

# *A Women's Guide to Dating & Beyond*

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## **“Dating and Beyond” - For Women**

You may have received “Dating and Beyond” from one of your friends. We have made this publication free so people can send it to their friends. We would like to help as many women as we can to have the best relationship possible. We sincerely believe relationships are at the center of everything we do.

“Dating and Beyond” isn't about how to find Mr. Right -- it's about what to do once you think you might have found Mr. Right.

If you're in the middle of a serious relationship, you are probably in a near constant state of ecstasy, intense longing and physiological arousal. You probably can't stop thinking about the person you're in love with, to the point that it becomes difficult to concentrate on other things. Because of several bonding hormones (oxytocin and vasopressin) and a few “feel good” brain chemicals (serotonin and dopamine), you are heavily under the influence of love-bonding chemicals. Romantic attraction activates parts of the brain related to craving and euphoria similar to drug addiction. At the same time, the brain chemicals deactivate parts of the brain associated with critical social assessment and negative emotions. Thanks to the way we are hardwired, you are set up to ignore obvious faults in your partner and be addicted to him. As it turns out, this is a great time to train your man. He will never be more motivated than he is now! This is a rare opportunity to build a rock-solid foundation for your relationship.

When you are in the middle of romantic love, you might think that Mr. Right is so perfect you don't have to train him. Believe me: That's the love-bonding chemicals talking to you. All guys need to be trained! When you're in love, the word “training” can be a little offensive. However, no one would find it offensive to say they were training for a long distance race. Entering a relationship is similar to a long distance race. If you haven't properly trained, things are going to fall apart after the first few miles. Relationships are like that. In the beginning, everything looks and feels great. Then things start to change and neither person is aware of exactly what happened. Little by little, the handholding, the closeness, the romance all start to fade. However, new research in the area of relationships has shown that you don't have to settle for less than you have always wanted.

Let's look at some of the cutting-edge research that will change your life.

College professors and their graduate students have been videotaping and collecting data on thousands and thousands of couples. After a decade of data analysis, the researchers have gotten so good they can predict with better than 90% accuracy which relationships will fail and which ones will survive. The amazing thing is that they can make their prediction after watching married couples interact for only 5 minutes. How's that for incredible! The analysis of thousands of couples has also accurately revealed what couples need to do to have a rock-solid marriage.

Currently, about 40% of marriages will end in divorce in 20 years. If 40% of marriages fail in 20 years, what percent of marriages are based on a deep mutual love after 20 years? If you are a woman who wants a deep mutual love after 20 years, now is the time to start laying the foundation. When divorced couples were asked what led up to their divorce, most of the couples said that they drifted apart and no longer felt loved or appreciated.

How can the researchers be so accurate at predicting divorces after watching couples interact

for only 5 minutes? It's because the data has decisively shown that there are few qualities that every marriage needs to thrive and survive. If your marriage doesn't have these qualities, you will be at great risk. So, let's make sure your marriage has all of qualities you will need.

### Number One: Create Positive Memories

The research indicates that when happy memories of your early relationship fade and become negative, your marriage is in trouble. This is one of the biggest predictors of a failing marriage. Creating strong positive memories of your early relationship will help when things get difficult. Later in your marriage, you can use good memories to remind yourself of what you liked about your man. Knowing that early memories are important will help you to develop the memories you will need for future use. Most of your memories will be about how you couldn't wait to see him, talk to him, hold him and have fun with him. Memories around holidays, picnics in the park, outings with friends and tender moments together will be the beginning of a strong foundation. You will only have one opportunity to make special memories with your man while you are under the influence of love-binding neurotransmitters and hormones. Make the best of this one-time opportunity. The more positive memories you have, the better you will feel about the relationship. To a certain extent, strong relationships are all about creating positive memories and decreasing negative memories.

### Number Two: Be Willing to Fight for Your Relationship

Dr. Baucom from the University of North Carolina completed research on how high standards affected the outcome of relationships. The research indicated that people who insisted on being treated well and having a relationship with romance and passion tended to get just that. While men and women who didn't expect much from their relationship didn't get much from their relationship.

If you want a partner for life that is your best friend and supporter (BF/S) you will have to train him. A BF/S is a partner that is more than your best friend -- he's the one who would do anything for you, he's your biggest cheerleader, the one you can always count on and the person who makes you feel like you're the most important person on the planet. This might sound idealistic, but you know deep down you want this. Many women are afraid to even admit to themselves they long to be totally loved. Be brave! Now is the perfect time to be idealistic. Set your standards high and start a training program to get that guy in shape. The best way to train your man is to repetitively walk him through what you want and reward him for small movements in the right direction.

For example, if you want to train your man how to be your best friend and supporter (BF/S), start out with a small discussion to plant the seed in his brain. Guys are visual, so you could search for the song "Stand by Me" on YouTube and watch and listen to it with him. This could lead to a discussion about how you always wanted someone who would stand by your side and fiercely love you. Don't overdo it. Repetition in small doses, over a period of time, is the key to success. As you talk about it, hold his hand and look into his eyes. Talk from your heart to his heart. A few days later, at the right time, bring it up again. Use an example of how life can be unpredictable and talk about how important it is that have someone you can count on. Squeeze him and tell him you're glad you can count on him. A Few days later, talk about how couples that are married don't seem to be passionate about each other anymore. Keep the discussions short. Remember to look into his eyes and touch his heart.

Now you are starting to lay the seed. The seed is going to need some water and a little fertilizer. Each time he does something remotely similar to being supportive and loving, give him a lot of reinforcement. You can also model the behavior by finding something he would appreciate support in. For example, if he is taking a class at the local university, you could show interest in what he's doing. But more than just showing interest, you actively verbalize your support for him by talking about how the two of you are a team. You might say something

like: "Because you're the most important person to me, I would like to do whatever I can do to help you." Early in the relationship, you can't have these discussions enough. Just remember: Keep it short with intervals of time in between. You know you're doing it right when he starts to frequently verbalize how important you are to him and he has made you a priority in his life.

### Number Three: Share the Power and Responsibilities

After studying thousands of couples, relationship research is clear on the subject of sharing power. If the man doesn't share power and decision-making with his wife, the relationship is in grave danger of ending in divorce. Early in the relationship, it is important to develop habits of sharing power and decision-making responsibilities. Sharing power also means that women aren't responsible for doing a disproportionate amount of household tasks just because they are female. In the honeymoon phase, it is easy for a woman to want to do a disproportionate amount of the housework. You can see how this is not a good way to train your man. Right from the beginning, your goal should be to equally share responsibilities with your man, as it makes sense in your individual circumstances. Don't try to be a super wife and set up expectations that you will regret later. Early in the relationship, many women don't mind picking up more than their share of the household chores. Then, as the relationship develops, women get unconsciously angry that they are doing most of the household work. It doesn't matter how you divide up the household chores. The important factor is that both of you feel fairly treated. If you're starting to feel resentment, warning sirens should be going off in your mind. Chronic low levels of resentment can turn into serious generalized unconscious feelings of anger. Right from the beginning, train your man to respect you and treat you as an equal.

### Number Four: Conflict Management

Research indicates that more than 80% of the time women are the ones who bring up difficult issues. Men are more easily overwhelmed by marital conflict and generally prefer to avoid discussing difficult problems. When an argument begins, it's important to understand that the first few minutes of the argument will set the tone and determine the outcome. If the argument starts out with contempt, defensiveness and criticism, the outcome will not be good. It's important to catch yourself in the beginning of an argument and start asking yourself how you can make this a productive disagreement. Try to avoid being negative and focus on the behavior that you want changed. The best way to produce positive change is to make your partner feel loved and accepted. If your man feels criticized or unappreciated, he will withdraw or attack. Just as you need to learn how to argue, you will need to train your man how to conduct himself in an argument. There is some evidence that conflict is useful in marriages when it doesn't get too negative. It's okay to argue but train yourself and your man to argue with some restraint.

What do people argue about? In a survey of 700 couples, the factor that contributed the most difficulty in relationships was financial problems. Instead of saying size matters, maybe we should be saving money matters. The risk of becoming a single parent through divorce was 50% higher if the couple's finances deteriorated. I'm not suggesting that you should marry for money. But I am suggesting that couples should be careful with the finances because they have the potential to mess up your relationship.

### Number Five: Sex

Question: What is the greatest determining factor in whether women feel satisfied with sex and romance in their marriage?

It is the level of friendship that the couple feels for each other.

If you want great sex, train your man to be your best friend and supporter. The number one thing that women want their husband to do more of, in an intimate moment, is to spend more

time talking lovingly. After the honeymoon is over, if you're going to have great sex, you will probably have to do some serious training of your man. You will have to teach him how to romance your ears and spend more time helping you relax after a long day. Couples who talk about their sex lives generally have healthier marriages than couples who avoid talking about what they need to feel satisfied.

#### Number Six: Tell Your Man What You Want and Reward Him When You Get It

“Tell your man what you want and reward him when you get it” sounds simple. However, this is anything but simple. Women feel guys should know how to do this without being told. If guys really loved them, they would automatically know what to do. Wrong-oh!!! Most guys need some serious training. Women want their man to treat them as if they're crazy about them. For this to happen, you will need to show him how to do that and reward him for behavior that is close to your ideal. You need to tell him that you long for closeness and connection and show him what that means.

Every woman deserves to be loved well. To help you out with training your man, we have developed a weekly email (Tweak-a-Week) that will go to your guy and another for you. We'll make sure your guy reads the email by putting irresistibly disgusting guy stuff in it along with a few simple suggestions. The Tweak-a-Week will keep you and your man on target with easy to do suggestions that will make a difference in your relationship. Experience has taught us that the Tweak-a-Week is an essential part of training your man.

**Our mission is to help your man love you better.**

If you enjoyed this guide, you can get more great information at [www.mymantraining.com](http://www.mymantraining.com). Check out our [Tweak of the Week newsletter](#) where we give you and/or your man a weekly tweak to help keep your relationship on track.

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