

# ***HIGH VALUE*** **ATTACHMENT**

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**Video 1**  
**Transcript**

# **HIGH VALUE ATTACHMENT**

## Video 1 Transcript

***“I attach to a man really quickly, and they always leave.”***

***“Why is it so hard to stop wanting to reach out and text him? I can’t take this anymore!”***

***“Why is it that when I start to like a guy, I always feel like I need them more than they need me?”***

These are statements made by well-meaning, high value women who are unsure about how to deal with their own pattern of getting too attached, too early.

First of all, let me assure you that you are not alone. This whole emotionally attaching too early thing? It is not you being abnormal, it is you being a woman; it’s your feminine bias.

The majority of women (roughly 80% plus) will identify more strongly with the feminine energy, and so they will have a feminine bias, from a young age in matters of finding a mate or long term lover/partner.

Let me share with you a great example.

Tyson is my 7 year old son. Charlise is his 7 year old friend.

They met through a mutual love of brazilian jiu jitsu competition.

We made friends; Tyson and Charlise catch up for regular playdates at the playground, at rock climbing, and even for jiu jitsu training at our home.

One day, their inherent masculine and feminine biases became very obvious to me.

We all went out to a big, magical far away playground.

There were monkey bars, a sandpit, a flying fox, and all things children would love at the playground.

My son did his usual insane parkour style playing on the playground.

Charlise preferred not to do anything dangerous. Instead, she wanted to play in the sandpit.

Halfway through the day, I noticed Charlise climbing the tree. She called Tyson over.

I left them alone.

After some time, I looked back at the tree to find them sitting closely to each other, looking cute and yes, I also suspected that Charlise was playfully enticing my son into the world of childhood romance.

I left them alone, but it became clear to me that my innocent and oblivious son was being pulled into her feminine world of love, dreaming and togetherness.

Of course, I’m not saying there’s anything wrong with this. I was just observing out of pure interest.

Suddenly, out of nowhere, I heard Charlise yell out to myself, David (my husband) and Charlise’s dad

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*"Tyson says he LIKE likes me!"*

At first I was confused...I thought, no...Tyson wouldn't say that.

I know my son. He's not there yet.

So we all had a laugh and walked over to these two adorable kids sitting in the tree.

Charlise yelled out yet again *"Tyson LIKE likes me. I think he LOVES me!"*

All the adults laughed again. It was adorable.

Tyson didn't seem to give her words much thought. So I asked him *"Do you LIKE like Charlise, do you?!"*

And he said, *"No, I said I like playing with her. That's all."*

I accepted his answer. It felt congruent to the kind of kid he is.

Later on, as we went to leave the park, Charlise and Tyson walked ahead of all of us, and I noticed Charlise moving herself very close to Tyson, her shoulder brushing his.

To my surprise, she then reached for his hand. Tyson didn't see it coming.

But he went along with it.

Again, all us adults looked at each other in amusement and joy.

I said to David, *"I feel bad being here, kind of like I'm encroaching upon their space..."*

Of course, I wasn't. They were too young to care about what I cared about.

Charlise and Tyson then walked hand in hand to the cars, and we said our goodbyes.

We had already stayed for over two hours, for the sake of the kids.

I thought this experience was adorable, and the fact that I got to witness it showed me just how strong the drive is, even in such a young girl, to initiate the process of romance, whatever that may look or feel like to her.

It wasn't long before we all met up again.

This time, we invited Charlise out to the beautiful rock pools near our home.

When they arrived at the rock pools, the first thing Charlise's dad said to us was...

*"Guess what the first thing Charlise said to me after her haircut was!"*

*"What?"* We asked.

She said *"Hey, dad, do you think Tyson will like my hair??"*

Indicating that she was excited to see Tyson again.

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We were all looking forward to some crab hunting and sea star spotting in the rock pools.

And we did a lot of that on this day.

However, what also stood out to me about this particular play date and outing was how Charlise's primary interest and bias was to draw Tyson into more investment, commitment and love.

Here's what I mean.

My son Tyson frequents the rock pools a lot. And he has a natural inclination towards spotting things that are hard to spot - in other words, he's an explorer. And he will take any risk necessary to push the boundaries in order to "spot" or "discover" something new and interesting.

So he was of course, off doing what he does best - exploring.

Charlise had other ideas.

Charlise found an old broken fishing line with a bright pink, fake fish on the hook at the end of the line.

What she proceeded to do over the course of the next hour was very interesting.

She proceeded to throw the old fishing line into various spots of water in the rock pools (as well as in the deeper waters beyond the rocks) and scream.

These places were hard to get to.

So what did Tyson do?

He jumped in and retrieved it for her.

Again. And again. And again.

Once Tyson retrieved the old fishing line for her, Charlise would throw the fishing line out again into the rocky shores or into some small nook of water among the rocky land.

It took Tyson a lot of effort to retrieve it every time.

As I watched him, I wondered if he knew the exchange he was involved in.

He didn't.

All he knew was that he was helping his friend.

He liked her. He considered her a friend, and so he helped her.

She throws it out into the water, pretends she couldn't get it herself, and he comes to the rescue.

This occurred perhaps 7 times.

It wasn't until later on when we were in the car that I asked Tyson if he knew what was happening

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when Charlise threw the fishing line out into the water.

*“She’s my friend so I helped her,”* he said in the car on the way home.

Turns out, he was oblivious to the intent behind Charlise’s playful game.

So, we took the chance to explain to him that Charlise was deliberately throwing the fishing line out to see if he would actually retrieve it for her, and if he does, that makes her feel happy.

And to our amusement, Tyson’s eyes became wide and he said with a cheeky smile on his face *“Ohh-hh!! I didn’t know girls trick me! I didn’t know that!”*

He said it with joy and wonder. I still remember the look of joy on his face, and it gives me joy to think about it.

Of course, would that stop him from retrieving the old fishing line for Charlise in the future?

Of course not.

That’s just what Tyson does. Like most well raised boys....they want to help and they just want to do the right thing.

These exchanges between Tyson and Charlise, but also other exchanges between Tyson and other girls allowed me to see with my very own eyes, the feminine bias in action.

Tyson doesn’t have that bias to pull girls into attachment. At all. He’s just there for his friend, AS a friend. He’s just being helpful.

**However, the feminine bias is very different!**

A feminine soul will pull a very masculine soul into her world of romance (even innocent romance).

I say innocent romance, however I have heard from the anthropologist and researcher Helen Fisher, that children as young as 7 can fall in love.

I don’t think they were in love, but I think Charlise did a pretty good job of inviting Tyson, however oblivious he was to it all, into her world.

And as you can see by the way she publicly announced that she felt like Tyson “LIKE liked” her, she has no shame, no problem, and no hang ups about her own feminine bias of attaching early.

She was thinking about whether Tyson liked her way before they met for the playdates...

Tyson never thought such a thing. He just went along in life and responded to her cues.

So what does this innocent little story tell us?

I believe it’s here to show us that it’s ok to attach early.

This is not to say that there aren’t inherent problems and challenges that come with attaching early, because there are.



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But there are also inherent problems with a man's default for being more detached and not having this early attachment bias - they just don't get as good at conversing with women from a young age.

They aren't as well versed in the language of love and romance as little girls or young women are as they grow up.

So they stick to the areas of life in which they feel comfortable: their masculine domain.

So, whilst your early attachment comes with challenges, so does every bias in life.

That doesn't mean you should pretend you aren't attached.

That would be a lie.

Let's talk more about your feminine bias of attaching early.

## **The masculine and feminine bias: what they are**

Much like men have their own masculine biases, you and I have our own feminine biases.

By that I mean, you have a default way of acting that is really dictated by your biology as a woman, and that bias way of acting is different and sometimes opposite to the way men act in their masculine bias.

So when you're initially dating a man, you by default want to pull him one way, whilst his default will be to go another way or pull you another way.

For example, early on in dating and especially if you have sex reasonably quickly, you want more connection, closeness, security and attachment.

And he may also want that in the beginning, but at some point, it becomes clear to you that he seems to not want to attach or talk for as long as you do.

Instead, he may put work first, and not want as much time for closeness as you do. He may want to be close, but his body language and his preferences will not align with yours fully.

He may stay in connection with you for quite some time - days, weeks or even a couple of months.

However, at some point, he will get pulled by his own masculine biases.

Instead of bonding with you as frequently as you wish he would, he may be wanting more independence than you do, he may want separation and time to do manly things or just not feel burdened by a relationship.

This is all natural. If a man was always like you as a woman, if he had all the same values as you, he wouldn't be your man.

Of course, as a relationship progresses over the long-term, once trust is established and a man emotionally commits, these biases in behaviour can become much less pronounced, and I have experienced this myself.

You effectively become more "alike".

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However, you guys will never, can never really fully be alike. You will both still retain your own feminine and masculine biases.

You may wonder what really constitutes a masculine bias of behaviour. Well, here's a good example just to set your mind on the right track.

Men as a species often have this bias of thinking that if a woman - any woman - does something so simple and innocent like being nice and friendly to him, or if she is just willing to talk to him, then she must be interested in him sexually.

Of course, this bias of thinking serves him as a man with a more masculine soul, because it keeps him attached to the possibility of sex with her - however, in the woman's mind, she's just being friendly and may have no interest in him sexually or romantically.

In other words, men often over-infer sexual interest in women for their own biological benefit.

This belief that she must be interested is a masculine bias that can serve men by keeping them trying to engage with the woman, thereby increasing their chances of having a sexual relationship with the woman, or for some men, even a future with the woman.

For the female species, this bias isn't what we go to. Instead, as a woman, it actually serves you to get emotionally attached to a man early (especially so if you've had sex with him), and I'll explain more about that later on.

But for now, have a think about this. If you didn't get attached early to him, then what would propel you to at least attempt to secure some resources (emotional, mental, physical) from him?

Nothing. Nothing would propel you to. That's what your attachment is there for. It serves a function.

Yes, it comes with its challenges.

But so does men's over-inferring sexual interest from a woman.

We each have our challenges. That doesn't mean we should make them 'wrong'.

## **When you think that your pattern of attaching early has been your ultimate 'undoing'**

I see this particular pattern a lot: women thinking that attaching early has been their ultimate undoing in the past with men.

As a result, they feel like they were just too 'needy' with men.

These women may even feel like this is a problem of insecure attachment. In other words, having an insecure attachment style, like anxious attachment patterns or avoidant attachment patterns.

You too may relate to this and you may feel like these patterns have brought you nothing but pain. I understand.

Whilst you (like many women out there) might also have an insecure attachment style on top of attaching early as a woman, what that will do is just make your tendency to attach early, feel more stressful and value-taking to men. This is because your behaviour often comes from insecurity.

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However, the topic of attachment styles or attachment patterns is a very different topic altogether from your feminine bias of attaching early.

Let's not confuse the two.

This is why we are here to understand this bias deeper and find ways to make it work to our advantage.

Because one of the hardest things for me to see as someone who's been helping women for more than a decade, is seeing women feel wrong or guilty about attaching early to men.

Instead of understanding themselves more, they end up trying to force themselves in the opposite direction.

In other words, they resort to trying to detach. For example, wearing masks to cover up their feminine biases and vulnerabilities, or trying to act cool.

There are also other popular dating methods like having a dating 'rotation' of lots of men that they see one after the other.

And then you also see women trying to remain calm, collected and un-attached, somehow thinking that this is high value.

Let me tell you, the moment you start to detach, you lose the very power that is your feminine energy and your ability to access your vulnerability.

What a disappointment that is!

Women would not be women if they forced themselves to be more like men just for protection from their own biases or just to seem cool and un-needy.

Not to mention, I've seen so many women suggest to multi date or do rotational dating 'just like men do', as if they should have this as a revenge strategy, to 'date like men', and desperately try not to get hurt by men.

Let me assure you that there are ways to still show up high value AND attach early.

## **How you feel about your bias of attaching early doesn't change your bias of attaching early!**

Here is the truth... How you feel about attaching too early still doesn't change your feminine bias of emotionally attaching early. Your bias is still going to be there no matter what.

Of course, men sometimes attach early too, but they usually do it in a different way and for different reasons.

They may get attached to the idea of getting the woman's approval, of having sex with the woman, or get attached to the fantasy of her being wild and untamed in bed with him.

But when dating, many men don't by default get attached to the idea of having a fulfilling long term emotional attachment with a woman (the idea of men having that default is actually funny to even think about!)



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Of course, there will be exceptions, as always. I don't want to make it wrong for a man to do this - as I am sure there are some men out there who do attach early, thinking of an emotional relationship.

The more in love a man is with a woman; the more he is able to form a pair bond with a woman, the more 'woman friendly' he is going to be.

In other words, the more his interests and desires will mesh with yours.

However, in general, and especially in dating, when men do get overly attached, it's not in the same way that women do.

But the general biases in patterns of behaviour in men and women will still ring true.

So let's acknowledge that it's not wrong to be attached too soon.

## **The real “danger” with attaching too early**

However, there are some real problems that can occur along with your early attaching.

One of these problems is the fact that you try to ignore it, push it down, pretend it's not there, and try to act more like a man by desperately trying to detach, when you actually can't.

Even if you try to be more like men by 'having a dating rotation' of lots of men in your life, the reality is that your attachment will still always be to the one who has the most value.

It won't change the intensity of your attachment to, and yearning for, the highest value man you have in your 'dating circle'.

The other real problem with getting attached too soon is if you do it from a place of being totally uncalibrated to where the man is at, because that's when it can potentially feel low value to a man, and we will talk more about this soon.

If you are attached early to a man, and you continue on blindly (without knowing where he's at emotionally, mentally and physically), that will get you into trouble.

Again, it's not wrong to have the early attachment.

Getting attached too early is actually a very normal human problem, and I'm here to help you work with it and make the most out of it!

## **Why do women attach early?**

So why do we attach emotionally so soon?

Well, look at it this way. If men and women got together for a few dates and you both genuinely enjoyed yourselves, and then you both proceeded to get up, get on with life and go your separate ways, what would happen to that relationship?

That's right. It would never eventuate!

If an emotional connection is not maintained in the situation, many men would just get on with their

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lives and potentially even manage to forget about the woman and the times they had together.

So, if men have a bias of emotionally attaching later than a woman, where would the balance come in?

How would any long term relationship ever grow or last?

Well, women would have to take the opposite behaviour bias in order to balance that out, and in order to ensure that emotional commitment and emotionally close relationships actually eventuate and thrive.

Put it this way: without women, there would just be an abundance of sex and few relationships, if any.

This is because men would never be inspired to commit and invest by themselves alone. It is only a woman who can inspire a man's emotional attachment and commitment.

Much like women's bodies are built for growing a baby, feeding it, and nurturing it, (most of her calories actually go to maintaining her reproductive cycle) - men's bodies are primed for problem solving, cut-throat competition, hunting game, conquering, being fearless and getting things done.

We as women and men are here to somehow tussle with our opposing interests and overcome conflicts in order to create enough of a balance that we both get our needs met.

By the way, is it EVER possible for a man to attach emotionally at the same time as you?

Yes it is! It is possible, and that's what we are here to learn!

How is it possible? It's possible when through your vulnerability, he falls in love and becomes emotionally invested in you.

A man who is in love will naturally and subconsciously attach himself emotionally, even if he fights it.

He'll be the little hoops to your hooks - just like how velcro works!

This velcro type relationship is not only possible in adult romantic relationships too, but a very likely outcome if you understand these topics of love, attraction and men!

## **Does this mean that the relationship is entirely the woman's responsibility?**

Let me get one thing straight: I am not saying that relationship maintenance is ALL the woman's responsibility.

However, I AM saying that your vulnerability and attunement to yourself and to a man and to your relationship is your responsibility.

If you want a 'partnership' with a man that is formed purely out of proximity, convenience or having 'no other options around', then this won't apply to you.

But if you want a real commitment from a man - if you want him to be in love and not in lust, this is what is required. I'm not talking about infatuation, but real romantic love and pair bonding.

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If you want this, then yes, your feminine bias of attaching early will lead that process!

The only thing that can truly save you from further being burned by men is knowledge, understanding and taking responsibility even when it seems unfair.

After all, when you're dating men, you have to remember this:

It's your womb, not his!

It's your heart, not his!

Your womb will only be his, and he will only protect it as if it's his own when he's in love with you and committed to you.

Your heart will become a part of his heart when he's in love with you and pair bonded to you. And he will have the innate desire to want to protect your heart.

When you truly form emotional connection and emotional attraction (being in love), you will have secured yourself a pair bond, and your man will not ever want to live life without you.

## **The top 3 benefits of you attaching early...**

Let's talk about some of the benefits of you attaching early as a feminine soul.

### **Number 1: It serves to allow you, the woman to draw the man into the magical realm of an intimate relationship**

Ask yourself this question: what real purpose does a woman's pattern of attaching early have?

To cause her stress?

To make her look low value?

No, of course not!

It serves to allow her to draw the man into a relationship with her. It serves to prioritise the relationship and the future survival of the child she may end up carrying in her very own body.

A woman is not supposed to ignore her own interests and biases.

This bias gives a woman the preference of "hooking" a man as early as possible. (remember how velcro works? One of the two opposing strips has the hooks, the other strip has all the little thin loops that are 'caught' by the hooks, and then they stick together.

Your vulnerability is the 'hook'.

You see, when attaching early, women are not only serving themselves, they're potentially serving the next generation; their children! Can you see the value in attaching early now?

Even if you never want children?

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Having a man's emotional commitment and care means so much for your own safety, happiness and for raising children.

Should a woman become pregnant with the man's child before the man even becomes emotionally attached (which I'm sure you've seen happen before) - this woman is left with an enormous, calorie-expensive and emotionally expensive responsibility for the next several decades of her life.

Not to mention the heavy weight of resentment that she may carry around, due to not having as much resources from the father of the child as she would like.

Therefore, it is only better that the woman has an attachment to their relationship and attempts to foster, keep and deepen the connection before she has sex with a man. Anything less than that and she is taking a very obvious risk for herself.

If she values the connection first, the man's actions will follow according to that.

This doesn't mean that she will always get the man, this just means that by valuing the connection first, she's naturally more calibrated to his intentions, and therefore naturally feels how to proceed with men in dating.

So if a woman allows her vulnerability (her early attachment) to be felt by herself, it will serve her to naturally test a man early on. And by test him I mean, will he run? OR - will he be the man who will be capable of emotionally connecting with her?

Her early attachment is in fact a stark reminder for HER to pause, take her time and to test a man.

It's also a good reminder to be very careful of dishonouring her own body and heart's desires.

If she ignores her own internal messages, she may get sucked into unfavourable situations, like having sex far too early with the kind of man who will not commit.

**Benefit Number 2 of early attachment: Attaching early helps to reveal your feminine vulnerability.**

Now, the real value of emotionally attaching earlier is also to expose a woman's vulnerabilities.

If we emotionally attach earlier than men do, what do you think happens?

We are more vulnerable because our emotions and fears are more exposed. If we feel first, this unconsciously tests the man, and forces the man to feel for us or to leave.

Of course, this can be frustrating for the women experiencing this trait in themselves.

She may wonder "why does he need me less than I need him?" And this is a question I asked myself so many times in the early days of getting to know my husband.

It felt like a gaping wound that could never be fixed.

I felt like I seemed so much less autonomous than him. I felt more needy than him, and it felt to me like he was just less likely to lean towards spending time together.

He loved spending time with me, but I seemed to always be willing to invest more time there than he did.

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The fact that I was naturally more emotionally vulnerable than him gave me anxiety.

I thought it meant that I could never feel safe in this world, or function normally.

However, at some point when building a relationship with a man, as a woman, this feeling is normal and natural. It doesn't have to take over your life, and it doesn't have to last long, but it's bound to be there at some point.

Such is the responsibility of being a woman with a feminine essence!

So, why do we sometimes feel like we need him so much more than he needs us? Well, precisely because you are designed to need a man, at the very least emotionally.

And there's absolutely nothing wrong with that. You can need a man emotionally. That's ok! You are allowed to need a man.

You are the womb, remember?

You own the womb. That is precious.

And that means that your default emotional needs are higher than a man's at least in the beginning stages, because ultimately, your emotional costs for getting involved with him are higher by default!

Of course they are right? Since you bear, breastfeed and raise a child.

(Keyword: default. This doesn't mean that a man won't ever have just as many emotional needs as you at any time in the future.)

So, I mentioned that by attaching earlier, it exposes your vulnerability, which will, depending on if you use it authentically or not, draw a man in and cause him to fall in love with you.

Through a woman experiencing these vulnerabilities, she will potentially show that vulnerability and draw the man closer, causing him to even fall in love with her or gradually develop an emotional attachment to her.

(Of course, sometimes that vulnerability only serves to test a man, and he never passes the test of committing to you. Sometimes he never will stay. Regardless, your vulnerability still served that purpose of weeding him out.)

Are you starting to see the benefits now of your early attachment? I certainly hope so!

As a woman, you need attachment to others in order to feel safe and in order to thrive in life.

Without healthy attachments to other humans, you won't feel safe to carry a pregnancy or to raise children. So you are not wrong in wanting it.

Being completely alone in raising a newborn child can be a lonely, taxing and isolating experience. So regardless of whether it's a man or not - you need humans emotionally to feel resourceful, to connect and to feel safe and to feel a part of something.

In fact, if you cease to feel safe, you won't have the emotional space to be a woman or to express your feminine energy, because you'll always be under stress. Your emotional attachment to a man is meant to help you feel safe.



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And you especially want it from the man you perceive the most value in, or the man you've been sexually and emotionally intimate with.

The only thing is that in wanting that attachment, we have to acknowledge that if we don't consciously appreciate and accept this need and vulnerability within ourselves, then in many instances, that can feel like value-taking to men.

Remember before how I mentioned that a lot of women try to 'cope' with their early attachment by trying to detach or deliberately take the approach they think that men take to dating?

The vulnerability and authenticity in completely surrendering to your need for love and attachment - and feeling any and every emotion that comes alongside that need, is the very thing that will cause you to reveal your own needs.

This gradual exposure of your needs will also cause a man to at the very least, reveal who he is to you and reveal whether he's willing to stay or not.

This vulnerability is also the make-or-break factor that will make him fall head over heels in love with you.

I want to put a caveat on that: you have to relax into this natural vulnerability right from the start.

The moment we feel that need within ourselves for attachment and avoid it or push it down so that we can shun the act of feeling or having boundaries, is the very moment our behaviour looks different to a man.

If we feel that need within ourselves and relax into it, then our vulnerability and femininity can be seen through the way we show up, without ever saying a word.

This doesn't mean you can't close up if you want to. Not at all.

You're allowed to want to close up and shut down at times. This is NOT about always "staying in your feminine". That's not what I teach!

But this is about at least having the capacity to voice "I feel unsafe" or "I feel scared right now".

At least be real about it.

Because women have a tendency to punish men in order to avenge the pain that men don't even realise they are inflicting upon a woman in the first place!

Here's a quick disclaimer: Of course, if a man is abusing you in any way, shape or form, you won't trust him enough to just be vulnerable.

So you shouldn't necessarily just be vulnerable, hoping that will stop the abuse.

You cannot always rely on that to fix an existing abusive relationship!

This always has to be said for the small percentage of women in perpetually abusive relationships.

Abuse is a different topic altogether and is outside the scope of this program. If you want to find out more about whether you might be in an abusive relationship, I have articles that are free for you to read on [TheFeminineWoman.com](http://TheFeminineWoman.com).

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I have articles on what makes a toxic relationship and what makes a healthy relationship. I also have an article on gaslighting, so you can check those out if you want.

But remember the most important thing to do if you are caught in the cycle of abuse is to get out first and foremost.

Ok getting back to the topic of early attachment, you probably know plenty of women who react negatively to their own feeling of vulnerability.

They close down and blame others because they feel vulnerable, as if this is a good alternative to truly feeling and being, just as we are.

So instead of being vulnerable, many women subconsciously (or through old patterns) choose to act from resentment and start to criticize a man, blame him, stalk him or put on masks that push him away.

The moment we choose to do that, is the moment we've turned our back on our heart and it can also be the same moment we lose our opportunity to truly gain the commitment that we crave.

Don't get me wrong - it's not that you can never wear masks around men. Some men won't be worthy of your energy or vulnerability.

With a man you like, though, it's your willingness to notice the closing down is happening, and choose love and vulnerability instead.

Your vulnerability and your ability to feel it for yourself will lead you to all the right answers, faster. You will waste less time with the wrong men, too.

It's one of the hardest things to do as a woman, to surrender to the myriad of emotion that engulfs us secretly.

Being a woman is hard enough. Let alone accepting the reality of how deeply you truly need and yearn for a man's emotional commitment, and let that vulnerability or yearning guide your choices and actions with him.

And that's exactly what I am here to say: your early attachment and your feminine bias is here to guide you.

If you embrace it, feel it and let it flood you as the truth that it is, instead of wearing masks of coping and pretending.

The very vulnerability that you feel from attaching early, that sensitivity, that ability to feel is the way you become naturally able to feel how to relate to a man. And your actions will become more calibrated.

## **If you were living in a man's body, you'd feel entirely different**

You see, if you were living in a man's body, you'd feel entirely different.

Imagine for a moment you were living in a man's body. You don't always feel emotions about everything. You don't always feel sensitive. In fact, you rarely ever feel emotionally sensitive as an adult male.

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In your day to day life, what you experience is more related to what needs to get done. Most of your actions are for solving a problem and getting things done.

You don't have to hold down much emotion, because you don't have many emotions, if you have any at all!

It sounds strange, but let me explain. If you were a man, you wouldn't have a womb in which you carry babies.

Your body and your skin is generally far less sensitive than a woman's. Instead, your body is a vehicle for achieving, risk taking, killing and conquering (whether that's literally or through video games).

A woman's body is a vehicle for bonding, connection and bearing children.

And I am speaking biologically. Whether you want to have children or not, biologically your body is built for carrying children. And so our biological design for (most women) actually largely contributes to what we value in dating and how we act in dating.

This will happen to almost all women who are feminine at their core, even if you're very in touch with your masculine, and you spend a lot of time in your masculine energy.

What if you were the greatest mixed martial arts fighter on earth as a woman and you enjoy competing in such a masculine sport?

That's great! However, in dating you will still have the same feminine bias. You will want attachment and commitment.

Unless you're truly a masculine woman by nature. Then, your experience will be very different. And yes, there are a minority of women who are really more masculine by nature.

Our bodies are simply better at nurturing life than a man's ever will be, because we grow that life and give birth to it.

Many women who never had children (by choice), often still seek to nurture animals. Some of them become foster parents to animals or humans.

It fulfils that motherly part of them, the part of them that seeks a relationship where something or someone needs to be nurtured. And we can be the one to give that nurturing.

Of course, just because we are designed to nurture, doesn't mean that we don't do any harm, ever. Of course we do. We can destroy our children just as much as we can nurture, feed and raise them.

There's no rule in nature that says that women only nurture - what I'm saying is that our bodies are built to carry and raise a child. And that affects what we value and what we need from men in dating.

Now let's talk about the third and final benefit of your feminine bias of attaching early...

**Benefit Number 3 of early attachment: It allows women to lead the commitment process.**

Without a woman's desire for emotional attachment, then the commitment process would never happen at worse, and at best it would be slower than she wishes.

A lot of advice out there insists that the woman should never initiate and that that is the man's job to

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“lead the relationship”.

Let me set one thing straight. The people who normally make these claims are people who live in a world of false ideas about ‘roles’ that men and women should take.

They do not understand the science of subtle signalling, and nor do they understand that women are often the ones doing the initiating.

It is just less obvious to many. And it’s taboo for a lot of women to admit that they made any kind of move. Women want to save face and seem more desirable, so they keep this truth under wraps a lot of the time.

So for all the lovely taken women out there, many of them stay silent on this truth: that they actually made the first move with their husband. They made the first move with their own way of initiating, which then inspired, or set off the man’s instincts to pursue that connection with her!

Also, remember that even if we assume that men should lead women - the fact of the matter is that a man won’t ‘lead’ the relationship if he doesn’t want to.

He won’t ‘lead’ if there’s nothing there to lead.

A man will lead when he sees a need for it.

Of course, there are some really bad quality men out there.

But for the men who generally are normal and want to do the right thing by their woman and their family, these men will lead their woman if it’s clear that he is the best person for this job, and if there’s room for him to lead.

It is laughable that a man “should” lead, and I’ll tell you why. I say this as a woman who is very much ‘lead’ by her man as well. My husband is the head of our family.

But think about this for a second: research by the anthropologist Helen Fisher has shown that, often, the woman, yes the female, is the one who actually initiates first in dating.

She may do it overtly, she may do it covertly. But she certainly does initiate.

This initiation is its own kind of leading.

This kind of leading can simply be called “leading the commitment process”.

And it’s what women naturally do, if they approve of a man’s value.

When women lead with their innate feminine vulnerability inside of a dating or relationship situation - they ‘invite’ him (the man), to choose to ‘be her man’ or not.

Once he either falls in love with her or makes a commitment to her - he will naturally feel a sense of responsibility to her.

But we cannot and should not expect a man to just “lead” the relationship in dating. This is strange, uncalibrated and dare I say entitlement mentality.

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It's fine to have a preference, but at the end of the day, the real question is: what do your rules have to do with reality?

Your rule and preference is just your preference. So let's make some decisions grounded in reality. The reality of what men need in order to lead you, is not rules. It's high value vulnerability. It's playfulness. It's acceptance of him.

And above all, it's something special about you, something precious and vulnerable about the authentic you, that inspires him to become more resourceful as a man.

## **Women leading the commitment process makes perfect sense...**

Think about this: the fact that the feminine bias of early attachment leads the commitment process makes perfect sense when you think about it.

Women hold the womb. Therefore, they are more protective and more picky about who they are willing to let into their bodies and who they are willing to trust with their emotions.

Women's bodies have to foot a much larger cost for sex than men do.

And not only that, a woman is naturally more vulnerable than a man, making her body and her heart more sensitive to men who are not worthy of spending time with.

This doesn't mean that men never choose. Men certainly choose, too. Especially the high value ones. The more high value a man is, the more able he is to choose women.

But in a general sense, women give signals to a man that they are open to him, and men move in towards the woman.

So really, we have to ask ourselves: who is leading who here?

...And in what way?

Since a woman often does the choosing - her subtle signaling will give men the signals needed for them to come forward.

And from there, the man can feel out the situation and find a way to court her, or approach her if he's interested, and if he feels safe.

You see, in my relationship with my husband, he provides for myself and our children the way any woman would wish for. He pays for everything, and takes responsibility for planning our trips, and for moving our business forward.

We would have no business if it wasn't for him. He sees, feels and decides what to do next in order to keep the business alive. (just for clarity: by "keeping the business alive" I am strictly referring to activities, actions and decisions taken that consistently bring money in.)

He is, after all, the better person for doing that.

He also leads us as a family.

(Of course I contribute to the business in other, very important ways).



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From about 18 months into the relationship, David offered to pay my gym membership and all our bills. This was a complete shock to many of the women around me.

At first we shared rental payments 50/50. Eventually it came to a point where he paid all of our rent.

Nowadays however, there's nothing I need to pay to make it "equal".

He takes charge.

You may be surprised to hear that it was his idea to give me a credit card with which I can make any purchase I wish to make, without ever consulting him. (I was rather shocked when this happened, as I am most certainly not the type of woman to just splurge on purchases. So don't worry, I've never abused this gesture.)

Now, I don't tell you about the credit card to sound stuck up (in fact I never tell this to people normally), but I bring it up now because all of this happened over time, and it was his own choice.

It was gradual. His emotional and physical commitment was gradual, as any genuine commitment should be.

By gradual I mean, his commitment was proportionate to how vulnerable I was to him and how invested I was in him.

If I was honest, I never LOVED the idea of splitting bills in the relationship, but at the same time, I valued us. I valued him. And when you value a man for his soul and he yours, you will both do what is right for each other and for the relationship.

We were a team. It wasn't me trying to get something from him, it was about us. I wasn't entitled, even if there was a part of me that wanted to be.

I could never have dreamed of a situation in which a man would, of his own accord, offer to give me a credit card with unlimited spend. I mean, the idea is simply ridiculous, even when I think about it now.

And I especially would not expect this from a man who was the poorest of poor when I met him.

I mean, he literally had nothing. He drove a bomb of a car which repelled most women (women would comment on it to me and judge him for it), and he lived on tuna and peanut butter sandwiches, because he had no money for anything else.

But here's the important thing to remember about my relationship with David. Because this is the detail nobody ever sees: our entire connection began in the first place because I initiated it!

I decided I would love it if he was mine, pretty quickly after first meeting him. I didn't act on it for a while, but I certainly did with time.

Back in the day, I lead the commitment process by adding him on MSN messenger chat first.

This is the modern day equivalent of initiating online.

However, I also initiated offline before I initiated online.

I was also naughty in that once while he was playing a game of pool, I actually randomly threw a ball onto the pool table where he was playing pool at a uni party (not from afar so that it could have

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risked hurting someone, but from a close distance), just to get his attention.

And I did get his attention.

In hindsight, that was a really, really strange thing to do (I was a bit of a weirdo) and I could have done much better than that, but I did it and it got his attention and started a conversation.

He thought that gesture was strange too at the time, but he didn't judge me for it.

About 12 months later when the right opportunity came, I added him on the MSN messenger chat (you know, back in the day it was the latest cool thing. Everybody chatted to their friends on MSN messenger).

So always remember that your pattern of early attachment is there to help you initiate the commitment process.

In fact, as my man David once said: in committed relationships with a man who appears to lead and be the dominant one, from the outside it may look like he's always pursuing the woman. And we just assume that the woman is passive and he wants her so much that he engulfs her with his chasing.

But secretly, in any good relationship, it's the woman who gave off the subtle signals first, which invited him to show up that way.

If you are sitting there, expecting to be able to remain passive, you might encounter some challenges.

If you expect men to initiate everything, then you are very misguided - especially if you want to be successful in dating and relationships.

You can't expect a man to think, feel and act like a woman.

Many men are very afraid of rejection - after all, usually it's the woman who needs to let a man know that it's ok to approach.

Remember that men are responding to YOU!

## **What makes your feminine bias seem low value?**

Now here is something you have to understand.

There are ways to embrace your feminine biases in high value ways and there are ways to embrace them in low value ways.

That doesn't mean these feminine biases are low value. It's about how you embrace them and how you show up.

When you are blindly taking value from a man and only feeling yourself and not feeling him, that is when you can sometimes start to take value repetitively, and therefore show up low value.

See, there's a huge difference between feeling your vulnerability and hiding it on the outside, and expressing your vulnerability overtly.

You can express your vulnerability in value adding ways or value extracting ways.

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And that makes all the difference.

Remember the more value you feel entitled to perpetually extract, the more low value you will be to others.

Everything we teach, myself and David, is about helping you add value whilst aligning with your own feminine nature.

That's the secret. And get this, you can't add value to others if you're not attuned to where they're at, what they're after, and what their needs are.

Wouldn't you agree that a lot of times in life, people only see what they want and need? And it literally blinds them to the other person, and to the relationship.

You know how us women can get lost in our own heads about all the 'what if's'? We fantasize in our own heads about a relationship with the guy? Well there's nothing wrong with that, but we have to use that burning desire to attune ourselves to the man's intent.

That deep desire for a relationship with this man should be the fuel, the reminder, to not spend as much time getting ahead of ourselves in our mind about the relationship.

Instead, our job is to acknowledge our tendency to get ahead of a man in our desire for a relationship, and instead stop in our tracks and choose attunement instead.

This is why attunement to a man and attunement to your own emotions is paramount to success with men.

You see, if we feel our emotional world as women, then our bodies naturally calibrate and let us choose men wisely.

It's when we avoid feeling that we get stressed, and act out of fear, causing us to get clingy at the wrong times.

If we get clingy to a man and he is not even close to being emotionally attached to us, then we risk being completely out of attunement and therefore taking a lot of value.

If we simply allowed ourselves to feel and stay attuned to the other person, then there would be a huge weight taken off our shoulders.

We would naturally calibrate better, and take less bad treatment in the long run.

So let me give you three steps to help you use this early attachment bias in a high value way...

**Step Number 1: Relax and breathe into your bias for early attachment.**

Your feminine bias is to attach early.

It will be with you for the rest of your life. Own it. Acknowledge that this bias is here to serve you. Without it, you'd never make any relationship eventuate, and men would treat you like any other man!

So don't push it down, don't make it wrong. Dance with it.

In fact, let's go one step further, and appreciate it for what it's here to do for you. It is here to serve

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you in such a beautiful way.

You have more intrinsic value as a woman for understanding this and acknowledging your own truth as well as masculine biases that men have to live with.

I'm hoping that this program has given you this awareness so that there is more of you to show up in every interaction you have with men.

## **Step Number 2: Use your sensitivity to attune and calibrate yourself to your man.**

So the word calibrate means to adjust yourself according to the context, the circumstance or situation.

When you are not calibrated, you will not be able to do what is required to progress the relationship and the commitment process. In fact, sometimes women do the most out of touch things because of a lack of calibration and attunement.

Also this is how men and women fall into perpetually toxic relationships because they fail to test and they fail to stay calibrated.

Obviously it's not always their fault. We all pick up patterns of intimate relationships from our childhood. But none-the-less, the inability to test and stay calibrated is a very costly issue.

So the way you help yourself stay attuned and calibrated is to not assume anything and test everything.

Don't assume anything based on certain words or messages. In fact, don't hold onto words altogether. Test where his emotions lie.

That's the real test.

And the best way to go about that is to test in value adding ways. Test in playful ways that add to the attraction and connection between you and the man.

In fact, the more you feel this bias of early attachment, the more you HAVE to test in order to calibrate yourself to where the relationship is truly at.

You don't want to move too fast in your own head.

David is going to help you with these tests in the second part of this program so that you'll have the tools to help you calibrate and test in high value ways.

## **Step Number 3, Allow yourself to feel fully.**

When you test, you will get either a positive response or a negative response. You need to feel both fully and be sensitive to these feelings.

After all, it's these feelings that help guide you through intimate relationships, even the really bad feelings.

Your emotions will give you answers that your logical and rational mind could never offer you, because your rational mind isn't in a place of attunement.

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Don't get me wrong, our intellect is an amazing tool, in order to solve complex problems. However, when it comes to real human relationships, our emotions are the real tools to help you succeed.

A woman who doesn't feel is a woman who doesn't need a man. Period.

Men will easily sense that you don't need them, and it will dictate how they feel about you.

That sense of vulnerability, when expressed in ways that men can understand, is so critical in shaping how men feel about you.

There is a whole section on the topic of high value vulnerability in our Commitment Control 2 course, which helps you to unlock that part of you in order to naturally inspire men's instinct to commit.

It's so easy in this day and age to reject and push down the softer more vulnerable parts of us as women, that sometimes we completely lose touch with it and we inevitably pay the price.

Remember, men are always responding to your energy, whether you like it or not. Sometimes when you make small shifts in the energy you bring to the world, the world will respond differently, and the world will feel like a different place for you.

So take a deep breath, embrace your feminine bias for early attachment and let's dance with this.

Now it's time for you to move onto part 2 of this program, where my man David will teach you the best method for testing and staying calibrated to the relationship.

It involves being playful, being endearing and most importantly adding value so that even if you face the worst outcome, at least you stay a high value woman.

It will be absolutely invaluable. You're going to love it.

Alright, that's all from me. I'll talk to you soon.





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