



THE TOP 10

# INNER GAME ***STICKING POINTS***

(...AND HOW TO GET UN-STUCK FAST)

## FOREWORD:

### What's With the Fixation on Relating with Women?

For years now, men all over the planet have been pouring astonishing amounts of energy into taking seminars and “bootcamps,” spending countless hours on email lists and forums, reading every article and eBook they can get their hands on... all having to do with getting what they want with women.

In a time when men are still massively out of touch with their own emotions and passion, pain and frustration with women are proving to be the one thing that consistently cattle-prods men into finally taking a look at their lives with honesty & depth.

But for men delving beyond simply avoiding a divorce or learning to get more phone numbers, this journey is turning out to be more than they'd bargained for...

### MEETING WOMEN AND **ATTRACTION**

Being terrified to approach a woman they're genuinely interested in is by far the #1 way to access deep, unresolved shame, for countless men.

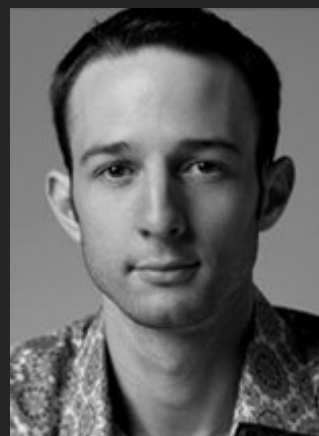
Even men who are 'highly evolved' coaches & seminar leaders themselves are oftentimes still terrified by the 'cold approach'! This arena of relating with women is super-charged with potential for personal development.

### **DEEP INTIMACY** WITH WOMEN

If there is one thing that triggers men's shame even more intensely, it's being on the receiving end of a woman's upset. We can expertly trace the ways men shutdown, freak out, or blow up during vulnerable moments down to what's really going on...

Any situation in which a man cannot respond consciously, firmly and lovingly, pinpoints profound opportunities for personal evolution.

Men's disconnection with women, it turns out, is simply a bread crumb trail back to where we're disconnected from ourselves.



**DECKER CUNOV**  
(AMP Co-Founder)

# Welcome,

The contents of this book are derived from personal, hands on work with hundreds of men overcoming their “Inner Game” obstacles that get in the way of having profound, amazing interactions and relationships with women.

These principles apply to any stage of interacting with women, whether you are dating, looking for a girlfriend, a single wild night of passion and play, a life partner, or bringing more to your current relationship.

# THE FIRST STEP: **AWARENESS**

We have found that many men get stopped in similar places. By reading this, you'll get more insight into your own sticking points (the places where you get stopped), which is the first step towards moving beyond them.

The first step to getting unstuck is always, first and foremost, more awareness about how you are stuck.

## GET THIS: AWARENESS = CHOICE

When you have more awareness about how you get stuck, a different choice becomes available.

As you go through this book, if you notice a place or pattern where you're stuck, it's important to notice and embrace wherever you're stuck.

Don't try to push it away, or cut it out...that's like putting gasoline on the fire. You want to simply notice it, without trying to change or "fix" it. In this way, new possibilities will emerge. I've found that simply watching these patterns can be enough to effect transformation.

But it all starts with awareness. So, with each sticking point, we offer an exercise that you can practice to get more awareness.

So, **LET'S BEGIN.**

# WHAT IS **FEMININE RADIANCE**?

There she is... a goddess; a sexy, gorgeous creature, full of vitality and sensuality. And, just as much as we are drawn to her, we also often feel a pit in our stomach... fear.

As men, we love feminine radiance. It can also scare the bejesus out of us. Feminine radiance doesn't always mean the glowing, loving, alluring, warmth of a woman's inner essence. It takes all forms.

A woman can be spitting venom at you and be fully in her feminine radiance. She can be crying like a little girl and be fully in her feminine radiance. She can be laughing, screaming, purring, fuming, moaning, raging or whispering and still be in her feminine radiance.

Feminine radiance is simply the full-blown outward expression of her feminine power.

## HOW THIS GLOW CREATES **"APPROACH ANXIETY"**

There is something about feminine radiance that makes us feel like our circuits are overloading. When we resist that feeling, we unconsciously close down and as a result we experience what is referred to as "approach anxiety." I'll explain more about what it means to close down in just a moment.

However, the secret to truly overcoming approach anxiety is to learn to be with a lot of feminine radiance the same way you learn to "let go" in order to urinate. I know, I apologize for that analogy, but here's the thing: when you're taking a whiz you have to relax in a very particular way and allow it to flow on out of you.

When you are with woman who is radiant, she can feel you tense up. She can feel you resisting her. She can feel you holding back. But when you are calm and relaxed and letting it flow through you, she will notice.

So, in order to avoid feeling overwhelmed, men tend to react in one of three different ways:

- 1WITHDRAW**
- 2CONTROL**
- 3ADAPT**

By becoming more **aware** of YOUR particular habitual pattern of reacting, you'll have more choice about the direction things go from there.

These three reactions have their own distinct flavors and impacts on your "game."

We'll start with withdrawal on the next page...

# withdrawal

## *noun*

- *the act of pulling away from a woman, because you are overwhelmed by the intensity of her feminine radiance and your desire for her.*

# STICKING POINTS 1-3: **WITHDRAWAL**

These first three Inner Game sticking points all relate to ways that we **withdraw** in a high- pressure situation with a woman.

We try to get away from the intensity of the situation by pulling away in one form or another. Which ones resonate for you?



**1YOU BECOME A “NICE GUY”**

**2YOU GET STUCK IN YOUR HEAD**

**3YOU BECOME A “WALLFLOWER”**

These are some of the most common we experience with the men we have worked with, and all 3 are **solved by cultivating one thing: PRESENCE.**



# WHAT DO WE MEAN BY **PRESENCE**

## **1BEING IN YOUR BODY**

Feeling the desire and sensations *in your body*; not “checked out” or up in your head.

## **2OWNING YOUR SPACE**

Being aware of yourself and the environment around you, without minimizing yourself.

## **3BEING IN THE ‘NOW’**

Having an awareness of your life unfolding, moment by moment, and putting your attention on the *present moment*, rather than the past or the future.

Have you ever heard women say something like, “The moment he walked in the room...” or “There’s just something about him – the way he looks at me...”? These women are referring to men who have a **STRONG PRESENCE**.

**PRESENCE** is the first stage in our Inner Game Training Model called the **AMP HOLARCHY**



# THE GREAT THING ABOUT **PRESENCE**

When you are fully Present, you don't have to do much of anything. Just being fully Present is enough to bring a feeling of warmth and light to your interactions.

In fact, as you cultivate Presence (we'll get to that more in a bit), you'll find that women will *approach you* and *seek you out*.

If you find yourself still trying to “*figure this out*,” just relax. We will be going into more detail in a moment. For now, just know that simply by engaging in the conversation of how Present you are when relating with women, you're already well on your way to having richer, sexier, more profound and authentic interactions.

## SEE IT LIVE, **DEMONSTRATED**

A lot of this stuff doesn't make sense unless you're actually SEEING it. If you're more of a visual, learn-by-watching type of person, then you should definitely check out our free video, Foundations of Inner Game: Revealed, where you'll see live demos of Presence with actual women and their uncensored responses, plus much more...

Watch it now, here:

**[HTTP://AUTHENTICMANPROGRAM.COM/REVEALED](http://AUTHENTICMANPROGRAM.COM/REVEALED)**

# WHEN YOU DON'T HAVE **PRESENCE**...

Women don't even seem to notice that you're there, don't include you in the conversation, or generally seem to be ignoring you.

Tell me honestly. Without specifically looking, how aware are you of the wallpaper or paint job on the walls around you right now? To most women, that's how invisible a man without Presence is.

Remember, women are like finely tuned instruments when it comes to detecting a man's level of Presence. They can actually feel when a man is not Present.

The truth is, most men are extremely disconnected from themselves and they are often completely unaware of the experience of the woman they are with.

## WHY IS THIS EVEN IMPORTANT?

Because even the most radiant women will run each other down with their SUV's in order to capture the interest of the rare man who embodies Presence. And for this very reason it is completely irrelevant what you look like physically.

Your **PRESENCE** alone can be enough to make you stand out to radiant women like a glittering star in an otherwise dark night.

# STICKING POINT #1: YOU BECOME A 'NICE GUY'

## DOES THAT SOUND *FAMILIAR*?

You're interacting with gorgeous woman who totally turns you on and yet...

You have a totally polite, cordial interaction - and it's strictly, painfully, platonic! Congrats, you're the "nice guy" who can't seem to create a single spark of sexual attraction. **OUCH.**

This is one of the most common sticking points for men in their interactions with women. Not only does it seem to be the one of most common, it's also the one that will hold you back the **most** in succeeding with women.

You can screw up in almost any other way and still have a fair amount of sex & dates without much trouble on your part, but being a "Nice Guy" will **KILL ATTRACTION.**



*"Aww, he asked me out...  
Isn't that just adorable?"*

She might like you like a brother, but she'll feel no sexual turn on with you. Women everywhere consistently muse, "Where are all the **REAL MEN**?"

By real men, they mean men who have a deep adoration for Women but still maintain a raw edge & honesty to their way of being. They crave this rawness, this fire, this honesty. And the Man who holds these qualities also tends to *captivate women*.

## **SOLUTION: OWN YOUR DESIRE**

Here's what we mean by that.

What women really want is a man who can "own his desire." Not a man who is drooling over them like a piece of meat, but one who isn't afraid to express his desire and feel connected to the sensations of attraction in his body.

It means actually **FEELING** your attraction for her, **IN YOUR BODY**, without "closing down" to the feeling of it. A lot of guys think, "Wow, she's hot", and **INTELLECTUALLY** they're attracted, without being Present to the sensations happening in their body.

For some guys, it can be intimidating to fully imagine her naked body pressed up against you, pleasuring you, imagining what kinds of sounds she would be making in orgasm...

However, if you can **FEEL** that attraction, while simultaneously being aware of the fact that she is another human being, with her own desires, hopes, dreams and feelings, that's the sweet spot.

Let's take a moment for a personal story:

## SEE IT LIVE, **DEMONSTRATED**

“I Used to Cut out Pictures of Women in Bras and Panties” By Bryan Bayer

If you had asked me whether I believed that being attracted to women was wrong or bad, I would have laughed. Of course, attraction to women is a natural and healthy expression of the male species! I love women. Nothing wrong here. But when I realized I was having a really hard time creating attraction with women, I started to notice that there was a subtle place where I was not fully connected to my desire for the women that I was relating with.

As I explored this further, I realized that I felt ashamed of being attracted to women. WTF?

As Decker facilitated me through this process, I went deeper, and old memories suddenly surfaced in my awareness - at age 6 I used to cut out pictures of women in bras and panties from the Sears catalogs and keep them in a paper bag under the couch. I loved looking at them!

One day, my mom found them and told me that I was not allowed to do that, and took them away from me. At that age, I developed beliefs that it was not okay to be sexually attracted to women!

When I got this realization, I experienced a huge emotional release and I was able to challenge and resolve this limiting belief that I didn't even realize I had. Now that I've let that go I feel more capable than ever of unapologetically owning my attraction — and it has made all the difference in being unapologetic about my desire with women.

**Watch it now, here:**

**[HTTP://AUTHENTICMANPROGRAM.COM/REVEALED](http://AUTHENTICMANPROGRAM.COM/REVEALED)**

So what does this all mean? The point is that as men, we often receive messages by society and family, either verbally or nonverbally, that it is wrong or shameful to have sexual desire for women.

Think of the stereotype of some European men, especially French and Italian men. They are completely unapologetic about their desire for Women, compared to many other cultures.

And, as positively corny and romantic as they are alleged to be, these guys are SHAMELESS about their attraction.

## **HOWEVER, DON'T BECOME *YOUR DESIRE'S BITCH***

If you LOSE PRESENCE with a woman due to your attraction – getting lost in fantasy, losing sight of the fact that she has aspects to her beyond simply being a sexual creature... then your desire is owning YOU, instead of the other way around.

You should be able to practice restraint, and feel the intensity of your attraction, without letting it run you. This is the perfect balance of the cool, controlled attitude of James Bond and the bold, brave, passionate demeanor of Don Juan.

That is the character in the movie that looks deeply into a woman's eyes and unwavering, unapologetic and powerfully Present says, "I want you."

But this isn't about the words. It doesn't matter WHAT you say, unless you're actually FEELING your attraction for her.

Again, this requires that you learn to "be with" a lot of feminine radiance without shutting down what you are feeling. It simply involves feeling the wild emotions that will rush through you and still staying fully open.

## EXERCISE WHEN OUT WITH WOMEN

The next time you see an attractive woman, take note! Can you actually *feel* your attraction in your body?

You may even imagine being sexual with her – imagine seeing her naked body, feeling her against you, whimpering, screaming, moaning... do you feel turned on in your body?

If not, can you detect any *resistance* to feeling this attraction in your body? If the feelings that arise are at all accompanied by a sense of shame or wrongness, it may be worth taking a deeper look at some of your unconscious beliefs around sex. We cover this in some of our not-yet-released programs about accessing your sexual desire, and how to transform these beliefs.

In the meantime, simply allow that attraction to be there, staying aware of those sensations in your body, as you interact with her. We teach breathing practices and physical exercises to open up these channels in our Foundations of Inner Game series.

Opening yourself up to feeling your attraction is seriously worth putting attention on if you're getting consistently put in the "Friends" category.

The more you do, the more your interactions will have an electricity to them, a crackle, a spark, and the less likely you are to get LJBF'd (Let's Just Be Friends)!



# STICKING POINT #2:

## YOU “GET IN YOUR HEAD”

### ...BECOMING UNCLEAR AND FOGGY.

#### Does This Sound Familiar?

You arrive at a social event and notice a woman you are attracted to. You begin to feel nervous, uncomfortable and unsure of yourself.

As you begin the interaction, you're continually wondering what to say next, and there are long, awkward pauses as you desperately wrack your brain, “What should I say right now?” trying to come up with something interesting...

But it's too late... she's bored, and the conversation has died.



*“So...umm.. do you like...  
uhh...stuff?”*

#### SOLUTION: **GET IN YOUR BODY**

Let's think about this for a moment. Have you ever played a sport or took part in a physical activity where afterward you felt like a freakin' warrior? Your body felt **solid, powerful** and **alive**.

Check it out: when you feel that way in your body, **women feel that way about you!**

But even more than that, when a man is feeling full, Present and invigorated in his body, it is much easier to feel an enormous amount of feminine radiance without feeling overwhelmed or short-circuited.

We find that a lot of men who naturally take to this work have practiced a martial arts or yoga because they've already cultivated the habit of being with a lot of sensation and intensity without closing down.

In fact, with or without this kind of training, you can learn to be with a lot more energy than you think.

**THE FIRST STEP** to being fully Present is to **notice** when you're **NOT** Present and not in your body.

This is the case when:

***YOU'RE FEELING FOGGY AND "IN YOUR HEAD."***

***YOU'RE THINKING ABOUT SOMETHING ELSE WHILE SHE IS TALKING TO YOU,*** ("What should I say?") rather than following your natural curiosity about the person in front of you.

You may be wondering how much of the time you are really Present. If you're like most guys, it's not very often!

Most of us, most of the time, are thinking about something other than what's happening in the present moment. But we all have to start somewhere, and even a brief flash of presence can be enough to create a spark of attraction or connection.

## **EXERCISE: WHEN MEETING WOMEN**

### **NOTICE THE SENSATIONS IN YOUR BODY**

For the purposes of this exercise, it's better if you don't have anything prepared and you just go up to a woman and say "Hi." You don't need a scripted routine or an opinion opener, but you can use one if you like. Just walk up and say "hi." Simple as that.

And here's the important part: pay close attention to the sensations and tension in your body as you interact with her.

You may find that depending on your attraction level, the intensity of the sensations in your body increases or decreases.

This is important to notice, because if you're not aware of the places in your body where you're holding tight, you'll never be able to relax them. And this "crimps" the natural flow of attraction and connection you create with a woman.

For a lot of guys this can feel really uncomfortable, and it's for that very reason that most guys will NEVER get this, but the more fully you can allow yourself to actually feel those nervous sensations in your body - without resisting them - the more she will begin to feel astoundingly comfortable around you.

As a matter of fact, she won't even know why. She'll say things like, "I don't know what it was, but I just felt so comfortable with him."

Sound hard to believe? You can see participants actually experience it for themselves in our free video, Foundations of Inner Game: Revealed.

**Get it now, here:**

**[HTTP://AUTHENTICMANPROGRAM.COM/REVEALED](http://AUTHENTICMANPROGRAM.COM/REVEALED)**

## STICKING POINT #3: THE “WALLFLOWER”

You immediately notice her. She's absolutely stunning - you can feel her radiance from across the room.

You become invisible - a 'wallflower' who is unnoticed or consistently passed over.

If this is a common experience for you, then you probably never even get around to approaching her.

But if you do, they barely seem to acknowledge your presence, if at all.



*“Hi... umm...  
I’m over here...”*

### DOES THIS SOUND FAMILIAR?

We have found that when many men are in this situation, they take it personally and begin to have feelings of hopelessness or frustration. Furthermore, they tend to ruminate on these feelings – which has them further withdraw...

So, you either fade into the background, or at best attempt to initiate conversation, only to be easily dismissed or overlooked.

## **SOLUTION: OWN YOUR SPACE**

The best way to understand "owning your space," is to imagine that you are in YOUR party, YOUR house, YOUR room.

Now, there is a very subtle and very powerful concept at play here. Imagine that this REALLY is your party. If you've ever hosted your own party before (and it was a good experience) then this will be easier for you.

If you haven't, then it will make a difference for you to actually have your own party and practice the following....

## EXERCISE: **FOR A SOCIAL SITUATION**

Imagine that you are in *your* party; everybody is hustling and bustling around you. People are talking, laughing and glad to see you. Literally FEEL an ownership for the experiences of every person in the room. They are your friends and your guests.

Imagine that the room is small enough, and you are big enough that you could easily reach out and put your hands on both opposite walls at the same time. In other words, you feel as if your physical space can take up the entire room.

Now, you don't have to believe the science behind this. You don't even have to understand or agree with it. But the fact is this: time after time, women FEEL IT. Those sensitive tuning forks we call 'women' can feel it when a man can open up his **PRESENCE** and expands his awareness to include the entire room.

It speaks to them and has them say,

**“Whoa, this guy feels really different. Who is this guy?”**

**See an actual demo** of this *Owning Your Space* exercise live, including the experiences of the women, in our free video, **FOUNDATIONS OF INNER GAME: REVEALED.**

Watch it now, here:

**[HTTP://AUTHENTICMANPROGRAM.COM/REVEALED](http://AUTHENTICMANPROGRAM.COM/REVEALED)**

The opposite is that some guys are so confronted by opening themselves up to such a degree that their level of Presence doesn't extend further from their own body than their clothing. And, as a result, people don't even notice them.

How do you walk, talk, and behave in your own personal environment? What if you carried yourself with that level of confidence and ease when relating with women out and about? What if the experience of being at your own party was something you took with you wherever you go?

If you're struggling with this, the first thing may be to practice owning your space with men. The value and importance of having strong, positive relationships with men is pivotal to your success with women.

## THE “DEEPER CUT”

The deeper cut of not “owning your space” may have more to do with your unconscious mind, your identity, and your beliefs about yourself. You can take this deeper by asking yourself, “What has me not own my space NATURALLY?” And simply allow your non-rational, unconscious mind to fill in the blank. “If I really owned my space, it would mean that \_\_\_\_\_.”

The first answer that comes up may not be rational. It may be “I’d be in danger” or “I’m valuable” or “I belong”... all of which may be very real and threatening to your unconscious mind.

Just being aware of these unconscious beliefs running in the background will support you in not being “run” by them any longer. But there are also different modalities and tools to resolve these challenges, including NLP, EFT, and “identity-level coaching,” which is something that we at AMP specialize in.

# SUMMARY

So, to summarize the forms of **Withdrawal**:

## **1YOU BECOME A “NICE GUY”**

You hide your attraction for women and end up befriending them. Be honest, dude, you don't really want to *just be friends* with her.

## **2YOU GET “IN YOUR HEAD”**

You over-think your interaction to the point of not even approaching, or not even enjoying the experience because you are so focused on trying to figure out what to do. Pretty counterproductive, isn't it?

## **3YOU BECOME A “WALLFLOWER”**

You are so confronted by the social situation that you let your inner 'shy guy' take over.

## **THE SOLUTION**

All of these sticking points are resolved by cultivating more **PRESENCE**.



# AMP RESOURCES

## FOR **CULTIVATING PRESENCE**

If this work speaks to you then you'll definitely want to check out our **FREE FOUNDATIONS OF INNER GAME: REVEALED** video. In it, we cover the notion of Presence in much more detail, and we show you:

- Specific practices to cultivate Presence -- the key to having a woman's ENTIRE BODY RESPOND with turn-on when you first meet her. Learn how presence creates wordless attraction.
- Watch an example of how to "expand" your presence and develop an authentic aura of "sureness" that's instantly attractive to women. This method is also massively useful in business and other life situations.
- Watch uncensored interviews with radiant women about the intense attraction they feel towards a man who's being completely Present with them, and learn how to do this yourself.

Get the Free video, plus a 30 day free test drive of our **INNER GAME TRAINING PROGRAM**, here FREE:

**[HTTP://AUTHENTICMANPROGRAM.COM/REVEALED](http://AUTHENTICMANPROGRAM.COM/REVEALED)**

# THE **AMP** INTENSIVE

## THE AMP INTENSIVE LIVE, IN-PERSON TRAINING COURSE. 12 MEN. 3 DAYS. LIFE....CHANGED.

This course is designed for men serious about having extraordinary, mutually rewarding interactions, beyond what most people know are even on the menu.

In our flagship 3-day Intensive in-person course, you'll engage in experiential exercises to get you in your body, own your space and connect to your desire, and from that place, practice interacting with blazingly insightful women who will give you personalized feedback on how they experience you.

### ***DIRECT EXPERIENCES WITH DOWNRIGHT SUPER-NATURAL WOMEN***

You will have a full day of direct experience with incredibly insightful women who will tell you exactly how they experience you and feel being around you.

### ***UNPARALLELED PERSONALIZED ATTENTION***

You will receive precise & in-the-moment feedback in AMP. There is more than a 1:1 ratio between expert facilitators/staff & participants.

**AMP'S #1 GUARANTEE:** Every man leaves distinctly aware of subtle behaviors that unknowingly kill attraction with women. These ways of being have often been under your radar for years!

Discover and bust out of your own personal "**MATRIX**" that holds you back in your relating with women.

**Click here to find out more:**

**[HTTP://AUTHENTICMANPROGRAM.COM/A/THE-AMP-INTENSIVE/](http://AUTHENTICMANPROGRAM.COM/A/THE-AMP-INTENSIVE/)**

# control

## *verb*

- *The act of trying to make things go a certain way, and resisting what is happening when things don't go as you wanted or expected.*

# STICKING POINTS 4-6:

## **CONTROL**

The next three sticking points relate to ways that men try to assert Control in a high-pressure situation with a woman:

- She Becomes Your “Captive Audience”
- You Become “Slimy”
- You Become “Pushy”

Every guy has probably done one of these at one time or another.

Your experience: You’ve got her all to yourself at the party but you feel a sense of urgency, pressure, heaviness, significance or seriousness. You hear that voice in your head that says, “Don’t mess it up! Stay cool, stay in control! Don’t let her get away!”



*“Be attracted to me  
or this drink goes on your  
head..baby...”*

### **HER EXPERIENCE:**

She feels your sense of urgency, pressure, heaviness, significance or seriousness!

If your response to a high-pressure situation with women is to clamp down on yourself in order to play it cool, look good and ultimately have control, then the cure is a good dose of what we call..



## APPRECIATION

Appreciation is the degree to which you *accept* an experience or person as they are, without *avoiding* or rejecting anything.

We call this form of Appreciation, “*Being a Yes.*”

In the way we’re using this word, Appreciation is NOT about giving compliments – far from it.

This Fundamental is actually rooted deep into Buddhist perspectives on non-attachment, and it just so happens that this ancient principle of accepting and embracing your experience, as it is, is absolutely KEY when relating with women.

### THOUGHT EXPERIMENT:

Imagine that you have a twin sister and you know pretty much everything about her.

Imagine that you know her struggles, her joys, her fears and her loves. You know that even though she may be super fashionable and cool on the outside, she is actually really shy and has a lot of self-doubt and really wants people to love her.

You know that as a kid she had to wear an eye patch and the other kids made fun of her... it still hurts when she thinks about it and she hates it when other people get teased.

You know that even though she may come across as bitchy or cold in public places she's actually doing the best she can in the face of so many men sending their attention her way.

Now, you may not actually have a sister, or be close to the one that you do have, but just imagine what it would be like to truly know a person to such a degree that no matter how they were being, you still felt an acceptance and empathy for them. This doesn't mean you have to act or feel like a brother with a woman that your attracted to, but imagine if you had that degree of comfort with her.

When you are in this state with a woman, you can relate to her as another human being instead of putting her on a pedestal and feeling terrified of her. And you can easily access your genuine curiosity about her.

When you can be like this with a woman, especially a radiant woman, **Inner Game is strong within you.**

So now imagine being like this with a radiant woman. There is no way to be in full Appreciation of her without first being Present and relaxing into the moment (go back to the first chapter if you forgot).

Then, access your **APPRECIATION** of her.

So, let's get into the specific sticking points on how we try to control...

## STICKING POINT #4: *SHE BECOMES YOUR “CAPTIVE AUDIENCE”*

### DOES THIS SOUND FAMILIAR?

We’ve all experienced it. You’re telling long stories or talk about yourself without actually checking to see if she is engaged or even cares. You may be talking about stuff that even you may not even care about, holding her hostage while you talk at her rather than with her.

It may keep you from getting blown off immediately, but ultimately results in a one-sided, unfulfilling interaction.



### THE IMPACT:

Conversations feel forced, superficial and flat because you don’t really care about or feel connected to what you’re talking about, and neither does she. She is bored, irritated, and unengaged.



*“And, uh... so I tell Eugene, it’s clearly the client’s ISP, not the intranet, but he wouldn’t listen to me, so then I...”*

## JABBER JAWS GIRLFRIEND

By Garrison

I remember in high school I had a girlfriend who would get on the phone with me and talk for twenty minutes non stop. I remember just giving the phone to my little brother to let him listen for a while. He thought it was the funniest thing in the world. When have you been held captive by someone's talking at you? Have you done this to other people?

Remember, women can feel you really deeply, all the time. It's not your words that move her - it's what's behind them.

When you are connected, inspired and turned on by what you're talking about she will feel you and experience the same sensations.

Can you remember a time when you were engaged in a conversation with a woman and you felt an almost electrical connection in the air between the two of you?

When an experience like that is happening it means that there is almost a dance of sorts going on between the two of you.

When you begin to listen deeply to what a woman is saying and allowing a natural give- and-take in the conversation, without trying to control it, it will feel natural and engaging for both of you.

When that level of listening and Presence is missing, she will end up feeling drained and frustrated by the conversation.



As one of our AMP women in the Foundations: Revealed video says, “I don’t care WHAT we talk about, as long as there’s attention on the connection.”

**GET THIS:**  
**THE *CONNECTION* IS MORE IMPORTANT**  
**THAN THE *CONTENT***

Great, so how do we do that? A great place to start is by accessing genuine curiosity. It’s the opposite of asking questions just to keep the conversation going when you don’t actually even care about the answers. Here’s how to do that:

**EXERCISE: ACCESS YOUR *GENUINE CURIOSITY***

First, notice how you are feeling in your body. Then connect to your desire: why are you even talking to this woman? What drew you to her? What kind of person do you imagine her to be? What are you truly curious to know about her?

From this place, allow the interaction to unfold. If you’re really listening to her, there are infinite directions that the conversation could go in.

If you are struggling with this, take a look at your real motives for talking with her.

There's nothing wrong with seeing a woman who turns you on and wanting to have sex with her. And there are powerful ways to be straightforward about your desires that actually open her up to the possibility of getting it on with you.

However, if she feels that there is something you need from her, she will definitely begin to feel uncomfortable around you and close down. When you look back at some of the interactions you've had with women, ask yourself, "Was there was something that I wanted from her that I wasn't acknowledging?"

"Did I need for her to like me?"

Be really honest with yourself here.

In these situations, the best thing you can do is to notice and accept that need, get your attention off yourself, put it fully back onto her.

Consider, who is this incredible, unique person, unlike anyone who has ever lived before or will ever live again, doing their best to make their way through this life and find happiness... just like you?

Being able to access your genuine curiosity will completely change the way women experience you.

## WHY WE DON'T DO THIS NATURALLY

For most men, our attention gets stuck on ourselves because we are concerned about how a woman perceives us. We are nervous so a natural response is to keep talking about ourselves or about topics that we don't really care about because it's better than not having anything to talk about at all.

Of course, when you're not engaged by what you're talking about, she's not going to be either! The energy will continue to be flat, and the interaction will go nowhere.

**On to sticking point #5...**

## STICKING POINT #5: YOU BECOME **SLIMY**

When women feel objectified by a man, they refer to him as “Slimy.”

Most guys don't really consider what a woman's experience is like when they interact with her. They relate to her as a "target" as opposed to a “receiver,” staring at her body, not listening to her, not seeing her as a person with hopes, fears, dreams and insecurities... **just like you.**

Beyond just treating them as a sexual object, oftentimes men objectify women in an attempt to feel good about ourselves.

### THE IMPACT:

She feels disrespected, disgusted and put-off by you.



*A drunken grab, foiled!*

## COMMON WAYS MEN OBJECTIFY WOMEN:

- You want to have sex with her whether it is in her best interests are not.
- She is just an opportunity for you to practice approaching women.
- You are trying to "make her" like you.
- You relate to her as a "target" - an object rather than another human being who has her own unique dreams, fears and vulnerabilities.

## SOLUTION: RELATE TO HER AS A **HUMAN BEING**

We call this "**SHARED HUMANITY**" It involves cultivating your ability to understand, appreciate and feel more connected to the women you interact with.

## EXERCISE: **GET HER WORLD** (IMAGINE YOU ARE HER)

This is an incredibly powerful exercise. Think of the last several interactions you have had with women, and for each one, put yourself in her position.

- Imagine what she's hearing, seeing and feeling.
- Imagine the pressure to look attractive and appealing.
- Imagine what it's like to be looked at as an object by the opposite sex who is much physically stronger and potentially threatening.

- Imagine what it's like to not know the intentions of the people you're talking to.
- Imagine being physically weaker and more delicate.
- Imagine her not knowing what you really want from her.

**Is it scary? Is it exciting? Is it stressful? What is it like to be her?**

If you're just reading this exercise to move onto the next paragraph and see how quick you can finish this book, **STOP!** Actually take a moment and do the exercise. You will benefit enormously.

Listen man, I know you might be thinking, "This is a cheesy exercise.." But understand that a woman's **deepest desire** is to be seen, felt and understood. You cannot imagine how doing *that* will impact your interactions with women. Practicing this will open doors for you.

### **Other Practices for Relating to Her as Another Human Being**

## **"SOULVISION"**

When you are out with people, what is your gaze like? Is it tight, leering, ogling, and possessive?

Are you only looking for women you are attracted to, scan the crowd, looking "out there" for "hot girls"?

I call this "sharking" – and when you're doing that...looking exclusively for women you're attracted to, and ignoring everyone else...you put off a "needy predator vibe" that women can feel from a mile away...

With your gaze, receive other people besides the hotties – women, men, the elderly... Allow your gaze to relax and open.

Imagine your gaze softening and opening to embrace EVERYONE...

Get Present to them as human beings, with their own hopes, fears, desires and experiences. When you are receptive to ALL people as opposed to just singling out the attractive women, people won't feel the predator vibe from you.

This is what we mean by “**SOUL VISION.**”

*“All the power in the world rests in the human gaze.*

~ Unknown

To see the kind of melting effect this has on a woman, you can see Decker's demonstration with Kendra in the Foundations of Inner Game DVD/CD Program:

**[HTTP://AUTHENTICMANPROGRAM.COM/FOUNDATIONS](http://AUTHENTICMANPROGRAM.COM/FOUNDATIONS)**

## STICKING POINT #6: YOU BECOME “**PUSHY**”

When some men approach a woman, they come in strong and with enthusiasm, only to notice (or not) that her body language says she's *barely tolerating you*. Not a good way to start, is it?

### Does this sound familiar?

We talked earlier about what it means to “**Be a YES**” to the natural unfolding of an interaction with a woman. When we try to force the interaction to go a certain way we are being a “**NO**.”



For example, we may want something from her that she doesn't want to give: her attention, a deeper conversation than she's ready for, her phone number, her body, you name it.

*“You're just freaked out by how attracted you are to me, right?”*

**THE IMPACT:** In any of these cases, trying to implore, cajole, or otherwise convince her will in almost all cases continue to be met with increased resistance and resentment.



## COMMON WAYS MEN **OBJECTIFY** WOMEN:

- You want to have sex with her whether it is in her best interests are not.
- She is just an opportunity for you to practice approaching women.
- You are trying to "make her" like you.
- You relate to her as a "target" - an object rather than another human being who has her own unique dreams, fears and vulnerabilities.

## **SOLUTION: RELATE TO HER *AS ANOTHER HUMAN BEING.***

We call this "Shared Humanity." It involves cultivating your ability to understand, appreciate and feel more connected to the women you interact with.

## **EXERCISE: GET HER WORLD** (*IMAGINE YOU ARE HER*)

This is an incredibly powerful exercise. Think of the last several interactions you have had with women, and for each one, put yourself in her position.

- Imagine what she's hearing, seeing and feeling.
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- Imagine what it's like to not know the intentions of the people you're talking to.
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## OTHER PRACTICES FOR RELATING TO HER AS ANOTHER HUMAN BEING

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We talked earlier about what it means to “Be a YES” to the natural unfolding of an interaction with a woman. When we try to force the interaction to go a certain way we are being a “NO.”

For example, we may want something from her that she doesn’t want to give: her attention, a deeper conversation than she’s ready for, her phone number, her body, you name it.

The Impact: In any of these cases, trying to implore, cajole, or otherwise convince her will in almost all cases continue to be met with increased resistance and resentment.



## IS SMALL TALK REALLY THAT SMALL?

by Bryan

Several years ago, I went through a phase where I was really looking for depth in my interactions with women. I declared war on “small talk.” So, I would walk up to women and ask them right off the bat, “What are you passionate about?” They looked at me like a deer in headlights.

They were very resistant to opening up after that. I realized later that I was being pushy – I was asserting my own agenda of wanting depth, without regard for enjoying or appreciating the process of getting to know them through light play.

Now, I enjoy and appreciate the “small talk”, especially since I realize that even the most seemingly mundane conversations can be rich with layers of sub-communication.

## EXERCISE:

### ***DISCOVER YOUR UNMET NEED***

When you are a “No” to a woman, or find yourself judging her, chances are there is something you want from her that you are not getting (or that she is not willing to give). Perhaps you have a need for understanding, or for her to accept you, or for her to be attracted to you or to sleep with you.

### **ASK YOURSELF:**

“What need am I trying to get met through this woman?”

When you have an unmet need from another person it creates a subtle tension in your body. No matter how acute this tension is, it will always be felt by a woman, even if you don’t notice it yourself, which is almost always the case.

Imagine how it would feel in your body to no longer have that driving need. When you can imagine what that would feel like in your body, you can start to feel a freedom from it. As a result, she will start to feel free around you in regard to that need and will respond to you in new ways. And, **when a woman feels free around you** she can open up to her desire **for you**.

**NOTE:** Our experience in working with many men suggests that the core of these unmet needs may sometimes be deeper than can be reached on your own. If you believe you need to go deeper to get to the root cause, you may want to do the AMP course or seek one-on-one coaching with one of AMP's highly-trained coaches.

**You can find out more at:**

**[HTTP://AUTHENTICMANPROGRAM.COM](http://AUTHENTICMANPROGRAM.COM)**

# SUMMARY

So, to summarize the forms of **CONTROL:**

## **4SHE BECOMES YOUR “CAPTIVE AUDIENCE”**

with the fear of 'awkward silences', you chat endlessly and nervously, holding her hostage. And, lets be honest dude, you both know what you're saying really isn't *that* cool.

## **5YOU BECOME “SLIMY”**

when you ignore her needs and let your desire overpower you, you begin to objectify her. We all know how hot she is but, really, have some respect for the lady.

## **6YOU BECOME “PUSHY”**

when you come on too strong and aren't taking account of her needs in that moment, you're not giving her space to engage with you.

## **THE SOLUTION**

All of these sticking points are resolved by cultivating more: APPRECIATION -- Being a **Yes** and embracing *whatever* is unfolding with you and her...

# AMP RESOURCES FOR *CULTIVATING APPRECIATION*

## FOUNDATIONS OF INNER GAME: *REVEALED* VIDEO

This video is a “rapid-fire,” one-hour version of our flagship product: “The Foundations of Inner Game,” DVD Program. It’s packed with practical tools and exercises to develop a solid INNER Foundation of Appreciation for creating attraction and connection with women – plus, you’ll get to watch several uncensored interviews with radiant, feminine women about what why some men will melt their hearts and others will make them want to bare their fangs.

**Get the Free video**, plus a 30-day test drive of our **Inner Game Training Program**, here:

**[HTTP://WWW.AUTHENTICMANPROGRAM.COM/REVEALED](http://WWW.AUTHENTICMANPROGRAM.COM/REVEALED)**



# adapt

*verb*

- *Trying to please or accommodate her.  
Selling yourself out, and actually selling her out in the process.*

# STICKING POINTS 7-9

## **ADAPT**

The next three Inner Game sticking points all involve ways we try to **Adapt**, or attempt to be accommodating to women:

**7BECOME A DOORMAT**

**8ATTACHED TO HOW SHE RESPONDS**

**9BECOME EASILY SHAKEN.**

All three of these challenges are resolved by cultivating what we call **Integrity**.



**INTEGRITY** involves the degree to which you are clear and unwavering in your commitments and values.

**Why it's important:** Being grounded in your values means you can make choices with conviction. As it turns out, women find this incredibly sexy. When women say they want a “real man” they are talking about a man with **Integrity**.

**INTEGRITY:**

The 3rd stage in our  
Inner Game Model

## HONORING MY INTEGRITY

by Garrison

The other day I was meeting a woman I'm dating at the beach to watch the sunset together. She was running late and I was standing at the shore watching this beautiful sunset over the ocean. She called me for directions, and as she continued to drive she started to go on to talk about her day and other unrelated things.

As she was talking I noticed that I was distracted from being Present to this profoundly beautiful experience. "Listen, I said, "I want to watch the sunset now, so meet me when you get her and we'll watch it together. There was a momentary silence on the phone.

**"So you don't want to talk to me?"** she says.

We got off the phone and I could feel her displeasure at my not wanting to talk to her on the phone. She is an exceptionally radiant woman and is used to men bending over backward for her.

Now, there is a lot of information out there about not caving in, supplicating or collapsing with a woman, but that's not what I'm describing. This wasn't about being difficult or challenging or trying to put her in her place in any way. It was simply the truth.

**CONTINUED...**

## HONORING MY INTEGRITY

...I really did want to watch the sunset and I really did feel distracted. If I wasn't in my Integrity around this I would not have been Present for the sunset and I would not have been Present to her. I would have felt resentment towards her because I felt stuck on the phone, and I would have felt like crap about myself for not being in my power, and I would have missed the spectacular sunset over the ocean off the Northern California coast on the nicest day of the year so far.

While she was upset with me initially, she ultimately respected me and appreciated me more for setting my boundaries and claiming what I wanted for myself. In fact, she told me that felt even more turned on to me as a result of honoring my integrity and what's true for me.

"No, I don't. I want to watch the sunset. So hurry on down here. Gotta go!"

By being true to what is most deeply important to you, you are displaying Integrity, and this is amazingly sexy to a woman.

**Let's move on...**

## STICKING POINT #7: YOU BECOME A **DOORMAT**

### Does This Sound Familiar?

During challenging interactions with women they are romantically interested in (including their girlfriend), some guys end up becoming a Doormat. This means that they sell themselves short or get taken for granted. They feel compelled to align themselves with whatever they anticipate she will approve of.

When you are not feeling your own value, you end up doing things in order to prove that you have value to her.

We put her on a pedestal, afraid to disagree with any of her opinions for fear of creating disapproval. In this situation, we will do whatever we think will make her happy--whether we want to do it or not.

And, of course, this kills attraction because what she really wants is a strong man she can “rest into”, instead of a subservient, good little boy.

“Doormat” behavior may show up as trying to win her favor by buying her drinks, wining and dining her, agreeing with her all the time, or continually tolerating her disrespect, flakiness or criticism.



*One of the great tragedies:  
a supplicating man OR —  
“Um, will you have sex  
with me now? Please!”*

Most women would rather their man disagree and cause a little friction – than to have a wimpy man playing a perpetual game of “Mommy, May I”? This shows your woman that when things get difficult you will not hesitate for a second to stand up for what you believe in.

**THE IMPACT** Nothing we know of kills attraction faster **than** giving up your power like this.

## THE SOLUTION: **BE FREE TO DISAGREE**

It can feel counterintuitive to disagree with a woman you are attracted to. Men often fear that if they disagree it will push away the women they desire.

Here’s the kicker: If you work hard to create constant agreement with her and justify your value to her then you are guaranteed to either lose her or have a difficult, passionless, impotent relationship.

Women want men who feel free to disagree with them or challenge them. It shows women that this is a strong man, worthy of their interest and attention.

## WHY WE DON’T DO THIS NATURALLY

### 1WE ARE **AFRAID** OR **ASHAMED** OF OUR VULNERABILITY:

We hide a part of ourselves, the part of us that actually wants something. Our society has created an illusion that if men are vulnerable they are weak.

### 2WE ARE **AFRAID** OF HER NOT LIKING US:

We put her on a pedestal and do whatever we think will get her approval.

## **EXERCISE:** ***EXPLORE YOUR LIMITING BELIEFS***

All men are capable of incredible transformations of who they are. However, most men have little experience in seeing beyond their own limiting beliefs. These act as a glass ceiling, keeping them from moving up to the next level of experience, relationship and success with women. Usually, these beliefs were formed early in life.

Specifically, take a look at your relationship with your mother growing up. Were you always trying to please her or get her to approve of you? Was it OK to disagree with her growing up?

These imprints start early on, and it's good to be aware of them because they could be running you. If it seems that you have some limiting beliefs, they are often best addressed in therapy or deep 1-on-1 coaching.

## ONE OF THE WAYS BEING ACCOMMODATING BITES YOU IN THE ASS

**By Bryan**

You're attracted to her, but you don't want her to think you're interested in her. So you subtly hide your desire, in order to "not make her feel uncomfortable."

She instantly picks up on the feeling that you're hiding something from her. There is a discernible difference between how you're presenting yourself and what you're actually feeling and wanting, which, of course, makes her uncomfortable!

Because she's feeling suspicious, she puts up the "bitch shield." Most women have to assume the worst— that you're psycho and planning on kidnapping her and going to throw her into a black van, even if the reality is that you're just hoping to "make sure she feels good with you." Don't hide what's true for you!

This can sound scary and the opposite of what most men will learn in the study of "pickup," but being real and vulnerable does not mean being weak.

As a matter of fact, it takes a much greater strength to be real, vulnerable and transparent than it does to act in a way doesn't really represent your truth.



# ESCAPE THE MATRIX!

By Decker

For a lot of men, relating with women is tied to perceived social value. In high school it's usually seen as the popular kids at the top and the nerds at the bottom.

From a genetics-based, evolutionary perspective, there is good reason to desire being higher up the line, yet it is also dangerous for an organism to wander far from its social position and can literally result in being killed by acting like an Alpha male when everyone knows you're a Beta.



*Even though we've come a significant distance from our good ol' primate days, it still leaves a pretty powerful gut reaction in a guy's nervous system.*

*Again, simply becoming aware that you are operating inside of that genetic design is enough to change your thought process and actions in the face of feeling limited to a particular social class.*

*For instance, a lot of pick-up instructors respond to this reality by teaching men creative ways to 'knock her down a few notches' on the grid, or 'negging' the woman.*

*Not the most inspiring approach, since ideally you want to interact with people who **feel great about themselves and great about you.***

Others teach a slightly more tasteful approach, embracing our animal nature and teaching men how to meet her up top by behaving as ‘alpha males’ do or “learning to act cooler than you think you are.

Both of these approaches, considering our animal nature, make total sense. Yet for many of you that I’ve worked with, the whole enterprise, though rational, just feels ‘off’ somehow. All the strategizing tends to take us away from the connection we’re actually wanting, and it’s understandably unpleasant to put so much attention on a social structure that you don’t even believe in...

*Our approach, and the approach that underlies all of the AMP coursework and coaching, is to **support men in simply getting off the fucking grid all together.***

## STICKING POINT #8: YOU BECOME **ATTACHED** TO HOW SHE RESPONDS TO YOU

When interacting with a woman you are romantically interested in, your attention is on anticipating what her response might be (“I don’t want her to think I’m hitting on her”), and trying to get her to respond in the way that you want.

Chances are, if your attention is on your fear about how women are going to respond to you, you’ll come off as untrustable, creepy or you just feel “off” in some vague indefinable way that women can’t quite put their finger on.



This is one of the most common complaints we hear about from women. For example, if you’re afraid of what a woman’s response will be if you approach her, so you keep staring at her without going up and talking to her, there’s a good chance you’re creeping her out.



Likewise, if you go up and talk to them but pretend you’re interested in something other than what you actually are, she can feel that you are hiding your true intentions.

# THE IMPACT:

You are incongruent; your words don't match up with the feeling women are getting from you and as a result they intuitively don't trust you.

## **SOLUTION: BE TRANSPARENT AND UP FRONT ABOUT YOUR INTENTIONS**

This doesn't necessarily mean that we immediately tell her what we want with her, although such a direct approach can often be powerful. Ideally, our words and body language are completely congruent with our intentions.

# WHY WE DON'T DO THIS NATURALLY

## 1WE ARE **AFRAID OF REJECTION**

Our subconscious mind believes that if we don't acknowledge our true intention, it can never be rejected. And as a result we protect ourselves by projecting a false image of ourselves.

Women are so used to this from men that, on a certain level, they simply accept it. They really believe that this is as good as it gets. However, when they encounter the rare man who has removed this layer of "acting" from his behavior...women are blown away.

## 2WE ARE **AFRAID** OF MAKING WOMEN **UNCOMFORTABLE**

Most men try to take **RESPONSIBILITY** for a woman's experience to the degree that they try to manage her experience for her by veiling their intentions so she doesn't get "uncomfortable." Ironically, it is exactly this behavior that often makes them uncomfortable!

## **EXERCISE:** **TO BE UP FRONT AND *TRANSPARENT* ABOUT YOUR INTENTIONS**

**CLEAN UP YOUR PAST** - The best place to start being transparent in your life is with the relationships you already have. Make a list of all the people you still have undelivered or withheld communications with.

How do you know if you have withheld communications with someone? Often if there is any feeling of discomfort or “charge” with that person, you have a communication that you are holding back from sharing with them. And holding back like that deteriorates the quality of your relationship. And the effects don’t just show up with that person, either. They ripple into all areas of your life.

Here is a simple checklist to see if you have a withheld communication:

### **WITHHELD COMMUNICATION CHECKLIST**

- 1 If you died tomorrow without having shared this withheld communication with that person, would you feel regret?
- 2 Whenever you see this person, you experience a strong emotional reaction.

After you make the list, if it's possible, track down each of those people and share your withheld communications by being kind, real and authentic, taking full responsibility for your own feelings. Some of them may be challenging, but at the end of it, you will have more ability to acknowledge and express potentially uncomfortable truths, including with women. But make sure you ask their permission to share it with them before you do.

This is a great exercise because the more comfortable you become in sharing your truth with others the more real and authentic women will experience you to be.

Also, withheld communication doesn't have to be negative because emotions are not always negative. You could be withholding a positive feeling as well. Men rarely realize how turned on women get by men who are expressive what they are experiencing with them, even if it is not all flowery and positive.

If you find yourself interested in learning the kinds of skills and ways of being that allow you to interact with women in a powerful, truthful way that leaves you feeling refreshed and solid and her turned on and intrigued, then get started with our FREE video, **Foundations of Inner Game: Revealed.**

You'll also get a free 30-day test drive of our *Inner Game Training Program*, where we deliver our most cutting-edge content.

**Check it out now, here:**

**[HTTP://AUTHENTICMANPROGRAM.COM/REVEALED](http://AUTHENTICMANPROGRAM.COM/REVEALED)**

## STICKING POINT #9

### YOU BECOME **EASILY SHAKEN**

If a woman is at all offended or upset with you it spirals you into a black hole of back-peddalling and apology.

### DOES THIS **SOUND FAMILIAR?**

Many men are more sensitive than they would like to admit. Some men feel easily shaken and do lots of explaining or apologizing.

This shows up whenever women are testing or challenging you. If she's testing you, that's a good sign—it means she sees interested enough in you to see how you show up when challenged.



*"I'm sorry...I didn't mean...but...you don't understand...I just...uh... sorry.."*

## THE IMPACT

She will long for a "real man" who is capable of standing up to her. She can't fully surrender and let go, because she feels like she has to take care of you.

**Ouch.**

### **SOLUTION:**

### ACCESS YOUR COMPOSURE IN THE FACE OF CHALLENGES AND TESTS



## EXERCISE: TAKE ON A REGULAR PRACTICE OF YOGA OR MARTIAL ARTS

Practicing your ability to be with a lot of intense feelings without collapsing will greatly help you maintain your composure when a woman tests you in some way.

Many of today's men seek out military training, martial arts and extreme sports: some of the few situations in which men truly have opportunities to access their composure, their ability to remain centered, balanced, **PRESENT** and receptive, in the face of challenges and tests.

Find a practice that allows you to practice this deep level of masculinity.

# SUMMARY

So, to summarize the forms of **ADAPTING**:

## **7BECOMING A DOORMAT**

When you are not feeling your own value she can't respect you.

## **8ATTACHED TO HOW SHE RESPONDS**

She can instantly tell that how you feel about yourself depends on how she feels about you = Instant attraction death.

## **9BEING EASILY SHAKEN**

When you feel the need to explain, justify or make **everything** "ok" in your interaction with her.

The solution to all of these sticking points is in cultivating your **INTEGRITY**.

## AMP RESOURCES FOR CULTIVATING INTEGRITY

### **THE AMP INTENSIVE** **LIVE, IN-PERSON TRAINING COURSE.** **12 MEN. 3 DAYS. LIFE....CHANGED.**

This course is designed for men serious about having extraordinary, mutually rewarding interactions, **beyond what most people know are even on the menu.**

Nowhere else can you find a curriculum sophisticated enough to facilitate such profound shifts in your relating with women. The AMP Intensive offers you...

#### **Direct Experiences with Downright Super-Natural Women**

You will have a full day of direct experience with incredibly insightful women who will tell you exactly how they experience you and feel being around you.

#### **Unparalleled Personalized Attention**

You will receive precise & in-the-moment feedback in AMP. There is more than a 1:1 ratio between expert facilitators/staff & participants.

**AMP's #1 Guarantee:** Every man leaves distinctly aware of subtle behaviors that unknowingly kill attraction with women. These ways of being have often been under your radar for years!

Check it out, here:

**[AUTHENTICMANPROGRAM.COM/A/THE-AMP-INTENSIVE/](https://AUTHENTICMANPROGRAM.COM/A/THE-AMP-INTENSIVE/)**

# STICKING POINT #10

## **REFUSAL TO TAKE ACTION**

This sticking point is way too common! Many guys will read and read, without actually applying and exercising what they've learned. It's like **reading** about how to train for a marathon, without actually training.

We get stuck in our ruts, in our patterns, and sometimes we need a wake-up call, someone to shake us and say,

**"HELLO!!!!**

**YOUR LIFE IS HAPPENING, RIGHT NOW!! WAKE UP!!"**

That's why our AMP programs strives to make our work engaging and experiential, with practical, applicable exercises you can use today to make a real difference in your life. We've given you the bare-bones information. Now is the opportunity to apply it in your life.

Once you begin cultivating these Foundations, things begin to take care of themselves. The more awareness you have around where you get stuck, the more choice you will have in overcoming it. Once you can truly see the things that hold you back, they no longer have control over you, unless you allow them.

Much, much, much more to come. Glad you're here,  
Bryan, Decker, Garrison and Casey

**P.S.** As I mentioned, this stuff is tough to put into words. Your best bet is to watch our FREE video, **Foundations of Inner Game: Revealed...**

It's the single best way for you to take the next big step towards the kind of amazing, wild, deep, profound, sexy and meaningful interactions and relationships you've always wanted with the kinds of women you've always desired.

For a limited time, we're offering 30 days FREE access to the AMP Inner Game Training Program as well.

**Check it out now, here:**

**[HTTP://AUTHENTICMANPROGRAM.COM/REVEALED](http://AUTHENTICMANPROGRAM.COM/REVEALED)**

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