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## DATING TODAY IS WEIRD

Everybody has options.

People want faster results or “next...!”

Women are more in masculine energy from their successes in the workplace.

Men are more emasculated and distracted.

The list goes on and on and I say “let’s fix it.”

## LAW OF ROMANCE

Here are people, *seeking romance*, and getting so upset in the process, men and women become each other’s bad guy when in fact we just need *information that actually works for romance*.

That’s why I coach. That’s why I originated The Law of Romance.

At the core, behind closed doors and away from the influence of “them” out there with their anti-romance opinions, a woman and man in romance want to enjoy each other.

There’s a tenderness, an intimacy, a connection, a love and sexual interplay.

To achieve that, understand that men’s DNA has not changed. It’s just that they’ve been told to back down their natural desires at work and you’ve been told to be more aggressive at work to not be taken advantage of. All of that is fine.

But to drag that into your intimate space together—DOESN’T WORK.

## It starts with you. If you want romance, you have to get out of your Masculine Energy when you're with a guy. Period.

When you are at work, you have to be in masculine energy. That's the energy that controls the project moving forward or tries to dazzle the company with research to planning to execution competence. It's the energy to judge progress and tries to save the day when needed.

You also have masculine energy in use when you are parenting say toddlers... "do this, don't do that, you can't do that, or 'you're not going to wear that are you?'"

Today's woman often carries that masculine energy into a date.

No guy likes to be bossed. Or led. Or told what to do even when you're trying to be helpful.

When anyone doesn't like something, and especially men in romance, they will take a step back.

During the next encounter of you in masculine energy, you might tell him where you both should go for dinner. Four steps back from him.

The next week you send him a couple of texts that there's this great play in town and you can get tickets and wouldn't it be a blast to go to it Friday night?

Eight steps back. (A step = a day; 8 days of not hearing from him)

I know. You're trying to get more time with him and help him along to get that together time sooner — and you are getting the opposite of what you want.

There is no romance with both of you in masculine mode and you sure won't be happy with him in feminine mode no matter how equal-minded you are.

I find that today's woman struggles with this concept. They think they are being feminine and they aren't close.

## Isn't being in feminine energy code for being submissive?

Feminine energy is very misunderstood.

Literally.

Feminine energy is a form of you. It's energy that is inside of you that has been shoved down and kicked to a corner.

It's when you melt at the sight of a kitten or puppy. It's you getting mushy when a man is in high masculine energy taking your breath away.

It's that energy that men need in you alive and well in order to fall for you.

Feminine energy is soft and open.

It's strong. If he does something grossly inappropriate, you have the strength to leave and not be a victim.

Feminine energy is being aware of how you feel at any given moment and prefers that over the mental chatter of urgency and desperation.

It knows to receive so that your guy can give to you. It feels comfortable knowing that it is helping the cause of you two and would never do something that would distance your closeness with him.

Feminine is knowing. Masculine is doing.

See there is no romance unless he's in masculine mode and you're in feminine mode and I will go to the mat on this.

If you are in masculine energy, he will get 'boyfriend lazy' and quit moving the two of you forward.

## LET'S GET TO SOME DEFINITIONS

**Romantic Goal:** Know **your end run goal**. If you want marriage, then you better be clear from the beginning—WITH YOURSELF. Get self-aware first.

If you want marriage down the road, don't date a guy who you want to have a business with.

Don't act like he's your hang-out buddy. He can become a best friend, but there has to be a romance.

**Knowing you want marriage is the first step.**

**Booty Call:** If you want marriage, you won't show up to be his booty call (having sex when he wants it). You can have sex as a part of dating as two consenting adults, but there's a difference of the exploration of sexual intimacy vs. he doesn't take you out and calls you late at night for sex and you go to his house like a food delivery person.

You're not Domino's Pizza.

Again, be clear with yourself first that you want the whole romance. Then you can be clear with him.

**Girlfriend Status:** Aka "Ringless Monogamist."

"Girlfriend" is a meaningless label.

Shocking, right?

I said it.

In the ether of the sisterhood getting urgent about boyfriends, it's assumed that there is a natural progression towards marriage if a girl can get through certain hurdles, girlfriend label being one.

It feels good to hear it and that's where it ends.

Unless there is massive action from him making you feel like the one and only, then being anointed the label girlfriend means nothing. You could be the girlfriend for 20 years. Far better to stay in dating mode, without a girlfriend label, until a guy decides you are the one, states that, and you agree.

**Romantic Relationship:** A marriage or life-partnership, between two people who like, love, are sexual, and care for each other foremost. There's a deep abiding commitment to loving themselves individually, as well as the other with the masculine and feminine roles embraced. It's easy, loving, adventurous and there's reciprocal enjoyment.

## FLIRTING IN PERSON

Be out and about and for the purpose of your life that day as in going to the grocery store, class, to workout, shop, run an errand, go to the park, visit a gallery, go bowling, etc.

If an alpha male guy notices you and makes eye contact with you, and you are interested, look him in the eyes for a few seconds and smile.

Then say, "Hi. Nice weather we're having" and go back to what you were doing — without a thought about him.

If the weather is terrible, say 'nice' with a bit of sarcasm.

This is an offer for him to come to you and pursue further conversation.

IF he is interested in you, he will either talk to you then and ask you for your name and number, or after you leave, he will track you down like a dog lost in Colorado from the family vacation who travels by rail and paw through 6 other states to return to the family now back at home in New Jersey.

Alpha males, like Jersey dogs, are resourceful.

**Flirting to get a date with an alpha or femine-energy male who is married, taken, thinking about divorce, or separated:**

Don't do it. Move on. You are wasting your life and instantly have to WAIT for him to become available. That could take years and you become a security blanket. You have your goals. Go find someone that is available. You're not there to be used, so don't sign up for that.

## DATING

**Dating an Alpha Male Who is Single — The First 1–4 Months:** Keep dating other men besides him. Do not let off that gas pedal.

Continue to live your pre meeting him life. Observe him. Observe your reaction to him. Observe how you feel around him.

See if you get “triggered” by him. Does he pay attention to you or do you think that you have to continually remind him you exist to get his attention?

Remember, dating is about getting to know a guy in a calm non-urgent manner and check him out for how he makes you feel when he pays attention to you.

If you catch yourself complaining about him to girlfriends or making a pro/con list about him, it will be time to break up with him and drop him from your dating rotation.

Your intuition is telling you to move on. Listen to it.

During months 1.5–4 months, your alpha male will not be able to continue his initial “first 6-weeks” presentation of his best self, if that was a false façade.

That is why you must keep dating others to keep a clear head about this alpha so that you can assess who he really is at the 4 month mark.

## Where to go on a first date

### 1. Alpha Male: Let him decide.

If he asks where *you* want to go, already know before he or any guy asks, how you would respond. If you enjoy dining say, “Oh, Giovanni’s would feel great.” If you like action say, “The Ed’s Rock Climbing Wall or a walk in Mountain Park would feel fantastic.”

If the Alpha asks what you want to do, answer. Avoid doormating with, “Oh anything you think of is great.” Tell him what would feel good to you.

### 2. Dating Online: Realize that guys aren’t perfect with their profile descriptions, spelling or communication. See how you feel with the guy’s intent, instead.

*Limit* your texts and calls and if you feel like meeting, tell him sooner rather than later, “It would feel good to meet for coffee.” Then make it in a well-lit, safe neighborhood establishment and give him 20 minutes of your best self. Have fun.

## Who Pays for the Dates?

**Alpha Man:** He pays.

[Alpha Male who’s broke: go for a walk at the park or hang at the mall, or hiking... something that doesn’t cost a lot of money.]

## TEXTING / CALLING / EMAILING WHEN DATING

**Texting/Calling/Emailing an Alpha Male:** Never initiate any communication, for any reason, unless you’ve decided to get engaged to another man and need to tell him you’re ending dates, or if you have gone on vacation to the other side of the

world and decided you're never coming back, then you communicate as a courtesy to say you can no longer see him.

Otherwise you only:

- Return his call if he specifically asked you to return his call.
- Text him back if he texted you and it warrants a SHORT response, like "How are you?" and you respond with "I'm feeling great today" vs. "Well I got up at 8, took a bath, then went running, burned my tongue on the coffee at Starbucks, and then when my boss reamed me out for not getting a project done I went home early with a headache. How are you?"
- Reply to his email with as short a message as possible. Ex: "Hey, do you want to have dinner Friday night?" You answer with, "Oooh, that would feel amazing" vs. "OMG that would be cool. Where do you want to go and what should I wear? What time? Are you driving?" because all of that would be responses for a feminine-energy man.

## WHEN TO HAVE SEX

**Alpha Men:** Make sure that **you are clear** about what **feels right to you** and then stick with that. It doesn't matter what he wants, it's what you feel works for you.

## HOW DO YOU KNOW WHEN THE DATING OF A GUY HAS MERGED INTO AN EXCLUSIVE RELATIONSHIP?

**Alpha Men:** When he brings up the conversation and asks you in no uncertain terms and you accept, *BUT what are you going to be exclusive about?*

If your ultimate goal is to be married, then you keep dating him and other guys until

(or if) he proposes and produces an engagement ring and announcement to anyone and everyone that you both are engaged.

I know this is radical and bucks what “everyone” is doing. But I’ve seen TONS of women move in with the guy and there’s a looming energy, “okay and when are we getting married???”. If an alpha guy wants marriage, despite what he says about wanting you locked up in exclusivity, he will ask you for marriage even if you are dating 5 other guys.

What does being exclusive to him mean if you agree to get off the market but not there’s no ring? Not that you are a stock, but can he pretend to buy a stock, reap the benefits of it doing well but never actually step up and purchase it? No way. Again, you’re not a commodity, but you get the analogy.

Now, on the other hand, if you want to date others and be exclusive to him alone for sex, go right ahead. I know this is radical. And it’s wise.

You can have sex with only him as you date other men (unless you want to wait for marriage to have intercourse), but you don’t stop dating if your goal is to have a ring on that second finger, with marriage on the table with your dream guy.

## HOW DO YOU KNOW IF THE RELATIONSHIP SHOULD BE OVER?

**When Alpha Male relationships are over:** When he consistently stops coming towards you in a meaningful and romantic way and you’ve done everything possible to stay in Boyfriend Appeal. You should feel turned off and if you’ve been dating others, you drop him from your rotation.

## BREAKING UP WITH A GUY

Do it. Avoid disappearing and forcing him to wonder what happened, or, stalk you to find out.

Even if you are steaming mad, end it.

You don't have to break up in person if you have reason to believe he'll come unglued, or if he has started acting like a cad.

Whether in person, text, call or email say this: "Timothy, I feel like moving on from this relationship and I want to end it now. It's just something I feel in my gut."

Then say good-bye and get off the phone. Telling him you know this all in your gut is a sentence he will understand and not argue with.

### How to accept it when a guy ends dating you

If you're into the guy and shocked, this hurts. Give yourself plenty of time to feel your shock, betrayal and grief, while you're getting ready for the other dates you already had booked that week. Wish him well in your mind and reflect on the good times.

## DOES FEMININE ENERGY MEAN I HAVE TO BE SUBMISSIVE?

**Alpha Man:** He's the leader of your relationship and you've decided during dating that he is indeed a good leader for the two of you. For ROMANCE, somebody has to hold the hammer and if you want it 50-50, you aren't going to be in romance you are getting a friendly roommate and down the road both of you will want out. 100%.

I know that this concept could make the hair on your women-libber's spine stand at attention, it did mine. But, this isn't

corporate land, this is romantic land, and there is zero doubt in my head. The alpha man doesn't want a dude-woman. He wants a woman who appreciates him and is soft with him.

Super intelligent and accomplished women will have a tough time on this point even though they want the alpha guy and not an emasculated guy they can boss around. I understand. Contact me.

*Note:* "alpha man does not equal cave man". An alpha man doesn't mean he's going to make you sit in the house the rest of your days in an apron. That would be a control freak You are not setting yourself back as some loud Internet voices would tell you; in fact we as women are already too busy setting ourselves back (see Girlfriend status).

## **That is my *Cheat Sheet* for Dealing with Men. It answers the foundational burning basics.**

As you read more about my Law of Romance, you will discover communication an alpha male likes, how he feels appreciated, when he wants to adore you more, how to know if he's all in and wanting marriage with you.

**I want to help you re-awaken your own Boyfriend Appeal to awaken his Boyfriend Brain when he will then use his Boyfriend DNA to properly date you.**

**Romance, true romance, is an enjoyment you can't get anywhere else.**

Love,



**P.S.** Here's an interesting insight you might find helpful once you land that great guy in your world! **[First-Time Coaching](#)**