Overt & Covert Neediness Matrix

AMP AUTHENTIC MAN PROGRAM

	Overt Neediness (AFC)	Covert Neediness (PUA)	Authenticity (AMP)
Withdraw/Avoid Archetype:	"Withdrawn Wallflower"	"Aloof Avoider"	Present, Composed
Belief is:	"I need to be safe and okay" "I don't matter"	"I don't matter"	"There is nowhere more important to be than Where We Are, simply because we've chosen to be here" <end of story>
Driving Motivation is:	Avoid intense emotions & sensations	Avoid intense emotions & sensations (especially conflict)	Embrace and welcome intensity & sensation
Attention is on:	- I'm not important enough to put attention on	- What's happening isn't important to me - I've already rejected you, so you can't reject me	- Direct, Visceral Experiences of Connection and Attraction... - Sensations in my Body in this Moment
Behavior is:	- Nonexistent! - Avoid social situations - Avoid eye contact	- Acting "too cool" - not interested/attracted - Acting bored - Acting preoccupied/busy - Acting too important	- No cookie-cutter mold, unfolds organically from being Present - Appreciation (embracing my experience and taking hers into account) - Following my unapologetic desire. *If feeling needy, go on a "No Woman Diet"*
Common Enneagram type:	9, phobic 6	1, 4, maybe 5	

Accommodate/Adapt Archetype:	"Gushy Nice Guy" (most common)	"Manipulative Calibrator" (2nd most common)	Empathetic, Permeable
Belief is:	"I need you to want me"	"I'm not enough" "I'm *less than*"	"When we are fully in the moment together, we discover who we are moment by moment (no bandwidth for managing their impression of me)"
Driving Motivation is:	External Signs of Approval (smiling, pleasant response, etc.)	External Signs of Attraction ("Kino'ing", "Doggy Dinner Bowl Look", etc.)	Celebrating whatever dynamic arises between us
Attention is on:	- Making her like/accept/talk to me - Whatever I think she wants/will like	- Being "more alpha" - Getting her attracted to me - Making her think I don't care if she like me	- Co-Discovering 'Who We Are' with each other... Moment_to_Moment
Behavior is:	- Buying drinks, gifts, flowers - Texting repeatedly, immediately - "Swingers - Mikey phone call" scene - Fake interest/enthusiasm - Flavor of desperate, gushy, complimentary	- Played like a chess match against an opponent ("The Game") - Cocky/funny, Alpha body language posturing - FTC's (False Time Constraints), push/pull - Canned openers, Storytelling - DHVing (Demonstrating Value) - Carefully crafted text messages "must build intrigue!"; "Jealousy plotlines" (So, my stripper girlfriend was giving me head the other day...")	- No cookie-cutter mold, unfolds organically from being Present - Appreciation (embracing my experience and taking hers into account) - Following my unapologetic desire. *If feeling needy, go on a "No Woman Diet"*
Common Enneagram type:	2 or 6	3 or 9	

Dominate/Control Archetype:	"Vampy Stalker"	"Creepy Controller"	Loving Ravisher
Belief is:	"I've gotta get what I want" "I make it happen, or it's not happening"	"Be in control...or BE controlled"	"Rewarding Experiences cannot be Controlled, yet Require my Full Participation"
Driving Motivation is:	"Getting" her - Following my impulses	Being In Control - Get what I want thru manipulation	Mutually rewarding interactions/connections
Attention is on:	- I need to 'Get' Her - I won't get anything if I don't make something happen with her **Fast**"	I'm not okay with not having you	- Fully Bringing my self while Inviting her to - Fully Bring her self (we'll discover the dance we naturally co-create, that we couldn't have forced had we tried)
Behavior is:	Impulsive ~ plowing - The "Rake" - The "Claw"	- Trying to get her to DESIRE (chase) me - Coerce you to come to me (independent of your desires) - "The Takeaway" - "The Freeze-out" - Negging	- No cookie-cutter mold, unfolds organically from being Present - Appreciation (embracing my experience and taking hers into account) - Following my unapologetic desire. *If feeling needy, go on a "No Woman Diet"*
Common Enneagram type:	7, counterphobic 6	1, 7 or 8	