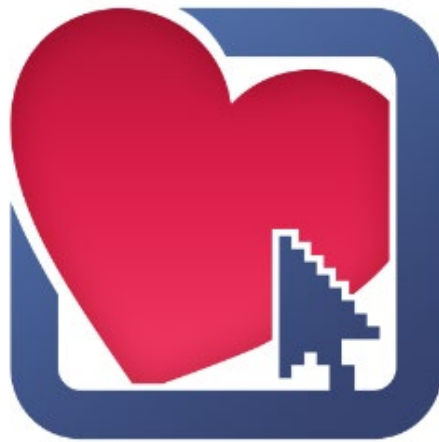


# **Make Him Worship You**

**by International Relationship Expert**

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# MODULE 4: The Worshipped Woman's Guide to Dating, Relationships, and Commitment

In this module I'm going to tell you what love **truly is**. Even more importantly, I'm going to tell you what love **isn't**.

Here's a hint: everything those romantic movies, novels, and Hallmark cards has told you is wrong. Not to mention every Cosmo and other women's magazine out there. Not only wrong, but actually **harmful** to you finding real and lasting love.

When you know the truth, it will empower you as a single woman to find Mr. Right -- and get him to COMMIT. If you are in a relationship, it will show you how to reinvigorate, rebuild, and capture a love that lasts forever.

# Lesson 1: The Myth of Prince Charming

**In my 10+ years as a relationship expert, I've received emails from thousands of women from all over the world who ask, "Where is my Prince Charming? When will he show up?"**

Here's the truth.

It's unreasonable to expect perfection from any man. It's unrealistic—and downright torturous—to expect any man to be perfect. When you expect to find a man who "checks all the boxes," you will be looking for a really long time. The statistical likelihood of you finding someone who meets **all** of your requirements is very low. If you always view a man as lacking some qualities (aka, "missing some of the check marks,") then he'll never be good enough.

Beyond that, having crazy expectations means that you'll miss out on achieving the kind of love that can endure decades. Your man will never feel comfortable revealing his feelings and flaws to you unless you free him from unreasonable expectations of perfection.

Imagine Carolyn and Harry's relationship if he were a "perfect" man after all those years of marriage. Wouldn't it be exhausting to keep a "perfect" man happy, while going through college and medical school, and raising kids together?

I think you know the answer.

This is why you need to let go of the Perfection Lie (or at the very least, changing your definition of perfection.) No one is asking you to *settle*. You're awesome and you shouldn't settle for less than you deserve. But think about what expectations for a partner are reasonable.

Now, before I give you the steps to let go of Prince Charming (and stop expecting perfection from your man), I want to make sure that you completed the "[I Like Myself](#)" Game I talked about at the beginning of Module 3. This is crucial.

Why?

Because as I said earlier, before you can truly love anyone else you need to love yourself.

**In the following (true) story, Michelle comes to grips with the realization that she had been focused on all the wrong traits in her “Prince Charming.”**

*Michelle and Thomas had been college friends for a few years. They went out to restaurants together, saw concerts and movies together, and even sat in the library together for hours while studying for finals. She would call him late at night to ask his opinion about a new angle for a research paper. Michelle grilled Thomas to prepare him for his thesis interview. They just clicked.*

*There was an unspoken spark—some flirting here and there—but for some reason they always kept things in “the friend zone.” One of Michelle’s friends asked her once, “Are you guys getting serious? Making plans for the future?” Michelle was shocked. “He’s not my type. You know what I’m looking for in a man!” Michelle knew her type! She had always envisioned a 6-foot-3-inch-tall, white guy from the East Coast. Ideally a medical student.*

*After graduation, Thomas was offered a job with an investment firm in Europe. Thomas stopped by her apartment to say goodbye before his flight. “I have to go,” he said, but he lingered.*

*“I know,” Michelle whispered through her tears. She realized that this was love. They were in love and he was leaving and she had been afraid to see what was right in front of her this whole time.*

*And then he was gone.*

Ugh.

It's heart-wrenching, isn't it? Here was this wonderful guy, right in front of her for years. With her. He was there for her. They were there for each other.

But she didn't see it. How could she? Thomas wasn't tall enough. He wasn't athletic. He wasn't what she *thought* she wanted. Michelle didn't know that what she needed from a man would come to her in a completely different package. Because she was holding out for "Prince Charming" she had closed off all other possibilities.

### **So THIS is why, if you're single and looking, you need to know what characteristics you want in a partner.**

Why? Because that's the only way to know it when you see it. Here's what you're going to do next.

#### **Step 1 – Make a list of the qualities you want in a partner.**

When you're making your list, peel back the curtain and get past superficial qualities. Of course, handsome and smart are obvious desirable qualities, but you want to go deeper.

His hair color, eye color, and height aren't nearly as important as his personality, sense of humor and your common interests.

- What are your overlapping interests? (politics, comedy, camping, bicycling, 80s pop music, etc.)
- Is he outdoorsy or nature oriented?
- What does he do for fun when you're not around?

- Is he ambitious and goal oriented, or a “go with the flow” kind of guy? (There’s nothing wrong with either of these, but you want to make sure you’re aligned.)
- Is he a planner or is he spontaneous?
- What about his sense of humor? What is funny to him?
- How does he talk about the women (mother, sister, nieces, colleagues) in his life?
- What makes his blood boil?
- How is he different from you? What do you like about those differences?
- How does he show you his emotions? Does he show them at all?

Now, look at everything you’ve written. What if you met a guy who checked off all but one or two of those boxes? Would you go on a date with him, even though he’s not your supposed Prince Charming? Of course you would!

## **Step 2 – Write down your actual non-negotiables on a sheet of paper.**

These should be the big ones -- things that that would be *real dealbreakers*. These are things like your core values that you won’t budge on.

Examples include:

- I need a man who will make me laugh
- I need a man who shares my religious beliefs (or lack thereof)
- I need a man who shares my values on monogamy

If a guy doesn't meet **these** criteria, you should just walk away.

### **Step 3 – Make a genuine commitment to giving more guys a chance.**

If you have 72348 non-negotiables, or you think everything you're looking for in a guy is non-negotiable...guess what, you will die alone. (just kidding - maybe).

Maybe a lot of the things you thought were non-negotiable are really just nice to have? And when you add up all the great traits someone *does* have, you may have an unexpected winner on your hands.

So next time you meet a guy who checks a few of your boxes, ask yourself, "Could he be the one?" Assure yourself that you will give them an honest assessment before you toss them out.

### **Step 4 – If you're already in a relationship, make a list of the things you like or love about your partner.**

Be as detailed as possible. Think of specific events that stick out in your memory...

- The time your heart skipped a beat when he first asked you out
- How you felt when you first figured out you were in love with him
- Moments when he was particularly sensitive and sweet
- Ways he made you feel safe and protected

It's easy to feel like the spark is gone and the relationship is hopeless when you're in a lull. Maybe you aren't having sex right now or you feel disconnected. Maybe he doesn't seem like the man he was when you first fell for each other.

Stay with me for a moment...

There's a neat psychological experiment where if you're told to focus on everything **blue** in a room for 30 seconds and then someone asks you to look up and describe the **white** things in the room...you'll draw a blank! You can't think of hardly any!

Basically, it's because if you focus on one thing, you will miss out on a lot of other "colors" of experience entirely. The moral of this party trick is: Whatever you focus on – like flaws - you'll be far more aware of those things.

By reminding yourself to be aware of the **good** things you have in your relationship, you might see that you're more compatible than you thought. You just need to do the work to get him to worship you! (you're in the right place!!).

And if you're already in a relationship, maybe it isn't time to throw the baby out with the bath water.