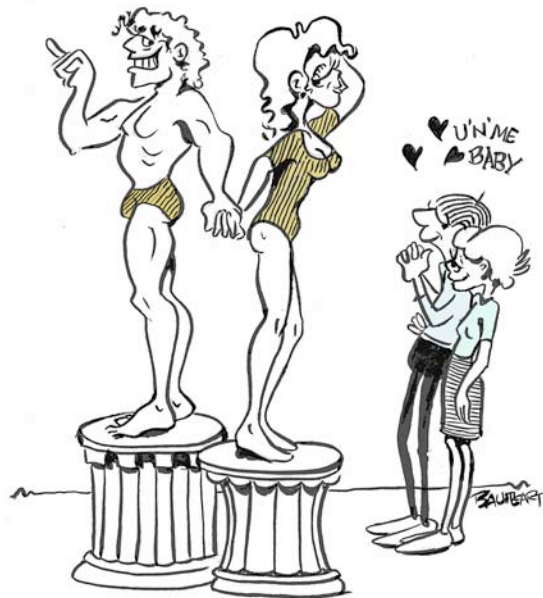


METAMATING SERIES

How to Build a
Happier and Happier Relationship



Book Three
Troubleshooting Attraction

Metamating Series: Book Three — *Troubleshooting Attraction*

<http://www.HappierRelationships.com>

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(Nobody likes to read this kind of stuff. We wish we didn't have to do it.)

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You will notice a number of strange words throughout this book. I use these words to describe functions that occur in your mind. These functions have not been given names by science or other students of the mind, so, I created words to use, and often I used words that suggest the meaning. For example I use the names "Importancizer" (giving importance to something) and "Comparator" (comparing one thing with another).

Sometimes I used acronyms, such as "TWIPI" (The Way I Perceive It) and "TWISB" (The Way It Should Be" according to at least one part of my mind).

Until real scientists name these functions, I guess you and I will have to be stuck with this odd vocabulary. I'm sorry that you are put to the task of using and recalling this rather unusual set of words.

See also: www.Sagery.com

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Preface — How to use This Book

Note: There are four books on the subject of Troubleshooting, in the “Metamating” series of books:

- Book Three: Troubleshooting Attraction (the book you are about to read)
- Book Four: Troubleshooting Courting
- Book Five: Troubleshooting Infatuation
- Book Six: Troubleshooting Bonding

It’s important that you’ve already read Books One and Two in the “Metamating” series, before you read any of the Troubleshooting books.

Troubleshooting starts by identifying a problem, so that you can do something about it. Sometimes you can solve the problem by just identifying it. But, sometimes you might need to change something.

For example, you might have a strong reaction to something you read. Make a note of it. That reaction probably signals a strongly held belief that may be giving you problems. If you can get your problem solved without changing it, then don’t worry about it. If you find yourself stuck on either identifying your problem, or on solving it, then go back and examine each of those strong reactions you made a note of. It may be helpful to review the concepts in Book Two: “The Sage Model.”

When you’re ready, use the Table of Contents for this book, to check off the subjects that are of interest to you, or seem to be troublesome. Read the Introduction that follows, then read any of the troubleshooting chapters that you wish.



Introduction to Attraction

There are four kinds of reactions you could have when you meet someone:

1. Absolute wow: “When I first saw him it was like my innards all melted inside me. I flushed, my knees felt weak and my hands shook.”
2. Slightly positive: “When she was first introduced to me, I thought she was very nice. I felt she would be easy to be with.”
3. Feeling nothing: “We met several times, in a group, and I never noticed him one way or the other. He was there, but I didn’t feel anything about him either attracted or repulsed.”
4. Slightly put off: “The first time he called me, I remember not liking his voice. His manner of speech put me off, and his voice was grating.”
5. Repulsed: “We met on a blind date, and when he came to pick me up I felt repulsed. I hated his nose and chin and I thought to myself ‘How am I going to get through this evening?’”

Chapter 1: You're Not Attracted to Anyone

If attraction is working for you let it. If it isn't, i.e. you're not attracted to anyone, and no one seems to be attracted to you, then take steps to get through attraction into courting and allow the process to begin there. Here are some examples.

Sally

Sally thought she had a problem of not being attracted to anyone. It turned out that she frequently felt slightly positive upon meeting someone. She expected to find Mr. Wonderful and get an absolute Wow! kind of reaction. When she discovered that very few happily married couples started out with the big Wow!, she changed her expectations and no longer had a problem.

Phil

Phil thought he had a problem because he seldom even felt slightly positive upon meeting someone new. He thought he needed therapy to find out what was wrong with him because he didn't feel anything at all. All he needed was to discover that some people are imprinted with attraction characteristics that aren't easily uncovered upon first meeting someone. Phil discovered that what really attracted him in a woman was someone who took pleasure in cooking and serving meals for him, and someone who was relaxed and easy to be with when they were quiet together. Those characteristics couldn't be discovered easily in a new person. He had found women before who fit these characteristics but he had worried because there was no big "Wow."

Sandra

Sandra had a different problem. She was neutral upon meeting a new man, and would feel repulsed if he gave any sign of being attracted to her. It turned out that Sandra had been attacked as a young girl, and had made a wrong learning from it. Instead of putting up a Wofer to look out for situations where she could be attacked again, she put up a Wofer to watch out for any sign that a man was attracted to her. This meant that any sign of attraction brought back her painful childhood experience to her.

Sandra solved her problem in two steps. First, she recognized the problem and decided to change the learning she had made. She decided to reprogram her Wofer so that it wouldn't react to attraction indicators, but would continue to watch out for situations where she would be vulnerable to sexual attack. More importantly, she learned that attraction or repulsion are only first steps and by no means necessary steps to begin the pairing process. She decided that she would push on through her

feelings of repulsion and allow courting to take place. After several tries, she successfully entered into courting and that led to infatuation. She discovered that when she reached infatuation, all the early feelings of repulsion had disappeared. Even if she had not chosen to work on changing her wrong learning, she might have solved her problem by learning that attraction or repulsion are only starting points and not barriers.



Chapter 2: You're Not Attracted to Your Partner

Some people find that they are not strongly attracted to their partners.

Diane

Diane was engaged to be married. When she had first met her fiancé she had felt very little attraction. They had courted, and she felt mildly infatuated. She felt she loved him, and very much enjoyed his company. She was concerned, however, that “He doesn’t turn me on.” She didn’t feel she had a problem until she met a man (married to someone else), who, she said “Really turned me on.”

Diane began to feel that perhaps she was making a mistake by marrying a man who didn’t make her feel Wow! As she learned the pairing process it became clear that she had mistaken attraction and the physical nature of the feelings for love. As she learned that the purpose of the attraction is merely to begin the process, and that it is nice to have but not very important to the long-range success of the relationship, she found it easy to stop worrying about it. She turned her attention to the process of coping and allowed her feelings of love for her partner to grow stronger and richer.

Sam

Sam had been married for eight years. His wife had lost her youthful figure and Sam found himself less attracted to her than he had been when they first met. Sam felt he had a problem. It turned out that Sam’s problem disappeared as he learned about the pairing process and discovered that he had been confusing attraction with love. When he discovered that these two things were quite different, he also discovered that he was deeply in love with his wife, even though he no longer felt strongly attracted to her. (His wife did not repulse him; he just wasn’t as attracted to her as he had once been.) Sam felt relieved to find out that he had what was really important to him. He loved his wife and felt loved in return.

If you have the feeling that you are not attracted to your partner and you feel worried about it, here’s something you can do. Go back to the list of attraction characteristics (Book One, Chapter 4) and see how many characteristics your partner has that you like. You may well find that one or two of the early attraction characteristics no longer fit for your partner. On the other hand, you will undoubtedly find a good number of characteristics that you still are attracted to. Concentrate on the attraction characteristics that still work for you and let the other ones fade in importance.



Chapter 3: You're Attracted to Someone Other Than Your Partner

What do you do if you are attracted to someone other than your partner? That can be a problem. It would be convenient if nature turned off your attraction apparatus once you have a significant other. However, that isn't the way it works. Luckily, it isn't a problem. Meeting people who are attractive to you is actually quite delightful. First of all, you get to feel that feeling of attraction once again. It's a lot like discovering a painting you like, or a piece of music.

The attraction isn't a problem. It can create a problem only if you have some belief or thought that you need to *do* something about it.

Hank

Hank could see a house he liked, admire it and even fantasize living there, and yet he could know that he couldn't have it. Hank could see a car he liked, admire it, even fantasize driving it, and yet he could know that he wouldn't have one like it. Somehow, for Hank it was different with a woman he was attracted to. He would be attracted, admire her, and fantasize about having her, and then he somehow felt compelled to communicate his attraction and initiate courting. The problem for Hank wasn't the attraction. He later saw that feeling attracted was quite a nice feeling. The problem for Hank was that he hadn't decided to resist taking action to communicate his attraction.

Hank thought his problem was that he was unable to maintain a relationship. He discovered that he was indeed able to maintain a relationship. Before he could, however, he first had to learn that attraction is different than love. He then had to decide that he wanted and needed love much more than he wanted or needed to start new relationships. Once Hank understood the difference and decided to pursue and nurture his loving relationship, Hank found it easy to accept being attracted without doing anything about it. Hank said it best when he said, "I'm never going to get what I want and need if I keep starting over before I get there."

If you find yourself attracted to people other than your partner, feel lucky. The feeling of attraction can be quite pleasant. If you're hurting your relationship by acting on outside attractions, and you want to change, read Chapter 4 on how to adopt a new strategy. Some people think they can stop being attracted, and they feel guilty about feeling attracted to someone else. There is nothing you can do to stop an attraction. There is nothing you can do to feel attracted, if you aren't. So, the best counsel is to take what you get and accept it. It's natural to be attracted and there is nothing you can do to change it. What you *can* do is make a good decision about how you'll handle it if you are attracted to someone else.



Chapter 4: You're Attracted to People You Don't Want to be Attracted to

This can be frustrating. The civilized, socialized part of you wants to be attracted to nice, kind, gentle, and loving people with appropriate education and career interests. Instead your body goes wiggly only when you meet the kind of person who is hurtful, rebellious, or self-destructive. Many people have this problem and they wonder which part of them to listen to. Some make the mistake of thinking they are choosing between “the heart and the mind.” Some feel that they must follow their “heart” or their “gut feeling.” If they do, it’s at their own peril. It isn’t a choice between heart and mind. It’s a choice between the kind of person your eight parts wants to be paired with, and the kind of person that your early imprinting (done before you were nine) feels attracted to.

Following your Gut Feel

There are times in your life when it is important to follow your “gut feel” or your intuition. *This isn't one of them!* Somehow, we don't know how, you were imprinted very early with all of the characteristics that you would find attractive in a person. You didn't have a choice in what those characteristics would be. It could have been anything that you were imprinted with. Some people end up with very difficult and challenging imprints. One man gets “turned on” by smelling a woman's foot. Another, by hair that stands up on end. There is a woman who is attracted to huge men. She is attracted to wrestlers, and although she has never met one, she fanaticizes about Sumo wrestlers. No one knows how she was imprinted with those attraction characteristics. She was very relieved to find out that she could overrule, or ignore her attraction imprinting if she decided to.

Myrtle

Myrtle married three times, and each time to a man who beat her. She had followed her gut feel and married men who “turned her on.” Somehow, she was attracted to the type of man who would mistreat her. She hated being beaten, and she left each of them in turn. But, the next time she was “turned on,” it would be by another man who would beat her.

Carol

Carol had been married twice, and both were alcoholics. She was attracted to people who were hurting and needed help. When she finally discovered that she didn't have to follow her “gut feelings,” she began to make better choices for herself. She was less a slave to her childhood imprinting, and more responsive to the needs of her Us-part and other parts.

If you have this problem, feel free to do two things. First of all, enjoy being attracted to someone, but if that person is wrong for you in serious ways, resist going deeper.



Second, if you know people that are right for you, but don't "ring your bell," take steps to get to know them better. You will discover that attraction can develop as you spend more time with that person. And, even if it doesn't develop, courting can lead to infatuation and almost everyone agrees that infatuation feels far better than attraction.



Chapter 5: You're Not Attracted to People You Want to be Attracted to

This situation can be a tricky one. Remember that you have nine parts. Each can and may have a voice in choosing the right partner for you.

Parts

Your Me-part will be interested in your partner being considered “good looking,” so that you will have higher status with your friends. Your Children-part might be interested in a mate who loves kids and will be a good parent to your children. Your Family-part might want you to pick a mate who will fit into your family, or whose family will be considered “desirable” by your family. Your Work-part might want you to pick a mate who will help you in your career, and share your work interests. Your Beliefs-part might want to be sure your partner has the same set of beliefs. Your interests-part might want you to choose a partner with similar interests or a similar sense of adventure or curiosity. Your Affiliation-part might want you to pick a mate from the same neighborhood, part of town, town, state, region, or country. Your Sage-part will want you to pick a mate that brings you the greatest amount of love and companionship.

Now, you have to ask yourself, “Which part is talking here?” Once you decide to pay less attention to your “gut feelings,” you’ll have a lot of nominations from the other parts.

Mary

Mary said, “I married once for love. Next time will be for money.” More accurately she might have said that she went with her natural attractions the first time. Next time she wants money. Mary might be listening to her Me-part that values money. Or, she might be thinking about what she can do with the money — what it might mean to her children, or family, or church, or hobbies. It’s hard to know.

My recommendation would be to allow your Us-part to have the greatest voice, and pay only slight attention to the others.

Tim

Tim married a woman he wasn’t attracted to — and didn’t love — because she had a lot of money. He wanted his own business and indeed, he used her money to allow him to build his own business. His Work-part was happy. His Us-part was miserable.

How can you tell which voice is your Us-part? It can be difficult until you get to know your parts well, and learn to one from another. The easiest way to find out is to question the part. Some part of you says, “Z” would be a good choice for you.

You then ask that part “Tell me more. What do you have in mind?” The part will let you know. The message will be the voice with a verbal message or you might get a message in pictures. You might see yourself with “Z.” Pay attention to the messages and you’ll know what the benefit that part sees in “Z.”

If it is your Us-part, you’ll get messages about how happy you’d be if you were in love with “Z.” Or, about how comfortable or exciting it would be to be with “Z.” If you get messages about love, being with, being happy with, then you are hearing from your Us-part. If you get messages about money, opportunity, status, beliefs, then you are hearing from your other parts.

Now, let’s get back to the question. If you aren’t attracted to the people that your Us-part wants you to be attracted to, then it’s safe to ignore your “gut feeling,” imprinted attractions and pursue those that your Us-part feels comfortable about. If you aren’t attracted to the people that your Me-part or Work-part wants you to be attracted to, then you’re best off waiting until someone comes along that interests your Us-part. After all, *it is your Us-part that will live with your partner*. Your Work-part will be at work, and your Me-part will be on to other ways to eat, drink, rest, play or achieve status.

It’s safe to pursue someone (regardless of attraction), if the things that seem appealing about that person are related to love, easy to be with, good companion, comfortable, likeable, etc. It is best to resist pursuing someone (if your Us-part is not attracted to that person) based on things like looks, money, status, or possessions.



Chapter 6: No One Seems to be Attracted to You

It is almost impossible to imagine a person who is not attractive to someone. There is no one so ugly, so stupid, so badly behaved, so ill mannered, so lacking in social graces that they still aren't attractive to someone. As much as we now know about attraction, it seems inconceivable that you could be the one person that breaks all the rules.

Attraction Characteristics

There are at least twenty characteristics of attraction and maybe forty or fifty if you count all the offshoots. So, you think you are homely. Many people are attracted to what you call homely. There are people who will find you attractive, exactly as you look. No one knows why. But, that's the way it is.



So, your hair is the wrong color (for your tastes). Luckily, there are zillions of people who are imprinted to be attracted to just that shade. So, you are too tall, or too short, or too thin, or too thick. Luckily for you (even if you are imprinted for something different), there are people who are imprinted to be attracted to you just the way you are.

So, you think you are too ignorant, or too smart. No problem, there are people who are imprinted to be attracted to you exactly the way you are. They can't help being attracted to you. I'm not saying there is someone who is imprinted to be attracted to each and every one of your twenty characteristics, although, it is quite

possible that somewhere, such a person exists. Out of your twenty or so characteristics, a number of them will be very, very attractive to lots of people.

Let's stop for a minute and look at how you formed your view of your attractiveness. Most theorists say that a person forms a definite opinion about their attractiveness by the age of eleven to thirteen for girls and the age of twelve to fourteen for boys. This suggests that your opinion of how attractive you are to others was formed on the basis of very early inputs. There are different theories about how you formed your opinion and it really doesn't matter. You formed it.

Then, armed with your opinion of your own attractiveness (which may be much lower than is really true), you entered the world of attraction, courting, etc. You were attracted to someone (you didn't know it, but your imprinting was at work), and horror of horrors, that person wasn't attracted to you. Did you simply say, "Too bad that person wasn't imprinted for me?" No, you concluded, "I'm not attractive."

If you decided that you are not attractive, you made two errors. The first error was an error of specificity. You concluded you are not attractive, when all you could fairly and safely conclude is that you are not attractive to *that person*.

The second error was an error of generalization. Suppose someone said to you that you are homely. If you concluded what that person said makes you unattractive, then you are over-generalizing. Even if you mistakenly think that one person can make a judgment that is true for all people. Even if you took your face on tour and won homely contests in every state in the union, that still doesn't make you unattractive. That would mean that you are homely, not unattractive. One down, nineteen to go.

Harold

Now let's take Harold. Let's say that Harold has a face that many would agree is homely. Let's further say that Harold is fat and awkward. We still can't say that Harold is unattractive. We can only say that he is homely, fat, and awkward. Harold still has seventeen or more characteristics that one at a time, or in total can be very attractive to people. We can even ignore the reality that no matter how homely, fat, and awkward Harold is, there are some people imprinted to be attracted to him for those characteristics — just the way he is.

Now, if you have gotten this far and you still think you are unattractive, then you are "right." It doesn't matter what the reality is if you believe you are unattractive, then you will be (as far as you are concerned). You say "But I can prove it! No one ever calls, or comes around. I don't get any messages from people saying 'Hey, I am attracted to you'".

Zelda

Zelda was that way. Since she has been 22, no one — *actually NO ONE* — has ever asked Zelda for a date. On the face of it, that sounds like pretty good evidence.

But, when you know the story, you won't think so. Her therapist thought Zelda was a very attractive woman, but Zelda wouldn't agree. As it turned out, Zelda didn't get asked on dates for several reasons. Zelda had two beliefs and one strategy that were giving her problems.

One belief was that she was homely. Secondly, she believed that the only reason men date homely women was to have sex with them. Every time a man gave Zelda any indication that he was attracted to her, Zelda concluded in her TWIPI that this man was only interested in having sex with her, and would say or do anything to have her.

So, every attraction indication was “perceived” (interpreted) by Zelda as proof of what she knew all along. It was proof that Zelda was homely, and that men wanted her only for her body. Considering the way Zelda processed the inputs, it is no wonder that she kept sending out “go away” messages to any man who signaled his interest.

Zelda's second problem was her strategy for handling the bad feelings she had about being lonely, and about how men were only interested in her body. Zelda's strategy was to stay far away from any situation where she might be embarrassed again. So, she made sure that she met as few new men as possible. So, Zelda didn't get asked on dates. Every day, her loneliness gave her new evidence that she was “right” in thinking she was unattractive.

If Zelda is reading this book, here's some advice for her.

1. Read the information above and re-examine your conclusion that you are not attractive. Discover that you have many characteristics that others will find attractive — even if you don't feel beautiful.
2. Read the part in Book Two, Chapter 1, where it teaches you how to change your TWIPI. You can learn to take inputs at face value, and save your mind reading for charity bazaars.
3. Read the part that explains about men, and how many have a Me-part that likes recreational sex, and enjoys deflowering virgins, and may indeed want to have sex with every female who is willing. Then read on and find out that men also have a Us-part — a part that wants to love and be loved — a part that wants to be attracted, to court, to be infatuated, to bond, and then to cope. It's a part that wants to give his relationship priority over his Me-part and its physical needs, his Family-part, Work-part etc. Recognize that that his Us-part part is not always in control of his actions, just as your Us-part part is not always in control of your actions. But, Zelda, learn that every man has an Us-part, has the need to love and bond, and he may well want you as his partner.
4. Read the part about developing new strategies, and then develop a new one that gets you out in the world. Out where you can find and meet someone

that you are attracted to. Out where you are vulnerable, take some risks, chance getting hurt, and go for the brass ring.

5. Read the part about using different persona. Bring out one of your persona that shows you the way you could really be if you loved and were loved. Display that one. Men with a needy Us-part will spot it and come calling. (For fun, get in touch with the persona that you would use if you wanted to attract a man's Me-part — the persona that knows how to communicate an interest in recreational sex. Then, after you get acquainted with that persona, put it away, and don't use it. That way, you will run little risk of attracting a man's Me-part).

If there is anything in the message for Zelda that you can use, use it. If not, then proceed with the book and look for alternative beliefs you can have about yourself and how attractive you are.



Chapter 7: Too Many People are Attracted to You

People who have never had too many people attracted to them have difficulty in understanding how that can be a problem. If you are troubled with exceptional beauty or handsomeness or exceptional wealth, fame, or power, then you know how troubling it can be to have too many people attracted to you.

Your Persona

The tendency is to not use the persona you would naturally and normally use with a potential partner you're attracted to. When you do use the persona that you would employ if feeling love and being loved, you run the very real risk of breaking hearts.

When it is all too easy to have people fall in love with you, then it becomes necessary to maintain aloofness and coolness that separates you from the potential partners that court you. (If this is beginning to sound like the story of "the poor little rich girl" then let it, because the story is similar.)

If you open yourself up and are natural with each person you date, then you can find yourself leaving a trail of broken hearts behind you. So, the tendency is to stay detached and not open up. This strategy leads to loneliness and lack of fulfillment. It is no consolation that your problem is one that most people think they would want.

The answer to this is to use your parts to screen potential partners. Here is possible strategy that you might use. Pick any or all of the steps that seem right to you.

1. Recognize when your window is open or closed. If you're not really available for a serious relationship, then give up the freedom that others have to rehearse or practice. Plan to keep it light and avoid getting very serious with anyone while your window is closed. When your window is open, then you are ready to use your strategy.
2. Add one step between attraction and your declaration of that attraction. If you meet someone that you feel attracted to, and you have any sense at all that "this one may be right," then hold a meeting with your parts and find out what each part has to say about your possible partner. Naturally, you will want to give your Us-part highest priority in this choice. Be certain in your Sage-part that your interest in this person stems primarily from your Us-part and isn't simply a defensive reaction to your attractiveness.

Don

Don, a very rich and handsome bachelor, found that he only allowed himself to get interested in very rich women. This was a defensive reaction against his fear of marrying someone only interested in his money. Don changed his strategy when he

learned that he had nine parts and each of them had its own views. Don learned to distinguish his Us-part, and then was able to give that part priority in examining potential partners. What Don discovered was that the Us-part was able to distinguish between women interested in him because he of his money, and women interested in him for himself.

In your meeting with your parts, find out if any one of the parts is more interested in this person than your Us-part. If so, then do not proceed unless and until your Us-part gets very interested. This will protect you from having too many relationships that don't turn out to be serious for you. The second protection comes from finding out if any of the parts has any serious objections to the potential partner. Most people don't do this until they are contemplating marriage, but for you it is important to do it while attracted and before declaration. If your Sage-part feels the objection has validity and is a potential stumbling block to the relationship becoming serious, then again hold off until the situation changes and all parts are willing to proceed.

When you find a candidate that's attractive to you —that your Us-part can visualize growing old with and that your other parts have no objection to — then you can proceed.

At that point, having done your best to protect yourself and the potential partner, give yourself permission to display your attraction and use the persona that you would use with someone you want to love and to have love you. (The goal here is “opening up” and being authentic.)

This strategy protects others from being hurt unnecessarily, and protects you from being a person who hurts others. The result is that you will be available to be open and be yourself in the situations where it really counts.



Chapter 8: Your Partner is Attracted to Someone Else

How natural. Of course your partner is attracted to other people. Attraction can't be turned on or off. Any person whose characteristics match your partner's imprinting will be attractive to your partner. Attraction isn't the issue, nor is it by itself a danger. Attraction can lead to courting, and to infatuation. If your partner doesn't understand the process, infatuation with another can cause a breach in your relationship.

Couples' Commitment

Couples who read this book together will know they need to make a solid contract that covers attraction and flirting (a mild form of courting). Couples should make a commitment to their relationship and choose strategies that protect the relationship. A strategy that allows the greatest potential security is one that allows for, and includes the natural attractions that each will feel for other people.

Here's an outline of a couples' agreement. It provides maximum freedom for expression of natural experiences, in combination with maximum security for the relationship each is pledged to protect.

Sample Couples Pledge

1. We each understand that the other may, from time to time be attracted to someone else. We each accept that this is natural, and it is not something one can control.
2. We each understand that the other may respond to those feelings of attraction with mild flirting.
3. We each commit that any flirting will be balanced by an accompanying communication relating to our commitment to our relationship. In this way we can freely express our feelings of attraction for another, without in any way leading the attractive person to think there is any chance for anything more.
4. We each commit that any such feelings of attraction will be used as a stimulus to refresh and reaffirm our feelings of commitment to each other.

You may or may not feel comfortable with this sort of agreement. If you do feel comfortable with it, you'll discover that it covers the major concerns and risks that each person in a relationship faces.

Attraction is natural and cannot be avoided. Flirting is also natural, and most people find it to be fun, and find they get good feelings from it. This pledge recognizes those realities. It also recognizes the very important commitment that each person has to the primary relationship, and every experience of attraction is used as a trigger to cause a renewed commitment to the relationship.

The Traditional Approach

The more traditional approach is to promise each other that you will never be attracted to anyone else. That is a wonderful intention, but neither of you has the

ability to achieve it. You can ignore attraction. You can repress attraction and convince yourself that you never feel it. Both of these approaches require some mental gymnastics that keep you blocked from your real experience of the world.

The problem with the traditional approach comes when one person feels attracted to someone else. Along with the attraction comes guilt, because you are breaking your promise. If that attraction is communicated through flirting, then the problem gets worse. You feel guilty for violating your promises and you have something secret happening outside of your relationship.

The goal is to keep anything significant from happening outside of your relationship. If attraction and flirting are outside of your relationship, then there is much greater risk to the relationship than if it is permitted within. Also, guilt is not good for a relationship.

Alan and Rita

Alan was married to Rita. Their mutual agreement was fairly traditional. Both were pledged to not be attracted to others, and the idea of flirting was never discussed. Alan met a lady at a party and was strongly attracted. The lady was attracted to Alan and flirted with him openly. He responded by flirting in return, and the attraction escalated rapidly. Alan found himself torn by attraction on one hand, and guilt on the other.

Alan sought counseling and expressed these feelings:

1. A strong positive attraction for the lady he met at the party.
2. Awareness that he could pursue the relationship with the lady outside of his marriage.
3. Strong feelings of guilt, *which he blamed on his marriage*.
4. Feelings of anger towards his wife (which he couldn't explain).

After learning about the pairing process Alan felt quite different. He then understood that his attraction was normal and that mild flirting was also quite normal and understandable. This understanding *relieved his guilt*, and the angry feelings towards his wife disappeared. Once he no longer felt anger toward his wife, he was agreeable to the idea of making a renewed commitment to his marriage and allowing the energy and excitement of the attraction to be directed to benefit his important relationship.

So, if your partner is attracted to someone else and your relationship doesn't include that possibility, then it might be advantageous to renegotiate the agreement you have between you. You might use this book as a tool to explore this issue as well as other issues that you might find of interest.



Chapter 9: Your Partner Isn't Attracted to You

This problem has a number of possible solutions. First, read Chapter 2 of this book, “You are not attracted to your Partner,” and you will discover that attraction is nice to feel, but not at all necessary to maintain a successful relationship. After a relationship is started and bonds of love have been formed through intense, positive shared experiences, then attraction becomes a relatively small factor.

No Attraction?

So, if your partner is not attracted to you and yet you have a good relationship, then you can relax and not worry.

Another possibility is that you're mistaken about your attraction to your partner. Quite often people “mind read” their partners incorrectly.

Susan and Andy

Susan was quite proud of her figure when she met Andy. Andy told her many times how much he liked her youthful and slender body. As years went on, Susan filled out considerably and she grew to worry more and more about her weight. Every time she looked in a mirror she got bad feelings about her body. Every time she asked Andy if she should lose weight, he agreed that she should. Susan was unsuccessful in taking off weight and she came to think of herself as fat and repulsive. The bad feelings she got from thinking about how fat she felt led to more eating and more guilt and bad feelings.

Susan felt sure that Andy wasn't attracted to her. When she came into counseling she stated with certainty that Andy wasn't attracted to her any longer. “How could he be, with the way I look?” she said. Susan had a number of beliefs about how Andy thought and felt. She was advised to check each one of them out with Andy.

When she checked them out with Andy, she was surprised to learn that she had been doing some pretty poor “mind reading” about what he thought and felt. Her TWIPI was creating problems where none existed. Andy was shocked to discover that Susan felt he was no longer attracted to her. Andy made it clear that her youth and her figure were only a few of the things that he was attracted to. Andy loved her smile, her voice, her laugh, her ways of touching, and many other things about Susan. Susan had finally learned that attraction is based on many things. Once she felt better about her overall attractiveness, and felt secure about Alan's love, Susan gained the confidence in herself that made it easier to reach her weight goals.

Check it Out

So, if you believe your partner isn't attracted to you, check it out. The worst that can happen is that you will discover you're right, and even that isn't a problem

if you understand the role of attraction is simply the beginning point of a relationship.

If your partner feels repulsion towards you, then you have a more significant problem. The book on coping will be useful for you and your partner to work together to discover the basis for the strong negative feelings your partner feels. If the repulsion stems solely from physical factors and does not stem from problems in your relationship, then it is fairly simple to resolve.

Fred

Fred found himself gradually feeling more repulsed by his wife. She had a facial freckle that grew gradually over time into a raised mole. The change was so gradual that neither of them was very aware of the change. Fred loved his wife very much but his repulsion grew over time and his mixed feelings confused him, so he sought counseling. The counselor was able to help Fred discover that the mole reminded Fred of a similar mole on his stepmother whom he had despised. The counselor helped Fred resolve his feelings towards the stepmother and the repulsion he felt toward his wife disappeared.



Chapter 10: You Attract the Kind of People You Don't Want to Attract

Everyone has the experience of sometimes attracting people they don't want to attract. If it seems to be happening to you too often, or too consistently, then it may require a change in strategy or persona.

Cindy

Cindy attracted too many men who were only wanted her for recreational sex. Cindy understood, when she learned about personae and strategies. Cindy had been using her “sexy” persona, wearing revealing clothes and using a flirtatious manner. Cindy believed that men would be attracted if she were sexy and flirting (many are), but those kind of messages are aimed at their Me-parts not their Us-parts.

Alex

Alex attracted too many women who seemed to mostly interested in him for his money, which he didn't have. Alex liked to appear successful. He drove an expensive car, dressed well, and liked to go to expensive places. When he changed his strategy and his persona, he began attracting women who were attracted to him for himself, not for his extravagance.

Rene'

Rene' attracted women who were dependent and submissive. He wanted to attract women who were autonomous and strong-minded. Rene' cultivated a persona that was heavily macho. He held the belief that a strong, macho image would be appealing to women who were also strong-minded. Rene' changed his beliefs, adopted a more comfortable, less macho persona and found that he became more attractive to the kind of women that he felt attracted to.

Strategy

If you find yourself attracting the kind of people that you don't want to attract — and it happens consistently — then use this strategy:

1. Examine your beliefs about what attracts the kind of people you want to attract. Odds are good it's an invalid belief or assumption.
2. Examine the persona you adopt in situations where you are meeting prospective partners. You'll probably find the persona you're using is not very natural to you, but one you put on because you believe or assume it's the most attractive persona for you.
3. Select your most appealing and “real” persona and adopt a high probability strategy for meeting potential partners. (Read the next chapter also.)



Chapter 11: Attracting a New Partner

Let's assume that you don't have a partner, and you want to attract one. We'll start with some new things to learn and then we'll list some of the strategies that are most successful.

Getting Past "Stuck"

Anytime you're stuck in a single phase of pairing, one way to get past the stuck point is to advance somewhere further into the process. This means if you have a possible partner who isn't attracted to you, you can advance to courting directly, or even to infatuation. You can also go right to bonding, and even to coping.

Windows: Open or Closed

Another thing to note is that the strategies are different for a person whose "window" is open, than for a person whose "window" is closed.

Mary

Mary was only 18, but she had finished her education, had a job, was considering getting her own apartment, but still lived at home. There was no doubt in Mary's mind that she was ready to find a partner, marry, and settle down.

Astrid

Astrid was 26, finished with law school, and had worked with her law firm for two years. She had a good job, and her own apartment. Her window was closed, however, because she planned to save her money for two more years, and then take a trip backpacking around the world. Her plan was to open her own law practice when she finished her backpacking trip, get married, and settle down. For Astrid, her window won't be open until she returns from her trip.

Phil

Phil was in medical school. He faced two more years of school, two more years of advanced specialist training, and two years of residency. After all that, and only then, will his window be open.

More About Windows

Now, here is something you need to know about these windows. People whose windows are closed sometimes can have their minds changed by events. Astrid may become infatuated with someone, fall in love, and then be willing to change her mind. Phil could do the same. *Usually that doesn't happen.*

To avoid heartbreak and disappointment, the best strategy when your window is closed, is to limit your relationships to people whose windows are also closed. It's unfair and hurtful to involve yourself with someone whose window is open. If your window is open, limit your relationships to people whose windows are open. When

your window is open, you risk hurt and disappointment and frustration if you focus your attentions on someone whose window is closed.

When a person's window is closed, it means that the person's parts are not willing to let the Us-part take charge. That means that you'll be dealing with that person's other parts. Sometimes you can work at building a relationship with a person whose window is closed, on the chance that you will build bonds so strong that you will be well positioned when the window opens. The study of many relationships shows that there are risks with this strategy. If your relationship goes all the way through infatuation, there is a strong risk that the person with a closed window will terminate the relationship before any significant bonding takes place.

The main place the window counts is in bonding. A person with a closed window can be attracted, court, and become infatuated. Unless the window is open, the bonding may be superficial or even resisted. As infatuation wanes, and it's time for bonding to become important, a person with a closed window may well find the other parts resisting bonding. The excitement is over, and quite often the relationship is over. There are always a few exceptions. The reality, however, is more frequently one of disappointment and heartbreak.

Some Strategies for People With Open Windows

First, select a possible partner with an open window. Second, find someone that your Us-part is attracted to. (Give less attention to factors like money, and status than you do to factors like attraction, and whether you genuinely like the person, feel comfortable with the person, and can see yourself living with that person even if there were little money and status or anything else that might seem appealing.)

Next, find ways to demonstrate your attraction. Whether you are male or female, there are ways to initiate courting. Most people respond well to displays of attraction. When you ask people how they first became attracted to their partner, the most common answer is that the partner was attracted to them first, and their attraction came in response to the attentions paid by their partner. If you are met with little response then you must move on to another strategy.

The following strategies fit a range of situations and to be able to do all of them would require a person with a wide range of persona. Most people find one or two that best suit his or her personality and self-image. If your self-image keeps you from doing any of them, you may have too narrow a range of strategies available. In examining a number of cases of people who were unable to attract a partner, the most common problem was that they had too few strategies that they felt free to use. If that turns out to be the case with you, and you want to change, then the chapter on strategies and persona in Book Two will help.

1. The "Go for Broke" Strategy

The go for broke strategy results in a quick conclusion to the issue.

A Chicago man, frustrated by a reluctant possible partner took out a billboard advertisement on a billboard across from her office, asking the lady of his dreams to meet him for dinner. She went on the date. When asked about it, she said, “who could refuse that?”

To qualify as “Go for Broke,” the initiative must be somewhat outrageous, and dramatic.

Sally McD

Sally McD wrote a short book entitled, “To the Man That’ll Marry Sally McD.” The book was all about the wonderful life that would come to the man who would marry Sally McD. She had it printed and bound. On the dedication page she put “Dedicated to Charles L.” Actually, she had three books printed, each with a different dedication page for the possible partners. She also had ninety-seven more copies printed, with blank dedication pages (just in case). She then sent the three copies out to the men to whom they were dedicated. Thus began three whirlwind courtships. Before it was over, all three men had proposed, and Charles L. won her hand. She told her story to four other women, each of whom created her own book, and each succeeded in using the book to attract the possible partner of their choice. Outrageous! And Successful!

Sally McD’s story is reminiscent of the story of the man who gained widespread fame in the 1970’s by advertising “Drop me in any city in the country, take away all but \$100 for meals and cab fare, and in forty-eight hours I’ll buy a piece of real estate with no money down.” It’s possible that Sally McD could take her ninety-seven leftover books and find ninety-seven live partners of her choice, in any city of the country, within forty-eight hours.

If all goes well, you only need one.

2. The “Creep Up On ‘em” Approach

The “Creep Up On ‘em” approach is based on the idea that you can form bonds with any one of the parts of your possible partners. Once a bond is formed with one part, it becomes easy for the bonding to spread to other parts. Evidence of this comes from the zillions of relationships that are formed with co-workers. One wag said, “Working together must be the greatest aphrodisiac known to man.” Two people working together, especially in intense situations such as meeting deadlines, finishing a difficult project, or putting together a proposal, form bonds that are strengthened by the intensity of the situation. A bond between the work- parts, can lead to attraction, as can a bond between the Me-parts, the Children-parts, the Family-parts, etc.

Martha offered to help with widower John’s baby anytime the sitter couldn’t make it. Several times John called on Martha to help out. Each time the sitter couldn’t make it, John was on the spot. So there was a certain intensity to the need for help.

Martha was wonderful. Martha grew quite fond of the baby. “She loved the baby like a natural mother,” said John later. You can guess the rest of the story.

Harry got nowhere with neighbor Alice, until her car wouldn’t start one day. Harry jumped in and solved the problem. Harry offered to teach Alice about her car, and over the next few weeks gave her a complete course in maintaining and troubleshooting. The bond formed by working together on the car led to a date and that led to a relationship.

Francis couldn’t attract the interest of a young lawyer, who, it turned out was interested in politics and had political ambitions. Francis decided to get interested in politics and volunteered to help out on the campaign of a local politician. Each time she met the lawyer she was attracted to, she told him that he ought to run for office, and offered to help on his campaign. The bond formed by their mutual interest in politics spread. Recently, she was his campaign manager, and also his wife.

You get the idea. You can bond with someone through any part. If you have a reluctant partner, seek to discover what you can of his or her work, hobbies, interests and the person. The more you know, the easier it becomes.

3. The “Up Front” Strategy

The “Up Front” strategy is one of awesome directness. The idea here is to pierce through all of the rituals and “dancing” that goes on during the attraction phase, and get right to the point. The strategy either works or doesn’t work. It saves a great deal of time and energy. It can be used by a man or woman. The important thing is the persona. It works best if you put on the persona that is calm, direct, relaxed, and confident.

An example “I find I am very attracted to you. I want to get to know you. Tell me a comfortable way for you that would let us get better acquainted.”

Or “I find I’m very attracted to you. I want you to tell me the best way for me to sweep you off your feet so that you’ll feel about me the way I feel about you.”

Or “I’ve been struggling with a way to get you interested in me and I’ve decided to be direct and ask you. What would you have to discover in me in order to find yourself attracted?”

Or “I want you to have the books in the “Metamating” series. As I was reading, I kept thinking about you. Read it, and then I want to talk to you about it.”

There are a zillion different tactics that you can use. Each of them fit into one of these basic strategies. Be direct, be outrageous or “Creep Up On ‘em.” If the strategies you’ve been using haven’t worked, expand your range.



Chapter 12: How to Improve Your Chances of Attracting a Partner

Understanding the pairing process can help you improve your chances of attracting a partner. Most people go about the process loaded down with old wives' tales, wrong strategies, and mistaken assumptions.

Do Something

First of all, decide that you'll take responsibility for finding yourself a partner. It's all very nice when your partner finds you, and perhaps that will happen. But, while you are waiting, decide to do something yourself. No one is as interested in getting your pairing needs met as you are. No one else is going to care as much as you do. It's your job. Do it.

When you're hungry, whom do you rely on to solve the problem? *You* take care of it. When you're sleepy, whom do you rely on to handle it? *You* get yourself to bed. When your Us-part is needy, whom do you rely on to take care of it? *You!*

In the Victorian days, our culture was such that many young people waited until others took responsibility for finding a partner. Those days are gone forever. In these days, it's up to you. If you feel hesitant, fearful, or embarrassed when you take an active step toward finding a partner, then take comfort. You are not alone.

Becky

Becky used to feel embarrassed about taking any initiatives with men. Then she noticed that other women sometimes took initiatives and were successful. So, she gathered up her courage and found herself a wonderful partner. When she was reading this book before it was published she asked that her thoughts be passed on to others. Becky was able to take initiatives when she concentrated on this thought; "It's less embarrassing to risk taking initiatives than it is to stand around waiting for someone to find me." She also wanted to pass on the thought: "Better to risk a little embarrassment than to be lonely."

Here are some thoughts that will help you be successful in the initiatives that you take.

Be Attractive, Be Yourself

You're already attractive to a number of people. Those people were imprinted at an early age to be attracted to those characteristics that *you have* — *right now!* Many people destroy this natural attractiveness by attempting to be different than they are.

Sara

Sara was naturally bubbly and high-spirited. When she decided that it was more attractive to be calm and detached, she attempted to put on a persona that wasn't

natural to her. This confused men who met her. Those who were imprinted to be attracted to someone bubbly and highly energized couldn't find Sara under her mask of calm detachment. Those men attracted to calm detachment would be attracted to Sara and then turn away as her real personality showed through. Sara was reducing her attractiveness by attempting to hide her natural self, and be something she wasn't.



Angie

Angie was naturally plain of feature and had a pale complexion. Many men are attracted to just this combination in a woman. Angie felt she had been cheated by nature and attempted to make herself to look like other girls she thought were more attractive. Angie went to work with cosmetics. When she went out into the world, she had extraordinary color and dramatic cosmetic effects. As a result, those men who would have been naturally attracted to her the way she naturally was, couldn't find her. Those who were imprinted to be attracted to women with high color and dramatic features found Angie to be a poor imitation.

Both Angie and Sara started with the assumption that they were not attractive and attempted to make themselves over into what they thought would be more attractive. Both used bad strategies and had bad results. They both ended up "right" however. Both thought they were unattractive, and their results proved them to be correct. It was not easy convincing Angie and Sara that the problem was not that they were not attractive. The problem was that they *thought* they were not attractive. They then compounded the problem by creating a worse one, attempting to be someone they were not.

Harry

Harry was a rather mild young man. He was sensitive and thoughtful. He felt intimidated by the more macho fellows in his school. He decided that he was not attractive and needed to become more macho before he could be attractive. Harry joined a weight lifting gym and built up his body. He took up swearing, spitting, and driving fast. His strategy was a failure. The women who were attracted by macho characteristics quickly saw through Harry's charade, and the women who were attracted to gentle men had no interest in the person Harry appeared to be.

The first and most important step to becoming attractive is to *be yourself*. The second most important step is to *feel okay about being yourself*.

Easy to say, hard to do? Perhaps. Feeling okay about yourself must be one of the most difficult things in the world to do. If you don't know how to do it, there are many books you can find that aim to help in this important problem.

What is true is that one of the most attractive characteristics that *anyone* can have is an inner sense of self-acceptance. It isn't beauty or handsomeness. It isn't height or weight. It isn't body shape or features. There are beautiful women who don't like themselves. Somehow, they are only beautiful on the outside. There are handsome men who don't like themselves. They are only handsome on the outside.

There are women who would never be considered beautiful who are beautiful on the inside because they are at peace with themselves. They value themselves as they are. As soon as you get to know someone like this, they become beautiful in all ways.

So, there are two important keys to attracting someone to be your partner. First, be yourself, be natural, be the natural and real *you*. Second, do what you need to do to accept yourself the way you are.

Finding the Real You

Here are some ways to get in touch with the real and natural you.

Step One: discover where the problem is.

- Make a list of those things about you that are attractive. Make a list of those things about which you *don't* feel attractive. This will give you an idea whether the problem is in your TWIPI (your view of how it is with you), or whether the problem is in your TWISB (your view of how it should be with you).
- Identify the feeling you get when you are feeling unattractive. Identify the feeling you get when you are feeling attractive.
- Identify the strategy you use to deal with the things about you that you don't feel are attractive.

- Identify any persona that you use when you are attempting to be attractive. Compare that to the persona that you use when you are being natural and just being yourself.

Learn to recognize any errors in your TWIPI or TWISB that are giving you bad feelings about yourself. That will help you spot what you do when you get a bad feeling, and any persona you adopt that may mask the real you.

Step Two: get more in touch with the real you.

Fantasy work helps here. Imagine yourself being natural and at ease with yourself. Watch yourself as you are with your best friends. Then imagine yourself being the same way around possible partners. Visualize yourself being relaxed, natural, and fully at ease with yourself. Then step right into what you visualize. Be yourself, be natural, be at ease with yourself. As you do this, you will be as attractive as it is possible for you to be.

Exercise: Get Outside of Yourself

One way to remain natural and at ease with yourself is to get outside of yourself and concentrate on someone else. Be curious about the other person. Set out to discover as much about that person as you can. Here is an exercise that is wonderfully useful.

Select a person whom you like and want know better. The first few times you do it, you might want to tell the person that you are doing an exercise in getting to know people, and you want his or her cooperation. After you do it a few times, you'll find that you can do it naturally and easily and you won't need to explain what you're doing.

- Imagine a room with nine chairs, one for each of this person's parts.
- Get the person talking about likes, wants, and wishes.
- As the person talks about a like, want or wish, imagine what part that is, and imagine that part with that want or wish.

As you do this exercise, you'll discover that you can learn a great deal about a person, and you can remember it. In a short space of time, you'll know this person so well that it will amaze you — and the other person.

George and Millie

George meets Millie, and wants to get to know her better. He can start on any topic, and ask her what she wants, likes, or wishes. Perhaps Millie says she would like to have her own Italian restaurant some day. George fills the Work-part chair with an image of Millie in a chef's hat and dishes of spaghetti on her lap.

He discovers that Millie is active in her church and likes to sing in the choir. He fills her belief-part chair with Millie in a choir robe. George then discovers that Millie likes banana splits, getting a manicure, and hot baths. He sees her Me-part

chair submerged in a hot bath, while she eats a banana split with one hand, while the other gets manicured.

George learns that she likes to read biographies (she enjoyed a book about Lincoln), and she also likes horseback riding. He sees her on her interests-part chair upon a horse, reading a book with a Lincoln portrait on it. Millie confides that her ideal man is her fiancé and she hopes to have three children. George fills her Family-part chair with her fiancé and Millie on his lap. George fills her Children-part chair with an image of Millie with three kids on her lap.

Okay, you get the idea. The image of the room, and the chairs gives George a logical place to put everything he discovers about Millie. The imagined image gives him a helpful technique for remembering what he learns, and it helps him recall any single part of Millie.

What's really important about this exercise is that it keeps you outside of yourself, and focused on the other person. As you do that, you'll find it very easy to avoid being self conscious or self-critical. You will discover that you have a natural curiosity about people and enjoy satisfying that curiosity.

You'll discover that any person you do this with, will feel attracted to you either as a friend or as a possible partner.

One more thing you can add, if you like, is to share with the person each time they have a similar want or wish that you also have. You will find that this extra step of marking matches will give you a number of common bonds. Common bonds have a way of stimulating attraction.

Intensity

You read earlier that you can generate attraction by bonding. Every bond that you share is the basis for developing attraction. There is one more element to that: the more *intensity* involved in the bond that you share, the greater its power to create attraction. So, if you want to create powerful attraction in a possible partner, then create a common bond that has a high level of intensity.

It is not easy to create intensity. It is however, easy to find situations where the intensity is already there. For example, here are a number of situations where there is a high level of intensity already in the situation:

- An election
- A fire
- An exciting parlor game
- An accident
- A prom
- New Year's eve
- A horror movie
- A suspense movie

The horse races
A religious service
A final exam
A roller coaster ride
A spring week in Fort Lauderdale
A school board meeting to discuss busing
A death in the family
Someone else's wedding
The Super Bowl, World Series, etc.
Election eve

Enough examples, you get the idea. There are a number of everyday events that have in them a high level of intensity. Sharing any of these events with another person creates a bond. The greater the intensity, the greater the strength of the bond. Strong bonds build strong friendships between friends, and strong bonds create potential for attraction between possible partners.

Summary

If you have identified a possible partner, and want to increase the odds that the person would be attracted to you here is a good formula.

1. Decide to do something — take an initiative
2. Be yourself — be as natural as you can be.
3. Know that you have many natural attractive characteristics, and be at ease with yourself, secure that you are the best *you* that you can be.
4. Get outside of yourself, and discover as much as you can about your possible partner. Mark any matches that you have in common: likes, wants, or wishes.
5. Share an experience that has a high level of intensity.



Note: there are three more troubleshooting books in the “Metamating” series. They cover

Courting
Infatuation and
Bonding.