

-FEMALE DATING STRATEGY-



# HANDBOOK

**FIRST EDITION (1.3)**

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# MOIRA'S DISCLAIMERS

- All the articles from the Handbook have been collected at the time of making of this Handbook. Some edits might have been missed. New handbook entries will be compiled in (possible) next editions.
- I have **NO** set schedule for the subsequent editions. This may be the only first Edition. (but I think it's 99% complete!)
- I try to reference the users that wrote the articles of this handbook; the usernames are written at the article's end. Some article writers have deleted their account, so I've indicated *Deleted User*. All the handbook's articles are from the FemaleDatingStrategy's subreddit. *I do not claim any of those entries as being mine.*
- If you wish me to make some changes in your article, please contact me via DM (reddit.com/u/Moira\_Spice). I'll do my best. Samey if you notice a mistake, or wish to suggest a modification!
- I've taken a few liberties in modifying the articles for better readability (spelling mistakes/typos, separated paragraphs, bolded words to accentuate the article's intention, added references to fellow chapters instead of links, etc.) but I seek to keep the article's idea intact as much as possible.
- Some words have racial tones (example: "Pickmeisha" versus "Pickme"), but I've chosen to leave them as the author wrote them.
- I'm **NOT** a subreddit moderator and I've compiled this document as a practical, discreet document to read in one shot by myself. I wanted to give back to the community that helped me, in some way, and I'm doing this for free. I'm **NOT** a professional. *This handbook is supposed to be FREE. And if you bought it... you got ripped, sorry.*
- For press inquiries, please contact the subreddit's moderators. All hate DMs will be blocked.

So... That's it!

Get cozy, settle down, and I wish that you have a nice reading!

Moira♥

# FEMALE DATING STRATEGY'S IDEOLOGY

*/r/FemaleDatingStrategy believes in the following principles:*

## **1. Be a high value woman.**

A high value woman is a woman who doesn't revolve her life around men. She has her own career, hobbies, and a great social life that fulfills her emotional needs, so if she does welcome a man in her life, he better be amazing. A high value woman also doesn't romanticize men's true nature, therefore she's cautious around them and wants them to prove themselves to her before she gets emotionally attached.

## **2. If a man isn't chasing you, he's not that into you.**

A man's role is to be the pursuer, the one to convince you that he's the right man for you. As a woman, you don't have to prove yourself to him. He either sees your value or he doesn't. The only thing that's within your control is working on becoming your best self.

## **3. Most straight men aren't relationship material for you.**

The majority of the advances you receive from men are not of any value, because the majority of them are from men who only want to use you for sex. Many men are sex-driven, low effort, and entitled. However, there are also men out there who can be amazing boyfriends and husbands who know how to be a man and how to take care of you in all ways.

## **4. As women, we have the responsibility to be ruthless in our evaluation of men.**

We do ourselves and humanity no favors allowing men to exhibit subpar behavior and be rewarded with our attention. Thus, be ruthless in cutting off men who add no value to your life (happiness, emotional security, financial).

5. Don't have sex before commitment has been established (if you're looking for a relationship) or before he has demonstrated value and investment (if you're looking for FWBs).

If a man is really into you and sees you as girlfriend material, he will commit to you in two months (or three months max). If you're looking to have a dependable FWB, you must still require investment from him so he provides you the respect and fun times that you want.

6. Generous men are a non-negotiable.

While we believe in having your own career and making your own money, a man still has to add financial value to your life and make you feel like he can take care of you. This means not splitting the bill and not dating financially challenged men.

*AverageToHot*

# BOOK LIST

## DATING BOOKS

1. Why Men Love Bitches: From Doormat to Dreamgirl—A Woman's Guide to Holding Her Own in a Relationship || Sherry Argov
2. Why Men Marry Bitches || Sherry Argov
3. All The Rules: Time-Tested Secrets for Capturing the Heart of Mr. Right || Ellen Fein and Sherrie Schneider
4. Not Your Mother's Rules: The New Secrets for Dating || Ellen Fein and Sherrie Schneider
5. The Art of Seduction || Robert Greene
6. The Power of the Pussy: How to Get What You Want From Men: Love, Respect, Commitment and More! || Kara King
7. He's Just Not That Into You: The No-Excuses Truth to Understanding Guys || Greg Behrendt and Liz Tuccillo
8. Getting to 'I Do': The Secret to Doing Relationships Right! || Patricia Allen and Sandra Harmon
9. It's Just A Fucking Date || Greg Behrendt and Amiira Ruotola-Behrendt
10. The Good Girl's Guide to Bad Girl Sex || Sheila Wray Gregoire
11. Attached: The New Science of Adult Attachment || Amir Levine
12. How to Break Your Addiction to a Person || Howard Halpern
13. Women Who Love Too Much || Robin Norwood
14. Intimate Relationships || Rowland Miller
15. Conscious Loving || Gay & Kathlyn Hendricks
16. How to Love a Woman || Thich Nhat Hanh
17. Feeling Good Together || David Burns

18. How To Spot a Dangerous Man Before You Get Involved || M.A. Sandra L. Brown
19. Leave a Cheater, Gain a Life || Tracy Schorn
20. How to Marry the Rich || Ginie Sayles
21. F\*CK Him!: Nice Girls Always Finish Single || Brian Nox
22. Become Your Own Matchmaker || Patti Stanger
23. The Hite Report on Female Sexuality || Shere Hite

## PERSONAL DEVELOPMENT BOOKS

### *Spotting Red Flags*

1. Why Does He Do That? Inside the Minds of Angry and Controlling Men || Lundy Bancroft
2. The Gift of Fear || Gavin De Becker
3. Emotional Blackmail || Susan Forward
4. Games People Play || Eric Berne
5. In Sheep's Clothing & Character Disturbance || George K Simon
6. Blink: The Power of Thinking Without Thinking || Malcom Gladwell
7. Talking to Strangers: What We Should Know about the People We Don't Know || Eric Berne
8. Spy the Lie: Former CIA Officers Teach You How to Detect Deception || Philip Houston, Michael Floyd, Susan Carnicero, Don Tennant
9. Dangerous Personalities: An FBI Profiler Shows You How to Identify and Protect Yourself from Harmful People || Joe Navarro
10. The Definitive Book of Body Language: How to read others' attitudes by their gestures || Allan Pease

11. What Every Body Is Saying: An Ex-FBI Agent's Guide to Speed-reading People || Joe Navarro
12. Without Conscience: The Disturbing World of the Psychopaths Among Us || Robert. D. Hare
13. Becoming Bulletproof: Protect Yourself, Read People, Influence Situations, and Live Fearlessly || Evy Poumpouras

### *Childhood Trauma*

1. Complex PTSD || Pete Walker
2. The Human Magnet Syndrome || Ross Rosenberg
3. Adult Children of Emotionally Immature Parents || Lindsay Gibson
4. Growing up Again || Jean Illsley Clarke and Connie Dawson
5. The Body Keeps the Score || Bessel van der Kolk
6. It Didn't Start With You: How Inherited Family Trauma Shapes Who We Are and How to End the Cycle || Mark Wolynn

### *Healing*

1. Boundaries || Henry Cloud, John Townsend
2. Psychopath Free || Jackson MacKenzie
3. When I Say No I Feel Guilty || Manuel J. Smith
4. The Art of Saying No || Damon Zahariades
5. Not Nice || Aziz Gazipura
6. Codependent No More || Melanie Beatty
7. Beyond Codependency || Melanie Beatty
8. Women Who Love Too Much || Robin Norwood
9. Running on Empty: Overcome Your Childhood Emotional Neglect || Jonice Webb

10. Running on Empty No More: Transform Your Relationships With Your Partner, Your Parents and Your Children || Jonice Webb
11. Feeling Good: The New Mood Therapy || David Burns
12. The Sexual Healing Journey || Wendy Maltz

### *Self Improvement*

1. The Power of Habit || Charles Duhigg
2. Atomic Habits || James Clear
3. The Defining Decade || Meg Jay
4. Daring Greatly || Brene Brown
5. The Four Agreements || Don Miguel Ruiz
6. How to Break Out of Prison || John Wareham
7. Getting Things Done || David Allen
8. Highly Intuitive People: 7 Right-Brain Traits to Change the Lives of Intuitive-Sensitive People || Heidi Sawyer
9. The Seven Habits of Highly Effective People || Stephen R. Covey
10. The Life Changing Magic of Tidying Up || Marie Kondo
11. The Subtle Art of Not Giving A Fuck || Mark Manson
12. When Things Fall Apart || Pema Chodron
13. The Power of Now || Eckhart Tolle
14. The Bullet Journal Method || Ryder Carroll
15. Applying Psychology to Everyday Life || Kenneth Strongman
16. Why We Sleep || Matthew Walker
17. Insecure in Love || Leslie Becker Philips

## *Female Empowerment, History & Education*

1. Women who Run with the Wolves: Myths and Stories of the Wild Woman Archetype || Clarissa Pinkola Estés
2. Women Who Launch: The Women Who Shattered Glass Ceilings || Marlene Wagman-Geller
3. Outspoken: 50 Speeches by Incredible Women from Boudicca to Michelle Obama || Deborah Coughlin
4. Cupcakes and Kalashnikovs: 100 Years of the Best Journalism by Women || Eleanor Mills
5. Book of Awesome Women Writers: Medieval Mystics, Pioneering Poets, Fierce Feminists and First Women of Literature || Becca Anderson
6. The Warrior Goddess Training Program: Becoming the Woman You Are Meant to Be || HeatherAsh Amara
7. Goddesses in Every Woman: Powerful Archetypes in Women's Lives || Jean Shinoda Bolen
8. Bygone Badass BROADS: 52 Forgotten Women Who Changed the World || Mackenzi Lee, Petra Eriksson
9. Bad Girls Throughout History || Ann Shen
10. In Praise of Difficult Women || Karen Karbo
11. Women and Power: A Manifesto || Mary Beard
12. I Am Malala: The Girl Who Stood Up for Education and was Shot by the Taliban || Malala Yousafzai, Christina Lamb
13. The Story of Ruth Bader Ginsburg||Susan B Katz (An inspiring biography about the famous female lawyer who fought to establish sex discrimination legislation in the US during the 70's)
14. The Truth Will Set You Free, But First It Will Piss You Off: Thoughts on Life, Love and Rebellion || Gloria Steinem

15. City of Omens || Dan Webb ( About the harms of the sex trade and the women who go missing at the South American border)
16. Your Silence Will Not Protect You: Essays and Poems || Audre Lorde
17. The Creation of Patriarchy || Gerda Lerner
18. The Suffragettes || Penguin Little Black Classics

### *Health and Fitness*

1. The Happy Kitchen: Good Mood Food || Rachel Kelly
2. Period Power || Maisie Hill

# SECTION I

# ESTABLISHING HIGH STANDARDS

*"The world of humanity has two wings—one is women and the other men. Not until both wings are equally developed can the bird fly.*

*Should one wing remain weak, flight is impossible.*

*Not until the world of women becomes equal to the world of men in the acquisition of virtues and perfections, can success and prosperity be attained as they ought to be"*

*ABDU'L BAHA*

## CHAPTER ONE:

# ESTABLISHING QUEEN ENERGY FROM DAY ONE

[Maira's Note: This chapter may be long but it's length isn't representative of the other article's length. I settles the tone for this whole handbook]

When looking at my mistakes, one thing I have realized is the power of **assertiveness**. This is absolutely significant in the early stages of getting to know a man because this is his first impression of you (of course, you must keep it up thereafter too).

Have you noticed, some people just put you on edge more than others and you are more scared to offend them or put a foot wrong? Consider an established career woman in a slick suit skirt combo that can read unfit candidates like the palm of her hand. Even if you fixed up your CV, she will soon catch you bluffing. You know she has power & you want to win her approval because there is an instant respect felt without knowing her.

That's exactly the energy you need to manifest, like you are 100% sure they are TOAST if they don't meet the requirements & they need to be sure they're taking this seriously. This is not the place for fooling around (you are not a naive pickmeisha). Assertiveness has the ability to completely change the outcome of a dynamic, which is why men will dip their toes in with some women while splurging on and chasing after others.

Where I left men some ambiguity about my standards or I allowed them to laugh off some disrespectful joke or temperature test due to them being hot, they tried to take me for a ride & made assumptions about my strength of character or what I would tolerate. And of course that issue slowly escalated until I cut them off.

Really that just wasted my time and we want to avoid these false starts, which is why you need to make it crystal clear to these men what you will/won't tolerate from the get go. Give them zero leg room. If you slip up & give your power away, it is very difficult to gain that footing back. As a woman, the ideal position is they are working harder to cuff you & are somewhat more scared about losing you (because the game is rigged). Don't give attractive men special treatment or get nervous.

I guarantee if they asked you out, chances are you are just as attractive if not more anyway, so stop putting him on a pedestal above you. Women scrutinise themselves way too hard when to men attractive= attractive. Who cares if he gets attention? You get attention as a woman too. Big whoop, you got options here as well. Stop seeing these men as something above you or unattainable just because they have got maybe 1 or 2 attractive features (THE BAR IS LOW FOR MEN), we're at a time when women get

5000x more matches than men, we can glow up 50x easier than them, we are outrunning them in education & they still have to pay up & put in more work for those options unless they want to pass the parcel for a partner.

Don't let them think they are the obvious choice on looks alone. You ever seen a not so attractive person have an easy time with the opposite sex? That's because they're confident and assertive in who they are and what they bring to the table. They have something that makes them stand out and lures lots of people in. They have an aura that is unique and hard to replicate so it is cherished by those around them. They didn't ACT like they were insecure or unsure of themselves, so they didn't get treated that way. They created value at their core self and built up a strong character with attractive qualities and interesting things to talk about.

Looking pretty alone won't do shit for men without assertiveness, hence why these men replace pretty docile women like no tomorrow. Bless them if they think looking cute alone will attract a high quality man. Players love nothing more than a people pleaser who's a little bit slow. **Confidence is about knowing your value, flaws & ALL.** This makes people comfortable, since you are comfortable with yourself and it also shows you have self awareness about your value. It also provides a huge mental barrier to manipulative types. The biggest deterrents to low value men are: **CONFIDENCE, SELF-AWARENESS, ASSERTIVENESS and DISCIPLINE\*\*.** If you get these ducks in order you will find yourself entering the dating scene far more empowered and in control.

It's not enough to have a lot going for yourself, **you have to ACT like it.** It's not enough to have self knowledge, you have to put it in action. It's not enough to know they are acting up, you have to erect boundaries and let them **KNOW** it's not cool and it's not enough to know they aren't shit. You have to be willing to ditch the false start & move on.

If a man starts up his fuckboy shit after sleeping with you, don't give him what he wants (an emotional knee-jerk reaction that implies he got under your skin). Instead, in a blunt monotone manner, express you are unimpressed (*Zzzz*), inform them a woman like you has plenty of options available to them & finds men like him mentally feeble & replaceable.

**Then cut the cord.** This will knock the wind from his sails. Do not rise to it, he expects you to get butt-hurt & chase. If he is making it obvious he's up to no good he **WANTS** the reaction for his amusement only. It's of no benefit to you to feed into it.

LVM feed off emotional reactions from women to boost their esteem. They want narcissistic supply & it's possible they pursued you as you seem like a challenge to them (they often get bored of manipulating pickmeisha's after a while). They need to feel desired because they're low value. They put on an act to get you hooked because this makes them feel desired by women out of their league.

It's the only way they can get that attention without levelling up & doing the hard work. It's a *false ego*. He may be looking to see how far up the food chain his 'game' has success. *The more they do this the bolder they get with their audacity.*

Stop being scared to offend them. You need to come down heavy, otherwise these men will wriggle in and ruin your life. They will steal even more time from you. Don't just chase him because you're offended by his behaviour or rejection! Understand his mask has slipped. Do you REALLY want to be involved with that trash? You don't have to risk feeling more hurt, disrespected & used. **Be in control & cut him off.**

This kind of assertiveness will make you unattractive to manipulators. They know you put YOU & your dignity first. They know they can't shake your character or push your boundaries where they want: they are TOAST. You are no fun to them.

In the early stages of getting to know a man, I try to keep in mind that he is looking at you to communicate who you are and where your standards lie. You are new territory to him & so you want to give him clear guidance on where you expect this to go so he won't tail off & freestyle his intentions/push boundaries (as in you are not here to be pumped & dumped on a shoestring budget).

**Keep certain aspects of yourself in the dark** for when he has come far enough to gain your trust (6 month minimum for me). This is where restraint & discipline has to come in if they are funny/very attractive/have the gift of the gab. If you're warming to them quickly, you're in danger of letting your guard down too fast.

Brush off all attempts at him trying to probe too deeply on your personal or sensitive stuff fast (looking for weak-spots 9/10) & respond to any attempts at negging you with blunt sarcastic witty jabs (no over emotional reactions like he worked you up). This shows you can handle fools assertively without getting worked up: you can give as good as you get.

This will either make him wind his neck in & make him stop his shit tests (he realises you're not insecure or here for the BS, or he will escalate this in a bid to crack you & this will become a red flag to cut him off (he's insecure/out of his depth/trying to lower your self-worth)).

Always remember: men do NOT have access to sex 24/7 like women do! They will deliberately try to get your guard down to get in & get what they want as quickly as possible, Even with zero interest in you as a person. Keep this in mind when he comes out with the flattery. He needs to prove his worth over a set amount of time before you get excited and emotionally invest.

You also need to be going on dates with a 'Do I like YOU? Do you meet what I am looking for? Are you really different to any other guy? Does this man seem sincere, mature and respectful? Is he the type I could stick around for?' attitude instead of 'am I good enough for him??'

Act like you already know you're a catch—but you need to know if he values it. This is how a queen would analyse her candidates before birth control—make him work to prove himself. Please refer to the list of red flags in our handbook & wiki page to see what to look out for, and when you see them: don't dismiss it. Evaluate him as a full long-term package. If something put you off about a house like the area or the locals you would not invest huge chunks of money because you know you'd resent it later down the line. So what if the house seems attractive itself and meets some of your criteria? Think long-term. Put yourself in the driver seat as a woman: he is here to be judged.

Look confident in your femininity, like a proud peacock and let him take your energy in. This will put him on edge and scared to offend but he will relax his nerves a bit once you get talking. This won't throw off a HVM as he doesn't have anything to worry about- he knows you'll trust him in time and he knows you're worth the effort. He will demonstrate he values you: he will book the table at the upscale restaurant and pull the seat out and have in depth conversations whilst giving you the puppy eyes (Important: he won't appear to begrudge doing any of this either). HVM will take it at your pace, because they don't want to scare you off or lose you to another guy.

Whenever you fall into that 'Omg he's cute does he like me, am I good enough? What else can I do to impress???'\* mindset, you're going to gift him the upper hand every time & end up chasing/getting your ass run because you're working too hard to get his validation. Approach the date with QUEEN energy that fills up the room. Keep the first dates more serious whilst you sniff him out. Don't become the jokey fun drunk party girl he could just have a bit of fun on the side with (this is important! Do not let him get you blind drunk - that's his tactic to get your guard down for sex).

This is why if they're very attractive, you need to dull your enthusiasm a bit, at least until you're in the safe zone (past 3 months). Don't get too giddy & googoogaga. This is just to prevent you getting physically overwhelmed & emotionally disappointed. This is just his shell - you need to learn more of his substance before you decide he's a HVM. Many low value men sucker in women out of their league with their looks. It's easier to get sucked in and overlook flags if you're very attracted. It's also easier to OVERESTIMATE their value. Don't put your value in his hands. You should already have the self validation and be looking for someone to honour/share it. A queen has self-value and strong roots regardless of who comes in and out of her life.

They can smell that sense of self doubt the same way we can so just relax. He really might not turn out all that (what if he's hot & turns out to be a simpleton? Are you a simpleton? Why does he deserve that pedestal then?). Switch off the scarcity mindset, most these men are very replaceable & far less impressive than they initially make out.

If he is a good egg you will not be worried if you are good enough. He'll make you feel special & sure of his investment and intentions - no funky stuff. If he likes you he is going to be on your tail, be very respectful (scared to offend), taking things at a

healthy pace (no love-bombing excess) & scared to give any other man an opportunity to swoop. And he's gonna be the 'don't worry, I got it' type - he will put effort into the date and discuss future dates with you (without you prompting). If he's testing your boundaries constantly, making obnoxious comments or demands, take that as a sign he's low value with nefarious intentions. No high value man who cares about you would put himself in a position to get nexted. Obnoxious behaviour is doing just that. Don't bend the facts to the fantasy!

So that means all your unflattering emotional baggage, keep that in the dark because men don't respect women who are way too empathetic or emotional upfront (this is highly desirable to manipulators & wimps & a needy red flag to mature HVM most times). You seem too trusting, codependent & naive - easy prey. That's just how they see it, whether you're lovely or not, because they're socialised to see empathy/emotionally open people very differently to us, they see it as a weakness that will leave you exploited or a burden that will overwhelm him (unless they've known you a good while & established rapport to let you in).

You can slow drip details or snippets of your character here and there if he's very open himself, but don't give away huge revealing chunks of yourself. Keep the convo on him, his career, his relationship with his family, where he likes to go out & what he likes to do, or mutual interests. You have to learn to be frostier, cautious & guard yourself even if you're an open book/no bullshit person with a heart of gold. Don't project this on him fast because he might not be as genuine as you, which means you're handing the devil a cheat sheet. If he's asking way too many personal questions about you WHILST being coy about himself- stay alert of that.

Also be aware that manipulative low value men are prone to selling you sob stories (about ex's /their childhood) quick to make YOU respond by letting your guard down & revealing your weak spots - so be weary of this as this is often where we women slip up. He says something about his childhood issues & then we splurt out the deepest depths of ourselves. We are judging HIM remember - we already know ourselves - so let him prove himself over time before you truly let him in. Low value men know the prime door to get their foot in is through your emotions. Keep that in mind always. Hence why women who can emotionally self regulate/have discipline/hold high standards are DIFFICULT to manipulate long term - they have internal barriers in place which prevent them from investing once his mask slips. A savvy woman with experience of men, who has options & is not needy, is not gonna show her cards & play wifey fast- if she does, he knows she's REALLY into him & its gonna pump his ego, make him think he can sit back & get away with doing bare minimum. So make him earn it. Men are used to insecure over-emotional women being the norm & making them chase after/nag them- it bores them eventually...so be a challenge & make yourself stand out. It's going to make him curious why you have such high esteem & don't fall for or trust him easily. Show some restraint & keep your game face on, even if you really want to rip his clothes off or really like him, because you barely know this man, his intentions or his character. All of this could be a honeymoon phase or a persona yet. Remember LVM will often present themselves as high value.

They are going to start laughing & getting cocky if they think 'haha wow I bagged this girl out of my league quick, that didn't take much' & boy oh boy does that inflate a mediocre man's confidence- this is how their false ego gets built up. You need to bide some time getting to know his character before you start letting the guard down or cooking for him (wifey stuff) or letting him in your apartment quick (convenient for him to escalate to sex). If he starts acting up cos he paid for a measly date or 2 and starts talking about you 'treating' him now or joking about your 'turn'/ going halvesies when he is grown- just laugh in his face at the audacity & look around with the most unimpressed face like you're waiting for the joke- that will shut him up & he won't try that again. But I'd take that as a possible yellow flag he's insecure, cocky or already resentful of the effort you require- likes he's already considering whether the investment is worth his while. A confident high value man knows a high value woman is worth every penny- he knows the return on that investment is high- he is sure he has the qualities to keep that woman off the market so spending on dates to prove his generosity is a small price to pay to bah his dream girl. Like I said don't take personal offence to this shit test- he might be worried he's not enough of a man to keep you so he's cautious of all this spending. But if he's trying this shit test a lot- he is definitely low value/ not trying to commit & he's likely trying to take you for a soft target to exploit. Believe me he will already know you're high value, whether they are valuable enough to keep you off the market is another question. That's for you to decide. It's his risk if he wants to try to take a high value woman for a ride. Don't feel bad you wasted his money if he's happy to waste your time. No one told him to bat up this league, no one told him to lie.

The reason why you should be that cold & avoid doing that? He knows he's pushing his luck & trying to undercut you & he's used to doing this. He has no shame to lose. This man is already cracking with minimum investment (so immature & not serious) & will 9/10 turn out to be broke, looking for a mommy dynamic or trying to scrounge off a HVW (let me live in your apartment & treat me like baby King!!!). It's a shit test to see how quickly you'll pamper him without commitment/ knowing him well, he wants to see how weak your boundaries/self worth are & for all you know he's got some other pickmeisha's on the side already spoiling him doing that & have made him too comfortable. These sorts of LVM love being doted on by women, relying on their looks to Hoover them in (because they're otherwise too low value) & they enjoy playing the damsel role to game you. They use their sob stories about job/mental health/family BS to get you hooked and to sympathise with their stagnancy (pay for me!!) & I'd shut that door on them very fast before you see that devious smirk flash & your suspicions are confirmed.

Don't be flattered by lovebombing/ excessive compliments & mistake that for real chemistry. That 'too good to be true' gentleman act/dopamine rush is usually short lived, so stay weary until you're over that 3month mark (he'll struggle to keep that up if he's bluffing - his attitude & real self will come out). A few compliments from him is totally fine but no 'omg you're absolutely stunning and amazing look at YOUUUU!' all the time. It's fake and insincere & he's doing it deliberately to put you on a pedestal he will

later dethrone. It's also likely he sees you as a sexual object for an ego boost. Be unavailable at times so he doesn't automatically take priority 24/7 but don't overdo it- just don't drop plans at whim all the time. Don't be waiting eagerly for his texts like an addict- assume he's bullshit & make him work for you to think otherwise. Some bored men are just filling time. Equally if he's playing the loooong lazy game on a constant basis, as in really not making much conversational effort, don't get too excited about that & match his low efforts- he may be plating other women, not v interested or trying to turn you into a lapdog (chase me). Don't over complicate it- men will make time for what they value (& some men don't value women full stop). He will find time to mategate dream girl. If he has a v busy job or is going through something stressful (like a sick family member)- give him some leeway but he should still be communicating throughout the week and opening up his weekend time for you. If he is taking too long to reply too often- bring that up & communicate- find out whether it's for genuine reason- make sure you're on the same page & he's in the space to date. Also pay attention to how fast he replies to his phone when with you- if he's making you wait 4 hours a time & replies to his friend fast- you know where you stand.

Make sure most of your communication isn't over text- he should be ringing and planning dates IRL- don't settle for distant low effort BS he could do with anybody- even if you don't like calls (its to test his whereabouts). If he's always texting/sending voicenotes- make sure you tell him you prefer phone calls time to time (tell him back/forth texting bores you) - otherwise assume he has sidechicks & doesn't want random calls from them. Don't fall for that 'I don't like phone calls' BS with men. It's easy for players to text multiple women simultaneously. If he hides his phone a lot or you see him grinning at his phone whilst texting suspiciously/ignoring you- get up and leave and tell him why: 'I'm leaving because you're rude'. Address it- do not slip into pickmeisha mode by staying silent & sighing. Same response if you see he gets 'hidden contact' notifications- that's exactly what you think it is- he's hiding something from you (this is why i'd shun any 'exclusivity' talk from him fast- he means his exclusive rights to you so he can be sure you're loyal to HIM while he plates other women). Don't be sucked in by heavy sob stories about ex's/mental health quick neither- look at him like you find that inappropriate/awkward & change the convo like you're not here for the therapy chat on week 2.. because that could also be some bullshit to hook you in & mommy him/pay half. You don't know him well enough to know his character - don't get sucked in. HVM aren't telling you their life story quickly because it's not appropriate or sincere. If he has a lot of job stress/ a sick family member etc & feels you should know it's fine for him to inform you of that & spare a few details- as long as he's not inviting you to play therapist. Affirm condolences/understanding and leave it at that. A HVM is upfront but can emotionally self regulate and knows not to emotionally burden you- especially if he is new.

The minute you slip on this stuff in the first 3 months, his fangs are gonna come out & so is that immature smirk bullshit. So you need to be watching for these signs- a HVM is gonna pass these tests v smoothly giving you no room for doubt & a fuckboy is going to crack & make you question his intentions. He needs to feel like he is earning your trust/time/energy/exclusivity at a healthy pace & like you're not easily won over to

attain a place of priority in your life. He also needs to know that you are good on your own & won't become a grade A clingathon- so find ways to fill your time: reading, studying, working out, pampering, travelling- find productive healthy ways to fill your solitude. Have other friends to talk to if he's busy & doesn't reply quickly. A high value man isn't going to love bomb you, he's just as savvy /guarded/picky as you are (if he's the real deal) & he'll be cautious who he gives his heart to, so he actually wants to spend time getting to know YOUR character & unpeeling those layers. He will be craving a woman who communicates effectively and doesn't blow up his phone 24/7- which means he will value & miss your company- he will know you're level headed and not immature or desperate. That is a man ready for a relationship who values you as more than just a vagina- a man who has plans to stick around. Don't give pretty boys a pass to skip the line just because they appeal to your visual taste, he will be used to that & it'll pump his ego, just honestly don't do it- use the FWB if you need to scratch an itch. If you are bad at keeping emotional distance & cutting people off, go on more dates & get used to rejecting men till the point you're unbothered by it. Watch videos on Youtube about the relationship between codependency/narcissists- get in therapy if you have an issue with that or any toxic family members/low value friends who are lowering your esteem & weakening boundaries. Know where you're going wrong/where you need to wise up...because women that don't spend time doing this end up in 10 year slavery sentences before they snap out of it, if they even do. Don't bend the facts to the fantasy or allow them to tread over your usual boundaries because they're attractive- hold them to the same scrutiny. There's always gonna be men trying to dupe you, whether you are hot property or not, but when you're out here awake- you're going to spot them fast & avoid commitment to them.

You set the tone- not him- because you are the female with more options open & because most men are just trying to plate you for self gain. He knows this, and he knows if he puts one foot wrong you can afford to replace quicker than he can- that's why they will often come on their best behaviour in the early stage but if you don't keep this queen energy up he will start acting up & feel comfy too quick. He doesn't know what you're used to (treatment wise), how smart you are, how confident you might be and so it's all guesswork to him. So the more crystal clear you make it- the sooner he will get the picture. So you let him know you like a man taking the lead from the first communication you have, it makes you respect them more & cuts out confusion, that you like getting out doing a variety of things & hate lazy couch creatures who do the same thing 24/7 (tell him about nice restaurants/bars/places you visit so he has ideas of your standards & doesn't assume a cosy netflix & chill situation). If he starts acting up with the ego at any point in convos before you meet - let that motherfucker know you are not getting dressed up, leaving your house & blessing him with your presence for some immature half assed bullshit. Straighten that out for him- that might have worked for the last 1 but not you. Let him know you are quick to cut off low effort tomfoolery like that so it really would not be worth his time. He needs to know you're in demand, a lot of men are on your ass & you're not giving them that chance for a reason. Let him know you are picky about going on dates & don't like your time wasted- you don't just entertain anybody. Also a great way to test whether he is broke 'I've got a

nice dress to wear ;), so you better be taking me someplace nice, I don't want to waste it!'.

Most likely he will take you someplace nice now, as he wants to see you dressed up 'look what I'm with!' (appeal to his ego), but watch to see whether he complains about the 'atmosphere' or prices (the broke ass fuckboy will complain about two drinks in). The high value man will seem very at ease, let you order what you want & won't make any complaint about the bill/atmosphere- he expects to take a woman like you to that kind of joint & impress. Try to take them some place classy first & see how they respond to that environment (HVM who are eager to please/stick around don't care- they like these environments). Don't be afraid to be audacious or seem a little high maintenance, because you're a high value woman that has worked hard at herself, not some trashy ass undesirable..and so you should be getting treated like it. Don't give him a bargain, men do not value it & you will train him to be low effort/stagnant. I constantly see grown women with low value men complaining about their stingy useless partner of 10 years who they will say is a 'good guy' & next week proceed to moan about his frequent stinginess, but 9/10 they did it, they settled way below the bar & trained him to mooch/rely on them from day 1 'don't worry I'll go halvesies I'm not superficial like X women' .

Yet they still stuck around all that time so he does not take her threats of leaving seriously. He doesn't see her as valuable because he got to jump the line without working for it- pickmeisha just put herself on 75% off & handed it to him on a plate & expected he'd magically change for her. She made the allowances despite his less desirable wage/looks/personality/education/behaviour & he's still not budging for her- he's not spoiling her with kindness or romance to make up for it. This won't bring you happiness & these pickmeisha's never are fulfilled- that's why they're so defensive towards anyone trying to raise their standards & help them out of the snaretrap they made a home in. They are the types to tell you, your standards are 'too high' & call you superficial- because you will look that way next to someone who undersold themselves, lives in denial & can't be single/ alone with themselves. Women must put themselves in the driver seat, and not mould themselves to low standards for the benefit of low effort men. Pickmeishas stuck doing this can be very hard to penetrate, even with the best intentions, & some of them I think enjoy the victim complex of it all instead of having to face their esteem issues- because realistically they got their answers nine long years ago. We have to take responsibility for what we tolerate- and learn where we went wrong & contributed to the dynamic. We have to self reflect, adapt & demand better. These low effort incompetent men were blatant clearance shelf dusties from the start & women were leaving them there for good reason: they are low value. This is why women need to stop seeing potential in losers & stop falling hook, line & sinker for their sob stories - accept some men need to be left to it- accept some men are manipulative scroungers or self loathing beta males and NOT trying to level up. We're not here to raise grown men- a high value man has already done that so he can be of service to you. It's better to be single than mommy a grown man: he must lead and treat you with respect to earn your trust and empathy.

This is why you set the standards high, its like bidding, you set your price high, so if the man's offer falls slightly under, you're still getting a tidy profit & adding value to your life- the man is adding to your life & making you more comfortable than you already are on your own- not just take take take. These pickmeisha's are in the minus, they're losing value, giving all their power away & the man isn't even appreciating them doing that most times let's be honest. They know they're getting a bargain & don't respect that woman- just like when you get something cheap- the value of that bargain is novelty & short lived. Men are very much like giddy children trying to push your boundaries with a grin- they are waiting to see your reaction & test the waters. You have to come down firm & discipline them so they know there are consequences- this deters them from doing that again. Pickmeishas make men way too comfy with their one sided setups- so they aren't going to tip the dynamic in their favour & get their footing back or any romance after years of nagging & putting in way more than he is. This is partly why men aren't stepping up as pickmeishas are happy to lower their standards to appease them (the other part is mens LACK OF MOTIVATION & entitlement), respect has to be set up at the start & you have to be willing to erect boundaries or leave if they don't keep up (this is where so many fail). Men start learning at some point when they get stung & lose a good one- they start realising that kind of bond doesn't come around often. And they realise high value women aren't settling for that shit.

At the extreme end pick me's wind up being financially drained, knowingly cheated on constantly or end up being violently abused/murdered by their partner- it's no joke- I see the news stories everyday. You put yourself at an increased risk to the worst of men being a pick me & having weak boundaries & this is not victim blaming- this is risk management because there is a lot of low life predatory trash out there. You really do have to be THAT bit extra cautious and firm if you want to get ahead. These violent unstable car crash leeches with their sob stories always seek to exploit women with too much empathy to give- stop giving them the benefit of the doubt & don't date whilst fragile. They need to level up before they date women like you. You don't need a man to be happy & if you feel that way it's time to work on yourself. Don't take dating advice from insecure, damaged or naive women who are stuck bending their backs for men who are low value/effort & don't let them project their low esteem/standards onto you. It's not hard to get a ring on your finger if you're a desperate pushover or naive. Severe pickmeishas will lead you to the wolves & then act shocked when it all falls apart...some might just enjoy bringing you down with them. It's not your problem if they won't listen or work on themselves. Because women who've worked on their esteem & learn from their own/others mistakes will not tolerate this- they are able to find value in themselves independently of men. Being single & working on yourself is 50x more fun & rewarding than trying to make a one-sided abusive relationship 'work'! Believe it or not - relationships don't feel like work with a HVM!

If he is thrown off by your standards & starts whinging/negging - great- he has shown you who he is & will fall off knowing he doesn't match up. Don't take it to heart when they expose themselves- be glad he weeded himself out. So pay attention that some fuckboys, the minute they realise you're not a pushover and that you expect him to be

a provider/invest & he's too broke/immature to do that...they will act up and blow hot/cold...only because they know their time is running out & you have the upperhand options wise. Don't internalise their bullshit- its their way of trying to 'beat you to it'- these men know when they don't match up to your intelligence/ standards- no man wants to stick around & behave where they feel they're in danger of being easily upgraded. You've just rumbled him & now he needs to do something to exercise damage control on his big ass false ego. Equally if he is the type to start laughing constantly when he says something rude & you respond with a witty jab & he keeps doing this & testing your patience like a child- he's most likely going to be immature & get off on pushing your boundaries or be way too simpleton, so cut him off before you turn into mommy. If he is mature & scared to lose you, he is not gonna risk offending you or making you feel like a joke/insecure of your position. He will leave you with no doubt. Humour is one thing, but I think we all know the difference between a mature man's sarcasm and an immature manchild pushing his luck/negging you to death.

Remember men's attention is cheap to attain so don't be flattered by it, don't assume what you are being sold is the real deal & not just a persona to get his foot in the door, because most men are simply just telling you what you want to hear to get what they want & that's why we buy it & end up with buyers remorse. Time is the teller here- take everything within 3months with a pinch of salt- you might see something different past the opening act. I'd say if he is still standing strong after 3months, then you can start taking him more seriously but I don't really start going into more personal deep stuff till 6month in, until I see consistency in the way they act & how they respond when I am having a bad day (do they seem genuinely responsive?). If he asks about your experience with ex's early on or asks why you're single- this is the part where I am not afraid to tell a white lie or edit the truth slightly, because it pays to (I am a serial dumper & this does not make a man feel secure whether he's HVM or not). Tell him your last ex treated you really good but you were both on 'different paths'. Example: he had a big internship in NYC & you were rooted at home or something & it felt too early to move, if he presses. And you could say you were focused on improving yourself & didn't have time for a man if it's been a while. It needs to be sweet/short & sound like your last longterm ex valued you but the logistics couldn't have possibly worked out for both of you (so he's not in fear of putting it all in & being ditched). You gotta be careful you don't go in too heavy talking about your last ex did x y z nice things for you but you dumped him because his dick was too small or you just got bored - keep it snappy & positive, give him the impression you're not indecisive as to not scare him off (not our damn fault husband material is scarce- finding the 'one' is difficult & the mask can soon slip off). You don't want to give him buyer's remorse by talking about how your ex's treated you like shit or you had mixed feelings- he'll get scared he's next . When you're deep into a relationship then you can talk about things that hurt you cos he's gonna have a solid enough bond to give a damn- but I'd still be sparing on the details, men generally don't want to hear about that unless it relates to their experience.

The main takeaway is they need to know you aren't new to this game, easily impressed or moulded to their liking. You're only gonna commit to someone who invests &

consistently treats you with respect, someone who lives up to their lip service with action, someone that meets your standards & that you find sexually attractive. When men see a woman is smart, confident in herself, knows her market value , knows the game/mens BS like the back of her hand & will erect boundaries or leave if they try some..they're going to come at you differently. They will be happy to pay for you & chase you because they see you are high value/in demand & that you have options/ sense about you. They know you have 'that side' & are willing to leave if it no longer serves you. You will have the upperhand on these men basically. And if they know they aren't shit, they will soon drop off because they know they have 0 chance of turning you into a desperate pick me, you'll be gone as soon as that penny drops & you will not internalise it or let it lower your sense of value. A HVW keeps in touch with her instincts , standards & goals & has a steady supply of esteem for herself- the antics of fuckboys don't waiver her pursuit of a HVM or her self value.

*modernmedusaa*

## CHAPTER TWO:

# **KNOW WHAT YOUR STANDARDS ARE AND STICK TO THEM: DON'T SETTLE FOR LESS**

One way to make your dating experience more seamless is to determine what your standards are and to stick to them. How do you want to be treated by your future boyfriend? What non-negotiable qualities should he have and what are your deal breakers?

- What kind of first dates do you want? Do you prefer a drink date or do you want a man to take you out to a nice restaurant? What caliber of restaurant do you want them to take you to?
- Do you want them to provide for you, to pay for dinners, movie tickets, Uber rides, etc.? What kind of restaurants do you want to be taken to?
- How long would you keep seeing a man who hasn't asked you for exclusivity yet? (Mine is 2 months at most. After that, they're cut off.)
- Are you okay with a man who only wants to see you once a week or do you require a man wanting to see you more than that for you to know that he's serious?
- How long would you wait for him to introduce you to his friends?
- When are you going to have sex with him?

Really think about the kind of dating experience that you want. Your answer shouldn't be colored by your previous bad experiences or what the world tells you to want. Just think about how you want your future boyfriend to treat you in an ideal world.

What if I told you that how you want to be treated is very much possible? I know the world always tells us to lower our standards and to be realistic. People try to invalidate your real needs and they tell you to settle for someone who can't give you what you want. It's how they try to excuse men's subpar behavior. Instead of a man changing his behavior, apparently we should be the ones who should accept less than exemplary behavior and reward them with our youth and feminine presence.

Say no to that.

As an empowered woman, you have to OWN up to your desires and to never accept something that doesn't align with what you truly desire. Love yourself enough to honor your desires. When you accept nothing less than what you want, it allows you to cut through the bullshit. You don't have to think, "Oh, is him doing X acceptable? Should I be okay with it? What should I do to make him change his mind?"

When you honor your standards, you instead communicate to a man frankly what kind of behavior or quality you expect from a man. Examples from my personal life:

If a man wants to take me to a restaurant that I don't find date-appropriate, I tell him frankly that I'm accustomed to nicer places. He can either find a restaurant that would please me or he can find another date.

Another example: I meet a man in a group setting, we go out and are affectionate with each other. But when we meet again in a group setting, he doesn't act like how he'd act when we're on a date. I ignore him at the end of the night, and when he asks me what's wrong, I tell him that I prefer guys who treat me in public like how they treat me privately when we go out on dates. I don't say it in a needy way. I just tell him what my expectations are and it's up to him to step up and change if he wants to keep me.

Recently, I've learned how valuable honesty is. The more honest you are about your real desires and your standards, the more men will respect you and treat you like girlfriend material. I've done the two examples I've provided recently with a man and the man in question DID find a nicer restaurant and he DID change his behavior and was so regretful that he treated me that way. He said that he didn't mean to do that and was just respectful of my space, and that it was the last time he'll mess up like that again. I've made it clear to him how I expect to be treated and he changed his behavior because he wants to keep me. Since then, he has shown to me in a group setting that we're an item and he has also asked for my exclusivity. That's how you know a man values you.

When a man has found his dream girl, he will ditch his old ways and become the man that she expects to have. The woman who becomes a man's dream girl is a woman that has standards. All of the strategies we've talked about and will talk about in the future, the core of it is having standards and loving yourself enough to not accept any less. If you do this, your actions will subconsciously affect how a man perceives you and things are more likely to go your way.

So ladies, do not waver. Keep your frame. He can either take it or leave it. The right man will find you when you put in the time and effort to be a high quality woman. When you say no to things that are less than what you truly want, you make space in your life to welcome the things that you truly DO want.

*AverageToHot*

## CHAPTER THREE:

# THE IMPORTANCE OF HIGH STANDARDS

*"If men have the option not to pay with other women why would they go with a woman who demands it?"... Here is why:*

1. Men like women who have **standards**. Having standards demonstrates your worth. You teach people how to treat you. Does your man's dream girl settle for bread crumbs? No, she demands excellence.
2. If he genuinely likes you he will want to do things for you. Today the coworker I sit next to was slack-jawed that the guy I've been seeing texted me out of the blue to see if he could book a massage for me. If a man likes someone they will want to do things that make that person happy (shocker).
3. The **value of sex is simply higher for women** and should be treated as such. [More about this at Chapter Twenty-Eight: Why Sex Shouldn't Be Had So Easily ]
4. Having a man's investment in you will contribute to how much he values you. Investing includes financially, with his time and with his emotions (which should be translated into actions). You are a lot more likely not to care properly for something that was low-cost than something high-cost. If the expensive ring you bought starts to rust, you're more likely to take it to the jeweler and ensure you do not lose it than a cheap ring which you may just as well toss out. I believe this applies even if the items are of similar quality due to the loss aversion principle. Similarly if he has put a lot of time, money and effort into you - he will not be so willing to discard you and the investment he has made. (Additionally, we here pride ourselves on being and becoming quality, high-value women.)
5. **There are always more men.** Even if you think you are losing out on a great guy you get along with- if he doesn't meet your standards, it is a big wide world, there is another great guy you'll get along with who exceeds your standards.
6. Most importantly, you are better off alone than with someone who does not meet your standards. Male/female relationship norms are completely designed to **cater to the man's interest**. A part of this means that women have been so socialized to see commitment from men as a win that men have gotten away with bringing little else to the table, **despite the fact that this goes purely against their interest** (there are many statistics that point to this fact). It is never worth sacrificing your self-worth to cater to a man's comfort or interest. Being un-partnered is not a failure, trashing your self-worth for a man who doesn't meet your standards is a failure.

The current dating scene is a system that was made for the comfort of men largely at our lady's expense. You do not need to feel guilty that you need rules, tactics to try to make this largely patriarchal system work for you.

*MonkeyMoney21*

## CHAPTER FOUR:

# WHY A MAN MUST TREAT YOU LIKE A QUEEN FROM THE START

"Why should I treat you like a queen if I don't even know you?" - a man might ask.

So I was reading a discussion about why some men say they won't invest (paying or spending quality time) in an actual date if they just met the woman online and barely know her, so why would they put any effort in a date?

The thing is that while it's true that some pics on a dating app and some texting conversation is not enough to form a an *actual connection and actual interest*, a man that's low effort right from the first date, shows you he might not be looking for the same you are (assuming you're looking for a relationship) or he'd go to a date with a potential future partner going with **their best foot forward**.

Also, it's not that deep to get out of the house and actually meet someone properly with quality time but many men treat it as a big deal. As if taking a woman to a nice place and treating her and then not smashing that night is the biggest loss of time ever or have the entitlement of feeling "scammed" just because they spent money and didn't smash.

A man that is low effort from the beginning rarely changes because he knows from the start that he can get away and have you anyway by doing just the bare minimum. The first 2 or 3 dates are especially important to set the tone of the rest of the relationship.

*AnniaT*

## CHAPTER FIVE:

# **THE IMPORTANCE OF SELECTIVITY WHEN IT COMES TO CHOOSING A MATE**

Being **selective** is critical to your wellbeing.

Do not accept sub-par behaviour in the beginning of your courtship. Every time you rationalise away a red flag or poor behaviour you are creating a deficit to your mental health. You are devaluing yourself. The mental gymnastics you are required to employ if a man is behaving badly will only torment you when things eventually disintegrate.

Secondly, your body. If he has no respect for your body or boundaries **DITCH HIM**. The purpose of selecting a mate is to:

- A) secure a committed partner
- B) (potentially) find a suitor to reproduce with.

If he is not respecting your body or your boundaries - do not entertain a moment of this! If you eventually become pregnant with his child - you will be in a very vulnerable position. Mentally, financially and physically. You will be at your weakest and if he has no respect for you in the "honeymoon phase" of a relationship, he will certainly not offer you respect or courtesies when you are in physical discomfort and pain.

A good test is always - "Are this man's genes worthy of reproducing with mine? Will my offspring have a strong chance of survival with a man that shows me zero respect? Is this man WORTH being pregnant for? Does he have the resources to provide my genetic material with the best opportunities life has to offer?"

Never surrender your boundaries. Remember - you are offering them something deeply sacred - the opportunity for their genetic material to continue in society. Vet them with deep caution. A man with good character is crucial to your well being and mental and physical health. The wrong choice can lead you into a life of despair.

*Deleted user*

## SECTION II

# GIRL GAME

*"A man may talk inspiringly to a woman about love in the abstract  
- but the look in his eyes is always perfectly concrete."*

*HELEN ROWLAND*

## CHAPTER SIX:

# GIRL GAME PART I: MALES, MONOGAMY, AND MATE-GUARDING

Growing up, many of us were taught that women were hard wired for monogamy but that men were hardwired to want many partners and as such, entitled and prone to infidelity.

Turns out, this conventional assumption was based on a faulty scientific study which is debunked in this article:

[When Are Women Most Likely to Be Promiscuous?](#)

Contrary to popular belief, it is unlikely that women are hardwired for Monogamy. In fact, in most primate species the females are opportunistic and will mate with many males to secure additional resources and purposefully confuse paternity.

Since the females are not naturally monogamous, the males must constantly physically mate guard the females to prohibit them from having sex with rival males. The females are as monogamous as the males can force them to be.

This is important to remember because:

**All Males are Hardwired to Mate - Guard.**

In a few primate species, such as Chimpanzees, the males have resorted to abusive tactics such as rape and assault to intimidate the females into remaining monogamous.

This is very similar to humans.

Pervasive Patriarchy & Misogyny lessens the burden of male mate competition. Why? Because it's easier to bully a woman into submission and cripple her ability to be independent of men in society than it is to fight off competing males.

Enforcing Monogamy and dependence in females lessens infighting between males and increases infighting between females.

Instead of males competing for access to females, the females must compete to secure resources from a singular valuable male. In actuality, it would be more advantageous for women to secure many resources from the many available males. This role reversal

allows Men to have the advantage and energy to pursue other females while still maintaining ownership of a single female.

It is also why the concept of “gold diggers” and “hoes” is so demonized in society. It thwarts male control over the natural opportunistic female mating patterns.

Even so, hoes and goldiggers are often successful in securing their desired partners. This is because hoes and gold diggers are great at seizing opportunities and triggering the male mate guarding instinct.

How can women use this to their advantage in dating?

You must, at all times, trigger the male mate-guarding instinct.

Keep your options open, always. Instead of women desperately pursuing a relationship with a single male, you maintain several which are beneficial to you in different ways. Although, at this stage, you shouldn't allow sexual access.

Go on dates where you're likely to encounter a lot of male mate competition. Sporting events are at the top of the list, but this can be any event or activity where men are likely to be “peacocking” for females and posturing for other men.

Sexual Access is reserved for the male or males who have demonstrated good character and significant investment. There is no need to abide by an artificial 90 day timeline. You withhold sexual access until you can safely assure the encounter will be to your tangible benefit.

Monogamy is for marriage. Unless a man expresses an explicit desire for marriage, with a timeline in mind, you should not be monogamous. Again, monogamy benefits men, not women.

You'll know you're successfully triggering the mate-guarding instinct if the man or men begin to demonstrate “sequestering” behavior.

They will physically try to block out other males from talking to you, continuously try to pull you off to the side, or be constantly communicating to maintain your interest.

*TheOGJammies*

## CHAPTER SEVEN:

# GIRL GAME PART 2: THE VALUE OF THE PRE-DATE INTERVIEW

One particularly bitterly cold day, I was headed to a date I wasn't that excited about. I suddenly asked myself, Is there a way to verify the basics about a guy before I waste my time on a potentially boring shitty date with someone who might turn out to be a weirdo?

**Enter, The Pre-Interview.**

I've used pre-interviews to screen candidates at work, and also to get jobs myself. They are excellent tools for quickly screening unworthy candidates.

For those of you who have never interviewed or been interviewed using a pre-screen, typically myself and another manager would take turns talking to the candidate on the phone or videochat. Usually no more than 10 - 15 minutes. We would ask basic questions and then reconvene after the interview to rank them against other candidates. We would talk about strengths/weaknesses and come up with a few questions we would ask the candidate if we were to invite them in for a face-to-face interview.

Overtime, I have learned that pre-interviews are absolutely crucial to hiring the right candidate, and it has to do with fallibility of human nature.

Doing a phone or skype interview creates enough emotional distance for you to be objective in your evaluation. This becomes harder with face-to-face interviews.

Believe it or not, even very seasoned managers sometimes truly struggle with objectivity when it comes to hiring in face-to-face interviews. I've actually had managers hire people based on emotion only for that person to be a terrible employee that gives them absolute hell everyday.

You would also not believe the kinds of things people reveal in face-to-face interviews. Sometimes it's as morbid as Sick family members, kids, etc. Things that would really tug on the heartstrings and make everyone but a robot want to root for a candidate to win. On the other hand, Some people have sparkling and fun personalities that make it easy to gloss over all their flaws.

Problem was, no matter how much you like or want to help someone, it was obvious in the interview they were totally unqualified for the job as written. Sometimes they

couldn't answer basic technical specifications of the job or displayed troubling lack of awareness about the appropriateness of certain topics that would later be a problem.

It's harder to reject candidates after you've heard their life story, hopes, and dreams. It just is.

The value of the pre-interview is cutting to the facts without all the other things to distract you.

### The Pre-Interview:

The components of a pre-interview are as follows:

#### 1. Skype or Facetime before going on a formal date

Everyone hates to show up to a date only to see a person who looks nothing like their pictures or gives you a weird creepy vibe and having to make an excuse to leave. Skype and Facetime sets this process to easy mode. You look at each other, hear each others' voice, etc and you'll be able to tell within a few minutes if this is a man you would be interested in seeing further based on physical attraction.

(Of course, if you're out here catfishing knowing full well you don't look like your pictures then skip this part because you're going to want to keep the element of surprise going, but I wouldn't recommend it in general.)

#### 2. Limit the conversation to 20 minutes or less.

This conversation should be to verify the basics - where he lives, what he does, where he works, confirm that he's single, etc, and ask what he's looking for.

If he attempts to take over the conversation, steer it back to where you want it to go. If he continues to be evasive or pushy, then you know to throw that fish back in the water, he's playing games, doesn't respect boundaries, or doesn't have his shit together.

Talk long enough to get a general vibe for him, but not long enough to get too deep.

Love bombers know that time spent = emotional investment which is why they usually try to monopolize you upfront. Don't allow them to do this.

You do not want to talk long enough to give yourself time to emotionally invest before he takes you on a formal date.

Be aware of these Red flags/Full stops:

- Answers every question with a question
- Attempts to neg or tease you right off the bat
- Steers the conversation to be overly sexual
- Evasive in answering basic questions
- Pushy or aggressive in any way when you set a boundary
- If he starts any conversation with some general negativity about women or sarcasm

Any of the behaviors above should be an **immediate drop**. If he can't keep it together for a 20 minute interview then he's totally fugazi, sis.

If there's anything you want to know further make a mental or physical note to ask him on your full date. Give yourself time to think him over properly and thoroughly consider if you actually want a second date.

3. Dictate very clearly the parameters in which you are willing to leave your house to see him

The general principle here is:

Never leave your house for free for man who's not your boyfriend

This is your time to set the standard to which you expect to be treated. Do not leave your house for any of the following:

NO NETFLIX & CHILL

NO CAR DATES

NO COFFEE DATES

NO HOUSE DATES

There is no such thing as "let's just have a lowkey date and see where it goes." You must set the **standard early**. You cannot go back and attempt to raise the standard later on.

To help him out, tell him the kinds of things you like, where you want to go, anything you saw that caught your interest, etc.

It's his job to make that happen for you if you want to show up. Why should you waste your time on a boring ass date? Find something you genuinely want to do and make these dudes pay for it. Even if the date doesn't go well, at least you got to try something you wanted to.

If he scoffs at any of your suggestions, **drop him**. He's cheap, a time waster, just here for easy pussy, etc. This is supposed to be his time to impress you with his creativity, thoughtfulness, class, etc.

So to recap:

Doing pre-interviews allows you to talk to 3-4 guys in an hour to verify their attractiveness, screen for red flags, and set the parameters and expectations as to which you're willing to meet them while maintaining enough emotional distance to be objective. It's also much safer!

*TheOGJammies*

## CHAPTER EIGHT:

### **GIRL GAME PART 3: CUTTING MEN OFF: AN UNDERRATED STRATEGY**

If you've initiated dates with a man (but he never initiates one with you), don't ask for advice on how to get him to initiate a date with you. **Cut him off.**

If you've been the one predominantly initiating texts with him and he rarely texts you first, **cut him off.**

If he's been leaving you on read and takes a day to get back to you, **cut him off.**

If he doesn't make you feel special, **cut him off.**

If he makes you feel frustrated because he can't plan a date well and offers a low value proposal, **cut him off.**

If it's been 6 weeks of seeing each other continuously and he still hasn't shown that he wants to be in a relationship with you, **cut him off.** If he says he doesn't want a relationship with you, cut him off. He doesn't want one with you.

In short, if he hasn't been treating you like someone he values and someone he considers girlfriend material, **cut him off.** The established pattern will not change. If he comes running back promising he will change, don't believe him. He'll change for a bit before reverting back to how he once was.

It's easier to teach a new man how you'd like to be treated than to change a man who has learned that treating you like you're not special still gets him results. Start over with a new man instead of trying to change one.

Dating is a numbers game. Your time is better spent meeting a lot of new men, going on dates with them, cutting them off the moment they've shown they're not crazy for you **THAN** spending more time going out with someone who doesn't think you're special and who's just wasting his time with you because he's bored.

The FDS strategies won't help you if you're using them on low value men who have shown to you that they don't care for you. Learn how to cut men off ruthlessly. He's shown you how he feels about you and he's never going to change.

*AverageToHot*

## CHAPTER NINE:

# **GIRL GAME PART 4: NO EXCUSES DATE UNTIL COMMITMENT IS ESTABLISHED**

### Common Excuses

I don't care if you are "not the type of girl" to date more than one guy at once. I don't mean you should have sex with them - I mean you should DATE them.

I don't care if you don't feel like painting your nails today, or you don't feel as attracted to another guy that asked you out (as long as you're attracted to him!). The fact that you are not dating others WILL manifest itself in your behaviors with the guy you really like. He will visibly see your value decline as you blow up his phone, show him that you are not sought after by other men, and fail to vet your suitors before investing in them.

I seriously have no patience for women that refuse to vet multiple suitors and at the same time complain about males ghosting them, buying un-romantic birthday/Christmas gifts, failing to impress them with thoughtful dates, dating other women, and (most importantly) acting like BFs when they are in a "situationship." My answer to them is harsh - you didn't make him COMPETE for your attention. Big mistake. He knows he has you and he didn't even have to try. You can waste time making him the bad guy and experience no progress, but if you don't change your strategy ASAP you'll find yourself jumping from situationship to situationship. You'll find yourself in relationships that fizzle out around the 3-month mark over and over again 🤡.

**One of the best ways to get back at the patriarchy is by making men compete for your affection.**

Don't be phased if a date says he sees himself in a serious relationship with you one day - this is not a compliment. You already know you are his dream girl. He is used to seeing women swoon at the thought of a serious relationship with him. Newsflash - YOU are the one evaluating HIM. Not the other way around. Don't get it confused... EVER. He is the one with the mate-guarding instinct. Not us.

**Do you want to screw up your chances with a HVM and instead increase your chances at landing a LVM?**

Act like you don't have options. Act like you jump at the opportunity to obtain a relationship with any male. Start giving him elaborate gifts or blow up his phone. Sooner or later you will be making excuses for a dusty ass loser when your family is wondering why he doesn't do the bare minimum.

80% of women asking for advice on r/relationships, r/datingoverthirty, r/dating, and r/dating\_advice wouldn't be asking for the advice in the first place had they just continued dating others. What kind of a "strategy" consists of zeroing in on ONE guy that hasn't even proven himself to be a worthwhile suitor?

### Food for Thought

Would you really be checking his phone to see if his dating apps are active while you're dating others?

Would you really be wondering whether he was dating others if you are doing the same?

Would you really be wondering how to act with a HVM when you've been getting an ample amount of dating practice in?

Would you really be checking his Facebook a billion times to see what his ex-girlfriends looked like?

You would be too busy answering the 50 billion messages you get from other guys to wonder. Trust me! Even good-looking guys don't get nearly as many women messaging them online. u/\_HEDONISM\_BOT posts her daily reminders here for a reason - the patriarchy wants to gaslight you into thinking you should do the competing.

### Empowerment

Do you want to experience the feeling of ditching a guy the second he has the audacity to over-value himself? Do you know what that feels like?! It's fantastic. Do you want to experience pulling back your attention to a misbehaving suitor and - instead of chewing him out - rewarding another suitor with your precious attention? This is the perfect antidote to a male giving you less than you deserve. He will quickly fall back in line and realize testing you will only make you replace him, or go silent. Do you ever wonder why it feels like u/modernmedusaa is giggling in her posts describing male behavior? It's because she's laughing her ass off as she remembers planning her graceful exit strategy from these LVMs in favor of HVMs. She's literally having the time of her life leaving them with their dick in their hands.



*Eleanor of Aquitaine*

Women have been doing this since the beginning of time - take Eleanor of Aquitaine for example. She was married to the King of France. What did she do when he started treating her badly? She packed up her bags, obtained an annulment (divorce wasn't legal yet), and married the King of England (his enemy). Women had little to no rights in the 1100s, but she was (luckily) heiress of the largest duchy in France. Her life was far from perfect, but she still managed to be strategic in her romance and her lands became part of England. The King of France was left scared out of his mind. This is what she did with limited rights, so WTF is your excuse to entertain one male at a time?

*TheOGJammies*

## SECTION III

# DATING ADVICE

*"The most common way people give up their power is by thinking they don't have any."*

ALICE WALKER

## CHAPTER TEN:

# **DRINK DATES: DON'T DO THEM IF YOU ARE LOOKING FOR A RELATIONSHIP**

These days, going out for drinks is usually the go-to first date for millennial women who enjoy social drinking. It's a low pressure way of getting to know someone and you can relax at the same time with your glass of Riesling. If you don't like him, you can easily make an excuse and leave after your first drink. This was my main reason for having done a lot of drink dates throughout my dating life. That and the fact that I was afraid that if we do a dinner date, he might ask me to split the check. At least with drinks, if he wanted to split the check, it won't be as expensive.

My outlook has changed since then.

Be girlfriend material. Make it expensive to take you out to filter out low effort men.

Accepting drink dates will not yield you men who are looking for relationships and it will place you in the category of a "fun girl" instead of a girlfriend/wife. If you've met a man socially and he asked you out on a date, requiring that he take you out to dinner will call for more financial investment on his part, which is one of the ways you can tell if a man is serious about you. Plenty of men offer drink dates because it's a low financial investment on his part and it allows him to see as many women as possible. A man who only wants to do drink dates after you've stated that you only do dinner dates is a red flag and I would personally pass on that man. Remember that a lot of men do drink dates because they know that alcohol smoothes the way for sexual encounters.

What if you meet someone on a dating app? Now, should you still expect a dinner date from someone you've never met before? My answer is still yes. Online dating is notorious for attracting men who are only looking for something casual, so it's even more imperative to only do dinner dates if they want to take you out in order to filter out low effort men. Before embarking on a date, do a pre-date phone call first to test for conversational compatibility and to make your expectations clear beforehand. (I'll write a post on this soon.)

**You need a sound mind to filter men.**

Don't drink during the first few dates with a man. Why? This will allow you to have a sound mind when it comes to filtering a man — does he pass your standards, does he have dealbreakers, does he seem like a good person? You need to be able to judge a man's character with an alert mind. Being under the influence of alcohol makes you

focus more on the “fun parts” of the date like how attractive he is and how much you like kissing him, instead of analyzing if he’s the right fit for you and if he’s boyfriend material. Abstaining from alcohol also helps you determine quickly if you two have real chemistry. Alcohol will make you think that you have more chemistry than what you actually have. Plus, why would you want to go out with a man who’s only fun when the two of you are drinking? Many women don’t successfully enter relationships because they date the wrong men, and this is because they’re under the influence of alcohol during the early stages of dating.

### **So what should you do instead?**

For first dates, I recommend dinner dates. You can do one in 90 minutes to an hour to see if you'd like to see him again. Do a pre-date phone call beforehand to see if you're on the right page, to communicate your expectations, and to make sure it's worth it to get all dressed up for him.

*AverageToHot*

## CHAPTER ELEVEN:

### **HOW TO LET A MAN KNOW IF THE DATE HE SUGGESTS ISN'T APPROPRIATE**

I've seen quite a few comments on this sub where women flat out tell a man that they don't do coffee dates and they expect to be taken out to dinner. I think there is a better way to do this that maintains your dignity and that also helps vet the man.

On occasions where I've had men suggest a low effort date. I have two go to responses:

*"Thank you for the invitation, but that is not the type of date I'm accustomed to."*

*"Never mind, if it's too much trouble for you to plan an appropriate date, perhaps we're not a good match."*

Nine times out of ten the man will step up right away and do the right thing. If they don't you have your answer.

I also feel a date should be in line with the age and income level of the man. I have dated wealthy professional men as well as blue collar guys. I expect them to plan and pay for a date proportionate their income level. If I know they are making an effort I am happy.

I hope this doesn't offend, but in my opinion flat out asking to be taken to dinner is a bit tacky. I think there are better and more dignified ways to let men know our expectations.

*penelopekitty*

## SECTION IV

# DATING THEORY

*"Without community, there is no liberation."*

AUDRE LORDE

## CHAPTER TWELVE:

# **DATING SHOULD BE A STRESS-FREE EXPERIENCE FOR YOU, AS A HIGH-VALUE WOMAN.**

When a man is truly interested in you, he will text you first and take you out on dates without much effort on your part apart from your warm "yes!" As a woman, it's not your task to make things happen. All you need to do is to sit back, relax, and let him show you how much he really likes you. If he's not stepping up to the plate, calmly next him and meet other men to increase your chances of finding a great guy who will love you.

When you take on the masculine role by texting him first and planning dates, you don't give yourself the opportunity to filter out half-interested men who will give you nothing but anxiety and grief. You're not being "independent" by asking for his number and making plans with him. You're making it too easy for him. He should be the one showing you that he's worth your time. If a man doesn't try to make things happen with you, he doesn't want you enough to warrant your investment in him.

So ladies, be your best selves, do your own thing, and the right man will come sooner or later.

*AverageToHot*

## CHAPTER THIRTEEN:

# **A MAN WHO IS CONTENT KEEPING YOU IN A NONCOMMITTAL SITUATIONSHIP IS SOMEONE WHO DOESN'T CARE IF YOU'RE BEING WINED AND DINED BY OTHER MEN. DROP HIM.**

One mistake I see a lot of my friends making is them being too available for the guy they're dating and providing the exclusive girlfriend experience free of charge.

At the end of the day, if the guy you want to be with is 100% content not defining the relationship:

He's not that into you.

He's thinking "why buy the cow when you can get the milk for free."

He is overly comfortable because you've made it clear through your actions that you are monogamous with him, even if you're not.

Men become monogamous with women they love and women they are not willing to risk losing.

### STRATEGY

- Obviously, keep your social life stacked with shit he's not apart of.
- Continue to go out without him on the weekends and be honest about it.
- For the jugular: Plan a girls trip out of town, look hot and GO.

And it's not just a dating strategy. It's a life strategy. We are women, we are intelligent, we are fun and we are gorgeous! I've been with my partner for 3 years and in this year alone have been on 5 girls trips having an absolute blast around the country (and this summer Europe aye! But he's coming with me lol).

For the single ladies: Do NOT rub the fact that you're still dating in his face. But DO make it clear your social life does not slow down for him.

If I was super into a man who I was regularly dating for 3+ months that didn't care if I went out and got whisked away by the man of my dreams, I would have to drop him. Call it pride I guess. But that's unattractive to me.

A man asking a woman to be exclusive is not some sacrifice women should be desperately waiting on. It's an honor for a woman to accept such a proposition and deny all of her potential suitors to be monogamous with one man.

Disclaimer: This also weeds out overly jealous, controlling men who after a month of dating neg you about going out without him and meeting men. BARF.

*popfriday*

## CHAPTER FOURTEEN:

### **A HVM WHO IS SERIOUS ABOUT YOU KNOWS EARLY ON. DO NOT BE FOOLED BY CONFUSED MEN.**

#### How and when male celebrities knew she was the one:

**NICK JONAS ON PRIYANKA CHOPRA** - "think I got to know her so well as a friend first, which then made it really easy when we started dating to say, 'Wow this is the person and I know, right off the bat.' So it happened very fast, within days of us diving in. I told [my brothers] a week after our first date, 'I'm going to propose later this year.' "

**PRINCE HARRY ON MEGHAN MARKLE** - "The fact that I fell in love with Meghan so incredibly quickly was confirmation to me that all the stars were aligned, everything was just perfect. It was this beautiful woman just sort of literally tripped and fell into my life, I fell into her life." When asked when he knew she was the one, Harry said with a smile: "The very first time we met."

**JOE MANGANIELLO ON SOFIA VERGARA** - "I knew [she was the one] like right away. She was in New Orleans shooting this movie so I was flying back and forth to date her."

**STEPHEN COLBERT ON EVELYN MCGEE-COLBERT** - "I walk in [to a theater lobby] and I see across the lobby this woman —I think for the first time, not girl, woman — beautiful woman in a black linen dress, and I think 'Her.' Honest to God, I thought 'There's your wife, you're going to marry her.' And I thought, 'That's crazy ...' "

**KANYE WEST ON KIM KARDASHIAN** - "Our love story's a love story for the ages. I felt like when we first got together, it was like a Romeo and Juliet kinda thing where it's like she's a reality star and I'm a rapper."

**DAVID AND VICTORIA BECKHAM** - David Beckham knew Victoria was the one for him the very first time he saw her, and that was before he even met her. While watching a Spice Girls video, the soccer stud reportedly pointed out Posh Spice and told his friend that he was going to marry her. After they did finally meet, she agreed and said it was "completely love at first sight."

**GEORGE AND AMAL CLOONEY** - "I think it was about three days in I knew she was the one," he said.

**TIM MCGRAW AND FAITH HILL** - In 1996, they went on tour together, and that's when the sparks really flew. Several months later, they walked down the aisle.

**DAVID BOWIE ON IMAN** - "My attraction to her was immediate and all-encompassing. I couldn't sleep for the excitement of our first date," Bowie told HELLO! . "That she would be my wife, in my head, was a done deal. I'd never gone after anything in my life with such passion in all my life. I just knew she was the one."

**TOM HANKS AND RITA WILSON** - When they starred in the movie "Volunteers" together in 1985, Tom knew Rita was the one. "Rita and I just looked at each other and - kaboing - that was that. I asked Rita if it was the real thing for her, and it just couldn't be denied," Tom said to GQ, per Good Housekeeping.

**DENZEL WASHINGTON ON PAULETTA WASHINGTON** - Denzel Washington says he proposed to Pauletta Washington three times before she accepted. "You heard it here first," Denzel said on the red carpet at the L.A. premiere of his film, "2 Guns," per E Online. "She turned me down, she said no. And since it was three times, that means she turned me down twice."

**HUGH JACKMAN ON DEBORRA-LEE FURNESS** - "I knew two weeks into meeting Deb that we were going to be together for the rest of our lives," the actor told Today in 2018.

**JOHN KRASINSKI ON EMILY BLUNT** - It didn't take long John to fall head-over-heels for her. He told Ellen DeGeneres he wasn't looking for a relationship at the time, "But I met her, and I was so nervous and I was like, 'Oh no I'm going to fall in love with her.'"

**CHRIS HEMSWORTH ON ELSA PATAKY** - Chris revealed he met Elsa on a blind date set up by their reps and immediately knew she was the one. They started dating in 2010. Chris told Elle, "From the first time we met, we just made sense. She's fun. She's outgoing, and she has a sense of humor and a passionate attitude toward life, which is nice to try to keep up with."

**ALEX RODRIGUEZ ON JENNIFER LOPEZ** - Friends of the baseball player would later tell Page Six that Rodriguez spent months trying to find the exact perfect ring. "He wanted to get it right," the source said. "The proposal has been a long time coming. Alex knew she was the one and has been painstakingly planning everything."

**MATTHEW MCCONAUGHEY ON CAMILA ALVES** - On that first date, "I knew then. I said the next night after that, I want to go out on another date. The next night after that, I wanted to go on another date. And I've been wanting to go on a date with her for the last nine years. And not with anybody else."

**CHRIS O'DONNELL & CAROLINE FENTRESS** - Scent of a Woman and Batman franchise star Chris O'Donnell met Caroline Fentress via his sister, who was her college roommate. For O'Donnell, it was love at first kiss, or as he likes to say, "As soon as I kissed her, I knew she was the one."

**JASON MOMOA ON LISA BONET** - When Jason Momoa, 39, and Lisa Bonet, 51, first met in 2005 at a jazz club in New York City through mutual friends, the Aquaman actor

was immediately smitten. “We just happened to be in the right place at the right time,” he told James Corden on the Late Late Show last year about their first meeting. “I actually had dreaded my hair for her. I had dreadlocks, she had dreadlocks. I literally turn around and I see her and she goes, ‘I’m Lisa.’ I turned around to my friend and I [pretended to scream]. I had f—ing fireworks going off inside, man. I convinced her to take me home, because I was living in a hotel.” His love for Bonet began when he was 8 and he saw her on TV. “I was like, ‘Mommy, I want that one,’” Momoa told Corden. “I’m like, ‘I’m going to stalk you for the rest of my life and I’m going to get you.’”

*CuriousCatNYC777*

## CHAPTER FIFTEEN:

### **IF HE IS NOT MARRIAGE-MINDED, HE IS WITH YOU FOR CONVENIENCE'S SAKE.**

Somehow, I was socialized growing up (probably in school) that having a "boyfriend" was a desirable thing. It meant you were pretty and special and desirable. Someone wanted to court you and then marry you. The thing is, that's not how men see it. Especially not these days. In their minds, having a "girlfriend" is like a video game achievement that unlocks regular, free sex and half off your rent. Ka-ching!!

When I look at the benefits I got out of having a "boyfriend" in my 20s, I could have gotten those same benefits without the disrespect and nonsense that led to regret and baggage in my 30s by instead having a roommate and some better friends for companionship and helping each other out.

What a waste of my time and distraction these useless "boyfriends" were. I wish I'd applied myself to my studies and joined a women's sports team.

Our grandmas kept many male friends and suitors (not having sex with any of them) until one made a marriage intention clear. Then they could court IF her and her family thought he would be a good choice. None of this wasting the most beautiful and carefree years of your life tied down to some dude with emotional issues and no money lol.

If there was one piece of advice I could give young women, it would be that.

*Deleted user*

CHAPTER SIXTEEN:

**SAY NO TO PURSUING MEN.  
THAT'S HIS JOB.**

**HOW CAN YOU TELL IF HE REALLY  
LIKE YOU**

**@Are\_you\_a\_Basic\_chick**

**If a man is really INTO YOU he will  
PURSUE you because he wants you.**

**If he's mildly interested, he will  
want you to equally pursue him.**

**If he is NOT intrested he will just  
let you do ALL the work.**

**LET HIM WORK, LET HIM CHASE**

*AverageToHot*

## CHAPTER SEVENTEEN:

### **IF HE HAS TO BE DRAGGED, LEAVE HIM BEHIND.**

Our culture treats marriage and long-term relationships like **status symbols**. Simply being coupled-up comes with a certain social caché. Sometimes, the desire to be seen as normal, as successful, and as lovable makes us act against our own best interest. There are few more perfect examples of this phenomena than the "if that's what you want, I guess" boyfriend.

You start seeing a man and you like him - a lot. You fall hard. He's funny, he's smart, he's good-looking. Sure, he's kind of under-achieving, but he has plenty of good reasons. For one, his boss is not very nice. And his last girlfriend was *So Demanding!* What does it matter that he's lived in the same kind-of crappy apartment for the last ten years? And what does it matter that he's been in the same underpaid job since graduating University? He's got *Big Plans*, but things take time!

When you ask about exclusivity, he'll agree - "if that's what you want, I guess". He's happy to be exclusive, since he feels more secure. But he wasn't going to ask you - what if you said no? If you want to move in together, he'll agree ("if that's what you want, I guess") but he won't really spend any time looking at apartments. He doesn't mind being where he is, and he can play games all Sunday when you're not around. But he'll move, for you. If that's what you want.

Once you've coordinated his move and yours into your new apartment, you will quickly discover that his housekeeping *never evolved past middle school*. He'll ignore you if you complain - after all, you did all this work to move in together! You'll spend more time doing the chores, and you'll take over grocery shopping once you realize you don't want to live off pop tarts. But he's loyal! He isn't going out flirting with other girls - in fact, he isn't doing much of anything at all.

After living together for a year or two, your friends and family start asking about marriage. You'd like to get engaged - after all, everyone else is, and you've put so much work into this! You talk to your man about getting married, and he's fine with the idea, "if that's what you want, I guess." You want to have kids - he's not really into it, but he'll do it for you, if that's what you want, even though he has no real desire to be a father.

At some point, perhaps while you're single-handedly planning a wedding for 100 people while he procrastinates on buying the suit you picked out for him, you realize that this man has never been **enthused about you**, the life you're building together, or the things you value. He's going along with your plans because you make them, not

because they're his plans too. If you had never showed up, he'd still be in his shitty apartment, eating cereal and not vacuuming, and here's the secret: he'd be just as happy. Because he is lazy, and comfortable, and **perfectly happy with a mediocre life.**

Girl, dump him. If you have to drag a man to the next phase of his life - if you have to argue a man into marriage - if a man is willing to "compromise" and have kids with you, even though he doesn't want them - **DUMP HIM NOW.** You will wear yourself out trying to drag him into adulthood. You will never have a real partner. At best, you'll have a moderately sullen, somewhat compliant man-child.

You can't build a life with a man who cannot have one without you. Leave him to his Xbox and find someone who is ready, willing and able - and **excited** - to move forward with you. **If he has to be dragged, leave him behind.**

*masterofthebarkarts*

## CHAPTER EIGHTEEN:

### **DO NOT MOVE IN WITH A BOYFRIEND.**

*“Does FDS have a stance on moving in with a boyfriend?”*

You bet. And you can probably guess what that stance is.

**Don't do it, sis.**

Hang on, you might tell yourself. It's the 2000s. Women have been successfully cohabitating with boyfriends for decades now. It's not a new thing, and everyone is doing it. Anyway, how else am I supposed to find out if he's marriage material?

Sis, let me stop you right there. The moment you move in with a boyfriend is the moment you lose leverage in the relationship. You're giving up your independence in exchange for NO commitment from him as well as setting yourself up to waste your time as a “forever girlfriend.” Here's why you need to wait until there's a ring on your finger before you even THINK about living with a man.

**YOU'RE NOT AUDITIONING TO BE HIS WIFE.** If he's serious about you, and doesn't want to lose you, he will propose. If he's unsure, but wants to cohabitate anyway, he's testing you. You don't need to be tested, sis. You know you're a high value woman. You know what you bring to the table in a relationship, and eventual marriage. This guy is lucky to have you in his life, and you're sure as hell not going to audition for the role of his wife. Anyway, a study by “Journal of Family Psychology” suggests that couples who feel the need to have a marriage “trial run” might already suspect their relationship is doomed to fail. Researchers found that this lack of confidence tended to carry over into the marriage, and couples who cohabitate prior to marriage have a much higher rate of divorce. (thanks u/CuriousCatNYC777).

It's a **WASTE OF YOUR TIME** to move in with a non-serious man. Many men are happy to have you be their forever live-in girlfriend without ever seriously committing to you. This is a major waste of your time and energy, to sink years of your life into a man who was never going to commit to you in the first place. Plus, consider the emotional fallout of having a serious relationship unravel. It takes time to heal yourself, make peace, and then build yourself up to date again. Don't put yourself in boyfriend purgatory! (thanks u/thewetdog\_).

**YOU'RE CUTTING OFF YOUR OPTIONS.** This one is obvious. Living together makes it impossible to keep your options open. By moving in with him, you're essentially saying, “I'm romantically committed to YOU and YOU only, for the duration of this cohabitation even though we're not married.” *What the fuck is that?*

**YOU'RE GIVING UP YOUR PRIVACY AND INDEPENDENCE.** For what? To save a few bucks on rent, and see if he cleans the toilet? Sis, come on. You're not really going to give up your safety, security, and solitude to cohabitate with a guy just to see if he's "the one?" It's a risky decision: think of how unstable you would feel if the place you call home was insecure because your relationship was falling apart. You deserve peace of mind in your own home, and living with a boyfriend won't give you that. It will likely do the opposite, when your home is tied to a man who hasn't committed to you. Get in a fight? You might be out on the street tomorrow.

**IT'S A NIGHTMARE TO MOVE OUT.** Ok, so you moved in. It didn't work out, and now you're on your own again. Whose stuff is whose? Who gets the security deposit back? If he left the shared space, can you make rent? Do you really want to pay mover's fees, split up the dishes, track down your socks from his LVM drawers, or deal with a damage deposit with your ex? Instead of a clean break with a guy you never lived with, now you're texting him, asking if he's seen your dog's sweater collection. Meanwhile he's on Tinder, swiping on PickMes. *Nah, sis.*

**YOU LOSE POWER.** He's got you right where he wants you. Your bills and rent are combined, you've adopted a dog together, and you cook dinner with him three nights a week. Sounds cozy, right? Except he's not your husband. He's just a guy sleeping next to you, sharing your Netflix account, and it's going to be really, really hard to walk away the next time he does something unacceptable. He's got you pinned down, and you have severely limited your leverage by combining households with him. **It's not so easy to walk away when everything is intertwined.**

### THE INEVITABLE RETORTS:

1. *"But how do I really know a man, unless I've lived with him?"*

You'll never really know him, sis. You can live with a man and all is fine, you marry him, and he still turns out to be a garbage. Maybe he's clean and takes care of the cats, but he's abusive. Maybe you live with him happily for a year, you get married, and then he cheats on you. What did all this living together prove? Nothing. Living together for a year is NOTHING like marriage. Anyway, you can figure out a man's cleanliness habits or your compatibility by simply spending ample time at each other's places, or by taking a long trip together.

As u/jalepenopancakes said: "I would much rather establish his commitment to me and be absolutely sure that he's wanting marriage (while having to know slightly less about his habits) than possibly risk getting into a forever girlfriend scenario."

Or take it from u/idiosyncraticg1: "If you've dated for long enough, slept over at his house etc, you should have an idea of what he's like. At a certain point in the relationship you could spend a lot of time at the guys place. Some weeks I would sleep

over at my ex's place for 4 nights in a row. That, plus travelling, would tell you everything you need to know about the guy before moving in together. Obviously there will still be surprises after the move in, but they won't be as large and scary if you've spent proper time with the guy beforehand."

And, finally, as u/luna\_kuma smartly pointed out: "The truth of the matter is that: you don't know. There is no guarantee that your seemingly HVM will not one day flip the switch on you. That is why the core of FDS is to always be able to walk away."

## 2. *"But what if I already live with my boyfriend?"*

I hear you here, sis, and I've been there. In this case, it's in your best interest to start thinking about the inevitable move out if he continues to waste your time as a forever girlfriend. **Remember: a man who wants to marry you WILL PROPOSE, so don't fall for the sunken cost fallacy.** You need to have financial resources in place. Know what your housing options are in the surrounding area. And, of course, make sure he knows you don't depend on him. Casually bring up the possibility of signing a lease with a good friend. Make it clear that you've got options. Talk about how it might be nice to rent a little apartment down by the river. **You shouldn't give him an ultimatum, but by making it clear you've got other options**, he might wake up and realize his beautiful queen has the ability and desire to go her own way. If he's afraid to lose you, he will man up and propose. **Otherwise...you know what to do.**

*Deleted user*

## CHAPTER NINETEEN:

### **HE KNOWS WHAT HE'S DOING. IT'S NOT IGNORANCE.**

This post is long overdue. I notice this insidious pattern of women trying to explain their man's shitty behaviour. We tell ourselves and each other how men are inherently clueless-- like the bumbling dad stereotype on TV.

Many of us have been there with LVM and NVM. Many of us used calm words, polite notes, texts, cards, and heartfelt letters to express our feelings when they did something to hurt us. When that didn't work, a lot of us begged, "nagged," cried (genuine) tears, sobbed, fell into depression, and dragged them to couple's counseling. Some of us enlisted a mutual friend or family member to "see our side" and validate we weren't "crazy."

Many of us thought, *"if he saw how much this is hurting me, he can change. Maybe if I use the perfect script, the most tactful words, the most market-friendly vocabulary in just the right tone of voice, he will get a stroke of insight and understand."*

Guess what-- your LVM/NVM **knew** he was hurting you. He knew exactly what he was doing and did not care. Your pain was obvious and they literally could not be arsed to put in basic effort to treat you with respect.

We have had men view us as caricatures rather than human beings. We have had them tune us out as we spoke to them, half-listen to us, or respond with something completely tone deaf because they have a distorted view of us. Men are excellent at playing dumb when they want to. It's a trope as old as time. *"Me dumb man."*

Sorry lurkers, the jig is up. Queens, when he hurts you, he knows he is hurting you, and will not change. When he sees your brow furrow, and shoulders tensed up to your ears, **he knows**. When he sees you huff a bit as you calmly, politely, yet unhappily ask him to do the thing he promised/treat you decently/stop disrespecting you. When you shed a pretty tear, **he knows**. When you "ugly-cry" and your face turns red with leaking, swollen eyelids and snot dripping down your nose, **he knows**.

**He knows** a text everyday could make you really happy. He knows you want to take a day trip or weekend with him. **He knows** you wish he would compliment you more. **He knows** it bothers you when he gets off on porn then shrugs when you show up to bed in new lingerie. **He knows** you want to get married someday. Unless of course, he tuned you out. 🙄 ♀

Don't even bother psychoanalyzing him. Even if you are a mental health specialist, it's above your pay grade. Why? First, it's unpaid labor. Second, he will not change nor appreciate your efforts. Third, why does the exact mechanism of the poison matter when this person is simply toxic for your physical, mental, and spiritual well-being?

If you must do research, you can read *Why Does He Do That?* By Lundy Bancroft, *The Verbally Abusive Relationship* by Patricia Evans, and *Chump Lady's* blog.

The answer is stunningly simple: **a messed up attitude**. That's right. Your NVM/LVM justifies, rationalizes, and uses entitlement to gain control/perks. Maybe he views you as an extension of himself. Maybe you are working under a model of cooperation and wonder why you two keep having "miscommunications." Sis, he hears you but is viewing you through the warped lens of "every interaction is a fight and I must win." There is no "we" for him, only "me."

Can he change? Theoretically, a small chance exists he can, like any human being. Is it likely? Not at all. People only change when they want to, or if there is a fire under their asses. Even with consequences, many try the same behavior repeatedly, or with different strategies to be sneakier about it. Small habits and behaviors can be learned relatively quickly in 90 days, but revamping an entire values system? Unlearning misogyny and patriarchal "ideals?" Switching to a better friend group? Learning to wash himself/do basic household tasks? Breaking the cycle of treating partners like shit? We're talking years of intense therapy plus homework plus sustained effort. What are the chances your Nigel will actually do that for you when he already treats you with less care and attention than rubbish?

Sis, he **KNOWS** what he does hurts you. And he keeps doing it anyway, which means he doesn't care about your happiness or his character enough to change.

If you're reading this and thinking, "*no, my man really is that ignorant! I must teach him*" Really sis? Do you really want to be attached to a manchild for the rest of your life? Do you want someone you cannot call for in an emergency? Someone who will leave you to do all the adulting? Someone who is perfectly physically/mentally capable of running to the pharmacy for a box of sanitary pads but won't because he is obsessed with his new Xbox Live game? Or maybe he said "*nah that's gross.*" The rewards are stellar, as he will relinquish all the drudge work to you, barely make an effort, and maybe make a minuscule change!

If you don't believe me, there is evidence. This source indicates how men can read soft nos and body language: [Mythcommunication: It's Not That They Don't Understand, They Just Don't Like The Answer](#)

Dr. George K. Simon, when discussing character disorders, states:

*"They already see but they just disagree. A little rhyming phrase I use a lot. I can't say it enough! Therapists make the same mistake! And they'll change only when the cost of their behavior rises too high, the benefits of doing something different becomes more clear, that's when they'll change. It's not that people can't or won't change. It's under what circumstances they'll be motivated to change. What you need to do if you're in a relationship with someone like this is set those limits and enforce those boundaries! You must set the terms of engagement!" [An interview with Dr. George Simon on "Character Disturbance"](#)*

Ladies, take the good doctor's advice. Set the terms of engagement by safely high-tailing it at the first whiff of disrespect, carelessness, or feigned cluelessness.

Don't you deserve better than a man who neglects you, actively harms you, or (in the words of Captain Awkward) keeps stepping on your foot and making comforting reassurance noises when you ask him to stop? Who makes you feel responsible for his bad behavior? Get yourself one of these AT MINIMUM or stay single: [Common courtesy things your bf should be doing](#)

Tl;dr: Men are not stupid, ignorant, or helpless. But they can be exploitative and great at acting. He understands you're hurt and will not change. Even if he were that clueless, do you really want a man-child, sis?

*FluffandRainclouds*

## SECTION V

# PSYCHOLOGICAL STRATEGIES

*"Well behaved women seldom make history."*

*LAUREL THATCHER ULRICH*

## CHAPTER TWENTY:

### A MINDSET CHANGE

Before getting into the dating world again, I was in a LTR with a terrible person. Classic cheater who also sexually and emotionally abused me from time to time (though I didn't realize it was abuse while I was with him). After finally leaving him, I started dating again. I took about eight months to try to repair myself, but I ultimately still had low self-esteem and self-worth after all I had been through with my ex.

This reflected in my dating life. The last guy I dated was a prime example of what you don't do. *I chased, I texted first, and I put him on a pedestal. I was his therapist and doted on him. I treated him to outings. I did anything he wanted. I was down to hang out whenever he wanted, even if it was a last minute date. I thought about him all the time. I was eager and tried very hard to please him without expecting him to please me.*

What ended up happening?

Despite being the nice, considerate girl, I was slow faded after we had sex a couple times. That sucked and I was convinced it was me. I was convinced I was ugly. I wasn't attractive enough. There had to be something wrong with me physically, right? Why else would a man you treated well and did everything for walk out of your life? Sure, I had men at work hitting me up all the time. Yeah, a man on the street corner chased me down just to tell me I was beautiful. But if I was actually attractive, it didn't add up.

That's when I found FDS.

Instantly, I totally overhauled everything. Everything I'd been taught. Everything I thought was "right" was now turned on its head. I immediately got busy. I started up with my old hobbies I had relinquished after getting serious with my ex. I started salsa dancing again. I rekindled my love for French. I connected with friends I was isolated from in my relationship. **I lived my life for me.**

What ended up happening?

The same thing that always did.

Men asked me out.

Only this time, I changed the way I approached the men who asked me out.

I wasn't always available. I didn't stop time and space to go out with them. If I had plans already? I stuck to them. If they asked me out at the last minute? I turned them down. If

they wanted to see me then they needed to show me they planned our date in advance. **My time is valuable.** I would not be available whenever for their convenience.

**Also, I didn't put them on a pedestal.** These were just men. They had proven nothing to me. Had they proven their value? Had they demonstrated their commitment to me? No, and I could easily live with or without them. I had my own life to live. My world no longer revolved around the men in my life. I was no longer interested in chasing because I could take them or leave them.

Last, and most importantly, I **valued myself.** As I got out into the world more and did the things that once made happy again, I realized how valuable I was. I was smart, I was interesting, I was healthy, and I was kind. Before, with the last man I dated, I did not feel that was enough. I felt that despite all I had accomplished in my life, I was still lacking something. And what did I do? I compensated by chasing him and doting on him. Hoping that he would overlook the false deficiency I made up in my head.

Now, I knew my worth. I knew how much of a catch I was. Instead of feeling lucky to have a man who had proven nothing to me, I now felt that a man would be lucky to have me. This subtle switch in my frame of mind made all the difference. I had upped my standards. I knew all I brought to the table. What did he bring? And more importantly, how was he going to show it?

So thanks to everyone for this sub! Thanks for the advice and the amazing book recommendations. In just a couple months, so much has changed. I went from depressed and doubting my appearance/worth, to having two high-value men chasing after me. I hope I can continue to pass this knowledge down to other women!

*throwawayy92838383*

## CHAPTER TWENTY-ONE:

**THERE IS ZERO BENEFIT TO HAVING A CRUSH.  
ELIMINATE YOUR FEELINGS/ATTRACTION TOWARDS THEM.  
YOU CAN SUBTLY GIVE THEM SIGNALS,  
BUT DON'T PURSUE OR IDEALIZE THEM.**

I've been there before. I used to be the kind of girl who would get crushes on men and it would turn a bit obsessive. I would fantasize about how good being with them would feel and I did things to make them aware of my existence. I initiated contact, I led our interaction, and I was forward with my seduction. I had a stronger masculine personality back then and I didn't mind taking the lead. I wanted to make them like me. Of course, it didn't work out. It only made the man emotionally unavailable and I think I was attracted to a man's emotional unavailability because I didn't have enough self-worth back then. I just didn't know any better.

Now I see some posts here where basically the OP is asking what moves she should make to catch the attention of her crush. She knows about his existence and admires him, but he doesn't know her. Or she's friends with her crush and she wants to take it to the next level. I know that pleasure that comes from yearning for someone and the thrill of the unknown. "Does he or does he not like me? I want him to notice me. I want to make him mine." It's a drug, chasing after men; it makes you feel more alive. But oh, how our emotions mislead us! Allowing yourself to get carried away will bring nothing but pain.

My advice basically is... **do not have a crush on anyone ever.** If you ever feel yourself liking a friend, stop feeling that way, because if he's interested in you, he would have asked you out already. If it's a stranger that you like, stop feeling that way, because liking someone who hasn't noticed you is a sure way to put you in pursuit mode and FDS women don't pursue. **And remember, if you were his type, he would have noticed you already.** You want a man that notices you. Sure, you can flirt with your friend or make flirty eye contact with the cute stranger, but stop yourself from feeling intense emotions and infatuation towards them. **Only entertain men who pursue you HARD.** Plus, once a man finds out you have a crush on him before he decides that he likes you, he'll have the power in the relationship and will take you for granted subconsciously.

The best course of action is to become your best self and attract men to your life, while at the same time not letting yourself have a silent crush on anyone **EVER.** You only entertain men who obviously pursue you and you don't yearn for someone who doesn't know your existence or an acquaintance/friend who hasn't asked you out.

## CHAPTER TWENTY-TWO:

### **KEEP YOUR HEART ON LOCKDOWN**

It's easy to get attached if a man acts right in the beginning. That's why a lot of women stay in relationships that don't benefit them anymore. **They refuse to see the red flags and their partner's indifference and lack of respect towards them.** These women keep thinking back to the good old days. It's what sustains them and chains them to the unfulfilling relationship.

You wanna know if a man truly cares about you? **He tries to make you happy.** He remembers the things that you like and makes an effort to make them happen. Men tend to do this in the beginning anyway, so what you have to watch out for is his consistency. Once you sense inconsistency on his end, instead of spiraling which some of us tend to do (like me), it's best to put a lockdown on your heart if you haven't already done it, and stay calm. A man stops putting effort in making you happy if he feels that he has full possession of you. **He wants a challenge.**

To detach yourself from him, stop thinking about him 24/7. That creates an unhealthy dependence on him mentally. Out of sight, out of mind. Next, if you have been too available, be less available. He should be the one who should be luring you back into the relationship. If he does that, be careful about jumping in too quickly. Make him earn you. It's best to still maintain some distance from a man so he knows that he doesn't have hold on you. And he shouldn't have a hold on you. 80% of your happiness should come from things outside of your relationship with him. So, start occupying yourself with new hobbies and self-improvement. This really does work.

If he still doesn't step up, you can't force him to do anything. You can't demand that he treats you a certain way. As a woman, you can only inspire him to give what he wants to give. If he doesn't give you what you want, then he doesn't feel like it. You should then ask yourself, which you'll be able to easily do since you have a wait and see attitude + you have a parachute on your heart, ***"Am I still benefiting from this? Is this still making me happy? Am I still getting what I want out of him?"*** If not and you've given him some chance to step up by altering your mindset (becoming more independent mentally + having a wait and see attitude + not being too attached + not making him think he has a 100% hold on you) and showing it through your behavior, then you have to say sayonara to him.

You've already done the most that you can: improving your mindset by adapting a badass bitch attitude in relationships. Trying to please him doesn't work. All you can

do is work on yourself. If you're already in a good headspace and it still isn't working out with the other person, then it's just not meant to be. Maybe you're not a good match, or the other person changed, or you changed. The two of you are better off being with other people.

You deserve to be with someone who cares about making you happy. Don't ever settle for anything less than that. Life is too short.

*AverageToHot*

## SECTION VI

# HIGH-VALUE QUALITIES

*"No one can make you feel inferior without your consent"*

*ELEANOR ROOSEVELT*

## CHAPTER TWENTY-THREE:

### ADVICE FOR HIGH-VALUE WOMEN

Another FDS participant told me about a PUA “guide” titled *The Book of Pook*. I didn’t want to waste my time reading PUA garbage, so I skimmed this helpful summary. Much of it is the typical TRP nonsense of men convincing themselves that they’re somehow superior to and more important than women. You know, that ridiculous chest-beating, then whistling past the graveyard self-soothing that they typically do.

Some of the advice in the Pook summary is actually decent for **general self-improvement**—albeit clichéd and a bit trite. I took the liberty of converting the sexist stuff that’s directed toward insecure men, and I rewrote it for women from an FDS perspective. (Also, my version is better because the original is so poorly written.) Perhaps you might find the entire list to be helpful with your attitude and goals. #LevelUp2020, ladies!

#### Summary:

- Focus on yourself and the life you want instead of on the advice of those around you.
- With regard to the high standards that you’ve set for others, meet them first yourself.
- Never be ashamed of being a woman. And never be ashamed of your relationship needs or your sexuality.

#### Approach:

- Make it fun for yourself! Treat dating like an interesting pastime, nothing more.
- Don’t make him the object of your desire before getting to know him for at least several months. Otherwise, interacting with him will induce anxiety.
- If you see him every day, be calm and self-focused rather than concerned with what’s on his mind.
- A new mantra to practice: Self-respect is better than regret.

### Mindsets:

- As you think, you shall become.
- The greatest risk is betraying yourself.
- Learn to tolerate loneliness—don't try to avoid it at all costs, as pickmeishas do.
- Keep an air of mystery. Don't reveal too much of yourself too soon. This may be easier for those who are introverted.
- The high standard you have for a partner must first be applied to yourself.
- Don't put all your eggs in one basket—always have a back up!
- Success is a habit.
- Don't think that "getting" a man equates to success. Conversely, being rejected—disrespected, faded, breadcrumbed, used, ghosted, discarded, and so on—does not equate to failure.

### Relationship management:

- Accept, embrace, live, and enjoy your femininity and your full humanity.
- Let him show that he loves and respects your humanity.
- If he is indifferent, even sometimes, accept it and return his indifference. Refocus your attention onto yourself and onto those who value and appreciate you.
- Give respect for respect. Respond to disrespect with self-respect and with distance.

### In the male mindset, men:

- Love being treated as though they're important and interesting—and they love feeling as though they're engaging with someone who is also important and interesting.
- Love a challenge and love (intermittent) attention from women they're attracted to.
- Don't care about stuff they dismiss as "feminine," even if it's important (like feelings, stories, aesthetics, domesticity, relationships, or caretaking).

- Use meaningless words. Judge them by their actions instead. Their actions should match their words.

#### High-quality men only:

- Love sex when you have your own pleasure in mind (instead of his).

#### Rules of being a woman:

- Make your dreams and passions your priority.
- Don't walk on eggshells. Never apologize for being a woman with her own feelings, tastes, desires, needs, standards, requirements, and boundaries.
- Strive to excel at what you do.
- Hold others responsible for their behavior—and then work to solve your own problems.
- You only need to prove yourself to yourself.

#### Other rules:

- Respect is all. Walk away at any signs of disrespect.
- Immediately distance yourself from any man who inappropriately sexualizes a conversation or situation if you're not fully comfortable. Immediately distance yourself from any man who treats you like a caretaker or therapist. No apology or explanation is necessary.
- Trust your gut.
- Always believe and act as though you are worthy of kindness, respect, and love.
- Believing that you're worthy cures neediness and desperation.
- Focus on improving yourself, not on getting the guy.
- Improvise and adapt; don't be constrained by formulas and routines, especially if they don't serve you.
- Elevate your thoughts in order to ascend and level up.

- Make it fun with men. Don't take them too seriously. There's no need to put on a show or prove yourself.
- Imitating someone else's behavior probably won't work for you. Get comfortable with yourself, improve yourself, and be yourself.
- Take care of yourself. Exercise regularly, eat nutritiously, get enough sleep, take care of business, tidy your home, wear flattering clothes, and take care of your skin and hair.
- Don't give him too much attention. Don't chase, don't always be available, and don't double-text. Your time is valuable—more so than his. If he wants your attention, he will have to schedule plans ahead of time. If he flakes, drop him. Let the pickmeishas waste their time on him. You have better things to do.
- Learn and adopt confident body language. Weight-lifting, dance (especially ballet), yoga, pilates, and martial arts are all effective at teaching body confidence.
- Be ambitious and build your ideal life. Your life is a garden; nurture it lovingly before attending to anything or anyone else.

(Hot tip to u/LadyHormoneMonster.)

*Anonymous*

## CHAPTER TWENTY-FOUR:

### **HIGH-VALUE WOMEN: WHO ARE THEY?**

This was a comment I posted in another thread about my own personal observations and experiences of the traits of the women who seem to attract the most HVM.

[Are there any HVM?](#)

Hmm. This is a tough one. There are a lot of traits that make someone desirable in some stereotypical way, and I think most of us here know what they are. When you get down to it with the very most desirable women though, it becomes difficult to describe their traits very well.

I'll try to though. And, below, when I use the word "you", I mean you in the general sense ("y'all"), not you specifically.

#### **Being An Immovable Mover**

Okay, so everybody here realizes the woman should be the one in charge of how things go. We also realize the woman should not be parenting the man.

*However...*

There is one thing the woman should have in common with good parents:

She is "the immovable mover." Or "that which moves without being moved." She seems trustworthy and reliable because you know she is how she is, and she won't be any other way, and you understand precisely what to expect from her. This makes children feel safe when their parents are immovable. It makes men feel safe (in a good way) too - if you can direct things while seeming to stay still yourself, you are a calming and safe presence while also seeming adoration-worthy. After all, the two phrases above are religious. They're about God. Nobody says, "Man, God is so boring since he's immovable." Rather, the immovable nature is part of what's so awe-inspiring, because humans aren't used to that. But humans also have complex dynamics in which one human can symbolize a greater power to another human. The most desirable women are immovable movers.

**Note:** being an immovable mover doesn't mean you can never admit when you were wrong. An immovable mover who's done a wrong thing at some point is SO immovable that saying, "Sorry I did that," doesn't threaten their position.

Also, being an immovable mover obviously does not mean you are doing what the other person wants. It means that they know when to expect that you will be pleased with them or not, and that they know what the results will be, and that they never wonder, "Well, how will she respond if I do x?" They fucking know how she'll respond if they do x. And if she is doing what the other person wants, it's clear to them that it's because it suits her immovable self.

Being an Immovable Mover is, from everything I've seen and experienced in my entire life, the most important thing. All other rules can be skillfully bended if you have your own immovable mover reasons (ie ones the man could never touch or influence) for doing so, whereas no amount of rules work if a man understands that you are not immovable... since you'll break the rules anyway as soon as he moves you.

In relation to being an immovable mover: it's clear at all times that she is the one who wants to be doing whatever she is doing. Nobody ever wonders, "Is she doing this to please some other person?" We all know it's because it's what pleases her; if it pleases others, that is a pleasant side effect.

### Character

She has character and benevolence even while "staying still" in who she is. She respects service professionals; she is kind to animals; she doesn't make fun of the unfortunate. You know that if she were in a tough situation she would do the right thing. Though she prioritizes herself in all normal life situations, you suspect she'd save a kid from a burning building or take a bullet for somebody weak and defenseless. (I believe women find this valuable for obvious reasons, and men find it valuable for similar reasons: it doesn't matter if a woman pops out his babies if she won't also protect them.) When she doesn't have a solid reason to hurt someone, she does not hurt them just for kicks.

### Listening style

A Becky listens, but a dreamgirl has gravitas. When a man tells a Becky his deepest secrets she's sympathetic; when he tells a dreamgirl his deepest secrets she is silent for a bit and then says, "Thank you for telling me that," before either saying she needs to think about that more or making a serious observation. She may offer a hug, but it's not an empathetic hug (empathy is when you express, "I am currently feeling what you feel.") but rather a compassionate hug (compassion is when you express, "I understand that what you are feeling is difficult for you.")

Then all the other stuff we all know. Taking care of their health, taking care of hygiene, all that stuff that is great but isn't good enough to move someone up from the "Becky" category. A desirable woman - a dreamgirl, according to some other post I saw - is an immovable mover who always seems to be doing precisely what she wants to be doing, who prioritizes herself in all normal situations but who you're sure has iron-clad

enough character to take a bullet if some shooter is pointing their gun at a child, who listens carefully and then responds carefully instead of reacting with syrupy sympathy.

Oh. And last of all, something I ignored: a dreamgirl isn't crazy. If she has mental health issues, they are well-managed through therapy and possibly medication, and have been well-managed for years.

So - there are tons of other good traits specific men will love, and other specific men will find "meh." But none of those rise to the level of being thematic. I think that what I have written above covers the entire theme of the very most desirable women - the ones at the very highest end of the bell curve, the ones who can barely avoid tons of men wanting to commit to them forever.

*PlatyupsCommittee*

## CHAPTER TWENTY-FIVE:

### THE QUALITIES OF QUEENDOM

I've been reading the posts and comments here as a lurker for awhile now and I see a lot of content from women who, frankly, don't seem to act like or think of themselves as Queens. If you've read the Rules and Why Men Love Bitches, you'll know that **being a Queen is non-negotiable and foundational**; if you want to date at this level, Queendom comes first, not second. And I don't mean you can pretend to be one, or try to fake-it-'til-you-make-it, because neither of these strategies will work. **Men can smell desperation and insecurity from miles away, and will take advantage of it if you give them the opportunity.**

Before I get into the specifics of what does and doesn't make a Queen, I want to clarify, again, that it is my sincere belief that stepping into your Queendom is a necessary first step before you can date at this level. If you're morbidly obese, struggling with untreated mental illness, and just got fired from your Wal-Mart job, **your energy is probably best spent on bettering yourself and your circumstances rather than dating.** While there's nothing inherently wrong about any of those things, alone or in combination, your ability to attract high-quality men on the dating scene is going to be close to non-existent. Is it impossible? No, but you'll likely waste a lot of time and energy looking, and **Queens excel at budgeting their time and energy wisely.**

I also see a lot of women comment about other women's unfortunate circumstances and say encouraging things that essentially amount to "No matter what your circumstances, there's a high-quality man who will accept all of these negative qualities about you!", as if holding hands around the fire and singing Kumbaya gently into the night will make a difference when it comes to dating this way. It won't.

A Queen has razor sharp self awareness and doesn't shy away from hard truths. If you need to be coddled, if you need a warm and gentle approach, you aren't ready for dating at this level. If you're in that position, be honest with yourself about it, and take a good, hard look at your life and figure out what you need to improve, and get busy!

All that said, let's get into the specific qualities of Queendom:

#### A Queen knows her worth

- A Queen knows, down to her marrow, that she is worthy of the best things that life has to offer. Her confidence is unshakeable. While she experiences setbacks and makes mistakes just like anyone else, she believes wholeheartedly in her ability not only to bounce back, but to grow from the experience and become even better, even more capable.

### A Queen is aware of her greatest potential, and fulfills it

- She understands, on a deep level, what she's capable of, and sets out to fulfill her deepest potential in all areas of life. She values personal growth for its own sake and puts in the work to make her dreams come true. She is accomplished in a variety of areas and savors her success but never rests on her laurels for too long. She understands her shortcomings and flaws and is always looking to improve herself.

### A Queen lives a full, vibrant life

- Her life is rich with meaning, and she lives it to the fullest, whatever that means for her as an individual.

### A Queen suffers no fools

- She does not concern herself with the opinions of those who have not proven their worthiness to her. She does not give of her time and energy to anyone who disrespects her or fails to acknowledge her worth.

### A Queen measures people at face value, and she does not give second chances

- A Queen does not measure others by their potential, but by how they act and conduct themselves in the here and now. A man who harbors beautiful dreams but has not taken sufficient steps to making them a reality is not fit for her company. Neither does she wait wistfully for a suitor to change for the better.

### A Queen only couples with an equal

- She does not consort with peasants or princes, but only other full-fledged Kings in their own right. She does not use her power to elevate anyone else to her status. She is not a Kingmaker. Furthermore, she is content to rule alone until a worthy King comes to rule by her side.

### A Queen never debases herself for another

- She will never lower her standards for the benefit of someone else, nor will she compromise her beliefs to curry favor with another. She has no need to do such things.

### A Queen never shies away from the truth

- No matter how difficult the truth is to swallow, a Queen never backs down from taking in the true measure of a situation or person. She doesn't delude herself into thinking something is more palatable than it is, and she never lies to herself. If she is confused or unsure, she researches and investigates until a problem becomes clear.

To be a Queen, you have to put in the work. You have to have accomplished things that you're proud of, because those accomplishments become the bedrock upon which you build your unwavering confidence. If you're truly a Queen, then you'd laugh when a red-pill troll shows up in your mentions and block them accordingly. You'd block all the men that hit you up for sex on dating apps and you'd never expect anything less but the best treatment from a man when you go on a date. If a man screws up, you drop him immediately and never look back, because they've just proven to you that they're not worthy of your time and attention.

Ultimately, a Queen is complete unto herself. She has a great career, loving friends and family, financial independence, and an abundance of hobbies and pastimes to fill the hours when she isn't crushing it at her workplace. Finding a man to settle down would just be icing on the cake; she doesn't need a man, but having that companionship would add another level of happiness to an already joyful and fulfilling life.

*AQueenCrowned*

## CHAPTER TWENTY-SIX:

### THE DIFFERENCE BETWEEN A LVM AND HVM

I should open by saying that I really enjoy this community. I find it so positive and empowering, and even though I'm married, I come here regularly to remind myself to keep on with my Queen shit. I used to put up with a lot from mediocre men because I didn't know any better. I thought my standards were high. They were not.

It wasn't until I met my husband that I finally realized the difference between a LV and HV man. I thought the guys I was dating were HV because they paid for dates or helped out or spent time with my family. The truth is that ANYBODY can pay for a date, but that doesn't make someone HV. Sometimes LV behaviour and HV behaviour can look the same, until you look closer:

A LVM will pick you up from the bar after you go out drinking with your friends. He'll complain about it and whine that he doesn't want to drive them home. He'll ask you if you were hitting on guys and he may blow up your phone while you're out with passive-aggressive bullshit. He'll make it clear that picking you up was a "favour" and you should be grateful and that it won't happen all the time. You'll have to remind him that he agreed to it, and he'll be annoyed that he had to take 30 minutes out of his evening of gaming to come and get you.

A HVM will pick you up from the bar after you go drinking with your friends. In fact, he'll volunteer immediately when you tell him your plans for Saturday night. He'll want to make sure your friends get home safely. He'll respond if you text him but will mostly encourage you to go have fun. If he's early, he'll let you know that he's waiting but doesn't expect you to stop partying the minute he shows up, or he'll pop in to buy everyone a round, even though he isn't drinking. If you get distracted and leave a bit late, he might be concerned, but he'll be understanding because hey - it happens! He'll want to know if you had fun. He'll make it clear that he was happy to take 30 minutes out of his evening to support you.

A LVM will help around the house. He'll need you to tell him exactly what to do and when to do it, though, because he doesn't really care. When you do tell him, he'll get annoyed. He will probably forget, and when you point it out to him, he'll get pissed that you're "nagging." He'll do a bad job and when you ask him to do it better, he'll have a tantrum and proclaim that he's never doing it again. You'll do 80% of the housework but he'll claim you split it "pretty evenly." He will make fun of your standards and belittle you for being "so uptight." If you suggest hiring a cleaning service, he'll freak out at the cost and insinuate that you're lazy.

A HVM will help around the house. He doesn't need you to tell him exactly what to do and when to do it, but he may check with you if you have certain priorities. He recognizes when he's being lazy, apologizes, and tries to do better. If he doesn't know how to do something, he owns it and tries to improve. If you ask him to do something he usually does it; if he forgets and you remind him, he feels regret and gets it done. He may not personally care about getting the housework done a specific way, but if it's important to you then he makes it important to him. You're still probably going to do 60% of the housework (or maybe he's a unicorn and you really are splitting it 50/50) but if you ask him he will immediately acknowledge everything you do. He will try to take on other tasks in order to make the division of labour more fair. He'll suggest and happily pay for a housekeeper, because he knows you are not a maid.

A LVM will spend time with your family. He'll complain that he doesn't want to go and will be miserable while he's there. He'll try to leave ASAP. He doesn't make any effort to be pleasant with your family and if you ask him to bring something he will balk at spending \$20 on a nice bottle of wine. Afterwards, he will make it extremely clear that this was another "favour," and you owe him, and yes - he IS keeping score.

A HVM will spend time with your family. He'll be warm and pleasant with them, even if he doesn't particularly like them. He'll offer to help cook or do dishes, ask what he can bring because he wants to get something nice, and won't rush you to leave. He will tell you (privately) if he has concerns about their toxic behaviour, because he cares about you. He expects to go with you to most family events because that's how you behave in a loving relationship. He makes it clear that this isn't a favour and he doesn't keep score. He thinks he's doing the bare minimum.

Nobody is perfect, of course. My husband makes mistakes and gets lazy sometimes, but his baseline standards are so much higher that "screwing up" takes on a whole new meaning. In the past, my boyfriends "screwed up" by, say, 'accidentally' 'letting' a girl give them a blowjob in her car (true story!). My husband "screws up" by bringing home the wrong flavour of chip when I've had a bad day, or forgetting a dish when he's loading the dishwasher. It's embarrassing to admit that I didn't always know the difference. Learn from my mistakes!

*masterofthebarkarts*

## CHAPTER TWENTY-SEVEN:

# **HIGH VALUE MEN** **AND WHAT IT MEANS TO BE ONE**

There's no shortage of scrotes who write us off saying we all just want a guy who earns seven figures and has a six pack and a jawline that could cut diamonds, and we'll be lonely old cat ladies forever because of it. Maybe that is what you're looking for in a man and if that's the case, girl, go get it. But High Value is more than that and it's more subjective than that.

High Value means high value to you, personally. A man who *adds value to your life* rather than subtracts from it. A banker with a penthouse may look high value on paper, but if your vision of your future is a cottage in the country where you can sit on your porch and watch the sun rise over the mountains, *he's not going to bring that value to your life*. If your greatest source of joy is travelling- getting overnight trains and waking up in another country, exploring new cities on foot, making friends from all over the world in backpacker hostels- then a successful entrepreneur who can't take much time off work won't be able to share that with you. This is why it's so important to **know yourself**, your dreams, your sources of happiness, so you can know if a man will be able to share those with you and add to them, rather than dulling or taking them away completely.

**True high value is specific to you** so you need to know yourself to know when you encounter it, but there are some qualities that all men who can be considered high value have in common.

He needs to be *respectful*. That bears repeating, he needs to be *respectful*. Respectful of your boundaries (sexual and otherwise), your emotions, your time, your dreams, fears, and ambitions. He needs to hold you in the utmost regard and if he doesn't do that, he is not high value. That means no repeated behaviours that make you vaguely uncomfortable or stressed, no off-colour comments about you to friends or relatives, no looking down on your career or personal goals, no teasing or jokes that you have to convince yourself are funny. **He should be helping build you up rather than wear you down.**

He needs to be **financially responsible**. Note that I didn't say wealthy, because wealth doesn't mean he'll treat you well and it doesn't necessarily mean you'll have a happy life with him. It also doesn't mean he's financially responsible, there are countless pro athletes who've made millions and gone bankrupt in the space of a few years. Whatever his pay grade, your potential partner should be able to budget and live

within his means, pay bills on time, save for the future and not take on unnecessary debt. Mortgages (and student loans if you're American) are difficult to avoid unless you're the 1% and fine as long as they're being paid off on schedule, but he shouldn't be racking up credit card debt, overdrafts, or small loans for things he could have just saved up for. He should also have no problem with you earning and having your own money (this goes back to respect) and I strongly advise against ever becoming totally financially dependent on a man. On the subject of money, he should also have no problem with you earning more than him.

**He should be attractive by your standards.** Again, maybe you want a dude who looks like life breathed into an ancient Greek sculpture of the perfect male form, there's nothing wrong with wanting that. But maybe you like slim guys rather than shredded, maybe you like stubble, or a lot of tattoos, or softer facial features. Being over 6' tall gets memed but I don't like men who are too much taller than me, it's inconvenient. Beauty is in the eye of the beholder and there's no one way for a person to be attractive. **But he should be attractive to you,** don't give an ugly guy a chance and try to force yourself to be into him just because you feel like you should.

**Your partner should genuinely make you happy.** You shouldn't feel like you're giving up your dreams or selling yourself short to be with him, or hope that the work you're putting into the relationship now will pay off some unspecified date in the future. He should be easy to be around, and have a similar vision of the future so you can share your life with him rather than have your life revolve around his. Whether you want a high-earning career, or to have children and spend a lot of time with them, or sell handcrafts and live out of a van, ***a man who is high value to you will live those dreams with you and enhance them,*** not require you to reconsider everything you want so you can fit unobtrusively into his life. And he should always be proud of your successes, supportive of your struggles, and happy for your happiness.

And remember- high value is **not a status that's granted early on and then rescinded if he turns out to be a douchebag.** It's easy for a guy with ulterior motives to be on his best behaviour for a few dates, or even months or possibly upwards of a year if he's trying to trap you in a relationship. Some abusers don't really turn on you until after the wedding when they're sure you're stuck. Vetting is an ongoing process, don't let red flags slide and never be afraid to admit you misjudged someone and walk away, you're never in too deep to decide a relationship isn't working for you.

*VelvetKnuckleduster*

## SECTION VII

# GENDER DYNAMICS

*"Men are afraid that women will laugh at them,  
women are afraid that men will kill them."*

MARGARET ATWOOD

## CHAPTER TWENTY-EIGHT:

### **WHY SEX SHOULDN'T BE HAD SO EASILY**

Given that the risks of sex are WAY higher and the rewards WAY lower for women - a man must bring something else to the table to level the playing field.

First off, a fundamental law of nature is that Pussy has value, and dick doesn't.

- Men and Women do not come in these situations with equal risk. Your risks as a woman are always WAY higher. Women are more susceptible to STDs, unwanted pregnancy, abortion, effects of birth control, rape, etc. You're already starting out with way more investment and *waaaayyy* more risk than men have.
- Women do not orgasm at the rate and frequency of men. The rewards of sex for women are usually a lot lower than for men, who orgasm most times they have sex.
- Social consequences are higher for women due to sexism. It's not fair - but it's true. If things go south - You'll be looked At badly and take most of the blame.
- You will reinforce poor behavior. A man will always put the bare minimum effort he can get away with and still get sex. Slanging pussy to fuckboys creates male entitlement, it makes them think their strategies are effective.

Trying to prove you're an "Empowered Woman" by having no strings attached & emotionless sex "Like A Man" is selling yourself short.

As is, It's not a fair trade. You're trading down and he's trading up every time and you've got way more to lose.

*TheOGJammies*

## CHAPTER TWENTY-NINE:

### WHY MEN TELLING YOU YOU'LL MAX OUT AT THIRTY IS THEIR BIGGEST COPE

#### *The reality?*

We, as women, practice **self-care** in our appearance. We take meticulous care of our skin, hair, and bodies. We are careful about what we eat and we exercise regularly. Most of us have had skincare routines since we were in middle school. We have always managed to make time to take care of our appearance, even between our education, careers, and hobbies. That being said, at thirty and beyond all that hard work pays off big time for us.

#### *Males on the other hand?*

The average thirty-year-old male already has a **receding hairline**. His face has begun to **bloat from the excessive alcohol usage and poor diet**. A flat tire is already beginning to form around his midsection. He has premature wrinkles, sun damage, and uneven skin tone because he washes with Axe-3-In-1 Hair, Face, and Body Wash everyday and has never picked up a proper skincare product in his entire life. Throw in the erectile dysfunction from excessive pornography consumption throughout his youth?

Voilà, there you have it folks...

#### The Male Wall.

Not only do men hit the wall, but they hit the wall hard and fast because they have done the **absolute bare minimum** to take care of themselves their entire lives. The female "hitting-the-wall-at-thirty" propaganda, on the other hand, is an absolute myth. It's a lie they propagate to comfort themselves about being turned down by that twenty-something-year-old woman that is way too good for him. "Someday she'll be thirty and no one will want her," he says to comfort himself.

#### *We all know that's complete bullshit.*

Men will pursue a woman at any age. We need only to look to the older women in our lives to confirm this.

The reason men who brigade this sub like to regurgitate false folklore is simple.

1. They are **low-value** males.
2. They feel **threatened**.
3. They are **offended** and angry that you have standards. (Especially standards they cannot meet.)

Males that propagate this myth want to **grind you down**. They want to make you afraid. If you fear "maxing out" at thirty you're **less likely to have high standards and present yourself as a high-value woman**. You'll be more anxious and insecure, and thus more likely to settle down (literally, settle) for a male that has nothing to offer. Why? Because you fear approaching this mythical wall. Take a closer look at the context in which these men bring up this argument.

*Example From a Previous Thread:*

- Woman discusses wanting men to pay for dinner.
- Male gets **offended and threatened**.
- Male tell her not to expect such treatment when **she turns thirty**.

*Now let's dissect this interaction:*

- Woman sets out an **expectation/standard** for men in her life.
- Man reacts **negatively** because he is a low-value man who is **threatened** by a standard he cannot meet (monetary).
- He attempts to make her **insecure to lower her standards**.

Keep in mind that the men who propagate this myth are low-value.

The type of men who brigade here (MGTOW, MensRights, Braincels) are **low-value males**. They have little to offer women and thus prey on women with low self-worth. They pursue women who have low standards and little self-respect. By implying that you will become worthless "post-wall", they are attempting to make you feel low-value. (If you feel low value, you're less likely to hold men to high standards.) These men are both lazy and entitled. They feel they should be able to sack a woman without putting in any real effort or investment. They don't want to have to prove they are worthy, likely because they are not.

Never abandon your standards, regardless of your age.

Now that we've broken down this myth, remember never to abandon your standards. By internalizing this propaganda you will only put yourself at a disadvantage. The moment you stop loving and respecting yourself (by seeing yourself as approaching or past the mythical wall), you become insecure, needy, and seek male validation. You don't want that! You must always remember your worth. The wall does not exist. You are a high value woman who has a career, education, friends, hobbies, and you take care of your body. Your value is not tied to a number. You are allowed to have standards always.

Real men respect and want women with standards, boundaries, and self-respect.

*throwaway92838383*

## CHAPTER THIRTY:

### **WHY GETTING MARRIED EARLY AND NOT FOCUSING ON YOUR CAREER IS A TERRIBLE IDEA FOR WOMEN**

Various hacks will tell you to marry in your early 20s because that's supposedly when women are at their most attractive. They will even subtly encourage you to not focus on your career and to ditch your education for the sake of a man, as men don't care about your career.

While it's true that men don't care about women's careers, since they're shallow and only care about looks, it's still a bad idea to focus on a man instead of focusing on your career. Let me explain why.

People who marry early actually have a higher chance of getting divorced. Despite what some tell you, getting married in your early 20s might be a recipe for disaster.

[Couples who marry young are most likely to divorce](#)

People who are not well-educated have a higher chance of divorce. Just one more reason to focus on your education.

[Less Education, More Divorce: Explaining the Inverse Relationship Between Women's Education and Divorce](#)

Being economically dependent on a man leaves you in a vulnerable position. Expecting a man to provide for you leaves you in a vulnerable position. What will you do if the man abuses you and you have no education and no job so can't get out of there? Don't believe the fools who say that you can just divorce and get alimony. It's not always that easy. *There are many who find ways to avoid paying alimony.*

Even if you don't find a man, you can still be happy. Remember that marriage is a better deal for men than for women anyway.

[Is Marriage Worth It for Women? The benefits go mostly to men.](#)

*HellenicLady*

## CHAPTER THIRTY-ONE:

### **“WHAT VALUE DOES HE BRING TO THE RELATIONSHIP?”**

How many women stand back and ask themselves this when they enter relationships? Sure, we think about it subconsciously, but when's the last time you stopped what you're doing and actively made a mental note of this? I believe that this question is so important, and the lack of inquiry about it, is one of the major causes of unnecessary stress and disappointment in regards to our relationships with men.

At every step of your relationship or marriage, this is a question that you need to be asking yourself. In fact, this question should ideally begin before the relationship even starts. And it's why I'm a huge advocate for women dating multiple men at the same time. It can be stressful and exhausting, but at the end of the day, it is the only thing that brings on the rewards that you as a woman have been seeking.

You need to evaluate every guy that you're dating on these very important qualities:

- Attractiveness and fitness
- Confidence and ambition
- Sacrifice and generosity
- Goal orientation
- Kindness and responsibility

I believe that these 5 things are the ideal traits that every woman should look for in a partner. And men that fall too far off each requirement should be cut off without sex or effort reciprocation.

A man that does not pay for at least the first few dates and insists you go Dutch, is likely poor quality that does not value you or think it's worth it to try and impress you. A man that does not take care of his general appearance and the importance of him being attractive to you, does not care about your preferences. The one that always seems to be in between jobs and talks like he's still hoping to jump start a rap career at 30, does not have discernible goals and is not someone you should associate with.

And if he's a total dick to you, then you need to dig deep into your inner bitch and ruthlessly cut him out of your life. Or worse, if he's nice to you, but a dick to the waitress/plumber/delivery guy/(insert any service job here), then he's likely the manipulative, 2-faced kind that will eventually cause you stress down the line.

Do not let any guy or anyone shame you for dating multiple men at once. To be honest, chances are that so is he and he is likely being hypocritical with regards to judging you for doing precisely what he's doing. **It's neither his or anyone's business who and who you're dating.** A lady does not kiss and tell. Tell him that it's none of his business and that it would benefit your relationship with each other if he focused solely on the relationship that you two are building together. If he bristles or puts up too much resistance or insecurity about it, communicate *good riddance* and leave him on read.

As a woman that knows what value you bring, you need to ensure that the man that is joining you along the ride is on par with you and can keep up. If he's slacking, he either needs to shape up or fall off.

*rainisthelife*

## CHAPTER THIRTY-TWO:

### **YOU ARE NOT RESPONSIBLE FOR MEN ACTING SHITTY. YOU ARE RESPONSIBLE FOR NOT ASSOCIATING WITH ANYONE WHO DOESN'T LIVE UP TO YOUR STANDARDS.**

One of the more insidious ways that women are inadvertently manipulated into unfulfilling one sided relationships is by social grooming that grossly misrepresents the ability and motivations of the average man.

Feminists have been saying men are just like us. The effect is that women get into relationships believing they can reason, negotiate, or emotionally appeal to men to recognize our humanity, in the same manner we would with other women. We give them the benefit of the doubt vastly more often than they deserve. We search ourselves for flaws that may contribute to the reaction. We try to be “evolved”, “open minded” and “reasonable” even in the face of direct disrespect and against our better intuition. After all, if men are just like us, why would they intentionally be cruel and selfish without motivation?

TradCons have been saying men are better than us. Which causes women to vastly underestimate their power and ability. **Men make it their business to absolutely devalue anything and everything women contribute that doesn't directly benefit them.** They scare us with cat lady tales. They endlessly pontificate and perform “research” about us to prove women are inferior or incapable. And if all else fails, they tell us their superiority was ordained by a divine being. And wouldn't you know, all the roles women are best suited for based on their “research” and/or “divine inspiration” are those which encourage our dependence on them, increase our sexual availability, and discourage our autonomy? **How convenient.**

Of course, both of these groups are wrong. The unflinching truth is that Men are depraved and self serving in ways that's actually hard to conceptualize as women. You can't reason with a population who never had the intention of engaging with you in good faith to begin with.

They are not and perhaps never will be as evolved, thoughtful, or considerate of women as whole as feminists want to believe, nor are they as intelligent or innovative or irreplaceable as TradCons want you to believe. Men are also not as ignorant to the effects of their abhorrent behavior toward women as either of these groups want you to believe. **They just don't care.**

Men do what they want, and justify it later through **controlled manipulation of a narrative.** Which they then force us to participate in via gaslighting, fear mongering, concern trolling, social, legal or economic isolation, or outright threats.

The tools we have to fight them, which is reproductive freedom and the ability to have accurate and honest conversations about their behavior, **are constantly under attack.**

I think what's great about FDS is **we try to adjust expectations of men down to reality.** Unfortunately, they're consistently worse than we have been led to believe, which is why so many of us end up abused, manipulated, exploited, and disappointed. And the closer we describe that reality on this sub, the more unhinged and vitriolic men become.

A byproduct of the adjusted expectations is that women start to view men in their proper lens: base, childlike, and mostly useless. And even more are wholly uninterested or unable to see your humanity, but as a resource to be consumed. They are not at all self motivated as a group to be humane to women for its own sake, only for its perceived personal benefit.

Which of course they don't want you to know, because why would women put up with their crap? They need us to believe in their lies during our childbearing years, and then when we're old enough to see them for what they are they can dismiss us as "bitter old hags." They need to use the state to cripple us legally, economically, and socially otherwise we would find out how truly unimpressive they are. A truth that is becoming ever more evident as they lose the ability to exert absolute control on the narrative.

**Patriarchy is gaslighting women into believing most of male behavior is our fault.** From the moment Eve ate forbidden fruit from the tree, men have been blaming us for their fucked up nonsense. We didn't raise them right. We pick the wrong guys. We don't communicate enough. We're not submissive enough. We're not pretty enough. We're not assertive enough etc etc. **Everything is about trying to distract us from what they are and make them our burden to bear.**

With this in mind, The MOST important message of FDS is this:

**WE DO NOT HAVE TO DO THIS. We DON'T have to put up with 1 SECOND OF THEIR CRAP. LET THEM FAIL. They're SUPPOSED to FAIL. Your continued benevolence will NOT teach them empathy. Men respond to FORCE and CONSEQUENCE.**

Don't fix them, don't try to, don't try to change yourself for them, and rarely try and help them. If they fail to meet your expectations, they hit the bench or the chopping block. **You are NOT RESPONSIBLE for nor are you obligated to tolerate the behavior of men.** Do NOT allow men to leech from you from cradle to grave. Do NOT allow them to convince you to give them anything of value for free. Exercise ruthless mate choice like you and your future children's life depends on it, because it does.

*CoolMelonade*

## SECTION VIII

# TEXTING STRATEGIES

*"Each time a woman stands up for herself,  
without knowing it possibly,  
without claiming it,  
she stands up for all women."*

MAYA ANGELOU

## CHAPTER THIRTY-THREE:

### **HE HAS LITERALLY NO REASON NOT TO TEXT YOU BACK**

Ladies, we gotta stop making excuses and giving these "men" the benefit of the doubt.

He is not busy.

He is not "overwhelmed right now."

He is not "focusing on his family/sick relatives/career/etc" so much that he can't text you.

Listen, I work 70-80 hours a week, have a social life, freelance write on the side, go to the gym, read voraciously, AND still have time to go on dates and text people back. The only people I don't text back promptly are the ones who aren't worth my time. The only texts I don't immediately respond to are the people who have proven they shouldn't be a priority in my life, or who are playing games. THOSE are the people I don't have time for.

He saw your snap.

He sees your posts.

He read your text.

He is not lost at sea, out of cell service or otherwise unavailable. **Texting you back would take 20 seconds, he just doesn't want to.**

Stop giving him the benefit of the doubt because your insecurities or loneliness are in control. Take this opportunity to journal, read a book, text a girlfriend, volunteer with puppies, idk. **Stop wasting your time wondering why he's not texting you. Be better, and expect better from others.**

And don't double text to make sure he got the message. He did. Who doesn't have their phones on them 24/7? Literally nobody. I've been out of the country, on a cruise in the middle of the Atlantic ocean, or deep in the Yukon wilderness and I was still able to text back. **It's not that hard.**

He would text you back. He just doesn't want to.

*Liz\_Lemondrop*

## SECTION IX

# RED FLAGS

*"Men who tell you they have a crazy ex are saying  
they have at least one confirmed victim."*

*UNKNOWN FDS MEMBER*

## CHAPTER THIRTY-FOUR:

### **COMMON FUCKBOY RED FLAGS**

**THE INFAMOUS GRIN-** by far the most common red flag I've found among fuckboys (and even untrustworthy pickmeishas) is the sinister grin- it may not flash you at first, but once you see that immature grin coming out, his ego flaring up or him grinning at his phone...watch out. This dim idiot finds everything amusing (simpleton), including receiving a nude whilst you just turned your back. He likes the forbidden fruit, drama, and gets a kick out of duping women to knock their esteem. He is ALWAYS grinning at everything, like you're missing out on the joke. This will follow often immediately after he feels he has you 'hooked' ...aka slept with him, bonded through Oxytocin, and started to catch feelings. Also watch out for the chronic grin if he's a late bloomer or fresh out of a relationship where he got dumped or 'cheated on' (possibly out for revenge and finds it humorous to get a rise out of women).

*Ask him where he was last night and he says 'with the boys' with a big wide grin....*

....  
**RED FLAG**

**Extremely fast texter** - you can vaguely make out he's switching between different convo's very quickly as if he's bullshitting 4 different Tinder girls on whatsapp....SIS!!! It's cos he is. Now you know why he replies so fast... (P.s this also goes for when he miraculously takes 6 hours to reply to you but replies to his 'friends' at the speed of light in front of you: DELIBERATE 'triangulation' move to make you feel insignificant and chase him pumping his ego up. DON'T fall for it- its 100% done deliberately to turn you into pickmeisha and make you insecure/ second guess yourself.)

**Snappy replies** - 'At my friends' 'yeh was good' when you're used to something more elaborate & him making more effort. He's dodging the topic cos it puts him on the spot & you've rumbled him. Think on your feet, probe a little deeper with a few specific questions relating to the alibi he throws you- does he stumble? A fuckboy will get very unnaturally coy about his whereabouts if he's lying.

**Lovebombing** - seems TOO good to be true , flooding with compliments acting like he just saw Jesus weeping through your pupils, too agreeable, seems too chivalrous for how attractive he is, too eager, too intense, too empathetic, too compatible. Your instincts usually flare up at this one but because you fancy him, he's riled up the hormones and you secretly want it to be wrong, you ignore your gut instinct. Put your ego to the side and ask yourself, why there's a hint of doubt, and whether these types of men are common. Take anything within the first 3 months, with a pinch of salt. Men will mirror what they think you want to hear & see in the early stages...at least until they get sex.

**He's secretive** - Won't ring you, says he doesn't like talking on the phone, sticks to Whatsapp voicenotes (less risky than a random call at his sidechicks), you don't have his Instagram, he's a 'low key' guy (possible, but often BS). Basically, he's avoiding you finding his social media blueprint, from which you could monitor him/find out more info.

**Pics of kids on his phone** - could well be his niece, or his uncle's wife's postman's baby...but equally could mean he has a bunch of kids from his wreckless spermloading. Do not assume, try to probe when around his friends, look out for ANYTHING baby/kid related around his house. Also pay attention to random shit in his car, random hair clips, a hair brush that ain't yours. Shit like that.

**Overinflated confidence** - Something off about his machismo - he might have a deep voice, be 6ft2, be ripped or whatever else but there's something not quite convincing about his 'alpha act'.....most likely his shit-ton of emotional baggage and insecurities he's waiting to project on you through coercive manipulative behaviours. Basically his manly mature gentleman act is a farce. Chances are he's broke/not intelligent/in debt/mommys boy. This is something to look out for when he's attractive physically, but something feels off elsewhere- usually there is a giant catch awaiting.

**Watch out for 'sob stories' too quick** - often fuckboys will use some emotional hook like 'briefly' mentioning their deadbeat father or hinting at their depression or lack of money or some sob story segment - if he is mentioning this too quick stay alert & watch his expressions. A grin would indicate he's full of shit. Often fuckboys will use this as a way to get under your skin & garner sympathy to later exploit you further down the line (usually for money/a place to stay/free therapy) or they are doing it to get you to open up and reveal your weak spots to them (such as being estranged from family). As a safety precaution do not reveal weak spots /heavy stuff to men you barely know - wait to see his actions /consistency & depth first.

**★★★ Controlling** - Mentions exclusivity quick- but only in relation to you. If you're very attractive or get a lot of attention he will be SUPER concerned about this (insecure LVM hate competition & the idea of other men on your tail) and they will try to mate gate you/ambush you away from potential interests as early as possible for their own peace of mind as they text 18 other women without a fuck to spare. If it's too soon or he hasn't demonstrated commitment, don't fall for this trap (In 1-3 months he could be a blocked contact & you will have turned down other interests for a FALSE START). Keep your eggs in the basket, do not agree to be exclusive to HIM till exclusivity has been officially, mutually established. The trial zone is just that- a trial to see if his character stands to scrutiny. He doesn't get to lock you down in one week whilst he plates other women.

**Triangulation** - purposefully makes you paranoid and jealous- Deliberately baits you, gives you ambiguous replies to straight forward questions, whilst grinning, hiding his phone in an obvious hidden manner as if he wants you to THINK he's getting it in like that (even though he's probably grafting his ass off or it's his gran)...generally you're

getting a vibe he's tryna RUB something in your face. This is a low value insecure manchild move when he blatantly wants you to see his other interests- he wants to appear in-demand & make you jealous (otherwise, wouldn't he be smarter to hide it?). Look out for the 'hidden contacts list' notification flaring up on Android users and be vigilant towards the emoticons next to a name. Fuckboys will do this sometimes when they want to be cowards/ kick you off the roster to make it obvious they're up to no good, so you will blow up and cut them off. As in they know you're not going to bite the bait and play pickmeisha to appease them, which doesn't stroke their ego and thus bores them, losing their interest. Easier than them being a man & gives their fragile ego a boost 🙄♀️. This will particularly be the case if he realises you aren't a fun feminist, and that you're not the submissive or naive kind going to play his games OR chase after his bullshit. Self respect and standards = no fun for fuckboys. Please look up 'triangulation' to get a better idea of how men deliberately use this to artificially inflate their value/ make you feel jealous and insecure.

**Unreliable** - Blows hot and cold- classic fuckboy tactic but effective, aimed to disorientate you, make you second guess yourself (worth/boundaries/replies/attractiveness) and get you on your tippy toes tryna claw back his attention (elevating him in terms of power dynamics). This is a crucial point where he will swing the dynamic in his favour if not careful. Do not let him take you for a ride on the emotional rollercoaster 🤡. Do not respond with pickmeisha behaviour getting hysterical asking why he's gone cold & rude- his ego feeds off these reactions.

A high value man will not leave you in the dark even if he has stuff going on or has to cancel plans- he will communicate & always affirm you're wanted & will tell you if he needs some space/wants to call it off. The hot & cold game often leaves you feeling like you just got spat out of a hurricane on the highway: \*'how did I get here?' 'was that real?'. \*

Hot and cold is a sign you need to DIP! With high value men- consistency & communication is key because they don't want you to feel any doubt that could lead to them losing you. With fuckboys it's about carrot dangling, guesswork & control- because they're too immature and insecure to put their feelings on the line like that. LVM are about pulling your strings & watching the pickmeisha dance. Lovebombing you, putting you on a pedestal then withdrawing & acting rude/distant is a deliberate fuckboy assault course to keep you off balance & pining after his attention. Don't run down the rabbit hole! Curiosity killed the cat. You wouldn't be psycho-analysing the situation if he convinced you he was a HVM seeking a relationship.

Don't take it personal, these men have no intention to settle down, are scared of intimacy and often insecure/immature. They are not your 'one' or anyone's 'one' because that's not what they are looking for at that stage. You cannot force them into the relationship box if the signs aren't there & they are unwilling to play ball. We can't keep a man that doesn't want to be kept & sis why TRY! The average LVM will back out, even if he has started to get feelings, because the LVM sees vulnerability as weakness and is not man enough to make himself vulnerable. This is not always a reflection of

you not being attractive /good enough to them. Sometimes they just don't want to settle down at ALL whether their dream girl is in front of them or not. Also, if they perceive you as higher value, as in a no BS woman with high standards and they don't feel they match up career/maturity/looks wise, that is going to deflate them, they will get cold feet because you're too much work and they see you as high maintenance. They know you have too many options and too much going for you, for you to put up with their bullshit long term- hence why they withdraw. LVM are looking for easy prey, if you're not that prey, he will lose interest in pursuing you, so don't take offence and see it as the trash taking itself out.

They won't want to keep up their performance that long knowing they are beneath you **deep down**. He may well actually like you a bit, but not feel secure, and that you'll wise up & do better because he knows you can. They prefer naive docile women, the pick me's who pay for dates and have lower self esteem/weaker boundaries. They are easier to groom long term, they will pump his ego as he slums at his moms whilst giving him sex & emotional labour for crumbs & possible STDs in return. The minute you assert yourself and he sees a strong woman with self respect, confidence and street smarts come out, his sexual interest will nose dive. You have exposed the utter fragility underneath his fuckboy persona and he cannot conquer your esteem as he wishes...therefore he will search for the next victim to get his supply with less difficulty. This 'man' wants drama, sex and validation, nothing more. He is low quality. Delete/block and don't look back. **RIP off the band-aid before you get invested!**

*modernmedusaa*

## CHAPTER THIRTY-FIVE:

### EXAMPLES OF HVM VS. LVM

Moirá's note: This handbook article is repeated twice in this handbook, the first occurrence is at Chapter 27. I've copied-pasted this article here. Skip two pages for the next chapter.

I should open by saying that I really enjoy this community. I find it so positive and empowering, and even though I'm married, I come here regularly to remind myself to keep on with my Queen shit. I used to put up with a lot from mediocre men because I didn't know any better. I thought my standards were high. They were not.

It wasn't until I met my husband that I finally realized the difference between a LV and HV man. I thought the guys I was dating were HV because they paid for dates or helped out or spent time with my family. The truth is that ANYBODY can pay for a date, but that doesn't make someone HV. Sometimes LV behaviour and HV behaviour can look the same, until you look closer:

A LVM will pick you up from the bar after you go out drinking with your friends. He'll complain about it and whine that he doesn't want to drive them home. He'll ask you if you were hitting on guys and he may blow up your phone while you're out with passive-aggressive bullshit. He'll make it clear that picking you up was a "favour" and you should be grateful and that it won't happen all the time. You'll have to remind him that he agreed to it, and he'll be annoyed that he had to take 30 minutes out of his evening of gaming to come and get you.

A HVM will pick you up from the bar after you go drinking with your friends. In fact, he'll volunteer immediately when you tell him your plans for Saturday night. He'll want to make sure your friends get home safely. He'll respond if you text him but will mostly encourage you to go have fun. If he's early, he'll let you know that he's waiting but doesn't expect you to stop partying the minute he shows up, or he'll pop in to buy everyone a round, even though he isn't drinking. If you get distracted and leave a bit late, he might be concerned, but he'll be understanding because hey - it happens! He'll want to know if you had fun. He'll make it clear that he was happy to take 30 minutes out of his evening to support you.

A LVM will help around the house. He'll need you to tell him exactly what to do and when to do it, though, because he doesn't really care. When you do tell him, he'll get annoyed. He will probably forget, and when you point it out to him, he'll get pissed that you're "nagging". He'll do a bad job and when you ask him to do it better, he'll have a tantrum and proclaim that he's never doing it again. You'll do 80% of the housework but he'll claim you split it "pretty evenly". He will make fun of your standards and belittle you for being "so uptight". If you suggest hiring a cleaning service, he'll freak out at the cost and insinuate that you're lazy.

A HVM will help around the house. **He doesn't need you to tell him exactly what to do** and when to do it, but he may check with you if you have certain priorities. He recognizes when he's being lazy, apologizes, and tries to do better. If he doesn't know how to do something, he owns it and tries to improve. If you ask him to do something he usually does it; if he forgets and you remind him, he feels regret and gets it done. He may not personally care about getting the housework done a specific way, but if it's important to you then he makes it important to him. You're still probably going to do 60% of the housework (or maybe he's a unicorn and you really are splitting it 50/50) but if you ask him he will immediately acknowledge everything you do. He will try to take on other tasks in order to make the division of labour more fair. He'll suggest and happily pay for a housekeeper, because he knows you are not a maid.

A LVM will spend time with your family. He'll **complain** that he doesn't want to go and will be **miserable** while he's there. He'll try to leave ASAP. He doesn't make any effort to be pleasant with your family and if you ask him to bring something he will balk at spending \$20 on a nice bottle of wine. **Afterwards, he will make it extremely clear that this was another "favour", and you owe him, and yes - he IS keeping score.**

A HVM will spend time with your family. He'll be **warm and pleasant with them**, even if he doesn't particularly like them. He'll offer to help cook or do dishes, ask what he can bring because he wants to get something nice, and won't rush you to leave. He will tell you (privately) if he has concerns about their toxic behaviour, because he cares about you. He expects to go with you to most family events because that's how you behave in a loving relationship. **He makes it clear that this isn't a favour and he doesn't keep score. He thinks he's doing the bare minimum.**

Nobody is perfect, of course. My husband makes mistakes and gets lazy sometimes, **but his baseline standards are so much higher that "screwing up" takes on a whole new meaning.** In the past, my boyfriends "screwed up" by, say, 'accidentally' 'letting' a girl give them a blowjob in her car (true story!). My husband "screws up" by bringing home the wrong flavour of chip when I've had a bad day, or forgetting a dish when he's loading the dishwasher. It's embarrassing to admit that I didn't always know the difference. Learn from my mistakes!

*masterofthebarkarts*

## CHAPTER THIRTY-SIX:

### **IF HE HAS DISRESPECTED YOU ONCE, HE WILL DISRESPECT YOU AGAIN.**

I saw it over and over and over and over again. Friends, family, even strangers. Once they let it slide, just one mistake, everything changed.

While it was one time only, males realize that they broke through the barrier and that nothing stands in their way anymore. They don't have to take responsibility. No consequences. If you set boundaries and he just ignores them once, chances are high, that no matter what, he will try to do it again.

I learned a lot, even though I am still young, and I got to know a lot of different males. I am proud to say that before meeting my husband, I left every guy who ignored my boundaries right away. No matter how hot he was or how much money or other qualities he had. Once he disrespected me, I was gone. And it saves my ass right now, because I know my worth and what I want from a relationship. Obviously I am not talking about minor misunderstandings or things you can actually resolve. We all make mistakes. But boundaries aren't there to be ignored. If something is a dealbreaker to you, leave.

Today I am far away from home. After 7 years with my husband, I left. I was involved in a car crash several days ago, hospitalized and fearing for the health of my unborn baby. My husband took care of everything, I expected nothing less. He was always a total dream. So why did I leave? Yesterday I could finally come back home. My Baby and I are okay so far. My husband took me home, made me a cup of tea and got ready to go out with colleagues. I clearly told him that I am okay with him going to dinner with colleagues, but that I am not okay with him going to drink afterwards. When he texted me that he will come home a lot later, I packed my things up right away. When he told me that he went with his colleagues to drink, I got into my car and went to my parents. It was one mistake. But even if he seems to be a HVM in general, there is no room for another mistake like this. So if I can leave my relationship of 7 years while pregnant, everyone can just not tolerate any disrespect in their relationships. And don't forget to take care of your finances [More at section 13: Finances and Dating]. I have savings that will make my life comfortable for years until I can work again. I wouldn't know how much more difficult it would be without those! Take care of yourselves, one mistake is one mistake too much!

*blackopium777*

## CHAPTER THIRTY-SEVEN:

### **DON'T GET INVOLVED WITH A MAN WHO HASN'T LIVED BY HIMSELF**

Apart from FDS, the single greatest piece of dating advice I have ever received was from my mom:

Never get involved with a man who has never lived by himself. If he does have his own place, check that he has developed healthy adult habits such as cleaning up after himself, doing his own laundry, cooking healthy meals at home, etc.

If he has only ever lived with his parents, he will vastly underestimate how much work it takes to manage a household. He will minimize your household contributions (or literally just choose not to see them), but then he'll do dishes ONCE and expect a parade. Him doing 5% of the work when you do 95% is equivalent to 50/50 in his mind.

If you move in with someone who is used to mommy cooking, cleaning, and doing laundry for him, in his mind, YOU are his new female caregiver. He thinks this type of work is beneath him, and if you fail to cheerfully serve him, he will think YOU are the detective one.

He will gripe about how hard it is, while simultaneously thinking this type of stuff just comes easier or more naturally to women and that is why he shouldn't have to do it.

He will either

- 1) have no idea how to do simple tasks like turn on an oven, chop vegetables, or wash fragile dishes, or...
- 2) do it so badly and slowly and break your things to ensure you never ask him to do it again, or...
- 3) put up so much resistance that you decide it's not worth the effort trying to convince him and that it's easier to just do it yourself.

*Or, some combination of all three!*

Lastly (and this is the most important one), if he does live by himself, make sure to evaluate how well he is doing on his own. If his place is messy, if he leaves dirty dishes in the sink for days at a time, if he leaves dirty clothes on the floor wherever he dropped them, if he brings his laundry to his parent's house for his mom to clean on the weekends, or if he only cleans when he is expecting you to come over by shoving everything into the closet and *not actually cleaning anything, he needs more time by himself to figure it out.*

The key term here is HABITS: does he have healthy HABITS, meaning these acts become automatic and therefore easier to do on a regular basis. Him doing one good thing every once in a while but only if you heap a ton of pressure on him is NOT the same thing as having healthy habits.

After 20 years of marriage, my mom asked my father why he asked her to marry him, and he said "I was tired of doing my own laundry." He was not joking. They are now divorced.

My mom wanted me to know this so that I don't make the same mistake she did, and now I am sharing this with all of you.

Ladies, it is *not your responsibility* to teach a boy how to be a man. He's not your child, you are not his mother, he needs to figure out how to be an adult on his own. No amount of pressure, communication, couples therapy, etc. will make him change if he doesn't want to. It is easier to be single and responsible for taking care of yourself ONLY, than to be in a relationship where you are responsible for yourself and a 200 lb manchild.

Edit: One point I forgot to mention is that if you are already in a relationship/marriage with a man like this, WALK AWAY. He will not change, no matter how much "communication" (aka begging), compromise, or marriage counseling you do. If you are already doing the overwhelming majority of domestic labor, he has no incentive to change. He is already accustomed to enjoying female servitude, it is in his best interests for this arrangement to continue, and *he will do anything and everything to maintain his male privilege.*

*myusername*

## CHAPTER THIRTY-EIGHT:

### **EIGHT TYPES OF LVM**

This is a summary of *How to Spot a Dangerous Man Before You Get Involved*. This is not an exhaustive list of dangerous men, and the types are not mutually exclusive, but it gives good examples of men who add a negative value to your life.

I also took notes on what type of women these men prefer according to the author. I don't think it needs to be an exact match, but it can be helpful. At the end of the day, dangerous men will go for any woman that works for them.

#### 1 - The Clinger

- Needs you so much he can't stand to be without you.
- Guilts you into being with him and changing your plans for him.
- Threatens to kill himself or "never date again" if you leave him.
- Evokes pity from you to keep you in a relationship with him.
- You try to boost him up so you can leave, but his self-esteem never gets better.
- When you do what he asks, he stabilizes a bit, but then he needs even more.

#### How to spot him:

- He is meek and mild.
- He is socially awkward.
- He has few friends and hobbies.
- He doesn't seek promotions at work (people who started working after him are already past him or gone).

#### Who is at risk:

- He seeks women who were recently hurt in a relationship because his victim-mentality makes him relate to them and because they are more likely to want to avoid hurting him.
- He seeks sensitive women who don't want to be seen as rejecting or critical.
- Women who "don't want to hurt his feelings."

Note: According to the book, a clinger has avoidant personality disorder, so that makes him also the fifth type of dangerous man, the mentally ill man. He might have additional mental disorders too, none of this is mutually exclusive!

## 2 - The Parental Seeker

- "My husband is my fourth child."
- Needs directives to do things.
- Wants you to make decisions for his life.
- You have a power dynamic where he expects you to nudge him into doing things and he initially resists and you need to reassure him that it will be okay.
- You worry about what will happen to him if you leave.

### How to spot him:

- He is "a kid at heart."
- He has few friends and interests.
- He doesn't help you do chores.
- He stays in bed when he has the flu and wants you to pamper him.

### Who is at risk:

- Women who are nurturing.
- Women who have "mommy issues."
- Mothers.
- Women who are controlling.

## 3 - The Unavailable Man

- He is either dating someone else OR he is so invested in his career/hobbies that he doesn't seriously consider a relationship.

### How to spot him:

- He initially seems like a well-rounded individual because of his hobbies.
- He tells you his marriage is "on the rocks" or he is "just looking for fun."
- He only talks about himself.
- He sleeps around (his relationships stay shallow).

### Who is at risk:

- Women who have low self-esteem.
- Women who have "daddy issues."
- Women who are also emotionally unavailable.

Note: I think the uncomplicated unavailable man is the "fuckboy" who just doesn't seriously consider settling down with you, but there can be something else keeping him unavailable, like his addictions (type 6) or his secrets (type 4).

## 4 - The Man with the Hidden Life

- He doesn't feel obligated to share the details of his life with you or others so he keeps some parts of his life to himself and sees nothing wrong with doing that.
- At worst, he's hiding something dangerous.
- Once he is done with you, he might disappear without a trace.

### How to spot him:

- He is "a private person."
- He refuses to answer questions about his job, his past, his education, etc.
- He has "started over."

### Who is at risk:

- Women who are trusting and don't want to seem impolite by not trusting him.
- Women who are distracted.
- Women who date casually.

## 5 - The Mentally Ill Man

- He has a mental illness.

### Examples from the book:

- Bipolar man gets depressed when she tries to leave and tells her "if I lose you, then my life is nothing."
- PTSD man has her life revolve around managing his stressors.
- Borderline man is cold and distant one day, overly attached the next.
- OCD man tells her about his fantasies involving her.

### Who is at risk:

- Women who work in caretaking.
- Women who are tolerant and will be willing to look past abnormal behavior.
- Women who like thrills (with a bipolar man).
- Mentally ill women.

## 6 - The Addict

- He is addicted to something: drugs, porn, sex, gambling, work, perfectionism, thrills, chaos, drama.

### How to spot him:

- He lies so he can use.
- He promises to quit.
- He is "X years sober."

### Who is at risk:

- Addicts.
- Women who grew up around addicts.
- Women who minimize their own needs.
- Abuse victims who find the feeling of not having their needs met familiar.

## 7 - The Violent Man

- He uses physical, verbal, emotional or sexual violence against you.

### How to spot him:

- He is angry a lot.
- He punches or kicks objects.
- He gets into physical fights.
- He likes violent movies.

### Who is at risk:

- Women who believe him when he says it's her fault, she deserves it, he had no choice, he didn't mean it, he will change, etc.
- Women who can be bought by gifts.
- Women with low self-esteem.
- Women who have already dated abusive men (they are already "trained").

Note: The chapter lists other types of violence, but this really paints the portrait of a "wife-beater." He has "a short fuse" and the battered wife thinks he can change. He might only be violent when drunk (type 6) or has a mental illness (type 5).

## 8 - The Predator

- He either wants to use you for something (money, sex, validation, purpose) OR WORSE, he wants to sexually abuse your kids.

### How to spot him:

- He listens more than he talks.
- He shares your interests.
- He wants to help you, or maybe he's the one who needs your help, or he's very charming and he "gets you" like no one else - he has some angle.
- He sticks around after you turn him down under the guise of a "concerned friend."
- If he is targeting your children, he might be a youth leader, pastor, coach, etc.

### Who is at risk:

- Vulnerable, needy, lonely women.
- Naive women who think everyone is good.
- Women who were taught to "give everyone a chance", "play with the less fortunate" and "see the best in everyone" (ex: women who correspond with prisoners).

Note: He is similar to the clinger (type 1) as they both manipulate vulnerable women, but the clinger doesn't attract women as easily so he's inexperienced and clingy, whereas the predator attracts women easily so he isn't needy.

*Sewud*

# SECTION X

# ANTI-FUCKBOY\* GUIDE

*"If men have nothing,  
they will still have the audacity."*

*UNKNOWN FDS MEMBER*

\*Fuckboy: A womanizer; a young man who sleeps with women without any intention of having a relationship with them.

(Wikipedia)

## CHAPTER THIRTY-NINE:

### **DETACHING FROM THE F\*CKBOY YOU SLEPT WITH: OVERRIDING OXYTOCIN**

So I've realised one of our biggest downfalls dating as women is we often tend to feel more bonded to the male after sex (if it's good and there's chemistry), whilst some men just seem to be able to take it for what it is and appear less attached. **This is not great news if the man turns out to be a player.**

This often leads to us feeling frustrated as hell, still attracted to him and wanting to bond, even when the BIG RED FLAGS are flashing in front of us, even when you know you're not compatible in multiple departments anyway and it is probably going to lead to heartbreak. It can lead to us wasting months, maybe even years, spent back and forth with a guy that is not good for you, which also keeps you in a scarcity mindset ignoring any other potential better options.

Of course this benefits the player if he is doing this to several women, because they're all focused on trying to tie him down, knocking back other options, so he has the upper hand. It means he gets loyalty and attention from these women scrambling to be his whilst putting in minimum commitment effort. He is, essentially, spoilt for choice, and you will be left dangling until he feels like dropping/upgrading you. This is a state of submission that most women have found themselves in at some point & it can really knock your esteem, even if you are better calibre than him (fuckboys are often not top tier men afterall). But it still doesn't seem to make any logical sense WHY you want to keep self sabotaging like this, or why you still feel hung up over him emotionally, knowing this is the reality of who he is.

Well folks, there is SOMETHING we can do about that, but it takes training, discipline and self awareness of how your biology tries to dupe you into settling for a mate. Once you start breaking down the process of what is going on and why, regardless of the male, it is FAR easier to detach from the player that duped you. You will understand why women seem to be more susceptible to this.

Besides many men being trash and the collective psyche of men being influenced by patriarchal values they cling to tightly, the biological aspect of this 'f\*ckboy bond' imo has a lot to do with women having higher levels of Oxytocin than men, which is also known as 'the love hormone' because levels of this hormone increase during hugging and orgasm. Oxytocin according to MedicalNewsToday 'is a hormone and a neurotransmitter that is involved in childbirth and breast-feeding. It is also associated with empathy, trust, sexual activity, and relationship-building'. This hormone also helps to reduce depression and anxiety...so we can quickly see why we

might start craving that once we receive more, especially if we are lonely/ going through mental health stuff.

I don't even need to explain to you why women are generally pickier about finding a mate and why they feel more pressure to find the right partner IF they want a child by a certain age. This also feeds into our tendency to settle/cling too.

Now one reason for women attaching to f\*ckboys quicker after sex, besides personal issues & societal pressures, may well be because women have higher levels of this hormone already, *so when we finally sleep with the attractive player or do it often, this may send our hormone levels into overdrive, making this manchild seem 'addictive' to us.*

If you suffer from depression or anxiety, this may be even more so the case because this person feels 'relieving' to you. And if you are not strong willed or experienced, you will cave, especially if you don't stumble across many men you feel attraction to (which I sympathise with, I don't want to rip the clothes off 90% of men I pass in the street). If you have suffered with on/off depression for years this may well play a part in why you find it difficult to endure longer periods of no sex, and why this works against you when it comes to f\*ckboys.

Perhaps, just perhaps, you are relying on these sexual encounters with the player as a form of Oxytocin to relieve sadness. If you are going through anxiety/depression you may also be more prone to impulsive decisions that aren't good for you. Get in therapy and work on your codependency, when you no longer feel you 'need' someone to feel fulfilled, your head will be more clear, your boundaries will be firmer, and thus your standards for what you tolerate will be stronger.

The trouble is, this hormone can often mislead us, and keep a chokehold on us, our freedom and our self respect. We will keep going round in a circle, remaining in contact with immature/draining/disrespectful/baggage ridden men we have feelings for...and we will keep allowing them access to our bodies/time/energy, so there's no incentive for them to play nice. These men are betting you will cave and come back. By leaving them high & dry, completely cutting them off, you are sending a strong message & upholding your self respect as well as refusing to put yourself in a submissive position.

If all the women on their roster did this, they'd be forced to reconfigure their egotism. Besides, they are not your 'one' if they're acting this way, being disrespectful, blowing hot and cold to confuse you. Once you have experienced a mature man that really does love you with no ambiguity, you will understand this better as you will be able to see the stark differences. This may not have happened yet, but don't worry, if you stick to your values, it will.

No matter how much you want their charming lies to be true, we cannot force a manchild to mature, change or let go of his need for validation from Tinder girls, the F

boy has simply engaged in enough subtle mind games to deliberately trick you into warming to his false self. Its deception.

What you have to say to yourself, next time you get tempted to send that player a message, or you get the horn and are craving some rendezvous with an undeserving disrespectful rag of a man, is tell yourself **'THIS IS JUST OXYTOCIN. JUST A BUNCH OF FUCKING CHEMICALS'**. KEEP repeating this to yourself so it's fresh in your mind. Of course you need to work on boundaries, loving yourself etc too so you recognise patterns of behaviour. But even women who HAVE worked on this like myself (i'm no idiot), can still find themselves a slave to oxytocin levels after sex & be tempted to run back to the underserving attractive fuckboy due to sexual frustration & having an existing bond with this man (easier than going back on the search & being disappointed).

You have to put your **MIND & BOUNDARIES** above the **BODY's** superficial cravings. Because that's what it is, this guy has shown you he doesn't respect you and you're still letting him enter you & rewarding him. This is feeding his ego, and chipping away at YOUR esteem and he is most likely doing it to other women. The more and more you attempt to have casual 'no strings' sex, with f\*ckboys you clearly caught a vibe for when they didn't reciprocate it, the less likely you are to let go of them, because you will keep bonding yourself to this man. Each time you will be disappointed, when you see that smirk, that text notification from another girl.

You have to rip the plaster off. You are contributing to the dynamic by not closing the door. You decide who you give access to. This is what builds a strong woman that gets what they deserve.

This is no easy feat, and I'm not an expert at this myself. But since I started becoming MORE aware of this happening and why as a feminist I would be tempted to keep getting physical with a f\*ckboy, despite my values, I am much quicker to detach completely than I used to be. I understand this is a false hormonal biological bond and is not of the enduring loving kind & that my body does not particularly care for the character of this person, it just knows it's getting oxytocin and feels good.

The more I go back for more of this, the more I am securing my chains to someone who is evidently bad for me & preventing myself from moving on. Players are never getting deep under my skin now. Obviously it can take a few months to realise they're an asshole (sometimes a matter of minutes). But let's just say I am not getting deeply attached longterm to these idiots, which feels liberating, like a lucky escape at least. The truth is we can't stop f\*ckboys from tricking us sometimes, we are not mind readers, but we CAN control how we respond once we receive the knowledge they get a kick out of stringing us nowhere good.

Hope this helps with any women out there struggling to detach from an f\*ckboy & feeling like they are stupid for still feeling attached x

Also please remember to not let men ejaculate inside you unless they have a condom on.

FURTHER READING ON THE EFFECTS OF SEMEN ON WOMENS PSYCHOLOGY AND HOW SHITTY WORTHLESS MEN KEEP WOMEN PHYSICALLY ENSLAVED BY A CONCOCTION OF CHEMICALS RELEASED DURING SEX RIGHT HERE:

[Semen: Men's Chemical War Against Women. Part I: Male Chemical Munitions: what semen does to females.](#) (Has several parts, and the links are accessible under the title)

*modernmedusaa*

## CHAPTER FORTY:

### **DO NOT INTERNALIZE THE INSECURITIES F\*CKBOYS PROJECT** **OR SEE SINGLEDOM AS A PERSONAL FAILURE**

This has been one of my most valuable lessons as a woman & is why I am still standing strong (no dusty baby daddy, no bullshit approach to dating, men's actions don't control my esteem).

It dawned on me after several instances of seeing these clowns masks fall off over the years. These 'men' so desperate to clown me for bRo pOinTs were not deserving of the opportunity at all. I've never cared much for these clowns, because I don't struggle attracting men (so their absence is hardly *whimsical*) but what deeply amused me about this repetitive archetype of weak try-hard flimsy 'masculinity' was just how much they seemed to get some sadistic kick out of trying to strum me along. As if dick isn't abundant and these mentally feeble clowns aren't easily replaceable? SIS. Where is the joke? I'm still waiting for my refund. I think it lies within the mucky toothpaste splattered reflections of their narcissistic fragile egos. *'SURPRISE! I am MORE TRASH THAN YOU THINK!! hAhA ME PROUD!!!'*

Like it was some achievement to fool someone genuine that has more options /more going than you and has barely known you a matter of months? Like I'm supposed to be some mystic meg clairvoyant or a fly on the wall at all times, and if not that makes me at fault? How can one possibly KNOW someone without *GETTING to KNOW* their disappointing characters and habits over a period of time first? They could never keep the act up long but still a fool is still proud of his tomfoolery, nevertheless. He's still proud of his little fake Louis Vuittons in the schoolyard, at least it gives him something to boast about. Of course a man-child *must* muster his false sense of man-pride from somewhere... something.... or someone.

It dawned on me after some time in my teens- these men were just an internal idealisation that I had cooked up in my head and perhaps been hesitant to abandon due to the severe boredom and lack of HVM in the wild- due to the constant disappointments of failing to meet just one single GROWN man that matched even half of what they had to titty-suck from me. I am sure you can appreciate, one begins to hallucinate and see water (a real life HVM!!) in a hot dry desert (the eternal lifeless echo of the dating landscape) where there isn't any after a while. Intellectually, emotionally starved manchildren are much like the harsh dry inhospitable heat of the sand- one begins to grow weary after tireless years spent squinting and searching and having their ankles bitten by hostile reptiles....and starts to project their own grand DELUSIONS of basic necessities being met onto these simple... insignificant.... common grains of sand that are incapable of fulfilling such a simple demand. WAKEY WAKEY!

You can't get blood from a stone, even if a giant clown face is painted upon it to distract you. Trust me. That was just the illusion they created to feed their false ego and attract women they knew were WAY out of their intellectual, physical, spiritual, mental grasp. When I reflected back on them as a full package and not their fake highlight reel (which \*EMPHASIS\* was the only real catch-indeed a FAKE catch), weighing up all their supposed 'offerings' to me as a woman, I trumped them in every field, every time, by far....and they knew full well deep down. Their natural inferiority, that is. It dawned on me that these 'men' were incredibly weak, cowardly and insecure inside. That they went out of their WAY to avoid being in a vulnerable position ripe for intimacy. They went out of their way to try and bring these other women they were texting to my attention- they so badly WANTED me to see these text notifications from other women to garner some kind of jealous knee jerk response or attention, like an immature child deliberately throwing its dummy out of the pram, trying to catch dear mommy's attention.

That they went out of their WAY to try and neg me or *attempt* to make me insecure or pit me against some other females as if I wouldn't notice their blatant attempts to lower my self value to their level and find them *utterly* pathetic. They were scared of women's power. Scared of women's judgement. Scared of intimacy. Scared of rejection. Scared of manhood and adult responsibility. Scared of not feeling wanted back. Scared of being vulnerable. Scared of women wising up to the fact that they weren't real MEN nor were they confident or worthy enough to actually ever allow themselves to seem vulnerable to these women (implying they are truly weak)....and they were desperately trying to hide it by chasing constant validation from any female they could fool in sight. THAT didn't strike me as a man who held self value, strength, maturity and confidence close to his heart...that struck me as a desperate immature little coward-boy running around trying to get anyone to give his fragile little ego a boost. Who has the time, seriously? Truly high value people don't fear rejection, they certainly don't have anything to 'prove'.

And from that day forth, shitty men ceased to have any power over me. I finally saw the tiny insecure little manlet plankton that lived deep within the clown.

Often us women foolishly tend to feel we're not 'good enough' when a man (usually lucky to get the chance to begin with) starts acting trash or disrespecting us or us showing less interest...even when we've been nothing but kind, honest and accommodating and haven't been demanding or clingy. Even if we're attractive, get a lot of attention, have worked on ourselves, are driven etc. We did everything by the book & still get played. We start thinking we need to lower our standards to accommodate their failings or this man doesn't see any value in us at all. You start to think you will never find a good guy that sees value in loyalty....

WELL HONEY, HERE'S THE REAL TEA-  
THIS IS *RARELY* TRUE FOR A HIGH VALUE WOMAN!

THIS is ONE man out of *billions* and how he has decided to treat you, for *whatever reason*, this does not mean EVERY man will treat you like this or that you are not valuable or worthy of love/commitment. It's just one trial, and it's expired. He just belongs to the fuckboy breed- the one you REALLY don't want to be involved with anyway (see redpillwomen for the bullets you sure damn missed).

The fact is women are far more likely to settle than men are, and this has been backed up by studies and divorce rates (women are more likely to initiate divorce). We are far more likely to date down in looks /education and overlook red flags / undesirable traits than they are...*'well I'll give him a chance, he could be a good guy and he's going through stuff'*. And men are certainly less likely to settle when it comes to attraction, even if they are below average looks wise themselves.

You can be attractive, smart, well dressed, driven, healthy, well read, interesting, well travelled, caring, kind, funny, honest and trash men will STILL treat you like gum on their shoe or just a piece of meat. They'll still have this *'impress me'* air to them even when they don't match up a 1/4 what you have going on. These men you settle for will still lie to you and think they're the shit.

Of course sometimes this is a sign we need to check our self esteem/possible codependency issues (particularly if you're pursuing these men for 8 months longggg after you saw the red flags) but this isn't always the case. Sometimes you're just a high value woman running into one of the many many average or below men who think of themselves as god gifts to women.

This can often be because of several reasons besides you: THEY are insecure and don't feel like they have enough to stop you from straying (*they can tell you have enough options & are going further in life than them which makes them feel inferior*), THEY are immature and have not spiritually developed yet (*girls are for fucking, nothing more, name irrelevant*), THEY are running away from personal issues by fucking several women to boost their esteem (*I'm the man I pull chicks! Sob, why I can't I earn more!*), THEY haven't got their shit together and feel it's not a good time to get into a relationship (*mental health issues/addictions/financial instability*), THEY don't think they're good enough (*salty cos they got dumped by their ex or cheated on*) or THEY have not worked on their resilience/communication and struggle to open up emotionally (*which is essential to a healthy long term relationship*).

All of the shit above is out of your control, do not internalise it.

More women seem to settle below the belt than men but this is changing slowly (WOOH!! We are holding off marriage/babies more & refusing to settle) and it's in these dastardly depraved men's interests to knock your esteem down, so they feel comfortable and don't need to step up. So you don't feel like a threat, so they don't have to address the parts of themselves they feel anxious about, so they can keep you from moving on and discovering your equal (they don't wanna chance they might not

get better). So the threshold isn't raised off the fucking ground for women, mothers and children.

They have a variety of ways they prevent this: going hot/cold deliberately in order to make you yearn them, hiding themselves, lying about where they live/their career/goals, putting you down, testing your patience to see if you'll get emotional and validate them (they're insecure), acting with an over-inflated ego, trying to control you, putting you off travelling, belittling/rolling their eyes at you knowing more than them, making you paranoid they receive more interest than they do (fyi: men are ALWAYS receiving less interest than women unless they're top tier).

I will not let their lying sleazy insecure low vibrational shit get to me, I am a warrior and have overcome some very testing situations making me spiritually strong & grown, I have an appetite for the high life and I stay hungry. I stay ignoring fuckboys petty comments when they feel insignificant around me. I am well travelled, know myself deeply, know what I want deeply and I know there is more to life than where I started at or what fuckboys/beta males want to chain me to (a mediocre life full of burden & resentment).

I am in no danger of 'hitting the wall' since the women in my family are attractive, educated, and stay youthful for their age. I let insignificant men know full well I am aware of that & the options it opens up to me. The wall is something most low value people fear most, the lazy ones who fell off their careers & didn't take care of themselves & have low esteem/standards...hence why they rush to wed the ex drug addict beta loser before 30, and spend their whole lives miserable.

Meanwhile I'm flying round the city, getting my drinks bought, turning heads & sifting out the trash ruthlessly. The PickMe's tell me *I'm too picky*, but they seem incredibly mad that as a woman I like myself and have the esteem to be patient. I've seen the real life outcome of high value women refusing to settle, and it's better than you could dream of. There is a girl I know, who married a rich well dressed business man who's attractive, started a huge business with her, treats her like a queen and they're constantly going on nice holidays living the high life. They are perfectly happy and constantly in each others' photos. Imagine how different her life would have been if she'd have let one fuckboy knock her esteem enough into settling for some cheating beta loser? THIS GAME IS NO JOKE. It's one of the most important choices of your life as a woman, and you should never take it lightly.

You need to laugh at dudes, where you overlooked undesirable factors, only for them to get too comfy and still treat you like shit. For example, he's lost his job, but you tried to be understanding & not judge and he's STILL got an ego/messing around (a classic example, he's insecure he's become low market, so he's tryna make up for it via fuckboy shit). They are delusional, but that's what ego does to people. Release them back into the wild where they belong. Besides as a woman, you always know you're going to attract men over with little effort (all potential interests) and you knew you were settling by overlooking \*insert red flags\* anyway, you know you can get/deserve better so there

is no loss, only that stupid love bonding hormone called Oxytocin that is making you miss cuddling him. The world is BIG. Men like that only have a number of limited chances before they end up coming to a halt and realising they aren't all that. YEAH they might be able to bullshit different women for a few months at a time, but can they keep a high value woman's interest? Nope. Once they start ageing and want something long term- they hit a wall & will settle for what's available to them. She'll probably divorce him at some point (EVEN the handmaidens have breaking points)..& he'll end up on reddit whining about it acting clueless.

SO ALL I'LL SAY IS

If you're dating a dude that only has one or two in demand factors such as he is attractive/tall, but he's bummy, not smart, egotistical, not particularly interesting and is on a petty wage but you kinda maybe think he's a nice person (or has potential) because he's sometimes sweet but then he went cold and is getting disrespectful..... you are settling and HE knows it. He needs to knock you down to his comfort zone. When you are questioning this man's intentions too much, time to move on.

DON'T INTERNALISE their projections! And DON'T SETTLE. Know what you have to offer, keep on improving yourself and stop letting low market men think you are not good enough! There is a guy out there waiting to find someone like you, or is on his way to becoming the high value man you will find in a year or 5 from now! Stop rushing and stressing! These men exist, they are rare, but you sure damn won't find them when you're caught up on assholes, trying to 'find potential' in fuckboys/beta males and convincing yourself that disrespectful men are worth self sacrificing for. I speak from experience.

This is the #1 trick of low brow men.....and it has fooled so many women I've seen who are high value and have settled in 2 or 3 or 4 (!! ) departments only to be treated like shit and are staying for the children. Don't be fooled!!!

**Singledom is not a personal failure when you're the one knocking these idiots back and refusing to settle because the options will stay open to you.** Singledom is only a failure, when you're a handmaiden refusing to learn your lessons and chasing men who spell it out to you they don't want to pursue you. When you're codependent and can't see value in your own solitude. Being picky is smart, that's how you avoid dusty baby daddies and divorce. That's how you avoid domestic violence & abuse or getting sidetracked from your career for a cheat that drained you. That's how you become the type of resilient woman that dusts off her shoulder, keeps her eyes on the prize and gets what she deserves. You're going to have to get tough, decisive and have firm boundaries, and you're going to have to put your head above your heart often.

Most of these men fooling you around know deep down they are not up to scratch.

Stop letting them sap your esteem when they were never worthy to begin with.



## CHAPTER FORTY-ONE:

### AN ANTI-PREDATOR GUIDE

For those of us that want relationships-- a huge part of finding a HVM is culling LVM left and right. You can't be in the right headspace to find a HVM when LVM are monopolizing your time and energy.

**You HAVE to be repulsive to predators. Be the opposite of what predators look for.** Predators look for someone naive or for people with unresolved traumas. If you are naive-- either completely avoid men, or learn to not be naive. If you have any traumas-- work on them. The mind has a way of being in denial, to avoid addressing trauma. You can think you're doing all the right things, and you might be, but predators can smell trauma, like sharks smell blood. In order to be repulsive to predators, you need to carry yourself with this energy of assertiveness and confidence, like you have a whole village behind your back.

You never know what man is a predator or not. **Predators will typically hide who/what they are, until they feel confident that you are emotionally invested enough and/or mindfucked enough by them, to not leave, when their mask drops.**

For example, if you move to a new city, **don't tell men you're alone.** Maybe this advice is controversial, but I personally dodged hordes of predators and LVM by saying that my roommate was my brother. That it was a temporary situation, because we just moved to the same city. So many men immediately lost interest. They didn't care that it was temporary, they had no patience. Use their own patriarchy against them.

Men take random men they've never met more seriously than they take women they've met and talked to. Remember that. You don't have to go as far as I did-- but definitely don't tell them you don't have friends, no family where you live, etc. You have NOTHING to gain by giving them that information. Predators in particular zero in on women who seem isolated. That is what they do once they get a victim to trauma bond-- they isolate them from family and friends. So if you're already isolated, you're tantalizing to them.

Repelling LVM-- just don't entertain them. At all. You will repel LVM when you ignore them. Any attention to them, even bad attention, is seen as "I still got it", "She wants me" or "I can trick her lol what a bitch I'll show her." Don't give them any attention, and obviously don't sleep with them.

Avoid most men in friendships-- the majority are keeping tabs on female friends, getting off on having some access to their life, a lot actively trying to get romantic or sexual attention from female friends. **Don't entertain men who send you sexual texts, who make no effort. Don't give reasons or explanations. Use a Google Voice # and block, block, block. Don't give him the benefit of the doubt or a 2nd chance. LVM RELY on women giving them the benefit of the doubt/2nd chances. Their "strategy" relies on women's good nature, giving men the benefit of the doubt, and giving them 2nd/3rd/etc chances. They don't have a real strategy-- they are just looking for a sucker to exploit.**

Staying safe-- Don't let any clown pick you up from your house, know where you live or work. Keep social media private/have minimal social media presence. If you are meeting on dating apps-- be super suspicious. Don't give them your full name-- people can discover a lot about you by doing a Google search or a background check. Always tell a friend where you are/who you are with. **Men are vindictive and you are not being paranoid, in an age with no privacy, by trying to protect yourself from men who may possibly want revenge after you reject them.**

If you think you know how desperate and pathetic LVM are, you don't. They will use a lot of their energy and time to try to manipulate you. If you think "Oh he's not that desperate," think again. Just like men are the actual irrational ones, they are also the desperate ones. Everything negative that they are, they project onto us. You can't cull all LVM by blocking them after they send sexual texts. Not all of them are that obvious. Some LVM know that they can get much higher quality women, by being more patient and more manipulative. If a guy seems too good to be true, he probably is. Always ask questions, and **view all men as guilty until proven innocent.**

The real HVM who aren't wolves in sheep's clothing are out there. HVM are almost impossible to find if you're putting 95% of your attention and energy into LVM and predators. They are parasites, and always find ways to steal from you-- steal time, energy. As parasites, they evolve and become resistant to methods that once culled them. For example, a lot of LVM men know that by doing the opposite things fuckboys and incels do-- they can find much higher quality women. Most can't keep up with the charade, but they get this false confidence from it-- their mentality is this-- "if I did it once, I can do it again, and next time I can find a hotter more quality woman to do it to."

Men remember hot women they slept with or casually dated in the past, and they use that as their "standard" for finding a bangmaid/slave/wife who is as hot or hotter. They get frustrated when they can't find a sane, stable, hot, quality woman. It doesn't matter to them if they've aged 5, 10 or 15 years since then. It doesn't matter to them if most sane, stable hot quality women in their area/circles are taken. And it definitely doesn't matter to them, that the attractive women they used to sleep with and casually dated, probably just regretted dating them and sleeping with them.

They have this air of "I'm a decent, good man with a good job, my own house-- why can't I find a smoking hot woman who will endlessly entertain me." They know how low standards are for men, and they capitalize on that. This is how you find dumpy LVM with attractive sweet funny loyal forever girlfriends, and you're thinking "wtf?" LVM who want relationships are actually more dangerous and can damage your life/future a lot more than fuckboys who just want you for a night.

*circescircus*

CHAPTER FORTY-TWO:

**POOR COMMUNICATION SKILLS**

no one:

men:



*carachu*

## CHAPTER FORTY-THREE:

### JEALOUSY

Following on from a comment thread in the weekly discussion post, I thought it would be a good idea to start a post where we give examples of jealousy in LVM. In my experience I have quite a blinkered view on what jealousy is and what it can look like, and it would be really good if we could list as many different examples as possible to show how varied manifestations of jealousy are. Then we can discuss common themes, whether someone else's example has triggered us to reevaluate an interaction we once had with someone, whether we think we would miss that example if it happened to us in real life, etc.

Here's some to get us started:

- My ex, not liking that I was achieving a higher degree than him, would belittle it as "something to keep me occupied" and try placing himself in a teacher role. I took issue with both of these things at the time but didn't attribute it to jealousy, which with hindsight it was.
- Another LVM would say that degrees are a waste of time and just a way for people to stay in the education system forever. I missed this at the time because he phrased it as a general comment and not explicitly aimed at me, even though the conversation was about me. He very much did not have a degree and fell into the job he had.
- Unpleasant incidents/interactions before/after the thing he was jealous of took place - he didn't like that he had not been invited to a party with me. He offered to give me a lift and drove dangerously, then refused to come pick me up. I hadn't clicked any of this was related to each other and didn't give it much thought but he outright said it (as an 'apology' when I was drunk at home) later on, presumably because he was pissed off that him not giving me a lift home meant I got a lift from someone else, and I had a really good time in the car, and he needed me to understand that doing things like not inviting him to a party would typically mean I'd get punished in some way.
- Sabotage - he would turn my alarm off because he did not want me going out and wanted to cause friction to destroy my work relationships and career (his was dead end because he was an asshole)
- False news - me and a LVM were in the running for a promotion at work. I got it, he didn't. He tried telling me afterwards that the contract was really bad and I

would lose money on it. I didn't humour him and told him he was wrong. He tried to wriggle out of it by saying it must have been changed since he looked at it.

These are all rather specific but I think we need to cover the more vague/circumstantial ones too, e.g. you dated down and they kept trying to get you to take time off work to hang out with them.

*duckfeatherduvet*

### BEST REPLIES:

*gigi\_chi:*

"I've very briefly dated A LOT of jealous men. None were my boyfriends. My examples:

- Had a terrible relationship with his family while I had a great one with mine. He would tell me how I'm a little girl and immature because of how close I am to my family. Said I'll never know how to be "an adult" because my parents paid for my education and I didn't have to work through school. 🤡
- Asked to be my boyfriend and I said I'd like to date more. He said I'm too old to just be dating to date (25) and that I'm immature to not want to be exclusive with him. 🤡
- Was told that I need to learn how to appreciate things instead of being ambitious and going after all the promotions. 🤡
- dated some high status men and he would tell me that all these men wanted were sex and that's it. That wasn't the case. 🤡
- literally sighed when I was assigned an assistant at work. 🤡

*GraveyardH2020:*

"After returning from a business trip this NVM ex didn't want me to go on because we were fighting (seriously, he wanted me to stay home and fix things with him - I would have gotten fired if I didn't go), he literally said to me: "I think you need to learn to how to prioritize your husband and kids if you want to have a successful family life, over your career."

If words ever felt like a slap, that was it. I remember exactly what the weather was, what he was wearing, and the car I saw drive by out the window behind him. He said this to me as he was embracing me and definitely thought he was being "loving", but as someone who has worked incredibly hard on my education and career, this hurt worse than anything else.

"

## CHAPTER FORTY-FOUR:

### SIGNS OF LYING AND INFIDELITY

- When he offers oddly specific information you never asked about when confronted
- Changes the subject
- Gets distant
- "I swear to God"
- "I swear on my kid's life!"
- "I swear on my mom's life!"
- "If I am lying, God will curse me"
- "Only God knows"
- "I swear on the Bible/any religious text"
- "You're the dishonest one"
  - Starts bringing up white lies you made in the past, totally irrelevant
- "She's just a friend!"
- Accusing you of being
  - paranoid
  - insecure
  - suffocating/smothering
  - too concerned about his life
  - "don't worry about that" *WORRY ABOUT THAT*
- Secretive about his phone, social media, internet, computer, accounts
- Shady about finances
- Stingy with you but you know he's well off (he is spending on a mistress)

- Lots of late night phone calls
- Change in routine
- Change in work habits
- **New attention to appearance**
- New expressions, catchphrases, and words (picked up after spending time with another woman)
- Porn use IS infidelity, period.
  - Drooling over IG thots IS infidelity, period.
  - Lusting after strangers IS infidelity, period.
  - Flirting with other women IS infidelity. Advertising himself as single IS infidelity. Not revealing his relationship status IS infidelity.
  - Talking shit about you behind your back IS infidelity.
- Going out "with the guys"
- **Bro code.**
  - THEY WILL COVER FOR EACH OTHER 100% OF THE TIME. EVEN HIS MOM, DAD, AND SIBLINGS WILL. THEY DON'T CARE ABOUT YOU, THEY'RE NOT LOYAL TO YOU. YOU ARE WHO YOU HANG OUT WITH. IF HE'S A LIAR, REST ASSURED ALL HIS FRIENDS AND FAMILY ARE LIARS AND YOU CAN'T TRUST THEM. They have HIS back, not yours.

## signs he is about to cheat

- Responding to your questions with anything other than transparency
- LIARS and CHEATERS have self-worth issues. They may seem arrogant or confident, but trust, they hate themselves and they have a guilty conscience all the time.
  - It will show on their faces soon in accelerated aging, don't worry.
  - He may complain of STOMACH ISSUES, SLEEP ISSUES, LOW IMMUNE SYSTEM, HEADACHES, MIGRAINES, CARPAL TUNNEL SYNDROME (texting the mistress), TIREDNESS, FATIGUE, because humans aren't made to live triple and quadruple lives! Watch closely! cheaters often are irritable because they have constant headaches keeping all of their lives straight.
- REMEMBER: The number one excuse guys use to cover their cheating tracks is BUSY AT WORK. BUSY AT WORK. Don't forget it.
- AVOID "PEOPLE-PLEASERS" WHO ARE DISHONEST TO KEEP THE PEACE.
- He is dragging his feet on important things (buying time, he is living in the fantasy of running off with his affair partner)

*NecessaryCook*

## SECTION XI

# ANTI-REDPILL\* GUIDE

*"Women must learn to play the game as men do."*

*Eleanor Roosevelt*

\*Redpill: A haven for low-value males that rely on supplier-induced demand tactics to get laid once a year. The men in this subreddit never received the memo that using their wealth, education and status to justify their superiority over women doesn't make them more attractive - more often than not, these males are weeded out of the gene pool. A bitch will at most go on one date with a TRP man before replacing him with a more worthwhile suitor. A date with a TRP man and a bitch usually ends in her making an excuse to end the date early and subsequently ghosting him by blocking him on all platforms.

(FDS Glossary)

## CHAPTER FORTY-FIVE:

### NEGGING

Hey ladies,

I'm going to start a series on ways to be aware and counteract some common tactics that redpillers use to try to manipulate women and share with you some of my experiences and basically things that I've tried and that have worked to either shame them for their behavior or ways that I've used their foolishness for my own benefit.

I'm a huge advocate of women being aware of the existence of redpill subs. When a woman asks me for any kind of dating advice, I typically find a way to mention it, tell her about the tactics they commonly advocate and use to get women to sleep with them and to take advantage of women. For some, I show them redpill subs and links. Sometimes, they have a lightbulb moment where they recognize that some of the tactics have been used on them, some of the common RP phrases seem familiar, and they share how they were confused about their feelings and weren't sure how to respond.

Again, the advice given on this series is derived from a combination of experiences I've had dating some highly suspected RP men and just from the things that RP men on reddit and other forums list as their tactics.

Let's start with number 1:

### Negging

- "You look good in this light"
- "You're pretty for a black/Asian/Hispanic/(insert any minority here) girl"
- "You have nice hair...is it real?"
- "You have pretty eyes, are they colored contacts"
- "Your hair is stunning, but your roots are showing"
- "You're not my type but I can see why some other dudes would be into you"

Basically, a neg is a **backhanded compliment**, and the aim is to knock off your self confidence/esteem and make you feel less attractive or less valuable, so that you might possibly give him a chance. Men know that they're low value, and so for a lot of them, trying to convince a woman that she is low value, is the only way she would

consider having sex with them. Or sometimes it's used as a way to get the girl to be the one to try and prove herself to him.

The most important thing about negs is that you can recognize them. This is because I know that not every woman is witty enough to think of the best comeback on the spot. And so even though a comeback would be the best response, every neg might be slightly different and the context in which it's said might be different.

If you're not the witty type, once you recognize that you're being negged, the best thing to do is to say nothing while staring at him for a few seconds, smile and then walk away. It sounds simple, but since the goal of him negging you was to make you kinda insecure to the point where you accommodate him, acknowledging his neg and then walking away would make his attempt unsuccessful.

If you are the witty type or you do want to say something and can't think of anything else in that moment, a guy's height is always a good never-fail target. Men get very insecure about their height. Making any comments about it, will drop their self confidence down a peg and have him try to prove to you that despite his height, he still has some kind of value. Even if he's already a tall guy, making a comment about how your ex was taller, would knock down a few layers of confidence that he may have been deriving from being relatively tall in the first place.

Here are some other examples of ones I've personally used:

"Your short height is so cute!"

"You're wearing that? You must be confident in your masculinity"

"That's a great story, would probably be funny if you told it better"

"Oh" accompanied by a slight sad face/frown after he pulled down his pants right before sex. And then say nothing's wrong when he asks.

"Your hair is cute, I didn't know men wore haircuts like that"

"I don't usually date short guys, but for you I'm considering it"

"I love that shirt. It hides your belly very well"

"You're cute but I bet a beard would make you look more like a man"

...stuff like that. Feel free to adopt any of these into your arsenal for whenever you're being negged by a guy.

Also, don't listen to the men that'll tell you that negging doesn't work on guys. It's a lie that's designed to fool women so that male manipulative tactics have a better chance

of working. A lot of men are dumb and very easy to manipulate. They're very dependent on their self confidence and any hint or suggestion that they may not be as good as they think they are, ultimately makes them start trying to qualify themselves to you. Sort of as an attempt to prove you wrong. Use this to your advantage.

Your seemingly unimpressed attitude will draw him in and this hot guy who had projected confidence would become putty in your hands. Works for me and I know it'll work for you too.

*rainisthelife*

## CHAPTER FORTY-SIX:

### DREAD

As promised, this is the 2nd in the series of ways to counter common RP tactics.

For those of you that might not be aware, dread is a series of manipulative steps made up by RP men for whenever they're being denied sex or they just feel like their woman isn't "acting right". It ranges all the way from ignoring her, to actually flirting with other women and then eventually cheating on her or divorcing her.

<https://theredarchive.xyz/archive/24224>

This one talks about dreading your wife, but they apply the same tactics to gfs and even fwbs too.

In light of this, the best response to a man using the dread tactics on you, is simple. It involves a combination of imitating his actions and maintaining your stand.

If you ask him something, especially something that shows vulnerability, and he either brushes you off or laughs about it, then he's most likely trying to "pass a shit test."

According to red pill, if a woman says: "I'm mad at you!" then it's a shit test. The incorrect or apparently beta response is to ask her what's wrong or how you can make it better. Supposedly, the correct or Alpha response is to say something like "Good", "I like you better mad", or "That's too bad. Frowning causes wrinkles."

As a woman the best response here is to first recognize what he's doing. And then say nothing and don't make any further remarks and don't probe any further. Some of them enjoy getting a rise out of you with their nonchalance. It gives them a sort of sick power to realize how much they can rile you up.

Now, the next time he asks you something that shows his vulnerability, like "I wonder if I fixed that right" or "Does that feel good?" during sex. Instead of doing the usual male pandering shit you always do...STFU and say nothing. Do this a few times, especially right after he does the same to you, and he'll get the hint.

If you notice that he's starting to build a life apart from you and take up new hobbies, you need to do the same. In fact, you should have already been doing this. **You need to have an active life outside of your relationship or your marriage.** Because if shit hits the fan, your family, friends and your hobbies are what will help keep you grounded and sane.

If he treats you poorly or insults you, then you need to step away and condition the amount of time you spend with him based on how well he treats you. If he's acting like a brat or an asshole, walk away and ignore for the next day or so.

If you're out and you see him flirting with another woman, maybe the waitress, then subtly flirt with the valet or the pool boy. Or just that guy whose eye you caught when you walked into the place/event. Most men enjoy female attention and your recipient will most likely welcome the attention you give him, but the reverse is not true for men and the waitress/hostess is more likely to just think he's a creep. And so it'll often be easier for you to make him feel dread than for him to make you.

If he actually starts to make ultimatums regarding the marriage by conditioning his marriage to you based on the number of times per week that you have sex with him, then you need to recognize what a big baby he's being and act accordingly. You're not a puppet, you don't respond favorably to ultimatums. If his love for you and marriage to you is based primarily on sex, to the point where he's willing to throw it all away, then let him go. Civil discussions and compromise is how adults handle conflict, while temper tantrums and ultimatums is how crying bitches do it. If he decides that he wants to be reasonable after you shut his hissy fit down, then you guys can come to a suitable compromise about sexual frequency. Listen to his concerns and offer a sexual frequency solution that you know you'll be comfortable with.

I do caution that if you find yourself having to do this often with the man you're with, you might want to think about whether it's worth it to even be with him. It's okay if you have to do it a few times, then he learns his lesson and stops. But if you're constantly having to show him that you will not accept being disrespected, then maybe it's time to find another guy that already knows you're worthy of respect.

*rainisthelife*

## SECTION XII

# SEX TALK

*"It's not necessary, in order to be a complete person, that I have a man. It's not the end-all, be-all of my life."*

*Cher*

## CHAPTER FORTY-SEVEN:

### **DON'T LET HIM TALK YOU INTO SEX**

Never, at any point, should a man *convince you* to have sex. The amount of men that have done verbal gymnastics to try and get me to have sex when I either haven't wanted to, wasn't in the mood, or wasn't in the mood for *them* is fucking mind blowing. Back before I had a backbone, I was occasionally convinced and always, always, always regretted it.

Please, for the love of god, if you are not 100% fully on board, don't have sex with him.

Don't have sex to keep him interested.

Don't have sex to be polite.

Don't have sex to get attention.

Don't have sex out of pity or guilt.

Don't have sex because you feel like you should.

Don't have sex because he says he loves you or sees a future with you if he hasn't actually proven this with actions.

Most men would never debase themselves to have sex with someone they weren't attracted to out of some misguided effort to be polite or help some woman's ego, and neither should you. Sex is almost always completely for the man's benefit, as most are selfish and don't care if you get off if they don't care about you. And if he's pressuring you sis, he doesn't give a fuck about you and will be a bad lay regardless.

Learn from my mistake: I once hooked up with a guy because I felt bad for him. We matched on OLD, he seemed nice enough but gave me some sob story about how he's lonely and just wanted to "cuddle". I let him come over and he immediately started pressuring me for more. I didn't have tough skin at the time and have always been a people pleaser, so I went farther than I wanted to. Afterward, he blocked me on the OLD app and text. It was humiliating and hurtful, and I was angry at him. But I was more angry at myself because I didn't have enough self-respect to stick up for myself and stand by my own boundaries and advocate for my own comfort. This isn't my proudest moment and I'm embarrassed to share it, but honestly I have other personal stories of coercion and actual rape from men who didn't care about my boundaries, comfort or safety—as I'm sure most of us do.

"No." is a complete sentence. Don't have sex until you want to, and not until he's proven himself worthy.

tl;dr: Only have sex when YOU WANT TO and on YOUR TERMS.

*Liz\_Lemondrop*

## CHAPTER FORTY-EIGHT:

### **SEXUAL EMPOWERMENT, AND WHY FDS DOES NOT SUPPORT BDSM OR ABUSE KINK**

We've been getting repeated questions as to why FDS does not support BDSM and other forms of female degradation and performative sexuality as empowering to women.

To clarify for future reference, the primary focus of FDS is to teach ruthless self interest to women at both a micro and macro level, and this is not compatible with anything that even has a whiff of sexual exploitation or abuse.

We cannot in good conscience teach women who come here for answers, many of whom have been through years of abuse, to explore any kind of sexuality that involves allowing men to sexualize their degradation, pain, and abuse, or to commodify their sexuality to their benefit, which includes such things as BDSM, abuse kink, polyamory, or sex work. This is not to shame anyone who has participated in these things, it's simply a statement of the goal of our sub and why we cannot support it on principle and will remove any comments promoting these things as empowerment even if you truly believe it is a choice.

"Choice" feminism (i.e. Liberal Feminism) does women a disservice because it claims these things as empowering with almost absolutely no context. Under what circumstances is it empowering? To what extent are these things freely given and to what extent are they coerced by men influencing society (especially through porn) in ways so that women feel they have little choice to do it? Is it actually empowering for women to be reenacting their sexual trauma in front of the male gaze? There's plenty of women who are using kink to self abuse and really need to go to a therapist instead of another BDSM party.

Another unfortunate reality is that just because you feel empowered doesn't mean the rest of society is going to support you or give you power. Sure, you can suck a football team of dicks as is your god given right but let's not mislead girls into thinking people are going to look at them like a hero for it or that there might not be serious consequences for the behavior. Again, this is not to shame or say you are wrong, just that it is highly unlikely to be to your benefit in both the short or long term.

FDS is focused on helping women navigate a practical reality of men based on how they are not how we wish they were or should be. Our "Male Depravity" and "Porn sick, Limp dick" flairs are very controversial, but they're on FDS to be a constant reminder that male sexuality is NOT like ours, and is depraved in ways that's difficult for most of us to comprehend. Yes, even normal men. We will not further encourage men to

sexualize our exploitation, infantilization, commodification and abuse more than they already do.

The goal of our sexual empowerment strategy is not to make yourself sexy to men, but to make men sexy to you and satisfy you sexually first and foremost. FDS is not Cosmo Magazine; we're not here to give you "50 tips to please your man" ...it will be 50 tips to find a man who will munch that cookie like his life depends on it and how to kick anyone else who fails to do that the fuck out.

While there is nothing inherently wrong with wanting to be attractive to men, it's problematic as fuck if the only way you can appreciate or express yourself sexually is through performing for them. Male validation is fickle as hell and your sexuality must be independent of that in order to maintain your mental health and practice proper sexual boundaries.

This distinction is the difference between "sExuaL EmPowErMenT" and Sexual Empowerment. The latter is focused on teaching men how to please women, the former is a long list of extra shit women have to do to please men that a lot of men now feel entitled to for no reason other than LibFems repeatedly calling it "empowerment".

All the most popular forms of "eMpoWeRmenT" suspiciously involve various forms of dancing for the male gaze Pole dancing, Cam Girling, Stripping, sleeping with random men without vetting them, protesting topleless, etc.

All this "empowerment" is allegedly going on and yet straight women are still orgasming significantly less than everybody else and having our sexual norms set through porn made by middle aged male perverts.

**So in response, here is FDS Approved Non-performative sexual empowerment:**

1. This is how I wanted to be pleased
2. This is how I got it
3. This is the manner in which my choice and my body was honored and respected
4. This is how I evaluated potential partners and rejected anything subpar
5. This is how I turned down sexual activities that I was not interested in
6. This is how I nurture my body for my own health and benefit
7. This is how I created and took ownership of my own sexual narrative
8. This is how I created and/or demanded a safe and comfortable environment for myself to freely and fully express my sexuality
9. This is how I set and enforced sexual boundaries with others
10. This is how I pursued and received justice against anyone who did not honor my sexual boundaries.
11. This is how I found and maintained relationships to my personal sexual benefit

*theOGJammies*

## CHAPTER FORTY-NINE:

### **WHY LOW VALUE MEN GRAVITATE TO BDSM CULTURE (PARTICULARLY DOM)**

Imagine being a low value man with high expectations for the sorts of women you can attract and keep around you.

You've seen one too many movies (written by socially reclusive rejected men) where the awkward loser bags a woman who looks like a Victoria's Secret model and takes pity on him. You, too, have decided this is your Male Birthright™

You start to internalise this Hollywood delusion and go around chasing the skirts of women much better looking, more confident, savvier, with more options than you... and you fail, often.

Resentment ensues.

These women seem mean, hostile and have high self-esteem—they don't respond well to your entitlement to their bodies. They've seen all your tricks before. They get harassed by low value men with nefarious intentions all of the time. It's tiring. They are not in the mood to respond to all of them, all of the time. Even if they did, this would make them a 'cheap easy whore' in the LVM's eyes, as well as expose them to various STIs and unwanted pregnancy .

This LVM is just one of many flying at them. Rather than just take the L and go about his life after shooting his shot (which admittedly was a reach for him anyway), he begins to hate women. He becomes enraged that his entitlement is not being met with immediate passivity and pandering, like he saw in that movie once. Movies are real life, no?

Rather than being more realistic about the sorts of women he approaches or working on himself to become a better man... He begins to hang his head in shame and festers deep within the bubbling *manosphere* where all LVM gather together. They squawk about their self-imposed oppression suffered from the lack of fresh victims to manipulate... And to justify their endless entitled hypocritical waffle about how they're such victims of feminism, like a giant shared cope for the wilfully delusional and ignorant to feast on.

To them, women's sexual agency is a direct attack on their manhood. They must find ways to get around it: lie, devalue, neg, triangulate, gaslight, deceive. Anything to

forcibly get their peepee stroked and avoid self-reflection. All despite the fact they could easily become a better man and have an ongoing healthy sexual relationship.

The LVM wants the impossible to happen: a never-ending sea of attractive passive women out of his league willing to lower their standards and become his personal pornified test dummy to stroke his ego on demand...

But also a steady supply of endlessly patient, low N count, prideful, smart, beautiful, trusting, untarnished submissive women with their legs crossed patiently waiting for their dear future LVM to grow tired of slinging his peen around and grow the hell up. Women with respect who don't give it up easily (but he won't be expected to have to invest in—as clearly that makes them an 'entitled gold digging whore'—am I right?!) for whenever he finds a use for them outside of being a sex doll to pump his ego for man points. For whenever he wants a free therapist and someone of substance to lean on. The LVM wants to get his cake, and eat it.

When this doesn't happen, he starts to play **dirty**. He laments the choices of single mothers and single women, yet he does his very best to **break down their self-esteem, manipulate** them and get into their panties. He falsely claims sincere intentions that damage them and give them long standing trust issues with the opposite sex....Making them 50x more hostile and on guard to the next man also wanting his 'chance'. When that all blows up in his face, he blames *their* choices, successfully acquitting him of any personal responsibility and how he (with many other LVMs) personally contributed to women's hostility.

Even on the offset they give you a chance out of kindness- they soon you sniff out and reject you, because you're entitled and narcissistic, lacking in key communication skills and the ability to reciprocate, or the willingness to treat a women properly and fairly long-term (behaviour he expects from a woman, hypocritically). Naturally they get bored and decide they want to move on; they view you as a negative investment / deadweight. Something they would rather do without dragging them down. Ofc to the bitter LVM this translates as : *'these superficial bitches don't want me no more hUh- they think the grass is greener hUh. I'll show thEm'*

You start to become **disgruntled, insecure and jealous**. Why can't you have as much casual sex as that super hot guy MOST women find attractive? How come he gets more opportunities for woo woo time? Is it because he's super hot and most women find him attractive upping his options and chances? Is it because he's more confident and less entitled? Is it because you're not HIM?! 🤔🤔🤔🤔

Surely it cannot be. *Surely my mother cannot be lying to me and I'm not the best looking catch in the room at all times.* Surely it cannot be the case I am just another average entitled delusional guy trying to get in this women's drawers, and on this occasion she has decided not to entertain me (which is odd given I **view myself as gods gift to women**) and the fact they cannot all agree on this simuatenously to accommodate **my fragile ego** on demand tells me these women are simply stupid and

callous (Scoff). They are in denial of my greatness and irresistible charm. How dare they express **sexual agency** over who ends up in their vagina but also: fuck single mothers it's their fault for trusting these losers. This should be criminalised. Bring back enforced monogamy (even though I don't want to truly be monogamous till at least 43)!

Women should let me lie and use them as pornified test dummies until I want to grow up. **They shouldn't have any expectations for a relationship** when I expect to take them off the market and for them to be exclusive to me, only **ME**. It's all about **me me me**, everything that suits me and whatever fleeting mood I'm in at that moment. Keep your legs crossed stupid women! But also: fuck me on demand you stuck up \*\*\*\*! Lol what hypocrisy? **MisAnDrY!**

It has to be part of an **elaborate global feminist conspiracy** to turn men into 'cucks' that **actually show love and respect to women** (*scoff- lol a functioning society has no use for this- doesn't benefit me*) and deny self proclaimed nice guys like **MYSELF** from rightfully getting their peepee stroked. How could my seething entitlement, lies and hypocrisy not be met by women (*out of my league*) with mass warm reception? Puzzling. Utterly bewildering. Ridiculous. I **object!!!** I am being **HOEPRESSED!!** This is what feminism has done to us brothers!!! Rollo Tomassi told me so!!! Women don't want to be our free sex workers now? **Abhorrent! MisAnDrYYY!!**

Why can't you get laid by every hot woman you personally lay eyes upon? Life is so **UNFAIR**. I'm really really good looking: **mommy dearest told me so**. These women are **DENYING** your Male birth right to rape them - why can't they play along and spread their legs like a nice sweet submissive passive feminine girl? I am a nlcE gUy!!!! All women should respond warmly to me...even if they don't remotely fancy me, find me rude and disrespectful or just can't be bothered with Male attention that day...or they think I'm just yet another manipulative user getting in their pants to get my ego stroked for pornsicko league points from the manosphere (*which I definitely am but will claim I am not*).

Hmmm, 'these bitches are stuck up feminazis', he says to himself. I am a nlcE gUy- that's why I ignore women's disinterest and boundaries (*their wants, needs, desires and lack of attraction to me is irrelevant*)...and proceed to ignore them **because it's all about me, my dick and my fragile fee fee's**. They should be willing to serve me, put up with my low effort lip service, wandering eyes, dire personality and shady lack of commitment. Who wouldn't keep themselves off the market for that? Do ladies really think singlehood promotes more wellness than being subjugated, used and strung along by LVM like me? **Wow- the feminazis got to you bad huh.**

*insert nervous laugh*

I'm gonna show these bitches who's boss.

*LVM creates DOM profile on Bumble after endless hours fapping to violent porn videos.*

Lol I ....AM A HEALTHY MAN! A great catch! These women don't know what they're missing- clearly they can't smell my inherent inferiority complex a mile off. Clearly it's because they're stuck up entitled \*\*\*\*\*.

Hahaha 😈 I have found a way to control and dominate women...and legitimise my outward hatred and seething resentment of their agency. Now I can use BDSM to pressure them into degrading, dangerous and uncomfortable positions for my personal sexual gratification and amusement. Violence against women is sexy now- didn't you get the memo? Now I can finally feel in control over these puny little sassy women, with their needless boundaries and standards, who used to reject me. *How DaRE!!! they offend my fragile ego.* Now I can laugh as they struggle to breathe as their eyes well up in fear, as they fight to get off me begging for me to let go like the little submissive they are...and finally see who's their real DADDY. Now I can finally feel like the ultimate misogynist that giant wimp Rollo Tomassi told me I could be. Now, I feel like a MAN!

Now I can spit on, strangle and slap these whores to my heart's content with no repercussions because it's consensual abuse remember ;) if they don't comply I'll just find another more emotionally damaged impressionable young woman to subjugate- you know instead of just getting over my blatant insecurities and becoming a man with healthy esteem. Instead of getting over my entitlement and subsequent well deserved rejections. *That seems like far too much trouble for a man of my superiority...and would actually require me to step outside my comforting self-victimising ignorant bubble of delusion.* Too much work! BDSM it is!

Now I don't feel like a small little over entitled butt hurt loser anymore. I have a way to express outward revenge in the safety of my own 'super edgy' misogynist BDSM community, for fellow mentally unhinged coping losers like me. *Anything can be justified now-* so long as you put the word 'kink' after it! Child pornography 'kink', rape roleplay 'kink', hot wax dripping on her back 'kink', slapping her senseless 'kink', strangling her till she goes blue 'kink', anal rape 'kink', peeing on her face cos you saw it on porn 'kink'!

The opportunities for sadism and sexual abuse are *endless!* This would all be legally considered as misogynist abuse in the eyes of the law, without socially pressuring women for 'consent' and conditioning them into seeing it as some coOL sEXY fad to get around the insanity that it truly is. *Stop being a prude!* Now turn over and let me whip your back whilst I moan hEhE! And these gullible Pickmeishas are happy to go along with it because they fear I'll leave if they don't! Haha these whores are so dumb- if only they know what I truly think of them deep down. I definitely do not respect women, one fucking bit. Just make sure you use that magic safe word (KINK!) as the get out card!

Woopssssy if a few slip through the net and stop breathing, *I'll just claim it was all an accident to get a lighter sentence* and it was these dumb whores fault for having sex

with, me, a self proclaimed nice guy. A delusion I cling onto for dear life to avoid facing the brutal reality I'm a deeply disturbed angry sociopath Manlet with severely fragile esteem. Who needs therapy when you can take out all your anger and physically abuse women via BDSM?! *insert nervous laugh gOsh, I'm suCh An aLpHA dOG!*

Shhhh....don't tell anyone my secret! Now be a good little girl and secure your chains for daddy!

More links on the very real life harms of BDSM and its links to the rise in domestic violence, femicide and the rise of men claiming 'death by sex gone wrong' as a defence to get lighter sentences for murdering women:

<https://www.chelmsfordweeklynews.co.uk/news/18028715.grace-millane-murder-trial-tinder-date-fought-life-date-man/>

<https://www.theguardian.com/society/2019/jul/25/fatal-hateful-rise-of-choking-during-sex>

<https://www.theweek.co.uk/99903/why-is-domestic-violence-on-the-rise>

<https://www.theguardian.com/law/2019/nov/22/concern-over-use-rough-sex-gone-wrong-defence-uk-courts>

<https://wecantconsenttothis.uk/>

*modernmedusaa*

## CHAPTER FIFTY:

### HOW TO VET FOR SEXUAL COMPATIBILITY

The whole idea of waiting 3 months to have sex with someone is so he can prove himself to you.

Part of that is showing what he has to offer sexually. We are definitely not telling anyone to go 0 to 60 with their sex life. You can vet for sexual performance and compatibility during that time. You can vet how he kisses, caresses, snuggles, holds you, rhythm and the quality, durability and consistency of his erections to a degree (kissing and grinding on each other), stamina (sports like swimming running soccer are great for sexual stamina), generosity and how he is with his hands with neck rubs/foot rubs. He should absolutely be enthusiastic to prove himself to you as a good mate. Through all of these things you can give preferences and bits of feedback and see how he handles that to vet for how considerate he is of what you want physically.

Later, before sex but after commitment is established, you can try oral. You can see how good he is with his mouth, if he can make you orgasm, what he can do with his hands and how considerate he is. If you go down on him you can vet for any creepy porn behavior like shoving your head down or making gross comments. You can also see the quality and duration of his erections. If he continuously goes soft that's a very bad sign. Ditto for premature ejaculation. I would absolutely make a man make you orgasm before you ever have sex with him. Either from oral or manual. He needs to show he can get you off for you to be willing to have sex with him. This way to you can judge his sexual generosity and also his enthusiasm for making his partner orgasm. Absolutely do not settle for a man who isn't super enthusiastic and turned on! He should have an erection from going down on you. Also test him by having him finish you but don't give him anything. See how he handles it to vet for pushy rapist behavior. You could also start and stop physical sexual activities and see if he gets angry, cries, pushes, or tries to manipulate you.

This will all help you find someone who is good in bed, cares about giving you pleasure and won't pressure you. Vet hard for any porn behavior. A porn addict will not make it through all of this without repeatedly revealing himself to be a low value creep.

## How to avoid going too far once you start and how to tell the guy your boundaries:

You have to be strong and probably have some sort of a deadline that you'll stick to like a restaurant reservation or a time he needs to leave by. I would also do some of my making out and touching in the car at night when he would bring me home from a date. You really shouldn't have to even make any boundaries clear. A man who's actually interested in you isn't going to try to move every touch to sex. If he does, that's a red flag. If he tries to move things further than you're willing to go just tell him this is as far as you're willing to go with the level that you know him and you're still getting comfortable with him. Trust is earned. Tell him you want to move slowly with intimacy so that you are fully comfortable and because you're still getting to know him and trust him.

Say you're making out a little and he starts trying to take your top off. Just use your hand and put it on his hand and stop him and say no. This should be all you need to do. This is another vetting opportunity as well. If he tries again 2 minutes later then he's a pushy creep who isn't listening to you! He has failed.

Here's my response to another commenter about how are not given any sort of conceptual framing for progressing through physical intimacy and up to sex in stages:

I really didn't understand this when I was younger either. Society very much pushes this have sex immediately narrative on women. We're not given any tools to judge a man sexually, even when it comes to our own safety. No information on how to figure out if a guy is a rapey creep. Nothing. There's no longer any narrative about making out, necking, petting or working up to things for months. Or at all. No "going steady" which implies a greater level of physical intimacy based on commitment, trust, time and investment.

*Phoenix\_Rising2018*

## SECTION XIII

# FINANCES AND DATING

*"Other people will call me a rebel, but I just feel like I'm living my life and doing what I want to do. Sometimes people call that rebellion, especially when you're a woman."*

*Joan Jett*

## CHAPTER FIFTY-ONE:

### **HOW TO PROTECT YOUR FINANCIAL FUTURE WHEN CONSIDERING MARRIAGE TO A MAN**

By now, most of us have seen that Dr Phil clip of the woman whose husband gambled their retirement away on his online girlfriends. How can you avoid finding yourself in a similar predicament?

Financial security is something I was raised to consider as a very important thing. Even in my pre-FDS pickme days, I always researched divorce, child support and alimony laws when I started dating a man, since you should always know what you might be getting into. Sure, it's not the most romantic thing, but it's also very unromantic to wake up one day to realise your retirement has been ruined because of a man's PeNiS ReAsOns.

#### **1. Consider a prenuptial and/or post-nuptial agreement.**

These may or may not be legal and could be contestable in court, depending on the state and country you live in. This varies wildly, so please research the relevant laws and see which apply in your case.

#### **2. Don't consider marriage to a man who is in debt that he cannot easily afford to repay within a maximum of 3 years.**

Debt can and will ruin your life, because of the power of compounding interest. Let him ruin HIS life over it, not yours, sis. The actual number can be variable, as obviously a barista has a different capacity compared to a dentist. Try not to date someone who you suspect has a large amount of debt, because in many states/countries, that debt becomes yours if you were to marry.

#### **3. Don't consider marriage to a man who has racked up debt for frivolous reasons.**

If his debt is not due to his education, business or health reasons, it is most likely pointless consumer debt, which is a signal that he's not smart with money and will continue his poor choices in life.

#### 4. Have your own SEPARATE savings and/or retirement accounts.

DO NOT combine your resources with a man's, no matter how great he seems. You may have no legal ground to take any action against him if he decides he wants to spend that money to pay for porn or his mistress.

#### 5. Realise that being a stay at home mom can be a major risk in some countries/states.

In many countries, especially in the EU, if you choose to be a SAHM by not going to work, and thus not paying into the pension system for many years, you will have a tough time when you retire. If you're lucky, your husband will be a good man and you will still be happily married when you're 65, so even a €500 pension won't be terrible. However, if things don't turn out so well in your marriage, living on that as a single elderly woman is going to be utter hell.

#### 6. Do not co-sign for ANYTHING that you cannot afford to pay for by yourself if necessary.

This includes mortgages. It's not a guarantee that the house will be paid off if/when you get divorced. It's not a guarantee that he will continue making payments for it. The only guarantee you have is yourself.

#### 7. Do not assume you will receive child support or alimony.

These appear to be quite easy to evade nowadays. Ensure that your husband invests in you and your children in other ways, for example, by investing in your education or your business, or setting up a trust fund/college fund in the children's names.

#### 8. Get your wills made.

Do not assume that just because you're his wife, you're his heir if he were to pass away. Men can and have had secret girlfriends, wives and children. Get him to make his will and be sure you know the contents. This is, of course, not any sort of guarantee, either, since he could easily change it without telling you. Make your own will as well, even if you're absolutely healthy. If possible, avoid listing your husband as a legal heir, and have your estate pass on to your parents/children/grandchildren, until he proves himself trustworthy.

9. Do not marry a man with a lower income/income potential than you.

This is just a recipe for disaster. Such men are worse than LVM - they're NVM and can only drag you (and your entire future) down. If a man earns less money than you, you could end up having to pay him spousal support. Just look at what happened between Britney Spears and Kevin Federline.

10. If you're considering marriage to someone from a different state or country, research which laws are most favourable for you and your future children.

In many nations, custody is split 50-50, regardless of the circumstances of the divorce. If you're marrying someone from another country, you might have the option of choosing where to (legally) marry, which means you get to choose which set of laws you wish to register your marriage under, and ultimately, which set of laws apply in case you ever need to get a divorce.

I'm not an expert on any of these things; I just have a tendency to research obsessively. If there are any lawyers and accountants here, please add in some specific useful advice for your states and countries!

*SpectralCadence*

## CHAPTER FIFTY-TWO:

### **RELATIONSHIP-PROOF** **YOUR FINANCES**

#### A) STATS

**Women are disproportionately affected by relationship economics**

Unfortunately, about half of families in the US experience poverty after a divorce, and 75% of all women who apply for Welfare benefits do so because of a disrupted marriage or relationship in which they lived with a man out of wedlock.

#### **Gender Pay Gap**

We already know that women make 80 cents to each dollar a man earns in the United States, and it's even lower for women of color. This puts women at a disadvantage to start.

Women are getting "stuck" financially after splitting up; especially if they were low income to begin with

According to the Marriage and Religion Research Institute: "Divorce is the main factor in determining the length of "poverty spells," particularly for women whose pre-divorce Family income was in the bottom half of the income distribution. Divorce, then, poses the greatest threat to women in low-income families. Moreover, almost 50 percent of households with children move into poverty following divorce. Simply put, divorce has become too prevalent and affects an ever-increasing number of children.,"

#### **70% of the Nation's Poor are Women & Children**

According to Legal Momentum: "Women in America are still 35 percent more likely than men to be poor in America, with single mothers facing the highest risk. Currently, 35 percent of single women with children live and raise their families in poverty."

**Be Strategic: If divorcing, leave no stone unturned, and don't expect child support to cover all expenses**

“Don’t forget to include the value of your spouse’s retirement plan, which you may or may not have been privy to during your marriage”. , says financial advisor Pedro M. Silva.

According to Sheri Atwood, founder and CEO of SupportPay, a child support payment app:

“Child support barely covers the basics:

By legal definition, base child support is only meant to cover basic living expenses, which we know doesn’t come close to the actual cost of raising a child,” . “Additional items such as child care, medical expenses, education and extracurricular activities ... are typically called into question post-divorce.”

She explains that the expenses that fall outside that base monthly payment usually land on mothers (moms make up nearly 82 percent of parents with custody).

## **B) HOW TO MAKE MORE MONEY AND PROTECT YOUR FINANCES**

### **EARN MORE**

You Should Job Hop if You Want to Make More Money

Job hoppers aren’t just better workers, they’re better paid.

Unfortunately, there’s little way around the fact that switching jobs can mean a big career boost—both in terms of money and job title.

Although getting promoted and receiving annual or close to annual raises is often a natural step in the career-building process, these days so is switching jobs. The sweet spot is between two and five years.

Oliver Staley, writing for Quartz, discusses a study by ADP, the payroll processing company, which suggests that the largest salary increase occurs after two years at a company. Move on after that point, and you’re likely to garner higher wages from the next place you start working at. The study notes that staying longer than five years and then leaving for something else may mean less of a jump.

## ALWAYS negotiate the initial salary offer for a new job

Women usually make the mistake of accepting the initial offer and failing to negotiate. Companies usually have some wiggle room for salary increases whenever they make a job offer to their top candidate, but women don't take advantage of this often enough, leaving thousands of dollars on the table when accepting a job. Push for more - the worst they can say is no.

## Alternate sources of income - indulge in side hustles

Sell and resell products on Poshmark, Etsy, Amazon and the RealReal for extra cash on the side of your salary. It doesn't take much time and effort to manage, but can add a few hundred bucks to your monthly income.

### Real Estate

Single women are losing out in the housing market - Learn to buy lower & sell higher -  
Be more ruthless when negotiating

According to researchers from Yale School of Management: "We find that women purchase properties when they are listed at higher relative prices, and also choose to list for lower relative prices," write the researchers. "In addition, women negotiate worse discounts relative to the listing price."

The study controlled for age, listing agent, income, type of home, ethnicity, education and many other factors, and still found that overall, women are losing \$1,370 per year on their homes, compared to men.

Skylar Olsen, director of economic research at Zillow, told CNBC:

"Single women are more likely to be parents than single men, and in general women are more likely to take other non-economic factors into consideration when buying or selling, like the type of house, how many bedrooms, proximity to good schools and so on, she says.

"Women may be more likely to be making household decisions that are not about a financial decision, but about a life decision," says Olsen. "

*DON'T DO THIS. Buy low and sell HIGH always, as a rule, no matter what! Don't be afraid of fixer-uppers!*

## Prenuptial Agreements

A general rule of thumb is that "if you have a few hundred thousand dollars [in assets], you should at least consider a prenup," says certified financial planner at Betterment Nick Holeman. "But in my experience working with clients, the big cause for actually needing a prenup isn't necessarily on the dollar amount."

Rather, "it's when there are unequal amounts coming in from the marriage."

In other words, if one member of the couple has a much higher income or significantly more assets than the other, it's worth considering a prenup. "When one person has way more than the other, that's where it gets a little dicey," says Holeman.

If you're both bringing in roughly equal amounts to the marriage, a prenup is "less needed, because it's more of an equal playing field between both spouses," says Holeman.

My advice: If your husband has huge potential to become very wealthy do not get a prenup. Example: Amazon CEO Jeff Bezos and his wife of 25 years, MacKenzie.

## Non Disclosure Agreements (NDA)

It could be a good idea to get an NDA if you're an up and coming heavy hitter in business or entertainment. Wikipedia defines NDAs as "a contract through which the parties agree not to disclose information covered by the agreement. An NDA creates a confidential relationship between the parties, typically to protect any type of confidential and proprietary information or trade secrets. As such, an NDA protects non-public business information." Chatty exes and their associates can sabotage your reputation and your earning potential if you eventually become well-known.

## Financial Planning

NBC senior business correspondent Stephanie Ruhle recommends the following financial steps for women:

Get involved, Ensure financial security, Put Assets in your name, get your own retirement plan, consider long term care insurance and life insurance.

## Get Involved - even if you snagged a HVM who's fully providing.

Know your situation! If you're single, you should know your own financial standing and spend accordingly. This is even \*more\* critical if you mistakenly married LVM.

If you're a stay at home mom that receives an allowance You should still KNOW everything in case there's a divorce, death, severe illness.

Make sure you understand your taxes before signing them, as it is a legal document.

## Retirement Planning

You should have a 401k if you're working. Starting in your thirties, begin maxing out your contribution... it adds up quickly.

If you're a stay at home mom and your spouse is working, he should have a spousal IRA so he can contribute on your behalf.

Women live longer than men and you should plan for this.

## Get long term care insurance

for when you're unwell.. especially if you have kids. There are so many families that are completely financially strapped due to long term care expenses for their elderly parents. Don't do this to your children.

## Get life insurance

God forbid anything should happen to your spouse, finances would be one less devastation to worry about.

## Don't give your power away

Even if you don't particularly like "crunching the numbers" and your good-intentioned HVM hubby is a provider and protector who takes care of all the paperwork, bills, deeds, etc. : PLEASE STILL BE AWARE OF EVERYTHING.

There shouldn't be any secrets or surprises.

Even if you haven't signed the paperwork, YOU'RE STILL ON THE HOOK IF THE BILLS AREN'T PAID AND THE COLLECTION AGENCIES COME KNOCKING.

You want to MAKE SURE your name is on the house, car, bills etc. even if he paid for them! These are shared assets.

Establish credit by ensuring everything is paid on time, every month. Don't be blind sighted by bad credit, or no credit if he's no longer around.

### **Establish your individual credit**

Get a credit card in just your name, and pay the bill every month, on time and in full.

Controversial advice (take it or leave it): Have three bank accounts as a couple; One shared, and two individual. If he makes more money than you, he should be paying \*more\*, or ALL of the bills / expenses. PERIOD.

### **D) DO NOT MARRY FINANCIALLY UNSTABLE MEN NO MATTER WHAT. THEY WILL EVENTUALLY RUIN YOU.**

#### **Financially Dependent Men are More Likely to Cheat**

Studies show that men are most likely to cheat if they are economically dependent on their female partners. Men who make 25 percent more than their partners are the most faithful.

### **E) BEWARE OF THE BLUFF; TAKE HEED OF FINANCIAL RED FLAGS**

If you're just starting to date, run an investigation to see where he works, his title, and average salary for said title in his city. Beware of men who ask you out to coffee or drinks dates, as they are probably strapped for cash and shouldn't be dating.

LVM are irresponsible, and will not admit they're not in a position to date... they will either try to get you to lower your standards, or bluff & pretend to be better off than they actually are.

Does he appear to be living above his means? Can he really afford that high rise luxury apartment downtown?

Men who are only making the minimum payments on their credit card will eventually run into trouble.

Also be cautious if he cares too much about materialistic things. If he asks about the brand name of your purse, shoes or car before asking about your goals, interests and family, RUN. His priorities are screwed up.

## Money problems lead to divorce

According to a recent survey of 191 CDFA professionals from across North America, money issues are one of the top three leading causes of divorce.

## LVM / NVM Lie about money and spending

We already know that you should never move in with a man before marriage.

An FDSer recently posted about her live-in boyfriend who told her that the rent was actually higher than it really was, so she paid what she thought was half each month and he pocketed the difference. He knowingly repeatedly STOLE her money and she only found out by chance.

## Communicate clearly about finances (with HVM husband)

According to the Institute for Divorce Financial Analysts:

“Many couples lack the communication skills necessary to navigate financial disagreements in their marriage,” noted one respondent. “The emotional connection of money with safety and security in many people makes the financial disagreements more salient than other disagreements.”

**WARNING: DO NOT SHARE YOUR EARNINGS OR INCOME INFORMATION WITH LVM / NVM EVER!!!**

This is one of the worst & deadliest mistakes a woman can ever make.

This goes for ALL LVM / NVM in your life inclusive of ex boyfriends, friends, brothers, fathers, cousins and uncles.

BEWARE! And don't TALK about your money to these people, or risk it disappearing. You can also risk your life, as many LVM are desperate and can become violent!

Good luck out there ladies! Take the blinders off and get control of the cash!

*CuriousCatNYC777*

## SECTION XIV

# COMMON DATING MYTHS

*"Do what you feel in your heart to be right - for you'll be criticized anyway."*

*Eleanor Roosevelt*

## CHAPTER FIFTY-THREE:

### **MYTH I: "YOU'LL NEVER FIND A GUY LIKE THAT"**

Straight women everywhere have (or will) encountered a rut with the drought of worthwhile men and the oversupply of low-effort men. Because we are taught to value male opinions, I'm willing to bet that 99% of you all have consulted another man in your life on your dating woes, whether that be your father, brother, cousin, coworker, or friend. You want to know if you're asking too much. They almost always laugh and say "Of course you are. You'll never find a dude like that, but good luck." It is easy to believe that as a straight woman in a world where an Adam Sandler is owed both Jessica Biel and Kate Beckinsale.

**Objectively, the fact remains, most straight men aren't relationship material--** a number of these include men who are currently in what appears to be successful relationships. Furthermore, it is very likely that if you were to take the qualities of your male 'consultant' and discard the name & relation, you would very likely also find him to be below your standards.

But when you are seeing a man through a platonic lens, you see them only as a friend and ignore their bias; you effectively don't see their opinions for what they truly are, biases and all. "All men are like that" is a statement that teaches women to expect the lowest of all men. While men (as a class) do have certain behaviors biologically, the behaviors that have been encouraged by society like womanizing, being sexual opportunists, and mistreating women are not uniform across all men (a large portion, yes) and should not be allowed for in the slightest.

If you are seeking advice and your platonic male friend says that you will never find a man who doesn't go to strip clubs, doesn't watch porn, doesn't laze around on anniversary presents, etc., **it is not because these things are true for all men. This man is projecting.** He's telling you this because he's not capable of planning a thoughtful anniversary for his partner, nor is he able to detox from his "casual" porn addiction. He's also telling you that you will not find a LVM like him who is able to break free of behaviors reserved to degenerate men, which in part is true--you are not going to find a LVM who meets your standards, but we've covered that already. Would you even want to date a loser like this though? By telling himself that these men do not exist, he makes himself feel better. It helps as well that he has no evidence to prove that HV men exist in this scenario, because you are the one consulting him. He can simply brush off any man who claims to not watch porn as a liar, or call any man who put effort into making his woman happy "pussy-whipped".

Once you are told "You'll never find a guy like that" enough times by enough LVM, you start to cave. You start to think, "Is it true that my standards are too high?!" The PickMe Disease sets in as your bar starts to lower and lower. You start taking the garbage back in and wasting time with LVMs who would have not even passed your original first litmus test of weight, height, age, and occupation.

LVM do women dirty by convincing us that there is no dating pool for women who have standards. What do you have to gain with lowering your bar just so that your dating pool widens? **Absolutely nothing, because LVM are the sole beneficiaries of these tactics.** When enough men perpetuate this lie, there's enough HVW who will put themselves on equal (or lower) footing with LVM.

**Do not give in and do not compromise your standards for a man's character, integrity, and ambition. You have everything to lose and LVM have everything to gain when you lower your bar. Let this be the wake up call that the platonic LVMs in your life are biased, and that the only dating opinion from a man that will truly matter is from a HVM.**

*twoXfeminist*

## CHAPTER FIFTY-FOUR:

### **MYTH 2: "RELATIONSHIPS ARE HARD"**

Relationships are hard, in that they are not effortless. But anything we do in life, that is worthwhile, is hard.

Going to school and getting a solid education is hard. Getting a good job and keeping your skills up to date is hard. Maintaining your health is hard, especially under stress. Going to the gym and eating healthy is hard, especially since you have to do it every single day.

It's all about your attitude. You can say things are hard and lay in bed all day, until you develop bed sores. Or you can get off your ass and try to make effort towards something in life, because anything that is worth doing is "hard", as in it requires having awareness, making choices and putting in effort.

In my opinion, relationships are easier than work, education and health/fitness. If you find someone you're compatible with, who has values, similar goals, who respects you and loves you— it makes life easier, not harder. You now have a solid emergency contact, someone who would not only pick up if the hospital calls, but sit next to you in the ICU. Life also gets cheaper— no need to have separate housing, cars, separate everything. You also have a companion, in a world where genuine friendship is becoming increasingly difficult to find. Society also still favors couples over singles, and you get social benefits from partnership.

Even when you're facing a health issue, financial difficulty or crisis of some sort— if you are partnered well, being in a relationship is supposed to make difficult days easier, not harder.

People say "relationships are hard" because they are in shitty relationships, and they are too in denial to see that for what it is.

Pickmes love to glorify struggle relationships, it makes them think their love is deeper for it. It makes them feel better about their choices. And that would be fine, if they believed their own relationship was hard, and had some awareness and objectivity, but they try to drive down other women's expectations and standards with this.

The craziest part is they don't really believe their own bullshit. They just say that to distract themselves, to feel better about their choices.

For example, if I think going to medical school is too hard, I'm not going to apply to medical school because I know that it's too hard. Or if I think running a marathon is

too hard, I'm not going to run a marathon. I'm just not going to waste my time with things that are too difficult. Why bother getting married or getting into relationships, if you think they are too hard?

They think there is some consolation prize, that they will one day be rewarded for all of their "sacrifice".

"Relationships are hard" can be translated into "I don't love myself enough to be in a relationship worth having."

*circescircus*

## CHAPTER FIFTY-FIVE:

### MYTH 3: "I DON'T KNOW WHERE THIS IS GOING"

Moira's note: This is a repeat of Chapter 15. Skip 3 pages for the next chapter.

#### How and when make celebrities knew she was the one:

**NICK JONAS ON PRIYANKA CHOPRA** - "think I got to know her so well as a friend first, which then made it really easy when we started dating to say, 'Wow this is the person and I know, right off the bat.' So it happened very fast, within days of us diving in. I told [my brothers] a week after our first date, 'I'm going to propose later this year.' "

**PRINCE HARRY ON MEGHAN MARKLE** - "The fact that I fell in love with Meghan so incredibly quickly was confirmation to me that all the stars were aligned, everything was just perfect. It was this beautiful woman just sort of literally tripped and fell into my life, I fell into her life." When asked when he knew she was the one, Harry said with a smile: "The very first time we met."

**JOE MANGANIELLO ON SOFIA VERGARA** - "I knew [she was the one] like right away. She was in New Orleans shooting this movie so I was flying back and forth to date her."

**STEPHEN COLBERT ON EVELYN MCGEE-COLBERT** - "I walk in [to a theater lobby] and I see across the lobby this woman —I think for the first time, not girl, woman — beautiful woman in a black linen dress, and I think 'Her.' Honest to God, I thought 'There's your wife, you're going to marry her.' And I thought, 'That's crazy ...' "

**KANYE WEST ON KIM KARDASHIAN** - "Our love story's a love story for the ages. I felt like when we first got together, it was like a Romeo and Juliet kinda thing where it's like she's a reality star and I'm a rapper."

**DAVID AND VICTORIA BECKHAM** - David Beckham knew Victoria was the one for him the very first time he saw her, and that was before he even met her. While watching a Spice Girls video, the soccer stud reportedly pointed out Posh Spice and told his friend that he was going to marry her. After they did finally meet, she agreed and said it was "completely love at first sight."

**GEORGE AND AMAL CLOONEY** - "I think it was about three days in I knew she was the one," he said.

**TIM MCGRAW AND FAITH HILL** - In 1996, they went on tour together, and that's when the sparks really flew. Several months later, they walked down the aisle.

**DAVID BOWIE ON IMAN** - "My attraction to her was immediate and all-encompassing. I couldn't sleep for the excitement of our first date," Bowie told HELLO! . "That she would be my wife, in my head, was a done deal. I'd never gone after anything in my life with such passion in all my life. I just knew she was the one."

**TOM HANKS AND RITA WILSON** - When they starred in the movie "Volunteers" together in 1985, Tom knew Rita was the one. "Rita and I just looked at each other and - kaboing - that was that. I asked Rita if it was the real thing for her, and it just couldn't be denied," Tom said to GQ, per Good Housekeeping.

**DENZEL WASHINGTON ON PAULETTA WASHINGTON** - Denzel Washington says he proposed to Pauletta Washington three times before she accepted. "You heard it here first," Denzel said on the red carpet at the L.A. premiere of his film, "2 Guns," per E Online. "She turned me down, she said no. And since it was three times, that means she turned me down twice."

**HUGH JACKMAN ON DEBORRA-LEE FURNESS** - "I knew two weeks into meeting Deb that we were going to be together for the rest of our lives," the actor told Today in 2018.

**JOHN KRASINSKI ON EMILY BLUNT** - It didn't take long John to fall head-over-heels for her. He told Ellen DeGeneres he wasn't looking for a relationship at the time, "But I met her, and I was so nervous and I was like, 'Oh no I'm going to fall in love with her.'"

**CHRIS HEMSWORTH ON ELSA PATAKY** - Chris revealed he met Elsa on a blind date set up by their reps and immediately knew she was the one. They started dating in 2010. Chris told Elle, "From the first time we met, we just made sense. She's fun. She's outgoing, and she has a sense of humor and a passionate attitude toward life, which is nice to try to keep up with."

**ALEX RODRIGUEZ ON JENNIFER LOPEZ** - Friends of the baseball player would later tell Page Six that Rodriguez spent months trying to find the exact perfect ring. "He wanted to get it right," the source said. "The proposal has been a long time coming. Alex knew she was the one and has been painstakingly planning everything."

**MATTHEW MCCONAUGHEY ON CAMILA ALVES** - On that first date, "I knew then. I said the next night after that, I want to go out on another date. The next night after that, I wanted to go on another date. And I've been wanting to go on a date with her for the last nine years. And not with anybody else."

**CHRIS O'DONNELL & CAROLINE FENTRESS** - Scent of a Woman and Batman franchise star Chris O'Donnell met Caroline Fentress via his sister, who was her college roommate. For O'Donnell, it was love at first kiss, or as he likes to say, "As soon as I kissed her, I knew she was the one."

**JASON MOMOA ON LISA BONET** - When Jason Momoa, 39, and Lisa Bonet, 51, first met in 2005 at a jazz club in New York City through mutual friends, the Aquaman actor

was immediately smitten. “We just happened to be in the right place at the right time,” he told James Corden on the Late Late Show last year about their first meeting. “I actually had dreaded my hair for her. I had dreadlocks, she had dreadlocks. I literally turn around and I see her and she goes, ‘I’m Lisa.’ I turned around to my friend and I [pretended to scream]. I had f—ing fireworks going off inside, man. I convinced her to take me home, because I was living in a hotel.” His love for Bonet began when he was 8 and he saw her on TV. “I was like, ‘Mommy, I want that one,’” Momoa told Corden. “I’m like, ‘I’m going to stalk you for the rest of my life and I’m going to get you.’”

*CuriousCatNYC777*

## SECTION XV

# RECOVERY FOR PICKMES\*

*"Some of the biggest advocates for feminism seem to believe that in order to feel powerful you have to make another woman subservient, and that is not what feminism is about at all."*

*Tori Amos*

*\*Pickme: A woman who wants the attention of the opposite sex (or same sex) so badly, she'll throw her fellow woman under the bus. Internalized misogyny at its finest. Usually starts her sentence with, "I'm not like the other girls..."*

*(Urban Dictionary, top definition at the time of consultation)*

*Moir's note: This section is intended as a compilation of selected handbook entries that are helpful for pickmes.*

## CHAPTER FIFTY-SIX:

### FIRST STEPS TO HEALING

You've identified that you're a PickMe. Congrats, one of the first steps towards being a goddess is knowing that you are part of the equation of your cyclical misery. For those in the back, I said PART OF. You can't fully blame yourself, that's still practicing these feeble behaviors. Yes, we're here to take responsibility for our current mindset leading us to where we are right now.

However, realize that you have been surrounded by men who exhibit microaggression towards women, you have been brainwashed by other PickMe's. But now you know the truth: You are worth SO much more than anyone ever said you were. YOU determine where you go from here. Being a woman, you have been through so much. Think about the men who try to control our bodies, who use us to fulfill their sick fantasies, the statistics on violence. The media celebrates this and fuels this grotesque reality that we are meant to be meek, feeble and to endure abuse.

1. Promise to yourself "never again". Never again will you be manipulated or abused. Never again will you quietly endure your discomfort.
2. Realize that AMALT (All Men Are Like That). Thinking "Not all men" is DETRIMENTAL to your safety. "Not all men are rapists". Fine. But if I gave you a pack of gummy bears and told you one was poisoned, wouldn't you treat each of them as potentially lethal? Let them prove to you that they are "not like the other men". Do not prove to HIM that you are "not like the other girls". One of men's biggest worry is to get "divorce raped" but are they ever worried about ACTUAL RAPE? NO. So don't give them the benefit of the doubt, make them show you through ACTIONS. A HVM will have no problem with this. A scrote will act offended and immature and just not worth your time, this is because he doesn't respect you. Which brings me to...
3. Define your standards and warning flags. You need to write this down. 5 is a good number to start with. I want you to be CRYSTAL clear on what you will NEVER tolerate ever again and what you will NEVER tolerate ever. For example, I will never be with a man who cheats on me. I will consider repeated arguments a huge warning flag. If I need to repeat myself more than twice about something that is clearly important to me... boy BYE.
4. BLOCK THAT SCROTE/ EX/ STALKER. Stop being nice to him. He sucks and has zero value to you. You know he just wants to sleep with you. Block him now. You will feel so cleansed. If they try to reach out again, say that you have been really busy and focusing on yourself. They may call you a bitch for "leading them on". You can tell them to go to hell. You don't owe no one an explanation.

5. Read the handbook. Take your time with it, it's a lot to take in. But it will equip you in the long run and there's plenty of good stuff.
6. Take care of yourself, starting today, starting now. Say no to something you don't want to do. Don't pick him up, don't make him a sandwich if he doesn't deserve it. Begin breaking out of your PickMe routine. Don't adapt to his needs now because it will be "worth it in the end". Honey, it's not worth it. You deserve to be happy NOW. Another way you can practice this is to take care of your hygiene and your environment. Be proud of your appearance and your surroundings because you did it for YOUR well-being. Most PickMeishas are externally motivated, they just HAVE to get that "good job" sticker. Nothing wrong with being externally motivated, but pining for a man's approval is just pathetic. Do it to make FDS proud, do it for YOU. (this will take time, but try your best! We're rooting for you!)
7. Realize that there are high-level women out there who will support you. Maybe even on here. We're all just trying to look out for each other, but no one can help anyone that doesn't WANT to realize their own self-destructive behavior. So if you think your situation "isn't so bad". Sorry, this wasn't the post for you.

*LeanOnMeMorgan*

## CHAPTER FIFTY-SEVEN:

### UNLEARN ALL THE LIES YOU WERE TOLD ABOUT MEN

- 1. Ugly men will treat you better because they'll be so grateful to have female attention*
- 2. Older men are more mature and better in bed*
- 3. If you're really a bad bitch then men won't treat you bad, if you're attracting bums it's your fault*
- 4. You should always pay your own way on dates because he'll be impressed you're an independent woman who don't need no man and it's the only way to establish an equal relationship and gain a man's respect.*
- 5. Bringing up the fact that you're looking for a committed relationship early will scare him away so it's better to play it cool*
- 6. A man should be able to expect Sex after the third date*
- 7. Women of his own race are too demanding and feminist and masculine and that's why he has to date outside of his race.*
- 8. It doesn't matter when you have sex with a man if he likes you he'll treat you the same*
- 9. Losing your virginity is a magical experience that will change your life forever*
- 10. Men like variety so it's okay if he has a wandering eye or flirts with other women it doesn't mean he doesn't respect you*
- 11. Slutty girls never get good guys. Only perfect women get good men.*

12. *If you don't have sex right away with a HVM you'll lose him because what you won't do another girl will*
13. *Attractive men are all cads and womanizers so it's better to focus on nerdy shy guys*
14. *Women are naturally monogamous, only men need variety*
15. *No man is perfect you have to work hard to help him reach his potential*
16. *Don't take it personal if a man doesn't want to add you to his social media, some guys just like privacy*
17. *A lot of good men are "intimidated" by a successful woman so you should always make sure to downplay your accomplishments*
18. *Focusing on your education over your relationship is stupid because your degrees won't keep you warm at night*
19. *Most guys know their girlfriend has a sexual past so it's okay to discuss it with him in a relationship*
20. *Having sex without a condom is more intimate and means he trusts you*
21. *Telling a guy about your sexual trauma will bring you closer together*
22. *It's normal not to orgasm during sex*
23. *You can learn to love a guy you're not attracted to*
24. *You have to give guys a chance*

*25. You don't need titles because What's understood doesn't have to be explained*

*26. You have to be patient and supportive with a man who says "let's see where this goes" because he probably had his heart broken in the past and needs you to be understanding.*

*27. Men are most loyal to the woman who loves him for who he is even when he's struggling*

*28. If a man has a wandering eye it's because you're not taking care of things at home*

*29. Men need porn because they're more visual and sexual than women.*

*30. Porn is harmless and doesn't effect how a man feels about you or your relationship or his sexual performance*

*31. If you want to keep a man you have to show him you're a ride or die woman*

*32. The way to a man's heart is through his stomach*

*33. Size doesn't matter*

*34. If you're dating more than one guy at a time you'll get a "reputation" so you have to focus on one*

*35. Men in professional high paying careers are more mature/less fuckbois*

*36. Virginity is something special that should be saved for your husband*

*37. If a man tries hard to get back together after a breakup it's because he's changed and you were truly were meant to be*

## CHAPTER FIFTY-EIGHT:

### **KNOW WHAT YOUR STANDARDS ARE AND STICK TO THEM: DON'T SETTLE FOR LESS**

One way to make your dating experience more seamless is to determine what your standards are and to stick to them. How do you want to be treated by your future boyfriend? What non-negotiable qualities should he have and what are your deal breakers?

- What kind of first dates do you want? Do you prefer a drink date or do you want a man to take you out to a nice restaurant? What caliber of restaurant do you want them to take you to?
- Do you want them to provide for you, to pay for dinners, movie tickets, Uber rides, etc.? What kind of restaurants do you want to be taken to?
- How long would you keep seeing a man who hasn't asked you for exclusivity yet? (Mine is 2 months at most. After that, they're cut off.)
- Are you okay with a man who only wants to see you once a week or do you require a man wanting to see you more than that for you to know that he's serious?
- How long would you wait for him to introduce you to his friends?
- When are you going to have sex with him?

Really think about the kind of dating experience that you want. Your answer shouldn't be colored by your previous bad experiences or what the world tells you to want. Just think about how you want your future boyfriend to treat you in an ideal world.

What if I told you that how you want to be treated is very much possible? I know the world always tells us to lower our standards and to be realistic. People try to invalidate your real needs and they tell you to settle for someone who can't give you what you want. They try to excuse men's subpar behavior. Instead of a man changing his behavior, apparently we should be the ones who should accept less than exemplary behavior and reward them with our youth and feminine presence.

Say no to that.

As an empowered woman, you have to OWN up to your desires and to never accept something that doesn't align with what you truly desire. Love yourself enough to honor your desires. When you accept nothing less than what you want, it allows you to cut through the bullshit. You don't have to think, "Oh, is him doing X acceptable? Should I be okay with it? What should I do to make him change his mind?"

When you honor your standards, you instead communicate to a man frankly what kind of behavior or quality you expect from a man. Examples from my personal life:

If a man wants to take me to a restaurant that I don't find date-appropriate, I tell him frankly that I'm accustomed to nicer places. He can either find a restaurant that would please me or he can find another date.

Another example: I meet a man in a group setting, we go out and are affectionate with each other. But when we meet again in a group setting, he doesn't act like how he'd act when we're on a date. I ignore him at the end of the night, and when he asks me what's wrong, I tell him that I prefer guys who treat me in public like how they treat me privately when we go out on dates. I don't say it in a needy way. I just tell him what my expectations are and it's up to him to step up and change if he wants to keep me.

Recently, I've learned how valuable honesty is. The more honest you are about your real desires and your standards, the more men will respect you and treat you like girlfriend material. I've done the two examples I've provided recently with a man and the man in question DID find a nicer restaurant and he DID change his behavior and was so regretful that he treated me that way. He said that he didn't mean to do that and was just respectful of my space, and that it was the last time he'll mess up like that again. I've made it clear to him how I expect to be treated and he changed his behavior because he wants to keep me. Since then, he has shown to me in a group setting that we're an item and he has also asked for my exclusivity. That's how you know a man values you.

When a man has found his dream girl, he will ditch his old ways and become the man that she expects to have. The woman who becomes a man's dream girl is a woman that has standards. All of the strategies we've talked about and will talk about in the future, the core of it is having standards and loving yourself enough to not accept any less. If you do this, your actions will subconsciously affect how a man perceives you and things are more likely to go your way.

So ladies, do not waver. Keep your frame. He can either take it or leave it. The right man will find you when you put in the time and effort to be a high quality woman. When you say no to things that are less than what you truly want, you make space in your life to welcome the things that you truly DO want.

*AverageToHot*

## CHAPTER FIFTY-NINE:

### **DATING SHOULD BE A STRESS-FREE EXPERIENCE FOR YOU.**

When a man is truly interested in you, he will text you first and take you out on dates without much effort on your part aside from your warm "yes!" As a woman, it's not your task to make things happen. All you need to do is to sit back, relax, and let him show you how much he really likes you. If he's not stepping up to the plate, calmly next him and meet other men to increase your chances of finding a great guy who will love you.

When you take on the masculine role by texting him first and planning dates, you don't give yourself the opportunity to filter out half-interested men who will give you nothing but anxiety and grief. You're not being "independent" by asking for his number and making plans with him. You're making it too easy for him. He should be the one showing you that he's worth your time. If a man doesn't try to make things happen with you, he doesn't want you enough to warrant your investment in him.

So ladies, be your best selves, do your own thing, and the right man will come sooner or later.

*AverageToHot*

## CHAPTER SIXTY:

### **A HVM WHO IS SERIOUS ABOUT YOU KNOWS EARLY ON. DO NOT BE FOOLED BY CONFUSED MEN**

#### How and when make celebrities knew she was the one:

**NICK JONAS ON PRIYANKA CHOPRA** - "think I got to know her so well as a friend first, which then made it really easy when we started dating to say, 'Wow this is the person and I know, right off the bat.' So it happened very fast, within days of us diving in. I told [my brothers] a week after our first date, 'I'm going to propose later this year.' "

**PRINCE HARRY ON MEGHAN MARKLE** - "The fact that I fell in love with Meghan so incredibly quickly was confirmation to me that all the stars were aligned, everything was just perfect. It was this beautiful woman just sort of literally tripped and fell into my life, I fell into her life." When asked when he knew she was the one, Harry said with a smile: "The very first time we met."

**JOE MANGANIELLO ON SOFIA VERGARA** - "I knew [she was the one] like right away. She was in New Orleans shooting this movie so I was flying back and forth to date her."

**STEPHEN COLBERT ON EVELYN MCGEE-COLBERT** - "I walk in [to a theater lobby] and I see across the lobby this woman —I think for the first time, not girl, woman — beautiful woman in a black linen dress, and I think 'Her.' Honest to God, I thought 'There's your wife, you're going to marry her.' And I thought, 'That's crazy ...' "

**KANYE WEST ON KIM KARDASHIAN** - "Our love story's a love story for the ages. I felt like when we first got together, it was like a Romeo and Juliet kinda thing where it's like she's a reality star and I'm a rapper."

**DAVID AND VICTORIA BECKHAM** - David Beckham knew Victoria was the one for him the very first time he saw her, and that was before he even met her. While watching a Spice Girls video, the soccer stud reportedly pointed out Posh Spice and told his friend that he was going to marry her. After they did finally meet, she agreed and said it was "completely love at first sight."

**GEORGE AND AMAL CLOONEY** - "I think it was about three days in I knew she was the one," he said.

**TIM MCGRAW AND FAITH HILL** - In 1996, they went on tour together, and that's when the sparks really flew. Several months later, they walked down the aisle.

**DAVID BOWIE ON IMAN** - "My attraction to her was immediate and all-encompassing. I couldn't sleep for the excitement of our first date," Bowie told HELLO! . "That she would be my wife, in my head, was a done deal. I'd never gone after anything in my life with such passion in all my life. I just knew she was the one."

**TOM HANKS AND RITA WILSON** - When they starred in the movie "Volunteers" together in 1985, Tom knew Rita was the one. "Rita and I just looked at each other and - kaboing - that was that. I asked Rita if it was the real thing for her, and it just couldn't be denied," Tom said to GQ, per Good Housekeeping.

**DENZEL WASHINGTON ON PAULETTA WASHINGTON** - Denzel Washington says he proposed to Pauletta Washington three times before she accepted. "You heard it here first," Denzel said on the red carpet at the L.A. premiere of his film, "2 Guns," per E Online. "She turned me down, she said no. And since it was three times, that means she turned me down twice."

**HUGH JACKMAN ON DEBORRA-LEE FURNESS** - "I knew two weeks into meeting Deb that we were going to be together for the rest of our lives," the actor told Today in 2018.

**JOHN KRASINSKI ON EMILY BLUNT** - It didn't take long John to fall head-over-heels for her. He told Ellen DeGeneres he wasn't looking for a relationship at the time, "But I met her, and I was so nervous and I was like, 'Oh no I'm going to fall in love with her.'"

**CHRIS HEMSWORTH ON ELSA PATAKY** - Chris revealed he met Elsa on a blind date set up by their reps and immediately knew she was the one. They started dating in 2010. Chris told Elle, "From the first time we met, we just made sense. She's fun. She's outgoing, and she has a sense of humor and a passionate attitude toward life, which is nice to try to keep up with."

**ALEX RODRIGUEZ ON JENNIFER LOPEZ** - Friends of the baseball player would later tell Page Six that Rodriguez spent months trying to find the exact perfect ring. "He wanted to get it right," the source said. "The proposal has been a long time coming. Alex knew she was the one and has been painstakingly planning everything."

**MATTHEW MCCONAUGHEY ON CAMILA ALVES** - On that first date, "I knew then. I said the next night after that, I want to go out on another date. The next night after that, I wanted to go on another date. And I've been wanting to go on a date with her for the last nine years. And not with anybody else."

**CHRIS O'DONNELL & CAROLINE FENTRESS** - Scent of a Woman and Batman franchise star Chris O'Donnell met Caroline Fentress via his sister, who was her college roommate. For O'Donnell, it was love at first kiss, or as he likes to say, "As soon as I kissed her, I knew she was the one."

**JASON MOMOA ON LISA BONET** - When Jason Momoa, 39, and Lisa Bonet, 51, first met in 2005 at a jazz club in New York City through mutual friends, the Aquaman actor

was immediately smitten. “We just happened to be in the right place at the right time,” he told James Corden on the Late Late Show last year about their first meeting. “I actually had dreaded my hair for her. I had dreadlocks, she had dreadlocks. I literally turn around and I see her and she goes, ‘I’m Lisa.’ I turned around to my friend and I [pretended to scream]. I had f—ing fireworks going off inside, man. I convinced her to take me home, because I was living in a hotel.” His love for Bonet began when he was 8 and he saw her on TV. “I was like, ‘Mommy, I want that one,’” Momoa told Corden. “I’m like, ‘I’m going to stalk you for the rest of my life and I’m going to get you.’”

*CuriousCatNYC777*

## CHAPTER SIXTY-ONE:

# **A MAN WHO IS CONTENT KEEPING YOU IN A NONCOMMITTAL SITUATIONSHIP IS SOMEONE WHO DOESN'T CARE IF YOU'RE BEING WINED AND DINED BY OTHER MEN. DROP HIM.**

One mistake I see a lot of my friends making is them being too available for the guy they're dating and providing the exclusive girlfriend experience free of charge.

At the end of the day, if the guy you want to be with is 100% content not defining the relationship:

He's not that into you

He's thinking "why buy the cow when you can get the milk for free"

He is overly comfortable because you've made it clear through your actions that you are monogamous with him, even if you're not.

Men become monogamous with women they love and women they are not willing to risk losing

### STRATEGY

- Obviously, keep your social life stacked with shit he's not a part of.
- Continue to go out without him on the weekends and be honest about it.
- For the jugular: Plan a girls trip out of town, look hot and GO.

And it's not just a dating strategy. It's a life strategy. We are women, we are intelligent, we are fun and we are gorgeous! I've been with my partner for 3 years and in this year alone have been on 5 girls trips having an absolute blast around the country (and this summer Europe aye! But he's coming with me lol).

For the single ladies: Do NOT rub the fact that you're still dating in his face. But DO make it clear your social life does not slow down for him.

If I was super into a man who I was regularly dating for 3+ months that didn't care if I went out and got whisked away by the man of my dreams, I would have to drop him. Call it pride I guess. But that's unattractive to me.

A man asking a woman to be exclusive is not some sacrifice women should be desperately waiting on. It's an honor for a woman to accept such a proposition and deny all of her potential suitors to be monogamous with one man.

Disclaimer: This also weeds out overly jealous, controlling men who after a month of dating neg you about going out without him and meeting men. BARF.

*popfriday*

## CHAPTER SIXTY-TWO:

### A MINDSET CHANGE

Before getting into the dating world again, I was in a LTR with a terrible person. Classic cheater who also sexually and emotionally abused me from time to time (though I didn't realize it was abuse while I was with him). After finally leaving him, I started dating again. I took about eight months to try to repair myself, but I ultimately still had low self-esteem and self-worth after all I had been through with my ex.

This reflected in my dating life. The last guy I dated was a prime example of what you don't do. *I chased, I texted first, and I put him on a pedestal. I was his therapist and doted on him. I treated him to outings. I did anything he wanted. I was down to hang out whenever he wanted, even if it was a last minute date. I thought about him all the time. I was eager and tried very hard to please him without expecting him to please me.*

What ended up happening?

Despite being the nice, considerate girl, I was slow faded after we had sex a couple times. That sucked and I was convinced it was me. I was convinced I was ugly. I wasn't attractive enough. There had to be something wrong with me physically, right? Why else would a man you treated well and did everything for walk out of your life? Sure, I had men at work hitting me up all the time. Yeah, a man on the street corner chased me down just to tell me I was beautiful. But if I was actually attractive, it didn't add up.

That's when I found FDS.

Instantly, I totally overhauled everything. Everything I'd been taught. Everything I thought was "right" was now turned on its head. I immediately got busy. I started up with my old hobbies I had relinquished after getting serious with my ex. I started salsa dancing again. I rekindled my love for French. I connected with friends I was isolated from in my relationship. **I lived my life for me.**

What ended up happening?

The same thing that always did.

Men asked me out.

Only this time, I changed the way I approached the men who asked me out.

I wasn't always available. I didn't stop time and space to go out with them. If I had plans already? I stuck to them. If they asked me out at the last minute? I turned them down. If

they wanted to see me then they needed to show me they planned our date in advance. **My time is valuable.** I would not be available whenever for their convenience.

**Also, I didn't put them on a pedestal.** These were just men. They had proven nothing to me. Had they proven their value? Had they demonstrated their commitment to me? No, and I could easily live with or without them. I had my own life to live. My world no longer revolved around the men in my life. I was no longer interested in chasing because I could take them or leave them.

Last, and most importantly, I **valued myself.** As I got out into the world more and did the things that once made happy again, I realized how valuable I was. I was smart, I was interesting, I was healthy, and I was kind. Before, with the last man I dated, I did not feel that was enough. I felt that despite all I had accomplished in my life, I was still lacking something. And what did I do? I compensated by chasing him and doting on him. Hoping that he would overlook the false deficiency I made up in my head.

Now, I knew my worth. I knew how much of a catch I was. Instead of feeling lucky to have a man who had proven nothing to me, I now felt that a man would be lucky to have me. This subtle switch in my frame of mind made all the difference. I had upped my standards. I knew all I brought to the table. What did he bring? And more importantly, how was he going to show it?

So thanks to everyone for this sub! Thanks for the advice and the amazing book recommendations. In just a couple months, so much has changed. I went from depressed and doubting my appearance/worth, to having two high-value men chasing after me. I hope I can continue to pass this knowledge down to other women!

*throwawayy92838383*

## CHAPTER SIXTY-THREE:

### **IT'S NOT YOUR JOB TO "BUILD" A MAN.**

Hello wonderful women,

I have seen quite a few posts here lately about "Roberta the Builder"/"Bob the Builder Bitch" and "does x behaviour mean I am a Roberta the Builder??" In general, we talk a lot about not building a man, not taking a man on as a "project", not accepting a man who is a work-in-progress. Of course, this is all good advice, but I understand that it engenders some confusion: obviously, in a relationship, you're going to support each other. So, where is the line? And are there any exceptions?

**You support a man you have a relationship with. A named, formal, committed relationship (preferably an engagement or marriage).** Some of you are thinking "but I support my female friends!! why wouldn't I support a man I'm dating in the same way??" Firstly, your female friends are (hopefully) supporting you back. It's give and take: they help you move, you watch their cat, they cheer you up when you're down, you encourage them to be their best selves. I concede that there might be a few unicorns out there (men who are genuinely your friends, who wish only the best for you, and who support you just as much as you support them) but they are *FEW AND FAR BETWEEN*.

If you're giving a man more support than he gives you, you're a builder. Whether it's because he can't provide you the same level of support (because he's emotionally, financially, or otherwise incapable) or because he chooses not to (because he's selfish), **if you are consistently giving more than he does, you're building him.** It can be so easy to justify this: "He's busy with work! He's had a cold! His brother's hamster just passed away, so no wonder he hasn't been emotionally available!" Let's be honest: most of us know deep down that we are doing much more for these men than they will ever do for us. If you have ever brought soup to a dude you are fucking who can't even wash his towels for you, you're a builder.

**If you're giving a man more support than you give yourself, or supporting him to your own detriment, you're a builder.** When you compromise on your choice of college/dream job/healthy lifestyle in order to "be with" a man who has made no formal commitment to you, you are building him. If you've ever cleaned a man's house when he's had a terrible week at work, when you are also exhausted from your own terrible week at work, you're a builder. Ever spent more time working on a man's resume than you do on your own? Paid for a bus pass to go see him because his car broke down, when your own finances are feeling tight? You get the idea.

So what does healthy support look like? You encourage him to go to the gym when he's feeling lazy and he does the same for you. When he's had a bad week at work you pick

up one household chore that he usually does; when you've had a bad week he offers to take you out, watch the kids while you see your friends, offers you a massage and brings home your favourite snacks. **He doesn't deplete you.**

Just to be clear, being a natural helper does not make you a bad person! It is wonderful and admirable that you want to support and lift up people you care about, but stop wasting that precious energy on dudes who text "WYD" after ghosting you for three days. They. Don't. Deserve. You. Period. Full stop.

Trust me, I've been there: I've done so much for live-in boyfriends who couldn't be bothered to go back to school, apply for a promotion, fold their own laundry or empty a dishwasher. You know what it got me? Wasted time, wasted money and heartbreak.

Finally, a note on young men (who are still in school, for example): firstly, if you are under 22, dating another person under 22, you should be focusing on yourself primarily. I won't say don't date at that age, but your main goal isn't to be in a committed relationship: it's to learn about yourself, explore your passions, work hard in school, start your career, etc. **Boys should be at the very bottom of your priority list.** Most of you won't marry your highschool sweetheart or your college boyfriend, so stop treating him like your husband unless he's doing everything in his power to become your husband (and even then, make sure he's someone you'd actually want for a husband!)

*masterofthebarkarts*

## CHAPTER SIXTY-FOUR:

### VALUE YOURSELF

When I started reading FDS posts, I did not. I was humiliated because I felt like I was no longer the strong, smart woman I had always wanted to be. My self-esteem was in the toilet, I had loads of childhood trauma and I was used to letting everyone, platonic or romantic, walk all over me. And I was only reading dating forums because I was, though I didn't want to admit it, desperate for validation from a relationship.

But what I've realized is that this forum, at least to me, is not actually about dating at its core. **It's about loving yourself enough to allow the love and respect you deserve into your life.** Here are some things I've learned from this forum and also just from my own self-discovery and growth over the past few months. I hope this helps someone who was where I was. I love you ladies and I'm so grateful for this forum.

1. **Appreciate the freedom that comes with simply not caring until someone makes it worth your time.** It's YOUR life and anyone you date is just a welcome guest. And by not caring, I don't mean being emotionally unavailable or needlessly rude. I mean respecting yourself enough to not reserve space in your life for stress over someone who is simply not worth it. Independence and self-respect is innate for some, but you can also teach them to yourself. You can change your behavior and embrace how wonderful it is to love yourself enough to and have the strength to eliminate people from your life who cause you pain, stress and unease. They're not worth it. But you are!
2. **Be the best version of yourself for YOU, and allow the men in your life to rise to YOUR standards.** This is something I hear discussed in this forum but I still see so many women falling into the same patterns of waiting around for their bf to be available or only wanting to improve themselves because of a man. NO. It doesn't matter if you're by yourself reading a book or grocery shopping or doing your nails or out with girlfriends. If he calls and you are busy, YOU ARE BUSY. If it's your time, IT'S YOUR TIME. This is not a mind game, it is simply making time for you to do the things that make you feel whole, intelligent and happy with who you are.
3. **Don't let yourself be devastated anymore by disappointing behavior from a LVM.** Much easier said than done... but so freeing when you get there. If they don't call, if they don't treat you like a queen, if they expect you to be at their beck and call — it's over for them! No tears, no second chances. No making excuses to your friends or covering for behavior. You move on and you are happier and better for it. As someone who was single for most of 21 years (I am 22), I can say from experience that I was MUCH HAPPIER alone and doing my own thing than when I was putting up with some LVM's ridiculous, childish behavior.

4. **Don't let your friends or family tell you that you are too picky or mean.** Expecting respect, love and special treatment from your SO or anyone you're dating for that matter is not high maintenance or being a "bitch." You deserve it. No, you really do. It doesn't matter if Aunt Marge thinks you should have settled down with Mark from work. It doesn't matter that your best friend thinks it's mean of you to say no to hanging out with your boyfriend because you don't feel like it today. It is YOUR LIFE. No one gets to tell you what to do or how high your standards should be.
  
5. **Women are truly incredible creatures.** We are so resilient, kind, caring, intelligent and capable. And unfortunately, one reason we end up in shitty relationships is often because people take advantage of our good traits. And we have been taught to be quiet, obey and not expect anything in return. Fuck that. Look in the mirror and remember who you are. No one person can ever take your value away from you and you should never give anyone something from you that they do not deserve.

*Scaredycat2019*

## CHAPTER SIXTY-FIVE:

# **12 STEPS FOR PICKMES ANONYMOUS (FORGIVE YOURSELF)**

Hi ladies,

Here is my attempt at making a post for the sidebar/wiki. Some people find the 12-step format helpful for addiction and other behaviors, so I decided to try adapting it to FDS:

1. We admitted we were powerless over PickMe behaviors-- that our lives had become unmanageable. We developed an unhealthy pattern of prioritizing dates' feelings over our comfort, well-being, values, and self-respect.
2. We came to believe that a Power greater than ourselves could restore us to sanity. (Our Power may be religion, God/Goddess, a treasured virtue, personal strength, community, and/or spiritual belief.)
3. We made a decision to turn our will and our lives over to the care of [higher power] as we understood [it]. Like the Serenity Prayer, we acknowledged we cannot change others and only have control over ourselves.
4. We made a searching and fearless moral inventory of ourselves. We were willing to view uncomfortable truths deep within our convictions. We bravely sought counsel from sisters who can empathize yet reject our excuses.
5. We admitted to [higher power], to ourselves, and to another human being the exact nature of our wrongs. We admitted we asked for too little in our relationships and did not treasure ourselves. We admitted settling for a bad situation/relationship is self-harm. We admitted our negative influence toward others when PickMe behavior occurs.
6. We were entirely ready to have [higher power] remove all these defects of character. We realized our fallible, imperfect human nature while discovering our basic human right to respect and self-love.
7. We humbly asked [higher power] to remove our shortcomings. We acknowledged our participation in these changes is mandatory.
8. We made a list of all persons we had harmed, including ourselves, with PickMe behavior. We became willing to make amends to them all.

9. We made direct amends to ourselves and such people wherever possible, except when to do so would injure them or others. We forgave ourselves for our actions and allowed ourselves to cut contact with those who harm our healing process. We refused to conflate forgiveness and reconciliation. We employed boundaries with those whom we forgave/reconciled.
10. We continued to take personal inventory and when we were wrong promptly admitted it. We acknowledged healing requires time and effort.
11. We sought through prayer/meditation/determination to improve our conscious contact with [higher power] as we understood [it], praying only for knowledge of [its] will for us and the power to carry that out. We were willing to become the best version of ourselves. We decided to only act in ways that would ensure restful sleep at night.
12. Having had a spiritual awakening as the result of these steps, we tried to carry this message to recovering PickMes and to practice these principles in all our affairs. We acknowledged societal injustice, our constant/unchanging self-worth, and lifted up other women.

Based on this material:

<https://www.alcoholics-anonymous.org.uk/about-aa/the-12-steps-of-aa>

*FluffandRainclouds*

## CHAPTER SIXTY-SIX:

# 7 BAD REASONS TO KEEP DATING HIM

Hi all,

I've yet to meet a woman who's never dated a LVM. So why do we do it? What drives us to make this choice? Especially when we already know better?

1. **You Don't Know He's LV.** He's charming, handsome, funny - and you're crazy about him. Before you know it you're committed to (and sleeping with) a man whom you don't even know all that well, but what does it matter? You're in love! At least until you find out he's still on Tinder 3 months later, or that he has a problem with alcohol, or that he blames everyone else for any problems he faces and constantly criticizes you...well, you get the picture.
2. **You Know He's LV, But You Think You Can Change Him.** Sure, he cheated on his last girlfriend and he just got fired from Burger King, but with your patience and love and vagina he can finally grow into the man you know he really is on the inside! Except that you can't change anyone and there's no point pulling a man up by his bootstraps (he'll just use those shiny boots you bought him to walk out the door and over to his new girlfriend's place).
3. **You Know He's LV, But He's Got One Specific Thing You Really Want.** Maybe it is incredibly important to you to marry someone of the same faith. This guy may not have everything (or anything!) else you need, but this one, particular trait is hard to find and valuable to you, so you're loath to let him go. You know it might be weeks or months before you find another guy with that thing, whatever it is. Unfortunately, it's not enough to only meet one of your standards, even if it is the most important one.
4. **You Know He's LV, But You Don't Think You Deserve Better.** Call it low self-esteem, call it trauma or toxic attachment styles - whatever it is, some part of you thinks that you don't really deserve a person who treats you well. Maybe that's what you saw growing up, so deep down you think it's normal and you're uncomfortable with the thought of someone treating you better. Whatever it is, get yourself to therapy and dump this man yesterday.
5. **You Know He's LV, But You Don't Think Better Exists.** All men cheat. All men are lazy. All men are messy and just want a combo maid/therapist/fwb, but you want a man (why??) so you've decided to put up with it. Better men do exist, even if they aren't common, and the time you waste putting up with LV behaviour is time you could be spending doing literally anything else. Even if you never meet

someone "better", you'll be happier single than you could ever be with a dude who's gonna complain about folding his own laundry.

6. **You Know He's LV, But You Think You're Immune To It.** You know he's worthless, but you want attention/validation/a fwb and you're sure that you can avoid catching feelings. There may be some Queens out there for whom this is true, but I know that personally I have a hard time not caring about people, and I was perpetually falling for LVM who didn't deserve it. Why take the risk? Validate yourself, give yourself attention and buy a vibrator. He's still wasting your time, even if you know it in advance.
7. **You Know He's LV, But You're Lonely.** Better to be alone, seeking solid female friendships, mentors, and family support than wasting time on a man who can never add anything meaningful to your life. You will inevitably be lonelier in a bad relationship than you will on your own. Loneliness can not kill you, but a LVM might.

Notice that 6 times out of 7, you really do know that he's low value, you just don't really want to admit it. Be ready, willing and able to acknowledge the truth, even when it sucks. You will always be happier without him in the long run.

*masterofthebarkarts*

## SECTION XVI

# BREAKUPS

*"Sometimes good things fall apart so better things can fall together."*

*Marilyn Monroe*

## CHAPTER SIXTY-SEVEN:

### **BREAK UP SURVIVAL GUIDE**

I notice there are often posts asking for guidance on getting over heartbreak. I'm sharing some tips below that may be helpful. I hope it's useful to some of you. Some of the information I am listing is a bit new-agey ,so if you don't vibe with that, skip over it. Take what resonates with you, leave the rest.

Sorry this is sooooo long. There's so much to cover.

Avoid the following: **Online dating and dating in general.** Like attracts like. If you are broken you will only attract someone who is broken. **Heal first.** When you feel emotionally stable you can start dating again.

**Alcohol and drugs.** Not only are they unhealthy immune suppressants, they are also chemical depressants and they **will lengthen your healing process.** Sure, go out and have some cocktails with your girlfriends and cry in your martini, just don't make it a habit. Don't use it as a coping mechanism.

**Pain shopping.** Delete him from all social media. Delete his friends. Delete all of your photos of him. Pain shopping **will set you back in the healing process.**

**Toxic people.** That pickmeisha friend? Drop her. That lvm you talk to for ego kibbles, block him.

Forget about upleveling for now. You need to heal first. You can't build on a weak foundation.

Do as much of this as you can:

1. Make a list of the lies you believed about yourself and your relationship. Replace each lie with a truth and when a painful thought pops into your head, replace it with a truth.
2. Pray for guidance and healing. Pray like hell. If you're not spiritual , skip the praying and meditate on accepting light and healing.
3. Talk to your girlfriends, your empathetic friends who give you comfort. If you don't have close friends, vent in the FDS subreddit.
4. Remove as many triggers as possible. Change your playlist, your route home, your outfits. Anything that triggers you to think of him.

5. Journal. Journal like your life depends on it. Get your thoughts out and onto paper. It's cathartic.
6. Exercise. Do Yoga. Yoga's poses and sequences are designed to release stagnant energy and to leave you feeling grounded and centered. Find a teacher that you love and go as often as possible. If you can't or won't do yoga, find some other physical exercise that you like and do it as often as you can.
7. Meditate. I teach mediation. I'm going to list two healing and centering meditation practices you can use at the end of this list.
8. Every time you think of him say "cancel cancel" or "brain, override oxytocin."
9. Find a good therapist who is trained in cognitive behavioral therapy. If you can't afford therapy, get "The Feeling Good Handbook" by Dr David Burns and devote at least 20 minutes per day to it. You will become skilled at replacing negative thoughts about yourself with positive thoughts. This skill is particularly useful for those who grew up in toxic households.
10. Find something you love and do it. Take classes. You'll learn something new and you'll meet new people who have similar interests.
11. Do something creative. Even if you think you're not creative. Find something to do with your hands. Go on Pinterest and find crafts. If you always wanted to learn how to paint/crochet/sew, whatever, now is the time to do it. It keeps your mind busy and creativity can be a healing experience for your heart.
12. The five stages of grief. Learn them. Understand that you will fluctuate and go back and forth through them. Understanding the process is beneficial to your healing.
13. Dark chocolate. Whenever you feel depressed, have a piece of dark chocolate. It stimulates endorphins in the brain. Endorphins create pleasurable feelings and act as an antidepressant. There's almost nothing a few pieces of dark chocolate and a hot bubble bath can't fix.
14. Get lots of rest. Drink plenty of water. Never lose sleep over a man. Lack of sleep accelerates the aging process. If you have trouble sleeping find a guided meditation on YouTube. There are thousands of them and they are free.
15. Cry. A lot. Find something to induce the tears if you have to. I find videos of soldiers returning from deployment surprising their children. Gets me every time. Crying is hugely cathartic.
16. Laugh. A lot. Find funny videos. Hang out with your goofy friends. Laugh as hard as you can, as often as possible.

17. When you feel overcome by grief, remind yourself that it's only a trigger. It will pass. Breathe, let it go. This too shall pass.
18. Make a vision board and load it with pictures of the life that you want. Mine has a picture of my dream home, a beautiful picture of my children laughing, pictures of places I want to travel and of the car that I want, to name a few. I have it hung over my dresser and I look at it several times per day to remind myself that where I am in life isn't permanent. Bigger and better things await.
19. Pamper yourself. Do your nails, put sheet masks on your face or do at home facials, buy yourself something nice, take long salt baths. Epsom salt baths replace the much needed mineral, magnesium, which is highly beneficial to healing and releasing negative energy.
20. Eat healthy and take supplements. Avoid junk food. Don't use food as a coping mechanism.
21. Get a vibrator. It will take the edge off and will help you if you are in danger of backsliding and texting him because you need a sexual release.
22. Make a daily ritual and a monthly ritual. My daily ritual is morning meditation and yoga followed by coffee 😊. My monthly ritual is saging my home and writing down whatever it is that I want to manifest in my life. I do this on the night of the new moon. Your rituals can be anything you want, as long as it's healing and healthy.
23. Take yourself out! Go to dinner, the library, shopping, coffee, whatever. Do this at least weekly. Spoil yourself. If you can't afford to spoil yourself, find free things to do. An outdoor picnic, a hike, whatever makes you happy!
24. Remember this is only temporary and one day you will wake up and wonder why you were so sad over someone so unworthy of your energy. You will heal. You are worthy. You are enough. You are perfect just as you are.
25. Keep coming to this sub. This sub is full of women just like you who have gone through similar heartbreaks. There's nothing better than being among your tribe and knowing you are not alone.

### **Breathing and meditation practices:**

This is a simple breathing exercise that stimulates the parasympathetic nervous system, which disengages "fight or flight". It activated the right side brain, the calming side of the brain. It's especially helpful during times you feel panicked and triggered. Also nice to do just before bed

Left nostril breath: Sit comfortably. Head neck and

chest In one line, body still. Cover your right nostril with your thumb. Take slow, smooth breaths out of only the left nostril. Do this until you feel centered and calm.

**Healing meditation:** Sit or lie comfortably, eyes closed. Take your awareness within. Notice where you are feeling the emotional pain in your body. Keep your awareness there, it could be one or multiple places. Experience the pain you are feeling and then imagine it to swirl in a tornado-like way. Visualize it rising up and leaving through the top of your head. Then experience the emotional pain that remains and imagine pushing it out of you with force. Now picture yourself in the most happy, peaceful place you can imagine and then imagine yourself accepting love, light and healing. Then rest and imagine yourself to remain glowing in that light.

This guide is nowhere near as comprehensive as it can be. Please feel free to add the techniques that have helped you.

I wish you all peace, light, ♥ and a speedy recovery.

*redbirdflies*

SECTION XVII

CULTURAL  
COMMENTARY

*"Don't settle for a relationship that won't let you be yourself."*

*Oprah*

## CHAPTER SIXTY-EIGHT:

# REASONS WHY LVM TRY TO PROPOSE LOW EFFORT DATES

It's not about money.

It's about control.

They want to set the tone for the date, to manage your expectations, to have an upper hand over you.

Why?

1. Meal dates are viewed as romantic, in a traditional and cultural sense. They want you to know that they have *no romantic intentions*. They won't be honest and forthcoming about it, because they need to screen for women with low standards. They're looking for something specific-- a woman who wants a romantic relationship, but is too vapid and/or self-loathing to demand one.
2. Meal dates are not necessarily more expensive than drink dates. Cocktails can be \$10-15+, and if you have 1-2 drinks, this can easily cost the same as a meal at an inexpensive ethnic restaurant, a cute pizza or burger place, or at a mid-priced restaurant. Lunch menus are even less expensive. There are tons of cool little restaurants that serve very affordable meals. Going to a restaurant doesn't mean that you're going to a steakhouse or a 5 star restaurant. For fuck's sake, most bars (even dive bars) also serve food. So it's not about money, or about food. **It's about ALCOHOL and CONTROL.** They use the alcohol as a tool to get you to lose your inhibitions, and they manage your expectations by keeping the upper hand over you.
3. They want you to drink, because they want to lower your inhibitions. They've probably had experience with alcohol + women = leading to more sex. They know what they are doing.
4. Some will ask you to a drink date, but will pay. It doesn't mean they are not LVM, they have just not sunk low enough to expect a woman to go Dutch when they're trying to get her drunk to fuck her. **There are different shades of LVM--** they're all terrible, but some have more audacity than others.
5. Coffee dates-- I'll throw in my 2 cents about that too while we're here. Men who do coffee dates tend to be more nerdy, unassuming, have dad bods or poor

social skills etc. A lot of them are broke too. **They're doing the numbers game thing.** Expect to have a bad experience with coffee dates-- coffee date men tend to have bad social skills. And since the 1st date was coffee, expect the 2nd to be a Netflix & chill invite or at best, a drinks date at a dive bar/similar. If you want a really scrubby type of guy, where you have to wipe his ass for him, teach him social etiquette-- go for coffee dates.

6. Last but not least-- LVM rage out at women who want meal dates, because **they're enraged by our awareness and perception of their nature and methodology.** They hate that we know what they are doing, that we know their game better than them, that we know what their intentions are, and most of all, they hate that we are warning other women about them. They make it about money, when it's really about control.

*circescircus*

## CHAPTER SIXTY-NINE:

### **TO THOSE THAT CALL US ENTITLED PRINCESSES**

I've got a message for you, male lurkers:

Even the most educated, caring, trustworthy, attractive women I know have spent most of their dating lives getting their *asses run by men*. These women weren't exactly 'high maintenance' either despite their huge pool of choices and the attention they get- they made a lot of allowances because they felt a spark, because they saw 'potential'. These women were considered high value- who ticked men's never ending boxes. The majority of their dating lives follows a similar trajectory: constant disrespect, hurt and disappointments, making them get far tougher on their standards and far less likely to make allowances for men who wouldn't do the same for them anyway.

They would rather stay single and healthy than try to raise a man child, change a cheater or fix a broken man that will only leave them once they get on.

These are the women that did everything by the male appeaser book out of naivety. They tried to be genuine and give the benefit of the doubt. Overlooked a man's flaws and gave the underdogs a chance- men that weren't great looking, were short, not too lean or had funny style- as in men they wouldn't normally go for. **They assumed they would treat them better .**

They developed their characters so they were funny, smart and interesting. Helped him up when he was down. Gave him a shoulder to lean on regarding his mental health issues or personal problems. Put up with mediocre or bad sex so he could get off because they were scared to offend or felt they'd lose them if they didn't put out- even if they weren't enjoying it.

Overlooked the fact he didn't earn as much or was less educated. Put up with his temper problems. Didn't run off at the first sign of issues- tried to work it out. Didn't make demands and put up with low effort dates because they thought it was genuine and they liked spending time. They spent endless amounts of money keeping their looks up to the trends with skincare and makeup products and clothing. They tried hard to keep their sex appeal, be good in bed and keep up the flame. They spent countless hours in the gym to stay in shape. They worked hard to get over their own mental issues and setbacks. They worked hard to be educated and have interesting things to talk about.

It didn't matter- because their experiences all ended up the same, whether it was sooner or later. No matter what allowances or what effort they made - the guy got too big for his boots and eventually disrespected them, cheated on them or became seriously low effort and entitled after getting too comfortable. The men were just mad these women had the self esteem and intelligence to call it out. These men could not be honest with themselves and their feelings and just leave. Or try to step up to be more attractive or attentive as they themselves desired.

No matter how much less attractive, less smart, less wealthy the guy was...it all ended in the same dire fate. They had no choice but to ditch them because the man did not value or respect them- there was no trust to build a foundation. It would only end in a broken home, single motherhood or divorce- those things you supposedly want us to avoid. It was no worthwhile pursuit dragging a dead horse. Whether it was 2months in or 2years later.

All these men felt entitled to take a high value woman and drag her through the dirt. They felt entitled to take her off the market and block any potential better options that might have been far more suitable to her standards. They felt entitled to manipulate her into emotional investment and treat her like a girlfriend with no desire to commit. They felt entitled to waste her time rather than being honest with themselves. They felt entitled to waste her youth and looks. They felt entitled to hurt her feelings no matter what other difficulties she was working through herself, even if she had overcome traumas, family abandonment issues and had limited faith in people to begin with- they still felt entitled to deplete her faith even more.

They felt entitled to laugh at or gaslight her when her eyes glossed over at his phone notifications. They felt entitled to roll eyes if she needed emotional support. They felt entitled to lie, giving her trust issues. They felt entitled to be pampered and adored like a 'king' when they acted more like a common peasant. They felt entitled to her honesty whilst being dishonest themselves. Some even felt entitled to lull them into promises of marriage and took up most of their social lives and time despite being a cheat all along, even though she'd made allowances for him to avoid that.

They felt entitled to use her for sex or free therapy when they were going through a bad time. They felt entitled to push her boundaries and try force her into degrading porn positions she didn't want to do at a pace that was painful. They felt entitled not to respect her health decisions as a female and acted like she was just a baby incubator to pass their seed or a test dummy for their pornsickness.

They felt entitled to have raw sex and expose her to unwanted pregnancy and STIs. They felt entitled to leave her to go through abortion alone if that went wrong. They felt entitled to her warmth and affection regardless. They felt entitled to make obnoxious comments or demands. They felt entitled to make her feel self conscious around other women despite not being all that themselves and her overlooking their flaws. They felt entitled to be stingy despite the fact she could've done better and had lowered her standards to give him a shot. They felt entitled to disrespect and humiliate

her and flaunt texts from sidechicks in her face despite feeling entitled to her remaining faithful. They felt entitled to a maid and cook. They felt entitled to her advice and good nature.

And guess what? They took it all for granted. They felt resentful if she opposed any of their bullshit behaviour or their refusal to respect or reciprocate what she brought to the table. They assumed she would settle for low effort bullshit- that she would commit herself to a low value man longterm and take a risk they would not. They assumed she would put up and shut up and must not value herself enough to move on. They assumed they'd easily find another her fast... but did not.

So guess what happens when women with a lot going for them get this done to them again and again and again and again. They get real fucking bored, they start seeing through the bullshit, they start raising their standards, they stop letting unworthy men drain them of all the effort they put in to work hard. They get tired of being put on a high only to be slammed back down. They get tired of the dangling carrot.

They get tired of giving chances just to be let down. They get tired of submission and getting the short end of the stick for someone who neither deserves or values them. They get tired of giving and giving for a man who seems uninterested or resentful when they need help. They get tired of lazy men that expect us to have hot bodies when they can't be assed to work out or dress like a man. They get tired of ignoring better looking, wealthier, kinder options for underdogs that make them look like a fool for giving them a shot. They get tired of attractive men with all the ego and none of the substance they require. They stop making allowances for underdeveloped over entitled men that expect they have it all.

They start demanding a man must wine and dine them consistently if they're even going to risk giving them a chance to waste their time - because they know they have better options that will and they know he's likely full of shit. They stop giving underdogs a chance because they want fulfilling sex lives with someone they're attracted too as well- because sex isn't just about a man's needs and how attached he feels.

They start going for men who put effort in their appearances, are well groomed, well educated, ambitious, loving, giving and good in bed. Men who can provide, protect them, be vulnerable and give them the respect and life they deserve. They stop tolerating disrespect because it's a negative investment leading to a dead end. They stop waiting around for you to change , grow up or realise what you have in front of you because they have plenty of better options and things to pursue. They stop feeling sorry for your 'problems' because they're mostly self induced.

They know that when they've put all that effort to be high value and made allowances for men with less going than themselves and still got repeatedly lied to: they know the game is rigged. They know this pattern of behaviour isn't a string of coincidences but an act out of privilege. **The result of a power dynamic where women are seen as less**

than human, are expected to endure more humiliation than a man would, expected to give more than a man would....but are gaslighted and shamed when they call it out.

They stop playing mommy for issues you refuse to address or self reflect on. They stop trying to make you open up and communicate- because a grown man should know how to do that. They stop waiting around for you to make up your mind- because you look like an arrogant fool being lower value than them to begin with. They stop being kind and giving you the benefit of the doubt because they know you're most likely out to use them like a parasite... yet will cry when we reject you. They stop overlooking red flags and dubious behaviours even if you did some nice things and thought the Prince Charming act had us fooled. They start getting ruthless and strategic, willing to dump any man who will not meet them at the same standards they require.

Low value men have no else to blame but themselves if women seem more savage these days. You've been eating your cake for a long ass time...it's been a long time coming.

You expect us to put up with being dogged over, gas lit, abused, cheated on, disrespected, objectified and lied to over and over and over. You expect us to spend shit tons of money on looking pretty and moan about having to work out or take us out for a date you asked us on - despite the fact we don't struggle for options out here. You expect us to be virgins or have low N counts but fuck you like a pornstar or you'll cheat and call us a starfish prude...all whilst you sleep around till you hit the wall and suddenly run out of options. You expect us to be loyal, mature and honest whilst you lie and act like an immature sleazeball clown- even after taking pity on your insecurities and lending you an ear.

You expect us to tolerate you trying to push our boundaries and force us to do degrading things we don't want to like pissing on us or forcing anal (when you wouldn't be pegged yourself as you'd find it embarrassing). You expect us to put up with your pornsick limp dick and jackhammering- like our pleasure doesn't matter...like you have no respect for our bodies or boundaries at all.

You expect us to look like a hot Instagram blogger or a celebrity whilst you have bad style, funny looking genes, bad hygiene, beer gut or receding hairlines. Whilst you look mediocre at best. You expect us to be interesting and entertaining when you have the depth of a potato because pickmeishas have blown your false ego up because you wore their esteem down. You expect us to give you our youth when you're old and your luck/options ran out. You expect us to want you for you, when you only want us for our looks and the ego boost it gives you to get even more. You expect us to be tidy, clean and organised when you live like a slob in your mommy's house. You expect us to ignore the hotter, wealthier, better men who approach us often whilst you send us mixed signals and treat us like dirt.

You expect us to be blown over by your arrogant egos and tolerate disrespect when you're less educated or ambitious than us. You expect us to look the other way at your

side chick notifications after leading us on 8 months- but you'd shout from the rooftops and join MGTOW or threaten us with violence if we did the same once. You expect us to be forever girlfriends so you can escape easier when you decide it's time to cheat or upgrade us for someone younger- but still you expect us to accept your flaws, give you our best years and help 'build you up'. You expect us to pay half so it's cheaper for you to use women as disposable fuckdolls that you collect like token coins on your fragile manchild belt because you're deeply insecure and low value, because you project your inadequacy and fear of intimacy onto innocent women.

You expect us to not feel weary of men or put our safety first after being sexually assaulted, abused or raped by men. You expect sex on the first date regardless of these fears- regardless if we aren't feeling it or don't even freaking like or fancy you whatsoever. You expect us to put up with low effort dates or disrespect so you can plate numerous women and flaunt it in our faces before you cry we're 'superficial', 'stuck up' and 'entitled' and run down the fucking TRP / MGTOW rabbit hole claiming you're a victim when you're anything but.

Then you expect us to meet you as a blank harmonious beautiful slate with a wide soft smile on our face and no trust issues, expectations or standards, eager to please and ready to give you the opportunity to do the same to us again, ready to give you all our love and affection - so you can extract what you want from us like a parasite and duck out like a coward because you're too much of a scaredy little market to be vulnerable and face your feelings or lay your intentions all out.

**No, men...YOU are the most entitled of entitled ones and you're so freaking pissed women are waking up everywhere** - because you know what it means for you and your precious little pornsick peepes. We are tired of falling over our asses for you low value men, especially you fake ones in disguise...because you never appreciate it. Because you're not worth it. Because it only pumps your delusional undeserved over inflated egos. And you know what you do is hypocritical, callous and cowardly but you don't give a shit till the shoes on the other foot. You know you expect FAR more than you could ever offer us.

You know you contribute to these broken homes, broken women, damaged single mothers and fatherless kids in therapy but you don't care because you're self centred and porn sick. You know you never deserved those women in the first place. You know you deserve your current rejection, insecurities and lack of connection. We don't want you because you're of negative value and yes the grass IS greener being single than being gaslit - accept it. We will only budge for a HVM- but so many of you play pretend that so many women have lost all faith by then no doubt. I can't say I blame them- they'd rather choose their sanity than the sentence you sell them.

All I have to say is: Touché fuckwits. You had it coming for you centuries ago.

If women are getting tougher, 'more demanding' and 'hypergamous'- it's because you had it way too comfortable for far too long. I'm sorry your little pee pees can't get

stroked after buying one coke. Women get the short end of the stick too many times and we have far more to lose in this game- maybe it's time you looked around and understand that. Maybe it's time you took note of how you contribute to these 'psycho' women you despair. You want us to give you empathy for your issues but you can't even give us basic respect?

You're not entitled to use us as a free escort when you're horny and need a test dummy for your pornsickness, or some ego boost for your fragile manhood issues or a free therapist when you're going through some shit. And if you can't even treat a high value woman well that did it all by the book, these other women stand no chance at love or basic respect. It's not all down to our 'choices' however you may seek to deflect blame...,it's inevitable most will fall into a broken home when this is the standard that has been set for men, and this is the level of entitlement they have grown 'accustomed' to at the expense of women's souls. The game is rigged and we're fast waking up to it- why should women 'play fair' to a bunch of hypocritical, entitled , pornsick manipulators? We have more to lose since you came out our wombs.

Women are simply demanding what they're owed. To be treated as human.

And if you don't like THAT....maybe that's because you've been accustomed to treating us as less than for far. too. long.

*modernmedusaa*

## CHAPTER SEVENTY:

# **IT'S NOT MEN VS. WOMEN, IT'S HIGH-VALUE VS. LOW-VALUE.**

I've been thinking about this a lot lately. Reddit (and any semi-anonymous forum) has an interesting habit of **polarizing very quickly**. A lot of people assume we here at FDS are "man-haters" and "man = bad, woman = good". And many of us are working through intense, lifelong issues with men who have hurt us so it's not hard to see how someone could come to this conclusion.

But this assumption is faulty. If we hated men, **why would we actively create and contribute to a community about finding and keeping a great relationship with a great man?** That makes no earthly sense. We're not incels who just seek to criticize and whine or TRP who just seek to use and discard as many people as possible. We actually want strong, healthy relationships.

Sometimes we get conflated with incel communities (which is silly because no woman would ever be an incel. There will always be a man willing to bang, that's just a fact). And incel and Red Pill communities, in fact, do hate women and seek to use and abuse us with their manipulative and dangerous emotional and physical tactics, so there is a legitimate confusion there. If people label us the "female version" of those people then, by the transitive property, we would be trying to manipulate and hurt men, and that's just not true. For some reason, expecting effort from a man, according to men, is the equivalent of abusing them. Interesting.

But at the end of the day, we at FDS don't hate men. The issue isn't us against men. **It's high value versus low value.**

There are many, many, many high value men. There are even more low value men. Why? Well, obviously, because being high value is **harder** and men have hundreds if not thousands of years of being told (i.e. socialized) that they don't really need to try as hard to maintain relative status in society.

Eating junk food is easier than cooking healthy, so most will eat junk food. Working retail is easier than getting advanced degrees, so most people will have uninspired careers. Drinking and doing drugs to manage negative feelings and memories is easier than going to therapy, so most will just numb themselves.

Being low value makes sense, especially when you don't have consequences for your lack of effort, and most men have been able to avoid the social consequences of poor behavior and still manage to find wives and have families despite, for all intents and

purposes, not putting in the work because they have been the ones with access to education, employment, freedom and political spaces.

This is changing, of course. We as women are nearing equality in many ways and the balance of power is shifting. We are in a financial and emotional place to expect higher quality behavior, and we've had to be higher quality in order to demand equality within a system designed to prevent equal rights from happening. But that doesn't mean that we can expect high value men and be low value women. That's not realistic.

We have to bring beauty, intelligence, kindness, hard work and a dedication to continued self improvement if we expect to find a man to bring those things, too. Nobody is sitting around saying we can be lazy, boring, manipulative, entitled takers and still expect a man of substance to invest his time and energy into us.

The issue has never been "men = bad". The issue is "low value = bad", gender irrelevant. We should be expecting the men and women in our lives and in our inner circles to have quality character. **I personally believe you are the sum of the 5 people you spend the most time with, and I want to be around people that build me up and expect better of me, regardless of gender.** In the FDS Discord we are constantly pushing each other to work hard, better our careers, prioritize our mental and physical wellness, and give back to our communities. We seek to be quality to attract quality.

FDS doesn't hate men. FDS hates low value bullshit.

*Liz\_Lemondrop*

## CHAPTER SEVENTY-ONE:

### **DO WE EXPECT MEN TO BE MIND-READERS?**

I'm beyond frustrated with all the typical relationship advice in situations where a man feels slighted because his partner didn't explicitly say something completely obvious, as if talking to a 5-year-old, and she then dared to get displeased with his behaviour.

People have this knee-jerk reaction to shout "communication!! he can't read your mind!!!" at any woman who expects her partner to figure out anything about her preferences on his own, based on nonverbal interactions and commonsense reasoning.

As an example, imagine a couple has been dating for a few months. On their first date, they talk about work and she tells a funny story about how a coworker gifted her a mushroom-themed cookbook and she just gifted it forward. She never orders dishes with mushrooms, and on a couple of dates she asks the waiter if they have any vegetarian dishes without mushrooms. They make small talk about food, and she tells him she can't stand ingredients that feel slimy or mushy.

One day she's recovering from a cold and craves pizza. He offers to order her one and asks her which toppings she would like, and she says she's too tired to think about it and he can just choose whatever... so he orders her a mushroom pizza. Sure, she technically said he could order whatever. Sure, she never explicitly said she doesn't like mushrooms. But it's really not an unreasonable expectation that the guy would figure this out.

This applies to countless other situations too in so many relationships, from household chores to boundaries with female friends to gifts and activities. Going through every preference in detail is inefficient and tedious when he could just go through a little bit of effort to improve his understanding of her. Hell, if you're extremely systematically minded and can't rely on your social intuition, get a notebook where you write down things you know she loves or hates and extrapolate from there.

Further, why would a woman expect her partner to read her mind? Is it because she's an irrational baby who doesn't understand how words work and that telepathy doesn't exist? Or is it maybe because she expects him to reciprocate the "mind-reading" which she is totally capable of and constantly does to her partner in order to anticipate his needs, which she effortlessly does with her female friends without the need to explicitly go over every preference, which her mom and sisters and hopefully father have

generally been very capable of giving her? It's not a magical psychic ability, it's basic empathy and attentiveness.

If a man has been dating a woman for a while, and has functional social perception skills, he should be able to figure out her preferences in most day-to-day situations. When this fails, it's a sign that he's not emotionally attuned to her, or as close and invested as she thought he was. The crucial point here is that even if she communicated and uSeD hEr WorDs in a situation, the underlying problem would not be solved. It's not about the mushrooms, she's not disappointed because she has to pick mushrooms off her pizza, she's disappointed because the person supposedly closest to her with whom she'll share her life and build a family with has no idea how to interpret their daily interactions to form a coherent model of her as a person and her preferences. Don't ever settle for a low-empathy man.

*MidnightCarp*

## CHAPTER SEVENTY-TWO:

# THE HIDDEN BENEFITS OF BEING HIGH-MAINTENANCE

You know something is a good thing for a woman if it makes LVM rage out.

LVM lose their cool and reveal who they really are when they're discussing "high maintenance" women (if they can even define what that means).

Being high maintenance is the **ultimate self-defense**, because it is the ultimate screener. No screener is perfect or complete on it's own, and whatever screening system you do use must be multi-faceted, but being high maintenance is more powerful than a self-defense class or a weapon.

Low maintenance women, cool chicks, not like the other girls women, "I believe in feminism so I go Dutch" types might as well wear a "kick me" sign on their back.

When you're high maintenance, the following happens...

1. **You feel better about yourself. You feel more confident, secure and overall happier.** You care about yourself-- your body, mind, emotions. You take care of yourself. You know who you are, what you want and what you like. You also know what you don't like. You're not so easily distracted, because you know yourself. You also carry yourself with an air of having a purpose, like you have a destination. People (not just men, but everyone) absolutely pick up on that.
2. **You weed out predators, riffraff and low value men just by avoiding the things they like--** like dating apps, going Dutch, sleeping together on the 1st/2nd date, not planning dates, coffee dates, drink dates, last minute dates, low effort dates, etc. You didn't miss a secret unicorn-- all of these men would have happily exploited you, and with no remorse, if you were not high maintenance.
3. **You become more attractive to HVM.** Carrying yourself like you know who you are and what you want, being confident, feminine, socially graceful and happy-- is attractive to men who are seeking a quality partner to build a life with. HVM are generally not into women who are confused, don't know who they are or what they want.
4. **Even if you're single and not looking, being high maintenance opens doors for work, friendships and social status.** Looking good, feeling good and putting yourself out there opens doors. No HVW wants to be friends with a pickme who is

going to be an emotional vampire or a liability. You get access to quality friends when you're high maintenance.

That said, I don't think I need to put a disclaimer on FDS to state that high maintenance isn't the same thing as a gold digger, but even if you're a gold digger-- *so what?* Men are used to being in one-sided transactional relationships where they only ever get everything for free/almost nothing. They rage out at "gold diggers" because gold diggers actually demand equality in a transactional relationship.

Men damn gold diggers and "high maintenance" women (any woman whose standards he doesn't meet) because **they are not prepared for reciprocity**. They absolutely know they are in transactional relationships-- with booty calls, forever girlfriends and the like. Women are just brainwashed to believe that genuine love is possible in a transactional relationship. You can thank Disney and female socialization for that.

Also, it used to be that you actually had to go after millionaires or billionaires to be a gold digger. I remember a time when "high maintenance" meant that you were a rude, snotty woman with tastes she can't afford. The meaning of these words have changed, because men have misused them so much, that they now call any woman whose standards they can't meet a gold digger or high maintenance. Its shaming, misogynistic language-- any woman who has the audacity to have standards will be met with this shaming, misogynistic language.

Another thing about being high maintenance-- you really have to know what game you're playing, the game men have created and control. Pretending to be naive, stupid or giving ruffraff a chance, against your instinctive better judgement, only cements your position as "loser" in this game. No knight in shining armor is going to come to save you, after you have wasted your potential because you chose to be willfully delusional. In this game, libfems will also try to confuse you or they'll attack you if you talk about your beliefs openly. You really have to have a very strong sense of self, to be high maintenance.

*circescircus*

# ENDWORD

You've read the whole handbook! I hope you liked the reading.

If you're unsure about an entry's content, I suggest that you discuss it in the FDS subreddit or in the FDS discord. Commentary could be useful for newbies or seniors, and brings in a new, fresh viewpoint to the FDS community.

As I already said before, I claim none of those entries as mine.

I sincerely hope this book was useful for your dating life (or life in general!). Carry on being a confident, strong woman, don't hesitate to break the glass ceiling and strive for the best there is, for your sake, first.

Special thanks to A Centaur But A Cat, Kree, Neurowitch and Olivia.

*Maira*