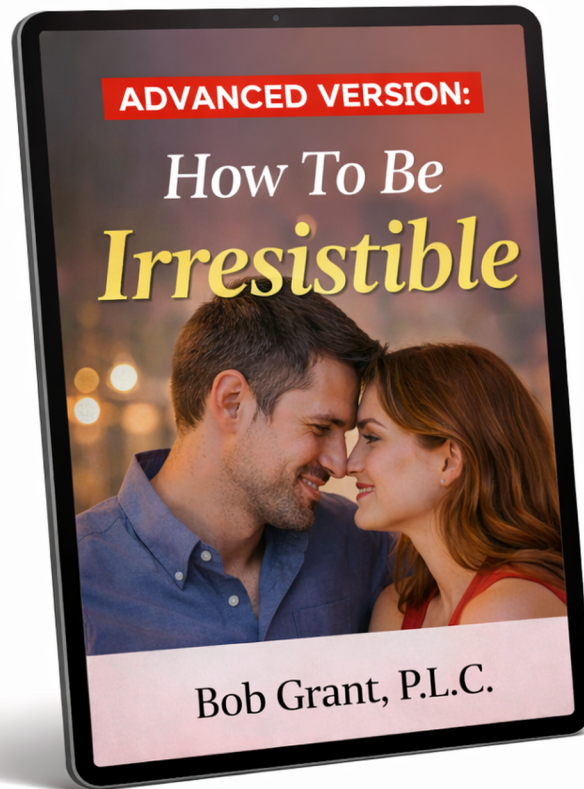


# WORKBOOK

Companion exercises for the Advanced Training



---

## • How to use this workbook

- 1) Watch the training once straight through.
- 2) Watch it a second time with this workbook.
- 3) Pick one exercise per module and practice it for a week before adding the next.

**Your goal:** build the internal glow (Campfire Effect), learn his language (hero + reward), and create a safe dynamic (respect, requests, healthy anger).

**Quick note on progress:** You do not need to be confident all the time. You are practicing authenticity: sad when sad, happy when happy, clear when upset, warm when you feel warm.

**Name:**

---

**Date**

**started:**

---



## Self-check: where are you right now?

Circle or check the one that fits best today. Then answer the questions below.

- A) I feel like I'm not enough and I'm trying to fix myself.
- B) I can't read him, I don't know what he wants.
- C) We're together but the spark is fading and resentment is creeping in.

**What is the main pain I'm trying to solve right now?**

---

---

---

**What result do I want 30 days from now?**

---

---

---

**My biggest pattern: When I feel uncertainty with a man, I usually...**

---

---

---

---

## 🔥 Module 1, Love Yourself: The Campfire Effect

Quick visual reminder from the training. Use the notes below to anchor what you heard.



The Campfire Effect is the warm, real glow men feel when you're emotionally present, not performing confidence or hiding vulnerability.

**Key idea:** looks can get attention, but your inner state determines whether he wants to stay close.

**Reflection:** When do I feel most like myself (warm, open, alive)? What activities, environments, or people bring that out?

---

---

**Reflection:** When do I feel rigid or guarded (trying to look strong, trying not to need anything)? What triggers that in me?

---

---

**Reflection:** What would change if I stopped trying to prove I'm lovable and instead practiced being real?

---

---



## Module 1 Practice: Body-centered awareness

Thinking is useful, but your body gives warning signals. Stress, tension, tightness, or numbness are often clues that something needs attention.

**3-step check-in (60 seconds):** 1) Name it. 2) Locate it in your body. 3) Ask: What problem is my body trying to help me address?

**What am I feeling right now (use simple words)?**

---

---

**Where do I feel it in my body?**

---

---

**What might this feeling be asking me to address? (a conversation, a boundary, a truth, a decision)**

---

---

**One small action I can take in the next 24 hours:**

---

---



## Module 1 Practice: Stop laughing when it isn't funny

In the training, Bob describes incongruence, laughing while telling a painful story. It can be a way to numb out and it makes you harder to read.

**Experiment (7 days):** Notice when you laugh to cover pain, anger, disappointment, or vulnerability. Don't force tears. Just practice congruence.

**My common cover-laugh moments:**

---

---

---

**If I stop covering it with laughter, what emotion is underneath most often?**

---

---

**What do I fear would happen if I let the real emotion show (even calmly)?**

---

---

---



## Module 2, Understand Men: Hero energy and rewarding

Quick visual reminder from the training. Use the notes below to anchor what you heard.



Men often want to feel like your hero, not because they want control, but because solving problems and creating a positive impact builds their self-esteem.

**Common turn-offs:** hinting, instructing, rescuing. These can land like I don't trust you or I'm your mother.

**Awareness:** Where do I most often hint, instruct, or rescue? (money, plans, communication, his goals, his emotions, etc.)

---

---

---

**Awareness:** What am I trying to prevent when I help him? (disappointment, uncertainty, waiting, feeling unsafe)

---

---

---



## Module 2 Practice: Become a rewarder

A reward is not a formal thank you. It is a genuine emotional payoff: warmth, delight, appreciation, and letting him feel the effect he had on you.

**Rule:** Don't keep the good stuff inside. Reward the things you truly want more of.

**My signature: what makes me feel fed and happy**

---

---

---

**Three things I genuinely want to reward (specific behaviors). Example: When he plans a restaurant I love and it feels thoughtful.**

---

---

---

**My reward phrases (write them in your voice). Write 3–5 lines you can say in the moment.**

---

---

---



## Module 2 Tool: When he doubts himself

Bob's suggestion: don't fix the problem for him. Affirm his capacity.

**Script:** I don't know how you're going to do it either, but I know you. I've seen you solve problems. I know you'll solve this.

**Make it yours:** Rewrite the script in your natural voice.

---

---

---

---

**Where can I use this in real life this week?**

---

---

---



## Module 3, Deepen the Relationship: King/Queen dynamic

Quick visual reminder from the training. Use the notes below to anchor what you heard.



This is not about superiority. It's about responsibility and respect: a wise king takes responsibility for those in his care, and a queen carries herself with calm respect.

**Core principle:** Respect is the language that keeps him open. Disrespect closes his ears instantly.

### Respect audit

**When do I accidentally disrespect him (tone, correcting, sarcasm, contempt, eye-roll, logic battles)?**

---

---

---

---

**What would respectful strength look like for me (soft voice, calm boundaries, fewer lectures, clearer requests)?**

---

---

---

---



## Module 3 Tool: Requests vs demands

Most things should be a request. A demand should be rare and only used when you are truly willing to enforce it.

**Prompt:** Don't make a demand unless you're willing to go all the way with enforcing it.

**Write 3 requests I want to make (specific + respectful)**

---

---

---

---

---

---

---

---

**Bottom lines (rare): what is truly non-negotiable for me?** Examples might include fidelity and safety. Keep this short and real.

---

---

---

---

---

---

## 🔥 Module 3 Skill: Anger with control

Men are not expecting you to never get angry. They're watching whether anger becomes a weapon (name-calling, threats, character attacks) or whether you stay in control.

**Goal:** Be upset and still safe. If you need time, you can say so and return to the conversation later.

### My anger pattern

When I'm angry, I usually...	What do I want to do instead (one step healthier)?

### Write 3 clean anger phrases (no threats, no insults)

Examples: I'm upset about this. I need 20 minutes to cool down. / That doesn't work for me. / I want to talk about this without fighting.

---

---

---

---

---

---

---

---

## • 21-Day Practice Tracker

Keep it simple. You are building a new default.

Day	Body check-in (60s)	Congruence (no cover laugh)	Rewarded what I liked	Respectful request	Clean anger (if needed)
1	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
7	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
8	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
9	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
10	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
11	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
12	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
13	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
14	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
15	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
16	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
17	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
18	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
19	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
20	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
21	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

---

**Notes, wins, patterns I'm noticing:**

---

---

---

---

---



## Closing reflection

Answer these after you complete 7–21 days.

**What changed in me (emotionally, behaviorally, energetically)?**

---

---

---

---

**What changed in my interactions with men (attention, warmth, respect, conflict)?**

---

---

---

---

**What will I keep doing as my new baseline?**

---

---

---

---