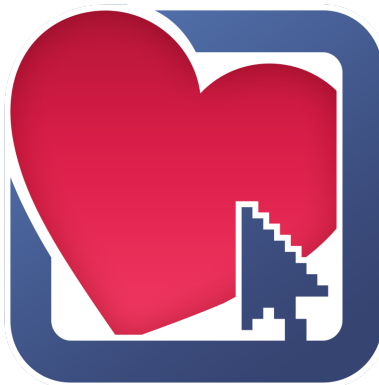


# **Capture His Heart: And Make Him Love You Forever 2.0**

## **Part One, Module 2: Worksheet**

**by Claire Casey**



**Website: <http://www.DigitalRomanceInc.com>  
Email: [support@digitalromanceinc.com](mailto:support@digitalromanceinc.com)**

Copyright 2013 © by Digital Romance, Inc. All rights reserved. Reproduction and distribution in any way, shape, or form is forbidden. No part of this manual or its accompanying audio and/or video material shall be reproduced, stored in a retrieval system, or transmitted by any other means, electronic, mechanical, photocopying, recording or otherwise without prior written permission from the author. If you have questions, email [legal@digitalromanceinc.com](mailto:legal@digitalromanceinc.com).

Copyrighted materials cited in this course are reproduced here for educational purposes only under fair use provisions of U.S. Copyright law.

This publication is designed to provide accurate and authoritative information with regard to the subject matter covered. It is sold with the understanding that the author is not engaged in rendering legal, accounting or other professional advice. If legal advice or other professional assistance is required, the services of a competent professional should be sought. Michael Fiore and Digital Romance, Inc. individually or corporately, do not accept any responsibility for any liabilities resulting for the actions of any parties involved.

# **Capture His Heart:**

## **Section One, Module 2**

### **Worksheet**

#### **Welcome!**

I want to start by simply reminding you of my three big promises from the opening section:

1. **There is an INCREDIBLE man out there for you. In fact, there are LOTS of them. For YOU.** We'll talk more about this soon.
2. **You ARE meant to enjoy a deeply fulfilling, emotionally powerful, completely rewarding relationship with the man of your dreams.**
3. **All of this is within your grasp.**

Aaaaand, I can't leave you without this next big item. If you know this, you are well on your way to understanding many of the sections that will follow.

#### **The 4 BIG man-motivators:**

Blood, Sweat, Beer, and \_\_\_\_\_.

#### **Here's what you want to remember from the first two sections of this program:**

Even though all men aren't "manly-men," their hearts still long for the thrill of the chase.

Men are (or secretly want to be) warriors, hunters, explorers, and survivors. And their reward for being successful, the secret of their completion, the motivation for all that male energy... is a woman.

And here comes the #2 important thing to remember...

## Keep the chase alive! How to create hot, delicious TENSION in your relationship with a man

We spent some time talking about how to keep a man in chase mode, and how it's like the erotic tension between a man and a woman who are lighting up a ballroom dance floor.

Romantic tension is what happens when you mix some “come close” behavior with some “arm’s length” or maintaining distance behavior.

If you're sending out only ONE kind of signal—either “come close” or “arm’s length”—you're killing his thrill of the chase. I mentioned this in the introductory video...

- Obsessing about him
- Putting your life on hold
- Being too easily impressed by him
- Feeling desperate for man...

Those are all chase-killers. But your signals can be more subtle and balanced than that, AND you can use them to actually DRAW YOUR MAN IN and make him crazy to win you. Below, I've given you some examples of signals of both kinds. Can you fill in the blank boxes? (Answers below the table.)

If one of the blanks stumps you or makes you wrinkle your brow, that's a pretty good clue that you could get some practice with that particular “dance move”...

	<b>“Come Close” Signals</b>	<b>“Arm’s Length” Behavior</b>
1	Answering his phone calls right away	Letting some of his calls go to voice mail; returning them later
2	Getting things for him (his jacket, a fresh drink, something he forgot to bring, etc.)	
3		Not making a beeline for him every time the two of you see each other; sometimes staying just outside of his personal space
4	Returning his text messages as quickly as possible	

5		Telling him “Not just yet. You’ll have to earn that.” Or going home without inviting him in.
6	Making it clear that you want him	Dating other men at the same time
7		Having such a full life that you can’t always be available for a date or outing
8	Keeping prolonged eye contact	“Sneaking” glances at him, and when he “catches” you, looking away with a smile
9		Maintaining some of your mystery; allowing some things to go unsaid

## How did you do?

If you want a little help, see below. And don’t worry – we’re going to go into this a lot more in the course of the program.

### Number 1:

Already done for you!

### Number 2:

“Come Close” – Let him open your door, walk you to your car or door at night, hold your coat as you put it on, and so on. Women tend to over-serve, so don’t make that mistake! Let a man do his fair share. Later on we’ll talk about the specific reasons why he really **LIKES** it when you let him do this.

### Number 3:

“Arm’s Length” – A man is interested in a woman that other men (and women) are interested in, so don’t drop everything the instant he comes into the room. Flash him your smile, but finish talking to your girlfriends before you join him. Show off a bit for him, but let him wait a moment for you to join him on the dance floor.

### Number 4:

“Arm’s Length” – Just like with his phone calls, let some go by for a bit – you can return them later. If you let him think you’re hanging on his every text... well, there’s nothing to chase, is there?

### Number 5:

“Come Close” – Touch him in flirty ways. Brush against him, run your hand down his arm, playfully bump his hip. Touch your fingers to his

knee when you're making a point. Be excitingly physical, but don't be willing to sleep with him right away (more on that later).

**Number 6:**

I can't say this one enough! It is to your best advantage to date more than one man until you both agree explicitly to an exclusive arrangement. Keep that tension burning. Otherwise, he chases you, wins you, maybe gets to have sex with you... And he moves on to someone else.

**Number 7:**

"Come Close" – Accepting his invitation to go out, and letting him know he's very special to you. THAT part you knew, of course. It's the "Arm's Length" part that's less obvious.

**Number 8:**

Done for you!

**Number 9:**

"Come Close" – Confiding in him. Letting him in on some of the deeper parts of yourself. But don't overdo it by spilling your guts or overloading him with the endless intricacies of your feelings. Remember, the secret is in the balance, the back-and-forth, the tension!

## **You're on your way!**

So glad you're here, beautiful. I think you're gonna do great.