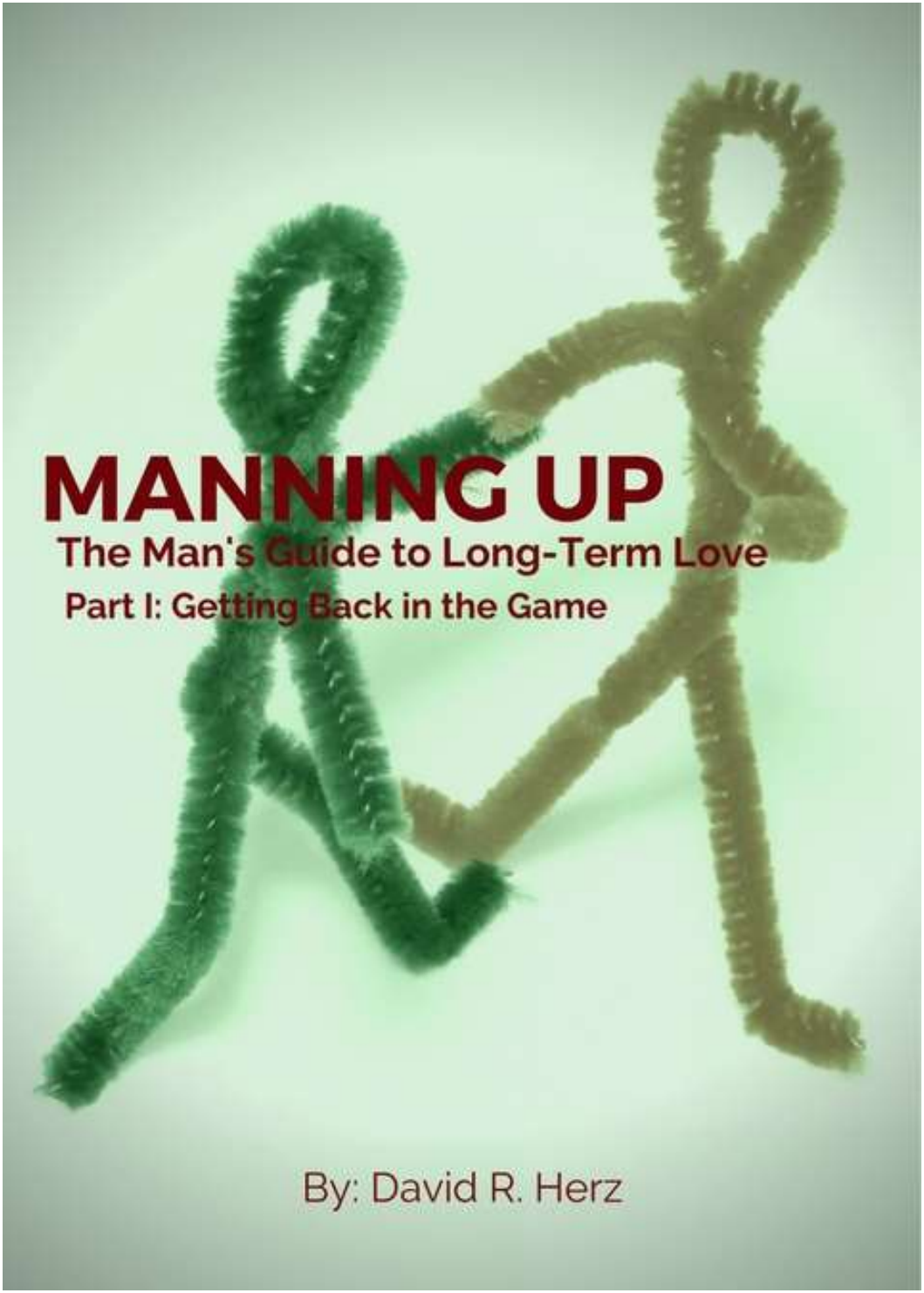
MANNING UP
The Man's Guide to Long-Term Love
Part I: Getting Back in the Game
By: David R. Herz

Manning Up

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Dedicated to:

Sharleen, the Woman, the Partner, the Playmate, the Best Friend, the Magician who makes this life worth living.

To You, the Man who wants a lifetime Partner, Playmate, Best Friend and so much more . . .

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Introduction

In principle relationships are easy: Be great with each other, and you will have a great relationship.

The problem, we get so stuck in our own damned heads-and the stories we tell ourselves-that we forget to be great.

In reality, relating is a skill. Like any other skill, it takes practice to get it right. To think that all of a sudden just because you want a relationship, you can make it happen, is just a bit daft.

Let's take an example. Once upon a time, you were a baby. You saw people walk, you saw people talk. You wanted to do just that. It took you anywhere from 9 to 12 months to take your first steps and for some of you, it was as long as 17 months before you were walking. You said your first words maybe at six months with your first two to four word sentences only coming between 18 and 24 months.

The point is you fell, a lot, you tried and experimented for a long time to be able just to walk and talk. You've spent your whole life figuring out

your place in your family and with your people. You've made mistakes, a lot of them, and now you have a decent idea of what it is to be a good son, a good friend, a good student, maybe good at business, or good at your special hobby or sport, even if you aren't those things all the time.

Maybe you played T-ball and then little league, and now you're okay on the diamond. And if you've taken it just a bit further, you know how hard you've got to train to be competitive. And you know that even Babe Ruth, the best baseball player of all time, had a .342 batting average.

And now you come, and you want a wife, or a girlfriend, or maybe just a date. And you see couples all around you, and figure "How hard can it be?"

If you are one of the really lucky ones, you've had sisters and moms, cousins and friends that have given you a little bit of a head start. Maybe you've got a decent social sense, and your first attempts weren't a complete disaster. And maybe you remembered that it took a little practice and kept working until you got comfortable around the opposite sex.

And if you're not one of the lucky ones, you've fallen into a relationship or two, or many, and had your heart broken, or been lied to, or have seen the same lousy pattern play out time and time again, and are wondering what the hell is wrong with you, and why are relationships so damned hard.

And maybe you get they don't have to be. And maybe you realize that your swing seems somehow off, and maybe a coach might help. And that's why I am here and that's why I write this book, so you can finally have the relationship you deserve.

Your great relationship is there for the asking, but you've got to know how to ask. It'll take a little something from you, but once you get into the game again–with the right coach–you'll be playing better than ever.

The Inspiration for This e-Book.

This book is based on the answers to more than a 1400 questions I've answered about relationships. They follow themes like these:

I have a crush . . .

I'm shy, how do I . . .

How do I know if she likes me?

Does she know I exist?

I think my girlfriend is cheating on me . . .

Her friends . . .

I realize that what comes easy to me (now, it didn't always) can really be a challenge for other people. There's a lot of bad advice out there, and a lot of game playing. I'm all for playing with your mate, but that doesn't start with playing her.

You probably remember your friends telling you there are all sorts of crazy rules. You might have heard things like "Don't text too soon…" "Leave her wondering…" "You've got to create some mystery…" "Be cool." "Don't be too cool." You wonder if any of those apply anymore, or if they ever really did, or if

there's a new playbook in our ever changing world. Your head might still be swimming with stupid rules and therefore stupid questions.

On this, I'll put your mind at ease right now. People don't want to be toyed with, not in a relationship, not anywhere else in life.

On the other hand, most of us are tickled to have a new playmate. My commitment is to help you bring your Best Self Forward so that You can be that, and so much more.

The Basics

If You Don't Ask, You Can't Get

You must get into the habit of opening your mouth and asking. There's no way around it.

It'll probably take you some time to learn to ask right.

Think of a two year old. Maybe he knows the word cookie. The first time he said it, he probably got one, now he screams "cookie" and he doesn't.

By the time he's three though, he just might have figured out if he asks just right, a "mommy please" with a big hug, he's got a much better chance, though he might still get a lot of nos. That took another third of his life to figure out, and his momma already loves him.

It's a Scary World Out There

In 2014, 284,350 women were raped or sexually assaulted in America.[1] More than one in three

[1] U.S. Department of Justice. Office of Justice Programs. Bureau of Justice Statistics. *Criminal Victimization, 2014*, Jennifer L. Truman,

undergraduate women (34.4% actually) report having been sexually assaulted in their lifetimes.[2]

This is not like asking your mother for a cookie. You're scared of getting a no. Just think what she's scared of. But this should also be good news for you. She's not necessarily saying no to you. She's saying no to a lifetime of creeps, of which you just might be one.

The Good News

It's not that hard not to be a creep. And that's what the rest of this book is about. If you want to win at this game, there's only one thing that matters:

You've Got to Get How the World Looks Through HER Eyes.

And to do that, you've got to ask, and listen, and listen, and listen some more.

Ph.D., and Lynn Langton, Ph.D., Bulletin NCJ 248973, August 2015. http://www.bjs.gov/content/pub/pdf/cv14.pdf.

[2] Department of Justice. Bureau of Justice Statistics. *Campus Climate Survey Validation Study Final Technical Report,* 20531 R&DP-2015:04, NCJ 249545, January 2016. Table E-1 http://www.bjs.gov/content/pub/pdf/ccsvsftr.pdf.

But we're going to make this fun. You are going to have a lot of practice asking before you ever have to ask a woman out, and if you do this right, you might never have to.

A Fresh Start

You're probably here because you have a past that's getting in your way, maybe something like:

- Playing a game of I'll show you mine if you show me yours with Dana, and she decides not to after you do your part. (*Well I just can't trust them.*)
- The whole class looking at you funny when you kiss Meredith in third grade. (*I'll never try that again.*)
- Forgetting who Barbara was when she calls you, and when you remember, wishing you were dead. (*I'm such an idiot.*)
- Completely not getting it when Dina propositions you on the beach at night. (*Shit, I never seem to miss an opportunity to miss an opportunity.*)

- The Prom disaster, the first girlfriend disaster, the next one going off for the summer with her ex. (*Who needs this? This is way too painful.*)

Well, if you're anything like I am, from there on out you've got a foot out the door before you get one in , just waiting until something happens for the next one to crash and burn like the last one did.

Maybe you've even got a family story to add to it. My mother has a saying "The first one can come any time. The second one takes nine months." So I figure I'll probably knock someone up, do the right thing, and wait for it to crash and burn while I'm trying to build something else.

And maybe your story is nothing like mine. Maybe it has to do with caste or arranged marriages, divorce, addiction, abuse, illness or death, "love at first sight," "I'll know it when I see it," "I know too much," "I'm too stuck in the way it is," or the classic "The one that got away, I'll never be able to love that way again."

It doesn't matter what your story,

WHAT YOU LOOK FOR, YOU WILL FIND

And as long as you are dragging your past girlfriends around with you, you will never be able to be with the person in front of you. To put it more concretely, if the last one walked out on you, you'll start looking at how this one will do the same. She'll be at the salon making herself pretty for you, and you'll convince yourself she's looking for a new apartment. She'll come home. And instead of noticing how great she looks, you'll be Mr. Grumpy because “It's happening again” She'll get upset you didn't notice...

You must let your Exes go. And then you can look for something else, like the playmate and partner you always wanted. And if you look for her instead, she'll be the one to show up.

The Steps:

The next few sections are to give you concrete exercises to get back in the game, and know you are heading in the right direction.

First: Exing Your Exes

You may not forget her, but *You Must Leave Your Ex(es) Behind*. Until you complete your relationship with them, your exes will haunt you. Here's what you must do for each one:

1. **Thank Her:** Sit down and write a letter to her thanking her for every little thing she did with and for you. Acknowledge her for how she made you feel, and for who she was for you.
2. **Forgive Her:** Make a list for yourself of every way you think you have been slighted by her. Consider that any and all of these things might have come from a place that had nothing to do with you. Maybe she slept with someone else because of her own insecurity, not something that had anything to do with you. Write down

at least one reason for each of those things that would make it not about you.

3. **Forgive Yourself:** You are human. You make mistakes. You screw things up. You might have just killed the best thing you ever had, and just now come to realize it. But as long as you hang on to this, you will not have any chance to see the next great thing, the one that could be ten times better than the best you've ever had. As long as you entertain any conversation that you are a screw up, you will not give yourself permission to be fully in the next relationship. That's a shame, because you deserve a great relationship. So write down every way you were a jerk (like the buttons you knew you shouldn't push, but you pushed anyway), note where that came from, forgive yourself, and make a commitment not to do that again.
4. **Acknowledge Yourself:** Give yourself credit for everything you were and brought to the relationship. You are great. Notice all the things you did to build the relationship you had. And

thank yourself for that. And note that even if your ex didn't get it or appreciate it, you made a difference. And get that that passion was not wasted. Maybe misdirected, but not wasted. Don't let that go. It's part of what makes you the amazing person you are.

5. **Learn from Her:** Take on that maybe you did have something to do with everything that happened. I know this sounds the opposite of point 3; it's not. It's not that anything was wrong or your fault; but that maybe you did have something to do with the way it turned out. When you look at it like this, you can look at what on your side might not have worked, and what you could bring that would actually carry a relationship forward. Maybe she slept with someone else because she wasn't feeling loved by me. Where could I bring love into the next relationship so that doesn't happen again? Maybe she joked that my apartment was a mess, but underneath it was a concern that I would bring that into “our” home.

6. **Get that the Next One is NOT YOUR EX:** We are human. We look for patterns. We get burned. We say “Aha, I'm not going to let that happen again.” The problem is we start looking for “that,” for how the next one is just like your ex was. When you look, you find. This will kill your love life. I'm not saying be stupid. But don't be suspicious for no reason. That would just be some bad experience haunting you now. Don't let it.
7. **Get that the next one is Different:** Even if she's your ex's identical twin, she reacts and thinks and loves and hurts differently. You can not expect to know anything about her because you know anything about humanity, or women, or even her school or family. Let her surprise you.

Pull out some paper and go to work. Do not skip this step. You must let them go so that you can be here now, with what is in front of you.

Second: I Want ____

I get my kicks out of helping guys get into long term relationships. But I also get that's not what everyone wants. If that's not you, that's okay. What's not okay is thinking you are somewhere you are not. Copied here is the exercise from Mate: Become the Man Women Want, the book by Tucker Max and Dr. Geoffrey Miller for determining where you are now. Wherever you are is fine, but I'm probably not the best resource for you if you're not looking long term.

> *Where's Your Head at Right Now?*
>
> To figure out whether you're really more interested in shorter-term or longer-term mating at this point in your life, here's a little quiz. Answer each question as quickly and honestly as you can and from your gut and heart, not from your head.
>
> 1. What's the longest sexual relationship you've ever had with a woman?
>
> A. more than 5 years
>
> B. 2 to 5 years

C. 6 months to 2 years

D. more than a week, less than 6 months

E. less than a week

2. How many women have you had sex with in the last 12 months?

A. 0

B. 1 or 2

C. 3 to 5

D. 6 to 20

E. more than 20

3. How many women would you want to have sex with in the next 12 months, ideally?

A. none or one

B. 2 to 4

C. 5 to 10

D. 11 to 50

E. more than 50

4. For me, the most enjoyable sex is usually with a woman I've known for

A. more than a year

B. between 2 weeks and a year

C. between 2 days and 2 weeks

D. between 1 hour and 2 days
E. less than an hour

5. How many years in the future would you ideally want your first child to be born (or your next child, if you already have kids)?

A. within the next 2 years
B. in about 2 to 4
C. in about 5 to 8 years
D. in about 9 to 20 years
E. I never want kids, or not until at least 20 years from now.

6. Imagine you're 90 years old, thinking back on all the women you ever had sex with. What percentage of them have you already slept with?

A. At this point, I've already slept with more than 80 percent of all the women I'll ever have sex with.
B. I've slept with about 60—80 percent of all the women I'll ever have sex with.
C. I've slept with about half (40—60 percent) of all the women I'll ever have sex with.

D. I've slept with about 20—40 percent of all the women

E. Right now, I've slept with less than 20 percent of all the women I'll ever have sex with.

Scoring the quiz: Add up how many times you used each letter response. (For example, if you answered A. three times, write 3 next to A. below). Next, multiply the number next to each letter by its multiplier (0—4), and write the subtotal on each line. Then add up the five subtotals to get a grand total, and write it below.

	Number of		
A	_____	x 0 =	_____
B	_____	x 1 =	_____
C	_____	x 2 =	_____
D	_____	x 3 =	_____
E	_____	x 4 =	_____
Add them up			_____

TOTAL

This grand total represents a very rough estimate of your current mating goal: the higher your score, the shorter-term your mating orientation. The lowest possible score is O, indicating strong interest in long-term mating, monogamy, marriage, and kids. The highest possible score is 24, indicating strong interest in short-term mating, casual sex, no commitment, and no kids. Most of you will score somewhere in-between. Generally, if your score is below 8, you're long-term oriented, 9—16 is medium-term oriented, and above 16 is short-term oriented.

Write down your current score here: _____ Does it match what you thought your mating goal was?

Assuming you are in it for the long haul, we've got some work to do.

Third: Uncreepify Yourself

You are an incredibly unreliable judge of yourself. What you need to know is *What Works About You and What Needs Work*. Maybe you spend twenty hours a week in the gym, and think no woman could resist this body. Maybe what captures her attention instead is the consideration of the complete wimp who wipes down the machines after he sweats all over them and sticks to time limits.

The point is you might have an idea, and you might be right, but let's find out. Your assignment is to book an appointment with the women you know (you could think of it as a practice date) and ask them what works about you, but more importantly what needs work. It might be fine that you smoke if you take care to not smell and taste like an ashtray, or aren't in the shape you were in college, if you carry yourself well and dress decently. It might be the kind of woman you like notices your table manners.

The thing is these are all things you can learn, pretty quickly. The other thing is to stop making up

stories about these things. You might be asking, "Well, why can't I just be me?" You can, but you're looking to up your chances here, aren't you, and "you" I am sure dress differently for a wedding or for work than you do to go to the gym. It's no different when you're meeting women.

You do notice if a woman is a little better made up, don't you? Do you really want to meet her with morning breath, her hair a mess, having missed a shower. Why should she want any different from you? You've got to show that you care. If you can't be trusted to take care of yourself, why would she trust you to take care of her.

And biologically, this is what she needs. We survived as a species because women chose men who could be trusted to be around and take care of them long enough to breed and raise their young. Whether the women you meet know this or not, it is part of their programming.

And if you are brave enough, and if they'll still talk to you, you might want to try this with your exes. You can start by thanking them for the contribution they

were to you (part 1 of Leaving Your Ex Behind). And then ask questions like:

- Was there anything I did that was creepy?
- Was there anything I did that put you at ease? What could I have done?
- What worked about who I was being? What didn't?
- Was there anything that I just didn't notice?
- What could I have done to make you feel better taken care of?
- Was there anything you needed from me that I didn't provide?
- Is there anything that I should acknowledge you for?
- Is there anything you'd like to acknowledge me for?
- What's the one piece of advice, that if I really got it, you think would make the most difference in my being able to be in a long-term relationship?

- What's the most memorable moment you had with a guy? How did he make you feel?

The point is to listen, not react or get reactivated. You want to take the time to see the world through her eyes. When you see it from there, you can start to talk into her listening. It might have been something completely stupid. The point is if you know, you can choose: Do I want to have a relationship, or be right about my prerogative to leave the toilet seat up? Could it be that my doing the dishes a couple times a week would have meant more than the two week vacation I saved up six months for? What are the signs when I'm starting to piss her off, and what can I do to make sure we never go to bed angry?

There are lots of things that others notice and we don't. You don't need to know all of those. What You do need is to be sensitive enough to her needs so that you catch on when they show up.

These are all the "How do I know when . . ." questions I get asked, and there are a lot of them. The way you know is by checking in.

We're Either Growing or We're Dying

There is no middle ground. We are either growing or we are dying. Just think how good you feel when you are part of something new, and how much of a drag things can be when they start feeling old. It doesn't matter if it's school, a job, or relationships, what lasts is the stuff that's constantly getting better.

It's why you have no problem toughing it out with your trainer. You not only feel better, you see the results, you watch your body change, you can always take it to the next level, and you are enrolled.

It's also why it's such a drag to get yourself out of bed to go to the job that hasn't changed in three years. You get bored, you stop caring. You can do it well enough without putting in too much effort, but the fire is long gone.

My point here is you are someone different when you are growing. Just look at how much easier it is to hang out with your friend who just got and is excited about his new job than it is to hang out with the one

who's complaining about his old one. Or the difference between the one who is constantly up for a new adventure and the one who just wants to polish his bar stool.

Guess what? It's the same with you. If you want to be interesting, you should pick something to get better at, even if it's that old hobby you put aside to get serious about work. Someone who is excited about something is enrolling.

Now this one isn't a must. The fact that you are upping your relationship game is certainly a step in the right direction, and alone can be the work of a lifetime. You could spend years getting better and better at this, and that could well be enough.

On the other hand, when someone has a commitment to bettering himself; that certainly comes through. And what's wrong with being a better you.

And if you're not in decent shape, something in that direction (whether it's the gym, a regular tennis game, or a regular walk) is certainly a good place to start.

I know you'll lead a better life, and we'll live in a better world, if you are constantly striving to make yourself and your world better. I call it Living an Intentional Life. This is what I want for humanity, that all of its practitioners live with Intent and be in beautiful states, as Tony Robbins would put it.

Fourth: The Go/No-Go Framework

If you've had relationships before, you've probably said to yourself, "I'm never going to go out with a girl like that again." You might have also said "Wow, I wish they could all be like her."

Well, here's your chance to list it. Take out your pencil and pad again, write down your must haves and your red line items.

You're looking for someone you want to spend your life with. You don't want to waste your time with people who just don't fit. If she is into kids, and you are not, I don't care what else about her works, it's a no. If she can't stand video games, and that's how you chill, are you ready to find another way to chill?

So write it all down. For me, I want someone, smart curious, with a sense of humor, who loves kids and loves life, someone I can laugh and play with. Definite turn-offs for me are women too wrapped up in status and owning things, women who are cruel to others, women who can't be with my somewhat quirky sensibilities and sense of humor, and especially women so stuck in their own view of the world that they are not willing to look from someone else's perspective, and that's even if we agree on stuff.

Here are some examples to get you started:

- You love your mom and your big, happy, crazy family; you want someone who can embrace your crazy family Thanksgivings and Christmases, and the crazy jokes you and your cousins play on each other.
- You are crazy about dogs and can't imagine being without one.
- Kids: Are you alright with just one, or none.

- You can't imagine giving up your Thursday night Poker; she'd better be cool with this.
- You know what financial sensibilities – if any – are important to you. Are you okay with her spending $300 every other week to have her hair done? What about $600 shoes?
- Politics: Are you okay with how she thinks, and the other way around. Does she have to believe what you do for you to get along?
- Education: Home, Private, Religious. My wife told me before we married our kids are going to religious schools.
- Curiosity: Do you care, or do you just want to fall into a routine for the rest of your life?
- Manners: Maybe you grew up in a house that respected certain ways. Maybe you like those. Now while they may be learned, that's only going to come if she's even interested. For me, how you sit at the table is a big deal. Most people around me don't even notice it.

- Work: Is she planning to quit when the first child comes? Maybe she makes more than you. Is she expecting you to quit?
- Looks: This one's up to you.
- Family/Caste/Religion
- Tolerance for your hobbies and passions. She doesn't have to share them, but she's got to be okay when you go out and spend $500 for another fishing reel.
- Where do you want to live: If she's foreign, get if she wants to be here, or if you're willing to go there. If she's from the country and you are in the city, check in to see if she's got it in mind to move to someplace like "home" when the second kid comes along.

Now obviously, some of these things are going to be more important. Some won't matter to you. After you've made your list, pick out the top five things you absolutely need.

Make sure you know what you don't want. My mother had a rule that she would leave a guy if she had more than four arguments with him. I would stay away from anyone who is cruel to anyone else. If she's that way with someone else, it will come back to me as well. I don't want that.

Look, it's like shopping. You're hungry. You go into the store, you wander around and buy what looks good like it will make you feel good, and two hours later you've eaten a box of donuts, a bag of chips and you are hungry again, and feeling fat.

Now try this. You know you want a porterhouse steak for dinner. You go to the store. You go straight to the meat department. They don't have porterhouse, but hey that T-bone will do. You are in and out of the store in five minutes. Two hours later, you're full, you've had a great meal, and you just feel good about yourself.

What's my point? If you know what you are looking for, you'll be in the right department, and getting pretty close to what you want.

You are unlikely to get everything on your wish list, but you'll know that you have someone, that if you commit to each other, you will be able to build a great life with.

Fifth: The Time is Now

I know you want it yesterday. That is unrealistic. Married in a year, completely doable. Six months, you could probably do that too. An amazing relationship in three, I don't see why not.

- So what do you want?
- By when?
- How many dates will that require?
- How many second and third dates?
- How do you know she's the one?

Let's take married in a year as an example. I'd say you'd have to be getting serious in three to six months. Let's say you need at least three dates to know if you even want to consider getting serious. Let's say you want to go on three dates with at least

three women to explore the possibility. Let's say you need meet 60 women to find those three.

Good. We've got what we need to run the schedule. A date a day for sixty days could work. You can stretch or compress this schedule as you see fit. Three long dates, three women. Give this three weeks. Pick one, go forward.

The Path Forward

Now this was a really simplified example, and it's a good start, but you don't want to make yourself crazy, or break the bank, just to get back in the game.

You want to know the short-cuts, the hacks so to speak, to get you in the relationship you want as quickly as possible, things like:

- How to find most of those dates inside your current network. *I'll show you how to use what you have to bring those in.*
- Why those first sixty dates don't have to be long, or expensive. *I'll show you how.*

- The three dates, how you can focus those so you really get a clear picture of the person in front of you. *There's a formula for this too.*
- When to say no, and ending it when it's not right. Key. It's the only way you can move on to the next one. *I'm there for you.*
- What's required to know you can go forward? *I'm on that too.*
- The Ground Rule for an Amazing Life Together. There's really only one, but if you get that straight, the rest will follow.

For these, there's my course. You are going to slip. You're going to fall. A lot. You can not help it.

And a Coach - a good one anyway - will get you back up, and give you what you need to get you back on the field, and take your game up a notch every time.

All it takes is for you to get on the team. https://marriagesuite.com is the place to sign up.