

Stuck On
YOU!

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Getting cheated on sucks. I was already in the "community" before it happened to me, but I really shot down the rabbit hole after it did (which was a few years ago now).

As promised, here are my 11 best tips to never get cheated on and make your girlfriend or wife so much YOURS that she's literally "stuck on you" (and only you).

Enjoy :-)

Stuck On You Tip #1: Always keep her attracted.

It's common in a lot of relationships for both parties to get overly comfortable, and stop doing the things that attracted their partner in the first place. Don't do this yourself (and don't accept it from her if she tries it).

Stuck On You Tip #2: Recognize the things that turned her on/attracted her the most at the start and don't stop doing them. Also, be sure to keep the relationship from going stale if it's one you want to keep going. The best way to do this is to keep the Attraction portion of your interactions with her strong. Don't stop pushing and pulling, don't stop teasing and keep on not being a pushover. If she's not getting these feelings from you, she'll find someone else to get them from and that can lead to questionable places and situations.

Stuck On You Tip #3: Always keep charging ahead as a man. We talked about the 3 big cornerstones of your progression as a man: Health, Wealth and Relationships.

Keep "leaning towards your edges" and pushing your development and growth in all 3 of these areas and not only do you make more money, look better naked and understand communication better...

..you also make yourself a more desirable commodity every single day of your life. You keep getting better and better all the time. Which leads me to my next rule..

Stuck On You Tip #4: Let her know she'll never find a better guy. It's not being blatantly cocky, it's the truth. Think about it...if you keep getting better, healthier and wealthier... how could she ever find a better guy? It's not the guy YOU CURRENTLY ARE that she'll see, it's the guy you're constantly becoming and she'll never want to jeopardize that.

In times of fun banter, you can come right out and say it.. "God, you like me so much. You're already starting to realize you'll never find a better guy. Aren't you lucky? :-)"

In other times, it'll just come through in all your actions as you continue pushing your edges out, growing, getting better and evolving every day.

Most guys are lazy and don't do shit like that. You're the best she'll ever have, by default if not by sheer confidence.

Stuck On You Tip #5: She will feel like it's OK to cheat if she feels her emotions being ignored or neglected. Guys would never think, "Look at her...she doesn't even recognize how I'm feeling, she barely pays attention to what I'm going through anymore. Fuck her. I'm gonna cheat on her..".

If that logic sounds funny to you, it should...because you're a dude. Our brains don't work that way.

If it didn't sound funny to you and you thought, "Yeah, that makes pretty good sense..", then you're a female and you're actively reading Guys Dating and Hook-Up Advice (not gonna lie, that's hot). It also means you get what I'm about to share with these badass guys here:

This is HOW women are wired to think. They value EMOTIONS above all else, which means if you're in a relationship together and you've been neglecting their most important emotions, they're going to be just-about-Lorena-Bobbitt pissed.

Some will be more malicious about it, and immediately conclude, "OK, fuck him. I'm gonna cheat on him with the hottest guy at the bar tonight."

Others will just subconsciously be looking for someone to share and connect on these emotions with, and mark my words: Some guy will come out of the woodwork to fill the role, and she'll take one very big step towards infidelity.

The key takeaway here is understanding just how highly women value their emotions, and how you need to be sure not to ignore or neglect them.

NOW...this doesn't mean become Mr. "I Want To Talk About Emotions All Night Long, Every Night"...it just means be aware of how your woman is feeling and what she's going through. Match her empathy, and lead her into the light.

When I notice that one of my girls seem to be going through something, I'll often tease her very lightly about it, then get deep with her. Let her share her story with you, recognize her feelings, share an empathetic story with her (yours or someone else's, doesn't matter) and when you get to the outcome of the story, show her how the character in said story had options for how they wanted to interpret their story, and what it was going to mean to them. Show her how you know it's tough to think about now, but she has options too in how she wants to interpret and act on what's going on in her life right now. Bonus points if you can relate one of the big, unique reasons why you chose to commit to her (some specific character trait, like her unstoppable positivity, etc) and how you know she's going to overcome and handle the shit out of whatever it is she's going through right now.

Obviously, this here is formulaic and I don't think emotions are ever of a "formula", but it should give you some ideas on how to handle this.

The point is, don't ignore the things your woman may be going through and be the everlasting glacier in her occasional fire storm.

Stuck On You Tip #6: If she's cheated more than once in the past, avoid her. It's a pattern in her blood. Some people go through some serious shit in their childhood (this may include you...probably me a little bit too). Sometimes, that shit follows people throughout their entire lives, forming nearly-unbreakable response patterns and for a small percentage of women, that manifests itself as cheating on their boyfriends or husbands.

If you're with a girl who you know has cheated on more than one relationship in the past, I advise you drop her altogether.

It would take a lot of INTELLIGENT work on YOUR part to help her make those shifts in her behavioral patterns and no longer be the type of person who cheats, but it's much more likely that you could seriously do everything right, and she'll still veer.

Better to let some guy without options deal with her nonsense.

Stuck On You Tip #7: Never get jealous, and if you are, don't show it. Jealousy is poison to Attraction. It says all the wrong things about you, and nothing good. If she's testing you by telling you about guy friends or random guys hitting on her, play it off. Guys who respond with jealousy come off insecure, guys who don't care because they know she would never jeopardize anything with you come off as secure and *even more attractive*.

In fact, let's talk about frames to set early on in the relationship so this type of stuff never even comes up..

You can think of frames as the "lens" that people see the world through.

If they have a frame of everything is here to help me, then a missed opportunity at something big isn't necessarily a bad thing...it's here to HELP, right. Something greater will come of it and help me towards my goals.

Relationship frames are like the unspoken understandings between you and her.

You set these frames through the stories you tell each other, when you share your beliefs, stuff like that. If they agree with your frame, verbally or just passively by not disagreeing, that frame has been set and they're much more likely to abide by it throughout the time of the relationship (so long as you don't break your frames either).

Here are 2 good frames to set early on in your relationship with her to prevent any cheating or infidelity in the future.

Frame #1: Jealousy is highly-unappealing. If someone is starting to develop feelings for someone else, we tell the other person so they can let go and find someone better for them.

Why? This lets her know you won't accept jealousy from her (and you won't be jealous yourself either). It also demonstrates that you're the kind of guy that doesn't even think to get jealous....you're so non-needy and valuable on your own that if she does meet someone else, you don't even care about getting mad or even; you're already focused on finding someone better.

How? Through the use of stories. Share a story about how a jealous, but otherwise awesome girlfriend drove you too far and you had to end it with her. When she agrees and accepts your story, she accepts the frame and knows not to get jealous with you ever (which is great). Then from there, you can transition into telling her your rule for relationships if "one of us actually starts to truly develop feelings for someone else".

Frame #2: Other couples end up cheating on each other because they don't got it going on like we do.

Why? It implies "we're better than that"...strokes the comparison part of her ego, that she has a better relationship than all of her friends. Childish, maybe it is, but most women will be unable to

resist thinking her relationship is the best out of all her girlfriends because you guys just do each other so right.

How? At random high points, where you guys are really happy together (laughing really hard together, she's on the brink of orgasm, etc), say things like, "Look how good we are together girl. Look how happy we make each other. Other couples can't fuck with us. We have more fun, more to talk about, more trust, we don't cheat and we have the best sex ever. It's like at this point in time, we were made for each other." Her ego will love the boost, she'll love to hear your total confidence coming out like this, and she'll passively accept the "we don't cheat frame" you included in there too. Win-win for everyone.

Stuck On You Tip #8: Learn how to give her amazing, toe-curling sex. If she's not getting fucked right, she will find it somewhere else. Let's just be real. So be the one to give her the best sex of her life, the guy she'll tell stories about to her friends in private for years after, even when she's with another guy. I don't teach sex (I just do it) so I highly recommend you read this book on the subject and start doing what it says. It's the only book on sex you'll ever need to read, I promise.

Stuck On You Tip #9: Do not ever plan anything for the future that's further away than exactly 40% of the time you guys have been together. This is a rule I came to myself after *another* girl pushed me away by trying to set plans with me for a wedding that was almost 5 months away (and we had only been together for 3). See, here's the thing: I really liked this girl and had absolutely no plans of breaking it off with her, but then...

..she asked me to come to this family wedding of hers that was a million minutes away, and out of nowhere, those feelings I had for her started to morph. Attraction turned to resentment, and I broke it off with her a week later.

Avoid making any long-term plans with her at all. Anything more than 10 days is probably too long until you guys have hit the 6-month mark.

At that point, do what the rule says. No plans that are further than exactly 40% of the time you've been together.

If it's been 9 months, that means nothing more than roughly 4 months away (and if it's gonna be that far in the future, it had better be something really legit, like a cruise or friend's wedding...basically anything that's gonna have an open bar :-)).

Stuck On You Tip #10: Variety is the spice of her only fucking you. You can read a lot more about this in the Sex God book I recommended before, however you need to understand that humans in general become bored/complacent when they feel like they totally understand something...when it's officially become predictable.

If that becomes you, she will get bored. I promise.

Keep her on her toes at times, keep her guessing at times, remain UNPREDICTABLE. Say what she doesn't expect sometimes, do things she doesn't expect of you.

If she's consistently learning new things about you, she's also consistently learning that she doesn't know as much about you as she thought she did.

This shouldn't just be a game on your part either...do what we talked about before: Keep leaning towards your edges, and keep growing. That basically guarantees that you'll always retain that unpredictable mystique about you, as you're trying/experiencing new things.

Stuck On You Tip #11: Subtly let her know other, platonic women are still in your life. You don't want her to think you might cheat, that's not the point; it's because other women in your life keeps your value high (preselection) and drastically decreases the chances of her cheating in the first place. A lot of times, once a guy gets in a relationship, he thinks he needs to cut off all relationships with his woman friends. Big mistake. If these females are your friends, she needs to respect and accept that, which she will if there is REALNESS and trust between both of you.

If she can't handle you having platonic woman friends (and you're so cool about her being friends with guys), she's not ready to be anyone's girl, especially someone as badass as you.

-Jason