

# Capture His Heart 4.1

## Worksheet

### Superfast goal check for commitment

Here's a place to write down your answers to these two simple questions we've already covered. Need to refresh your mind on them? Check the opening segment of Part Four, Module 1.

**1. Why am I dating?**

**2. How long am I willing to date a man before I expect to know for *certain* whether or not we will ever get married?**

Remember, you need these in order to chart your course forward in a relationship...

Okay, here are your notes for this section so that you can get the goods in short form:

## ***The Do's and Don'ts***

1. Don't ask him "where the relationship stands"
2. Don't be exclusive until you're engaged
3. Don't work so hard to win him over (checklist below)
4. Do be clear about your limited availability (scripts below)
5. Do maintain your mystery
6. Do stay SEXY

## ***Checksheet: Are You Working Too Hard to Win Him Over?***

- \_\_\_\_\_ You're calling him by pet names all the time
- \_\_\_\_\_ You make constant social updates on all the special things he's doing for you
- \_\_\_\_\_ You automatically keep his fridge stocked
- \_\_\_\_\_ You quit school
- \_\_\_\_\_ You make sure he takes his medicine/vitamins every day
- \_\_\_\_\_ You scribble your "married" name on everything
- \_\_\_\_\_ You make all the decisions about where you'll go on dates
- \_\_\_\_\_ You don't go on dates; you just go over to his place (or he comes to yours)
- \_\_\_\_\_ You've quit thinking about furthering your career
- \_\_\_\_\_ You call his mother "Mom"
- \_\_\_\_\_ You've cancelled on your girlfriends recently
- \_\_\_\_\_ You're looking for more ways to spend time with *his* family
- \_\_\_\_\_ His BFFs are slowly replacing *your* BFFs
- \_\_\_\_\_ You've been mentally keeping score of how much you do
- \_\_\_\_\_ You're cooking dinner for him every night
- \_\_\_\_\_ You aren't seeing other guys

## ***Your Limited Availability Script***

In the section you just read or listened to, you heard two different scripts for how to let a guy know that you aren't going to wait around for him forever. Now you get to write your own.

This is crazy-important, because unless you TELL a guy, he will simply enjoy you for as long as he possibly can and hardly ever even consider the future. But you're not going to settle for that! You have dreams. You have plans! And you're going to make them happen.

So you need a script, a small set of words that you can pretty much memorize so that you'll know EXACTLY what to say so you won't feel like you're going to screw something up. This is important!!

So use the two I did (below), then write the one YOU want to use. And hey, practice with a girlfriend. Or in front of the mirror. Whatever it takes. You are SO worth this, beautiful. You are.

### **Before you begin, here are your four touchpoints:**

1. Be CLEAR
2. Don't give ALL the details of an old relationship
3. Minimize the drama
4. Be CLEAR

### **Now, here's the first one you can pull from:**

**Eric:** So, do you ever think about getting married?

**Lila:** Sure I do. In fact, that's why I broke it off with Jacob during grad school. We'd dated for nearly two years, and I really thought he and I would eventually build a life together, but he never seemed to get serious about it. So I realized he wasn't the right man for me, and I knew I had to move on. A breakup can be painful, but I'm just not willing to invest too much in a relationship once I know it's not headed toward something permanent.

### **Here's the second one:**

**Shaun:** So, do you ever think about marriage?

**Elaine:** Definitely. Dating is fun, but I wouldn't want to date the same guy for more than a year without knowing it was serious. Besides, I don't think it would be fair to string someone along or deprive myself or another person of the chance of finding that special someone to grow old with.

**Now you're ready to write YOURS!**

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