

Dan Santiago

UNLEASHING

THE ALPHA

PLATINUM EDITION



**THE END GAME
- BREAKING UP AS A MAN**

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Foreword.

Congratulations

Great to see you here Man ...

You are doing a SERIOUS favor to yourself reading this words.

Because in a continual quest for knowledge, more Life, more experience, More women, more Money ... More ...

There are certain subjects, business, people and of course women in our lives that will eventually cease to perform or do any good to us.

And we have to let them go.

Life is ever changing and all of us are changing all the time. Pretend to freeze the moment, try to hold on to the memories and past ventures in not only foolish but also delusional.

As Life evolves, we evolve. The people around us evolve. Each one of us is here to perform our best with what we are given. And so all the women you'll get to enjoy, treasure, remember, dislike or regret.

There are MANY reasons why we should leave a relationship, and one of the most important is lack of self-fulfillment. Your woman has to support your deepest purpose in Life. Period.

And if she doesn't, You should leave her. No questions asked.

The King is the most important piece on the chess board. And the most agile and deadly and first on line to defend the King is his Queen.

So your Bitch¹ has to support your purpose no matter what.

¹ And by Bitch I am referring to High a quality, hot, sexy and intelligent woman.

The End Game.

Breaking up is not easy. It's simple but not easy. There's no other way to put it.

Being in a relationship and sharing the most intimate connection leaves a mark on the other people and vice versa.

All that banging and sweaty sex isn't just two bodies shaking up and down, left and right, in n' out.

There are huge amounts of energy shared, and massive doses of neuro chemicals and "love" hormones² poured into the bloodstream. Connection is physical, mental, spiritual.

And for women, who are far more emotional than us, is even so.

So breaking up has to be done quick, clear, swiftly. The guillotine is a good metaphor for this. The execution is precise, clear and clean.

So in order to keep it that way, we'll talk about why sometimes we often don't leave a relationship even though we should. Why some aspects of the human psyche makes us persist on a dead end relationship for either of us.

Is important to understand that the breaking up has to be done by you, the Man. Whenever you are noticing that the relationship is going nowhere for you, you have to put on those pants and do the ugly job. There's no point to keep her if you are not happy. Eventually she'll sense that, become needy on her own way which will ultimately make you grow the distance with her, cheat on her and basically treat her like shit. And an Alpha Man takes care of his harem.

We are here to enjoy women to give them our precious gifts while banging them to sleep, so they can also grow in their life's quest, whatever that is.

Whenever you end your relationship with your woman on a nasty way, besides hurting her, she'll grow resentment to men in her heart, not give in to her inner most deepest desires to the next guy she meets, and will certainly cripple her to have a rewarding life experience.

² Oxitocin.

We are here as a species, we are here to support each other and, regarding the woman you are dumping, provide her with the necessary tools to live on a rewarding life.

I couldn't care less is probably an easy answer, but Hey you can do better than that. I know.

So, don't be an ass and do what you gotta do.

Why We Persist.

There are several reasons why we keep on holding on to a relationship. And there's no need to place blame or feel guilty about it. Always be gentle with yourself.

There are deep engrained psychology principles that makes us persist or stay in contexts or environments that do not provide any good to us. Or simply put, makes us miserable.

The nature of human relationships is always selfish. Do not ever think otherwise.

We have friends because they supply something that we want³ out of them. Either we want companion, laughter and great times, we surround ourselves with people that provide those traits that we are seeking.

But when those same people cease to give us what we are seeking to obtain in that relationship, i.e. we start to feel like crap just to be around those people, and eventually their connections to us becomes a burden and a straight unpleasant experience, we have to let them go.

And letting go can be hard at the beginning. There's too much experiences, anchors⁴, and memories. But, two of the most powerful reasons why we have trouble letting go are the following psychological principles.

³ Beware when you start to "need" friends or people, that's usually the wrong approach to this

⁴ Anchors, in NLP are the capability of one part of a experience, being that visual, auditive, or kinesthetic (feeling) to bring back the whole experience back to our mind. e.g. smelling cotton candy, will trigger its form, its taste and maybe a pleasant or unpleasant moment you had when having cotton candy, and will also trigger the memory of the people you were with and your thoughts and feelings about them as well at that moment. Other powerful example are songs, music in general.

Commitment & Consistency.

Commitment & Consistency has played an enormous role on how society has developed through centuries. It is a deep engrained psychological principle that has served for the purpose that actually relieves us from the pressure of actually going through the logical process or thoughts about someone or something that's involved with us.

It is, quite simply, our nearly obsessive desire to be - or appear - consistent with what we already have done. Once we have made a choice or taken a stand about something, we will encounter personal and interpersonal pressure to behave consistently with that commitment. This pressures will cause us to respond in ways that justifies our early decision.

The drive to be - or appear to be - consistent constitutes a highly potent weapon of social influence, often causing us to act in ways that are clearly contrary to our own best interests. We all fool ourselves from time to time in order to keep our thoughts and beliefs consistent with what we have already done and decided.

Consistency is powerful a motive. Inconsistency is always seen as a bad personality trait to have, the person whose beliefs, words and deeds don't match may be seen as indecisive, confused, two faced, or even mentally ill. On the other side, high levels of consistency are perceived and associated with people of high intellect and personal strength. Without consistency our lives would be difficult, erratic and disjointed.

But because it's so in our best interest to be consistent, we easily fall into the habit of being automatically so, even in situations where it's not the sensible way to be. When it occurs unthinkingly consistency can be disastrous. Nonetheless, even blind consistency has its attractions.

Like most other forms of automatic responding, it offers a shortcut through the density of modern life. Once we have made our minds about an issue, stubborn consistency allows us some luxuries ... we really don't have to think about those issues anymore. The automatic response mechanism start to take over. We don't have to spend the mental energy required to analyze the information, the pro's and con's about something, we don't have to decide anything anymore. All we have to do is press play and we we know what to believe, say or do. Whatever that is, while being consistent with what we've already done and *committed* to do.

The issues arise when we are pulled by our commitments we take in the relationship we are currently having. Keep in mind that commitments are important or any enterprise we decide to embark upon, and that includes relationships of any kind, including monogamic, polyamori, marriage. But things start to get sour when we, men, start to commit to things that are made in a context of great *hormonal influence*⁵.

When we are in lust with a woman, we are under the influence of a powerful hormone called Oxytocin, which we've already talked about on previous books, but as a reminder, Oxytocin is the hormone of love. Oxytocin evokes feelings of contentment, reductions in anxiety, and feelings of calmness and security when in the company of that mate⁶.

So, when you are noticing that you are actually living inside a movie or a Bon Jovi song, you may be experiencing the acute - and intense - effects of Oxytocin.

Nothing wrong with that.

At all.

The shit hits the fan when you actually start to visualize, project and plan a life coming from this feeling of intoxication. It may be not bad at all, but suddenly you are married to the woman that's not for you, living the life you never had intention on living, all by being consistent with this early commitment.

I am not here to tell you what you should do. All this info is given to you so you can be aware of it.

Aware on how we men behave with women. Usually the emotional attachment for men is that they *fall* for women they have been having sex for a while. The opposite happens to women.

It's just how things are.

So, whenever you are *desperately* wanting to be with your woman, although somethings just don't seem to fit, stop, and clear your head. A part of you will want

⁵ When you are in Lust with a chick, doing the ol' in and out *consistently*

⁶ Marazziti D, Dell'Osso B, Baroni S, Mungai F, Catena M, Rucci P, Albanese F, Giannaccini G, Betti L, Fabbrini L, Italiani P, Del Debbio A, Lucacchini A, Dell'Osso L (2006). "A relationship between oxytocin and anxiety of romantic attachment". *Clinical Practice and Epidemiology in Mental Health* 2 (1): 28.

sometimes to just comply with whatever demand she - or the relationship - may have⁷, in our manly way ... just to keep things smooth and even.

But, every time you do that, you hit the gas on this commitment and consistency principle, you may feel even better about your concessions after than before making them, but as soon as that spiral it's turned on, you won't even notice how things get nasty.

The big issue here is whenever you begin to commit to things that you wouldn't usually do, you inevitably start to compromise your position of power in the relationship⁸. That'll frustrate your woman because she starts to sense that she's not in the presence of a man of power, so she'll demand more and more of those little agreements, in order to make herself feel more safe (which obviously won't happen that way) and as you did it once, you will be easily prompted to make them again, to be consistent, with your first commitment. That'll happen almost automatically in a powerful unnoticed way as the principle dictates, and you will be willingly and happily signing the doom of your relationship⁹.

The deep psychology behind this principle is that every time you make the commitments you usually wouldn't do, is because your self image gets affected, and it changes for the one of a person that usually would keep consistent with that self image.

Very Powerful

The thing about commitments is that they grow their own legs. There's no need to reinforce the changes or compliances, because consistency will take care of that on its own. Once you start to comply with things in your relationship - and I am not saying that about things you DO want for yourself - you will convince yourself that is

⁷ Notice that every time something in the relationship needs to be worked up for the *sake of the relationship* according to your woman, it's usually a demand to comply on *her* needs and wishes. Women's way. No need to panic, get angry or disappointed. That's just how it is. Accept it and deal with it.

⁸ Remember that women want and prefer powerful men ? men with inner strength and power ?

⁹ And your power, and your money, and your health, and your life's purpose ... this is serious shit.

the correct way to be, your self image will migrate to the one of a person who usually does those things.

And every consistent action with the previous commitment, will reinforce your new self image.

Reversal

The bottom line is to get to know one self as much as possible. And I'll explain that in a minute.

There's something being labeled as *The heart of hearts* which is defined as "In the seat of one's truest feelings".

Sometimes we get a sense of tightness in the upper belly. This has also been called the "gut brain" or the aforementioned "heart of hearts" or "second brain"

And although it may be just considered as a hunch, there has been an immense research that proves how this intricate and dense neural pathways that run from the mouth right down to the asshole, is not only in charge of digesting or making food transit from one end to the other.

In fact it has been proved that those neuro pathways run with information upstream - to the brain - more than the other way around.

So, every time you have sensed this stomach tightness is your second brain telling you to *stop and watch out*, it's signaling that probably (98% chances) something is not good for you.

But sometimes we are just too far away, too disconnected to our own bodies that we completely ignore those warnings. And then our conscious brain, that reacts to these situations about one to three second later, fills our psyche with reasons - and sometimes excuses - to neglect the reasons why is in our best interest to stop pursuing what we've already committed to.

This is a a hard one to master, because if we are not aware of it, we can mortgage our entire future pursuing outcomes that will eventually make us suffer. Trust me, I've been there.

Scarcity.

Scarcity is a psychological principle that is vastly used in marketing. Ever heard of “until we run out of stock”, “only 4 left” or “limited edition” ?

Scarcity is a powerful psychological principle that blind us from a Universal trait that is often disregarded ... its Abundance.

Scarcity is triggered in a variety of different ways. We may be having a face to face important conversation with someone important for us, and suddenly the phone ringing is much more important to us because *its availability is limited*.

The idea of a potential loss plays a large role in human decision making. People seem to be more motivated by the thought of losing something than by the thought of gaining something of equal value.

People often find a scarce object with better qualities and better for them than an abundant one of the same characteristics.

Scarcity is even more powerful when something that was accessible before becomes scarce in front of our own eyes. Example of this are rights or freedoms that were non existent, then granted and then taken away from people again, getting dumped by some bitch, dumping some other or finding out about infidelities.

Also, an scarce item skyrocket its value when there's competition for it. Suddenly something or someone is good because other people thinks so, but even more so when we are in direct competition with those people for it.

That's why celebrities are so in demand. The access to celebrities for a common Jane or Joe is very limited, thus increasing the *value* of that celebrity to them.

This is often a reason of strategy, a romantic partner reveal (or invent) the attention of a new admirer, the urge to be with that person raises, even though the bitch is the same as before.

***SCARCITY + RIVALRY = POWERFUL AND DEVILISH
INFLUENCE COMBO***

In relationships this is used left and right and massively reinforced in media, movies, TV, ever since the day you were born.

However, the joy is not in *experiencing* a scarce commodity but in *possessing* it¹⁰.

Women are also deeply influenced by this. And the two words that describe it perfectly are those that make the concept known as “The One”

Ever since people are in primary schools, the concept of the The One surrounds everyone's head. The concept in western romanticized society is that there's someone out there that is perfect for each other.

ONEitis is based on sociological roots, not due to a statement of personal beliefs, but by the degree of dissemination and mass marketing in popular culture through media, literature, movies, etc¹¹

The Concept of The One, is of an idealized relationship that the person seeks throughout his life in accordance to what he has been exposed since early childhood. It has a parallel to religious beliefs. Some men are so much in deep into this concept that will furiously defend it.

This needs to be differentiated from a healthy relationship based on mutual affinity, mutual growth and respect, which is the ultimate objective of a monogamic relationship. The One conveys an idealized concept of the other person, and by this the expectations of the relationship are unrealistic.

We have already discussed how powerful the hormonal environment can be at the early stages of a relationship. All this hormonal environment plus the sociological bombardment of romantic tales about the idealized relationship will make men commit to women that are unsuited for them. This will make them overlook clear signs that the person next to them is not indeed for them. And the fear that they might not find someone like her, will paralyze any conscious decision making in an effort to maintain this idealized image of The One.

Scarcity then begins to play along with other fears in the man's head. The idea of not finding another person, of not getting laid anymore, of getting to old to reinstate themselves on “the dating scene”, peer pressure, fear of loneliness and so on, will make men commit and stay on relationships that will mess up their heads, health, finances and everything in between.

¹⁰ Influence, The Psychology of Persuasion by Robert Cialdini PhD.

¹¹ The Rational Male by Rolo Tomassi ©2013

Reversal

First, we have to access once again how our bodies are at the moment.

All that was explained above are rational concepts. But scarcity is a deeply engrained emotional principle, that at the moment it gets triggered, will override all rational thought.

SCARCITY WILL HINDER YOUR ABILITY TO THINK

When we are in the presence of something that will become less available - like breaking up with someone - a physical agitation sets in. And in relationship, when there's deep emotion tied to the other person this will be even more so. Blood comes up, focus narrows. And as this emotional turmoil sets in, cognitive side retreats.

In this situation is very difficult to set aside and examine the situation. Knowing of scarcity pressures will not be enough because knowing is a cognitive thing, and cognition gets override by emotion.

As our cognitive knowledge is useless in the presence of scarcity, we have no other choice than to use the same rise of the emotional turmoil and recognize it as a WARNING that we are in the presence of this powerful principle. By learning to recognize the experience as a compliance situation, we can alert ourselves.

But this, unfortunately, is not enough. The alert may signal to be careful about the path we are about to choose. But it will not signal which path to choose. It only provides the context for a thoughtful decision.

The next link to this is that even though we might be in the presence of a powerful emotional moment, we need to remember, as mentioned above that *the joy is not in experiencing a scarce commodity but in possessing it.*

We must confront the question of what it is that we want from the scarce commodity (in this case, the bitch we are about to dump)

Is vital to remember that scarce things do not taste, feel, sound, or perform any better because its limited availability.

In regards relationship, and we have covered this before, it's important to have an abundant mindset, that there are lots of ONEs. They are infinite as long as we are willing to find them.

Whenever in the doubt of dumping your woman, even knowing that she's not good for you, ask yourself ... if there was a line up of ten women, all different, everyone of them with the physical, psychological and emotional traits that YOU choose - being them brunettes, blondes, redheads, asian, black, etc - and the infinite personalities that there are, and YOU get to choose them. You get 10 women to customize at your own taste and flavor ... and besides all these ten desirable, gorgeous creatures, stands your current woman ... would you still pick her among the other ten ?

Now that we've covered the reasons why we keep on pursuing relationships that does not suit us, let's delve into the actual process of breaking up.

The Breakup.

The actual breakup is not as hard as the decision that precedes it.

Remember that Life's full of paradoxes, and the only way to get to know, date, and have an awesome relationship with a woman that's "just"¹² for you, you will need to break up with your current one. There's no way around it.

And you will have to perform NUMEROUS break ups. It's foolish to assume that you bumped into the perfect relationship without having to experience several failures.

So failure is not the issue here. Failure is normal and necessary. It's from our failures, when we actually end flat on our emotional backs, that we finally get to see how to improve ourselves, raise our standards and go after what we truly want.

But also to grow you will have to follow some rules in order to break up like a true badass.

It is preached that you should always "leave your woman better than you found her"

But what does that mean? How can I leave her better if she's crying in despair because I am leaving her?

First things first. Breaking up is not easy, we've already covered that, and women ARE emotional creatures.

But we often get caught on the idea that we are *hurting her or being mean to her* while we are doing the dumping. And of course, unless she's insensitive or overly pride, she will cry in front of you.

But if you were really a MAN to her, always on your purpose, always true to your and herself, NEVER EVER judgmental with her, and just appreciative for what she is, AND you speak truth WHILE you are doing the dumping, she will probably cry, but not because you are hurting her, she will cry because an important part of her life is ending. Wouldn't you agree?

¹² Then again, we are constantly changing, always evolving. She might be great for you for the time being, but if the relationship gets stagnated, there ceases to be mutual growth, you might want to reread the first section of this book.

It's also depending on the type of relationship you are currently having with her.

And by that you should always express your intent with her from the beginning.

You should always speak truth to whatever woman comes your way. If you want her to have casual sex, express that. One way I say that is "I am in a relationship with women, they have sex with me and I have sex with them. It's a great relationship, and the more women I sleep with, the more this relationship grows."

Never assume you are in a relationship, until there is one, and do not pressure to get into it. Let it flow, and when you both are in the same key, you can call it "a relationship".

There is a lot of controversy about the statement written above, about how could you leave her better than you found her. This is basically a false belief created by the pickup community regarding that pickup artist who goes around fucking chicks and then leaves them broken hearted. Although that is TRUE, there's this simple fact:

If the Man is always making her feel wanted, excited, amused, and fills her with the emotional rollercoaster that women love, plus providing constant adventure, sexual pleasure and intense orgasmic experiences over and over again, isn't that better than how it used to be for her?

The belief comes when men are actually assholes to the chick. When all they do is give her emotions but the detrimental kind. Anger, judgements, contempt ...all of those provide intense emotional experience, emotions that will keep her attached to him, but basically because the guy is a dick.

And this all comes back to GAME. Game is a powerful tool. It really is like giving a chimp some dynamite to play with. If the man that harness the knowledge lacks emotional growth, hasn't turn to himself and actually realizes that we are here as a species and we all should provide VALUE to each other, specially women in case of a relationship ... of course there's no way he's going to leave her better than how he found her. She's going to be hurt, emotionally scarred, distrustful for men, and it's going to take time and probably therapy to finally set her on the quest to live a fulfilling life.

So, you leave a woman better than you found her by

1. Being a man that is the source of good emotions for her WHILE in the relationship (zero judgements, all truth, awesome sex, lots of adventure)
2. Speak truth, make her feel wanted and valued WHILE you are doing the dumping¹³

If you follow those rules of thumb, your ex will love you, remember, respect you and cherish you until the day she dies. You will become a model by which she will measure her future partners. All this IN SPITE the dehydration she may suffer for all that weeping post breakup.

Of course she might hate you, threaten to kill you, throw the dogs or take a swing at you, chase you with a knife or shotgun, EVEN though you strictly followed the aforementioned rules ... but hey she is woman, isn't she. Don't ever forget that. Sometimes we don't get what we want.

Well, back to the most important subject in this book.

You

Even while you are certain you are going to end the relationship you are currently in, is very important to be as logical as you can be in that emotional moment, but you already know that emotion will override all logic, so how you are going to do this ?

Always check our body language and assume a position of power. Your body will ease your mind from the emotional overflow of the moment.

Because assume it, no matter how clear you are about doing this, you are still connected to her, and at that very moment, you might want to back down or get cold feet about your decision.

Trust yourself, you supposedly gave it enough thinking to decide that this no longer suits you, and you have to be congruent with that. She might want to deal ... *I'll be better at this, or more sensible at that, I'll be nicer to your sister* ... but I assume that your reasons are more profound than mere deeds or attitudes. Always trust your CORE, and when emotions start to overwhelm you, your mind will start to play tricks

¹³ Yes I know dumping comes a harsh word, but we're men here

on you and you don't want to suddenly put your whole career on hold, take a job you never liked, be at home taking care of the kids while your wife went out for drinks with her friends.

Because IT IS a power struggle. And you have to ALWAYS keep yours so you can live the life you want.

There will be women in your life that will have strong frames of mind, Alpha women. And they don't want to lose. They don't want to be hurt (as all other women), they are proud, so they don't want to be seen as dumped, they will struggle to keep you by their side. And it is very tempting to back down, because they are extraordinary women. They are really awesome, intelligent, sexy passionate women. But guess what ... although they are ALL that, they may not be good for YOU. They may be great as friends, lovers but it will eventually end no matter what you do. That's just how life is.

The fact of the matter is that if your gut, your inner core tells you that it is time to end it ... you have to. Period.

The Setting.

There is none. Once you made up your mind, just call her and agree to meet¹⁴. It'd better be at a public place so if it gets too emotional you avoid a scene ... or *eventually* get one of those scenes no matter what <— — see why the setting does not matter ?

Always agree to meet at one place. You picking her up, vice versa or relying on each other to make to it to the appointment, although it depends how you manage the situation, can complicate things. Better arrive and leave separated.

Clear a reasonable amount of time. Breakups take a lot of time. And you don't want just to end it there and leave her because you have some game on TV you want to watch. Be there.

Be clear, straight, supportive but don't be NICE or pat her in the back, or show yourself as a manipulative good intended piece of ass. Show her appreciation for who she is, always look her in the eye and if she get overly emotional hold her. Be there. But this time, allow her to pull back first.

NEVER THROW JUDGMENT IN THE BREAK UP.

If you are living with her, do the break up FIRST and then worry about who gets what and who gets to move out. If you live at her place, it is obvious who needs to go. If you live at a place you both rent, it's obvious too, unless she says otherwise. I advice to always comply to her material demands¹⁵. You are gaining much more valuable assets, which are your freedom, and the lessons that will start to pop up and be assimilated by you after the breakup.

Don't set yourself on a search for a substitute for her. Rebounds will only deliver you a woman that is similar to your now ex woman, but with distorted qualities. That type

¹⁴ This conveys the fact that you should always break up in person. Doing it by phone, IM, Facebook or other means is unacceptable. One reason is that is just plain douche, and the other is because you have to calibrate and size her reaction, so you can do the break up on a healthy way.

¹⁵ Unless you end up broke and homeless. The point is do not engage on arguments about superficial minutia.

of relationship will hold your growth and the chances for better women. You are actually broadcasting the same frequency - or much less - so you will attract someone just as your ex, but with distorted qualities.

Give yourself time to reflect. Don't call her to find out how she's doing. That's nice man behavior.

The time to reflect is for that, to learn and grow, so you can rise up and attract women that are better suited for you.

Don't throw a party, celebrate, or get back in the dating scene. I said reflect motherfucker.

The only time to determine if a relationship was good or not, is only after the break up, but do not haste to make judgments about you and herself, just focus on you and your personal growth.

Stay away from the bottle¹⁶ one reason is because alcohol is a powerful depressor, and you want to environments that are uplifting. The other is because it clouds your judgement and you need to REFLECT.

¹⁶ I said reflect motherfucker

The Content.

Always break up coming from a place of : I want something else¹⁷

If you want to make it easier for you, start an argument about something - anything will do - Then meet her up the next day and say "*I've been thinking a to about what you said last night, and you were right¹⁸, we should probably take some time and see other people*" Voilà.

It's foolish, immature and even deceitful to associate to clichés like: "*I don't have the time now to pursue a relationship, I have to focus on my career*" That's complete BS. Everybody has time for what they truly want.

I don't want to be tied down The ties are not the problem is who's tying you up what it seems off balance.

I am not ready for a relationship ... really ? would you tell that to Jessica Alba in her face?

So.

Honesty is the key concept. *I want something else ...* And what would that be ?

Sometimes the relationship lacks some of its key components, may be sex, emotional connection, mutual growth, partnership, etc. If it's important to you, hammer on that.

There may be logistical issues. She's leaving town to pursue interests of her own at some other place or you need to go and work somewhere else. It'd be foolish, needy and possessive to try to have a relationship that is's lacking real presence to work. Let her date other people. She needs to have the sexual validation and emotional fulfillment that you will not be able to provide. Do yourself that favor too.

¹⁷ It could be stated as " I don't want the anymore" but as a goal - you are breaking up with the purpose of having better experiences or getting rid of unpleasant ones - this has be be enunciated in a *positive frame of thought*

¹⁸ She didn't say anything but you are going to give her all that credit

After a breakup you will face an emotional state that is much of a turmoil. You will be relieved that the relationship is over, but you are still connected to this person. Don't forget that.

There will be anchors that will trigger the emotions you used to feel with her. And that'll bring all her memories back to you. Do not resist that. Let it flow. Let it permeate every single cell of your body. And then, at peace, let her go. Do this as many times as you have to.

It is important not to resist the emotions that will be coming back and forth. What you resist, persists.

To aid you in those emotional moments, reach to your friends, family. People close to you. Once again, avoid alcohol. Solutions are not inside the bottle.

Focus on yourself. What you put into your body, food, drinks. Relax, read. Learn some new skills and most importantly reflect, so you can learn about the whole experience.

As I said, after the break up you will have this mixed feelings about relief and the desire to be with her again. if you find yourself reaching rock bottom, make a list of all the major things you did not like about her, just get them out of your head and heart and get them in hand print for you to see. And then let go.

It's easy in the breakup to engage on the blame game. Who's fault was it. This will only be detrimental on having a healthy breakup.

Beware that if you reached this point be honest with yourself and acknowledge that probably you reversed the gender role in the relationship. You stopped to be the leader and by doing this you forced your woman to be more in charge of the relationship that she would've want to.

The Dark Side.

After you've done with her, remember how attraction works. It's probable that she's going to end up wanting you even more.

You can keep on fucking her on the side, because ... well, because we are men, and sometimes it's hard to endure a dry dick any given night.

But remember if you keep on getting back to her she's going to start to behave like a whipped dog. The more you mistreat her the more she's going to come back for more.

If this is your case, and you didn't get this from me, you can keep getting back to her every couple of weeks. Eventually you will get tired of her - again - or she'll gain back her self esteem, and dump your ass. Either way, now you'll have a harder case to get rid off. You'll probably end up with a stalker.

If this starts to happen and you just can't get rid of her - on good terms - you'll have to switch to the Fuck Finale technique.

This is very simple, but you have to be consistent ALL the way, otherwise you'll end up with a woman that wants you more than ever. You have been warned.

You have to keep on applying this techniques CONSISTENTLY and when you finally see that she gets sick of you and start to see that she's avoiding you, that's when you know it's working. So don't stop half way.

Basically you have to do what every needy, wimpy guy would do when in love, and if you are reading this, you may be familiar with some, but now do it 10x:

- Call her every day, several times a day, all the time
- Tell her that you love her 10 times in the same conversation
- Send her flowers 5 times a week to her work
- Write her poems
- Text her love messages all day long
- Go out with her each night for a week

- Read to her from a book of poetry
- Talk about your future together - a lot
- Stare at her - a lot
- Watch chick flicks with her
- Stop making decision and and act like you don't have a clue
- Talk about your kids and how they would look like
- Follow her around like a lost puppy dog
- Ask her what she's thinking - a lot

All this will make her get rid of you like a yeast infection, no joke.

Don't worry about thinking that she will want to marry you or something like that. It's sickening even when it happens to you, so don't.

But *if she doesn't* ... well you picked a fucking psycho for a woman, and you should've never gotten with her in the first place. Godspeed Motherfucker.