

# ***CONFESSIONS OF A (FORMER) COMMITMENT-PHOBE***



## **How She Captured My Heart Forever** **The Ultimate Date Night - *Revealed!***

Hi, this is Carlos Cavallo, and I'm going to reveal to you some "Confessions" of a commitment-phobe.

Well, I used to be, but not anymore...

I want to give you the **EXACT** recipe for the **ultimate romantic date** that could turn your relationship around. Especially if he's distant or pulling away from you right now.

In the next few pages I'm going to reveal to you a foolproof plan to rekindle the romance and pull him close with a passionate night that **he will never forget**, and probably tell his buddies about it for weeks after it happens.

This will work for you whether you just started dating, if you've been in a relationship for a while or even if you're married.

\***Even if** you think he's perfectly happy and would never even consider going astray - but you know something has changed between you two...

\***Even if** he's starting to run hot and cold on you and you're not sure where he stands, even if you're feeling the distance between you is growing farther every day...

\***Even if** you suspect he might be on the way out the door - or there might be another woman moving in on him...

Now, before I sat down to write this report for you, I went looking to see what I could find out there in the books, articles and online information on this topic. Frankly I was **appalled**.

There is a lot of **really bad stuff** out there and downright *dangerous* information out there on this topic.

Mostly women are writing these articles, and they're coming up with shockingly inaccurate advice. Like, "take him to a wine bar."

Now, the point is not that he wouldn't enjoy that, and we would. We wouldn't mind going to a wine bar, but you need to see past this 'sophisticated man' veneer that he's projecting to you and acknowledge that your man wants to **get primal**.

I don't mean sexually, though that's something you can have later on. But you have to understand, men these days are sorely lacking in both male role models and healthy masculine activities that affirm his manliness.

I'm not talking about macho chest-beating here, I'm talking about the real connection he needs to feel to his own masculinity, and how most women today have also lost touch with how to help him reconnect with it in the right way.

Because when you do know how to do this, and you can do it, you will have men eating out of the palm of your hand. They will astonish you with their passion and energy - their unfailing desire to do one simple thing: **make you happy**.

Do you know how I know this romantic date recipe works? Because *it worked on me*. My girlfriend Jen used the exact same formula to turn me, a confirmed bachelor, into her adoring and devoted husband, and



I might add, the father of her two beautiful kids.

Are you intrigued? Excited? **Skeptical?**

Look, I wouldn't blame you for being any or all of those, and I'll show you exactly how Jen did it with a simple romantic date that took five minutes to plan, and it not only kept me from pulling away from her, but made me head over heels *in love with her*.

It's a night I'll never forget, and I'll tell you about it all here in this confession of a (*former*) commitment-phobe. I will also tell you more about how you can crack open the shell around his heart and get him to adore you with a passion a little bit later in this report.

I will also show you **the single biggest mistake women make with men** that could accidentally make him emotionally disconnect without you even knowing about it. It's that big and it's that important.

But first, let's build the Perfect Passionate and romantic date for him that could be the one thing you need to revive your romance and your relationship. For now, let's talk about the basics of creating the ultimate romantic date...

The first basic is **no movies**, unless you throw in the DVD or Blu-ray player to finish off the end of the evening. Keep the movie short if you do, and make it an action/adventure movie. Maybe you throw in a *little bit* of romance in it.



A good example of a movie like that would be “**Mr. and Mrs. Smith**,” the one with Angelina and Brad, notorious for their romance starting on the set of that movie, and it’s a great action movie. Guys will totally enjoy it, and you’ll get a little out of it too. But again, make it all about **his** interest.

\* A little side note here, make sure you avoid Valentine’s Day or any major holiday for this “Ultimate Date.” Doing that is just too loaded with expectations and baggage, and you don’t want that going in. And also don’t worry about money. Chances are he’s going to be volunteering to pay for all of it. But even if he doesn’t, any woman can afford this little turnaround secret date.

Remember also that it’s all about him - *until it isn’t*. Most guys will eventually turn the focus of this date around and make it a little bit about you at some point, even if you set it up and made it all about him at the start.

Now, you want to make sure to take care of him, but make sure you kick it off with at least 50% to 100% focus **on him** for this

date - because you’re going to get at least a 1000% back after all is said and done.

Another rule here is that it’s not the what you do as much as the how. It’s similar to women, right? I will talk about this in great detail in my **Forever Yours, the Secret Password to His Heart Program**, and I’m going to show you here exactly how to give him the experience he will never forget.

One more tip up front: Make sure that you’re starting out by not needing any particular or specific result from this date. If you go in with an expectation that you’re going to **get** something from this date, you’re going to send out a vibe of ‘need’ that could kill the fun for him.

Let me ask you this: **Would you be okay if it took a few days, maybe even a week for the results to show?**

Well, if you can say yes to that, you’re in a perfect place. But remember, it’s actually more likely that he’s going to start turning around and responding to you probably halfway to three quarters of the way through this date - even if he was turning cold and pulling away from you before.

Before Jen and I met, she used this method on a previous boyfriend of hers, and *he proposed to her the week afterwards*. Of course, I’m glad she said no to him!

Your goal with this ultimate romantic date is to bring up two words in his mind: **Surprising** and **Unforgettable**. You want to be able to surprise him a little bit and you want to make sure it’s memorable.

At the end of the day - and at the end of the date - there’s only **one thing** he really wants to feel and know in his heart, “**She paid attention to what I liked**.” If you can focus on *that* and deliver that to him, you will definitely get your man.

Now, there are three steps to this ultimate date formula:

1. **Tease the mystery**
2. **Start the chase**
3. **Make the moment**

Okay, let's start with...

## STEP 1: Tease The Mystery

Tell him you want to give him a "night to remember," and use those exact words: "I want to give you a night to remember."

Here's what Jen actually said to me. We were talking on the phone, and she said, "Want to have some fun?" And I said, "Of course, you bet."

She said, "I want to take you out on Friday. Are you man enough to let me do that?"

Now, a little note here: What did she do by saying that? **She challenged me**, and you need to challenge him, too.

You should be doing this all the time, by the way, in playful ways. Never actually mock or insult his masculinity, just hint that you're not totally convinced about him yet. You would be **amazed** what this does to get a guy chasing you.

Get him to commit to the night. No ifs, ands, or buts. He is to be totally in and committed to the scheduled time that you're going to go out, and if you tease him and handle this right, he will be. If he's been a bit cold or distant with you, don't forget, I'm going to be sharing with you how to *really* turn him around for good later in this report.

Two days before the date, you should call him and tease him a little bit. Jen did this to me when we were talking.

She said, "Oops, I almost slipped and told you what we are doing...!"

That was great, because what did it do? It made me think, "What? What is it? **What** are we going to be doing???" It got me thinking and really focused on that and curious.

If you can, you can also have him bring something along on the date that will make him curious.

I'll give you an example of this. A girl that I coached with this little tip was taking her guy out and she told him, "Make sure you bring a pair of your worst shoes." He's like, "What? Why?" She's like, "Don't worry, just do it."

And where did they go? Well, she ended up taking him bowling. Of course, which made total sense because you don't want to leave your good shoes there at the bowling alley.

Now, the day before the date, Jen also texted me. And you should do this too. She texted me, "Are you ready for tonight?" And after she did that, I could not get her - or our date that night - out of my mind for one minute. It just jacked up that curiosity factor to the Nth degree.



## STEP 2: Start The Chase

The second step in the ultimate date formula is to **start the chase**.

Remember that your goal with this ultimate romantic date is twofold. Number one is to amaze him with how good a girlfriend you are, or even a wife if you're trying to revive your marriage, and number two is to restart his drive to *chase you*. Now, we're going to come back to this one later because this is important.

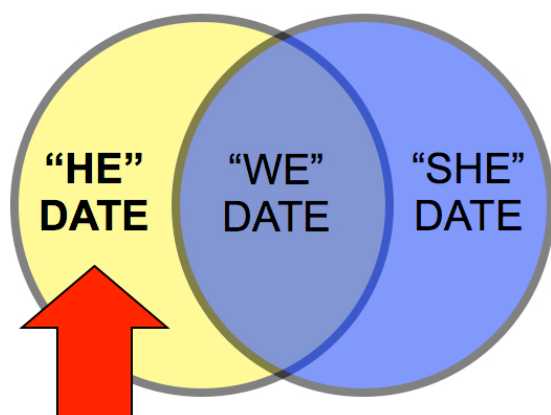
A little ground rule: At some point he's going to start getting really flirty and touchy-feely during this date. You want to play a little hard to get if you want to drive up this sexual desire and attraction and intention.

You see, Jen knew this. She was the one who was cutting the kisses and the cuddles short on our date - no matter how sorely tempted she was to bask in them.

You're driving up the desire and the constructive sexual tension. This is part of the unforgettable part that will *get him chasing you*. And by the way, I'll tell you **how to channel this desire for you** closer to the end of this report.

What you have to do is make a "HE" date for him. You see, there's a "HE" date, a "SHE" date, and a "WE" date.

Here's how they look:



The HE Date is everything HE would like to do. The SHE date is everything YOU want to do. And the WE date is what you wind up doing most often that is good for you both.

The problem is that most women never make a real HE date - something that is expressly all about what **he** would like to do. And when she does try, she typically only manages to get something in the WE date zone - a bit closer to his side. Never quite in that sweet spot of "Wow!" for him.

A man goes out of his way to create lots of SHE dates, and WE dates in the start, but rarely ever does he get a **HE** date.

**THAT** is your goal. Make sense?

Now, let's go into some of the ideas for what your date will actually be now. And you can choose more than one of these. You don't want to overload, but two of these activities is actually a good plan for the night.

The thought is you want to boost his masculinity. Whatever you two do together, it should be all about **manliness**. It doesn't have anything to do with sophistication and intellectual thinking. You want to appeal to the gut level **man** in him.

Here are some ideas:

**Go to a beer brewery.** Do a tasting there. Try out the beers they've got on tap.

**Go to a comedy club.** Pick a raunchy but tolerable act that he can get into. Again, you want to have something that would appeal to the man inside him.

**Go to an arcade.** That's a fun one to go to with the rollercoaster or two.'

**Go to go-karts, pool, billiards or darts**  
This was the one that Jen used on me. The idea here is you want to start some *friendly* competition. That competition actually gets the attraction mechanism moving again. It gets the mental juices flowing, if you will, and gets him fully engaged.

**Go to a flea market,** some place you can go to buy funky stuff. That's another thing. Guys love to look for cool stuff, either on sale or that's been hard to find. Go to a gadget store, for example. That's another great place to go.

**Go to a sporting event.** This is another great plan. Go to a baseball game or a football game or a hockey game. It doesn't have to be a major team or like a big expense. Don't blow hundreds of dollars on tickets.

Maybe something a little different, maybe Lacrosse, or something a little off the beaten path, especially if he's into sports. Again, this is *competition* that he can watch. They've actually done studies that show men's testosterone levels rise when they're watching sporting events.

**Go to laser tag.** Yes, you heard that right, laser tag. That's a lot of fun, and it's a great experience. You can run around the dark, trying to zap each other. Again, it's also *physical*, and that part is going to come up again. That's really important in what you do together.

**Paintball** is also a great option. That one might be a little too physical for you, but again, don't underestimate how fun it actually is. Every time I've gone to do paintball, I'm always really surprised at how many women show up at paintball.

**There's also live music.** Take him a rock show, or if he's into a certain kind of band, maybe take him to a cover band or tribute band, but something on the rock & roll end of the spectrum instead of perhaps classical music.



You could also **go bowling** like I mentioned before. Take him to a bowling alley and have a couple of games. There are also arcades in bowling alleys so you can actually combine a couple with that one location.

Think about what his favorite hobby is. Take him to something that's *related to that*. If he's into guitars, take him to a guitar show.

Is he a comic book geek, take him to a comic book show or Asian film festival, especially if they have Japanese anime. You might have to think a little bit and be creative, but **THAT** is what you want to be able to do. **Be unforgettable.**

Just so you know, Jen started out our Ultimate Romantic date with a game or two of bowling, and then she took me to a local San Francisco club that's called Ruby Sky here in downtown San Francisco. Because she knew I was into electronic dance music, and we had a blast dancing there.

Let me tell you about where **you don't want to go**. I want you to avoid, at least for the short term because you're trying to accomplish a particular goal with this date, *avoid the museum*.

*Avoid movies* where you're just sitting in the dark and don't interact with each other. That's not a good place to go.

*Avoid shopping* unless it happens to be at a guy store like I mentioned before. Also avoid any place you've gone to recently or frequently with him in the past.

Also, remember, don't try to appeal to his inner brainiac. Keep it separate. Keep it more **gut level**, physical is better.

You don't want to try and turn on his mind - unless that's an appetizer in this overall game plan. You want to appeal to his **masculinity**, and that is really the secret key to this. (I'll tell you more about how to do that in a bit.)

Keeping him out for the places that he mentions as being cool and he hasn't been there in a while. Bonus points if you can remember this from your conversations! I also explain at great length how to get a man to open up in conversation in my **Forever Yours - The Secret Password to His Heart Program**, by the way.

You can also start with dinner if you like, but make sure *you're making it for him*. Don't go to a restaurant if you can possibly avoid it. If you don't cook, get creative. Get some

really different takeout and have it waiting for him when he gets to your place, or order some cool appetizers.

### Think different.

I'll give you another example: Another place Jen brought me, and this was a different date. She took me to a bar where they had alligator, snake, and turtle as appetizers. Now, as strange as it sounds, **guys love weird food like this**. Not disgusting, just a little bit weird.

You see, they want to have bragging rights to their buddies the next day. We want to have this on our bucket list of things we've tried. He wants to be able to say, "Dude, I ate some octopus!"

Now, don't worry if you're a little low on cash. He only needs the fun part of this equation to be happy, and again, chances are, he's still going to pick up drinks and incidentals along the way. I did on my date with Jen, and I didn't mind it one bit.

So what's the deal with a chase? Why have I been emphasizing that? Well, it just so happens that men are never completely happy in a relationship unless they are balancing between "do I have her" and "I have her, I think." The truth is that women also enjoy this push-pull effect. It's this doubt that's mixed in, and that's the secret sauce of all the attraction between men and women.

I'll tell you more about how to use this energy in a minute. Right now: the third step in the ultimate date formula...

## STEP 3: Make The Moment

Step number 3 is "make the moment," otherwise known as **rock his world**.

Have him meet you wherever it is you want to be at the end of the night. This is one of those little things you want to plan for.

If you want to end up at your place, make sure he meets you there to begin with. If you want to end up at his place, make sure you meet him there. Or neither if you don't intend on spending the night.

Give him directions as you drive. You can either tell him where to go, or you can just use the voice GPS on your phone for a little bit of fun.

Tease him a little bit along the way. You can say things like, "I don't know. Maybe we shouldn't do this. You might not be ready for this kind of fun." Throw out little digs to challenge him and tease him.

One of the most overlooked parts of really getting a man into you is really the easiest thing in the world, which is why so few of us actually do it, men **or** women, and it's really important. It's really, really important.

It's so important that I'm going to point it out here.

The one thing you absolutely must do is **listen to him**.



All through this date, that's it, you just want to *listen to him*. Just listen to what he says, and then ask him some of the best questions you can think of to get him to tell you **more** about it. Get him talking and get him to believe, "Wow, she's really listening to me."

This alone is really devastating. It really opens up a man's heart. It's amazing what this does. It will spike his curiosity and his interest in you to unbelievable levels. And it's

really important to note this because *so few women actually do this*.

I know it seems like it's the most obvious thing to do, but really, most women don't know how to do this correctly.

A little note here, if you're already intimate with him, if you're in a place in your relationship where you two are sexually intimate, you can really finish this evening off with fireworks that will have talking about you to his friends for weeks. It's the proverbial "icing on the cake."

If you're not there yet, then it's no problem. Just know that he **will** be calling you and *probably even texting you* on his way home. I have yet to have a woman who used this simple date recipe and didn't wind up with him begging her to be his girlfriend. Or getting **even more commitment** than she expected out of him after all was said and done.

Sex is going to be on his mind, but the buildup will already be 90% of the experience for him. (Yes, men really enjoy this kind of foreplay and buildup too...!)

**Oh, before I forget...**

If your man has been growing distant, this strategy will help you relight that spark, but there's something else you should know. You might get a few sparks started, but you need to know how to throw a little *gasoline* on your relationship fire.



What you've just learned about this Ultimate Date Recipe is a secret that most women

don't know about - and most men could never explain to you.

If you were to do this one thing, it probably would be enough to get him to stop and take notice of you again, if necessary. But if you don't keep this momentum moving in the right direction, **he could slip away again**.

This time maybe even *for good*.

The fact is that if he's been distant, he has a primal need in him to reconnect with you. He actually wants to be close to you.

But most women don't realize that **he's actually just stuck and he needs your help** to get moving again in the right direction, with you and your relationship.

If you don't jump in quickly with the right things to say, he could be tempted by women outside your relationship to find that connection he really wants with you. The fact is that most men might not cheat on you physically, *but he might unintentionally cheat on you emotionally*.

The only way to stop this from happening is to **know the signal he's looking for so that you can stop him from pulling away, get him to open up to you and commit himself to you completely**.

What I just revealed to you about the Ultimate Romantic Date can work for you - but only if you know **where he is on the road to commitment**.

Now if you're not aware, there are actually **THREE QUESTIONS** you can use to open his heart. And then every date with him will be a romantic night to remember.

You see, there are three ordinary questions that reveal this special signal.

This signal is the password to his heart. His password is what you need to break through and get him to open up and **commit**. His password is the signal he needs to see from

you to know that it's okay to keep going forward, to open up, and to commit his heart and soul to you.

You can discover these **three everyday questions** that you can use to open up the armor around his heart so that you can understand everything he's thinking and feeling. Break through his shell and connect with him on a deep emotional level, and he will realize you're his soulmate forever.

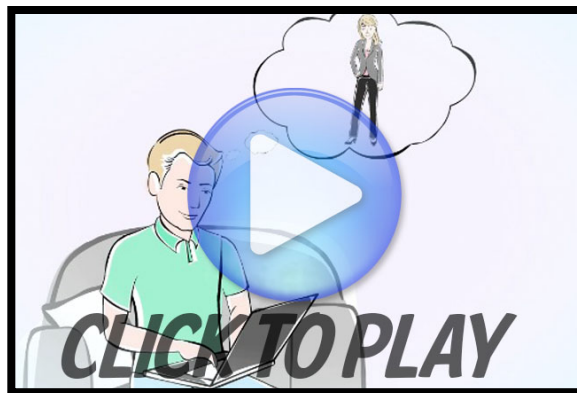
There's a new breakthrough in psychology that reveals **the real reason your man pulls away and resist committing to you**, why it's not your fault, and how you can unlock his heart, unleash his passion for you, and **create lasting love** without playing games, and even if your man is pulling away and hasn't taken you on a proper date in a year.

**Don't let him slip away...!**

Go to [www.PasswordToHisHeart.com](http://www.PasswordToHisHeart.com) to discover these 3 ordinary questions that reveal his secret password - that gets you into his mind and heart, waking up his romantic devotion for you so that he sees you as the only woman he ever needs.

I'll even tell you what happened after my Ultimate Romantic Date that Jen took me on...

**... And how I did something that could only be classified as crazy love right there on the spot...!**



I'll tell you about it in the video - because this could be the most important video you will see this year, or possibly **ever**.

Don't wait because it will only be available for a limited time.

Click the button you see below, or go to: [www.PasswordToHisHeart.com](http://www.PasswordToHisHeart.com) to discover the three questions that will give you **the password to his heart**.

**CLICK HERE For How To Unlock His Heart**

This is Carlos Cavallo, and I look forward to talking to you again soon...

-Carlos