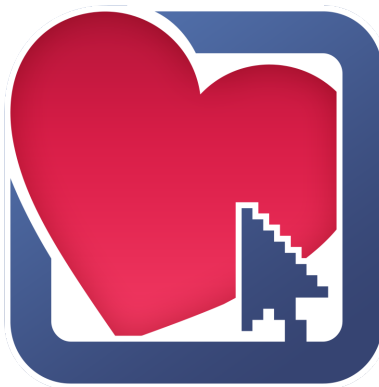


Capture His Heart: And Make Him Love You Forever 2.0

Part One, Module 3: Worksheet

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Capture His Heart: Section One, Module 3 Worksheet

The Secret Invisible Obstacle Course (in short form!)

1. He's secretly terrified
2. He's dying for you to take some of the pressure off him
3. He's soft on the inside (but can't let anyone know)
4. Flaws are loveable, perfection is creepy
5. He doesn't talk like you do; men take things literally
6. He wants you to be interested in him, not a lifestyle
7. He is insanely conflicted about sex and love

Make a checklist

Okay, think about the guys you've dated before, or guys your friends have dated.

As you go through this module, are there particular obstacles that come to mind with respect to particular men? As in, "Oh, yeah. Charles was totally unable to make the first move...It's a wonder he and Kelly ever dated at *all*."

Put a little hashmark or check by the obstacle you suspect the men you know to have been stopped by.

What's your list look like? Are you already pretty savvy when it comes to seeing and naming these obstacles?

OR, do you need to pay closer attention to what's happening with the men you encounter and/or date?

Know your best responses

If there's one particular obstacle that has lots of marks by it, go back to that section of the module and see what it says about how to address it.

Here's a short memory jogger, if you need it:

1. He's secretly terrified
 - Don't ask about feelings early on
 - Invite him to tell you what he thinks, rather than what he feels
2. He's dying for you to take some of the pressure off him
 - Try making the first move :)
3. He's soft on the inside (but can't let anyone know)
 - Remember that tasks are a man's self-esteem measuring tool
 - How can you affirm that in him?
4. Flaws are loveable, perfection is creepy
 - Remember that YOU are REAL, and that's why he likes you
 - Are you trying too hard to keep up a "perfection" front?
5. He doesn't talk like you do; men take things literally
 - Let him know exactly what you want from him
6. He wants you to be interested in him, not a lifestyle
 - Evaluate the way you consider a man
 - Are you looking at him for who he really is (right now), rather than who he might become with you?
7. He is insanely conflicted about sex and love
 - Don't let him put you in "the friend zone" out of fear. And don't put him there, either

Extra help for the staying out of “the friend zone”

Okay, I dropped that thing about the friend zone, and you're suddenly thinking, “Hey, that's me – always the friend, never the object of worship.”

And while we're going to go into that more in the upcoming modules, here's a little extra help for thinking about how to evaluate whether or not “friendzoning” is something you are doing without even realizing it...

Ask yourself the following “Big Three” questions:

What's my attitude?

Am I thinking “Oh, I'll be his friend first, and later we will develop into passionate soulmates who can barely look at each other without rainbow-hued stars bursting from the air around us.”

Yeah. Drop that.

If you're looking for the man of your dreams, go in with the attitude of an utterly irresistible, smoking hot, whip-smart woman a man would be a complete jackass to “friend.”

It's all in the attitude.

Grade yourself from 1 (Friendly! Nice!) to 10 (Hot damn, I'm the one you want. But you'll have to work for me. 'Cause there's a lot of competition.)

Am I breaking the touch barrier?

What kind of ways do you touch guys you're interested in? Don't worry, we're really going to go into some very specific details later in the program, but start here.

Do you EVER touch a man? Is it a light pat on the back, or is there some spark and intention, maybe a little fire here and there going on in your touches?

Grade yourself, 1 (I would touch my elderly grandmother this way) to 10 (I would touch Brad Pitt or [insert sexy man's name here] this way).

Am I coming across as needy?

If you need help determining the answer to this one, lasso in the help of a couple of trusted friends. They probably know the answer if you feel uncertain.

Most women have been here before, but it's absolutely critical that you NOT come across as needy, especially in the early days of the relationship.

So give yourself a once-over, and grade yourself from 1 (Omigod please-please call me!) to 10 (If you don't call soon, you're likely to miss out on ME.)

Don't worry, this is just a start!

I'm gonna give you LOTS more help in figuring this all out before we're through. But you've made a start, and that's the important thing. Keep on, beautiful! It's totally worth it!