

## *Welcome back to Part 2 of How Fast to Move with Men*

Yesterday, we looked at some of the challenges you face with us men regarding his strange and erratic behavior.

Particularly, we discussed ***why men seem interested one moment then not interested at all the next***, but more specifically- are you moving too fast for him, and if you slowed down would he become more consistent with you?

If you took part in my **poll** then I want to thank you.

Your feedback gives me a better understanding of **the kind of help that you want** to me to help you decode of men's behavior.

Not everyone wants to give feedback because they don't want to know the truth, but if you want to know the truth about men and how to gain more success with us then you will want to participate in the poll.

If you didn't **participate in the poll**, then [here is the link](#) again to share your opinions.

Back to today.

Most of my current 2,000+ subscribers (and growing everyday) enjoy reading my emails because I decode men's behavior.

And this email series is no different.

Except that each of the next 7 emails covers a specific challenge that I know you face.

In some cases, I have chosen a challenge that I have read about from my subscribers' feedback who have emailed me.

That's why it's important for you to take the above poll.

So, in today's email I will identify and demystify 3 challenges that I presented in yesterday's email:

**1) How to know when you are going too fast with a man.**

**2) How to slow down with a man and still keep your sanity.**

**3) How to turn it around to make him chase.**

For the second part of this email I wish to invite you back to my blog to analyze these issues.

I plan to link to it from some of my other posts.

So, I can show a portion of my viewer, non-subscribers get a test for how I can help them in hopes that they too will decide to subscribe.

**[Click here]** to view my insights and answers to your challenges of how to deal with how fast to interact with men.

## How Do You Know When You're Moving Too Fast with Men?

[Quick Recap]

I've gotten many emails from my subscribers who have shared with me experiences similar to these:

One day he texts all day.

The next day...

...once.

The day after...

...none.

Then none again.

You video chat.

He gushes all over you.

Then for two weeks he's too busy to video chat again.

He can't wait to see you.

Sends you a cute good morning text how ecstatic he is to spend the night over with you this weekend to watch movies and make out.

The following week???

He says the famous phrase, "He's not ready for a serious relationship."

(You SCREAM in frustration- inside of course, you fear scaring him away).

Remember reading those scenarios?

They're from my email from yesterday, **Part I of How Fast to Move with Men** of this **Man Decoder** email series.

Not a subscriber? And would like to receive man decoding advice and insights like what you see in this blog post? ==>[Click here to subscribe](#) and access **5 FREE text message digital gifts**).

So, would you say you'd need to slow down with a guy who acts like this?

Of course, you would.

But more for you than anything else.

I'd say you've been going too fast for a while, perhaps from the beginning.

Here I've presented you the classic case of the **One-Foot-In, One-Foot-Out Man**.

He has one foot in the door and one foot out of it.

A guy that acts wishy-washy, hot and cold consistently is holding out for something else, or does not want anything serious at all.

Sorry.

And whether he's a commitment-fearing man or just not as into you as you are of him, it doesn't matter.

You only really have **two choices here**:

**1) Slow down, change your patterns and see what happens**

**2) Drop him**

All of us guys have done this to women.

I have too.

Many times, we can see the good in the girl, how sweet she is and we hang on in hopes that something clicks inside of us and we suddenly can't live without her.

The compatibility exists, at least in regards to her treating and respecting us, but the chemistry does not.

We do not feel sparks.

Basically, we are saying to ourselves, "But she really is a good girl. If she can just grow on me, then I'll eventually like her as much as she likes me. Then I could commit."

Now, some of you might be thinking, "Well, why doesn't he just say that rather than string me along?"

Because we do not like to hurt girls.

Yes, you read that right.

Of course, in this case we are talking about the good-guy version of the man who keeps performing the “disappearing act” on you, not the commitment-fearing dud or player types.

But yeah.

A good guy who is waiting for you to “grow on him” in hopes that he will like you back as much as you like him, does not want to hurt you.

Nor does he want drama if you flip out and throw streams of obscenities at him for wasting your time.

Not saying you would do that, would you?

And we do not want to hear you whine and beg us back by listing all the great things you do for us and how patient you are and how you are not pressuring us into committing long-term, that you are okay with living the moment.

But you aren't.

You are not fine waiting.

You just don't want to scare him away.

That's why you're here reading this blog post after all.

Because you're screaming inside.

Before we explore **Option 1** from above, the only one you're interested in “how to make him want you more”, I am going to scare you for one sec.

Yes, scare you.

How?

I'm going to show you that I can read your mind. (Probably feels like I've been doing it all along, right?)

You see, there's basically TWO main reasons you got to this point.

And you either experience both of them or at least one.

First, we already discussed one these in yesterday's email.

(Again, [subscribe here](#), if you haven't already, and get the **5 FREE digital gifts**).

And that involves how you see yourself.

How he sees you, or how I would see you as a woman, is a reflection of how you see yourself.

Sorry, you cannot hide it- even though I know you try.

If you do not see yourself as the "prize-to-be-won" then guess what?

You aren't going to look like the "prize-to-be-won" in his eyes EITHER.

I am not going to go over that in this email. That's a whole other series of emails to cover.

And I will at some point.

And when I do, I will share how we can spot women who see themselves as "prizes-to-be-won", how they make us feel and I will also reveal why we commit to them.

But briefly, just to help you understand how this works.

If you don't like yourself as a desirable woman, why would you expect us to?

That's basic Psychology 101.

Is it not?

Listen, you ARE a desirable woman to someone. You just have to believe it.

I will help you believe it.

And you can change this for the better, believe me. I had to do it for myself, a few times.

So, please do not get sad on me now.

I will help you.

But I am one person and write all this content myself, I can only go so fast.

However, I need to move onto the other “I’m-reading-your-mind” reason why you have gotten this far with a guy and have moved faster than he wants to go.

Ready?

It happened right before you began to talk to him.

Then SPIKED right after you began to exchange texts or even went out on a few dates.

You fantasized about him.

Oh, no don’t deny it.

You did.

In your own mind you fast-forwarded to all the items you wanted to try and taste from his buffet.

Ranging from romantic fantasies up to physical ones.

And at that moment you were hooked.

Many other women do this.

You're not alone.

It's ok, we're friends and I'm on your side.

But when you don't let things go the speed that they're going to go then you begin to salivate over the things that you do not have- *which in this case is him.*

But you're here and you want to explore Option #1, which again is...

**1) Slow down, change your patterns and see what happens.**

I'm going to make some suggestions here how to fix this.

But in the end, accept the fact that sometimes it is not meant to work out.

For all we know God is protecting you from the wrong guy, right?

Nevertheless, we're going to give it our best shot to make this guy shape up or you need to be prepared to ship him out.

Got it?

Let's assume, first, that he is the good guy version, and not the player.

If you want some help to identify high-quality men from narcissistic pricks who know how to manipulate your heart strings then [click here to grab my FREE 39-page digital book The Male Mind](#). *(Input your email and you will gain immediate access).*

In this free (for now) guide I outline the different kinds of relationship guys out there.

Let's look at a few questions together and I will demystify them for you, thus giving you the answers that you need to propel you forward and free yourself of this agony.



## ***Why do you need to change your patterns?***

### **Patterns = Tendencies**

He can predict what you're going to do before you do it.

Many of these tendencies of yours annoy him.

But he likes you enough and feels safe enough to keep going with you to see what happens to determine if you either serve a purpose for him or if he decides to let you go.

Here are some of the **challenges you face** because of easily-predictable patterns:

- He's bored because you're too available.
- You don't appear to have a life of your own to him, which in turn looks like you depend on him for happiness and to boost your own confidence
- You don't make him work for your affection
- There's no fear of losing you because he knows he already has you
- He does not feel that other men are "waiting in line" to take you away
- He subconsciously prefers a woman who is more mysterious.
- If you have low self-esteem, he knows that you will always come back to him. This is NOT a desirable trait in case you were wondering.
- Low self-esteem can show in your physical appearance in how you keep yourself up- obviously another undesirable trait.
- He subconsciously listens to the words you use to describe yourself- they may not match with what he prefers in a woman. STOP labeling yourself. (We'll talk about this in a moment).

This is just a sample of his thoughts.

## ***What patterns do you need to change?***

If you want to stop seeming so predictable and instead want ANY CHANCE of him FEARING that he will lose you then here are the patterns you must change.

STOP being so “easy-to-read”.

- He answers one of your texts and then he knows ***that you will reply right away.***
- He knows that you will send him ***more texts than he sends you.***
- He assumes that you will express your feelings while he stays reserved.
- You ***bring him gifts*** and you will continue to do so, even though he does not bring you as many.
- On dates you will get physically close and personal and follow close behind.
- The ***places you go are always his ideas*** mostly and you will go wherever he wants.
- If he runs an errand you will tag along.
- You will offer help, even though you cannot rely on him to do the same.
- He knows that you will say that you miss him and that you will ask him if he misses you.
- You will ask questions that insinuate about the future together.
- If he asked you to go somewhere with him but you had plans with your friends, it’s very likely that ***you would drop everything you’re doing to be with him.***
- You would ***travel long distances*** to spend time with him.

- If he broke plans with you then you would not get upset nor would he apologize, while on the other hand if you broke plans with him, you'd apologize profusely.
- ***You leave your schedule open for him*** and schedule your life around him.
- He'll spend the night with you or have sex but not take you out on many dates, if any.

Honestly, I could keep going, but you get the idea.

Sounds about right, doesn't it?

Pretty scary that I described your situation pretty well, right?

And this is the time when I circle back around and ask you, ***“Are you sure you want to put up with this?”***

Of course, if this is your EX we're talking about, then there's an EVEN better chance of WINNING HIM BACK by changing your patterns and tendencies, than with a new guy.

If fact, [here is a free digital book I reviewed](#) and believe strongly that it's advice can help you **Win your Ex Back**. (I certainly can identify with it as a man). Or [click here to watch the video](#) by the author and dating coach as he shares tips how to win your ex back.

But either way, I digress.

THESE ARE (SOME) OF THE TENDENCIES YOU WILL NEED TO CHANGE to get a man to chase you with whom you have gone too fast.

***How SHOULD you want him to THINK and FEEL about you?***

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First, there's something more important that I want you to do than concern yourself with how he feels.

I want you to consider how you feel.

This involves that *"prize-to-be-won"* mindset that I mentioned before.

You see, if you want to change how he feels it will involve changing your predictable patterns.

But IF you do NOT change how YOU feel about YOURSELF and your life FIRST then you will only have one technique to rely on to get him to change

**...to FAKE it.**

Yes, if you do not change how YOU feel than you have no other choice but to FAKE that you really have changed your predictable patterns.

Any guess how long that change will last?

Not long at all.

Now, again, this is what I will cover more in detail in a future email or digital download.

But even if I could and did cover it here, I would just overwhelm you.

For now, let's look at the end product...

...how you should want HIM to feel as a result of your change in predictable patterns and tendencies.

Then we will look at how to achieve this objective of changing the way he feels about you in the next section.

**You should want HIM to:**

- **Care about your well-being**, your feelings matter to him because you are his fragile flower and he does not want you to be harmed
- **Wonder if you are going to be available** this week to see him.
- Feel that you do NOT need to spend time with him, you just like to when you're not busy spending your time on your long list of other recreational activities, career events, and activities or with your friends and family.
- **Worry** that **you might get upset** or **lose interest** in him.
- Worry, at least a little, that other men seek your attention and want a chance to take you out
- **Wonder what you're thinking** and if you'll change your mind about wanting him in your life.
- Know that if he messes up and you change your mind about staying with him or even just spending time with him that you will likely be fine. He should feel that **you will be fine either way with or without him.**
- Know that IF he does not **secure time slots in your calendar** to spend time with you that you will easily and quickly fill them up with something else to do AND you will NOT rearrange them.
- He should sense that you enjoy keeping your looks up FOR YOUR OWN SAKE, not his, and that you adhere to a certain desirable style that makes you genuinely happy regardless of what others think of you
- He notices that you use **powerful, positive words** and verbiage to **describe yourself** and that you are happy "in your own skin".
- He feels free to be the best version of himself around you because you like him for who is and that you appear to feel free to be the best version of yourself too around him

I'm willing to bet that ideally speaking that this describes how you'd want your guy (or any guy) to feel.

Sounds a lot different than the first guy I described, right?

With the guy I described right here, you sense that he displays a genuine concern about losing you.

He cares about you, he values you, he wants to see what happens next with you.

He's got both feet in; he's not looking to turn and run.

So, how can we make this happen?

Or at the minimum put ourselves in the best chance for this to happen to you?

Let's look...

***How can we get him to start CHASING YOU? What do I suggest that you do to change your patterns?***

To get a man to chase you instead of the other way around it's quite obvious, don't you think?

Well, I don't mean the exact execution of it, rather the mindset you should seek.

For one, you need to take action that gets him to feel like the second guy described above.

And I'm going to provide you with one of the most valuable suggestions I can give you to ***IMPROVE YOUR LOVE LIFE FOREVER.***

Change from the inside.

That goes back to the crucial need to acquire the **“prize-to-be-won”** attitude.

If you change how you feel then you will benefit from permanent results- not temporary ones.

Because the change will become permanent- not temporary.

You won't have to fake it.

Feeling good with or without a man, with him or without him, whether you wait a few days to see him or in a week, you will be okay.

And by default, as a NATURAL RESULT, he will start to get curious, feel less certain that he can predict your patterns, feel a little more insecure about how much you like him, doubt just a little that you do not like him as much as he thought and above all...

...he will see you as a confident, happy, sexy, prize-to-be-won woman.

That is the GOAL.

If you can achieve that then the advice, I give you next is more likely to work.

Now, let's look at the action steps that will increase your odds that he will chase.

But I am going to take it a step further for you.

Not only will I give you the action step, but I will accompany it with how he is likely to feel and what he is likely to do as a result of the new you.

## **Steps to Take to Change Your Predictable Patterns**

- **FIRST, STOP** being so readily available and accessible. Do not answer his texts right away, say you are busy (SOMETIMES- at least 1 out of 4 times) when he asks you out- tell him you will get

back to him to reschedule. *(He'll stop feeling that you are desperate to hear from him. He'll see AND believe that your time is valuable to you).*

- Guard your schedule. Schedule your life around your activities first, not the other way around. *(If he cares about your feelings then he will work with you to mutually find time when you are available to go out too).*
- Read material that helps you change your mindset (my newsletter, for example) about how to enjoy your life without men. *(This will make it easier to change the way you think about identifying the ideal healthy way to think and by exposing yourself to a regular reminder of that new healthy way to think.)*
- Take up new hobbies to learn a new skill. *(He'll see that you have become more independent and happier on your own. This will give him more personal space which is healthy for any stage of relationships.)*
- Ask your friends out more and tell him you're going out with your girlfriends, especially when it's to places where guys will be present. *(This will further convince him that you can entertain yourself just fine without him. If he knows that you go with a group of female friends to places where guys are this will inflict a little of healthy jealousy into him as he knows men will likely approach you. Warning- do Not make it obvious that you are attempting to make him jealous- this WILL backfire.)*
  - Say "yes" to your friends when they ask you out more often. (This will help your own mindset to make it natural to step outside your comfort zone).
- Make some of your texts NOTICEABLY short- including your replies to his texts. *(You will look less clingy and desperate to him).*



- Get in the habit of ending your conversations first- texts and phone calls. *(You will appear to have other priorities than to sit by the phone and wait for him. He will feel like he is losing predictable control of you. He might even feel that you are losing some interest which he could interpret as a result of his neglect of your needs. In other words, he knows that he will need to change).*
- Either stop bringing him gifts or only bring one small sentimental gift that means something to him personally but just to him, not something that you share together. *(When you bring us gifts on a regular basis it looks like a desperate plea for attention, almost as if you're saying, "Don't you notice how much I think about you and all the nice things I do for you?" It can also feel like a mild form of potential manipulation as we predict you might bring up this regular gift-giving as a way to make us feel guilty for not giving you more attention than we do).*
- Be cordial and positive but LESS expressive. *(Coming across as indifferent makes him feel like he's losing an emotional grip on you which, of course, gives you back some power).*
- Choose the place where you want to go out, if he suggests a place, then say that you are not interested to go there. *(By ONLY going to the places HE wants to go or by doing the things that ONLY HE wants to do can make you look dependent and desperate. It looks like you'll do whatever he wants just to appease him. By suggesting your own ideas, he should feel that you are not completely satisfied with him, which also makes him feel like he's got work harder to satisfy you).*
- Stop asking about the future, not just the distant future, but also the next few months. *(Show him that you are focused on enjoying the present. This will relieve the pressure of forcing him to commit*

*to a relationship, which by the way, he hasn't even shown signs he will continue with you right now, let alone the future.)*

- Stop breaking plans with friends to spend time with him. *(Show him that you have other satisfying options besides spending time with him. Don't just tell him you have a life without him- SHOW him).*
- Don't go out of your way to see him, meet him somewhere in the middle. *(If he wants to spend time with you then this will prove it. Test him, make him sacrifice some comfort to go see you).*
- STOP having sex with him. *(This will be very hard, but this will be the #1 way to see how much he cares about your feelings. This could be, as you know, the ONLY reason he wants you around and you need to find this out).*

At the minimum, taking these steps to change your predictable patterns and tendencies with him will give you the answer about one question you've been asking yourself...

... "Does he want me in his life?"

And if you've already had sex with him, "Is sex the ONLY reason he wants me around?"

So, by taking these suggested steps he will begin to feel like he's losing some control over you emotionally and that you are fine with whatever happens.

Which will lead to only **one of three possible actions** that he will take:

***1) He will keep testing you out to see if your sudden change in attitude towards him is permanent or if you will go back to your old clingy and desperate way of being.***

**2) He will adjust and start to work to earn your affection and approval to make you happy and keep you around.**

**3) He will disappear.**

If he asks why you have changed then you tell him the truth.

But the truth that empowers you, not him.

**“I like you but so far, this is not what I was hoping for. I will continue to do what makes me happy first.”**

Short, sweet and to the point.

If he begins to ask you questions, be careful, this could be a test to see if he can change you back to the way you were.

Do NOT get emotional and long-winded. Speak in sentences that are SHORTER than his (or texts that are shorter than his).

He needs to feel that you are SERIOUS.

Do not let him hit your weak spots that he knows will get you emotional.

Selfish men who do NOT care about your feelings MUST rely on knowing how to masterfully manipulate your emotions. They know what you want to hear.

On the contrary, men who do CARE ABOUT YOU will LISTEN instead of talk and they will change their ways, usually quickly so that they do not lose you.

In summary, you MUST find a way to be happy with yourself and the key to find Mr. Right is to find him, not make him.

Give yourself the best chance to connect with a guy.

Let him go faster, let him chase.

That is the only way to know if he is worth keeping in your life.

Otherwise, he WILL let you down.

Here's a good rule to go by if you want to know if you're going too fast or not...

If you go work harder than he works, if you sacrifice MUCH MORE than he sacrifices to earn your affection and to spend time with you then YOU are going TOO FAST.

SLOW DOWN NOW, TODAY.

Feel free to email me with any questions.

I answer ALL my emails.

Be on the lookout for content in this email series (there are only seven Q and A sessions in this email) for **HOW TO BECOME A HIGH-VALUE WOMAN** that will make you happier (the most important part) and to attract **HIGH-QUALITY, RELATIONSHIP-SEEKING** men.

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