

# episode six TRANSCRIPT



Welcome to another episode of **Attraction Pebbles**. This is episode number 6.

My name is D.Shen, the founder of Shen Wade Media and Commitment Triggers where we teach you how to show up as a high value high status woman who easily inspires a deep sense of emotional commitment from men.

How are you enjoying these Attraction Pebbles?

I hope that through these Attraction Pebbles, you've gotten in touch with the old part of yourself, the playful part, a part that naturally knows how to be high value and knows how to talk in a high value way.

Today, I want to talk to you about something called the Cat String Theory.

And here's why I think this is very important for you to understand.

Nothing has value unless you work for it. I'll say that again...

Nothing has value unless you work for it.

This is really important.

Nothing has value unless you work for it. We as human beings never value the things we get for free, as much as the things we have paid for.

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Think about it, have you ever had something you worked really hard for, and as a result you treasure it, you appreciate it, and you value it?

As opposed to perhaps a gift you were given by someone, that may be valuable but because you didn't work for it, it doesn't have the same meaning or the same importance in your life.

That's how our brains work. That's why all those lottery winners are poorer 5 years down the track than before they won their millions of dollars! Because they never had to work for the money so that they don't value what they had, and inevitably, they lose it all, and some more.

So if you want a man to value you, value your time, your energy, and your presence, then you have to make him work a little bit, don't you think? You don't want to just lay down passively and let him have all of you without working for it.

This is why this episode is all about the Cat String Theory.

So just imagine a string that is dangling just above a cat's paw. The cat goes crazy over trying to get that string, it'll do it forever until it gets exhausted. But if you drop that string in its paws, now it play with it for second, and then walk away bored.

Now conversely, if the string is way out of reach, it also gets bored and loses interest. So you want to be that string that is just slightly out of reach. That is how you get someone addicted to you.

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That is also the theory behind attraction. That is what we all want in dating, right?

And the way to do this, is to say NO more often.

I don't want you to always feel like you have to say YES to people all the time. You have to understand the value and the power of saying NO.

I know there are so many women out there who feel like they can't say no to people. I understand it comes from a very caring place, and not wanting to hurt or offend anyone.

But remember, you will still be caring if you say no. Caring is who you are. Saying no, in a certain context, can make you look higher value. So ideally, you want to be able to have the capacity say no when the context calls for it.

And trust me, from the other person's point of view, if you say no, that doesn't mean you don't care, it just means you are independent enough to have truly your own opinions, decisions and you own authority over your own life.

So just take a moment right now, and let's practice this. Let's actually get into the habit of saying no.

So repeat after me.

No. No. No. NO. NO.

It can actually feel quite empowering to have the capacity say no to people, don't you think? So I want you to practice this until it becomes comfortable, because sometimes, by saying no to others, you are saying yes to yourself. And at the end of the day, you are the most important person in the world to you.

See, it's not your job to agree with other people all the time, right? So allow yourself to disagree sometimes! That's okay.

And don't always be available 24/7. Look, you're a busy person, I'm a busy person, and we all have things to do, right? So you don't have to wait and live your life to someone else's schedule!

It's the good old play hard to get, right? But in this case, it's all about being high value high status, respecting your own time, respecting your own energy, focus and your own value as a person, and not having to wait on others if you don't want to.

See, if a man wants your attention enough, he'll look for other ways to get it. Don't make yourself cheap and sell yourself short. I've seen so many women go through this, sell themselves short, and regret it later on because the man has lost interest.

So be like that string. Just out of reach enough to keep the cat chasing. You don't want to play into some else's hand, and allow them to become bored.

So here are some lines that you can use in order to keep some distance, make him work for you, and use the Cat String Theory to your advantage.

"Look, you seem really nice, but I don't think I can trust you."

"Look, I don't mean to snub you off, but I can't tomorrow, how about next week?"

"Oh hey, do you want to know something?"

"Oh no, don't worry about it, probably not interesting anyway"

The idea is to never give everything. The idea here is to withhold something. Keep something in reserve. Always leave something more to be anticipated.

Because it's mostly the anticipation that gives us the joy and excitement. Think about it... have you gone on a holiday where days leading up to it, you were totally like... "Yeah, it's gonna be the best time ever".

And sometimes the holiday may not end be that outstanding, but the anticipation was always there. You still remember how excited you got before you left for the holiday, or how excited you were driving to the airport!

So I would argue that the anticipation feels just as good, if not better than the event itself sometimes.

So I want you to value and treasure the anticipation and the interactions in your life. And know that you can't build any anticipation if you are so easily available.

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If you are easily available all the time, then you are no longer worth anything.

I'm sorry if it sound so harsh, but that's just the way it is. It's how our brains works!

Remember, nothing has value, unless you work for it. That's how our brains value what's important and what isn't as important.

So always leave something to be anticipated for in the future.

Alright, so work this one into your normal interactions with men. I want you to start thinking about the Cat String Theory. And I'll give you one last Attraction Pebble to help you with this idea, and all of this in the name of making the man work just a little bit to get further with you.

You can say something like, "You see, a lot of men come up to me, and they all seem to have gotten their act together, but what makes you stand out from the rest? In fact, give me your three best qualities that make you worthwhile of my time!"

Again, do it playfully, make it fun, don't make it so serious and make him work for it as well. Remember, nothing has value, unless you work for it.

As always, remember to stay high value, and I will be back again in the next episode of Attraction Pebbles! So for now, Enjoy the Cat String Theory! Think about it, focus on it, and I'll speak to you very soon.

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