



**Breaking Up
Like a Man**



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What happens when you realize that you need to end a relationship? If you want to date like a badass, you're going to have to learn how to break up like a badass too.

There are a lot of rules that men need to follow during the break up phase. The first thing you have to remember is an important paradox: a man will not be able to attract the right woman for him until he's worked out his insecurities, but he will not be able to get rid of his insecurities until he's dated a lot of women and learned to overcome them. Like it or not, you will have many failed relationships before you find the right one. It's impossible for anyone to learn how to be in a successful relationship without having experienced several of them.

If you're expecting to finish reading this book, walk outside, find the woman of your dreams, and marry her, you're setting yourself up for disappointment. That's not going to happen. This book is teaching you skills, not an easily learned lesson. Like all skills, what you learn here has to be practiced over and over again before you'll be able to do it well. You're going to continue to date people while you're working on getting over your insecurities, and during that time

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of your brain works at a time. If you're thinking with your emotional brain, your logical brain will be completely overwhelmed. That means that you need to learn how to increase the influence of your logical brain at times when you are feeling emotional.

Instead of trying to calm yourself down (which doesn't really work), focus on thinking about the situation in a logical manner. When you cannot control your mind directly, you can often use your body to control it for you. Arrange your body so that it's in a position that makes you more powerful and allows you to have more control over your interaction and over yourself.

You have to be careful with this because your emotional brain will try to trick you into thinking you're being logical when you aren't. Your mind will start forming excuse processes, which seem logical because your emotional brain trains you to think they are when they actually are not.

Before I go into more detail about that, I want to take a moment to talk about divorce. Hopefully you haven't and will never have to go through a divorce, but there are valuable lessons to be learned from the experience. Many, many men make mistakes that unnecessarily make an already-difficult situation even more difficult.

One of these common mistakes is that divorced men have a tendency to attract women that are the exact opposite of their former wives. When you first get back in the game, your focus should be building your skills back up, not trying to find a replacement for your ex. If finding a replacement is your goal, you'll end up attracting women who have all the same positive qualities as your former spouse, and exaggerated versions of her negative qualities. The big problem here



pay attention to almost nothing. We don't notice that everyone else is reacting to the things we do and say.

People aren't always what they seem. A guy who is obnoxious may just think the whole world is out to get him. If a monster had a session with a psychiatrist, he would probably say "I don't know what's going on! Everyone in the world is afraid, and lonely, and weak. Everyone hates everyone else. They're all terrified of talking to other people. What's going on?" A monster would have that view of the human world because it's all he sees. When humans encounter a monster, their natural reaction is to scream and run away, not befriend him! What the monster doesn't realize is that he is affecting the behavior of the humans, and that's what creates his reality.

You might not realize that you are always affecting the market when you're in a relationship. Everything you do causes your partner to react, so instead of just reading the reaction you have to be aware of what you did to cause it. You'll never know how to control an interaction if you can't do this. That lesson was worth \$15,000 to me because without it, I never would have learned how to calibrate my businesses so that I never made that mistake again.

In neurolinguistic programming, there are two theories regarding the types of control you can have over yourself. One school of thought claims that if you lead your body, your mind will follow. If you make your body act a certain way, your emotions and your mind will fall in line with those movements. The second theory states that if you lead your mind, your body will follow. You can control your body by controlling your mind.

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For the sake of discussion, we're going to refer to losing control of your mind as "losing your mind" in this chapter. When you lose your mind, you have to find your body. You can use your body to regain control over your mind by putting your body in a position that will trigger a thought process that will link an emotion to the way your body is moving. The simplest example of this is that if you force yourself to smile, you'll actually start to feel happier.

The opposite is also true. If you're acting weak, you can remind yourself to feel stronger and your body will naturally assume a more dominant pose. Normally we have more control over our bodies than we do over our minds, so checking in with your body during a very emotional time like a break up is very important. You must have dominant, confident body language when you are ending a relationship because you will lose your mind otherwise.

There are a few things you must do before you begin the process of breaking up with a woman. The first thing you need to do is clear up a large amount of time, because breaking up usually take four times longer than you think it will. You can't break up with a woman and immediately leave, or you will leave her in an emotional state in which she feels unaccepted and abandoned. A horrendous storm might follow, but a badass will sit through it. Budget a couple of hours for this process.

Next, make sure that you have something quiet to do post-break up, preferably with a friend. After a break up, you're going to experience an intense series of emotions. In the beginning you'll feel free and relieved that everything is over with, but after a while you'll starting feeling alone and scared. Because a part of you had an emotional

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association with the woman and she's now gone, your feelings will vacillate between jumping up high and sinking down low. Many of your feelings are anchored to her, so when you start feeling excited, your excitement will trigger a memory of her and you will become sad again. As new experiences come along, your anchors will reset and your emotions will even out.

Don't celebrate a break up. Don't throw a party. Don't put yourself back on the dating scene immediately. It's not healthy, and forcing yourself to be social will not make you feel good. A break up isn't a cause for celebration; it's a time for reflecting on your successes and failures and for thinking about your next move in light of the new lessons you've learned. Obsessing over finding a rebound girl is massively detrimental to this process.

Another huge, *huge* rule is that you should always break up in person. Obviously there are some situations in which this will be completely impossible, but otherwise you must abide by this rule. Phone, email, Facebook, texts, instant messenger – none of these are appropriate ways to break up with someone. Not only is it impersonal, you won't be able to control whether or not the woman feels accepted or denied if you're not present. A break up is a scary thing for a woman to go through, so you need to be there for her. Besides, the reason you're in that situation in the first place is that you did not take charge during the relationship – at least have the courage to take responsibility during the break up.

You also cannot afford to put a break-up off, if you know you need to do it. Just get it over with. Tell her you need to talk to her, set up a time, and do it. The longer you wait, the worse off you both will be.

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Don't waste your time by staying with someone you know you don't have a future with. Don't waste her time by keeping her from meeting the man who is right for her.

Most of these rules apply to polyamorous relationships as well as monogamous relationships, though the effects of following them are usually less severe in polyamorous relationships because both partners understand from the beginning that the relationship is only temporary.

Let's talk a little bit about what causes a break up. It's very easy to blame a break up on some things, but those are usually the things that you really shouldn't place blame on! You might be inclined to blame it on yourself to make her feel better about the end of the relationship, or you might find yourself blaming her for everything to make yourself feel better. The truth is that it's probably not entirely either person's fault.

To make your future break ups just a tiny bit easier, here's a list of 4 things you can blame a break up on, and 3 things you can never blame a break up on:

THE DO'S

* You're not perfect for each other. This is a perfectly acceptable thing to blame a break up on because it's probably true. I generally say "As far as we know, we only live one time. And because of that, it would be stupid for either of us to settle for anything less than perfect. We know we're not perfect for each other, but I think you're phenomenal and the man who *is* perfect for you is a very lucky guy." This is a conversation you want to have before you're even

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considering breaking up with her, because seeding this idea early on in a relationship will make it easier to end the relationship later if something goes wrong.

* It's not the right time for the two of you to be together. In my experience, this is the second largest relationship-destroyer (the first being ego). When you try to force a relationship that lacks logical attraction, you ruin any chance the relationship has to be successful in the future. You have to break things off if you know that the timing isn't right. It's not your fault it's not the right time, and it's not her fault it's not the right time – you simply have to let her know that a relationship might work out in the future, but isn't right for the two of you at the moment.

* The relationship lacks emotional attraction or rapport. Your relationship is based on superficial love if it is missing an emotional connection and isn't polyamorous. Your job is to explain this to her in a way that she can easily understand. No, that does not mean creating a PowerPoint presentation about the consummate love triangle – whatever you say and do cannot feel impersonal and cold. Instead, let her know that the emotional attachment that you both need in an ideal relationship isn't there, and won't ever be there, because neither of you are willing to create it. Just be honest with her.

* Your lives are not going in the same direction. This is a very specific logistical issue. If she knows she wants to go to college in another state, and you know you have to stay in this state for your job, your relationship is not going to work out! Let her go to college, let her date other people, and date other people yourself. She needs

to have the sexual validation and emotional fulfillment that you will not be able to provide her when you live in different states. It's selfish of you to keep her from experiencing that.

THE DON'TS

* "I'm not ready for a relationship." This excuse limits you. What happens if you meet someone shortly afterwards who's perfect for you in every single way? You might hesitate to date her because you just told your ex you're not ready for a relationship. If an ex finds out that you immediately started dating someone new after you gave her this break up reason, she'll lose her faith in you, lose her faith in men, and have to backwards-rationalize so that the break up was solely you're fault. That's not even close to leaving her better than you found her.

* "I want to focus on my career." You can focus on your career and date someone at the same time. The issue here isn't that you're unable to give your career the attention it requires, it's that she is not supporting you where your career is concerned. You cannot date her if that's the case. Again, if you use this and meet a girl soon afterwards, every woman you've said this too will come back to haunt you, and you'll make it more difficult for other men to date your ex because she'll now have new shields up as a result of your lie.

* "I don't want to be tied down." It's not necessarily the tying you down that matters – it's who's tying you down. If a woman is not the right person for you, then she's not the right person for you. That's it. Don't blame the end of your relationship on something silly like not wanting to be tied to someone. A woman should never feel like you've lied to her.

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After a break up, you will be faced with several different challenges. Emotional anchors will repeatedly dredge up memories and feelings that are associated with your ex, making it difficult to get over her. Let's say you used to go to an amusement park with her. Every time you see one or ride a roller coaster after your break up, you'll be reminded of her.

All of the emotional anchors that are tied to your ex must be replaced with new anchors. A simple way to do this is to go to an amusement park with a lot of other people, or visit one when you're in a state of reflection. You'll start to associate amusement parks with growth, or something else that will last a long time. There are also more active ways to rid yourself of anchors, but they involve a longer, more drawn out process and neurolinguistic programming. Lots of things can go wrong when you use NLP to tinker with your emotions, so I don't necessarily condone it, but it is an option that's available to you.

Another challenge you will face is also linked to emotion. It will be very, very hard to keep yourself from giving in to your emotions in the wake of a break up, because your emotional brain will convince you that your feelings are the most important things in your life. Emotions are valuable, but so is your logic. You have to make a pact with yourself and the people supporting you that you will not fall victim to emotion. Remind yourself that you broke up with her for a reason – you don't need to get back together with her to make yourself feel better!

If you really find yourself hitting rock bottom, find a piece of paper and write down each one of her qualities that would eventually ruin your relationship. Write down that she was selfish, or that she put

too much pressure on you. Add every negative quality you can think of, and keep the paper around to refer to whenever you feel the need to. I don't advocate using this technique often, but it can work for you if you're in desperate need of relief.

The last thing I want you to keep in mind is that it's very likely that your relationship ended because you reversed gender roles. Your laziness probably lead you to playing the female gender role, which in turn forced her to take on the male gender role. This happens for one of two reasons: either you became tired of always having to be logical and make decisions and wanted a break, or she tested you and you failed the test. If she tries to take over the relationship to test your dominance, you can't let her. She'll blame you for making her feel like a man if you don't pass the test and she has to assume the male gender role, and you'll blame her for making you feel like a woman. The blame game always leads to break up.

From now on, every time you're tempted to burn your ex's photos or tear up her letters, review this chapter for advice on how to break up like a man. A badass with women is a badass from the start of the relationship to the end!

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