dozens of other men.

He has to find a way of standing out. This is why he will try to go out of his way to offer you something special.

Spend time setting up your profile. Get a really good shot of yourself and post it online (profiles with pictures get 10 times more responses).

After that, be discriminative. Get rid of what you don't want, offends you, or disrespects you.

This is the next stage: mastering your inbox. Be tough on that one! Get rid of the insults! Keep the compliments.

I'm serious! If you get an offensive message, delete it straight away and block the sender!

That's it!

Your cyber space is your territory. Master it!

- Print the nice emails
- Follow up the connections

How To Stay Emotionally Free When You Start Dating

- Give men space to respond
- Flirt
- Keep the mystery alive
- Etc.

Show your good sides first.

Keep it light and keep it fun.

Never get attached to a guy online. There is no guarantee. If he pulls back, let go and focus on those who respond.

This is easy to do if you have the choice and kept your options open.

One way commitment

One way commitment is the greatest dating mistake you can commit.

One way commitment happens in these key situations:

- When you fall, for someone who is already with someone else.
- When you focus only on one guy (online or offline).
- When his ex is still very present in his life.
- When his work is more important than anything.
- When you say to a man "I love you. I want to be with you!" and he does not answer back.
- When you tell your friends you can't live without him.
- When you are the one who always travels miles to get together.
- When he prefers hanging out with his mates.
- Etc

As you can see, there are dozens of situations which can generate a one way commitment on your side.

The dynamics are always the same:

You love someone who does not love you back enough.

You give more than what you receive.

If you are in any of these situations you are guaranteed to become emotionally dependent.

What you want now is a solid strategy to tackle this challenge.

The strategy is simple:

Keep your options open!

Go ahead and stay non-committed in the early stages.

This is your best strategy.

Don't let anyone limit your moves.

Ready for the next step

The next step is to enjoy!

We discussed many strategies. These strategies are a battle plan.

You want to stay in charge of your life. This is your goal. The reason you want strategies is because there is a battle for power and energy going on.

The moment you establish clear boundaries and respect these few guidelines, you are in for a very positive, freeing and exciting experience.

This is the goal. Be in love and feel great at the same time. You want to stay master of your life and existence.

The moment you build up this extra power, you realize that you can actually enjoy dating much more.

Why is that? Because you know where the pitfalls are. You know how to protect yourself and your emotional freedom.

This is very precious. You want to win!

Once you master the dating world, the next step is to master the committed relationship environment.

This comes after. We'll need another e-book for that!

In the meantime, I wish good luck, fun and total satisfaction with your love life.

Men! What they want!

What do men want?

I coach women!

A lot!

I hear their stories and frustration about guys!

One recurring theme is the fact that women often feel challenged with understanding men.

What motivates them?

What drives them?

What triggers their desire to spend time with you?

Why do they commit?

Or why they don't?

Do looks matter to them or is it character that matters most?

Does it work to play hard to get with them?

And so on!

So many questions!

The good news is that all these questions have answers!

Why?

Because men are predictable!

They are!

Most of them will respond in similar ways when submitted to the same triggers or life situations.

You have exceptions of course but these are isolated cases.

I believe that what I am about to share with you works for 95% of men out there.

Your prey! Men!

The dating world is challenging!

It is highly competitive!

You are competing with other women all the time!

You are being judged, sometimes rejected and challenged!

Here is what gives you a powerful winning edge:

Knowledge!!!

The more you know, the more you succeed!

Imagine trying to conquer a man's heart and having no idea about what triggers him!

You need a road map!

This is what I want to give you here!

Men love women!

Get this!

Men love women!

It's in the company of women that men often experience their deepest moments of bliss!

They love the attention!

They love the feelings!

They enjoy the sexual attraction!

Most straight men on this planet want to spend time with women!

They want to experience more quality time!

They are ready to worship you and find ways of pleasing you!

Why?

Because your happiness is their happiness!

If they can trigger pleasure in you, they feel fulfilled in a very profound way.

Yes, I am talking about pleasing you sexually!

One of the greatest satisfaction a man can get is to be able to drive you to incredible orgasms.

They want to master the ins and outs of your pleasure and be able to play with your body at will.

What about the rest?

Your other needs?

Career, kids, family, commitment?

Do they get that too?

Of course they do!

But they don't want to lose their freedom either.

Men want to be challenged!

If it's too easy, they lose interest!

They take you for granted!

This is why so many women go to the other extreme and play hard to get!

Playing hard to get is ok as long as it's a game and men can see they make progress!

If you complicate the dating game just for the sake of it, guys get VERY frustrated!

They don't enjoy it!

I recorded a video on this topic and the feed back from men was super clear!

They don't like complicate women!

In their eyes, what do complicate women do?

They systematically change or cancel dates!

They verbally abuse the waitress!

They make a scene when you even look at another woman!

They get easily irritated!

They harshly judge other people!

They are angry with their exes!

They are emotionally unstable!

They are really hard to satisfy!

They complain a lot!

They have issues around sex!

These women are difficult to date and men don't stick around for long when they see these warning signs.

How To Stay Emotionally Free When You Start Dating

So, there is a big difference between being complicate and challenging a guy here and there.

For instance when he wants to have sex, you can playfully reject him as a way of teasing him.

Or you can let him see that you still enjoy going out with your friends even though you have been dating him for a month.

You can as well let him see that you don't take him too seriously when he starts on topics like politics and environment.

A bit of challenge is good!

Guys love it!

Men are predictable!

Yes! They are!

You submit a thousand men to the same set of dating circumstances and they will respond in very similar ways!

95% predictable.

You simply need to accept their nature!

What do I mean?

That I see women rejecting the obvious all the time because they don't like the reality they see in men.

They wish guys would be different!

So they keep making the same mistakes with guys hoping that the next one will respond differently.

It doesn't work!

For instance, men don't want to be contacted 20x in a day after a first date!

It's too much for any men!

Still, I see women doing that a lot!

Guys hate neediness!

They don't like the idea that the woman they date has suddenly lost her emotional independence and needs to be reassured all the time.

Men will always respond to this type of insecurity in the same way.

No guy wants to be asked question about their financial status and assets!

It makes you look like a gold digger!

Do you realize that women often go to a first date as if they were at a job interview.

How To Stay Emotionally Free When You Start Dating

They ask their dates tons of practical questions to find out on the spot if that man is a marriage material!

A man is not an object you can simply manipulate to match your agenda!

A man has a past, needs and desires!

A man has a plan for his life!

The best way to enter a first date is not to look for signs of financial security, it is to create romance and chemistry!

That's what men want!

Guys love mystery!

Mystery is challenge too!

When everything is predictable, men lose interest!

If they can foresee the next 20 years of their lives with little surprise, where is the fun?

Don't you like surprises?

So do men!

They love surprises!

They want to be surprised with sex, with dates, with conversations.

They love it and they expect you to entertain them a bit.

Seriously, what is it that makes the interaction between men and women so interesting?

It is the fact that it expands our sphere of experience!

It's through this interaction with each other that we evolve!

An fascinating conversation with someone you just met can be an eye opening experience that you will remember for ever!

Men love being teased

Again that's challenge.

A woman who can playfully make fun of something a man is proud off will always succeed in creating connection.

You can tease him on the size of his muscles, the interior of his house, the amount of time he spends at the pub, the \$700 he just spent on his last pair of shoes.

Be subtle!

Don't tease him on sensitive issues like hair loss if he's bold.

Don't tease him on his connection with his ex if he still hurts after last break up.

Once you find a topic you can make fun off, keep going forward!

Don't stop after a few words...

This can be the beginning of a really fun conversation, especially if he fights back and decides to challenge you too.

Play the game!

The rules with dating are simple!

Be fun and sexy!

Would you date a boring guy?

Would you date a guy who doesn't take care of himself and makes no effort to seduce you?

How does that make you feel?

Unseen? Right?

There is nothing shallow about sexiness

There is nothing shallow about fun!

The serious part of your life is all the rest!

When people date, they want this to be fun!

They want it to be exciting!

Sexual attraction is exciting!

The idea of sex is exciting!

The playful, flirty game between two persons who connect is thrilling!

It creates a whole chain reaction of biochemicals through your brain.

It's pleasurable!

The ability to generate this type of connection at will is a profound skill!

This is what you are aiming for!

Mastering the dating game and mastering your connection to men.

How do you want him to feel?

Excited about you?

Then be exciting to be with!

Do you want him to feel sexually attracted to you?

Then be sexy!

It is really that simple!

If you want to win, you need to play the game!

And there is nothing slutty or vulgar about sexiness, ok?

You know that already of course but I will say it again.

Sexiness is subtle, playful and flirty!

It means putting yourself in your best light and allowing a man to experience your femininity.

A Guy won't feel like a male unless you express your femininity.

Guys enjoy confident and ambitious women

Confidence!

That's another quality men enjoy a lot!

When you meet someone, there is always a balance of power being established instantly.

If you score too high and your energy is too strong, you will overpower him.

If you are too shy and insignificant he will feel no respondent from you and it will be hard for him to relate to you.

The ideal is to match his energy level.

Hopefully, you own that skill and are able to modulate your "power intensity".

There are different ways you can do that:

Through the way you dress.

Through the way you talk.

Through your body language.

Through how you dance.

Through what you say.

Don't behave as if a man had to rescue you from a life that you don't like!

Guys need to feel that you like your life the way it is now!

Creating an existence you love is a powerful skill!

Men are magnetically attracted to women who are happy!

That makes total sense of course.

Men want to be connected

Your network is an asset!

Men don't want to be isolated!

They want to feel that you are connected!

For a man, it's lots of fun to date a woman who has lots of female friends!

It gives him the impression he is included in sacred girls club.

He gets attention through that.

It adds value to what he experiences with you.

I know what you think...

"Isn't it a bit risky to introduce him to my very attractive female friends?"

"Won't he be tempted to cheat on me with one of them?"

"What if he has a crush on my best friend?"

Good points!

Here is what I believe:

He will meet other women in one way or another.

If you have solid complicity with your friends and are loyal with each other, this friendship would not allow betrayal.

I see groups of women frequently expressing that.

They know exactly their boundaries and respect each other's couples.

This type of trust is something you can develop with good friends.

It's a solid binding energy you can as well set up with your new romantic partner.

How To Stay Emotionally Free When You Start Dating

If a guy knows that you are trying to keep him away from your network because you are afraid, he will feel that you are robbing him from something precious.

Here is another essential point:

A man will rarely be satisfied by getting female attention just from you.

This means that a little flirting and validation here and there feels really good.

Guys need that a lot.

It doesn't mean they would cheat.

They can be totally faithful and still enjoy a playful chat with another attractive woman.

I encourage you to be ok with it.

If this happens within your network, this gives him another reason to stick around and be happy with the relationship he has with you.

It's like an extra you provide.

Having a solid circle of friends is an extra binding element for a couple.

It allows you to breathe and safely connect with other people without threatening the stability of your relationship.

How to limit the cheating risk?

First, your couple needs to get everything it needs: great sex, complicity, love and connection.

The next step is to set up clear boundaries in your couple.

You find out what's ok and what is not.

Unless you are in an open relationship, this usually means no intimacy with others.

You and your partner must be aware of that.

You both must know that if you cross the line, this is it!

Cheating often means the end of a relationship.

These social interactions is a tricky topic.

I didn't fully cover this here yet as social dynamics are very subtle.

I might write another book on that one soon.

Feel free to get in touch for a coaching session if you feel challenged by that.

Men want to win!

This means that they are in competition with other men and take great pride in being number one in your mind.

Guys want to be valued and admired.

These are simple human needs... Nothing exceptional about it.

It means as well that you can validate them.

Give them positive feed back when they do something right.

You can say things like:

"The other day, the way we had sex was fantastic. I love the way you touch me. You are good at that."

"I like how you take care of your place. It's really comfortable and you make me feel at home."

"Your friends are fantastic. You have such a good connection with them. It's nice to see."

Guys need to hear these things.

Remember last time someone gave you a deep meaningful compliment...

How did that make you feel?

Sometimes you can remember the deep impact of someone's kind words days or even years after they were spoken.

When you do that, it's way more than simply feeding his ego.

When you recognize his qualities, you tell him that you see him.

People want to be seen!

They want to be acknowledged for who they are.

They want to be proud of what they achieve!

In society, this type of validation is rare.

How To Stay Emotionally Free When You Start Dating

Your words will have a long lasting positive impact in his mind!

Men love their freedom!

This is why you have so many single men in their 30s or 40s!

Men are often given the choice between commitment and independence.

Many will choose independence because they don't want to make concessions.

Fair enough!

They will jump from relationship to relationship and step out as soon as someone gets too close.

They don't want to be accountable.

They want to be responsible only for themselves.

No all men are like that of course.

But if you see a guy resisting commitment, this is often the mind set he is in!

He likes his freedom!

He doesn't want to give it away!

Why would he?

If you put a man under pressure, what will be his reaction?

He will rebel!

Try to control his life and he will prove to you that he's the one in charge!

On the other hand, give him all the freedom he wants and he will have no problem spending more time with you or even committing to a long term partnership with you.

See how it works?

Reverse psychology!

The more you push him, the more you drive him away.

Demands kill his sex drive!

It kills complicity between the two of you.

When you put him under pressure, it gives him the feeling he has to defend himself from you.

What deeply frustrates guys!

...Is to be on dates with women who can't play the game.

They are with women who desperately want romance and connection but hide their femininity and sexiness.

It's challenging for a man to be romantic if you hide yourself.

If you have sexual issues, he can feel it!

What are sexual issues?

They are fears, anxieties or unsolved traumas.

These issues are often expressed in your body language and the way you dress.

Men want to feel sexually attracted to you but they can't be sexually attracted if you don't send out any sexual messages.

This creates an emotional status quo.

Nothing happens!

You might argue that you don't want to be a sex object!

Of course you don't!

Men don't ask you to!

There is nothing cheap or shallow about sexiness.

On the contrary!

Sexiness, playfulness, flirty attitudes are all expressions of your radiance and beauty.

When you express these qualities, you will most likely see guys opening up to you.

Guys can't stand neediness

Imagine this man!

He was on a fantastic date with a girl.

The day after, he is at work and she keeps flooding him with text messages and calls.

5 calls in the last 2 hours.

She's worried he lost interest and doesn't understand why he didn't call back instantly.

Extreme example?

Not at all!

Guys share these stories all the time with me!

They tell me how girls they date suddenly change and need instant reassurance.

Insecurity!

That's what guys feel.

When a woman is insecure, she needs to be reassured all the time.

Guys can't stand that!

You have to understand that for a man, it is really hard work!

It's far too sentimental!

It's not fun!

Contact a man a couple of times a week!

A text message here and there is ok!

5 interactions a day is usually too much.

If you don't hear from him for 2 days, don't assume he lost interest.

He is simply busy!

How To Stay Emotionally Free When You Start Dating

Guys can be worried about all sorts of stuff.

Problems at work, health issues or an aggressive ex.

Sometimes, it will take him a couple of days to get back to you.

That's ok!

You need to be cool with that!

He is not going to rescue you from your life.

Maintain a high level of emotional independence and don't ask him to fill up an emotional gap.

The less psychodrama, the best!

The place where so many women fail

Self righteousness!

I see women entering relationships in very aggressive ways!

They think:

“Here are my needs! I demand that you fulfil them! If you love me, you would do that for me! I deserve to get that from you!”

Too much assertiveness!

You need to relax!

I know you have needs!

Don't enter this new relationship as if it was a war zone.

A guys need to feel safe to enjoy you!

Emotional threat creates insecurity!

You want to create comfort instead!

That's a space where you can both relax and feel safe!

How do you feel when your boss calls you and demands something from you?

It's pressure!

It doesn't feel nice!

So, if you want to connect with a man, remove pressure and demands out of the equation.

A man's sexual needs

It's a lot about sex!

Would you stay with a man who has no idea how to fulfil your sexual needs?

Of course not!

Many women divorce over this issue!

Guys want a fulfilling and exciting sex life.

They won't get it if you have no idea how to please them.

It's two ways of course.

I see women withdrawing sexually because they don't want to play the game.

If you are not interested in sex and have no desire to explore, how do you feel he will react?

Why guys enjoy skilled women

Because it is powerful and fulfilling to spend time with a woman who knows what she's doing.

Dating skills include sex, conversation, energy and much more.

That's your dating vehicle.

If you spend just an hour with a man who knows how to treat you right, you want to come back for more.

Guys respond in the same way.

The best way to train your dating skills is to go on dates! A lot of dates!

You can read books but the best way to know how to swim is to jump in the water, not to stand by the pool.

The internet is another training ground on which you can practice!

You can sign up on a dating site and start interacting with men.

Train your flirting skills.

Do you get their attention?

Yes? No? Why?

It's fun to master the dating game because it allows you to connect with any man you want.

See that skill?

That's exactly what you want!

Even if your goal is to find your soul mate, these flirting skills will be with you for life.

You can use them with any human interaction you have.

You are a people's person and you know how to connect.

Why guys are so taken by beauty and looks

Because they create pleasure.

The enjoyment of beauty is a mystical experience by itself.

It is bliss!

When a man spends time with an attractive woman and feels her radiance he is filled with delight!

The healthier you are, the more energy you radiate.

This is life force!

And it's what guys perceive.

Your looks are a reflection of this life force.

More than the shape of your body, what matters most is how much happiness, joy, pleasure, power or energy you radiate.

If you are unhappy about your body a guy feels that.

If you love your body that's what you radiate!

So, looks matter a lot!

They do!

And what matters even more are health and vitality!

If a woman is not a top model but energetic, vital and happy with herself she radiates an inner beauty that reflects all over her.

That's what guys pick up.

If you appear unhealthy and can't climb 2 stairs without running out of breath, that's again what guys pick up.

They think:

"Here is a woman who has no idea how to take care of herself"

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It's difficult for a man to love you if you don't love yourself.

The love you feel for your being is all over you!

It's in the way you dress, the smile on your face, the people you connect with, the places you visit and the space you live in.

A guy can assess that instantly as soon as he sees you.

So, if you feel you score low on that, do something about it!

Take care of yourself!

Make positive life style choices!

Stop smoking!

Get some rest!

Don't show up at a date totally stressed and overworked!

It feels like you have nothing to give.

Instead get off work early.

Give yourself a break!

You need to be proud of who you are when you arrive for this date.

Radiance! Guys love it!

Why men enjoy being around radiant women

Because it gives them energy!

Radiance = Energy

When you are in the presence of another human being you pick up on their energy level.

That's called limbic resonance.

You balance your energy to naturally match the other person's energy.

Why is that?

Because a couple becomes a new energy unit.

This happens especially if you start a conversation with someone.

Subconsciously, you tune into that person.

Your energy bodies start interacting and you create a new energy unit which is the result of the merging of your 2 beings.

This happens all the time but because we have no instrument or sense to easily measure it, we often miss it.

So, if you want a guy to enjoy a date with you, you need to enjoy it yourself.

If you are stressed up, he will be stressed up.

If you are laughing and in a good mood, that's what he will feel and embody too.

Are guys afraid to commit?

It's not the commitment they are afraid of, it is the loss of their freedom!

A guy might start dating a woman and feel from the early stages her demanding or controlling patterns.

Look at his story before he met her.

He does what he wants!

He goes out with his friends and behaves the way he wants!

He is accountable only to himself!

Now, suddenly, there is this new power in his life!

A woman asking him to behave, treat her well, evolve, have ambitions, stay in good shape!

This is stress!

It is pressure!

Most women don't realize that!

They think: "If he loves me, he would do that for me!"

Yeah, right!

Why?

Why would a guy sacrifice his total sense of absolute control over his life and delegate part of this power to you?

Why???

Because you fulfil some of his needs.

These are his needs for sex and romance, the need for comfort, family, children, complicity and so much more!

Now, in his mind, it's a very simple equation!

How much pleasure do I get from this.

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How much is taken away from me?

The more you take away from him, the most likely he is to resist commitment.

So, what's the solution?

More freedom!

Stop trying to control a man's life!

I am serious!

What happens the day you stop trying to control him?

He stays with you not because he is forced to but because he wants to!

Got that?

Respect!

Respect his freedom and he will have no problem spending more time with you and even imagine a life with you.

It is really that simple.

In the safe coaching space I have with men, guys share their frustration a lot!

They complain about this specific fact all the time!

They don't want to be micromanaged!

When they enter in a relationship with you, they don't want to give up their power and freedom!

They want to stay themselves and simply add new qualities to their lives by being with you!

They are not asking for someone to take over their lives!!!

Feelings change!

That's a big one that confuses men and women a lot!

Feelings change!

They evolve!

A man can be in love with you one day and in love with someone else the day after!

These things happen!

People make wedding vows one day and divorce one year later!

Why? How is that possible?

It is possible because feelings are impermanent.

You take away what sustains these feelings and they can disappear almost instantly.

Take the waves of attraction and repulsion in a couple.

You might feel intense love for a guy and if you have a fight, fall out of love instantly.

You might have sex with your partner and be romantically triggered a day later by a call from your ex.

You want to believe that feelings are like rocks, steady and unmovable.

You want to believe that because it gives you security.

The good news is that you can trigger positive and love feelings.

The totality of this book is dedicated to that!

Show you how to play and manipulate human emotions to get a certain result.

Certain attitudes will always trigger love.

Some other behaviours will trigger repulsion.

It's almost mathematical.

You give stability to your couple by consciously manifesting the ingredients that strengthen it.

You are an alchemist.

You can modulate these qualities at will!

Why men sometimes cheat

They cheat because they are bored.

They no longer feel the spark in the relationship they are in.

So, they go and look somewhere else.

They cheat because the opportunity presents itself.

They cheat because sometimes, their animal instinct wins and overpowers the rational mind.

Some men will naturally be faithful!

They are because they make that decision consciously!

Now, if you are dating a guy and worry about him cheating, the best way to avoid a betrayal is to keep him deeply happy in the relationship he has with you.

Trying to limit his freedom or controlling him does not work.

That makes him even more prone to look for freedom.

It's the moment the relationship and sex are totally fulfilling that he will most likely be faithful.

Another way to limit the risk is to establish clear and solid boundaries in your couple.

Have a discussion one day with him and let him know exactly what would happen if he would cheat.

This is a gentle warning letting him see that you have your limits.

If he crosses them the relationship is over.

Your needs!

Look, I am not saying that you must drop your needs in this equation!

The goal is that everyone's needs are fulfilled!

I do believe that men and women can create fantastic win-win connections!

It happens to tons of people all the time.

Why?

Because they bring the right ingredients to the table!

I say it again:

Men are predictable!

You submit them to certain behaviours or situations and they will want to run away systematically.

What is it that makes you attractive to men?

Increase what makes you attractive and get rid of what's unattractive.

Here is something else I want you to check:

Are you angry with men?

Are you angry with men?

Ask yourself this simple question.

Are you angry with men?

If you are, I can imagine dozen of reason why you would feel that way!

Maybe...

You had a male boss who diminished you publicly!

An ex boyfriend dumped you without warning!

Your father never acknowledged you or gave you the deep love you deserved!

This guy at the club was drunk and insulted you!

You might have many reason to be angry and frustrated with men.

The problem is that if you project that stuff next time you are on a date, the man facing you will feel it.

Many men feel they walk on egg shells with women.

They are nice guys, attentive, gentleman, ready to establish a great connection with you.

But they feel as well that before they are given a chance they must first overcome layers of frustration in the women they date!

They feel that a lot is projected on them that has nothing to do with them.

Why would a man need to solve your past frustrations?

That's simply not fair!

Let's mirror this example and imagine that you are on a date with a guy!

This guy just divorced and is really pissed with women.

He is frustrated and you can feel it.

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He brings a whole suitcase of unsolved luggage to the conversations you have with him.

How does that feel?

It feels like hard work!!!

It's not fun!

You want to date men who are emotionally sound, right?

Well, so do guys!

If they are on a first date with you and you unveil a lot of unsorted old pains, they feel like they have to handle you with special gloves.

Imagine you are on a date and something unexpected and potentially irritating happens.

Do you have any idea how relaxing it is when no scene is made and two people have the resilience to stay cool!

Let's say the food is bad or public transport is cancelled and you stay cool!

Guys can feel it if you are enslaved by emotions you don't control.

If you are angry, fully in charge of your anger and can modulate it at will, that's another story.

What frustrates men is the lack of emotional balance in the women they date.

Guys are humans! They make mistakes!

Forgive them!

It is that simple!

Men are not perfect!

When you see a guy doing something inappropriate, be cool with it!

Relax!

They all want to learn but you need to give them some space to experiment a bit.

You can mentally think: "Cute"

Intolerance is one of the greatest hang ups you can have concerning men.

Men will make mistakes!

There is no doubt about it!

The question is: "How will you respond when they do?"

Will you give them the cold shoulder or pressure them with emotional threat or will you simply accept it.

I know... You have different mistake sizes!

Some stuff is really not ok!

I agree!

The thing is that most guys can feel it when they messed up.

All they want is often a second chance.

If you are looking for the absolute perfect guy, you will be disappointed in one way or another.

A man might give you lots of emotional security but then miss passion in bed.

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He might not be that gentle.

Have no idea how to cook.

Have very poor life style choices.

Live too far away.

If you want to disqualify men, you will always find something.

That's being too picky and I see women doing that a lot!

Especially women who are in their end 30's or 40's and are wondering all the time why they are still single.

You got it!

It is because they put the bar too high!

Too high expectations that can't be fulfilled!

That's a self sabotaging attitude that destroys your chances with each man you date.

If you do that, you tend to focus a lot on the negatives.

This creates lots of anxiety around dating.

What's the alternative?

Accept him exactly the way he is.

Internally, say to yourself: "I accept you exactly the way you are. Your imperfections are fully part of you. There is nothing in you I want to change".

Men talk about that a lot!

They will say things like:

"My wife is funny! She spent the first 5 years of our marriage trying to change me! And then spend the next 5 years trying to find out what happened to the guy she fell in love with when we first dated!"

I know... Big contradiction, right?

Conclusion

I hope you enjoyed this book!

Feed back? Questions? Success stories?

Email me at francisco@vitalcoaching.com

For coaching:

<http://vitalcoaching.com/coaching.htm>

For more:

<http://vitalcoaching.com>

To your power!

Francisco Bujan