The Mirror Method
The Unlikely Scenario

Everybody usually called him Jacks. His real name was Jacques, but it had just become easier for everybody to change his name to something more memorable. Even the new girl, Alanna, had come up with a nickname for him, only, she had astutely named him “Jackpot”.

He really was, quite the jackpot, to Alanna, in the most expressive way she could think of. He seemed to be the kind of person that would make another feel as though they had hit the “jackpot”, in his presence, because he knew exactly how to lift a person up and see their strengths.

He was a powerful executive, who had personally handpicked Alanna to be recruited from another company. She was a definite asset to the company, and Jacks knew it.

He liked to remind Alanna, of just how lucky he was, to somehow have managed to convince her to come work for his company.

What he didn’t know, though, was that Alanna was secretly and massively lusting over him. That was part of the reason she had accepted his offer. If a smooth talking, attractive guy, hands you the biggest job offer you’ve ever had, with one of the second highest positions in the entire company- you take it. Done deal.

But Alanna, had ulterior motives. Jacks was an eligible bachelor. She was tired of dealing with guys who simply didn’t meet her mark, or who fell short of reaching even just ONE of her standards. She had decided she was going to deal in the big leagues, this time around.

She was going to go in for the kill, with a man who took himself seriously. A man like Jacks, was exactly the kind of guy she had in mind.
She tried to hide her attraction toward him, so as to not make it painfully obvious, but this man was like a slice of fresh paradise.

She couldn’t help but turn every task he gave her, into a secretly dirty situation, in her head. The things she wanted to do to that man, were unthinkable…unspeakable… but more importantly, UNDOABLE!

He was her boss. She kept having to remind herself, how inappropriate it would be for her to entertain those kinds of thoughts. She kept having to stop herself, from wanting to turn everything into her own live and personal sexual fantasy.

She tried to think of Jacks as simply her boss, and nothing else, but each time she tried to change her opinion of him, she only fell for him harder.

He dressed so passionately. Just thinking about it, it was hard for her to imagine those fitted pants and shirts on his body as something she couldn’t touch, couldn’t have… and shouldn’t want.

It was hard for her to not sit and think about how brilliant his smile was, or how he bit his lip ever so slightly, when he would listen to her explain her suggested improvements to the company.

Then suddenly, his intense gaze would turn into one of brilliant enthusiasm, as he’d praise her and thank her for being a life saver.

He made her feel so good. He appreciated her, respected her, and valued her.

Alanna, had never seen a man like this before. He saw her potential. He realized her power, and embraced it.

How could she just ignore this brilliant man, standing right in front of her?

She couldn’t say that he was a boring guy…either. He was hilarious! This was also the least stressful workplace she had ever worked at, because of him and his brilliant attitude. Everybody loved to come to work, because of how easy going, witty, funny, and sarcastic their boss was. He was simply brilliant.

She couldn’t sit and say he was an asshole. She WISHED that she could. For the first time in her life, she was stuck in a position where she didn’t absolutely hate her boss, and she had no reason to either… but she so desperately searched for a way to hate him, as each creeping moment around him made her feel more and more intense.
She had only been there a few weeks. It would look really bad, if the new girl suddenly started dating the boss- ESPECIALLY when she was already getting favors from him. She had the second highest salary, aside from him.

People were already jealous... but she was a hard worker, and she had successfully increased the companies’ profit by tenfold, in just two weeks. More money, meant raises, and bonuses for everyone, not just her.

So, she felt slightly untouchable... but still... how could she entertain an idea like that?

‘No. This.IS.STUPID.’, she thought to herself again, as she secretly and obsessively watched Jacks pace about his office. He was laughing. It was clearly a conference call.

Even his laughter drew her in.

This is a man she wanted to be with. But it was all the wrong timing, the wrong way... everything was wrong, except for him. He was perfect.

At least, until the one day the company almost had a meltdown. Somebody had screwed something huge up, with one of their biggest clients, but by the time it was caught, almost everybody had gone home.

The only two people left, were Alanna, and Jacks.

Knowing that she was the only person capable of truly solving the issue, without a huge loss, Jacks immediately trusted her, to reveal this dilemma to.

“Alanna, I know it’s late, but I need to ask you for a huge favor tonight...”

“Sure, what are we dealing with, Jackpot?”, Alanna had replied, secretly trying to contain her girlish fantasies of being stuck alone, in the office with the man of her dreams.

“Well, it seems our biggest account has suddenly crashed, and the client wants to back out. Somebody entered in the wrong numbers. Let’s put it that way. Do you think you can rework it, and get it running smooth again? If you can, I’m sure I can convince the client to stay on board.”, Jacks explained.

“Oh, silly me. Let me grab the files, so I can show you what I am talking about.”- he said as he quickly ran back to his office to grab one of the largest files Alanna had
ever seen.

It was funny to watch him struggling with this file, as papers flew out and fell everywhere... ‘I guess he’s not perfect after all’, Alanna thought to herself, as she realized he wasn’t the most organized guy.

She quickly got up, to help him pick up the papers. Kneeling down, to help him pick up the mess he had strewn across the floor, in the corner of her eye, she could see him reaching for a paper, right next to her leg.

She suddenly felt his hand slide down her calf, ever so slightly.

Surprised, at the sensation, her body jolted causing her to almost fall over. He quickly grabbed her arm, instincts setting in, to try and prevent her from falling.

He held out his other hand, so she could grab it, and pull herself up. But, as she began to lift herself up, the heel on her right shoe, suddenly broke, causing her to pull on him so hard, as she tried to regain her balance, that they both fell over.

She suddenly found herself lying directly underneath him, pressed underneath his body. Even more strange... was that as they were falling, he had put his hands out, to brace himself for the fall. They landed directly on her chest.

Still underneath him, it felt like time stood still. She quickly sputtered out the only few words she could think of...

“Oh God... Oh. I’m so sorry... are..are you ok?”, she couldn’t even explain what had just happened. She embarrassingly tried to recover from a situation that had now become her worst nightmare.

Suddenly, he burst out laughing, with a snort so hard, that his entire body shook into hers, each time he laughed. She couldn’t help but laugh so hard in return, that she ran out of breath, and her face turned red.

Seeing this, Jacks laughed even harder. This continued for quite a while, until Jacks worriedly said “Sorry, oh, can you breathe? Sorry...this was just, sorry, I don’t normally do this. I’ll get off...”.

As he peeled his body back from hers, she laughed more, and gasped again for air. She felt his hands grab her arms, to help her sit up.
“Did you hit your head? Are you hurt?”, he asked now, in a serious tone.

She couldn’t help but laugh again. She couldn’t explain what had gotten into her, she simply couldn’t stop laughing, and giggling like a little school girl. Tears were rolling down her face now. He had just spent the greater part of at least 10 minutes laughing, on top of her... and was NOW finally asking her if she was ok?

She snorted so hard, thinking about it, that the sudden blast of air caused her to begin choking hard.

Freaked out, all Jacks could think to do was say “Omg... omg... holy s**t, are you ok? Are you ok! ARE YOU OK?”.

She couldn’t say anything, as she coughed harder and harder, trying to clear the air bubble in her esophagus. Shaking her head, she tried to ask for water, and in the hoarsest tone ever, she somehow managed to get out “wha*HAaaaa*Cough*COUGH*ter”.

He quickly ran off to get her a glass of water, as she laid there, still trying to recover her breath. When he returned, she grabbed the cup from him, like a mad woman, gulping down the water so fast, some of it ran down her face, and further down into her blouse.

Breathing heavily, she tried to explain “air caught in throat...couldn’t breathe.”.

“Alanna, I’m... I’m just, so sorry. We should go get you checked out. This case can wait. I didn’t mean to cause all this.”, he insisted.

“No. I’m fine. I just laughed the wrong way. I’m ok now. For real.”, she reassured, in a stern tone.

“I really want to make sure you are O.K. I didn’t mean to knock you over, and just... Are you sure you didn’t hit your head? Are you sure you are alright?”, he asked doubtedly, as he suddenly brushed her hair back away from her face, to check for blood.

“No. I am fine. I didn’t hit my head... really. I didn’t. I was just laughing too hard.”, she explained. “You were also kind of on top of me.” she taunted.

His hand quickly moved away from her face. Clearly he was embarrassed. Him... the great Jackpot. The man himself, who always seemed so poised, and who always knew
what to say, suddenly speechless.

And then it happened.

“Not that I mind you on top of me, though.”, she suddenly admitted.

‘Oh god...no...’, she thought, as she scolded herself shamefully, realizing she had actually just blurted out her dirty little thought. What had she done? How could she have been so stupid. Maybe she did hit her head.

As she sat frozen in fear, she turned to see his reaction, fearing the worst now.

That’s when, it REALLY happened. He kissed her. Keep in mind, this wasn’t just ANY kiss, he had quickly put his arm behind her back, and had pressed his hand in to arch her toward him.

He had quickly placed his other hand behind her neck, to pull her further up toward him, holding her and pulling her into his body, as he suddenly let loose a passionate side she had only dreamed of experiencing.

Next thing she knew, he was ripping her clothes off... not just taking them off... RIPPING them off. She laid there frozen still... only able to lean further into him, and to help him do everything he was about to do to her.

She had day dreamed about this moment for days on end, and now it was finally happening. His touch felt like lightning on her skin. His kisses grew deeper, and more intense. Sensations pulsed through her body, as she found herself suddenly ripping his clothing off too.

Buttons flew everywhere. Zippers screamed in excitement, as they quickly peeled away everything.

It was the most intense and fiery moment she had ever experienced. She found herself gasping for air the entire time, and he, taking her body as if she was a goddess.

When everything was said and done, she had no regrets. “That was AMAZINGGGGG!”, she squealed.

“No, you were!”, he grinned.
She looked at the slump of clothing on the floor, realizing that the moment would have to end. It was already late. The darkness outside lent a serene landscape to everything that had just happened.

Not sure what to say next, she tried to put her clothes back on, realizing that this task was almost as impossible as trying to walk to the sun itself. “I’ll drive you home. You can wear my jacket. It’s long. It will cover everything”, he replied, clearly noticing her dilemma.

“Oh, but... what about you? Your clothes?”, she asked, hesitantly...

“I have my workout clothes in my trunk, just let me run out and grab them, and then you can have my jacket.”, Jacks pointed out.

“Oh. Ok.”. She waited there. Bare naked, in the middle of the floor, for him to come back. It was now starting to feel a little awkward. What had been a fiery passion only a few minutes prior suddenly turned into a strange feeling, an ominous feeling.

What was she supposed to do now? Did she really just sleep with her boss? What did this mean?

She felt him drape his jacket over her body, even taking care to lift her hair up, so it could fall over the jacket. He certainly was a gentleman. He was just brilliant. He was everything she had imagined and more.

The drive home, was mostly silent. They had said everything they could to each other, with their intense actions only a few minutes before. She didn’t want to ruin the moment with all of her “What if’s”, running through her mind.

Luckily, it was a Friday. She had the whole weekend to herself, before she’d have to come back and face him again, and see which direction this sudden event was going to head into.

“Get some rest. You’re going to need it for Monday”, he exclaimed, as he dropped her off.

She couldn’t help but let her fantasies run wild again, imagining that he would take her by storm again on Monday. Why else would he say something like that?

Saturday and Sunday went by slowly. They felt like a traffic jam from hell, as she emotionally tried to work out all of the changes that had suddenly happened in her
life. Her boss had really made out with her. Jacks, had really ripped her clothes off too.

They did it.

Did he have feelings for her too?

She had ran every moment at the office back through her mind, trying to make out if there were any subtle hints he had given off. ‘Maybe he was flirting with me before?’, she wondered.

‘Did he have a crush on me too? Is that why he recruited me?’

So many details now seemed to make sense. He paid her the best. He appreciated her input. He always made sure to compliment her, very carefully too.

She felt lucky, somehow. This was an amazing man... and he had the “hots” for her! HER, of all people!

Anxiety and excitement crept in heavily, as Monday began to approach. She found herself struggling to sleep Sunday night, as she wondered what it would be like Monday morning. It would be her little secret.

Nobody else knew about this. Would she have to hide the relationship? How long would that go on for?

Would she have to quit work, before she could date him?

So many ideas rushed into her mind, about what she might have to do, what it might be like, until finally she found herself so tired, that her thoughts finally slowed down, and let her rest.

The morning approached fast, as she rushed frantically, realizing she had slept in. She was more than 2 hours late to work.

When she finally made it into work, a feeling of shame crept over her body. The glances she received from her coworkers, felt like terrifying barbs of judgments, tangling up with her emotions. Did ... did they know?... she wondered to herself?

No...they couldn’t know.
Realizing that she still had the huge client file to work on, and fix, she made her way over to Jacks’ office. He gestured to her, that he was busy. He was talking on the phone. He wasn’t laughing today.

Did something go wrong, she wondered?

Maybe they should have worked on that file, even though it had gotten late.

When he finally gestured her to come in, his demeanor had changed. Expecting some kind of lecture about Friday night, she braced herself.

“I had the other department deal with the client file over the weekend. It’s all taken care of... so don’t worry. I just got off the phone with the client, they are happy, all is well again. So I guess you are free to go.”, he explained it so chillingly...

Free...to go? She wondered? Was he just going to sit there and completely avoid the elephant in the room?

In an attempt to help prompt a discussion about everything, she foolishly replied: “Are you going to help me do that?”, in a seductive tone.

His usually casual demeanor, suddenly changed to an aggressive one... “Don’t you have work to do?”, he barked.

Was this even the same guy? She slammed the door, as she left his office. Everyone turned in shock, to see that the new girl, had just slammed the boss’s door.

This wasn’t the kind of workplace where people got mad. This wasn’t THAT kind of place. Everyone avoided her for the rest of the day, but she could hear their whispers... wondering what must have happened.

Assuming that she must have screwed something up, in the business, and Jacks had given her crap for it. So many theories flew, each as wrong as the next.

Nobody could have guessed that she actually slept with their boss. Nobody would have ever known, what happened on Friday, right beside where her desk stood.

Determined to try and reach Jacks again, like she had on Friday, she spent the next week relentlessly trying to find a way to bring up the elephant in the room. But she noticed that he began asking others to approach her, so that he wouldn’t have to hand down assignments to her personally.
Suddenly he was out of his office more often, and left work earlier.

He was as hard to reach now, as the idea of peaceful existence for mankind itself.

What was going on? She couldn’t help but wonder, and even grow more upset. He was clearly avoiding her, and now he was just downright being rude.

How could he go from passionately grabbing her body, to suddenly wanting nothing to do with her?

She needed an answer. She had feelings for this guy. She never even got the chance to talk about that. The more she thought about it, the more pressing the issue became.

She began to leave hints, this time ever so subtle, in her reports back to him. She was careful to throw in innuendo, that only he would get, in the reports. He was the only one who ever read them anyway.

She’d watch to see his reaction, from within his office, each time she knew he picked up her reports too.

But still... no results.

Why had he suddenly become so distant and cold?

At least before, he would laugh with her, and joke, and compliment her.

Now all of a sudden, he was as dry and silent as the Dead Sea itself. She decided to try stronger hints. She began to dress as sexily, as possible.

She felt stupid, but she HAD to get his attention. She changed her hairstyle. She wore redder lipstick, higher heels... sure it was unnecessary, for a woman who simply sat at a desk all day long, but it wasn’t exactly out of the ordinary, for people to dress up at this workplace.

Coworkers began to compliment her. Many of the guys began to hit on her pretty strongly.

But Jacks, couldn’t even lend her a simple “hello”, even if she greeted him warmly.
Two weeks had passed now, since that strange encounter, on that Friday night. Alanna was not sure anymore, what to do. She decided she would go in for the kill. It was unfair for him to start something like that, and to leave her hanging.

It was unfair for him to make her feel this way, and to act as if she had done something wrong almost. She felt like he was punishing her.

The once warm and lighthearted workplace had turned grim and strange- even other employees were starting to notice.

Alanna had, had the last straw when one day, another coworker approached her, and accusatorily barked: “I have no idea what went on between you and Jacks, but you need to fix it. Everything was fine before you came here. Perhaps you need to find a new place to work, we’d be much better off, without you.”

Dumbfounded, Alanna had sat there, with the stupidest look on her face, unable to say anything in return. This had come out of nowhere. Was this how everyone felt?

She spent the rest of the day, unable to get much work done, listening to the whispers...feeling the glaring glances from her coworkers. It seemed they all felt that way... even worse, she overheard the male coworkers calling her a tease.

This was it! She wasn’t going to take this crap anymore, she decided. Jacks was going to answer her, once and for all.

She wasn’t THAT kind of girl, to be used and thrown away like that. She didn’t deserve this kind of treatment, especially from strangers... from coworkers!

Barging into his office, she whispered heavily and sternly to him: “If you don’t address this, I will... but if I am the one to address it, everyone is going to know the truth! I deserve better!”

He finally looked at her again... this time right into her eyes. “Close the door...Sit down.” He gestured.

She spent the next half an hour, listening to him explain, his actions that night, his intentions... so many things, FINALLY.

But none of them brought her a feeling of relief or peace. Each explanation after the next, felt like a dagger. First he would explain something nice...he’d say something she wanted to hear, like how he thought she was a beautiful woman, and he found her to
be extremely intelligent, and attractive.

But he had held back his feelings, and tried to be reasonable, because she was after all... his employee, and a new one at that.

He didn’t want to become that “creepy boss” who hits on coworkers, or employees, and he didn’t want his employees to think less of him either, or to get jealous, if they saw him giving her a special treatment.

Those words felt great, to finally hear him admit that he too had those feelings toward her. It was mutual... at least until he finished explaining, in saying that he was not the kind of guy to do one night stands.

One night stands?

She wasn’t a one night stand!

The words broke through all hope, shattering her pride into a million pieces. “So... I was just a one night stand? That’s it?”...she couldn’t help but feel used and betrayed. This was not what she was expecting at all.

“So that’s why you have been avoiding me? You just wanted..what the hell?!” she was angry now. Her voice was raising.

“Listen. Keep it down. Other people can’t find out about this. You could lose your job. I could lose my position...please...try to understand.”, he instructed.

“So... I was just...what was I to you then?”, Alanna was confused now. She didn’t want to admit the truth, she didn’t want to hear it... but she had to know, was she really hearing, what she thought she was?

“No. Look. I am not that kind of guy. I’m sure you’re not that kind of girl. I just. I’m really sorry. Things got really out of hand. I was super stressed, and everything just. It was unexpected. It won’t happen again. Please... I understand if you want to leave, or if you hate me. I can give you a good reference and set you up in a different department, if this is too hard for you.”, he answered.

“This is... just. Wow. I can’t believe I even allowed you near me! I’ve never been treated so poorly, ever! I feel sorry for the next girl”, she cried, and with that, Alanna stormed out of his office, in tears, quickly locking herself into the nearby bathroom.
She couldn’t let the coworkers see how she felt. It would be too obvious then. She felt like it took ages to calm down. Each time she tried to leave the bathroom, more tears rolled down. How could a guy be so cruel and mean?

How could he just use her like that? How could he go from saying he liked who she was, to suddenly not liking her, just because they had sex?

She found herself unable to accept his “excuse”. Was that really how men thought? How was that fair? She didn’t judge him, for his actions like that. What made it even worse… was that she still had feelings for him. She felt like he could still be reached.

She found a glimmer of hope in one of his explanations, where he said “I’m sure you not one of those women either”. No. Alanna, wasn’t.

She did at least believe him, when he explained how he didn’t usually do those kinds of things. It seemed to fit with his personality. He was so well put together… that it shocked her too, when he suddenly leaned in to kiss her, like he had that night.

She had felt like a man like that, was far out of her reach. She felt like she could only dream about that kind of man, but could never have that kind of man to herself. He was confusing her now, because for a short moment, she had him… all to herself… and for a short moment, he wanted her too.

How could something this small… something she didn’t even start… suddenly break everything?

What rule had she broken anyway? What exactly was her crime? Sleeping with the guy?

Alanna wasn’t going to accept that for an answer. She decided she was going to continue to work there, at least until or unless he fired her. Her new plan, was to become so brilliantly amazing at her job, that he would be unable to help but notice her again.

She’d win this guy over again, and prove to him, that she wasn’t simply just a one night stand. She knew deep down inside, that he was a good guy too. Clearly he was clouded by his emotions, but she was going to help set those straight.

She knew exactly what to do. Over the next month and a half, she started using a tactic she had learned about, a tactic called the Mirror Method.
Everything went according to plan. Jacks was suddenly falling for her again, but this time, in a different way. This time, she’d catch him openly flirting with her, in front of everybody.

He even asked her out, at an office party, and people overheard it. She turned him down, to save face, but even that did her justice, because he began to chase her harder than ever. Jacks- the same guy who told her only a few weeks prior, how he simply couldn’t be with her, after everything that had happened... was now almost begging her, to go out with him... to give him a second chance.

Alanna wanted to make sure, Jacks had learned his lesson, and that he was so deeply involved, before she ever said yes, that once she had- he’d never go back to rejecting her ever again.

When she finally had him exactly where she wanted him, only 3 months later... desperate, begging, pleading, unable to sleep even...unable to control his desires, unable to want anybody else. That’s when she finally opened herself up, but this time, only piece by piece.

He was going to EARN her back. He was going to work for it this time. He was ready to work for it too. There was nothing else he wanted this badly, except for her. She had done it.

She had gone from being a one night fling, to this guy... to somebody that he would later want to marry. It was an unlikely scenario indeed, but she finally felt right with the world again, she finally felt like a true woman, in all of her feminine power.

She finally felt in control.
The Rules

So how did Alanna do it? How did she go, from being that one night stand...to the kind of girl, that this guy would be begging just to have a second chance with? Trust me, when I say, I am definitely going to reveal to you, exactly how Alanna got this man, to finally take her seriously, and to see her as more than just a fling, or a one night stand.

In this book I am going to show you exactly how to use the same method that Alanna used,a set of tactics known as the Mirror Method. BUT, before I show you how to do it, it’s essential for you to understand why you should learn this information.

In fact, there are a few simple but very powerful reasons. These very same reasons, are known as the RULES. They are the governing factors in play, that work alongside the Mirror Method, to help make it a powerful resource for women to use.

As you saw with Alanna’s story... the impact of sleeping with a man too soon, can be harsh. If you are guilty of having slept with a man sooner than you should have, or if you have gotten intimate with a man too early on, then you might know all too well, what could happen.

What many women don’t even realize, is that there are a few simple rules, which are always in play, in a situation like this, even BEFORE you have slept with a man.

These rules help to govern the outcome of your relationship, but they also can help you understand why it is important to have a plan in place, so that you can be in control of the outcome.

These rules are important to learn, AND understand, because they become a part of the makeup of the Mirror Method. Furthermore, these rules govern how it is that a man interacts with the women he encounters, from the moment he meets her, to the time he becomes intimate, and until the moment when he either decides if he should stay with her....or break up with her.

When you take the time to learn and understand these 3 rules today, you will begin to see men in an entirely different light. The perspective that you will gain, once you come to understand these rules, will give you the power to begin harnessing everything that the Mirror Method has to offer, in the same empowering and life changing way that Alanna had done, in the story you first read about, in the
beginning.

The thing is, in the beginning, Alanna was making quite a few common mistakes, with her boss. One of the biggest mistakes she made was trying to push him into an outcome, and ultimately scared him off. Her emotional neediness was also very clear to him, even though she appeared to not be over reacting... she was in fact, making the “event” into a HUGE deal.

It doesn’t even matter WHO this man was in relation to her. It doesn’t even matter that this man was her boss. It doesn’t even matter where she met him, or how long she knew him even. What matters most, was how Alanna handled the event, once it had happened. What matters most, is how Alanna handled the situation, once she had slept with the guy.

As you saw in the story, after sleeping with Alanna, Jacks sort of became a prick. He ignored her, and avoided the subject like the plague. He wanted nothing to do with her, and even offered to transfer her somewhere else.

He doesn’t seem like such a nice guy, anymore, after that... and yet, Jacks, is not the bad guy here, in the story. Yes, I know, that sounds strange. He literally just used his employee for a one night stand, how is he not the bad guy here?

Well let me explain....

Jacks really DID like Alanna. He was drawn into her, quite powerfully. A usually calm and collected business professional, was suddenly finding himself falling for this woman.

But the thing is, Jacks wasn’t at this stage, thinking about a heavy and committed future together. No. He was simply thinking about how he felt about Alanna, when he looked at her, and experienced her presence. He hadn’t taken the thought much further in his mind.

Jacks had picked up on clues that Alanna felt attracted to him as well, but he had tried to brush it off...until finally one day he found himself unable to really control his urge, his emotions, and his feelings.

He screwed up, or so it would seem. The thing you have to realize here, is that Jacks had never actually really experienced such an emotional slip before. Never had he ever let himself go that easily, and that deeply into something, so uncontrollably.
Those emotions scared Jacks... so he did what he knew best, he pulled away, and backed away from that.

He wasn’t a jerk by any means, normally, however now he had put himself in a situation where he’d have to confront the idea of dating this woman, or being with this woman- and he had only begun to simply just think about LUSTING after this woman.

It was too soon, for him to actually sit down and imagine a serious relationship. So yes, we could say that Jacks, wasn’t as well put together as he seemed. Emotionally, he was rather immature.

But that’s the thing- lots of guys are this way. They don’t handle their emotions very well, and they don’t plan out their “emotional future” very well either, because of that fact.

As a woman, you might spend a lot of time imagining what will happen in your future, and how you will feel about it, and how you want to feel.

Guys don’t think so far ahead. They struggle to imagine their emotions so vividly, and even when they do, they get freaked out and shut the door. I will explain why this happens further in the report, but for now, understand that Jacks was stuck in that very same situation.

Faced with a decision to make, that he barely even had time to think about what the end result for him would be...he did the only thing he could- he protected himself. He backed away, and began ignoring Alanna.

Meanwhile in Alanna’s world, this guy is beginning to look like the biggest jerk ever. The funny thing is though, Jacks, in this case, hadn’t intended on hurting Alanna, or becoming that guy. He just was NOT ready, for a further commitment.

Now, you might be thinking- what commitment, was he supposed to head into?

Well, Jacks had just shown a great deal of interest in Alanna. He knew, that she might be expecting more now. She might want him to start dating her, exclusively. She might want him to tell everybody at work that they are together.

The thoughts swirled in his head, until he was thinking about marrying her, and then having kids...and suddenly a ton of realities came into his head, each as overwhelming than the next. As a man, he was bound to consider the logical aspect of things...where was this relationship going to end up, if he even started it? She’d probably eventually
want to get married, want kids etc.... was that even what he wanted?

It may sound absurd for a guy to jump to such heavy conclusions, simply because he slept with a girl, but this is EXACTLY the kind of thinking that goes on in many guys’ minds, ESPECIALLY when emotions are brought into the mix.

The minute emotions come into play, especially for a guy, things can be blown way out of proportion. But there’s a rule, which most women don’t know about, that causes men to react this way.

It’s a rule that Alanna didn’t know about either. On her end, she would have NO idea that this is the kind of thinking that goes on in a man’s mind, or that he even EVER considered those realities, just because she slept with him.

What she didn’t realize, was that he felt forced to make a choice, to make a decision. I will get deeper into that, in just a bit, but the problem is that Alanna, didn’t know that-which meant that every single move she made next, only further cemented the PROBLEM.

The problem of course, was that Jacks was now freaked out, and didn’t know what to do. He was making a lot of assumptions....but Alanna began to prove those assumptions true.

She tried to press him into addressing the subject, pretty hard too. She tried to force him, to decide...unknowingly.

The harder she tried to reel him in, the more she noticed he was pushing her further away, even to the point where the entire workplace became miserable, just because of their circumstance.

Now here’s where things got interesting- because Alanna was a smart girl. She knew that Jacks had the capability of being a nice guy. He had proven that before. She felt that this new, pouty, unresponsive character, must be some kind of a wall he is putting up, because something is bothering him, on a deeper level.

She wasn’t sure what exactly it was either, but she knew that she wasn’t going to accept this strange reality, where the guy she slept with and felt attracted to, couldn’t even make eye contact with her.

So she started to do some research. She started reading books, heading online, and going wherever she could to ask all kinds of questions about why it is that men do
this, what causes it, what can she do about it....

And that’s when, she stumbled upon the Mirror Method. The Mirror Method promised to give her the power to completely overrule everything that was going on, and it promised to make this man want her again.

Left without many other options to choose from, because Jacks was now pressuring her to transfer, Alanna had decided that this was a last resort thing, she could try.

Over time she learned about the rules, the same ones I am about to tell you about. Over time she started to implement the steps, the same steps you are going to learn further on... and she noticed a change in Jacks.

Suddenly he was responsive again. Now he wanted to hear what she had to say. He started laughing again, and became comfortable around her again. This time, he directly asked her out on a date.

He asked her again, because she refused. Jacks was now chasing Alanna.

What’s strange about all of it, is that if you were to be able to look at Alanna’s behavior, it wouldn’t seem as though she was doing anything different. Everything would seem as though it’s just happening as it is meant to be.

And yet... it was all happening on purpose. All of this became a part of Alanna’s design, Alanna began to yield a power of Jacks that he would never come to know, she had.

Alanna would then come to overtake Jacks’ emotions and feelings, to such an extent that he began to become unable to think about other women. He sought validation, understanding, appreciation, and recognition through Alanna, and this desire to feel fulfilled through her, only grew with time...until he finally became desperate.

The Mirror Method, worked. Jacks, was at a place, where he could commit to Alanna, be intimate with her, and so much more- without having to feel like he had to run away, or without Jacks feeling like he was trapped.

It’s important to understand though, that Alanna only ever did this successfully... because she first and foremost, learned about WHY it is that men behave this way, and WHY it is that this kind of a thing happens.

As a rule of thumb, remember this:
You cannot solve a problem, if you don’t actually know what the problem is to begin with.

It’s like this... if the power went out at your house, would you turn all the taps on and off, to try and get your power back on? Probably not. But why wouldn’t you turn the taps on and off?

Well, you wouldn’t do that, because you KNOW the problem is the power.

As of right now, though, many women are unfortunately trying to turn the power back on, but are actually turning the taps on and off. That’s because- they don’t know what the problem is yet.

So to know the problem, you have to know what is going on, in the first place, after that; you can begin to solve it. The first steps to learning to solve the problems you might face, if you became intimate with a man too soon, is to learn the rules of the game.

There are 3 simple rules, that once you understand them, you will be able to begin to see exactly what it is that you need to do, to get the results you actually want from a man.

The first rule, in fact, is something that affects how a man reacts to you, EVEN if you’ve slept with him. Many women don’t realize this, but just because you’ve slept with a man, it doesn’t mean you’ve given him everything...in fact...quite the opposite:

   Rule #1: Men Love The Thrill Of The Chase

Imagine that you have achieved every goal you’ve ever set out to reach in your entire lifetime, and you just did it all in one day. How do you think you’d feel?

Well, you’d probably feel so amazing, and limitless, and powerful.

But what would you do next?

Not sure what I mean?

Well, you literally just did EVERYTHING you could ever have dreamed or wished of accomplishing. You did it!
So now what? What’s next after all of that?

That’s the thing... once we have gotten everything we were after, the entire idea becomes a memory, of something that was, and it becomes something we “did”... but ceases to be something we are DOING.

Imagine now, that YOU are a man’s goal. Imagine that intimacy with you, is actually his ultimate goal. But you just suddenly hand him everything in ONE day.

That’s exactly where a man ends up stuck, when a woman does that too, ESPECIALLY when she gives into him sexually too early on. It ends up becoming something he “did”, rather than something he is doing.

He achieved his goal, so now what? That’s it, usually. He moves on, and does other things, after that.

The whole point of a goal, is not just to get to the end result. In fact, most of the enjoyment in attempting to achieve a goal, comes simply during the time it takes to get to that goal. Most of the THRILL, happens in the chase.

When you are chasing after your dreams, and your goals- a lot of your feeling of completion comes not at the end, but at OVERCOMING everything else that you had to, just to get there. The feeling at the end, comes with everything else that happened before you even got to the end goal.

The goal is only appealing, as long as you are STILL trying to get there.

A good example of this, is somebody trying to climb Mount Everest. You hear about people trying to do this the first time. But how many times do you hear about somebody doing it the second, or third, or how about 20th?

Sounds kind of silly, doesn’t it? Yet it’s still the same amazing feat each and every time... it’s just not as special when it is repeated over and over and over. The “thrill” has already been satisfied, anything a person does after that, with the same goal, is simply reliving or recreating what has already happened.

The problem that many women face, when dating a man, is that they don’t actually understand the thrill of the chase.

The thrill of the chase, is EXACTLY the standard many men live by, when it comes to desiring a woman. To a man, the thrill is all about everything that he is aiming for, it’s
about everything that he has to do to get there, all the training, all the trying, all the work etc...

That’s where HE gets his emotional “high”.

A man’s “experience” of a thrill is exactly like Mount Everest too. It’s one huge peak, that a man seeks to climb, and then there’s the “downfall” immediately after.

Basically, the entire journey for him, is everything up until that peak. Everything after the peak, is downward for him, and it slows down after that for him too.

A woman’s job, therefore is to make sure that the man always FEELS as though he is still reaching for that “peak”. It’s her job to never allow him to feel as though he has reached the peak, for when she does, he will instantly feel as though he has accomplished what he set out to do, and then he will begin is descent, because now that mountain has done all it could for him.

But the problem is, that many women don’t understand that, because a woman’s “thrill” does not look, or work much like a mountain. In fact, it works even more deeply.

A typical woman would never feel content simply conquering the mountain and then beginning her descent. Sure, the mountain has done all it could for her, but she will always want MORE from that same arena.

Now that she’s conquered land, she will want to conquer air, as she flies to the highest heights. After she’s done that, she will want to go even higher, into space itself... to the moon. Once she’s on the moon, she will want to head to Jupiter... and it just keeps going and going, and going.

The entire galaxy then, is at her disposal, and each part within is a destination she wants to reach.

A man is a little simpler, because to him, the mountain would be the galaxy. He can find everything within that one mountain, should that mountain want to offer it to him.

But the trouble is, many women offer up a simple hill, to men- and ASSUME it is Mount Everest. You know what you want from the man, but you are not giving him what you think you are, to get the kind of results you are seeking.
You are giving him a little tiny hill. It takes him seconds to overcome that. There’s no thrill in a hill like that.

Removing the thrill, means you REMOVE the man. It’s important then, to always know how to entertain the thrill of the chase, and to keep a man occupied in his purpose, to go after that thrill.

Failure to do so, means you lose him completely. It means he moves on to another piece of land. He moves on to conquer another woman, another journey... because you didn’t show him that you could be his Mount Everest.

That is the power of the thrill of the chase- it’s the difference between getting the man to stay and want more, and feel fulfilled- or having the man leave, and feel disappointed.

A good way to remember this, is the following:

Imagine you are at a park. You see a slide, you see some swings, and you see some other things. But each time you try to use one of them- they won’t let you. The swing, doesn’t swing. The slide, doesn’t let you slide down it.

What use then- is the park?

It looks good, but it doesn’t do its job. You came there for a purpose, but now the park is useless to you.

A man expects from a woman similarly. He expects her to do her job as well. If he’s coming for the thrill, he expects to be given it. When he isn’t, he leaves... just like you’d leave the park, if the park turned out to be lame, and unable to do really do much for you... beyond simply “looking” like a park.

This is why it’s extremely important to learn the tactic in this book, so that you don’t end up as someone who simply didn’t excite or ignite an emotional attachment in the man you are interested in.

The whole idea of the thrill, is an attachment to an idea that he will FEEL amazing, chasing after you, and that he will feel a plethora of emotional stimulation, trying to “catch” you. He LOVES to feel that about you. He NEEDS to feel that about you.

Your job then, is to help him do that. Your job is to learn how to do that, so that you never have to end up stuck in this situation again, where he is losing his ability to
emotionally connect with you, or attach to you, or feel as though you fulfill him.

**Rule #2: The Rule Of Instincts States That A Man’s Most BASIC Primal Urge Is To Spread His Seed**

Each of the sexes has a different job, when it comes to the genetic imperative. What this means, is that you have an instinctual role, in life itself, which you are driven toward.

But the role that a woman would be driven toward, when it comes to primal instinct, is very different than the role that a man is driven toward. So what is the job of a man, or a woman ultimately?

For most people, the answer turns into an idea of spreading and furthering humanity. So let’s just say for right now, that this is both a man and a woman’s job, eventually.

Not all men and women choose to take on this role, but you’d have to admit that this is a pretty common role for men and women, is it not?

We didn’t get to 7 billion people, in the world accidentally. That happened on purpose.

But why do we feel the need to do a job like that? Why do we want that? Have you ever thought about that?

The answer is pretty simple, and there are tons of science theories and research papers to back it up too. So what does it all comes down to?

**Primal instincts.**

Primal instincts are simply the basic motivations that men and women have in their lives. These are SUBCONSCIOUS motivations... which basically means that we don’t have any control over it, it just sort of “happens”. We get a feeling, and then we act on it. Most of the time, we don’t even have a CHOICE to act on it either, it’s something that we have to do, to continue surviving.

Common examples of primal instincts, are our motivations to eat and drink, or to sleep. They serve a deeper purpose, and we cannot IGNORE those instincts either. Those instincts are there to help us further our life. It would be very hard to stop eating, drinking, and sleeping altogether, even if we TRIED to force ourselves NOT to do it, we’d have a very strong drive within us, trying to force us to sleep again, or eat
That is how primal instincts work. They push us in a motivational direction, that would further a purpose that is meant to serve us.

Human beings have one specific primal instinct, however, that we sometimes ignore, or try to suppress. This is the primal instinct to mate. A nicer way to put it, is to say that we have an instinct that motivates us to seek intimacy.

This is the one instinct, though, that separates a man, from a woman- yet it’s the same instinct that ironically, UNITES a man and a woman.

But, the way that it unites a man or a woman, DEPENDS on a woman’s understanding of this instinct. That is why it is important to know this rule. The rule is simple: a man’s basic primal urge, when it comes to intimacy, is to spread his seed.

It sounds barbaric, I know. But we are talking about the most BASIC urge that a man could possibly have, when it comes to intimacy. Obviously, and thankfully, men are a bit more layered and expansive than this... they however, are not OUTSIDE of this rule.

Just as you are not outside of your primal instinct to breathe. Just as an exercise- try to see how long you can hold your breath. Eventually, you will notice, that your body will force you to start breathing again, regardless of what you ACTUALLY want to have happen... your body OVERTAKES your conscious mind, in lieu of your primal instinct.

The same applies to men. You could have a very well put together man, but deep underneath him lies a very powerful primal urge- regardless of how he FEELS or what he WANTS this urge, is capable of overtaking him, and driving him in a direction even he never thought was possible.

Why do women need to know about this urge, exactly? The reason it’s important for you to learn about a man’s desire to spread his seed is simple: your job is to secure him, to want to ONLY do that with you.

But the problem is this:

A man’s natural urge, tells him NOT to. His urge, actually tells him to do that with many women, and to go out and spread his seed all over.

Why does his urge tell him that? Why would men even have such a grotesque
sounding urge? What about the men who settle down and marry?

All of these questions can be answered. But, to understand how this works, you first have to understand your own primal instincts, as a woman. The drive within you, to seek intimacy, is a bit more intricate, than the drive a man has- and yet both men and women, are after intimacy.

The difference lies, in the KIND of intimacy.

What you are after, as a woman, when it comes to intimacy, is quality. You want love. You want to feel security. You want to have everything line up a certain way, so that you can FEEL security as well. That’s where the quality comes into place.

Quality means, that you can’t just let any guy stroll in, and come into your life. That same primal urge, encourages you to be very picky or choosy in the kind of partner you pick, so as to SECURE your future. You can’t just pick ANY guy...you have to pick THE guy. This would be the one with the best genes, the best traits, the best attitude etc... to pass those traits on, through a family.

A woman’s maternal primal instinct, at its most basic stage, is to therefore ensure QUALITY. Her role, and her job then becomes to ensure the quality, in all that she does.

Your instinctual job, without thinking too hard, is take on a maternal role. All women have a primal urge, that motivates them to take on nurturing roles. We call this the “maternal instinct”. The maternal instinct is all about quality too.

Mothers worry heavily about the if their kids are healthy, if they are growing ok, if they are learning – all of this ties right back into quality, and love.

You may not be a mother right now. You might not even be planning on having kids, but this is an instinct that is within you, and in fact it is in use right now. You actually are mothering yourself as you read this.

In your daily life, you spend a great deal of time using your maternal instinct, to take care of yourself, to make sure you are safe, to help keep yourself feeling loved etc.... where do you think that drive comes from, to feel the need to be loved? What about the need to feel safe? Etc...

It comes from your maternal instinct.
Women learn how to nurture and take care of themselves from their own parents, and specifically from their mother figures. Women instinctually take on this role, and then they instinctually pass on that role, as well.

Sounds a little scary now, doesn’t it... to have something like this working in the background this entire time, without you even noticing it?

The most profound example of this primal instinct, in women, is something known as a “biological clock”. This is a phenomenon; many women describe experiencing, which causes them to suddenly feel like they need to start a family. Why do women go through that?

It’s the “instincts” kicking in again. Your instincts, tell you, that you need to be securing your future through a family. Your instincts, as a woman, will guide you and motivate you to be careful in the partner you pick.

Your instincts will tell you to care deeply about the idea of love, because love is a part of securing the future of your family. You will need love, later on, to help mature your family, and keep your family going. Love is a part of your nurturing role. Your nurturing role, is what helps your entire family live out their life, properly, as you care for them. It helps them feel safe and secure in this world too.

That is the ultimate goal that women are pushed to, when their primal drive kicks in. Many women have described feeling as though they couldn’t even stop or ignore that urge, once it kicked in.

Sure it can happen differently for each woman, but the basic principal remains the same: women have an instinct that pushes them to seek quality, and love, as a way to fulfill their primal drive for intimacy.

It’s important to learn about your own instincts, and your own core drives, because the biggest two mistakes I have seen women make- is their attempt to:

1. **First, ignore that this reality exists, and try to fight it.**

2. **To secondly, assume that men feel this EXACT same urge, in the EXACT same way that women do.**

I am here to set the record straight, very clearly.

Men do NOT experience their primal urge and drive toward intimacy, the same way
that women do. But that’s because their drive, motivates them DIFFERENTLY.

As you just learned, your drive, is motivating you toward love, and quality. Your drive is telling you to be picky in choosing a mate, and to be careful, because you need to have security in your life.

That’s normal for you, as a woman. That is acceptable. Embrace that.

But men, do not feel this drive.

Many women make the mistake of trying to treat men as if they DO feel this exact same drive. Even if a man is sitting there telling you that he wants to start a family, and be a father- do NOT be fooled. His idea of a family, is completely DIFFERENT.

Intimacy may unite a man and woman- but know today, that a man’s role and a woman’s role when it comes to intimacy are two different things.

A man’s role when it comes to intimacy, looks, sounds, and IS, more like this:

1. Sex, and
2. Quantity.

A man is NOT looking for love, instinctually. He is not worried about quality either. Instead, he is looking for sex, and quantity.

When it comes to the “sex” aspect of things, there is a simple explanation, as to why men would seek out sex, instead of love:

Testosterone.

Your libido, regardless of whether you are a man or a woman, is believed to be affected by the level of testosterone in your body.

Men, naturally, have a high level of testosterone. Women have a much lower level of testosterone, because they have another hormone: estrogen, that is more predominant.

Testosterone, however, has a use in both men and women, in helping to form and trigger one’s sex drive. A man, therefore, is driven intensely to desire “sex”… before
he’s even thought heavily about the topic, the drive is already there.

It’s instinctual, built into his D.N.A. quite literally.

We’ve covered the reasons why women would value intimacy. Through intimacy, women can find love, and security, and can build a family- so long as they are picky, when it comes to the man they are intimate with.

If men aren’t after love and security, what do they need sex and intimacy for?

It’s the same primal urge, women have, which has the ultimate purpose of furthering humanity. But the way a man does it, is different.

A woman, has to be careful in picking whom she is intimate with, because of the investment she has to make, if she were to form a family. It’s a huge investment of 9 months... each and every single time. Her maternal drive, does not just happen overnight.

A man, doesn’t have that drive. He is never stuck with worrying about the next 9 months. It is not going to happen to his body, or in his body. He is never going to be able to feel that maternal instinct, because of this fact. He is never going to sit and feel about love, in the same way, instinctually.

He will instead, feel paternal. The paternal role is simply to procreate. Which again, comes back to a man spreading his seed. That is HIS job, is to give the woman, the ability to fulfill her role. She then takes over, from there, in caring for, nurturing, and loving the child.

That is why men don’t feel the same- because their role does not dictate them, to be as directly involve in this process as women are. A man’s job then, becomes simply to spread his seed. To increase his lineage. This is where QUANTITY comes into play. The “numbers game” for a guy, instinctually.

He does not, naturally want to attach to ONLY one woman, therefore, because of this. Attaching to one woman, means DECREASING his chances of more offspring, and of ensuring his genes pass on more extensively.

A woman needs only ONE man to accomplish her maternal instinct, and to raise up a family. She ONLY needs one man, because her maternal instinct also instructs her in caring for this family, until she dies. She ensures that humanity continues, by carefully securing, nurturing, caring for, and loving her family.
Men, on the other hand, are not built so craftily. They don’t have that instinct sitting there, to help them take their lineage from start to finish. That’s why they have to deal in quantity—instead of quality. That’s why they have the urge to spread their seed all over. That’s why they go after many women.

To help illustrate how this works, think about this:

What happens when you plant a seed? Something grows from it, right? Well, hopefully something grows from it.

If you are a guy, you are living in that “hopefully” kind of a realm.

A guy would look at it more like this: throw as many seeds on the ground as possible. A tree is bound to grow!

It sounds stupid, but that is the male instinct, when it comes to intimacy. It’s really just that basic, and that primitive.

Luckily for men, there are women out there, who are a tad bit smarter, because women would be sitting here going nuts just over the idea of something “hopefully” growing. Many women wouldn’t even accept that idea—instead they’d come in and make sure that something happened.

A woman will look at it more like this: find the most fertile soil, put the seed in, cover it, nurture it, care for it, water it, and watch it come to life. Quality.

She doesn’t need 10,000 seeds then, to accomplish the same goal, because she knows she is going to spend the time to take care of it, and nurture it.

Guys... well... they are not so nurturing, so they throw a ton of seeds all over the place, and that’s how their instinct drives them. Quantity.

This may sound stupid, and it even makes guys sound gross... but there’s something within this entire reality, that once you have it at your disposal, you will be able to get everything you want from a guy.

Because guys are stuck in a realm of wanting to spread their seed, and they are dealing with a “quantitative” internal instinct, it can be VERY hard, to get a guy to feel like he should commit to ONE woman.
I’m sure you’ve noticed by now, that men can be frustrating when it comes to commitment, and many run away from it, as if it were a plague.

The very reason men AVOID commitment, is because of this instinct. They have a drive telling them to go out, and be with many women, and basically all this instinct is really telling them to do is this:

Don’t settle.

Your instinct is also telling you to do the same, but with a catch:

Don’t settle...for less.

If you broke down both instincts at the end of the day, for a man and woman- a woman’s instincts are telling her to never settle for less. They are guiding her to be picky when she chooses a mate, and to seek security.

They tell her to secure a man, and a family. Her instincts don’t feel that a bunch of different low quality guys are going to get her what she wants, they are encouraging her to find THE one, to get everything from. They are encouraging her to seek stability.

A man’s instincts, are guiding him, to not settle. They tell him to go out and be with “many”, because his instincts aren’t sure if there is simply one woman, who alone can fulfill every one of his basic instincts and desires.

That’s basically all it means, at the end of the day.

So are you going to be THAT woman, who can make him feel like he can get EVERYTHING from you, and that you can fulfill all of his desires?

Or are you going to trigger his instincts to make him feel like you are just one of the “quantity” women- one of those things that he simply notices for a while, but passes by, in lieu of another chance with another woman?

Where I am going with this is simple: it’s imperative that you learn how to get past this instinct in men, because if you don’t- he will always be forced to see you as something he cannot commit to, and something that he shouldn’t settle down with.

He will literally be AFRAID of you, because his instincts will be screaming at him to move on, and find another woman. He will not feel like you can fulfill everything for
Men cannot always control those instincts. Sooner or later they kick in full force, especially if a woman is giving him reasons to listen to those instincts, by making simple mistakes, or doing things that early on tell him that he should be viewing her as a part of his “spread the seed” urge.

Thankfully men are MORE complex than this. What is good about men, is that this urge can be tailored. This instinct is not there to turn men into gross and pathetic pigs who only use women for sex. It’s simply there to prevent men from ending up stuck with a woman, who doesn’t fulfill their desires.

It’s a protective mechanism, just as your maternal instincts, are there to protect you and your future goals.

It is possible to convince a man to choose only ONE woman, and for him to feel as though that one woman is EVERY woman. What this means, is that it’s possible for you to convince a man, whole-heartedly, that within you, is every single woman he could ever need, want or desire… and thus he would never have to feel like he needs to go out, or be anywhere else.

If he feels like his desires and instincts can be fulfilled through you, then he won’t stray, and his desire for “quantity” will be more than fulfilled too, because you will be giving him more than he could have ever desired.

That is why it’s important to learn the tactic I am about to share with you, in this book. That’s why it’s also important to understand what it is, that intimacy even is to a man, and how he is affected by it.

Understanding that, is the first step to regaining your power and ability to get the results you want.

**Rule #3: Sex Does NOT Mean Commitment**

Most of the fun, for a man, is in all of the things he has to do, just to get to the end goal. Once he’s reached the end goal, however, he will want to move on to other things.
For a woman, the final destination, might involve, eventually marrying that man... ultimately.

But for a man, the final destination, many times, can simply be...sex.

It sounds foreign and strange to many women, to hear that a man can actually have “sex” as a final destination, and to learn that a man’s version of “more”, is completely different than a woman’s.

If a woman wants more, from a man, it usually involves commitment. If a man wants more from a woman, it usually involves, successfully getting into her pants, in the first place.

It is important to understand the difference then, in thinking. How men view sex, is not the same as how a woman views it.

A woman views it as a sealing bond, which ties a man to her, more intimately, and more committedly.

A man however, views sex, as something that can be done REGARDLESS of commitment, or any ties. It is something that if given to him, before he agrees to any commitment or before he ties himself down with a woman by getting into a relationship, he will not see it as a “sealing bond”, but rather as a bond breaker.

To him, if you give him sex too early, or if you give into him before he personally makes the move for any type of commitment... this means, in his mind, that no sealing bond is required. Men are aware that women LOVE sealing bonds.

Men are aware that women want to corner a guy, and make him commit to her, and only her. Yes, I said “corner”, because that’s how it feels to them.

Sex, however, does not feel that way to them. Sex, instead, feels more open, more free, and less committed. This is especially true, if you give in to a man early on, or if you give in to his sexual urges, before he’s even personally agreed to be committed to you in any way.

Sex to a man, simply put, does not mean commitment.

To give you an image of how this works- imagine a park. You go to this park, and swing on the swings, slide down the slide. You have fun. It’s great.
Does that mean that you can ONLY come back to this park, ever again, and can go to no other parks?

No. Of course not. That just sounds absurd.

What would have to happen, though, for you to only want to come back to this ONE park?

It would have to MEAN something to you. It would have to become sentimental, and reach you on a deeper level, in order for you to even feel an attachment or commitment to this park. It would have to do something for you, that made you feel a certain way- that nowhere else could replicate.

It would have to be able to outdo all amusement parks, fairs, and any other places that have rides... and it’s possible to happen. But it can ONLY happen, if the park first, gives you a reason to feel that way about it. It can ONLY happen if you are given a reason to feel this park is important to you, and to feel that this park means something beyond simply just being a park that you once went on the slides, or sat on the swing in.

That’s exactly what has to happen in a man’s field of vision as well, when it comes to women. He might go play at the park, and ride the rides... but something magical has to happen, in order for him to simply commit to one park alone. Something powerful has to occur, to make him DECIDE that he only wants to come back to ONE park, and only wants what ONE park has to offer... and that would be, because it would emotionally fulfill him, in a way that no other place could.

That’s something that you, as a woman, can learn how to do. Other women have done it, and it’s something that men are open to, it’s just that there is a certain formula you have to follow, to achieve that kind of result, so that you don’t become that slide, he only rid once, and then moved onto another park.

This is why it’s important to learn the Mirror Method, that I am going to lay out in this book. Without learning this method, you are leaving yourself vulnerable to never learning how to actually make a man want to feel committed to you, especially once you have been intimate with him.

You want this guy, to want to be exclusive with you, as the end result. In order to get that result, you have to learn what to do, to achieve it, and this tactic is going to show
you that.

So what exactly is it, that you are going to learn? What is involved?

Because of how the 3 rules work, there is something that happens after a woman has sex with a man, that can cause a man to push her away- instead of draw her in. Even if he genuinely likes you, the reaction you have after getting intimate with a man, tells him whether he should entertain that idea anymore, of if it was a mistake.

Naturally, you don’t want to become a “mistake”, and even hearing the idea that you COULD become a mistake, is scary sounding, isn’t it?

Most women don’t realize this, but they naturally become a little needy, after sex. The rules I described earlier help to explain this behavior... because again, your job as a woman, is to “secure” a man. It’s your ultimate desire.

As per the rules, women view sex as a bonding act, in which they begin to feel that they have begun to secure the man. Sex to a woman, again as pointed out in rule #2, is the act of furthering commitment, and to some women, it’s even seen as the ULTIMATE act of commitment.

Thus, it’s a BIG deal to woman... and almost every woman, will show in one way or another just how big of a deal, it is, immediately following sex or intimacy with a man.

She may start freaking out- and worrying if the guy still likes her. She might try to impress the guy further, by fixing her hair up, or trying to look “okay” again, so that he feels comfortable. She might wonder if he liked it, and how it made him feel.

So many thoughts all surrounding the same idea, will pop into a woman’s head, and so many feelings all surrounding that same idea, will also come alive.

Here’s the deal though....

If a man can see you turning this ONE time of intimacy with him, into a big deal- that’s when HE’S going to start freaking out too.

Remember the 3 rules- it’s his job to ensure that he doesn’t end up stuck and caged in with a woman who he feels is draining or with a woman who wants to cut him off from his sense of freedom as a man. That’s how he’s going to feel, if you start thinking about commitment, and “sealing” the relationship.
That’s how he’s going to feel, if you start pressing him for a deeper commitment, or to talk more about what it all means now that you’ve gotten intimate etc...

He’s going to have no choice, then, but to feel like he needs to run for the hills. He was in this to get intimate, and to see where it was going to head...but he wasn’t in this to suddenly feel like you want to get married and have kids, and who knows what else.

It sounds absurd...you just met the guy too, possibly. Why would he be jumping to such heavy conclusions?

That’s exactly what guys do...especially when they haven’t been given enough time to properly come to a realization.

When you pressure a guy- the result is he feels like he needs to make a decision...to stay, or to go.

You NEVER want the guy to feel like he is pressured to make the decision. What you ULTIMATELY want is for him to DECIDE that he should make a decision on his own, and you want him to FEEL like he is making that choice all on his own too.

It’s like this- would you want to have to force a guy to marry you..

Or would you rather have him feel so intensely, on his own, that he loves you, and to know SOLIDLY that he wants to spend his life with you, and to feel strongly that this is the right thing to do....all on his own?

Obviously one reality has a lot more quality than the other, and one reality will yield the results you want, the other will not.

It’s the same concept here.

You don’t want to push a guy to feel like he has to make a choice.

Getting needy or freakishly clingy after intimacy, whether with your words, your actions, or your reactions- is going to signal to a guy that he has to make a choice about you now.

It’s too soon for him to be making any choices...which means the only choice he has to make, is to run, then.
So what’s the solution?

**Introducing: The Mirror Method.**

So what is this method, exactly?

The big idea here, is simple. I want you to imagine a mirror. As you look into the mirror, you see that everything within the glass is reflected back, mimicking everything you do. If you move your arm to the left, the image in the mirror follows.

Mirrors reflect back the reality they perceive...only...there’s one catch. Mirrors ALWAYS reverse the image they send back to you.

You might not have been aware, or realized it, but every image in a mirror is actually reversed.

It's the "Mirror Method".

Why?

When you look into a mirror, your reflection comes back, always reversed.

What does this have to do with everything else? Well a lot, actually.

Men, are a lot like that mirror. When paired with a woman, in front of them, they will mimic and reflect back, what they “perceive”...EXACTLY like a mirror does.

This means, that he even REVERSES what he sees, and reflects that back to you...just like a mirror.

So what does this mean?

When you react one way, the man reflects back to you, a reverse reaction to what you are doing.

Just like a mirror- he mimics what you do, reacts to what you do....only in reverse mode, to return to you, something that he feels can match what you are showing him.

So if you are acting clingy....what will he do?

He will reverse that action, and return to you, with a reaction of distancing himself.
If you are acting needy, he will return back to you, with a reaction of pulling away.

All of this is simply mimicking what you do...even if it doesn’t seem that way, that’s exactly what is going on. He’s reflecting based on the “images” you are giving him.

A lot of women might not realize this, but a man is actually secretly watching and observing a woman after sex, to see what she is going to do.

A man WILL scan your reactions, after he has had sex with you. Yes, he will literally sit there, and secretly TEST you, to see what you will do.

In fact, he expects you to have a certain reaction. He expects you to get oddly needy.

He is waiting to see if this will happen, so that he can know if he should distance himself or not. He is counting on you, to make your move first, so that he can see what his reaction should be.

He is waiting to mimic you, and reflect back to you, based on what you choose to show him next.

What this ultimately means, is that it’s your job to stay calm, cool, and collected, after you become intimate with a guy.

You are not allowed to freak out, or become needy, or show that you are extremely doubtful, or emotional etc...

The whole problem actually starts, not with having had sex, but rather your REACTION after everything has happened. Men KNOW that women might become needy. They expect it even.

To you, sex means “sealing the deal”, and some men are aware that women might see this as an act of furthering a relationship. But let’s put it this way:

Just because a man knows that women might become needy, does not mean that he accepts that PERSONALLY.

Again, his job is to make sure that he doesn’t get tied down with the wrong woman.

His job is to make sure that he remains free, because his primal drive is telling him to spread out, and span out, and to “not settle” with just “one” woman... especially this
early on.

Understand this, that no guy in their reasonable mind would come to the conclusion of this, just because they had sex:

“Yes, I absolutely want to marry you, and spend the rest of my life with you, just because I had sex with you. I now know that you are the perfect woman for me, and that I will never find another human being this brilliant, amazing, or beautiful…”

Why wouldn’t he be able to feel that way, after choosing to get intimate with you? He needs MORE from you, first, before he could ever reasonably come to believe, feel, or even say something like that to you…and mean it.

Now you might be thinking...wait a minute here...you just said guys know that women are this way. So if this is how women are, why don’t men just accept that?

If women are needy after sex, and men know it, why don’t they just deal with it, and move on?

Ah, you see, this is why I spoke about the 3 rules earlier, and explained one of them quite in depth.

Rule #2, causes a man to be very CAREFUL in whom he commits to, and any sign of a woman becoming needy, is going to make a man feel like he is being forced to make a decision. It’s going to push him to feel like he has to THINK about being with her forever or not at all....RIGHT THEN and there.

Yes, literally, a man will think this way. The problem here, is that it’s too soon for him to even be jumping to any conclusions, or making a decision like that. You slept with him...now he’s worried about when you’re going to pressure him into more and more commitment.

He’s thinking and fearing the worst, he’s thinking gee this girl must be desperate to get married. He’s thinking gee, she clearly wants a guy in her life... but he’s not sure if HE’s that guy. In fact, he’d rather not even deal with that thought, and thus he pulls away.

That’s exactly when you’ve lost him...probably for good too.

I know it sounds absurd for a guy to head to such extremes, and jump to such heavy conclusions simply based on sex- but on the same token, a woman views sex as a
committed act. She views it as a man further cementing his presence in her life.

Men know this....and women do a great job of rubbing that fact in, and freaking guys out, immediately after sex, by becoming needy, and changing their whole outlook.

Suddenly this bubbly fun girl, is extremely serious, and wanting commitment, and answers to questions that he wasn’t even remotely ready to answer.

Suddenly, things have changed. But to a man, this is not a good change. This is a FREAKY change. He just wanted to feel comfortable around you, and he was trying to open himself up to you, but now you’re opening up things in him that scare the crap out of him, quite literally.

He will feel miserable then, and will shut you out, and become cold toward you, because of it. If he has to choose between feeling good, or feeling weird/strange/pressured... he’s definitely going to choose to try and feel good.

Once you set in on him, like a lion chasing down its prey, to eat...he’s going to run away. He has no choice. You made him “choose” to run....by causing an inferno reaction in him.

This is what happens, when a woman is NOT using the Mirror Method. She usually freaks the guy out.... and you might not even be trying to do that on purpose, but your reactions afterward, are telling him a story, that he doesn’t want to be a part of.

The whole idea of this method, is that instead of freaking out and worrying if this guy will still like you and want you, now that you did the “deed”- you do the opposite. What you do, is simply maintain a calm, cool, and collected attitude.

You keep it together, just as you had done, before you even got intimate.

You don’t start expecting more. You don’t even SHOW that you want more.

The guy isn’t stupid. He knows you want more. Even he would LIKE to want more from you.

You just have to bring that out of him.

As I said earlier, it is possible to make a guy want ONLY you- even with the 3 rules I mentioned earlier in place. It is possible to get a guy to a stage, where he feels like you can fulfill each and every one of his needs, desires, and wants in life, and thus he
will stay with you, and not need any other women.

The pathway to that kind of result, is this method.

When you back away from reacting immediately, and when you maintain a level of confidence and collectivity- EVEN after something as intense as getting intimate with a guy- you allow something amazing to happen.

You give a man, the room to realize, on his own, just how brilliant you are. You give him the space to come to that conclusion...

1. Without any of his worst nightmares or fears being triggered....

2. Without him feeling like he is being pressured to decide, before even HE knows how he feels about you.

3. Without him having to feel stuck, or caged in, because of a new relationship.

4. And, more importantly, without him having to feel like anything is being compromised, but rather that everything is IMPROVING for him, and that everything is becoming easier, nicer, and better....ESPECIALLY since you came around.

The whole point of this method, is simply not to go “weird” on him, or become “strange” simply because he got intimate. He doesn’t want to have to feel like that is a mistake. He doesn’t want things to get intense or really odd, just because he finally got intimate with you.

So how do you...make things seem normal, and great, after having sex?

Simple: you act as if nothing has really changed.

How do you do that?

You simply don’t react.

Even if inside you are burning up, and want to desperately start discussing the future, and everything else on your mind- you hold that in. There WILL be a time where you can talk about those things, but this is NOT the time.

You have to EARN that from him, and trust me, he WILL ask you about how you feel about those things...a man WILL open up to you, and ask you all of those things
himself, actually, as long as you give him some room.

If you don’t, and take the lead, and take charge instead…. fearing that things are not going to head in the direction that you need them to… what will happen is he will see that you are trying to be controlling.

He will take that as a sign that you are overbearing and alarm bells will ring in his head. He will have no choice but to lose interest in being with you.

When you choose not to react, and you still have control, even though it doesn’t seem that way, of every situation. You still hold all of the power, in your hands, and a positive outcome of the situation, is still in your grasp as well.

It might not feel that way, but understand this very important thing:

Bad advice will ALWAYS be EXACTLY what you want to hear. It will make you “feel good” in the moment. It will sound like the kind of thing you want.

You WANT to be able to talk to your guy, about intimacy, and the relationship, and you want to know if he is going to stay with you after getting intimate. You WANT that.

Bad advice at this stage, would be to directly go and try to get that information, and to push him to deliver on his end….because of how you feel.

That’s bad advice, because the result, will be that he will get freaked out, and will find you overbearing.

It’s what you wanted to hear, but it’s not what you need to be doing.

Good advice will ALWAYS be EXACTLY what you DON’T want to hear. It will not make you feel good in the moment. It will not even sound like the kind of thing you want.

But it will make you feel good, in the future, and the results will be the most powerful you’ve ever gotten.

Good advice, will guide you to rethink, and redo everything, so that by the time you are done, you don’t ever have to go back to that problem ever again. That is why good advice sounds strange… because it is challenging everything you thought you knew, and it is asking you to step outside of your comfort zone.

The advice you are being given here, is doing just that too. It is challenging your
current beliefs, and it is asking you to step outside of your comfort zone.

But it is doing that, so that you don’t have to be burnt, or hurt badly in the future by men, who leave you after they have slept with you because they become afraid of you, or feel you are too clingy.

I am saying this, because telling you to do NOTHING, and to remain calm - will probably sound like the wrong thing to do.

You will have fears of him leaving you, thinking that he might not think you are serious, if you don’t directly tell him. So you are a bit vulnerable, and at his mercy, after sex, because of this fact... because you NEED him to feel and think a certain way, now that you have given in to him like this.

Ah, but think again, a man does not judge you by your words alone...except to think about how that is going to affect him.

So if you were to take the time to tell him just how serious you are, immediately after sex, because you want him to understand that you are really into him, and want things to move forward from there even....

He’s going to have to think about how that affects him, and chances are, he’s not going to be too happy about the idea of it... because it means you are asking him to ultimately commit more to you, just because you had sex.

But that’s not the only thing he’s looking at. He also looks at what you are doing, and in fact, he looks more at how you react, and what you choose to take action toward. Remember, he is like a mirror, he’s going to reflect back to you, based on what you are giving him.

So if your reaction after getting intimate is to immediately press him, or feel like you need to “secure” and tie him down even further right away, he’s going to see that as an action of desperation, and neediness. He’s stuck then, with a decision to push away, for his own safety, because rule #2, is telling him not to settle.

Men are logical beings. They take a logical approach to thinking, and even feeling. This is why their decisions can be very quick and abrupt, and it often seems difficult to change their mind after the fact... that’s because they don’t come to conclusions based on their emotions alone.

Men don’t simply say “Oh, I feel ____ about that”, and then make their decision just
based off of a feeling. They have other governing factors, like rational logic, coming into the mix, that help them work out the long term reality of something, before they make a decision. They decide then, not only based on how something will make them feel, but also based on whether or not it’s going to benefit them, or further their purpose etc...

Even if a man is JUST sleeping with you, and isn’t committed yet, he is still chasing after the fulfillment of a purpose. That purpose is to get what he wants from you.

The concern, comes, in the part where a guy has gotten what he wants. What does he do then?

More importantly: what’s stopping this guy, from leaving you then, now that he’s gotten what he wanted?

That’s the thing; guys are always looking for that woman who can give them more. Sure, their programming is going to tell them not to settle, but ideally, it’d make it a lot easier for them, if one woman could simply deliver everything they were after in the first place.

Trust me when I say, it’s disappointing for men to feel like they can never find everything they want in one person, and to have to feel like they have to go all over, just to feel fulfilled.

So keeping in mind that a guy is testing you, after you’ve gotten intimate...the solution, then, is to NOT do what he’d usually be expecting.

You catch him off guard now. You act a little distant, aloof, and even COLD.

What happens when you do this, is you go from being at his mercy, to now having him at your mercy.

Now he has no idea what you are thinking, or feeling. He incorrectly assumed that you must be feeling needy, and would cling to him.

Suddenly, he is intrigued, confused, and more interested in you, than he was when he finally got you into bed. You have shocked him, but in a good way. He might not immediately show it, but his emotions will be all over the place now.

You have triggered a curiosity in him, that he now needs to feed. Coming back to rule #1- men love the thrill of the chase. You have just given him something else to chase
after.

You haven’t closed the book, or written the final chapter. But instead, you have introduced a whole new chapter, just when he might have had the power to end the book, you suddenly wrote in another page, and another idea, that he needs to discover.

You have just introduced a whole new “chase” for him. This chase is a more intriguing and powerful chase, because now you are breaking expectations, you are breaking stereotypes, and you are breaking everything he thought he possibly could have known about you.

You have officially broken all assumptions at this stage. He now has to start over from square one, and get to know you again. He thought he had just done that, but now you’ve made him second guess himself, and you’ve even made him doubt himself... but all to your benefit.

Everything he feels now, is in your favor. Everything he does from this point on is to your benefit.

In a moment where he could potentially feel awkward too, especially if you had gotten clingy, you are now making him feel comfortable. This is a new and strange feeling to him...you didn’t make things weird. You didn’t turn this into some kind of dramatic and needy gong-show.

No...

He could let his guard down around you. He could get comfortable around you.

This is strange to him. No other woman would have done this for him, and allowed him to simply “be”, without pressuring him, or questioning him, or pushing him toward something just because he got intimate.

The funny thing is, he feels a push now, to want more. He is feeling a push now to see where this is going to head. Now he wants everything you want...just because of one simple reaction.

He will chase you harder than ever now.... Because wherein before YOU would be the one wondering if he would stay, now that you did the deed- HE is now wondering, if you still want to be with him.
You’re not acting clingy. You’re not showing signs of deeper desire.

You’re simply acting normal, and even slightly unimpressed. Now he needs to PROVE that he is desirable, and useful to you.

Rule #3 stated that sex does not mean commitment. But what does lead to commitment then?

How you REACT to sex, is what determines his ability to commit or not. Sex was simply the primal urge talking, from rule #2. If you want something above and beyond the “rules” that drive a man, then you need to do something above and beyond the “rules”, to get him to step outside of this reality.

This Mirror method is exactly the kind of “above and beyond” tactic you are looking for, and it’s exactly what he needs. Sex was never the issue to begin with anyway, actually.

It’s the change in ATTITUDE after sex that catches guys off guard.

The rule of this tactic is simple: guys will continue to pursue you, even after you have had sex, as long as you DON’T change your attitude, and become extremely needy.

They want the same person they were chasing after before...they want that person who made them feel comfortable enough to have sex with in the first place. They don’t want it to feel weird, and definitely don’t want to feel like they are being punished for getting intimate, by being sentenced to suddenly spend an eternity with you, by “committing”.

Keep this in mind too- when you start asking a guy for ANY kind of commitment... he will ALWAYS blow that way out of proportion.

Why?

Again, rule #2- it’s his JOB to protect himself from being tied down, especially with the “WRONG” woman. That’s a man’s WORST nightmare.

Because this is a man’s worst fear, any sort of slight nudge or PUSH in the commitment direction, is going to send him into the deep end imagining all kinds of scary outcomes, and suddenly he’s more afraid of you, than ever....even if you’re a nice girl... the pressure of commitment can make a guy change his mind about you in an instant.
Never turn sex into a commitment. Instead, use this tactic to turn YOURSELF into the thing he will want to commit to, and let him come to that reality by himself... so that he feels this is ALL his doing.

You do that, by remaining calm, collected, and by holding yourself together, no matter what is going on, especially with intimacy.

So I’ve told you WHAT you have to do, but I haven’t yet explained HOW to do it. This is the most important part of everything I have said, because this is what you are going to put into action, in a very specific way, too.

Once you do what I am about to tell you, you will begin to see immediate results. The funny thing about this method, is that when he sees a change in your attitude, he will follow suit. His attitude begins to change and you will witness that he alters how he reacts, based on how you act.

It’s just like a mirror, what you do, the reflection does too. Your results with him, are going to reflect back just like a mirror, only better. In a mirror, your reflection is backward. The image reverses.

Everything you see, when you look into a mirror, is a reversed image of what actually is. The same effect happens when you use this tactic on a man. If you act slightly cold or indifferent, he will reverse that and return with a warm and interested attitude.

When you act “normal” and aloof, he will push and pull you to react, and he will pressure you to show more emotion and more interest in him.

In fact, the first step, is exactly that:

Step # 1: Become MORE Distant- instead of becoming clingy. In other words: BACK OFF. Give the guy some space. Cool down, on the “let’s get even CLOSER now” feeling you have going on within you. That WILL come. Trust me. Trust yourself to do the right thing too here. You are a powerhouse. He knows it. That’s why he’s been lusting after you.

Don’t ruin everything both you and him have worked so hard to start, by smothering him before he even has a chance to take the next breath with you.

He’s expecting you to chase him now. You’ve given in to him, this was the “final” thing you had to give him. You are vulnerable, now. The power is in his hands....but not
anymore.

The power is ONLY in his hands as long as you are becoming super clingy, and are sticking to him like glue.

I KNOW that you want to be closer to him now. You have just opened yourself up in a way that is very intimate and private, and vulnerable.

But he will not OPEN himself up COMPLETELY to you, if you push him.

Back away from him, after you become intimate. This is NOT a big deal. It seems like the hugest deal in history just went down, between you and this man- but this is NOT a big deal. Tell yourself that, and BELIEVE it.

The BIG deal, ACTUALLY comes when you have HIM vulnerable, and when you have HIM feeling like there is no other woman out there meant to be with him, except for you.

You have not reached that platform yet. Therefore, this is NOT a big deal. This is one PART of the plan, to get to the BIG deal.

Remember: the big deal, is the moment when HE is vulnerable...not when you are.

The first step in getting him EMOTIONALLY vulnerable to you, is to back off. He’s expecting you to chase him like a madwoman. He’s expecting you to want him badly now.

But he’s not going to be getting ANY of that just yet.

Just because he slept with you, doesn’t mean he gets the house, the Ferrari, AND the swimming pool in the backyard too. NO. You invited him into your home for tea... that’s it.

It’s time for him to leave, and come back another day, when he’s earned the right to visit you again.

It’s important to emotionally BACK off. Remind yourself again, you haven’t reached the big peak yet. You have only taken one step, and to you it means a lot but you need him on the same page.

Act like a mirror then. Give him something to reflect back to you.
Again - what you do, he will reverse that, and return it. He will mimic the actions you take.

If you back off, he will become clingy.

If you EMOTIONALLY step back, he will emotionally feel driven and MORE attracted to you.

Remember the rules- men love the thrill of the chase. He’s looking for something “more”. Sex does not mean commitment to him...

Remove yourself emotionally from the picture, and he will be forced to think more about you. You are not pushing yourself on him daily, to FORCE him to think about you...but the strange part about this, is that when you suddenly back off, that’s EXACTLY when he is reminded of you more.

Why?

Because it’s unusual.

He will think gee, she hasn’t called me today...wonder if she’s okay.

He will think gee, she hasn’t said much since we had sex. I wonder if she liked it. I wonder if she still likes ME? Maybe she changed her mind?

Questions will run through his mind. Amazing and powerful questions - all designed to make him wonder more about you, and to make him realize that he actually STILL doesn’t know you, and STILL doesn’t have you.

He will be pushed to chase you further, and to desire more from you. He will push you to give into him again. He will test his limits to see if you really are still attracted to him, or if maybe you have changed your mind.

You haven’t answered his questions anymore.

Backing away, means you didn’t give him the answers. He cannot assume now. He doesn’t have the information he needs to make a “decision” about you.

He has to pursue you more now. He HAS to find out more. He has to see you again. He has no choice.
That’s the power of backing away. That’s the power of step 1. It puts you in the position of being in control. It puts you in the position of making him vulnerable to you, by not giving him the power to assume, judge, or react in any way, other than the way you need him to...because you are not “giving in” to him, like he thought.

You are not “easy” anymore. You are a challenge. You are brilliant. You are something he never expected to have happen, but desperately needed. You are using the rules in your favor now. He is bound by those laws, he can’t help but react powerfully to the rules now, because you are pressing all the right buttons, to make him do that.

You are reaching a part of him, that even HE has no control over. This is why you are a powerhouse. This is why you will no longer be afraid to sleep with a man because you know exactly what to do, and you know exactly what he will do too. You have the choice now, not him. Your choice is now, to make him come to your level, and react the way you wanted.

Step #2: Become Independent- This means emotionally detaching yourself.

I talked briefly in step #1- about emotionally detaching yourself, especially from the outcome. You KNOW that you want the guy to commit more, and treat you fairly. You know that you don’t want to be another notch on his belt.

That’s obvious. No girl wants to be treated that way. You want to be treated like a queen.

But if you want to be treated like a queen, you have to act like a queen.

Queens don’t go around crying about every little thing, and sobbing their faces off, when something goes wrong. The hallmark of a queen, is that she is well composed, and put together, REGARDLESS of what is going on, and REGARDLESS of how she feels about that situation.

It is your job as a woman, to get your emotional side tuned up, so that it is not controlling your life. It is your job, to CONTROL your emotions.

NEVER let your emotions control you. The minute you do, you lose sight of the end goal, and put your entire life’s dreams and goals in the hands of an emotion, that you are feeling TEMPORARILY.

I’m going to help you, learn how to do that today, for this specific step, because
without this... you are BEYOND vulnerable to a man. Again, men don’t just think with emotions, they think heavily with logic. They will not consider how you “feel” about something, when making a decision, but rather will consider how that thing affects them.

Just because you “feel” he needs to commit, that doesn’t mean he’s going to agree- or feel that way either. He won’t feel that way in fact, because logic will be screaming at him, reminding him that it’s too soon to commit, and he barely knows enough about you for that kind of a decision etc...

So there he goes again - you’ve lost him.

If you want to seriously get results from a man, controlling your emotions and knowing how to use them to your advantage is the most powerful method ANY woman has. The reason this is powerful, is that men aren’t exactly in TUNE with their emotions.

Emotions are SCARY to a man. A woman is taught to express her emotions her whole life, and to embrace them. A man is taught that showing emotion is a weakness, and is scrutinized. He spends most of his life, therefore, living in fear of feeling, living in fear of expressing emotions etc...

This means that WOMEN hold the power, when it comes to emotions. This means that she therefore holds ALL of the cards, quite literally, when it comes to emotions, in this world...including when it comes to a man’s emotions.

He has no idea what is going on there inside his emotional sea. All he knows is that it’s a big scary world. He WANTS to be able to feel as feeling is all a part of life. There are some amazingly powerful emotions out there too... like happiness, and excitement, but a man rarely gets to have the opportunity or the thrill of properly experiencing and expressing those things.

Worse yet - he’s STILL afraid of them.

This is why, when a woman overbears a man with HER emotions, he freaks out, and runs away. This is when a man pushes back really hard, and avoids a woman - is when she is the MOST emotional. He has no idea what to do with that.

Suddenly a burst of her emotions is hitting him like an asteroid to the head. He is NOT prepared for that reality - even if this is what women are like- he has no idea what to do with that.
If you take that same woman, however, and refine her emotions, and have her only reveal or release them - in ways that a man can understand or handle, suddenly, he isn’t running away.

Suddenly he wants to know more, and wants to open himself up. It’s still scary- but in an exciting way.

Refining the emotions simply means, controlling them. It doesn’t even mean that you are not allowed to feel, either. It just means that you must not DUMP your emotions onto the guy, especially after sex.

As with step #1- where I broke down the fact that you need to NOT act clingy, and have to back off, a part of NOT doing this, is also getting your emotions in check.

So how do you get your emotions in control? How do you “emotionally detach” from a situation?

Use logic.

This is the same way that guys can emotionally detach and seemingly “not care” about something. It’s not that they don’t care, they DO have feelings, and passions... it’s just that logic came in, and thumped them upside the head, forcing them to see reality.

In order to use logic, you first have to recognize what logic is.

Logic is the act of reasoning and specifically reasoning in a sensible way.

When you reason with an idea, in your head... you will probably start thinking about how something will make you feel.

That’s the first step to noticing that you are in fact, NOT using logic. You are using emotional logic... you are wondering how it’s going to make you feel at the end, and if you’re going to like that feeling.

That’s not what you are aiming for, discard that, and keep digging further.

Think about this idea again - in this case the idea is detaching yourself, after sex. So not being clingy... not pressuring him about your ideas of commitment and furthering relationships.
Logically...you start to reason...ask yourself what are the DIRECT benefits of that?

Well I might get him to see that I am normal still, and that I can be “cool”, even when things move along further in the relationship. So...he’ll see that I am still likeable.

Keep digging, and you might come up with something else, like:

“He will feel more relaxed and calm....because I’m not pushing him to make any decisions, or decide anything. He will feel comfortable around me then.”

Dig further, and allow these “benefits” to connect to other ideas...

“He will come to think of me as somebody he can trust, and be real with, because I didn’t freak out on him, or become really clingy.”

... And bam, now you are feeling calmer too... because now you are thinking about just what can be, instead of how you will feel about what can be.

When you look more at the direct results, and at the things that are outside of emotions, you will give yourself a perspective that is useful for the moments when you are emotional.

So let’s say he scares you, and begins growing distant. Maybe he doesn’t call you back right away, for example.

Now you are worried. Now you want to call him, and your clingy nature sets in. You NEED this guy to stay. You feel like you have to get answers...

But those are your emotions talking.

Think it through logically.

Why isn’t he calling?

“maybe he doesn’t like me”- is an emotional response. It’s a worry you have, because you have a need to feel desired. Your core value is being compromised. But that’s not what you are after.

Your emotions are telling you to ACT on that emotion.
But LOGIC would actually tell you to wait, and not act. Logic would encourage you to calm down first, and to back away from thinking heavily about it, so that you don’t over-think it and cause your emotions to become more intense.

That’s another step to helping yourself be logical, simply by NOT acting. It’s OK to feel an emotion, many emotions are even justified.

But you should not ACT on every single emotion you experience. Feel the emotion, but do not DO the emotion.

It’s when you start acting on an emotion that logic becomes hard to follow. Your mind shuts down your logical thinking, and you end up doing things that you often later regret.

Again, your job here is not to scare the guy, with an emotional tidal wave. Your job, is instead to help coax and comfort him into opening up that reality with you.

He hasn’t reached that stage yet even if he was sitting there sharing his feelings with you….remember that doing such to a guy, is an almost traumatic experience, and just because he was open to it one day, doesn’t mean that the door for this remains open, after.

The door always has to be coaxed open, and it is never opened with intense emotional reactions.

If your emotions are overloading you, and you just feel the need to get them out then there is a solution therein too. Just remind yourself, that no matter what - you cannot DUMP your emotional overload onto this guy.

You must DETACH from that idea, and detach from wanting him to soothe your emotions. If you have to get rid of them, and dump them somewhere, write that down. Talk to a friend. Go for a walk.

Find ANOTHER way to dump your overload. It’s extremely important to follow this part of the step, because even though you want him to fix how you are feeling, and even IF he actually CAUSED you to feel this way….he’s not going to be able to help you solve this feeling.

He doesn’t understand how to do that, at this time. He’s not reached a stage of knowing how to help you with your emotions, or how to fix that. Listening to you, will only freak him out. EVEN if that makes you feel better... it actually makes him feel
worse.

He’s not completely committed to you yet, which is why it would freak him out.

Part of emotional detachment comes, therefore, in knowing where to place your emotions….when they do arise.

As a woman, you have been taught to share your emotions, with those around you. If you feel happy, you want to share that with everyone. If you feel sad, you look to somebody to express that with.

It’s natural for you to want to share how you are feeling, whether that is bad or good, but you must WAIT to do that with a guy, especially right after having sex with him, or taking that step of intimacy with a man.

So to sum this up, the WAY to emotionally detach is this:

1. **Use logic** - not emotional logic, but rational logic. Emotional logic looks and sounds like “how you will feel” about something if you do ____. Rational logic, looks and sounds like “this is what will happen, if I do ____”.

2. **Do not ACT on your emotions, but FEEL them instead** - Acting on them, causes your emotions to CONTROL you, and means that they are running the show. FEELING the emotions, gives you the room to RECOGNIZE how you are feeling, but doesn’t cause an emotional roller-coaster, because you are not giving your emotions the power to decide or control your actions/reactions.

3. **Give your emotions a place to RELEASE, OUTSIDE of the relationship and the man** - Don’t dump how you are feeling on him, but find another place or way to be able to talk out, or release your feelings. Men need time and patience to be able to open up to their emotional side, and they don’t immediately feel responsible for your feelings either. Finding an alternative place to release your emotions, keeps your relationship healthy, in its infancy, and makes him feel comfortable around you.

One final way, to help you, if you are really stuck is to take responsibility for your own emotional status. It’s your job to fulfill your emotional needs…not anybody else’s. Not even a man’s.

Some women make the mistake of trying to turn a guy, into their entire “world”. They expect him to be EVERYTHING for her. This is an impossible standard, and every single guy, will fail at this task, no matter how hard he tries.
It destroys both people involved, when a woman does this, and many women, sadly, are guilty of this kind of expectation.

It’s great to think he is amazing, and it’s flattering to think that he really is your world, and it’s nice to know that he means a lot to you... but it’s dangerous to turn him into somebody who “means” everything to you.

The problem with this line of thinking, is that when you peg him into this “you are my everything” role, you will fall very hard, the minute he is not there for you, or the minute he cannot do what you need. You will feel like your life is over if he leaves you, for any length of time, or if he doesn’t emotionally support you in the way that you need.

You, and ONLY you, are responsible for your emotional well-being. Over time, as you connect with a man, he will take on SOME of that responsibility, but you cannot expect a man to take on all of it. He simply is not equipped to be able to deliver, in that kind of a reality.

If you become emotionally clingy to a man, he faces the same challenge: to take care of how you are feeling, all the time.

It’s something that he just cannot do, and many men, will run away from that responsibility, because of that fact. It’s impossible for him to do.

He will feel overwhelmed.

If you find yourself dealing with “if only he would”, or any kind of “if only” attached to this guy’s name, then you are putting the responsibility on him.

If you find yourself dealing with a lot of could’s, should’s, and would’s...then you are again, expecting heavily of him, when it comes to your emotional fulfillment.

Emotional fulfillment is important, but only YOU know what you truly need, and how....and therefore only you could EVER fulfill your own emotional needs, properly. You can get that from many sources outside of you, and it is healthy to, but never pin that responsibility on one person alone, especially the guy you want to be with.

It’s a recipe for ultimate disaster.

Meet your own needs, and make choices that match what you are after. This is why
this step, of emotional detachment is extremely important. It shows the man that you can take care of yourself, that you know what you are doing, and that you are not going to be a burden or problem for him.

He wants you alongside him, as his co-partner. He doesn’t want to have to feel like he’s going to be dragging you along, down the road, trying to carry both you and him the entire length of the way. That’s not what he wants. He wants you walking beside him, hand in hand.

You have to be able to show a man you have that in you. Do that and he will feel powerfully attracted to you, in a way that he cannot shake or argue against.

There is power in a woman who owns her own emotions, and who takes charge of them. It’s a power that leaves men weak in the knees. It’s easy for a guy to come across a girl whose emotions are running wild. It’s not easy to find a woman who is emotionally mature... those women are rare, and thus are seen to be irreplaceable and valuable, to a man.

This is the ultimate form of independence, which is the entire point of this step. When you detach, it also shows him that you can thrive, and survive without him.

The funny thing is, though is this - he NEEDS you to need him. He doesn’t want you to just get along fine in life, with or without him. He only wants ONE thing. He will then set out to PROVE to you, that you need him. His core values will be heavily compromised, and everything that he values in life, will appear to be slipping away from him.

He will fight hard to keep you from “slipping away”. He will fight hard, because he will never be in a position to take you for granted...because you again, are not handing things to him easily. You are giving him the thrill of the chase. You are giving him, everything he needs, to find you irresistible.

You aren’t eager to lock him down. That makes him fear that he could lose you. Remember that independence is what drew him to you, to begin with. You were “secure” before he came along. That was the ultimate attractor, for him. He felt emotionally secure, in chasing you, because of that fact too.

Remember that when you are emotionally secure, he is too. You appeared to be emotionally secure, in the beginning, so he felt emotionally secure. Your job is to continue that pattern, so that he can feel secure in continuing on a relationship with you.
Step #3: Don’t Be Easy - make him EARN the right to a future with you.

Almost every woman is guilty of this: after sex, she believes that she’s given him everything that there was left to give, so now there is nothing else for him to chase after.

WRONG.

There’s many things for him to chase after.

For instance: does he have you exclusively to himself?

Perhaps he is assuming that, if you’re telling him that he does - but fail to give him any solid answers, and suddenly he isn’t so sure anymore. He might have thought this was so, but simply DON’T GIVE IN so easily.

He doesn’t have you JUST yet. Remember that fact.

He only has had a TASTE of what there is. There is ALWAYS more. It’s your job to remind him that there is more. It starts with putting up boundaries, and making sure that he works to cross them.

Just like you did before...

So how do you, play hard to get? How do you just... not give in to a guy that you went this far with?

You learn how to say no. You do NOT ever settle for less. And finally: you tease him.

No guy is going to want to work hard for a woman, who doesn’t eventually give him SOMETHING. That’s why you have to tease him. Playing hard to get, means you are PLAYING, but aren’t giving in. It means you are playful, you are interesting, you are involved... but you just haven’t put both feet in the water just yet.

For now you’ve got a toe in, testing the temperature...and you make sure he knows it.

An example, of doing this, is to hint at things. For instance - get talking about something weird yet dirty that you have done. But leave him there... tell him that you’ll only say what it is, once you know that you can trust him.
If he pushes you, or pressures you to tell him, ignore it. Tell him that you aren’t that easy, simple as that.

Don’t TELL him what you are doing, either. Just do it, and then pull away, just as things get interesting, and save that for another day.

This is an example of how a tease works. You give him something, that he would want…or you hint at something that he might want to know.

He obviously, will be intrigued.

But just as he begins to get close to knowing, you pull away and show him restraint.

Now he’s going to want to chase for that information.

Even if he sat there, and pretended that he didn’t want to know, or didn’t show interest in what you had to say…trust me, HE WANTS to know, and he won’t FORGET what you said either.

Watch him bring it up later, and watch him ask you strategic questions, to try and pull the information out of you.

He will be stuck, wanting to know what it is that he doesn’t know yet… even if it is something simple, he will push hard to learn it, or know it. That’s because you have left him feeling like there is more to get, more to know...more to have.

That urge to have it all, lies within him. He can’t help but want more.

It might seem impossible to do, after you’ve had sex and given in everything, but if you do this AFTER you have had sex, it will drive him insane, almost. He will come after you with TWICE the intensity, because he believed, the minute he had sex with you, that he now had access to you.

He thought he HAD you.

You are showing him a different story. He is bound by rule #1 - the thrill of the chase. He will be stuck now, chasing you, as you layer up more and more “chases” for him to fulfill.

Many women make the mistake of giving a guy only one chase. You are going to want to give him MANY things to chase after, all tying and leading right back to you.
You have to, therefore, start laying the “chases”. You will want to begin giving in to some of these “chases”, so that he feels like he “accomplished” something, all thanks to you. You will be the one GIVING him what he wanted too, so he will begin looking to you, for answers, and to for certain feelings.

When he wants to feel fulfilled and accomplished, he will chase after you more and more, to get that final result, because you keep giving him reasons to come back, each one more thrilling than the next.

It can be the most simplest of chases, even chases for information. Chases for chances to do things with you again, intimately, in certain ways that excite him... chases for the ability to “have” you, or have you commit to him. Chases to find out how you feel about him. Chases to figure out if you really DO want him. Chases to learn what kind of a person you are after all etc...

Chases to get you to react, or see if you care about him etc...

The thing is, each one of these, will seem thrilling to him... because by the end of it, you are “giving in” something. It’s not like you are standing there waving around a treat, and then eating it yourself.

No, it’s important to eventually give him what he is chasing after, but to plant a seed, that something even BETTER or something ELSE he doesn’t know, is still there, even after he has gotten what he wanted.

You can pick and choose which things you reveal, and how much time you take, but always make sure to pace yourself... and never make him wait so long, that he starts to lose hope or patience. You can gauge his excitement in the task, by seeing how hard he is going after it, and by watching his feedback.

If he is pressing you for information, good. If he has stopped pressing, or if he is emotionally backing away, take this as a learning curve. The whole point of the chase here, and of the thrill and DESIRE you are creating... is that he can feel that it is attainable, and reachable, and that he DOES get some results as he goes along.

DO NOT withhold things from him. You MUST give some things to him, you must reward him. This is why you must create many chases, and many situations for him to feel like he is “moving” forward in....so that you can give in, in one place, and still have another “chase” going on.
If you find your guy, however, feeling a lack of motivation, or complaining about it, or failing to show interest, that’s when you use this information to gauge how much time your specific man needs...for his tasks, and for his chases.

Pay attention to the amount of time it takes for him to start feeling disinterested or for him to become moody with not getting what he wanted, because that will tell you, in the future, when to start giving in, to certain chases sooner.

If he throws a temper tantrum about it...don’t give in either. You’ve got a passionate man on your hands, in this case, but you do not want to become the pushover, or the woman who hands him what he wanted, simply because he had a temper tantrum.

What you want to do then, is give him another reward, something you hadn’t mentioned. Praise him for something you hadn’t given him praise for just yet... and then you can open the doors, with something like this:

“Since you’ve been slightly amazing lately, I thought I’d answer that question you’ve been asking me. Though... I’m not sure you are still interested. It’s something you’ve been wanting to know for a long time now though”- He will ask you what that is...

Then you can reveal the goods.

Always be sure to never hand the power or control over to him though, even IF he is getting moody. Let him be moody. This is new to him. This is new territory. This will be an emotional roller-coaster for him, trust that, but it will be the biggest most fulfilling adventure he is ever going to have, and it will keep him coming back to you.

This means that some part of you is always just SLIGHTLY beyond his reach... and he will feel attracted to you, because you are no longer “easy”. You are something, ABOVE what he would have settled for. Now you are desirable in the ultimate way. Now he doesn’t feel like he is settling.

Now he feels as though, no matter how many times he is sleeping with you, there is always going to be something MORE that you have to offer him.

Another way, to accomplish this task, is to remind him that you ENJOY your life as it is, any time he tries to introduce any form of commitment into the picture. Remind him that you enjoyed being single, and you love being free. You don’t want to be tied down.

He will want to counter this with arguments about how being in a relationship has its
benefits, and how “he” is not going to tie you down.

It all comes back to simply letting him know, that you have OTHER options still, or OTHER realities that you can exist in.

That’s the whole point of playing hard to get. The key is to simply sit back, and let him make the first moves. Even though you are secretly controlling what is going on, the fact of the matter is, you are prompting him each and every time to make the first move himself...by denying him.

You are saying NO to something, which means he is forced to be making the movements himself. This makes him feel like he is in control, doesn’t make him feel tied down, and better yet - it gives him the idea that he is actually comfortable and FREE.

He is free to do what he wants...but he only wants to do things that lead him back to you. That’s the ultimate goal, though, to make him feel like everything he could ever need, is right there at your doorstep.

The ultimate goal, is to make him feel like he can find everything he will ever desire, within you.

The ultimate goal, is to make him feel as though you are the abundance he was looking for, that everything he could ever need, would come through you, and from you.

You are the key to his happiness. You bring that out, when you play hard to get, and hold your ground. You bring that reality to life, and let it live in your relationship, when you give him the chance to feel as though he is in control, and when you give him the “room” to make choices, and decisions....without pressuring him.

Playing hard to get, removes the idea that you are pressuring him. It removes the idea that you are going to tell him what to do.

No. You’re not telling him what to do. In fact, you’re not really telling him anything, except, where your boundaries are, and where your limits lie.

But those are healthy foundations for a relationship that will last. Those are the bricks that will form the base of your relationship.

That’s exactly where you want to be then, so remember to make him WORK to earn
you. You are not a prize to be won, and then the thrill is gone, once he’s done that. You are a lifetime of empowerment, that he can only find through you. That is not a prize.

That is the ultimate jackpot and purpose.

Let him see that in you. Play.Hard.To.Get.

Okay, so now you know what to do, you know why it’s important to do it, and you know how to do it. But there’s one last thing left for you to know, and it’s this:

A breakdown of what to expect, once you’ve implemented the Mirror Method.

When you put this method into action, you will witness that the same guy, who would have usually gotten distant or avoided sleeping with you, is now interested in you. But this isn’t just ANY kind of interest.

He is now interested in knowing you BEYOND the sex. What this means for you, is that you will begin to experience this man, as you were meant to. He will go out of his way to impress you now. He will want to listen to you. He will respect you.

He will find you intriguing and more importantly, he will see value in you. He will prove this to you, by beginning to ask more personal questions about who you are, where you are going in life, what you are looking for in a partner etc...

He will begin to scratch into your surface, trying to figure out, if he “fits” in with your idea of a good man. He will want to know what it is that he can do, to further cement himself in your life.

He will do things for you that he hadn’t done before. He will open up a side of himself, which he had withheld from you before.

An even more spectacular result of this method is that he will begin to trust you. When a man begins to place trust in a woman, it means that he is comfortable opening himself up to her, but moreover that he is comforting being VULNERABLE in her presence.

This means that he will hand over his power, to you. It means that you will then have the power, if you so desire, to either crush this man, or support him... because you will begin to learn things about him, that reveal his weaknesses, his deepest fears, his
shortcomings.

He will begin to share with you, that side of him, and with time, will begin to emotionally open himself up to you.

Emotions which he normally would have kept locked away, or heavily controlled, he now wants to let loose, or try for the first time in his life.

If this is the kind of guy who has never committed to a woman before, he will become the kind of guy who is INTERESTED in the idea of commitment.

If this is the kind of guy who never really saw the point of getting attached or close to somebody, he will change his tune, and will find himself drawn to you, and attached to you. He will even catch himself feeling as though he misses you, whenever he is not around you.

After implementing the Mirror Method, you will notice a shift in this man, ESPECIALLY if you would have had problems keeping him around after sex. You will now see that he is EAGER to be around you.

It’s no longer going to be on “his” terms. Instead, everything will flow based on your terms. You will be the one calling the shots, and he will be coming to you, looking for the answers, and looking for resolutions to his feelings.

What feelings?

He will be caught in a web of feelings that cause him to seek your approval and validation. These will be the kind of feelings that he has never had to deal with before, but they will be “addictive” feelings.

Addictive feelings are the kind a man gets, when he begins to feel as though he needs more, and more, and more…but he must get his fix, from an outside source. It’s no longer something he can fulfill on his own. Thus you become something he can’t help but feel addicted to.

You might even notice that he will start blowing off things that he’d normally be doing, just to be around you, and talk to you.

He will begin to put you first. You will become a priority above all other things. You will become so powerfully intriguing and interesting to him, that he will actually be ENTERTAINED around you…and will feel bored when he is not around you.
Over time, as you perfect the use of the Mirror Method, to suit your circumstance, you will notice that his feelings become cemented about you. You will find that others will not be able to sway his thinking about you. You will find that even logic has no place anymore, and that he will begin following his heart, instead of his mind, when it comes to decisions, especially those that involve you.

You will find that you have become a permanent fixture in his life, but more importantly, you will see that he does not take you for granted. In fact, he appreciates you, and treats you with a kind of respect like none you have ever seen before.

You will see that he will be gracious to have you around. He will be thankful in your presence, even if you are only doing small things, he will notice, and will appreciate it. He will praise you, and adore you, in a way that almost makes you feel like a celebrity in your own relationship.

You will become his ultimate desire. He will come to you, looking for everything that he could ever want. You will find him asking you for your opinions, your advice, and your feelings on his decisions, and his life. You will notice that your input suddenly matters to him, and that he wants you to be involved in the choices he makes, or the future he is building.

He will place a high value on what you have to say as well, because he sees you as an important aspect. He respects you, and therefore, what you have to say, and how you say it, reaches him on a deeper level.

You will notice that he will involve you in his life. You will no longer simply be a part of one night, or a phone call, or a text message. You will become a social staple in his life. He will begin telling people about you.

He will be proud to show you off. He will not feel the need to hide you, or keep you a “secret”. He sees a future in you, and he will want to share that with the world. His life will begin to mix with yours, as he lets you into every aspect of his being that he possibly can.

But finally…and ultimately…he will treat you, as the gateway to everything he will ever need in life. That’s why he will be coming to you, asking for your advice, before he makes a decision...because you have the power to help him choose the best outcome. He sees the best guidance, in you. He sees that the best pathway to life is through you.
He sees the power that you hold, because you have given HIM the power to open himself up in ways that he never thought were possible. He sees the bond that you will have formed with him, and recognizes how important that is.

He will feel free, and in feeling this, will help you to feel loved, secure, cared for, appreciated, respected, praised, and much more.

He will return to you, everything you had actually wanted, and desired. That’s the power of the Mirror Method, and as long as you stand your ground and use this method as intended and instructed, you will find that a man will be pushed to a deeper drive that he cannot control nor resist.

This is the ultimate drive that leads him to feel that you are the ONLY woman for him, and that through you, he can achieve everything he could ever desire.

He will not need any other women, after this point. You will be the most fulfilling challenge, and journey he will ever embrace or experience.

So you might be thinking, that some of this sounds too good to be true. You might even be thinking that no man, ever feels that way about a woman, and if he did, he’d never be able to feel that way about you.

You might just be skeptical; even still, unable to reason as to why a man would EVER want to do all of this for you?

The Mirror Method causes a man to be forced to see the value in you, BEYOND sex. It forces him to take a look at what is really standing there, right in front of him, but it reminds him- that you are not going to wait around forever.

What this means, is that he immediately sees that there is “more” to you. Even if what you are showing him seems miniscule or irrelevant to him, it’s the thing that MAKES the deal, instead of breaks the deal.

Failure to use this method, would mean that he can only ever think of you, or see you as somebody he’s been intimate with, but nothing more.

The Mirror Method, causes a man to feel as though there is always going to be MORE to you, than he could ever have imagined. You could literally be the most boring woman on the planet, and yet this method would introduce to him, a side of you, that even you probably didn’t know existed.
The reason that this method is so successful, is that over time, as a man begins to do as described, you will find that your attitude and your feelings will change too. As he becomes happier, and pursues you more, you will feel more loved, more desirable, and more appreciated.

Those feelings that you will begin to feel, will ignite something in you, that will give you a way to continue feeding his passion for you.

As I explained earlier in this book, a man will mirror your reactions. At first, he will give you, a reflection that is mostly the opposite, or a reversed version of yourself. But over time, you will start to see that he will try very hard, to change that, and he will begin to show you a reflection, that very closely resembles everything you want....and everything he wants as well.

Because he will be treating you in a way you actually deserve and wanted, you will in turn, treat him in a way HE deserves and wants.

It’s important to note that this method is not always about what kinds of “games” you can play with him, or always leading him on some wild chase. No. As I explained earlier, you will be giving in to him, strategically, each step of the way.

The difference is that before, you would have given him everything, and expected him to love you for that.... Whereas now, you are giving him everything, but only as HE himself tries to earn the right to have that, and as HE himself pushes to receive it, and as he HIMSELF desires it.

So this might sound too good to be true, but that’s exactly what you’re going after. You want to be the woman in his life, whom he feels is too good to be true...because once you accomplish that, he will be emotionally glued to you.

So after revealing all of this intense and almost crazy information, I’m sure that your mind is spinning with questions...some of which are pressing you. This is where we get to the “what if” stage.

In an ideal world, everything will happen exactly as described. But in the real world, sometimes different things happen, that might not have been mentioned, or perhaps weren’t supposed to be a part of the plan.

What I’m going to do for you, right now, is talk about some of those circumstances, which might come up, so that IF they do, you are prepared for them, and know how
to tackle it, with stride.

**What To Do In Unusual Circumstances And Answers To Some Common “What Ifs”**

Now you might be in a circumstance, where the Mirror Method may not work in the way that it was described, or you might have some questions as to what would happen, if you are in a more intense situation with a guy.

Maybe you have slept with the guy, for example, and he is not speaking to you at this time. In that situation, you obviously cannot even attempt to use the Mirror Method, because this man is not even speaking to you, and thus he cannot be reached to even “attempt” the method on him.

I will state bluntly, that his ability to be reached, depends on the situation, but the circumstances I am about to describe, are unusual.

In all of the cases I am about to describe, the man in question, is either not speaking to you, or ends up NOT speaking to you after you have had sex. In this situation, he is likely ignoring you, avoiding you, or...is finished with you.

Because of the man’s heavy response to becoming intimate with you, which in this case, is to completely cut you off from contact almost, the only thing you can do in these situations is to try one LAST DITCH effort, to reel him back in.

Therefore I am going to break down and explain what happens, and I will give you one LAST DITCH EFFORT method, you can use, when all else is failing.

I have to warn you, and caution you, however that the tricks I am going to give you, to try and recover from this situation, are powerful, but extreme. They are designed to entice the man to respond to you again, and some of these are controversial, because of that fact.

I want you, however, to understand that there is a chance, in these circumstances, that even these powerful tactics I am about to share with you, will not work.

If the man has completely made up his mind, and has decided whole heartedly that he is “done” with you, then it is possible that you cannot convince him to come back. It is possible that you have lost him for good...especially depending on his reason for becoming intimate with you.
If these tactics I am about to reveal, do not work, I want you to understand that, after this point, there is no “return”. If he does not respond to these tactics, then this is a lost cause. But for now, we will remain a little hopeful, for your sake and future, as I breakdown a few common examples and reasons that cause a man to start ignoring you after having sex with him.

**Situation #1: You Were Too Insecure During Sex, And Now He’s Ignoring You.**

In other words, this means that you appeared insecure, in a way that sent alarm bells ringing in his head. Worse yet, you did it in a moment where both of you are vulnerable, emotionally. What you have to do now, is figure out exactly where you were insecure, and it shouldn’t be too hard to figure out…for example:

Were you insecure about taking your clothes off? Did you ask him to turn the light off, if he wanted it on? Were you talking about how you feel you are ugly, and other similar things, before you were intimate etc...?

Did you pull away, or avoid certain positions, because of how you thought you looked?

All of these things, send a guy the idea that you are highly emotionally needy, because you are pressing an insecurity onto him. He came to you, with interest and attraction, because he liked you. He found you attractive.

Now you are dumping your emotional baggage on him, right in the most intimate moment possible... that’s not what he signed up for.

The solution to this is again, to use the Mirror Method. Counter everything you just did, by showing him you are confident again. He’s ignoring you, but he’s not completely CLOSED to the idea of you either, you just threw him off guard, and left a bad taste in his mouth.

It’s time to remind him that you can leave him with a good and confident impression of you. The best way to attempt that, in this situation, is to simply be HONEST. That is the only course of action you can take at this point. Since he is ignoring you, the only thing you can do, is text him or email him, one simple message.

Send him a text or email saying the following:

"I just wanted to apologize for the other night. I’m not the kind of girl who usually
does that kind of a thing. In that moment it felt sort of ok, but then my insecurities kicked in. I was outside my comfort zone. I just wanted to let you know that I’m sorry that my nerves got the better of me, I’m usually a lot more confident.”

Leave it at that. Don’t say anything else.

The ball is in his court now. You basically, have to inform him, of the truth, and wait to see if it reaches him. This tactic, will help to cement another idea about you, to this guy - that you are not typically the kind of girl who goes around and has one night stands, or who gets intimate with a guy too soon or rather quickly.

This gives him an impression that you are a high quality woman, even given the circumstances. Honesty is the best policy in this situation, because you caught him off guard, and caused something he wasn’t expecting…but in a negative way.

To counter that negativity you have to be honest, and open with him…but you also have to show him that you are capable of overcoming the problem....which is why there is one more message you could choose to send, if the first one does not fit your situation. It is as follows:

"Well, I’m not usually this shy around somebody that I’m this attracted to. Just wanted to apologize for the other night. My insecurities kicked in pretty hard, and I guess I was outside of my comfort zone for a change, but I’m not usually like that. It’s just that I don’t usually do this kind of a thing...not that it was a bad or good thing."

This second message, gives him an impression that you simply were a little nervous, because of how attracted you were to him. He might think that you were worrying about trying to impress him, or what he’d think of you etc... but at least you counter it by letting him know that this is not your typical self.

Again, if you send him this message, the ball is then in his court.

DO not, I repeat, DO NOT send him a bunch of other messages or try to hunt him down like a madwoman. That only chases the guy away further. What you want to do, is simply reach out to him ONCE, with a very solid message.

The message should be designed to make him feel or see that there is MORE to you, than he thought. That’s what the two different messages in this specific situation, have been designed to do. They are designed to hint to the guy, that he doesn’t quite have you all figured out, and that you can offer him more.
If the guy responds, to this tactic, then your job is to then immediately implement the Mirror Tactic, and to follow everything as described earlier, once he is speaking to you again.

If he does not respond, however, even after you are honest, then at this point, there is nothing more you can say, or do, in this circumstance, to try and convince him to consider you again.

He has chosen to finish and end whatever he started with you, and there is no trick, tactic, or way that you can reach him, after this, if he refuses to respond to you.

**Situation #2: The Guy Liked You, But Then It Turns Out He Just Wanted The Sex, After All.**

In this situation, this man, is unaware of the fact that he is looking for, or desires a one night stand. He is unaware of this reality, because he actually believes that he likes you. He pursues you, because of this fact, but what happens is that the minute you sleep with him, he realizes, that he really only wanted SEX with you.

Thus, he actually liked the IDEA of you, but didn’t like you. This is the “turns out I just wanted the sex, but not the girl”, situation.

In this case, you are going to have to get a bit more extreme with the tactic you use to try and pull him back in. You have to spark his interest in you again, even though he has just finished realizing he actually wasn’t interested in YOU.

In these situations, the guy is DONE with you. He is in a position where he feels like HE is the one who is saying NO to you, and he is the one who has called it quits with you - even if he hasn’t directly stated that, and is simply avoiding having to tell you this, this is EXACTLY how he feels.

Because of this fact, it is your job to REMOVE that power from him, and to take it back by in turn, acting cold toward him, yourself.

Your option here, is to send him a message, one that will give you the power back. Since I am not able to directly see you EXACT situation, I am going to let you choose between two messages...but both essentially do the same thing.

**Message #1:** Say the following, in a text, voice message, or email:
“Just wanted to let you know that what happened the other day, was maybe good, or maybe bad for both of us. I don’t know yet. Anyway, don’t ask me what that means though...either way, good luck.”

This is a mind screw, if I ever saw one, but we are dealing with a hefty situation here in the first place. I want you to understand, that a message like this, is designed to mess with a guy’s mind. It will screw around with his feelings.

ONLY use this tactic, if you are ready to handle the storm that is going to arrive after. What storm am I speaking of?

This will be news to him. What will? Well - you are saying something....but you’re not saying something. In his head, he will not be able to figure out EXACTLY what it is that you are talking about. He will NEED to contact you again, to figure that out.

There is no way for him to realistically decipher this message. You are basically saying that the time you had with him was neither good nor bad...that you are indifferent to this guy.

You are leaving him stuck in an open loop, where you are saying it could be good or bad. Does that mean, there is more to know, or something that you aren’t telling him?

This is exactly the kind of reaction, a man will have to that message. It will freak him out big time.

It forces him to come back to you looking for answers...and it might take him a while to put his ego down long enough to finally crack, and contact you, but trust me, he will NOT be able to ignore this tactic.

He will not be able to ignore the nagging, inside of him, that will want to figure out what exactly it is that you are talking about, and what it is that you mean.

What he really won’t be able to ignore, is the he final part of this message, because it is the ultimate blow. You are basically letting him off the hook, and are shutting down communication... at least that’s how it appears to him, because you said “good luck”. That is a parting message.

It’s important to include that, because now, YOU are the one rejecting him. He’s going to think “now wait a minute here? How...what the heck? How dare she. I'M THE ONE, who rejected her? Who does she think she is? How dare she not want me!”.
It will trigger him to feel as though he has to prove himself to you.

On that same token, if he contacts you, as a result of this method, then it is important for you to immediately implement the Mirror Tactic, to keep him continuously at your mercy, especially at this stage, when you are in a position where you have to make him interested in you again, in order for him to consider anything further.

Message #2... leave this as a text message, voice mail, or email:

“To be honest with you, I have a habit of losing interest in a guy after I have slept with him. I don’t know why that happens, but just wanted to let you know, that it was wonderful, whatever we shared. Have a good one.”

This specific message, can work, because in this message you are directly confronting the reality. You are not denying that you slept with the guy, and in fact you are directly hitting the nail on the head. This is known as a culvert tactic you are basically, in this situation, using the truth to your advantage.

A message like this, is basically the equivalent of saying “I am guilty. It happened fine. Now go away. Get lost. I don’t like you.”- to the guy. It is an attitude that will press against everything that he thought he knew about you, but even better- it will cause him to feel rejected.

Keep in mind that this is a guy who was in a position where he thought HE was rejecting you, and where he thought HE gets to decide.

WRONG. You get to decide, and you have just proven that with a message like this. He doesn’t have any “options” now, except to react to the message you have sent him.

You basically dealt him a low blow, telling him that you have lost interest in him. He will be confused, thinking that you are SUPPOSED to want him, and chase after him. He will WANT you to be chasing after him too, so that he can feel desirable.

But you aren’t doing what he wants now. Instead, you are doing quite the opposite. Now you are running away. Because of this, he’s going to want to prove that he’s worth chasing, at this point. He’s going to feel strongly compelled to respond to you.

The best part about this specific message, is that you are telling him that you shared something wonderful so you are giving him a compliment, but you are removing his
ability to HAVE that compliment, by also telling him that you have lost interest. It means, that he was not good enough, for you.

Any time you tell a man that he is not good enough, especially indirectly like this, he is going to feel pressured to want to PROVE that he can be good enough. He will end up responding.

It is important to note that regardless of what kind of a message he responds with, you are going to want to revert back to the Mirror Method, once he does respond. If he sends you a dry response, don't freak out. Keep in mind that he didn’t have to respond at all... and in fact, had been ignoring you before this point.

Any kind of response is a confirmation that you have his interest, and you can take it relatively smoothly from there, with the Mirror Method.

When all else fails:

If, he does not respond, however, to this tactic, it is important to understand, that nothing else you say or do, will get him to respond. In that situation, the circumstance is irreparable, especially if a powerful tactic like this, is not working.

Remember that this was a last ditch effort. This man was already cutting you out of his life, and ignoring you. This was your final chance to “do something” about the situation, but even a powerful effort, is still not getting a response.

In this situation, you must try to heal and move on.

**Situation #3: He Wasn’t Even Attracted To You Or Into You- Yet He Slept With You Anyway (I.E. he was just using you for sex).**

It is possible for a man to sleep with a woman with whom he is not physically, emotionally, or mentally attracted to or interested in.

Usually, if a man is acting rude toward you after sex, then his sole intention was simply to sleep with you, but nothing more.

What it means, is that he actually did not want anything else you had to offer.

Why didn’t he want anything else from you?

He simply was not attracted or interested in that side of you. Something about you,
didn’t speak “let’s do this again sometime, but in a more committed way”.

This guy, basically has no problems using you, for sexual gratification, and then moving on. If after reading that sentence, you STILL want to be with this guy and STILL want to try and work things out...then I have one last ditch effort you can try.

Keep in mind, which this kind of guy, is already dealing with a rather nasty kind of attitude. He will go for something, even if it’s not what he wanted. Because of that fact, it is possible to try and change his mind about you, but you have to make him attracted to you in the first place...because he never really was.

Even if he physically liked your body.... He needs to like you beyond that level. So how do you start to convince him to be attracted to you? Well you use the Mirror Method, but at this point and time he is not speaking to you, because you were simply a one night stand to him, and he never wants to see you again.

Your only course of action in this case, then, is to send him the following text message, email, or voice message:

“Well to be honest with you, unexpected things happened, and I don’t know if it was good or bad. I guess when things happen, they happen for a good reason. Either way, good luck!”

The guy OUTRIGHT rejected you, even before he slept with you....but he DOWNRIGHT rejected you, after he had finally gotten what he wanted from you, which in this case was simply sex with no attachments.

After rejecting you, the LAST thing this guy is going to expect, is for you to throw a curve ball like this. The curve ball you are throwing here, is one of rejecting him, and parting with an open loop.

You are basically saying that it’s a good thing to be rid of a guy like him, and are wishing him luck. Even worse - you are leaving him in an open ended loop, one where HE will no longer have closure now, because you use the term “unexpected things happened”, followed by “I don’t know if it was good or bad”.

Don’t know if WHAT was good or bad?

That will be HIS ultimate and most pressing question. He will be wondering if you are suggesting that HE was bad. He won’t know what you are talking about... but he will feel a very strong push to want to find out.
It should be noted that this kind of guy might operate in stealth mode, and might try to get you to “spill the beans” by acting even MORE indifferent toward you, in his response.

He might respond back, with a very dry and rude message, something like “whatever” or “Ok” or “thanks” - but UNDERSTAND, that ANY response from him, means that he is now listening to you again.

It doesn’t matter WHAT the text from him is stating, because before, he was completely ignoring you, and had no contact with you.

In this case, any response from him, means that your tactic is working....regardless of if he is admitting it or asking you what you meant, a response is confirmation that you now have his attention.

What you need to do at that stage, is once again, revert back to the Mirror Method, and move on from there. You don’t want to immediately show how happy you are that he even responded or is listening, and you don’t want to REACT at all, to anything he is doing. Your job is to instead, NOT react.

This guy is EXPECTING you to react. He is used to women doing that.

What he isn’t used to, is a lack of reaction, and a woman treating him indifferently.

-When All Else Fails-

If, however, this man does not respond at all to this tactic, then at this stage, it is an unreachable or unfixable situation. This is an extremely powerful tactic that will press against a man’s ego, causing him to seek validation from the person using the tactic.

If a tactic this strong, is not working, then the man has made up his mind strongly, and his mind cannot be changed in relation to you.

Keep in mind, that by the time you are attempting to use a tactic like the one described, you are already at the point of needing to use a last ditch effort. This would have been your last resort to attempt to change the situation, so if this does not work, then at this stage, you have no choice then, but to try and heal and move on.

**Situation #4: You Said Or Did Something Extremely Clingy- Like Saying “I Love You” During Or After Sex**
So, in the heat of the moment, you let odd statements slip from your lips, something like “I love you”, or “I want to marry you” or some variation of a very intense and emotional statements...

You must be thinking I'm completely screwed, then, right?

Well not necessarily. In this situation, you’ve obviously overstepped the boundaries, WELL before their time, with this guy. He just finally got intimate with you, and here you are saying something so intense....he can’t help but feel freaked out, and want to steer clear of you.

Saying something like “let’s be together” or “I love you” or “I want to marry you”, or anything like that, or talking heavily about anything commitment related immediately after a guy gets intimate with you, is a huge NO-NO! It causes a guy to feel that you are absolutely desperate to tie a man down, and it even makes him think that you are a bit nutty.

If you are guilty of saying or doing something that was very clingy, or came across as extremely needy, such as the described - then your only course of action, is a last ditch effort to UNDO the damage.

How can you undo something like that? You have to completely TAKE BACK your feelings. You have to become emotionally dry.

The guy is already not speaking to you, so how do you show him that you have taken back your feelings, and that you are dry toward him? You send him a text message like this:

"I’ve decided that you have too much access to me. TBH you kind of reminded me of my brother, in a weird way too. Anyway that doesn’t mean it’s a good or bad thing. Good luck."

(TBH = to be honest).

This is the ultimate mind scrambler, if ever one existed. I need you to understand at this point and time, that using this specific tactic, you have to be able to take responsibility, for the reaction the guy has, immediately following.

Once you implement this tactic, the guy in question will be pretty confused and very
intensely triggered. You literally just compared him to your brother. That is the ultimate insult. It’s basically saying you are not attracted to him....but worse...you really think of him like a friend or a brother now.

That is never a good thing for a guy to hear. Even screwier, is the fact that you are telling him he has TOO MUCH access to you. He will sit there, and be unable to even really understand what it is that you are saying, except to emotionally get bent out of shape over this message.

This is the ultimate rejection blow... but the reason this tactic can work, in this situation, is because this guy thought that you desperately want and need him. He thought that you had a powerful urge to tie him down.

You are now breaking every single one of his ideas about you, one after the other. Now he has no idea what you want, who you are, or if you even desire him anymore.

He will feel an intense push to want to find out, if this is true and he will be pushed to want to PROVE that you need him.

The parting message, of this not being a good or bad thing, is even more of an emotional roller-coaster for this guy, because you aren’t even going to tell him a direct feeling anymore. You are leaving him hanging high and dry, with an unclear signal.

This tactic will make him feel extremely enticed to respond to you. Regardless of what he responds with, should he respond, keep in mind that you must immediately implement the Mirror Method, if he responds.

It is important to maintain yourself, and to control your reactions - regardless of how this guy responds to this tactic, which is why you must use the Mirror Method. Your ultimate goal, is to have this guy desire you properly, and want more from you, which, is why you must revert back to the Mirror Method, once you have his attention again.

But what if he still doesn't respond at all? Well in such a case, it appears that you have unfortunately scared him away for good, and even this last ditch effort, cannot entice him to come back or be near you again.

Keep in mind, that he is already ignoring you at this stage, and that this method is your ‘last ditch’ effort, to try and resolve the circumstance. If this method does not work, then there is nothing more you can do, in this situation. Therefore you must try to heal and move on.
Lost Causes - Situations Where This Method And Any Other Tactics Mentioned In This Book Are Futile

Now I have to warn you, there are two, EXTREME scenarios, in which this method is NOT going to work, or in which this method is not going to have the same powerful effect or result as I just described.

These two situations, involve a circumstance where the man you are interested in, is emotionally, and mentally unstable. In these situations, the use of the Mirror Method, would trigger an extreme response or reaction from this man, because of that fact.

I want you to understand though, that these cases I am about to describe, if you are in them - are very hard cases to fix, or solve. I want to make it clear, however, that this is NOT your fault specifically. In the cases I am about to describe, I want you to understand that you are not at fault for something. I don’t want you to blame yourself, or feel guilty... just because the outcome isn’t exactly what you wanted.

But, I also want you to keep an open mind, if you are in fact facing one of the two situations that I am about to describe. It is important for you to keep an open mind when reading about the circumstances described, IF this is actually your situation. The reason it is important, is because your dreams, your goals, and your desires matter. The quality of your life matters as well.

The reaction I gave, of a typical reaction, once this Mirror Method is used, is the kind of reaction that you deserve from a man. You deserve to be treated respectfully, by a man, especially by a man that you want to be with.

When you get into a relationship with somebody, or when you sleep with somebody, you open yourself up to them. You become vulnerable. It’s important then, to open yourself up to a man who is going to take care of that vulnerability, and not take advantage of that, or use you in a harmful way.

Sometimes, however, the man in question, is not capable of protecting or respecting that reality, and it becomes an extreme situation. I want you to listen very carefully, to what you are about to read. I want you to understand that these words are written with your best interest and outcome in mind.

With that having been said, the first extreme case, in which this method may not work:
ABUSIVE SITUATIONS-

If you are being abused, physically, mentally, or emotionally by a man...then this method could backfire heavily. If you are in a situation of abuse, and attempt to use this method, the man in question may take this as a challenge of power, and could retaliate against you.

If this is the case, I encourage you to consider your own future, and to remember that you DESERVE the reality I had just finished describing immediately above this section. You deserve a man who wants to treat you with dignity, respect, compassion, care, understanding and love.

If a man is abusing you, you need to STEP AWAY from the situation, and back away. The closer you try to get to him, the more triggered he will become, because he associates some pretty heavy and hard core internal issues, to YOU.

I want to immediately state, that this is NOT your fault. You have come across a man who needs help, but YOU cannot fix him. Please try to understand that even if you try hard to save him, and help him, that at this time he is not ready to see reason, and is fighting back heavily, because he is not ready to be helped by you.

This does not mean that he cannot be helped, or saved. It just means that you are not the right person, to help teach him the lessons he needs to learn. But rest assured that he will learn those lessons, later on, when he is ready, through another source.

It is important for you to realize that love does not mean, nor should it involve a heavy amount of pain, at the hands of the person who should be protecting you.

It is a man’s job to protect and provide for, in the relationship. That is his part in the nurturing role. That his is paternal instinct.

If he is acting abusive, however, that instinct is clouded by issues and problems that he has not resolved yet. Those issues existed before you, and they DO need to be addressed, but attempting to help him address and deal with those problems, on your own, puts you in a dangerous situation.

The right thing to do in this situation, therefore, is to seek professional help. He may not want that kind of help at this time. He may even deny that he has a problem.

If this happens, you must back away, and leave him alone. Again, trying to force him to address something that he is not even remotely equipped or ready to handle, is
going to cause him to retaliate against you.

You can love someone, but HATE what they do.

What this means, is that you can love this man, and even care deeply about him...but you are ALLOWED, and it’s even appropriate at times, to hate what a person does.

At the end of the day, it is your job to take care of your own emotional and physical well being. Your life is important and has value. Just as his does.

In a situation like this, he will NOT be able to see, feel, or DO what you want him to, in the way he is supposed to, as long as you are around him. If he were capable of changing the way that you need him to, he would have done that, with you there.

He cannot, as long as you are there, because you form a distraction for him. You trigger him, and cause him to pull up emotions that he doesn’t know how to handle.

This is why a situation like this requires a professional. If you find the idea of backing away from him, extremely difficult, or if you are afraid that he could harm you further, you need to seek help from a proper source then. If he is a danger to you at this time, get yourself to a safe place, where you can be protected, even if this means calling the authorities, or going to a shelter.

The best thing you can do for this man, is exactly what I have just described. The regret that this person will have to live with, when their emotions are finally worked through is intense. Staying around this person, is a way of enabling them to hurt you, and themselves further.

If this is somebody you care about, the right thing to do, is to take a step back, and to seek professional help for both yourself and this person. If this person does not want to seek professional help, then it is your job to do that for yourself, so that you can learn more about your circumstance from a source who knows the right steps to take in this situation.

If you take a step back, and take the advice given here - to seek help - you need to stand your ground, and stick with your decision. Wavering on your feelings, creates another problem. You may care deeply about this person, but that care needs to be able to stand its ground to do the right thing. Neither of you will be helped, if both of you try to push to be in a situation, where you are unable to help each other, and if you refuse to seek the right kind of help.
Please understand, as a final note, that you are not to blame, and this is not about getting anybody in trouble, or causing more pain. It’s actually about stopping the blame, and stopping the pain, right in its tracks.

There is a powerful message, that I will leave you with, if you are stuck in this situation, and I hope that you understand it, as you need to:

If your tap is open, and water is overflowing, you cannot stop the flood by trying to put the water in buckets, or by trying to suck the liquid up with towels, or mops, or brooms. As long as the tap is still running, the room will still be flooding, unless, and until, you turn the tap off. Everything else in-between is just a wasted effort, until you do.

Turn your tap off first, and then you will be able to clean up the flood.

Following along the same lines and patterns as noted, the second situation, in which the Mirror Method, may not work, is as follows:

-Cheating Situations-

Let’s say, for example, that this guy had a fling with you, but he had a wife, fiancée or a girlfriend. He might have lied to you, and told you that he was leaving that other woman, or divorcing her…but then suddenly you don’t hear from him again, once you get intimate.

If you are in a situation, where you are the OTHER woman, then this method is NOT going to work. The man in question, is already attached to somebody else, albeit not very solidly, he STILL has an attachment, that was formed long before you came into the picture.

What that man should be doing, is he should be leaving the person he is committed to, because he’s no longer committed…but the thing is, if he truly wanted to leave, he would have done that... and then he would have dated you, when he was single, instead of “taken”.

It’s a complicated situation, dealing with a man who wants you to be the “other woman”. These men may even have strong feelings for you, and may want to be with you, but the concern comes again, in that there is an attachment that exists, long before you came into the picture. You are a newer attachment; therefore you are not cemented as strongly.
This means that a man like this will often change his mind or contradict himself. The man is simply looking to be fulfilled in a way that his current relationship does not fulfill him. But understand this: seeking fulfillment outside a relationship, does not mean that his current relationship is not fulfilling him in some way either. It just means that his current relationship is disappointing him or falling short.

At the end of the day, he still goes back to that relationship, even after a fling, or even after a one night stand.

Why does he do that?

Again, there is a commitment and attachment, to somebody else here. That person is fulfilling him in a way, which he cannot afford to lose either. That person, will have precedence, then, over you.

Even if the guy is sitting there bashing his current partner, and telling you how much they hate that person etc... don’t take that too seriously. Don’t take their WORDS as a way to tell their intentions.

A man’s ACTIONS reveal all. His actions will show you his true intentions. Even if this guy is buying you flowers, and treating you to nice things....where does he go, after he is done with all that?

He goes back home, doesn’t he?

The answer to your problem here is simple- back away from this person.

This person is emotionally unstable, and they have no idea what they want. They want their partner, then they want you. Then they don’t know...

This person might be an “amazing” man, but you are meeting them at a time in their life, where they cannot fairly give you what you want, nor can they fairly give their partner what they want either.

They are at a cross roads, which means the longer you try to stay with this person, the higher your chance is, that they will end up down a road, that doesn’t involve you.

The reason the Mirror Method might not work in this circumstance, is that even when, and IF you hook him in, he will always have something else, at the back of his mind, pulling him away. That is something you cannot control. That something else is his current relationship, and his “other” commitment he has going on.
The other reason the Mirror Method might fail, is simple - this guy is still trying to figure out what he wants, and where he wants to be. Trying to push him to choose you, will cause him to feel like he needs to make a decision and since he is already emotionally pushed over the edge, your “push” by using this method, will end up pushing him away.

In a situation like this, the best thing you can do, is call it off with the guy. He may be great, and you may care deeply about him even... but he’s not able to treat you in the way you deserve, and he’s not able to ULTIMATELY give you what you are after.

You will end up stuck in a place where you are always wanting more, and are feeling as though you are not his priority.

He will end up stuck as well, in a place where he cannot give either of the people he is involved with, what they need. The pressure to try and do that, will cause even more problems for this man.

At the end of the day, he is in a state where he is going to be making selfish decisions rather frequently. Proof of that can be found in the fact that he is already cheating on somebody- that is for selfish reasons- and it serves no purpose, but to serve this man’s needs.

You are not outside the realm of his selfish decisions, either. In fact, you are right in the middle of his selfish situation. What will happen, is that when he feels pressured, again, which he will because you will be wanting more, from him with time, is that he will back away.

He came into this situation for his own needs, to be fulfilled. Once those needs stop being fulfilled, he will move on.

This is why the Mirror Method may not work, because it is asking him to fulfill his duty to you, and fulfill your needs...but he is in this relationship with you, strictly based on his own needs. Those were the conditions that formed, when he got together with you.

Trying to undo that reality, and change this man, would take more than this method alone. The recommendation, therefore, is still to back away. Staying around this man, helps fuel a decision that he has made which does not end in an outcome remotely close to what you actually want. It instead ends in this man breaking your heart, quite heavily.
Get out of the situation, therefore, sooner than later. It is impossible to try to find stability, with a person who is not stable themselves, and with a person who is NOT seeking stability. As I noted with rule #1- men ENJOY the thrill of the chase.

This is a very common reason, for men to cheat as well, because they are bound to seek out thrills. When their relationship becomes dry and boring, they may emotionally or physically stray, looking for excitement and entertainment outside of the relationship.

They stay in the relationship, because the only way their new adventures, become a “thrill”, is if they risk getting caught in the first place.

That is why this man stays in the relationship he originally was in. It only works out for him, as long as he is doing something he’s not supposed to be doing. If he simply broke up with the other person, and became exclusive with you, the thrill is gone. His interest, therefore would leave completely.

This is not something that a man in this situation is really in control of either. He doesn’t have his emotions controlled. He doesn’t even understand his emotions. That is something that he needs to privately work out, and figure out.

It’s not something you can do for him. You cannot “fix” him, and make him change to become the person you need.

It’s a sad and hurtful truth, but on the same token, there is an entire experience you are not being given, because of this reality.

That experience, is one where you are treated in the way you desire, one where you are given the proper priority by the man that you are interested in. This reality, is similar to the one I described, when I talked about what would happen, when you apply the Mirror Method to a situation.

That’s the kind of reality that you deserve, is for a man to feel that he can find what he needs through you, and for him to commit to you properly, because of that.

Understand that a man who is NOT doing that, is acting under selfish premises, and he has intentions simply to take from you....but not to give to you.

Staying in a situation like this, can be toxic, as you begin to feel constantly disappointed, and lonely because even though you are in a relationship, this man is
still not with you, completely.

He is still not giving you what you need. That is the worst kind of feeling to put yourself through, is when you feel alone, even though you are in a relationship.

A relationship is meant to be supportive, in all ways. A healthy relationship would not leave you feeling alone or lonely, even though you are with somebody.

This man, does not know how to have a healthy relationship. He already feels alone, in his current relationship, so he is seeking validation through other women. “ONE” woman, at this stage in his life, is not going to cut it for him. He will always be looking for that next thrill, and that next higher validation.

He has a problem that he needs to address, very clearly, but he is picking all the wrong ways to try and solve it. You are one of the “wrong” ways he has chosen, to try and solve his dilemma, and his needs.

Staying with him, means that you are not helping this man to help himself, or to truly come to terms with what is going on inside, that is causing him to seek out thrills, or cheat on his current partner etc...

The recommendation, therefore, in this case, is to back away. Even though it is hard and difficult, remind yourself to use rational logic, and consider what is going to happen, not only based on how you feel, but rather on what is actually going on here.

You deserve to be happy.

...A final word...

As a parting message, I have to do one last thing for you, before you go out and implement the Mirror Method, and that is, give you a little bit of insight, which will hopefully make your life a lot easier in the future.

You see, even though I am a man, I understand that you experience an intense pain, when a man mistreats you, sexually, by using you for sex. This is especially true, if he ignores you or avoids you immediately after.

No woman wants to have that kind of an outcome, or to be treated as if she is worthless.
It is important, therefore, to equip yourself with the skills to be able to recognize when you might be heading into a situation like that, so that you can implement the Mirror Method, long before he even attempts to THINK about doing something like that to you.

I’m going to share with you, some signs, of that very situation, and keep your eyes peeled in the future, for these hints, so that you can counter them and stop a guy in his tracks, when you start to notice they are taking place:

Signs That A Guy Is Intending To Use You For Sex - Or That He Is Going To Turn You Into A One Night Stand:

- **He says ONLY what you want to hear** - Guys who are not JUST after a one night stand will be honest with you, if something is not matching up to their expectation, their desires, or wants etc... They have no need to lie to you, if they are actually seeking a potential future with you, because they need YOU to understand what you are getting yourself into as well.

Guys who want to use you, for sex, and then dump you immediately after have a strong habit of ONLY saying whatever it is that they think you want to hear. They therefore will sound like your dream guy. So keep this rule of thumb - if it sounds too good to be true, then in this case, it probably is. Use the Mirror Tactic, to keep a guy like this in line, and to prevent him from overstepping your boundaries or lying to you etc...

- **He mostly ONLY wants to talk about sex** - He doesn’t really tell you about how he is, what he wants in life, what his family is like, his background etc... he conveniently leaves those details out. Of course this causes women to chase him more, because he is not giving in to them easily but do NOT be fooled by this.

Alarm bells should be ringing in your head, if a guy is avoiding telling you anything remotely related to who he is as a person, except for the details that involve his sexuality. If a man conveniently and almost exclusively always brings the conversation back to something sexual, or intimate, use this as an indicator that this man is strictly looking for a fling.

A man who is looking for something more, would OFFER you more, especially when it comes to details about himself that extend beyond the bedroom scene.

- **He makes EXCUSES as to why something cannot be** - He tells you that he
doesn’t like RELATIONSHIPS, or basically he gives you some variation of a story that involves him being in a position where he doesn’t get into relationships, or doesn’t like them, or the “last person hurt him” etc...

What a bunch of baloney! That’s his way of getting out of EVER having to have the “relationship” or “commitment” discussion with you, except to steer you away from ever really bringing up that conversation again.

Every person on the planet, has a need for intimacy with another, and FEELS lonely. Every person wants to feel, loved, accepted, desired etc... so don’t believe a word from a guy, when he starts trying to tell you that he doesn’t want that in his life. Are you kidding me?

• **He restricts your access to him** - A guy who is truly interested in more, will usually begin to devote a great deal of time to you. You will be an exciting and new thing to him, and thus you will find him talking to you for HOURS. This means that he will even speak to you late into the night, long after he should have gone to bed, and EVEN if he has to work in the morning.

A guy who simply intends to use you for sex, however, will heavily restrict his time with you. He will cut conversations short, and you won’t find him going out of his way to cut his sleep short, or anything else, in lieu of his “interest” for you. Quite the opposite actually, he won’t talk to you for very long, and if he does, it’s never pressing any real boundaries.

As noted with another point, that restriction extends elsewhere too. He won’t really tell you about where he works or what he does. Details of his life will be obscure, at best.

A guy who is into you, will be in contact regularly, but this guy seems to sporadically contact you. He is always conveniently busy too, or “has to go” quite often except when you finally get to the subject he is interested in.

• **He pushes the sexual stuff** - You find him pushing you to meet him, for example, for a date, or go to his place...and he will push this above all else. He will even BLAME you, when you don’t comply, for wasting his time, or not being “serious”. You will find that his ultimate goal, that he pushes the hardest for, is getting you into a place, where he can finally have sex with you, and he will push very hard for that outcome.

• **He only wants to be alone with you** - He never really wants to take you
out, and he ESPECIALLY does not invite you to events that would put you in direct contact with anybody from his social life. He does not invite you to any events he attends, and instead always tries to get you “alone”.

If he has a date with you, it’s mostly likely an invitation to stay indoors too, possibly at his place or yours. That’s so he has easy access to his ultimate intention - sex with you.

• **You’re pulling MOST of the weight** - You are the one doing most of the work in this “relationship”. It’s YOU who is contacting him mostly, and chasing after him. It’s YOU who is interested in him, and who is asking the right questions. It’s you who is trying to talk about the future, and probe him about his life, to find out what kind of a guy he is.

It’s all mostly you, who is doing the work here.

As noted with the other points - a guy who is actually interested in you, genuinely, would pull some of that weight, by reciprocating the interest. He’d be asking you questions. He’d be making you offers, and going out of his way to give to you, time, answers, and attention etc...

At the end of the day, the best course of action you have, to stop a guy from putting you into a one night stand kind of situation, is to recognize when he is attempting to do that in the first place. Use the tips I just gave you, to help logically see the situation for what it is, and to help yourself step back from it.

It’s easy to get emotionally caught up in the situation, imagining what it’d be like to have this guy dating you, and thinking heavily about how you feel in the moment, because this is something new and exciting but never allow yourself to get so caught up in how you feel, that you lose sight of what is actually going on.

Remember to be in control, the more control you have over your emotions, the better your outcome and the situation will be. A guy can only do to you- what you let him do. That’s why it’s important to put up boundaries very early on. The Mirror Method helps you to be able to effectively draw those boundaries, to prevent guys from taking advantage of you.

You are in charge of the situation, always remember that.