

Make Him Worship You

by International Relationship Expert

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Lesson 5: The Future Fantasy Method - How to Get Him to Commit

FIRST, let's take a quick peek inside the male brain when he senses COMMITMENT...

Just imagine that you've been dating Mr. Wonderful for nearly a year. Things are amazing, and it seems like time to take the next logical step – living together.

One wintery weekend morning, the two of you are grabbing a coffee at a local cafe. While warming your hands on your steaming mug, you're complaining about your horrible landlord and infuriating roommates... and hinting at the next step in your relationship. It's such a great idea, right??

"I just can't seem to get warm!" you sigh unhappily. "The heater in my apartment barely works, it's just sooooo freezing at home! I can't even get a hold of my landlord to fix it, he never answers the phone and he knows it's about a hundred years old. Does he want me to freeze in my sleep?"

"Not that I would have gotten much sleep anyway, with my roommate Andrea inviting all her friends around for like the 5th time this week – I hate living with her!"

"Honey, have you ever thought how great it would be if we lived together?"

STOP.

Here's what's going on in the male brain when you start hinting about moving in together...

"God she's incredible. And she wants to live with ME? Well I really like her – I actually LOVE her."

"But... if we live together then I'm never going to get ANY TIME ALONE ever again. (will I ever be able to masturbate in peace again?)

"She's going to see everything I do...

"She'll see that I never do laundry and wear my underwear 3 days in a row...

"She'll want me to pay for more things...

"She's never going to let me go out with my friends by myself. She'll always want to come. What if I tell her that I need to have guy time and she FREAKS OUT ...

*...ok taking the next step is a bad idea, I don't know about this. **Just to be safe I'm going to stay quiet and NOT COMMIT. I'll just keep everything the same..."***

Why Are Men So Reluctant to Commit, Even When Things Are Perfect?

Women are amazing at planning a future with their partner. Seriously, a woman can imagine a whole incredible journey of happiness about 15 minutes after connecting deeply with a great guy; it's like a superpower.

The truly amazing part about this is that the "future fantasy" you imagine is positive and joyful. When you're in a solid relationship with a guy, the future seems *glowing with potential happiness*. You imagine a trusting, caring, and loyal partner to make amazing memories with, maybe go travelling together, build a home together, raise a family, or enjoy a lifetime of joyful time spent in each other's company.

Men, however, are **conditioned to solve problems** – and they can't help but critically analyze your future together.

You See the Journey Ahead, He Sees the Potholes

No wonder lots of men are nervous to settle down. When you're conditioned to primarily see all the possible problems, the future can seem terrifying and exhausting.

Today I'm going to show you how to SHIFT YOUR LANGUAGE to make sure he sees a **smooth, perfectly problem free future** that he can't stop fantasizing about.

When you know the FUTURE FANTASY METHOD, his brain will be immune to seeing the future as a scary journey full of potential threats. These special words are like a vaccination for his brain, deflecting any attacking thoughts and keeping your relationship smooth and healthy for the LONG TERM.

This Method Will Stop Him from Holding Back

You could be the most attractive, smart, sex-on-legs woman in the world – and men would still be hesitant to commit until you use the FUTURE FANTASY METHOD.

The great news is that a quality man WANTS a woman to fall in love with. But he's almost fighting against his own brain to actually commit.

It's that darn biology to blame again.

- The male brain is programmed to **PROTECT**. Just as his ancestors were on the lookout for wolves hiding in the forest, his brain is wired to be on the lookout for threats. He imagines

kidnappers lurking in dark alleyways and gold-diggers trying to scam his money. *He's biologically programmed to be on the alert for problems.*

- The female brain is programmed to **NURTURE**. You want to embrace your loved ones and create a nurturing and wonderful environment. Women are wonderful at forging strong relationships and planning for a positive future together.

With all those instinctual threat-alerts screeching their warning signals to his brain, it's no wonder it's almost impossible to get a man to easily imagine a great future together.

What Do Men Find Scary About a Committed Relationship?

Burn these 3 threats onto your brain. These are the “big three” that you need to overcome in his brain if you want him fantasizing about your future together.

These are the SECRET threats that men think “settling down” could pose to their future:

- **FUTURE THREAT 1: He'll never get alone time again.** Most men are secretly worried they won't be allowed to have hobbies and friends, and time to themselves because you'll want to spend ALL your time together as a couple. Hey, it might not be true, but he's still secretly WORRIED about it.
- **FUTURE THREAT 2: He'll never get to sleep with another woman again and get BORED.** Yes, as awful as this sounds it's a terrifying thought for a man that he might only sleep with one woman for the rest of his life. He needs YOU to show him that a committed relationship can still be an exciting and fulfilling relationship!

- **FUTURE THREAT 3: He'll lose his financial security.** He's used to offering to pay for things, but we all hear the horror stories about gold-diggers, credit-card debt, divorce rates and spouse or child support payout. Financial worry is a genuine threat to plenty of men when they think about sharing bank accounts and credit cards with someone.

I'm kind of breaking the secret "guy code" by sharing this with you. I think it's much better that you know what's secretly in his head, because these inner threats can STOP HIM COMMITTING to a future together.

These are the thoughts that a man will never share with you.

NEVER.

He knows it will crush you if he ever said these things out loud.

These perceived THREATS are enough to make any man nervous about committing. It's the instinctual threat-avoidance programmed into his brain which makes him switch in to "no commitment" mode.

He Needs Your Help to Get Him Fantasizing About an Incredible Future With You

Here are your keys to commitment success!

Work your way through these 4 steps and you'll have him fantasizing about spending the rest of your life together.

His mind will be focussed on all the positive energy and excitement that YOU, and only you, will bring into his life. He won't be able to get you out of his mind, and he'll start putting *effort and enthusiasm* into building an incredible long-term future with you.

The 4-STEP FUTURE FANTASY METHOD

ONE: Future Projection (show him the future is EXCITING)

Men know that beauty doesn't last forever, and unless you two have an interesting 'spark', there might not be enough excitement to keep you both together for the long term.

We're also generally logical creatures who like to have things clearly spelled out.

You simply need to make plans for a few exciting things in your future to have him clearly picturing it together with YOU.

Recently, my incredible wife and I planned a trip to a 5 day music festival. For months I literally couldn't stop fantasizing about dancing together under the stars with our favorite bands belting out music, or picturing us sneaking off to our tent to get naughty in nature.

Future projection works like a charm if you want his brain to be glued on you.

Some exciting Future Projection ideas you can try are:

- Get tickets to a sports game or music concert you'll both love
- Plan an overseas holiday together

- Book camping trip with your friends
- Discuss career goals and what this means for your future
- Plan a trip or goal related to your interests (and if you DON'T have any interests, it's time to get involved in something!)

Just a warning - these exciting future plans SHOULD NOT be 'commitment' goals. Things like having kids, buying a house, or moving in together are great, but aren't going to give him the exciting 'thrill' that planning a trip to Thailand might.

I promise, if you plan some exciting things in the future with your guy, he won't be able to stop imagining an incredible future with you.

TWO: Make SEX Important and THRILLING

Most men are nervous that a few years into a relationship, things are going to cool down on the sex side. A physically passionate relationship is INCREDIBLY important to a man.

You don't need to turn sex-crazy to show him it's not going to be an issue (though you can if you want!).

Here's a few tips to show him that sex is important to you, too, and that he has nothing to fear about permanently taking himself "off the market" and committing to you...

- **Touch him more often.** A sexy thrill doesn't always need to be about getting naked! It's exciting to him if you walk up behind him in the kitchen and fondle that lovely man-butt, kiss him passionately as you're both sitting on the couch, or rub your hand on his thigh as he's

driving. Make an effort to up your physical affection game, and I promise he won't be able to stop thinking about you.

- **Try something new.** There are so many ways to inject a little excitement into your sex life! Why not try having sex somewhere other than the bedroom? You might start looking at your pool, the kitchen bench, or the garden hammock in a whole new light! If your idea of experimentation is more kinky, you could try ordering some fun sex toys together online, try a blindfold or handcuffs in the bedroom, or watching porn together.
- **Turn your smartphone into a sexy thrill.** As long as your man will see your messages in private, you might both enjoy swapping naughty pics of each other! Tell him what you'd like to do to him later, or send him a pic of where you'd like him to kiss you. You don't have to necessarily be naked - in fact, you should be careful about sending nude photos in this day and age. Even a sexy pic of a clothed body part can get the innuendo across.

THREE: Keep Him on His Toes

If you're the one "in pursuit", I doubt he'll be around for the long term.

This is classic material when it comes to maintaining his interest, because as you now know, men are wired to CHASE women.

If you're the one always making the plans, calling him first, talking about your future, and always wanting to do stuff together, you give away all your power.

You need to keep him in pursuit, and make yourself a valuable and highly desirable item.

The absolute #1 way to keep him desperately WANTING you, begging to spend more time together, and picturing the two of you together in the future with a huge grin on his face is...

... *spending some time away from him.*

This one is SUPER EASY if you want him fantasizing about your future.

All you need to do is have a few plans that don't involve him. Don't invite him, either. Just make sure you tell him that you're heading out to do something fun – and then actually do it (and have fun!).

Here's how it works...

You CASUALLY mention that you're going to Pilates / wine tasting / French Bulldog Admirers Group / whatever you're interested in.

This turns his thoughts from... *"Oh man, I NEVER get the chance to go fishing with the guys any more..."* to his brain telling him...*"She's out at that yoga class again, I bet her thighs look amazing in those yoga pants. Hmm I wonder who else is in the class... I wonder who else she's chatting to – there better not be any guys muscling in on MY girl... I can't wait to see her!"*

Because he's NOT with you, he's FANTASIZING about you

And that's exactly what you want.

FOUR: Prove That You Can Be TRUSTED

Remember the THREE BIG THREATS that run through all men's brains when it comes to committing to a future with their partner?

Well, one of the biggest threats is financial security.

And that all comes down to TRUST.

If you want him deliriously excited about a future with you, you need to PROVE to him that he can absolutely rely on you. Because if he feels unsure about whether or not you can be trusted, he's not going to feel comfortable imagining a future with you.

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You don't necessarily need to prove that you're an accounting genius, or that you never make a mistake, but you DO need to show that you're a thoughtful person who wouldn't betray him (or steal from him, or go behind his back, or cheat on him, or have some kind of ulterior motive e.g. you just want his money.)

Here's how you can show your loyalty and trustworthiness, to get him fantasizing about a future together with you:

Prove your loyalty to him in front of everyone.

Always take his side in public, no matter what.

For example, if his friend is giving him a hard time about wearing tight Lycra clothes when he rides his bike, let that friend know that you think it's super sexy and manly to get a glimpse of his strong thighs!

No matter what his friends or family say (or do), make him feel like you're always on the same team no matter what. That's exactly the feeling that's going to have him secretly imagining a long-term relationship with you.

Don't ASK him to buy you things (this can easily be mistaken as a gold digger).

Prove that you can look after yourself and you don't NEED him to buy you anything.

Hey, there's nothing wrong with a suggestive hint that "these earrings would make an amazing birthday present, honey" and if he WANTS to surprise you with a present then it's totally up to him!

By showing some financial independence, he'll be imagining what an amazing team mate and partner you'll be in the future – someone he can build an incredible future with together (not someone he has to look after).

Share experiences

This is one of the BEST ways of showing that you can be relied on and trusted.

Learning a new skill or trying something together is one of the best ways to build a strong bond because you get to show other sides to your personality, and your values and ethics, that you might not always show when you're comfortable at home.

For example, if you go camping together he might be impressed at your determination to get the REALLY complicated and annoying tent set up – you've kept your sense of humor even though it's taken hours.

Or if you plan a weekend away, he might love seeing how organized you are finding the nicest hotel on a budget, and feel reassured that you always want the best experience for your money.

Shared experiences allow you to truly SHOW him just how amazing and loyal you are, and that he can rely on you as a trusted team-mate into the future.