



Pandora's SECRET

How to find & seduce the man you want



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Introduction - Why I've written this book and why it's narrated in the second person

There's no topic more interesting for humanity than love. Love poems and romantic songs already exist for thousands of years, like there are a lot of tragic stories of unrequited love. Romeo and Julia is only one good example. I don't even want to know how many broken hearts the world has already seen. Some were able to heal and some remained broken until the end of their lives. I've asked myself again and again what the difference between women who find the right man easily and all those wonderful women who unfortunately slide from one disappointment to the next, in spite of their endearing character, is.

In recent years I got a lot of exciting answers by studying psychological processes, working as a Trainer and a lot of real field trials. So, I found a solution that every woman is ready to implement, no matter whether she's been separated for only a short time or if she's been looking for the man of her life for a longer time. There is only one condition:

Stay tuned and act!

"Pandora's secret" is deliberately written in the personal form because this topic is very personal one and I would like to address you directly here. I am your ally, your friend who stays by your side with her knowledge about the psyche of men.

The process of finding a suitable husband begins first and foremost with you. We will discover and transform your patterns and thereby you will find out a lot of interesting things about yourself.

Your experiences in the exercises - yes, there'll be exercises and you should definitely carry them out in the right order - will be exciting, touching and also very pleasurable.

I congratulate you on the decision to read this book because you'll see that no stone will be left unturned and the success with men is guaranteed to you. The techniques have already successfully been implemented by many of my clients and seminar participants, a lot of times - and quite a few of those women who read this book before you, have written enthusiastic letters and emails to me.

Sometimes I talk about my own experiences or those of my clients and sometimes there are strict, technical orders. You could ask if an instruction as clear and detailed as this one is really necessary and the answer would be yes and no. 'No' in the parts in which you naturally already took the right steps anyway and 'yes' in the moments when you're not sure or old emotions cross your way. Nobody ever told us what the right way of flirting is or how to deceive a man. Neither my mother or grandmother nor my best friends know when I should answer to an SMS or what I should tell a man on our first date about myself. If he doesn't call you back what should you do? Do you want to be able to bring any man you like to talk to you first only with the right posture and look? Then this book is exactly what you need! If you want to contact me personally or have any concrete questions you can find me on the internet at www.newsocialdynamics.com.

It's good you're here now and have decided to find the man of your dreams. I'm looking forward to joining you on your journey and hope you'll have a lot of fun with my book "Pandora's Secret".

Sincerely, Petra

Please accept the "codex" first. The techniques which are brought to you in this book are mighty and really successful. Also there are some rules you should remember.

- 1) Women stick together. That means that you are asked to never steal another woman's boyfriend even if you were able to do so from now on. If you really do like him that much wait until he's single again and find something else to do in the meanwhile.
- 2) Never tell a man that you read this book! Men don't like the feeling that they were manipulated. They love authentic women. No man wants to know that you've used specific exercises to feel self confident and strong. Better we keep this knowledge to ourselves, right?
- 3) Help your friends and share your success. Don't be jealous, you're something special, just like all of us. The more women let their light shine the better. There are enough men for all of us on this planet.

- 4) Please remember that the techniques from Module 2 are very powerful because they act directly onto a man's psychology. Only use them if you really want him!

- 5) There is - mainly in the USA but also in Europe by now - the so-called "Pick-Up scene". These are groups of men hoping to have better chances in the art of seduction by using different methods like for example hypnosis. (A Bestseller was "*The Game: Penetrating the Secret Society of Pickup Artists*" by Neill Strauss). We want to set ourselves apart from the male Pick-up-scene by using these techniques in an appropriate way. Every human should feel better after meeting you than they did before! The value and feelings of another human has to be respected.

The sum of Single-households in the European and American cities is growing each day. This has different causes: On the one hand the cultural evolution, the influence of the media to our standard of life; and on the other hand also the general throwaway society. Sooner or later most humans suffer from single-life and wish for nothing more than a happy

relationship. The specific reasons for these feelings are well known by social psychologists and social scientists.

I won't talk about the reasons in this book but I will give you clues. This is a book in which you will find the answer on the "how" not the "why". In this book you will learn all about what you need to learn from made mistakes and how to avoid them. Find out how you can irresistibly draw men you like towards you and how you'll bring them to ask you on a date.

The aim is that you're able to choose which man you want to start a relationship with. The divorce rate around you skyrocketing won't matter to you because you know the psychological tricks and female subtleties which beguile men - no matter what the political or economic situation in your country looks like. Isn't love stronger than anything else? Isn't love what makes us survive every crisis?

As a woman you already know the answer: Yes! Love is the essence of our being; love is what makes life worth living.

I. MODULE 1: The efficient preparation

Every single plan needs to start with elaborate scheduling. Take enough time to compile all exercises in the following parts of the book, so you are ready when you find your new potential Partner.

Get yourself a notebook or a diary in which you write down each of your exercises and experiences. By noticing your experiences and successes in the learning process, you'll reach your goals faster than if you don't take notes. Writing everything down helps keep your focus and observing your growth.

In module 1 we'll start from the beginning – in your past. Every human has learned special relationship patterns. A lot of them are already based in our childhood and parental home but some are acquired through friends, our social network and the media. Of course this happens in a natural way and you won't consciously realize it. Once you get to know your behavioral patterns you can change them. You'll need practice and your full attention like with everything in your life you need to learn from the start. Remember the

beginning of your studies or your apprenticeship. In the beginning you were overwhelmed by all the new things and in the meanwhile you're doing it with ease.

Starting my Physics graduate course, I was one of the worst students in math. I preferably sat in the last row of the lecture hall, was playing with my mobile phone, sometimes went outside to smoke a cigarette and was against the professor. Sentences like "That's way to hard", "The Prof is incapable of explaining" and "What do I need this for?" were the usual excuses. Not surprising I failed the final exams.

At first I was sure that it was my professor's fault, that the exams were unfair and way to hard and that no one was able to solve these examples. In fact, reality was that some students passed the exams with an A. But why was this?

My ambition had seized and I wanted to find the secret of the successful students. So I became friends with those who were successful in one of the hardest studies.

The first secret of winners was that they had an incredibly positive and optimistic attitude. They were curious, open and paid full attention to the professor. Their typical sentences were: "This is certainly very simple.", "I can do anything I

want.", "How can you achieve what you want?" and "I'm curious about where I can also use this technique.".

If they made mistakes they took them as an opportunity to try harder next time. The successful ones had good networks with other successful people and asked questions when they no longer knew how to proceed. They practiced everything until they mastered it. And then they went on to the next technique.

I copied the attitude of these "geniuses". From that day on I only spoke positively about the lecture, about me and my talents. Initially, it took me a little while because it was strange and new, but within a very short time it became normal to me. The positive attitude was immediately followed by an irresistible motivation to practice. It gave me pleasure getting up early to practice mathematics before waking my little daughter and going into a rush again. I was getting better and better and in my second test I passed with a top score. I had become one of the best in my class in a short time, even though I was one of the worst in the beginning.

Precisely this same strategy works well for successful flirting. If you weren't good at getting the right men to pay attention to you until now, then change your strategy and practice! You will find exercises in each chapter which will support you with incorporating the new, natural behavior into your life. A fitted, manipulative behavior doesn't work, because it's identified quickly by men and is also not tenable in some situations. Practice regularly and this natural, feminine, seductive self-awareness will become part of your personality will make every man crazy about you.

In the following chapters it's not only about reflecting why it hasn't worked in the past, but also about re-creating yourself as a brand and this can be fun. You shouldn't wear the same things everyone else is wearing – quite the contrary. Discover yourself and get your shine on! Men love that!

1) Status Quo

Every successful project, every Company Formation, each purchase of a house starts with a checklist: Where am I? Where do I want to go? What do I already have? And what do I still need?

Every woman I know would check her finances before buying an apartment, would talk to her friends for hours what she expects the new apartment to be and would maybe even picture the layout of the new property before starting off her hunt which could take months.

I don't know anyone who would buy the next best apartment offered to them, just to own one. But I know women who would get involved with a random guy without having a closer look at him first. And why do they do this? Simply because they're afraid they wouldn't find anyone else.

I have never heard anybody complain that he or she will never find a flat as pretty as the old one was, ever again, even if it wasn't perfect and it rained through the roof for example.

However I know women – me included – which mourn after old boyfriend even when the relationship was bad and they felt unfulfilled. "There'll never be a guy who knows me that well, with who I can have as much fun as we had". He had such great features and the relationship just broke up because his ex/his mother/his father ruined his ability to have a good relationship.

Nonsense! As long as you believe this you'll never be happy in any relationship. Not only men, also women like to use this excuse. It's better than telling something directly to someone's face, in order not to hurt him or her. Isn't thinking he/she broke up because of his screwed up past much better than thinking he/she broke up because the partner didn't love us anymore?

Humans make mistakes, men and women equally. And even if both had wished to be happy with each other for the rest of their lives, it didn't work out this time. But for exactly such cases I wrote this book! If you do the exercises step by step and if you stick to the exercises, then you'll be in control of the situation. You'll learn what the most common mistakes in relationships are and how you can avoid them.

You will develop self-confidence and make men fall in love with you.

Meanwhile you'll have to work on yourself. Some things might be easy for you but you'll also have to leave your comfort-zone sometimes in order to have an effective learning.

It's important to do the exercises step by step to achieve the optimal effect.

So let's start from the beginning: with your Status Quo.

The story so far ...

I always loved reading and have been collecting books ever since I was a kid. Depending which stage of life and growth I was in, I changes topics. But in the last 15 years there was a certain consistency in the choice of my books: it allowed me to grow and collect new knowledge about the world and humans. In my bookshelf there are a lot of self-help- and Psychology-books. In the past only about half of them had been read and the rest were waiting to be read in the future. But as it is with things you put into shelves – they never happen. It's never the right time for it.

Me for example, I always wanted to learn Italian. I love the language and the sound of it. Of course I bought some Italian Language Courses on CD. Guess where they ended up lying for about two years? In my DVD-shelf! They added quite well into the overall picture, so they were perceived by

my subconscious as a fixed asset of the shelf and so they stayed there.

Once I finally started the first lesson of the course, it was fun and interesting. The next day I didn't have time. On the day after that, I forgot about it. Then I was invited by friends. Then there was this movie on TV I wanted to see... After one year I was planning a trip to Italy and I remembered that I had forgotten about my language course. Meanwhile I knew if I would not start *NOW* I would never do it. So I looked for all the papers. The next step was to divide the lessons into segments that I was able to cope with in one day. The brain neither likes to be underutilized nor to be overwhelmed. The lessons were ought to be exciting and fun at the same time. The optimal duration – depending on the person – is 20 to 30 minutes. As I wasn't supposed to study for an exam or had any special Deadline, I decided to study 30 minutes a day. As a teacher for learning-techniques I also knew that I had to schedule them. Just starting at a random time the next day would be harder than sticking to a fixed appointment. I've had a few options: In the morning during breakfast, at noon or at 3 pm, while I was waiting for my daughter's gym-class to be over, or in the evening before

going to bed. Depending on what else was planned for that day I arranged my lessons.

The next step was to start with the first chapter *immediately*. Now. Straight away.

In the beginning it was hard to sit down and start studying. A lot of different things were going through my mind and I would have liked to take a pass on my lessons occasionally– but there was this nagging voice in my head telling me I had to keep going. Telling me why I wanted to be able to speak this language.

Some time ago when I was on vacation with two friends of my friends there were those three handsome Italians. Mamma mia: Stefano, Matteo and Davide. We went swimming, out for some ice cream and met up in the evenings to go to parties. It was great. Well... at least for the first day. Because there was this one little catch: Neither did we speak one little bit of Italian nor were they able to speak English or German. They were so handsome – still it was so boring with them. This possible love-story had ended even before it had begun. Nobody knew anything about the other, we could only speak to our friends and to snog

somebody you don't know gets insipid quite fast. Back then I was really angry with myself for not having learned any Italian.

So, here I was planning my vacation, reminding myself of the Stefano-disaster and I knew – no matter if single or not – you have more fun when you're able to communicate with others. That was my aim: I wanted to have fun!

I could picture it clearly in a big, colored vision. I imagine all the things I could do and see when I've learned this language. I could feel how self-confident, reassured and happy I would feel if only I would have this knowledge. I was able to hear what I would be saying to myself in my mind and what others would answer. Every time I saw this picture in my mind there was no other choice for me: I had to start with my lessons immediately. I wanted to learn and reach my goal!

Motivation always starts with the “Why”. The “How” and “When” come naturally after that. The stronger, more colorful, vibrant and urgent your “Why” is, the less things can stop you from going through with it. Then you are unstoppable!

The most important thing is: Keep going!

If you stay consistent, you'll be successful.

Do you really want it?

Now?

Then get started!

“If you always do what you've always done, you'll always get what you've always got”

-Henry Ford

Exercise I-1: Why do you want to change your life?

Please answer the following questions in detail by writing them down:

What is your initial Situation momentarily, your Status Quo? (Which emotions do you feel often, are you dating someone you like? At what point of your life are you currently at...)

Let's say everything goes well, you learning everything you wanted to learn you've always been lucky and were in the right place at the right time. What is the optimal output, the great goal in 30 days? Where do you want to stand? How do you want to feel? Who do you want to have in your life? (Describe the optimal target image as accurately as possible!)

And here comes the last and most important question for today: *Why* do you want to reach that goal? What do you get from it? Why do you want to achieve exactly this, and why should you achieve it?

You already had some experiences with men in your life and no matter if you had a lot of long relationships or just a bunch of short affairs or if you've even been married to your teenage-love: Your ultimate love-story hasn't happened.

While some men were close to being a prince others were not only frogs but real toads.

To focus your future on the princes and avoid the toads, you need to know exactly what distinguish the two from each other. You have to know what you want and what isn't right for you. Most importantly, you always need to keep that in your consciousness.

Just imagine you're looking for a two-room apartment with a balcony in the middle of town from where it only takes you 15 minutes to your working place. You'll soon start to read the real estate section in a newspaper with the focus on a two-room apartment. You'll mark all possible flats, then you'll call the owner and then you'll have an appointment. If the flat doesn't rise up to your expectations by at least 90% you most likely won't buy it. Nobody would think about visiting every offered flat because that would only consume precious time.

Anyone who has moved more than once also knows that you learn something new every time. If you ever had an apartment across the street from a railway station you know what to expect when you're looking for a flat in that surrounding again: annoying noise in a seven-minute interval, starting at five o'clock in the morning.

So take your time to find out what you really wish for.

Exercise I-2: *The past is not the future.*

With this exercise you'll realize which behavioral patterns you were following up to now. Maybe you were going from one extreme to another. What ever: Clarity is the first important step for alteration!

Write down the five most important men in your life, beginning with your father, because he was the most important man in your life when you were a child. (If you don't know him just try to imagine what he could have been like.)

Go sequentially through all of the men you've had and be critical:

What were his good qualities, what did you like the most?

What were his bad qualities, what were the things you disliked?

Write everything down in detail!

Now you have a good overview of what has attracted you to your exes and what you don't ever want to experience again. This comparison also serves to demystify the ex-partner. If single women aren't very successful with flirting and finding partners, they easily fall into that "In-the-past-everything-was-better-trap". That means they embellish the reality. Even if their partner has cheated and lied to them they won't perceive it that way because it used to be nice with him. One thing is certainly true though; there are reasons why the relationship is over now. So keep your eyes open and start with the analysis!

Anna was mid thirty when she started visiting my seminars. At first glance I could not understand why she was still single: She was pretty, neat and very likable. She was a member at a single's online portal and was dating men she met there regularly. Starting off everything went well, she got regular requests and messages from a few interesting men. Quite a few times it also came to a personal meeting. However, there was only one catch. None of these men agreed on a second date. Suddenly all of them seemed to be

busy and did not reply to her messages anymore. Anna was desperate and asked herself what went wrong with all of those men. "Am I not pretty enough? Or are all men in search of a partner on the internet not capable of having a relationship?"

A lot of women think the reason for why they don't have success with men is their physical appearance. Of course men focus on their opposites outer at first glance, more than women do, but it's just important for the first impression. Once he agreed to meet you after seeing your pictures you can be sure he liked your appearance. The second impression is, right after the visual, how he feels with you. What emotions do you trigger in him?

So I made Anna tell me what her first dates were like. She told me about her last date with Hans, a 40-year-old architect who had been divorced for one year. Hans was physically and character-wise Anna's dream man. He was handsome, neat and educated. He was looking for a committed relationship. In the past he had three long-term relationships and stated loyalty and family to have a high value for him. That was just what Anna wanted and after several messages the two had exchanged they went on their

first date in a fancy downtown-restaurant in Vienna. Anna dressed up nicely and was on time for the date. Hans was already waiting at the restaurant and was nervous but also kind and respectful towards her. From the beginning Anna was sure she could trust him. She told him about her last boyfriend and how bad he had treated her. Hans was listening carefully and Anna was sure she found her soul-mate in Hans. Because of this, she started talking more and more. An hour later Hans knew everything about Anna's last 3 boyfriends and he also knew that Anna's father had left her family when she was in elementary school. She told him that this could be the possible reason why she always had problems with men similar to her father. At the end of the evening Hans said goodbye in a polite way and Anna was in seventh heaven. The next day Hans sent her no message; neither on the following days nor the following week. He also didn't reply to Anna's emails although Anna could see he was still actively using his online-profile.

What happened? Anna was puzzled but for me it was clear: Anna created no good emotions in Hans with her negative stories about men. Quite the contrary: Hans was sitting opposite a woman who only complained about men, beginning with her ex up to her father. Because he's also a

man he also felt passively attacked. Just imagine you're talking to a man who's only complaining about women. What would you feel like? Also nobody wants – and definitely not on the first date – to hear stories about his predecessor.

Anna hadn't buried her past at the time. Like a lot of other women she's trying to create an emotional connection by using experiences from her past. She was looking for consolation while Hans was looking for a woman who is ready for a new, happy relationship.

Negative and sad stories of your past are not suitable for a first date. You can discuss these topics with your friends or your coach but when you're looking for a new relationship you have to let bygones be bygones. Humans don't only remember the visual impression of their opposite but also the emotional ones. Anna unloaded frustration and mourning instead of creating happiness and excitement.

But what if you're really not over your past and still regularly mourning your last relationships?

Bury your past so you can be free for a new and happy future. Clean up your emotions and give away old feelings

you don't need anymore in a respectful way. You can't change your past, it's over but you can start to create a new future. The following exercises will help you with it.

By the way: Men love women who talk in a friendly manner about men.

Anyone who speaks and thinks with understanding, appreciation and respect will be met with the same behavior. Sometimes this is easy and at other times not quite as easy. To support you in this process here's the next exercise:

Exercise I-3: *Burying your past*

For this exercise you'll need about 15 minutes in a quiet place. Sit down unwind and calm your respiration. Just imagine your time-line: It begins at birth, runs through the present into the future to continue to the end of your life. Where is your time-line currently? Is it straight, curved or spiral? Is it going through, or past you? Every human has a personal time-line. Just remember the course of your time line for further exercises.

Now glance back into your past. Who were the important men?

The first was your father; and then?

If you remember more men than you did in exercise 2 also put them on your list.

Now go to each of these men - starting in the past with your father - through the following sequence (if possible, speak it out loud):

Dear ...

I regret...

I think....

I'll keep...

I wish...

When you're done, remember the person in a moment when he felt good. (If you don't remember such a moment, just try to imagine it. It isn't that hard, anyone can do it!)

We learn through our experiences. Every experience even if it wasn't positive and challenged us, can be good for something. It's just a matter of interpretation. Imagine your past relationships as a preparation for your Mr. "Big". You already learned a lot so far, and can see your future in a better light.

When you've read the entire book you can have whoever you want! I absolutely mean this, I tested the techniques myself several times and my clients have had exceptional experiences with them.

No matter if it's the Italian waiter, the new colleague or the young self-made millionaire from Spain: with good preparation, the right strategy and a portion of patience he will be yours.

But in the first place you need to know who you want!

Don't worry – you don't have to commit to one man, quite the contrary: Especially in the early phase you need to date as many potential princes as possible. You only need to know one thing: what should he be like?

2) Make out your patterns and avoid typical mistakes

The pattern:

You've already asked yourself why you meet the same type of man every time? Why everyone you're having a relationship with is a mama's boy? Why every man you fall in love with is married?

Were all of your recent boyfriends lazy and boring? Or were they "bad boys" who lied or cheated on you? If it is so then, voila, here's your pattern.

Of course there are clear reasons why a certain type of man has more of an appeal to us.

Maybe you fall for the "bad boy" over and over again. He's arrogant, unfriendly and not faithful – but he's wild and

passionate so he awakens your female hunting instinct. You think you could tame him. He tells you – and maybe he's proud of it – that he's never been faithful to a woman and that he could have anyone, but you blind out your inner warning signal and tell yourself that he's also just a haunted soul, looking for love.

But is he as desperate as you are at this moment? - Surely not.

Is there a woman capable of taming him? - Maybe, but probably only when he's sitting in a wheelchair and in need of care.

You still want to try it? He'll hurt you and you know it. You can have fun with him, have wild parties and make extraordinary experiences but he'll never be there for you when you need support or encouragement. He'll never set up a beautiful home with you nor will he be faithful. In the moments when you're not looking for a serious relationship it can be really interesting to spend some time with a "bad boy".

If you're one of these women who often find themselves loving this kind of guy and if you're left behind emotionally destroyed, be careful! Here you can identify your

subconscious patterns! Probably the pattern you live is primary that of being a "victim": You need to feel hurt and exploited from time to time so you can feel the difference and meaning.

Maybe you're addicted to the "dreamer". He has high ideals and great visions – but he doesn't carry out any of them in life. He dreams of making the world a better place, argues in a perfect manner and builds up fantasies. His everyday life is just a bit different to this. Mostly he still lives at his parent's place or with friends. Maybe he has a small grubby apartment. He never did an apprenticeship and talks more about his plans rather than realizing them. When it comes to doing something crazy, book a trip to India with his last money or play the lottery he's always the first to do so. The main thing is that it does not require any effort and initiative.

He's exciting, takes you on mind-trips and he seems so at ease in being. It's nice if you can dream with him, but there won't be much more than this.

You want to save him? Help him to live his dream? That's very kind of you. Maybe you are already a millionaire,

already have as many children as you wanted, achieved everything in life you wanted to and want to be a mentor for him? Then he's the right guy for you.

But if you wish for someone to build a life with, who supports and encourages you? Then he's the wrong one.

In this case your primary pattern is that of the "saver" and it seems like you need a partner you can be there for and who needs you so you can feel loved.

Maybe it's "the nice guy" you keep on dating. He's kind and gentle so everything feels like home when you're with him. He always shares your opinion, and always thinks you're gorgeous. You like his softness and gentle touches and you love the harmony when you're with him. Your mother and your friends like him and your relationship works perfectly. At least it works as long as he doesn't bore you. His edgeless character doesn't only bore you, it upsets you. Everything he does makes you even angrier. You want a real man, a tiger. You've had enough cuddling and want to spend wild, uninhibited nights. He doesn't understand why and wonders what happened with you. That upsets you and you start to insult and offend him, secretly hoping that he'll become a

man. But he doesn't. Unfortunately he becomes the victim, and you're the evil.

That's the pattern of the "perpetrator" who's trying to win safety and control over the situation – but who also only hides her own uncertainty.

A lot of women blame their man for the failure of the relationships. But the truth is: You can't blame anyone because he is the way he is and it's your own fault if you meet 'him' again and again!

If you had a tendency of choosing the wrong men in the past it's time to change this pattern. But at first you have to know exactly what your model looks like and after which scheme you choose your men.

Exercise I-4: Discover your patterns.

Be honest when you answer these questions. Which of the following answers is the most appropriate?

1) You're single and in a trendy bar with your friends. You're having fun and a nice chat but suddenly you see your ex with another girl. The two of them seem to be in love and flirting. What would you rather do?

a) You're fighting your tears and think you'll never love again. You go to the toilet and your best friend has to comfort you.

b) You look at the two disparagingly first and then go over to them and tip your wine over her blouse. That bitch has deserved no better.

c) You look derogatory at both and your friends start to list all the negative qualities of your ex - especially his bad qualities as a lover.

2) You have a dinner with your boyfriend. You've reserved the table for 7 pm and you're on time. Time's passing by but he doesn't show up. It's already quarter past 7 pm. What are you going to do?

a) You're worried. Hopefully nothing happened to him!

b) You're angry. That's typical. You're not hungry anymore.

c) You think about how you can show him, he can't treat you that way. In front of your inner eye you're already talking to him.

3) *30 more minutes have passed and you tried calling him. He's not answering the phone. What are you thinking?*

a) *He's at another woman's place and is taking the piss.*

b) *He's not even capable of being in time for a date. Without me he's nothing.*

c) He wants to punish me because I finally told him my opinion.

4) Now it's 8 pm. He enters the restaurant and comes over to you with a smile on his face. He greets you and wants to sit down. What are you going to do?

a) You start crying and tell him how worried you were and that you've been exploited by many men before.

b) You scream at him, throw the napkin to the floor and run out of the restaurant.

c) You take up a defensive posture and you look at him with an icy glare.

5. Your boyfriend's mother was invited for dinner at your place. His mother found a reason to harass you about anything. When she left you have a chat with your boyfriend and a glass of wine. What do you say to him?

a) She doesn't like me, I felt it. I was trying to please her but nothing was good enough in her opinion.

b) No wonder you can't make decisions! You're totally controlled by this woman!

c) I'm able to behave when I'm invited somewhere. Such a behavior is not okay, you shouldn't do something like this.

Add up how many times you have chosen a, b, or c.

Solution: If you've chosen 'a' the most you're the victim, 'b' is the perpetrator and 'c' is the rescuer.

Victim, Perpetrator, Rescuer – The three types of women

The concepts of victim, perpetrator and rescuer emerge from the transaction analysis. Transactional analysis is a psychological theory of human personality, developed in the mid-20th century by the American psychiatrist Eric Berne. It makes it possible to describe the models of conflicts between humans based on these three types. These models are used by many psychotherapists to allow the client to have a glance at their behavioral patterns to recognize and avoid

reasons for conflicts. We are caught up in our patterns if we're not able to identify them. With this knowledge we're able to act and to value our partner because we'll see that he hasn't done anything purposely but because of bad happenings in the past. Thomas A. Harris was an American psychiatrist, author and physician. His self-help book "I'm OK, You're OK" was published in 1969 in the United States. In this book he elaborates the various conflict positions. The concepts of victims, perpetrators and rescuers are a simple summary of his theory. For each of these roles Thomas A. Harris has defined an appropriate statement. His goal was to give people the attitude: "I'm OK, You're OK" - for a harmonious coexistence and constructive discussion rather than to convey cultural drama.

The victim

The victim is defensive. She feels fear and emptiness most of the time. The victim suffers from the feeling of powerlessness and because of the people around her. If her attempts to conform herself to her environment fail, then she withdraws sad. Her posture is defensive: shoulders fall forward, the head is lowered slightly and the voice is soft. A

typical statement is: "I'm not doing well; you know XY has done this to me."

If the "victim" experiences her environment as positive, she turns into the diva. In this role, she tends to show pride. The Diva would say: "Look, I can do this the best" or "I have done this alone."

"I'm not OK, but you are"

For this archetype, according to Thomas A. Harris*, the default tenor is "I'm not ok, you're OK".

In the world of the rich and famous, this attitude can be observed with Jennifer Aniston for example.

The perpetrator

The "perpetrator" is aggressive. Usually she feels anger or guilt. She sees the faults of others and their inability or failure which makes her angry. If someone takes her parking space, she insults him desolate. Others fear her anger.

Her posture is marked by her torso slightly inclined to the front, her head and chin are straight up and her tone is loud and demanding.

A typical statement is: "You're such an a**, you don't have a clue" or "You're useless, because of you we're not able to do it anymore."

If her environment appears to be positive around her she tends to be cool and arrogant. She knows that nothing works without her and she must take matters into her own hands.

"I am OK but you're not."

For this archetype, according to Thomas A. Harris*, the default tenor is "I'm OK but you're not".

Naomi Campbell is a prime example of a "perpetrator."

The savior

The "savior" is self-sacrificing. She feels sad or frustrated most of the time. She's very critical and likes to analyze the motives of others but is hardly able to understand and respect them. If somebody needs her help and doesn't seem

to be able to handle it alone, she puts her own needs on hold and does everything to help. Her posture is asymmetrical, her head is slightly tilted to one side and she's got a nasal tonality. A typical statement is: "I'll do it for you" or "That wasn't okay of XY, I'll talk to him."

If the "savior" experiences her environment as positive, she likes to play the role of the loving mother. It may be that she suffers from envying others.

"I'm not OK, you're not OK"

For this archetype, according to Thomas A. Harris*, the default tenor is "I'm not ok, you're not OK".

Angelina Jolie is a famous example for a savior.

Of course a lot of women are mixed types which show their different types when they are needed, but you will always find a special basic type that is stronger in you than the others during specific life periods.

These three different types of drama were developed in the 1960s by psychologist Stephen Karpman*. They are also

called the three "archetypes" and can be observed in any conflict. There is no dispute without these positions. Often you can see how one person goes through all three types.

Exercise I-5: *The reversal of the drama*

1) Find yourself a typical situation that bothers you (e.g.: as a victim, you're always skipped, often you're offended and no one understands you. As a perpetrator: Nobody listens to you; you feel insulted and you're not respected. As a savior: you don't agree with the way others are behaving, you feel exploited, and expect autonomy from people).

Describe this situation in a few sentences.

2) The „reversal“

To free yourself of being the victim you need to become the active one. That means you have to do something!

If you're the "victim" then ask yourself: What can I do to avoid the described situation? What can I do or say to keep up the peace? What would someone else do? Is there something I could learn from a self-confident and strong woman in this situation?

When you're the "perpetrator" then ask yourself: What's the point? Which of my values were hurt? What is the value of the other person? If I have a look on this situation from the bird's-eyes view, which new opportunities do I see? Are there any new ideas to handle what happened, to give myself and the others a good feeling?

If you're the "savior" ask yourself: How do I feel? Which emotions are going through my body right now? Where am I? What do I need to do to clarify everything for myself and resolve it? For whom is this criticism really meant? Are there parts of me I don't like which are reflected by others? How can I deal with myself to turn those situations into positive ones?

Now write down what the situation would be like if you were acting like I described. What is the reason for your behavior that always makes you meet the same kind of guy over and over again?

These patterns were formed in your childhood.

You learn how to solve problems from your environment. Parents and Educators used to reward behavior they've also learned and which is suitable in their eyes.

Nicole, one of my youngest clients, is a really hot girl. With her long blond hair and her unique way to dress she looks gorgeous. At first sight she's the dream of every young man. But she doesn't love herself and has almost no self-confidence. She's the typical "victim". So it's no wonder she has a relationship with a fat, alcoholic, unemployed twat who exploits and emotionally blackmails her.

When I asked her if she wouldn't like to have a boyfriend who supports her and treats her respectfully she said: "Well, that would be nice but men like that are very rare and if I'd find one I bet he'd already be in a relationship."

Nicole doesn't have the slightest expression of self-esteem and a completely distorted self-image. She also has the distorted world-view that there are no good

men, and therefore should be satisfied with what you get. During the coaching I found out that Nicole subconsciously thought she wasn't good enough. This feeling is shared by a lot of people, women and men. Maybe they see someone who's matches their expectations of a fulfilled relationship but they don't dare speak to that person. Their brain tells them they're not good enough for this person. If you ever think you're too fat, too thin, too old or have too little education to start talking to a specific man, then it's the result of those thoughts. Such stances are built in your childhood – especially if you always hear that you should be MORE into something, you should be MORE like one of your sisters and brothers, you should do MORE to be loved. If Nicole was loved by somebody she's always asked for his intuitions for she's not able to love herself. She won't be able to trust any man and will be happy with someone who mistreats her for he is reflecting her own thoughts.

Of course you won't find a good man with such a tenor. Men do feel it, if a woman doesn't love herself and will treat her that way.

Nicole's destructive patterns result from her childhood. She had used them to get her parents' attention – and some parents react to this kind of behavior in a very intense way.

When we were young we were constantly looking for new ways to get our teacher's or parent's attention – and we found them. Something that started completely harmless and escalated into a fixed pattern. As soon as someone realizes these patterns and learns that they're not needed anymore has already left a big part of them behind. Changes come fast when you have the feeling that they are really necessary.

Exercise I-6: Key decisions

Take 20 Minutes to think about the following questions. Please note the answers in your notebook.

- Which decisions of your childhood influenced your whole life?

- Have you decided to be different to someone in your family?
- Were you rebellious towards a parent?
- Did you want to please your parents?
- How did your father treat your mother?
- Has she felt valued and cared for?
- Did she feel safe or was she repelled and frightened? Was she the strong one in your family?
- What have you learned about how women should be treated by men?
- What decisions have you made and how did they serve you in your relationships?
- Were you hard on the people in your life?
- Were you fearful and needy?

- Is it time to make new decisions for your future and the future of your children?
- If so, which ones?

You can make new decisions whenever you want to. You can decide to care more for yourself to live healthier or you can try to fulfill your dreams.

Write down some new decisions and read them every morning when you get up.

Where does this negative self-image come from?

None of us were born with a negative self-image or beliefs. We were all born pure and innocent. All of us are unique in their own way! Every healthy human has the same basics and has the chance to grow up to be a happy and successful adult.

Newborns and little children go through different stages. They're shy and fearful and then they become wild and adventurous. Sometimes they are aggressive. That's normal and part of their personality development. Unfortunately,

parents and teachers tend to attribute the child certain properties. When children are very young they are often spoken to in the third person. This works on the subconscious like a hypnotic command.

Little Nicole, three years old, is visiting some friends with her mother. Nicole was in her "shy phase", perhaps tired and would rather have stayed at home. She's not feeling like she usually does. They're entering the flat of their friend in which Nicole had never been before. Nicole is hiding behind the legs of her mother, as the mother's friend with heavy make-up that smells very strange, bends over to greet her by stroking her head. Nicole's mother explains to her friend: "My daughter is shy. She's a little, scared cat and it's hard for her to come into contact with other people. "The subconscious of Nicole hears this and believes that this must be true. So it's saying: "I'm shy and have troubles establishing contact with others."

So these statements will add up to "I am..." "I'm not..." "I can..." and "I can't..."

Someone who's always been told he won't be able to sing will probably never sing. Someone who doesn't sing, doesn't

train his voice. So he won't hit the right tone when needed. The statement "I can't sing" is true at this moment and will be saved as the absolute truth.

But reality is: Even professional singers have to keep training their voices in order to sing well.

No one is what they pretend to be – they have one day consciously or subconsciously decided to be that way.

A good example is Alexandra. She struck me in one of my seminars, because she acted most courteous and helpful with the other women. Her focus was on pleasing everyone and was concerned that everyone felt comfortable. When it was her turn to talk about her wishes concerning her new partner she said: "Oh, it's not important what he looks like or what he does. The main thing is that we match. I don't need much. I'm also happy if I have to give something up. I'm a modest person." When I asked her how she knew she was a humble woman she told me a story from her childhood "I was very humble as a child, I never wanted anything for Christmas, just that everyone should be happy and healthy" I think these are very laudable desires but very unusual for a child. Especially children are characterized by their large

appetite for more, aren't they? Children want bunches of sweets, new dolls, a good bike and the biggest picture-book in the toy store. Everyone who has children or who works with them knows that they have unrealistic wishes and needs. And this is good! The beautiful thing in being a child is that you can wish and imagine anything you want without being slowed down by reality. As an adult you learn that you have to work to buy something.

Alexandra - a child without wishes? This was strange to me. So I asked her when she decided to be so humble.

After thinking about it for a while she told me: "My sister is 4 years younger than me. I remember a situation when I was 8 and out shopping with my mother. My mother was stressed and tired and my little sister's behavior was totally inappropriate. She was constantly pointing at the things she wanted and screamed incessantly. I watched as my mother tried desperately to explain to my sister that we couldn't afford that and she shouldn't wish for so much. My sister didn't listen to her and just kept screaming, so I was mad at her because she overwhelmed our mother so much. So I said to myself, "I am humble, I'll make it easy for my mom." From that day on I stopped to wish for things or ask for

anything. I contented myself with what was there and my mother was always very proud of me.”

Alexandra got the reason why she was behaving like this. She wasn't humble from the beginning but she learned to be at the age of 8 to help her mother. This decision was useful at the time but not for the rest of her life. She cut herself from her dreams and wishes and wasn't able to find happiness. She got the job which was offered to her and started a relationship with the first man who was interested in her. On the inside she was far from being satisfied and she was desperate because a part of her never gave up her wishes. That was why she was here, wanting a loving, wonderful partner finally.

With this clarity she realized that she wasn't so humble. She had done this to be loved. As the strategy was working, she stayed humble. Alexandra found her way out by making wishes. The rest of the time in my seminar she practiced telling us what she wants. It was wonderful to see her allowing herself to want something. She started with a piece of cake and worked her way up to the man of her dreams. Alexandra was free of the sentence “I'm humble”. Months after the seminar ended she wrote me a letter telling me

how it was going: She quit her job and found a way to pay her apprenticeship as an interior designer. She already had finished the first module! She's feeling better now than she's ever done before. Since she started communicating her wishes a lot of them came true. The man she's dating now on a regular basis gave her a beautiful compliment: "It's so wonderful to have a woman who knows what she wants."

How do you feel when you read this? Are you humble, too? Or do you think you're a lazy person? Are you a woman who thinks she can't dance? Whatever you thought about yourself take your time and the next exercise as a chance to change the things you say about yourself – which are not useful in your life anymore. You have new aims and want to fulfill your dreams. If it weren't like that you wouldn't be reading this book. Start letting your old settings go and ask yourself where you got them from.

What are the things you say about yourself? What is holding you from achieving your goals?

Exercise I-7: What do you think: Who are you?

Make four columns with the following headlines on one page in your notebook:

I can / I can't / I am / I'm not

Find at least 10 points for each of these categories – no matter if they're positive or negative ones.

Then ask yourself at each point: "Who says that?"

- Your parents
- A special person (Ex, Best Friend, Work colleague)
- I do
- I don't know, it's just me I guess

Note down to each of your beliefs where you know them from.

Which of these statements do you want to keep – and which not? Which Setting is useful to find your luck and which one is keeping you from moving on?

Positive, happy people are much more concerned with the things in life that are going well and for which they are grateful than with their weaknesses and mistakes. Concentrate on everything that has been going well. For which persons in your life are you grateful? Who loves you and whom you love? Who is always there for you, without expecting anything in return?

Every time you hear a bad statement about yourself in your head listen carefully: Where is this voice coming from and what does it sound like? Is it fast or slow? Now change it – let it sound awkward and silly - maybe like Donald Duck or Mickey Mouse. Listen to this voice (and to the negative statements about yourself) in this way only. Do you notice how different you feel now? Isn't it amazing how easy it is to turn negative thoughts into the contrary when you take a step back and can see yourself from a different point of view?

Exercise I-8: Reversal of negative statements

Mark the five negative statements that bother you the most. Now play with them: Change the sound, speak them out loud with an awkward voice like Mickey Mouse. Use a tone, which you just can't believe is anything else but an exaggeration. Remember a situation in which someone told you a big, silly lie. E.g.: "You can become pregnant by kissing someone." ... something so hilarious that you couldn't even imagine how somebody would come up with something like this. Now put all the negative statements about yourself in that person's mouth, who told you this complete nonsense and let him say it in the same breath with his silly lie.

Shake your head and tell yourself: "Such a nonsense!"

Write down all positive statements about yourself which you like the most. Think of a person you take very seriously and who you can trust. Imagine this person standing in front of you and listen as he tells you all the gorgeous things about you. Notice how good you feel now!

You can expand the list of positive qualities at all times!

You've already learned a lot about yourself. Have you done all the exercises up to now? If you haven't, take your time before you keep on reading because it's about the behavior you have when you interact with men and your effect on them. The preoccupation with yourself, the dissolution of old patterns and negative inner statements is a very important part, because if you don't free yourself of them then you're not able to use even the best flirt tips, because you automatically fall under stress and old patterns. Take plenty of time for yourself and for your development because that is the foundation upon which you build your house. The stronger it is, the easier it will be for you to build your house and the more stable it will be. Men notice when your behavior is not natural. You want to be loved for what you are – and you deserve it.

When you're ready to say: "Yes I am worthy of being with the best man on earth and I won't stop until I found him" you're ready for the next round!

There are a lot of typical mistakes you can make in the beginning but now you'll learn how to avoid them. You'll be

surprised because you'll recognize yourself in some parts. But don't worry: a danger detected is a danger banned.

Let's go!

The human is a creature of habit.

Can you imagine that the same man will behave differently interacting with another woman?

Have you ever wondered why the man who told you he's not able to have a relationship becomes a husband and father in the following year?

Only in very rare cases he transformed himself completely in one year, had an epiphany in a Buddhist monastery and was at the psychiatrist's twice a week to handle his past.

Never! But his new girlfriend knew how to handle him. She knew how to make him want her, and not vice versa.

Imagine you're a top model. You're attractive, successful and self-confident. You meet the man of your dreams. Would you change for him? Would the top model call him ten times a

day? Would she sit in a coffee shop staring at her mobile and analyzing all of his statements with her friends?

No, she wouldn't! And that's the reason why a man craves a woman like her.

You're not a top-model? Neither am I. On the entire planet there are only a few women who look absolutely perfect. But that's not important anyway.

In times of plastic surgery, many women have themselves operated on in order to live up to a certain ideal of beauty. Each of them wants the perfect nose, perfect breasts, a great butt and takes great care for her hair. And you know what? We rarely see such a perfectly-made woman who also has charisma. Most are just as insecure as they were before, and so they attempt to cover it up with arrogance.

I was able to study this during my vacation in Miami as it is the center of plastic surgery and superficiality. I was surrounded by perfect women. Since I was not out there to meet my dream man, I spent a relaxing, enjoyable vacation. To my surprise even on the street men followed me to get my phone number. They thought I was an Italian model –

despite my big, pointed nose. I received a lot of compliments by men I met.

Why was it so easy? It was not because of my appearance, for many women there were more beautiful and perfect than me - it was because of my natural charisma and my self-conscious openness.

I was friendly to everyone. I was interested in the stories of people I met and I told them about my dreams. I never planned to find the man of my dreams over there and so I was absolutely relaxed when I met a good looking man. My posture signaled confidence and ease. I felt good just the way I was.

A lot of women know this: As soon as you left your home and everyday life behind you're swamped by admirers. So why is it – once you're back at home - so hard to practice what was so easy in your vacation?

The answer is: It's all because of your patterns! At home you've got a fixed schedule – you've got the same way to work, the same colleagues, friends and your family. And

every person you're in contact with has a picture of who you are.

It is not that easy to change when your environment has a fixed picture of you. Karina, a participant in one of my seminars, reported that she came home happy after the weekend and was full of self-confidence. Enthusiastically she told her flat mate about her learnings from my workshop and her first successes in flirting. Her flat mate just said: "Now you did a workshop like that again and are happy but the next time a guy leaves you, you'll be crying your eyes out again. It's not as easy as you think!" Karina was shocked and sad because her friend was not thrilled like she was and started to worry. What if her friend was right and it was going to be as hard as it was before? Or what if her self-confidence wouldn't stay?

At our next meeting, Pandora's inner circle in which we talk about our experiences while drinking a glass of Prosecco she told us about her skeptical friend. It's often like that: people who don't see a way out don't believe that others could manage it. Would they do so, they would have to accept that there is a way out which they don't know about. Our subconscious is deceptive; it works with the best available

strategies. Would she admit that Karina could do it, she'd have to think her behavior over and change it. And that is what our subconscious does not like because it wants to follow fixed rules even if changing them would bring the results we want. Change means leaving your comfort-zone. To actively flirt is exciting but the fear of failing holds a lot of women back from trying. What if you'd know you'd be successful? What if a year had already passed and you're a successful, self-confident woman who's able to get every guy she wants? Wouldn't this goal be worth starting to change today?

Karina was sure that her flat mate was also afraid of losing her. If Karina would get to know the man of her dreams she might move out and wouldn't talk to her friend that often anymore. Her friend wasn't acting because of being selfish, but because she loves her. Remember this when someone wants to hold you back. The motivation is the fear of being alone. The solution is simple: Share your knowledge and your experiences with people who are precious to you and help them with having as much success and fun as you have!

Give this book to your friend and practice together. Meet on a regular basis and instead of talking about your failures you can talk about your successes. Do the exercises together and be happy about the positive feedback from men!

I was quite shy back when I was in school and was afraid of projects. I did everything I could to avoid them. Sweating and trembling hands were normal. But then I learned how to do them! Today I talk in front of hundreds of people and on TV and I'm relaxed while I'm talking. I simply learned how to. When I met an old school friend of mine, Eva, she couldn't believe how much I had changed. At first it hurt but then I realized that she was only afraid to admit that change is possible. After she saw me in one of my seminars, she saw me in a different light and was enthusiastic.

Do you recognize that scenario? You meet old friends you haven't seen in years, you've changed a lot and nobody notices? They're talking to you like they did years ago because they have an old picture of you stuck in their heads. They don't see how much you've changed and maybe you get the feeling that you have to improve yourself. Let this feeling go and stay true to yourself. Above all, remind

yourself that your friends are just acting out of love and fear.

Or maybe you have the reputation of being the lazy git in your family, just because you had a tendency to be lazy when you were younger, even though it has completely changed.

Especially when your parents don't trust you it can hurt very much. You're already a grown up, self-confident woman but your mother still thinks she has to tell you how to organize your life. Or your father just won't believe that you'd be able to make your own decisions. Smile at it and remember that they only want to be needed. You're their child forever! Maybe there really is something you might need their advice on someday.

The list is endless. Of course it's not easy to change in a fixed environment and to keep the change up, but if you really want to improve anything in your life, if you want to take your destiny into your own hands and if you've had enough of being disappointed by men, then you have to leave your comfort-zone and try something new!

Humans are not made for trying out something new and so it's hard for us to change our habits and behaviors. Whoever is used to his coffee in the morning doesn't want to live without it. Who sits in front of the TV every evening with coke and chips has to go out of his way to change their habit. When it's about nutrition, addictions or movement we all know that we shouldn't do this. Most women know what's right and what's wrong when they're looking for a partner. We're confused by the tips our friends give us or what we read in magazines because all of them tell a different story.

How do you know what works with the man of your dreams and what doesn't? The latest you will know is when you get feedback or when he doesn't call you again. If you could know before you would be able to avoid some embarrassing or disappointing situations.

Let's pretend you write a letter on your PC. After printing it out you discover a mistake. So you take your Tipp-ex and correct it. Then you go back to your PC and print it again. You're surprised because the mistake is still there – so you print and correct it again and again but nothing changes. Now you're looking for every available information you can find on correcting mistakes. You look on the internet, ask

some friends and try everything. But the mistake won't vanish, it's still there. You'd never do this or would you? You'd just correct the mistake on the computer and print it out new? Then why don't you do the same with flirting? We get the same results over and over again and try to change them. New man, more calls, more effort. But no matter what you wear, say or do – it comes to the same result as usual. Change your document! A lot of women make the same mistakes again and again. Change your inner posture, only then can you expect different results. Many women just keep making the same mistakes over and over again.

Thoughts make emotions. Emotions make actions. Actions make results. And if the result is not okay you've got to do it over: starting in your thoughts.

The first step to changing anything is realizing it. If you know what went wrong it's easier to try new strategies. That's why we'll talk over the 10 mistakes women usually make while flirting now. Only if you stop making these mistakes you'll be able to use Pandora's secret strategy of flirting! But don't worry, all of us have made these mistakes several times and every woman I know who read this book is not making them anymore. Realization is the first step and then it's starting!

The 10 most common mistakes while flirting

1. You show too much emotions in the beginning

Women are emotional creatures. Our emotional life is vast: We can distinguish between happy, vibrant, in love, distinguished, thrilled and excited. Men are not able to. They feel happy or sad. They are interested in you or they're not. In the beginning men are more sober than women. Women get more emotional faster than men and think he'd feel more secure if they share them with him.

WRONG! If you tell him too fast that you have feelings for him he'll be afraid. You seem needy and weak and he can't fall in love with you that way. He wonders why it everything's happening so fast and will think that you really need love.

Because he doesn't want to be responsible for your feelings he runs away from you.

So be careful! The main thing is: As long as he's not talking to you about his feelings you shouldn't be either! Let him begin! If you want to talk about the love you feel for him,

share these emotions with another person. That will show him that you're able to love.

2. You're easy to have

You like it that you've had a good feeling with him from the start, and you're sure that you want him. He's asking you if you have time and you answer "Yes! Of course!", without thinking. He asks when you have time for him, and you answer: "Doesn't matter! Any time! Whenever you feel like it!"

And when you additionally look deep into his eyes he knows that he can have you whenever he wants to.

Maybe you only do it with him because he's the one and only for you. But he thinks that you're easy to have and always react that way. In the worst case his friends could see this and joke because you were drooling all over him. He doesn't want this. He wants to be in their good books and he wants a woman who's something special – a hard to reach goddess. Men are hunters. They used to be in the stone age and will remain that way. No matter how advanced, emancipated or technical our culture is, in our minds we're

still like our ancestors. Our needs and hormones have not changed. So: Even if you immediately want to see him again keep your distance. When he asks you whether you have time just say something like "I have to check my calendar, I'm not sure – maybe I have time in X days (best something between 3 and 5 days), we could go out for a coffee then if you like?" So he already knows that he has to do something to get you – that encourages his will to hunt you.

3. You give too much too early

I know it sounds old-fashioned but you should never - really NEVER - have sex on the first date. The reason is – like described in point 2 – the will of men to hunt a woman. Even though men are only humans and want to be able to trust someone, a woman who has sex with him on the first date could do this with everyone. Even if it's not the case men will think so. Don't give more than a kiss on your first date. If possible save it for the second date. Should you already know him for a longer time now because you work together or you have the same group of friends this rule is still active. Take your time with intimacy. You got to get to know each other and check if he's the right one for you.

4. Fit his expectations

He tells you about his expectations and wishes. You're very keen about him – he's good looking, intelligent and has a plan of what he wants to reach in life. You might think he wants a woman who's similar to him. He might send you away because you don't share his opinions. Women have a huge need for harmony and always have an eye on their opponent's well-being. That's a good attribute but only up to the point when you're about to lose yourself. When you're holding back your own opinions and attributes just to fit his expectations or even change yourself for him you're losing who you really are. You'll get weaker and lose your self-confidence and it could be that you'll blame him for it if you date for a longer time. It also could be that he loses his interest in you because you're not self-confident enough anymore. Keep the chat interesting give him something to think about and make him justify his statements. Demand! Ask him why he thinks that way and if he always had this opinion. Tell him that you think differently in some points. And if you don't have a clue what he's talking about just tell him. So you want to have a happy relationship with this man? Than stay true to yourself!

5. You're interpreting his behavior

In the cognitive social psychology it is told: "Every human acts like a naive scientist." That means that we're trying to find reasons for the behavior of other people. The less we know about someone the less information we have for it – and the less information we have the more false our findings are. Logically it is often interpreted according to your own behavior. If you're holding yourself back from a man you desire because of uncertainty you will quote the missing interest of a man you're interested in, in a wrong way. You could tell yourself that he's just nervous and insecure and that's the reason why he's not talking to you. Unfortunately this isn't right most of the time. If he doesn't call you he's only doing this because he has less or even no interest in you. If your colleague doesn't look at you he hasn't noticed you by now. Men are worse in adapting to their environment than women are. If he likes you he'll look at you or will try to be near you. There are more things to realize whether he's interested in you, but more to this later on in Module 2. First of all remember: You can never project one's character onto another! Neither can he. He can't know that you want him, if you avoid him.

6. You're getting help from your friends

Most women discuss every little detail of their dates with friends. That's a natural female behavior. Communication is creates trust and a common ground. Also you can learn from each other. Good friendships are essential for a happy, fulfilled life. But if you need tips for flirting you should be careful. All of your friends will give you some tips they think will help you – but they'll give you tips based on their own emotions. But especially at the beginning of dating it's important to have clarity. Just use those tips if it seemed like they were useful more than once.

7. You need him to be happy

Your life is boring without the right man? Most of the time you're not happy and know you'd feel better if you had a relationship? If you think this, or a similar, way then it's difficult. Men don't want to be responsible for your joy in life. They don't want to be put under pressure. You also wouldn't want this. Just imagine you meet a good looking man. You date more than once and everything is fine – but suddenly you realize that something is going wrong. He tells you that his life wouldn't feel complete without a woman by his side.

He'd be unhappy and unmotivated. You know that he really needs you. Is that a good feeling? Or would you prefer a self-confident man who's happy with his life? It really is like that: If you're not happy with yourself you can't be happy with someone else. Start now and try to make yourself happy. Now!

8. A sorrow shared is a sorrow halved

Even if you have the feeling you can trust him you shouldn't tell him the sad stories of your life. When you're in the first phase of getting to know him and you tell him how horrifying your ex was, how mean some children were in school, how bad it's in your office – you'll leave a negative impression. Every time someone talks about something the brain creates a picture. Pictures create Emotions. Are the emotions you're producing negative or positive for your opponent? Which emotions does he have while talking to you? Does he seem to be rather calm and cheerful or enthusiastic and entering? If there are some things in life you think you should share with your partner wait until you know him well enough. During the early phase of dating you should only create positive emotions. Make the date beautiful and positive for both of you!

9. You try to be someone you're not

There are people who can adjust very well and are always acting. Do you know someone like this? Yes? Do you also know why you know that this person is not authentic? - Because you subconsciously read the facial expressions and posture. This ability is due to our mirror neurons, which are present in every person. They're stronger in some than in others and in general women are better at reading the emotions of their opponent. But men have mastered the technique. Indeed, the perception of a person is only affected by 7% of what he's talking and 38% by the tonality of speaking. The body language however, accounts for 55% of the impression. Therefore, people who pretend to be someone else will sooner or later be debunked. In any case, they do not leave a good impression, since their insincerity is palpable. Stay yourself, and be understandable! Whoever doesn't like you the way you are does not deserve you. Next one, please!

10. You put up with too much

Most women think that a man loves her if they show him that they're there for him whenever he needs her. It's okay for them if their partner isn't in time or if he doesn't show up at all. They try to optimize everything for him with everything they can do. He might think that this is nice but he'll never fall for her. Stay true to your limits. Be sure about what is okay for you and what isn't. Dare to say no and when you mean it, don't change your mind or you'll lose your integrity. Do what is right in your opinion and what you want to do. You know that you can be there for him if he really needs you. But until then enjoy your life and create it the way you want it to be. He'll love you for this!

3) The Target-market - targeted advertising

If you've ever gone to a supermarket hungry and forgot your shopping-list you'll now that feeling: Everything looks delicious, diet plans and calorie tables have completely disappeared from your memory. One reaches for a wide variety of fast food products and buys everything he can grab. As soon as you're outside you can't wait to unpack the

first body shape-enemy to eat it. Once the blood glucose is under control again it's a harsh awakening. Too much sugar, too much fat, too expensive and none of it is really useful to prepare something healthy. And because it is at home in the fridge now, it has to be consumed - you can't simply throw away the food.

If you don't know what you want, then you will be overwhelmed by the diversity of supply and perhaps choose something that gives you satisfaction momentarily, but in the long run isn't good for you.

When it comes to nutrition, we are often fooled by our blood sugar levels. When it comes to men, it's our hormones which cause chaos.

At the birthday party of my friend Kristina, the usual group of friends was invited. Many girls, some couples, our gay friend and adviser, and two single men. It was her 30th birthday and accordingly it was celebrated properly. There were endless supplies of alcohol and food. As the night came towards an end and the party guests were leaving one after another, at first the couple went home, then the girls and only one of the single men remained, Michael. I've noticed

him from the beginning, because he didn't seem to fit our group of friends. Kristina was a hippie, nearly 1.80m tall, very open and receptive. Michael was a lot smaller than her, dressed completely average and more the businessman type.

But after only those two were left they hooked up because they were drunk and single. It went really quick, she already stayed at his place for a few days in a row. But as fast as the relationship started they encountered the first problems. Michael didn't agree with her lifestyle and her openness to strangers. He wanted to spend a cozy evening at home and she wanted to party the whole weekend dancing. Kristina wanted a relationship so badly that she started to adapt to him. After several unhappy months the two broke up. Today she knows that she only took Michael because nobody else was there. In reality he wasn't her type at all. She could have saved herself quite some tears and fights they had if she had known what she wanted from the beginning. She should have sent Michael back home that night and might have found someone who's good for her the next day.

Conclusion: Don't waste your time with frogs! If you already have troubles in the beginning of your relationship they

won't vanish after some time. Quite the contrary, they turn into huge problems! You can't change a man! And to be honest you don't want a man who has changed for you. Just get one who's the way you want him right from the beginning!

Exercise I-9: *What exactly do you want?*

Write down a detailed list of all characteristics the man of your dreams should have: What should he look like? How tall should he be? What is his character like? What is he working as? Which hobbies should he have, and aims and dreams?

Take your time and be accurate and fussy. It's about your future!

4) Pimp up your life!

"When you know what you're doing you can do what you want" the well-known judo instructor and movement therapist Moshe Feldenkrais has said. I say: "If you know what you got, you can have whatever you like!"

What the man of your dreams should be like is what you already know. Now it's about finding out what you want to be. The clearer the picture of your future is, the more likely you will achieve it.

Almost all humans know what they don't want. Some clients answered the question of what the man of their dreams should be like with negations: He shouldn't be unfaithful or neglecting, he shouldn't be dependent on her and so on.

Only a few humans know exactly what they want. It's good to know what you don't want anymore if you also know where you want to go with your life. Our brain doesn't understand negations. When somebody is telling you "don't think of a juicy red apple, what are you thinking of? Energy follows your attention and you should always put your focus on the positive outcome!

Have you done the exercises of the past chapters? If not, then do them now so that you can get the most out of this book. If yes, then you've already worked out exactly how "he" should be. You adjust your focus and therefore already know where this journey should lead you to. Now it's about

finding the right tool for your trip so you can enjoy your time.

Exercise I-10: *Would you date yourself?*

Just imagine you are this man of your dreams you imagined before: Seeing yourself through his eyes, would you date yourself? Are there some things you should change?

Take your notebook and write down:

Who do I have to be to attract this man?

Also be very accurate and fussy in this point. Be true to yourself! Do you need a new style? Should you lose some weight? Are you drinking or smoking too much? Are you a fun-loving, enthusiastic contemporary person or sullen and unhappy?

Some may think they should maybe reduce the list of requirements. Do not do that! On the contrary, keep up your high standards and grow beyond your own. Start to live your

full potential now. Live a healthy lifestyle, start working out at the gym and give yourself a fashionable new styling! Take care of yourself and treat yourself the way you deserve it - as a goddess!

Exercise I-11: *Visionboard – Visualize your future*

Get scissor, glue, a big poster or pin-board and some old newspapers.

Take at least 30 minutes and browse through the magazines or the internet for images that you like. Print or cut them out and attach them to your poster or wall. Look out for anything you like: your dream house, cars, holiday destinations, clothing or the wedding of your dreams.

Put your vision board up in your apartment so you can see it. Enjoy the pictures and celebrate your life! You can still achieve all of this in your life if you turn your focus on it.

'Where would we be if we all just sat there and said 'where would we be now', but nobody was prepared to go and find out where we would be if we actually went?'

-Kurt Marti

The human kind loves regularity and predictability. Daily rituals and habits automatically become part of our life without noticing. Usually we realize them when we're not able to pursue them. Some habits are good for our soul and body but some are holding us you back from achieving our goals.

My former classmate Stefanie has always been very athletic and disciplined. She was the only person I knew during study period who go up in the mornings to go for a run for an hour and do yoga. Physically she was in top shape. Then she met George. They became a couple and moved together in a fancy apartment in the city center. A year later, Stefanie had put on six kilograms and was about to split up with George. After moving she stopped her daily rituals of doing sport. At first she didn't want to leave the house this early in the mornings alone, and after a short time she had completely lost the motivation. The two spent most of their time together staying home and Stefanie gave up much of

her active life for the relationship and became lazy. Not surprising the two were arguing all the time and held the other responsible for their boring life.

It takes about 21 days to turn a new behavior into a fixed habit, and just as long to almost completely forget about an everyday ritual. Everyone who stopped smoking or started a new hobby or a new sport knows that.

Stick to it for 21 days and you will automatically keep doing your new behavior. It becomes an addiction and you only have to keep going through the initial phase. Then it will become your new behavior – no matter if it's about sports, a healthy nutrition or an excellent way to flirt. Skill comes with practice and every skilled person once was a beginner. You want to be a beautiful, shiny goddess? Then integrate this new behavior you need into your new life. Start today and in about a month it will be normal for you to avoid the ten common mistakes and you'll be self-confident and happy. Charisma is nothing you can put on and take off like a dress. You've either got your charisma 24/7 – or never. You don't need to go out often to feel pretty and desirable. You can start now – even if you're at home alone in front of your TV.

That's the secret of successful women: They feel gorgeous in every situation and they bring it to the outside.

If you went through the different stages of your life and haven't reached your personal, ideal self-image, then it is time to set up some new habits.

Successful production-management starts with good preparation. You can try building a house without preparation. Put some bricks on each other just as you please. But if you do build a house in this manner it is questionable whether you want to live in it. Don't leave your house to chance! Structure it well and you will be more than satisfied with the results!

You already know who you have to be if you want to attract the man of your dreams, you know what you want from life. Now it's about defining how to get there.

When is the best time to change something? Now!

Change does not happen by will or visualization. This is only the beginning but after that you have to become active immediately. Start your new life, now! What are you waiting

for? It won't be any easier tomorrow than it would be today. The sooner you get started, the sooner the 21 days are over and your new behavior will already be naturally integrated in your daily life, so you don't need to think about it anymore.

Wouldn't it be wonderful if you were automatically motivated to do sports, eat healthy and think positive? What would you feel like if it were part of your life to achieve your goals?

Exercise I-12: *The action plan – Now it begins!*

Answer the following questions by writing them down in your notebook. Be as detailed as possible.

- Where do you see yourself in about a year from now?
- Why do you want to achieve that goal?
- What do you have to do to achieve it? What should be done daily, weekly, monthly?
- What would you have to be like in three months to achieve this goal in one year?

- What can you start with right away?

Create your action plan and start today!

To read MODULE 2 go to:

<http://www.newsocialdynamics.com/books/>

XOXO

Miss P