

Hypnotic Obsession



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Introduction: Inspiring His Hypnotic Obsession

Look into my eyes...

What do you think of when someone talks about hypnosis? Do you think of the comedy stage hypnotist convincing his victims they are chickens, or do you think of the calming therapist, smoothly erasing phobias?

Whatever you think of hypnosis, it involves creating a mesmerizing, spellbinding effect on another person – and we have all been in the situation where that would be a very useful skill to have.

Imagine if you could click your fingers and the sales assistant at your favorite shoe store smiled sweetly and gave you 90% off the new Louboutin range, or the waiter in your favorite Chinese restaurant gave you a lifetime supply.

Imagine being able to make Lucy ‘from accounting’ suddenly stop reminding people about your embarrassing incident at the staff party. How about if you could mesmerize your perfect man into a state of bliss where his every thought was of you?

I can’t give you cheap shoes or endless noodles, and silencing the office gossip would take a far more powerful magic than I possess. I can, however, help you to induce a state of hypnotic obsession in the man you are thinking about right now.

Yes, him. You know the guy.

I am going to teach you how to create a hypnotic obsession in him by changing the way you see yourself, the way you see him and the way you think of your relationship.

Even if you have a history of disastrous relationships; a catalogue of fatal attractions that has left you feeling like happiness is simply beyond your grasp, this book is going to revolutionize the way you live by changing the way you love.

We might be talking about creating a hypnotic effect, but it's important to remember that this is not about controlling your man. You may think that having control is the key to happiness, but this is far from the truth...

Remember -

In a happy relationship, there is no need for one person to control the other.

I'm not going to teach you how to make him follow you around like a lovesick puppy. I'm not going to help you enslave him. I'm not going to teach you how to use mind games to control your partner.

Instead, I am going to show you how to maximize your own unique personality to create a hypnotic state of obsession. In other words- I am going to show you how to effectively influence and powerfully persuade your subject.

I don't want you to become someone you're not.

I don't want you to pretend.

I want you to love. Freely and deeply. Without self-sabotaging. Without game-playing. Without fear.

To create the hypnotic obsession that everyone dreams of, you must be prepared to let yourself love him. You cannot excite him unless you are excited by him.

We read so much crap these days teaching us how to manipulative men. How to hide our genuine feelings. How to cheat them into thinking something that isn't quite true or feeling something that isn't quite real. How to 'get the better of him'.

It scares me. Are men reading about how to control women? How to make us do what they want? How to tell us what we want to hear?

I am going to show you how you can be honest and truthful about your feelings, expressing yourself in a way that excites him and deepens your bond with him, creating a hypnotic obsession.

The techniques you are going to master are completely different to anything you will have read or heard before.

We are going to master five powerful techniques. Each of these techniques contains two essential elements that you will combine to create that feeling of hypnotic obsession. These two elements are going to eliminate the trickiest aspect of a relationship; balancing your contradictory feelings. We are going to examine these dilemmas and put an end to them, once and for all.

So, you won't have to decide whether to be fiercely independent or to show him that you need him. You won't have to choose whether you want to be a mysterious challenge that he has to solve, or the best friend that he can share things with. You won't have to sacrifice affection for sex, or sex for affection.

Women aren't one thing or another. We aren't either whores or prudes. We aren't either sweet doormats or manipulative bitches. If you are sick of stereotypes, then it's time to think outside the box and be yourself.

This means expressing yourself so that you can get what you want out of your relationship; it also means listening so that you can give him what he wants. That is

how the hypnotic obsession works – it only happens when two people are completely in sync.

You are probably wondering how you are going to manage to express yourself, to highlight all the things that make you unique and be clear about what you want without coming across as needy.

For a start, it's ok to feel needy!

It is normal to feel like you want to chain him up and never let him leave, but the more you push the more he will run (and so would you, if you had a clingy needy guy!).

That is why you need to use my techniques to spark his hypnotic obsession without scaring him away through neediness.

This is not about sacrificing what you want in order to keep him; it is about being strong and having your own identity.

In short, it is about being someone worth being with and staying with.

Whether you have a man by your side or only on your mind, you have the ability to hypnotize him. You just have to show him who you are, and that's what I am going to teach you.

Do you want to make him feel addicted to you? Do you want to keep his interest beyond the early days? Do you want to have a fulfilling sex life that never grows dull?

Do you want to love and be loved? Forever?

I can show you how.

Technique 1 – Igniting his Obsession

This technique is designed to ignite his obsession so that he can't get you out of his head.

In the beginning of a relationship, whether you are at the 'hoping to date' stage or at the point where you are seeing one another regularly but are still in those exciting early days, everyone goes all-out to impress the guy.

I am not ashamed to admit that I have tried a few foolish endeavors myself – I have done the over-the-top clown makeup, six inch heels I couldn't walk in, boasting about my job prospects, name-dropping my famous friend. Oh, and not forgetting the time-honored technique of smiling so hard that I literally had a pain in my face for about a week.

Ok, so I'm coming from a position of experience here.

It's normal to feel under pressure; here you have a very small window of opportunity in which to impress him, attract him, beguile him, create a connection, arouse him... to do everything you can in order to ensure he will want to see you again.

It's exhausting! No wonder women feel overwhelmed by the dating world. I feel overwhelmed just writing about it sometimes.

Slow down.

The very first tip of this book, and one of the most important things I want you to realize is that the man opposite you is feeling under pressure too.

He isn't sitting there coolly and calmly waiting for you to impress him, giving you marks out of ten on your outfit, analyzing your tone of voice, assessing your personality... he is sitting there regretting wearing the grey shirt, wondering if his tone of voice makes him sound like a loser and trying desperately to convince you he has a sense of humor.

We are all in this together, and if you can make it easier for him to feel comfortable, you are onto a winning formula. Throughout this book, you are going to find ways that you can make it easier for both you and your man to get to a happy place.

In those early days, ease up on the pressure.

You don't have to tell him that you are smart and sexy. You don't have to tell him that you are funny and sweet. You don't have to give him your life story with accompanying photographs.

If you are going to be in a relationship with this guy, there is plenty of time for him to discover all of your charms without you laying them out in front of him like you are trying to sell him something.

There are just two truly important elements that you need to master in order to ignite his obsession and keep him wanting more.

The Dilemma – Attraction vs. Connection

You want him to see you at your very best. You want to be the very center of his focus, so that all his attention is on you. You want him to find you unbearably attractive so that all he can think about is how amazing you are. You want him to want you physically from the moment he sees you.

However, you also want to make a genuine connection with him.

You want him to feel comfortable talking to you, so the conversation flows naturally. You want to get to know him and for him to get to know you in a deeper and more meaningful way, without physical attraction taking over. You want to keep things simple and natural.

The Attract-Connect Solution

You don't have to choose between being a sexy seductress who he cannot stop thinking about and a potential best friend who he wants to hang out with. You can be both, and it will ignite his obsession in a way that being one or the other just cannot do.

So, how do you balance the two elements?

Firstly, let's look at **attraction**.

You can attract a man in many different ways. Great make-up, a sexy outfit, heavy flirting... all of these things are likely to get his blood pumping and make him want you. But what about the connection? What about that sense of comfort and closeness that you want to create?

The key here is subtle attraction; making him crave you without making physical attraction the focus of all your communication. Attraction needs to be something that is happening in the background of the conversation because the conversation is where the true attraction – the deeper attraction – really happens.

Have you ever heard the advice given to writers and filmmakers –

‘Show, don’t Tell’?

The idea is that people believe something they see more than something they are told. So instead of someone on screen saying “There is a fire over there!”, we see fire trucks rushing to the scene and billowing smoke. Show, don’t tell. It works for communication too.

Take confidence for example. You don’t tell him you are confident by saying it outright or relating an anecdote in which you show off your confidence (how annoying!), instead, you have got to show your confidence - in a subtler, more natural way.

We are going to master 5 simple body language techniques that will make him want you, without derailing the date;

1. Get Your Posture Perfect-

Keep your body upright and your body language open by relaxing your shoulders and uncrossing your arms so you look available and not unapproachable. Your body points at what you want, so point it at him! Ensure your body is tilted towards his and lean forward ever so slightly.

2. Use Your Eyes To Create Massive Sex Appeal-

Good eye contact is essential, so ensure that you meet his eye directly and hold eye contact for just a second longer than you normally would to show him you are interested in him.

When you look away, look down and then quickly up again to meet his gaze. As you get closer and feel things are going well, extend the length of time you hold his eye for to up to 8 seconds.

3. Let Your Luscious Lips Do The Talking-

Hopefully you know that smiling on a date is a good idea, but do you know how to smile? I mean, really smile? People know when your smile is fake because it doesn't reach your eyes.

To ensure your smile looks genuine (even if you are nervous), raise your eyebrows slightly and let your eyes crease a little. You can also use your lips to get him hot under the collar by gently biting your lips, moistening them slightly with your tongue or touching them briefly with a finger.

4. Add In The Art Of Subtle Self-Touch

It may sound like the last thing you should do on a date, but you can draw his attention to your body in an incredibly sexual but oh-so-subtle way simply by touching yourself.

During conversation, you can elongate your neck and let your hand rest by your throat, rub one hand over your wrist or play with your hair with small, barely noticeable movements to get him thinking about you sexually.

5. Reciprocate That Touch With Him-

When things are going well, add in a few small but meaningful touches to electrify him and make sure he remembers everything about you. Get closer to him (close enough so he can smell your scent) and rest a hand on his arm, brush away some imaginary fluff or fix his collar.

Once you have mastered these body language techniques, they become a natural part of how you communicate and this leaves you free to focus on forging a connection with him.

So, let's look at the second element of the Attract-Connect Solution; how you make a **connection**.

With the issue of physical attraction taken care of by using the subtle, yet incredibly powerful, body language techniques, you now need to appeal to him on a deeper level.

Don't worry if you aren't the 'deep and meaningful' type. This isn't about sharing anything you aren't comfortable with sharing. Instead, it is about finding common ground – it's about relatability.

In a famous study conducted in the 1960's, and still respected today, researchers asked people to look at surveys where other participants were asked about their opinions and attitudes.

They were asked to rate how attractive they found each of the survey's authors. The researchers had actually created the surveys in order to assess how attracted the

participants were to people similar to themselves and the results showed that the higher proportion of similar attitudes, the higher the attraction.

So, how does this help you make a connection to someone?

1. Find Common Ground

As you talk, be on the alert for common ground. This can be anything you share with him – so if he is talking about a place that you have been, mention that you know it.

If you find something that you disagree on – for example, he loves a band that you don't know or don't like, then turn it around and find the common ground by talking about how much you love music.

Highlight all the things that you have in common to make him feel like you already have a connection.

2. Listen Eagerly- But- Don't Interrupt

I'm sure you know that you need to listen to him and not interrupt him, but sometimes women find that they want to show him they are listening and they inadvertently end up taking over the conversation.

Instead, practice active listening techniques such as nodding, raising your eyebrows and smiling in the right places. If he feels that you are listening, he will feel a rapport.

3. Ask Relevant And Engaging Questions-

Ask intelligent questions that are relevant to what he is talking about. This is a technique that is usually recommended to men - to get women talking about themselves is generally regarded as a popular move – but in fact it works just as well for men. Don't feel like you must fill every silence in the conversation, he will appreciate that you want to hear what he has to say and he won't feel overwhelmed by chat.

4. Give Positive Emotional Responses-

Ok, be careful here. What we want to do is to show your emotional side in a gentle, positive way – no bursting into tears or lengthy lectures on the plight of endangered big cats.

Save those for future dates. Instead, tell him about something you are passionate about and let him see your enthusiasm – this is incredibly sexy, shows that you have an emotional side without scaring him, and creates a bond.

5. Create an Open Loop

You want to see him again? You've got to make a connection that will come good in the future. So, if you have a hobby he shows an interest in, then

use it to invite him along. If he has a hobby you might be interested in, ask him where you could have a go and he is very likely to offer to involve you.

If he mentions a show, exhibition or event he would like to attend, use the momentum of the conversation to arrange to go together. Making plans is a fabulous way to connect with someone and it means you have another date to look forward to.

Using these techniques at the same time enables you to balance genuine conversation and relatability with body language that shows him you are attracted to him and makes him want you. You have built a natural rapport with him and you have planted seeds in his mind that keep him thinking about you.

If he both wants you physically and feels a deeper connection with you, then you are ticking the only two boxes there are in the early stage of a relationship. You have done more than getting his attention; you have ignited his obsession.

Now you need to make him addicted, so read on.

Technique 2 – Make Him Addicted

This technique is designed to make him crave you; he will feel like he just cannot get you out of his head and that every time he sees you he wants you more.

One of the most exciting phases of any relationship is that time when you are getting to know one another. You are discovering things about each other all the time and it creates a sense of excitement that feels amazing; especially when you really like the things you are discovering.

This is the stage when you cannot stop talking about him.

Your friends roll their eyes and mutter about it, but you just cannot help yourself. You check your phone for messages from him every 10 minutes.

Everything reminds you of him – that bird sitting on the railing as you walk to work suddenly makes you think of the story he told you about feeding the birds with his Grandma, which reminds you how much he loves his grandma; isn't he so sweet and kind?

And you love your Grandma too; aren't you just so compatible?! Maybe you should text someone to tell them how happy you are!

Yes, listening to someone else in this stage of a relationship is torturous; but when you are experiencing it, it feels divine.

It feels blissfully perfect.

It feels like you are addicted to him.

Without meaning to burst your bubble, it feels like addiction because it pretty much is addiction, and it all comes down to brain chemistry.

Ask Dr. Helen Fisher, an anthropologist who has extensively studied the chemistry involved in falling in love. She has identified that many of the brain structures and chemicals that flood the brain when we are falling in love are the same ones that show up when you are experiencing a drug high.

There is a reason we say we are ‘madly in love’ – it feels a lot like madness.

To make him feel addicted, we have got to keep him in this excited, mad phase for longer by ensuring this journey of discovery doesn’t end too quickly.

So many people rush into a relationship and in their excitement to build a future with this amazing person they either rush the discovery process and bombard one another with information or skip right over this important phase.

This causes two types of problem – the short-term problem of both partners losing interest much more quickly than they would have done otherwise, and the long-term problem of not knowing one another well enough to make a relationship work.

I’m going to show you how to make this exciting phase last, and you are going to team this excitement with something fairly radical that few new relationships enjoy – honesty.

The Dilemma – Mystery vs Honesty

You want him to keep him guessing, keep him wanting more. You want him to wonder about you when he isn’t with you because he is intrigued and excited by what

you have to offer. You want him to see you as a fascinating, mysterious thing that he is desperate to know more about.

However, you also want to be honest with him. You don't want to play games or manipulate him. You want to be yourself and share things with him without worrying that he will see you as boring and unexciting once he gets to know 'the real you'.

The Mystery-Honesty Solution

You don't have to choose between being the mysterious, exciting stranger and the down-to-earth woman who is unafraid of who she is and doesn't need to play games to get what she wants.

You can be both, and when you get that balance right, you will find that he is absolutely addicted to you – he wants more, more, more but he also feels secure (and not like he is being played).

It's an incredibly addictive combination because you are arousing his interest and then rewarding his curiosity with genuine closeness.

So, how do you balance the two elements?

Firstly, let's look at **mystery**.

Mystery is exciting and sexy. It just is.

In *The Art of Seduction*, Robert Greene states, "An... enigmatic aura will make people want to know more, drawing them into your circle".

We are all aware of the sexy mysterious stranger – so much of our popular culture relies on this as a major plot line; the strangely erotic vampire, the troubled hero with the unknown past, the stranger in the club who no-one knows. Men and women are attracted to the unknown.

We all love a puzzle to put together.

However, it is important not to push the mysterious vibe too far. If you take it to the extreme, he will be left feeling that either you are playing games with him, that you aren't genuine or that you really do have something bad you need to hide. It's only a short ride from mysterious to weird, so I'm going to show you how to tread carefully.

To master the mysterious effect without coming across as a psycho, never lie or make things up in order to seem more interesting or get him wondering about you. It isn't about what you say, it's about what you don't say.

Soon we are going to look at how you meld mystery with honesty but for now, here are five techniques for creating a sense of mystery and getting it just right;

1. Don't Overshare-

Whatever you talk about on a date (I once ended up spending most of the date talking about our opinions on un-matched socks, but it worked for us!), don't mention the ex.

Talking about your ex is a no-no, and over-sharing should be avoided. It's fine to mention a traumatic experience, but save the details for a time when you are closer. Over-sharing can be intimidating. Make short references to your past, but don't elaborate unless he asks. Let your history be a little bit of a mystery. For now, anyway.

2. Don't Rush It-

Take it slow and avoid rushing into the next steps. It is always better to introduce him to your family a little later than expected than earlier than expected.

3. Don't Show Off Too Much, Too Soon-

If you a brilliant guitarist, a fabulous cartoonist or you are one of those double-jointed people who can get their leg behind their head, then he is likely to be impressed, but that doesn't mean you should rush to tell him all about it.

Keep some things back and you will find that his slow discovery of you, just as he is getting more and fonder of you, will ignite his excitement and keep him wanting more.

4. Slow Down Your Physical Aspects-

Make your physical contact with him slow and lingering to drive him wild. This can also apply to knowing when to have sex. Have sex with him whenever you feel ready, that's up to you, but consider holding off for a little longer than you usually would to make him really hot for you and keep the sexual mystery alive for longer.

5. Don't Bombard Him By Trying To Turn Him Into An Open Book-

Let him keep some of his mystery too – don't bombard him with questions or spend hours trying to track down his every movement on social media. If you ask him a million questions, his defense will be automatically to ask you them all

back. Let the process of discovery be slow, however eager you both are to know everything about each other.

Once you have mastered these techniques, you will have created a sense of mystery without leaving him wondering if you might be on the witness protection program. Keep it subtle; this is all about slowing down the process and maintaining that addictive feeling for longer.

So, let's look at the second element of the Mystery-Honesty Solution; the **honesty** part.

Now, you might be thinking you can skip this bit – you're a pretty honest person, you aren't planning on telling him you are younger than you are or letting him believe you have a better job than you do... but honesty in a relationship is about more than just getting the facts right.

To keep him feeling addicted to you, you have to balance the sense of mystery that makes him see you as new and exciting with an honesty that makes him feel close to you.

This combination of unravelling the mystery – seeking you out - and getting to know you - finding you - is what makes him feel totally, hopelessly addicted to you.

Honesty is also about not playing mind games.

Mind games, not me?!

Hmm, if we are totally honest, we all play mind games at times, and the beginning of a relationship is one of the points where we should be focusing on

openness and honesty but instead we want things to go our way so much that we try all sorts of manipulative techniques for trying to get what we want.

In *Psychology Today*, Barton Goldsmith Ph.D. states, “If you tend to omit or color the truth, so things look a better, it could actually damage your relationship at a core level.”

Emotional honesty requires more skill, more intelligence and more guts. Pretending and playing mind games are kids’ stuff.

If you want a grown-up relationship that goes beyond this, then here are your five techniques for creating a sense of openness and honesty;

1. Don’t Lie about the Past

If he asks you an outright question about your past, then answer it honestly. If there is something about the past that you feel he needs to know before you can move forward in the relationship, then talk to him about it.

Otherwise, you will be holding something back and creating a barrier between you. Think of it this way – if the relationship works, he will find out, so trust him with your honesty and he will appreciate your trust.

2. Be Honest about your Future

If he mentions that he probably doesn’t want kids and you have your heart set on having them, or he talks about travelling in the future and you have just got a promotion you won’t want to leave, then you might need to talk about your future – what you want and where you are going is important and a good man will respect that.

3. Be Emotionally Honest

If he does something you aren't happy about, then don't ignore it and let it go for the sake of keeping everything sweet. I say this mainly because I suspect you won't be able to.

I regularly tell myself I am not going to react to something he does that pisses me off, but ask him and he will tell you that he always knows.

I may tend towards the passive aggressive, or be a 'little off' with him, but he would always prefer that I just tell him how he made me feel and then we can get over it much more quickly and easily.

4. Don't Play Negatively Emotionally Manipulative Games

So, we find ourselves pretending that we feel differently to how we actually feel – we act like we are less interested than we really are so that we can get the upper hand, we give him the silent treatment so that he works extra hard to get our attention, or we play hard to get to make him jealous.

This is exactly what we talked about avoiding when we were discussing keeping the mystery alive. Some of this stuff works. But (and it's a big but) only short-term.

You might grab his attention with pretending to have lost interest, but in time, this will stop working and he will be the one who has lost interest.

5. Expect Honesty in Return.

If you value honesty and show him an honest, open nature, he should respond with honesty in return. Don't accept anything less than honesty – if he is being sneaky or dishonest, that's a massive red flag that you should never ignore. When he knows you appreciate his honesty, he will respect you more.

The right blend of mystery and honesty is a combination that will get you so firmly lodged inside his head that he just cannot shake you.

He will want to know more, but without the frustration of thinking he cannot have you. He will wonder what you are thinking, but with the reward of finding out if only he dares to ask.

He will respect your integrity. It is incredibly sexy and it's a game that you can both play without any deviousness or manipulation.

Now you have him enthralled, it's time to find out how to keep him that way.

Technique 3 – Keep Him Enthralled

This technique is designed to keep him completely captivated by you; passionately committed, without letting his attention wander, even when the novelty wears off.

After the initial phase of a relationship, it is totally normal to start to get worried about where the relationship is going, how he feels and whether or not it will last.

In fact, if you are an over thinker like me, as soon as you start to ask yourself if it will last, you start to wonder why you are asking these questions. It plants more seeds of doubt in your mind...

Stop right there!

While the early stages of any relationship are amazing and exciting and oh-so-much-fun, if they were to last forever, you would soon grow tired of the butterflies in your tummy, the constant phone checking and the wakefulness through the night as you try to decide which is cuter, his nose or his chin.

When some time has passed, things aren't just as exciting anymore, but it is important to remember that this is ok! This is a new phase of your relationship that is better and deeper and more meaningful than the crazy early days.

This is the end of the beginning, not the beginning of the end!

However, you want to keep him excited, and deepen his connection to you. The last thing we want is for the person we are in a relationship with to become bored with us.

To keep him enthralled, even when the buzz of those lovely brain chemicals has faded and he has seen you wax your upper lip, you need to recreate those early days.

I'm not talking about going to the restaurant you had your first date in (although that's a great date night idea), I'm talking about recreating the feeling.

I'm talking about the art of adventure.

I'm going to show you how to create a little taste of adventure that will strengthen your bond and keep him completely enthralled and addicted, even as your relationship changes and develops.

Creating adventure is not the same as creating jeopardy, or taking risks with your relationship. When things get a little less exciting, many people use mind games (as we talked about earlier) to mix things up a little and create some excitement.

They try to make their partner jealous, or confuse them with mixed signals. A lot of relationships break up at this stage simply because neither partner knows how to maintain the initial buzz.

In fact, we are going to look at the absolute opposite of risk – we are going to balance the adventure with one of the most elusive of all feelings – security.

The Dilemma – Adventure vs. Security

You want adventure, excitement and fun. You want to feel like anything could happen, and you do not want to feel like you are stuck in a stale relationship where everything is predictable and you are left wondering if he is bored.

However, you don't want to jeopardize a good relationship. You don't want to play mind games to provoke a reaction. You certainly don't want to risk losing him. You want the security of a steady relationship, without any of the boredom that terrifies you.

The Adventure-Security Solution

You don't have to choose between adventure and security. In fact, both these feelings can be combined to create a deeper bond between you and this is exactly what will keep him enthralled and magnify the hypnotic obsession he feels for you.

You can represent **excitement** and *novelty*, while still representing security and comfort. This is the ultimate win-win for any relationship.

He is winning the jackpot. And so are you.

So, how do you balance the two elements?

Firstly, let's look at **adventure**.

Ever heard of the bridge test? Back in the 70s, a famous experiment took place when psychologists Donald Dutton and Arthur Aron arranged for participants in the study to be interviewed by a female as they crossed various bridges.

She gave them her number to call if they had any questions. The men who crossed high, unstable bridges included more sexual content in their answers and were more likely to call the woman afterwards than those interviewed on low, stable

bridges. The upshot of the research was that physical arousal – in this case the sense of danger – can increase sexual arousal.

I'm not going to suggest you go fishing for dates on wobbly rope-bridges.

I'm not even going to suggest you start jumping out of planes with your partner or taking huge risks with your personal safety in the name of keeping things exciting. Adding adventure to your relationship can be achieved in smaller, more easily managed ways.

We are going to keep it subtle and refined, but remember that however simple these techniques may seem, and how easy they are to work into your life once you understand them, they are incredibly powerful.

We are going to look at how you can introduce excitement, adventure and physical stimulation into your relationship in the following five techniques;

1. Sharing In Physical Activity-

Adding physical activity to your relationship is good for the body, good for the mind and represents a great bonding opportunity. Shared activity is crucial for maintaining a healthy relationship, and getting your heart racing and blood flowing is a proven way to feel exhilarated together, without taking your clothes off.

2. Trying New Activities (Things You Haven't Done Before)-

Yep, I'm going to tell you to take up a new hobby together, take up salsa, go to a new theatre. It's old advice but it works. Novelty creates a buzz. It doesn't matter if the salsa is a disaster, the theatre is boring or you end up on the floor laughing, it's all about shared experiences.

3. Adding Spontaneity-

If you always have dinner in your favorite restaurant on Friday night, always binge watch box sets on Sunday afternoons and always have sex in bed, things are going to be predictable. Mix it up. Get up right now and take him out for a walk in a different part of town, or get frisky somewhere a little different.

4. Adding Shared Social Elements-

Spend time together in a larger group of people – host a dinner party, go to a club, arrange a double date. It sounds counter-intuitive, but spending time together with other people in a social situation can keep things exciting by allowing you to see your partner as other people do. It's a little distance that makes you closer.

5. Create A Mini-Journey Together-

Time for a road-trip, or a shopping trip in a new town, or a weekend city break. Going on a journey together is one of the best ways to create some excitement and adventure in your life.

From planning, to navigating, sharing the driving, hopping a train, discovering a new place and enjoying some culture, all of this breathes new life into you and your partner and has a positive impact on your relationship.

Each of these techniques is a healthy and effective way to keep him enthralled and committed without the need for mind games or manipulation. They're a hell of a lot more fun, too. Your relationship never needs to be boring. Don't let yourself get bored either; if he isn't committed to keeping things exciting, then you've got to ask yourself if you are still as enthralled with him as you once were, and talk to him about shaking things up.

Now let's look at the second element of the Adventure-Security Solution; creating a sense of **security**.

Whether you are confident and self-assured, or a little needy and insecure, we all know how it feels to wonder where we stand.

If you have ever been unsure of someone's feelings, you will know what an anxious and troubling sensation it is. Not knowing what someone feels for you or how they see you can be worse than knowing that they feel negatively about you.

Even if it hurts, you would rather know. My friend's partner actually broke up with her because he was finding it so stressful and difficult trying to read her mind all the time; she would never really tell him what was going on in her head.

He got insecure, and it was eating him up.

If you are in a relationship with someone who isn't sure how you feel, then you are on a countdown to that relationship breaking down.

Do a quick online search into the things that make men mad, the things that turn men off a relationship or the things men hate most about dating, and you will find that time after time, men complain about mixed signals, women 'stringing them along' or 'blowing hot and cold'.

The interesting thing is, if you reverse the search and look at what women find most frustrating, you get the same answer. We all want to know where we stand.

Your partner owes you a straight up answer on where you stand, and you owe him one. The problem is, no-one really ever asks. We worry and we wonder. We rarely say, “hey, how much do you like me on a scale of one to ten?!”

Creating a sense of security where he knows where he stands, where he feels able to talk to you about anything, where he feels like he can trust you implicitly and where he is confident enough to express his own feelings, is an essential part of maintaining that hypnotic hold on him.

Here are my five techniques for creating a sense of security within your relationship;

1. Eliminate Jealous Behavior-

You can hate his ex and wish that that new girl at his workplace would get fired; it's normal. However, jealous feelings might be acceptable, but jealous behavior is not.

If you act in a jealous way – checking his phone, accusing him of infidelity, giving his female friends the cold shoulder – you are going to alienate him. If you genuinely distrust him, talk to him.

2. Trust His Judgement-

There are few things that say ‘I trust you’ more than asking for someone’s advice or opinion, and trusting their judgement. If you want to show him that what he thinks really means something to you, then ask for his help.

3. Become Trustworthy-

You cannot expect to be able to trust him, if he feels like he can't trust you. Be transparent and open, now is the worst time to fall into mind games so don't be tempted to make him feel jealous – trust me, he knows that there are other guys out there, he doesn't need you to remind him.

4. Encourage Him-

Show him that you believe in him by encouraging him. If he has an ambition – he wants to get a promotion, take up a new activity or achieve a goal – then be the person who is right behind him encouraging him

5. Allow Him Natural Personal Space-

Remember that natural space- I.E. not smothering him all the time with your presence, needs, desires, etc... also creates security within him- as it helps him to stay balanced.

It also helps him to become more closely connected to you, as he sees you as confident and comfortable with him, to the level that you don't end up in an emotionally desperate tailspin if he tries to breathe away from your presence. It also means that he too, will allow you personal and natural space when you need it, and allows him room to reciprocate.

Creating a little touch of adventure here and there, and making sure that there is trust and security in your relationship is the perfect way to build on that intoxicating feeling of hypnotic obsession and make sure it doesn't fade as your relationship changes.

Embrace the change!

Ok, so who's ready for a sexual awakening?

I thought that might get your attention, now let's get down to it...

Technique 4 – Be His Sexual Awakening

This technique is designed to create a sexual awakening in him, so he wants to be passionately intimate with you and he can't get enough of your love.

Love and lust go hand in hand, but while love may slowly grow in a natural way as time goes on, lust might be more likely to fade with time. I'm going to show you how to stop the sexual attraction from fading and go beyond simply keeping that sexual spark alight.

Keeping that hypnotic obsession alive means more than just continuing to want one another – it means creating a sexual awakening for both of you that changes the way you think about sex as well as how much you enjoy the physical side of your relationship.

Before we go any further, it is essential that you examine your own attitude to sex and try to separate it from what you think your attitude should be. Forget what society tells you to think about sex; you don't have to do something that you don't want to do, and if there is something you want to do, then you shouldn't be made to feel bad about it.

It is your body. If you are happy with what you are doing with it, and you aren't making anyone else unhappy, then you're good to go. Quite simple, really.

Being sexually compatible is important but as long as you both have the same basic attitude towards sex and are open and willing to explore together then sex should be another adventure.

Not something to feel pressured about.

Never something scary.

To supercharge this sexual relationship, I am also going to let you into a secret that makes sex better, every time; linking sex with ongoing affection and... yes, I'm just going to come right out and say it... love.

Love makes sex better.

Penn State University conducted research that suggests love actually enhances the physical satisfaction gained from sex.

Now if that isn't a reason to try out the following technique, I don't know what is...

The Dilemma – Lust vs. Affection

You want to bring him to his knees with sexual desire, to continue making him absolutely ache for you no matter how long you have been together. You want him to want you and to give you what you want sexually too.

However, you also want to be able to express affection and loving feelings in a natural, uncontrived way. You want love to enhance lust and lust to enhance sex, without awkwardness.

The Lust-Affection Solution

You don't have to choose between lust and love. To create that sense of hypnotic obsession you need him to want you physically as much as you want him, but you also need to show him affection. He needs to know you care.

Keep your man wanting you emotionally, and sex will never get boring. Keep him wanting you physically, and your emotional bond will deepen.

So, how do you balance the two elements?

Firstly, let's look at **lust**.

When a man feels an obsessive, all-encompassing desire for you, you don't ever want it to fade. You want him to always look at you with that spark of lust that he had the first time you got it together, when you couldn't wait to get him into bed.

There is this cliché about how sex has to get worse as the relationship progresses.

We see it all the time in the media – couples in long term relationships are somehow supposed to be tired of one another sexually, the woman pretends to have a headache, the man checks out other women.

It doesn't have to be like that.

Keeping the excitement and lust alive come down to how much both of you want it. If you are committed to maintaining a healthy and exciting sex life, and you have a little imagination, then things can get better as time goes on, not worse.

Being in a relationship is not the end of your sex life, it is the beginning. Together, you can explore your sexual sides and discover more about one another, and about yourselves.

Soon, we are going to look at the important role that affection plays in keeping your sex life ticking over, but for now, let's take a look at five techniques for awakening his sexuality;

1. Be Confident-

The sexiest thing you can be is confident. Ask any man and they will tell you that a woman who is confident in her sexuality is much more attractive and sexually appealing. Be confident by letting him see you naked instead of ducking between the sheets, not being afraid to try something new or talk openly about sex.

2. Know What You Want-

It's ok to want sex and to ask for what you want, as long as you are dedicated to giving him what he wants too. If he isn't sure how to please you, then show him. Take his hand and slowly show him what you want, then encourage him to do the same. A little give and take is sometimes all you need to make your sex life come alive.

3. Surprise Him-

There are so many ways you can hot-up your sex life by surprising him. Off the top of my head? You can buy him a sexy gift (or wrap yourself up in a bow). Browse for lingerie or sex toys together (even if you don't buy anything, it will be a laugh). Show up at lunchtime and take him out for "lunch" and have a quickie. Surprise him with sex and keep him guessing.

4. Take Time for Sex-

Now and again, slow down your sex life. Set aside some time and take everything back to basics, focusing on the seduction and foreplay that you both put so much effort into back in the early days. It's ok to be cheesy sometimes; a candlelit massage can be just the thing to spice things up.

Just be careful not to turn it into a ROUTINE- balance out moments for more physical intimacy, but don't turn it into a CHORE, or a routine task that has to be done on ___ day at ___ time, within ___ minutes.

It's more romantic to make time for it, but not leave everything else up to the imagination once you do.

5. Talk About Sex-

Unless you are able to talk about sex, you won't truly be able to have great sex.

Whether it's talking about sex as part of foreplay, discussing something that is causing a problem, suggesting some new ideas you might like to try out or just talking about the practicalities like contraception, you need to be able to talk about it.

It's also ok to laugh about sex – don't take it too seriously. Sometimes sex is funny. That's ok.

KeeP sex alive in your relationship and show him that you want him as much as you ever did. Don't settle for second rate sex. If you aren't getting what you need or want, then you've got to talk about it before it becomes a problem.

Sexual honesty is incredibly important, and if your relationship is worth anything, sexual honesty will never damage it.

Next, we are going to look at the **affection** part of the Lust-Affection Solution; specifically, at the surprisingly important role affection plays in keeping your sex life hot.

Psychology Professor Gurit Birnbaum gives us some fantastic insight into how to keep your sex life healthy. An extensive survey in which people kept a diary of how responsive their partner was to them, and how sexually attracted they felt to them in return.

The research found a very strong correlation that couples who were more responsive to one another emotionally were also more sexually attracted to one another.

Being emotionally responsive, open and affectionate is the key to maintaining sexual attraction.

I know a lot of women who will shudder at the word affection when they read it. It seems somehow more difficult sometimes to be affectionate than it does to be sexual. In many ways, lust is easier than love.

Whether you call him your snuggle bunny and send him love heart emoticons via text every lunchtime, or you cringe at the idea of showing affection and would

rather skip this part and do the sex bit again, there is no doubt that affection is an important part of any relationship.

If you doubt me, try it, I promise that affection by day makes sex better by night.

Here are five easy, pain-free ways to show more affection;

1. Incorporate More Casual Touch-

One of the best and most effective ways of showing affection, but one which can drop off as time goes on, is casual touch. A pat on the arm, a pinch on the bum as you walk past, running your fingers through his hair as you watch TV – there are lots of ways you can touch him in a gentle, loving way that has nothing to do with sex but says a lot about how you feel.

2. Showcase Your “Carer” Side More-

I will be the last person to recommend you mother your partner, and I admit that getting this one right can be tricky. Don't shy away from caring for him out of fear he will become reliant on your care and you will be like a mother to him, but at the same time, don't neglect to show him care.

It's ok to cook for him when he's hungry, massage him when he is tense, help him out in the shower... just make sure he appreciates your care and doesn't take it for granted. And make sure he is showing you that he cares too!

3. Add In Thoughtful Gestures-

Put thought into the things you do with him and the gifts you buy. A lot of the time, it really is the thought that counts, so show him that you think about him by making an effort. Whether you buy him a gift that reminds him

of his childhood, or stock up on his favorite cookies, or designate a whole evening for listening to him rant about his boss, put some careful thought into it.

4. Try To Him Laugh-

Some people find it difficult to be silly, but we all have a silly side. Let him see it. Share funny stories, let him know what makes you laugh and remind him of the times you have laughed together. One of the most effective ways of communicating affection is when you laugh together. It is an amazingly bonding experience.

5. Include Him Within Your Planning Processes-

If you want to show him that you feel strongly about him, that you care, that you are interested in a future with him, then make plans with him. Don't spring a five-year plan on him on the second date, but as time goes by, let him know that you picture him in your future. It will excite him.

Showing affection comes more naturally to some people than to others, but if you feel the affection, then expressing it is essential. These techniques aren't over-the-top, there is no need for excessive displays of affection on a daily basis – keep it subtle and you don't need to feel uncomfortable or awkward.

We have mastered creating that hypnotic obsession, we know how to deepen in, how to keep it exciting, sexy and fun. Now we are going to have a look at how to make it last.

Otherwise known as the best bit!

Technique 5 – Future-Proofing His Devotion

This technique is designed to point you in the right direction so you can create a happy future together.

Getting in deep is scary, whether we're talking water or relationships.

In fact, sometimes it is the point where you feel like you must be meant to be together forever that something comes unstuck and you find yourselves further away from one another than ever.

Sometimes we self-sabotage, and other times we simply freak out and feel suddenly adrift.

It's all normal.

In fact, almost everything you feel when you are in a relationship is normal.

When you get to a certain point where you feel like you have got something that you really don't want to lose, you start to wonder how you can maintain something this awesome into the future.

Lisa Firestone Ph. D offers insight into how we self-sabotage and put defenses up within relationships. "Getting to know our defenses is a key step in learning how we limit ourselves in our relationships..."

When you're able to maintain a sense of yourself as an independent, vulnerable and loving individual, then no matter what anyone else does or what happens, you can feel your own sense of power and stay open to real love in your life."

That is why we are going to look at future-proofing his devotion...

How can you make that hypnotic obsession last?

How can you make him feel entirely loved, with a lasting love?

I realize that we are getting dangerously close to long-song lyrics territory here, and I promise I'm going to do my best to steer us towards some science very soon.

The reason two people go their separate ways is that they are just that; separate people. So, naturally, many people think that to avoid a parting of the ways, you must stick together and lose that separateness – become one.

How often do you hear that – ‘they are one’, ‘they do everything together, as one’, ‘soon, my love, we shall be as one!’” ok that last one was a little medieval, but you get the picture.

Now, is anyone else thinking that they don't really want to somehow squish themselves up with someone else and be ‘one’?

Me too.

I am myself. He is himself. Sure, we have a lot of common ground, but we are not one.

Some of the things I love about him are the things that make him different to me. He is very calm, I have a temper. He is grouchy when he is tired, I am sleepy and adorable. Or so he says.

Our final technique is deceptively simple; ***we are going to mix his uniqueness with your uniqueness.***

First, you need to appreciate what makes him unique. What makes him special? What is it about him that stands out?

Next, ask yourself what makes you unique? What makes you different to others? What do you love about yourself? It is crucial that you don't lose sight of your beliefs and your feelings.

If you have ever had a friend who has changed her whole outlook on life to match the opinion of some guy she is seeing, and then rapidly changes back when they break up only to give up meat and take up weaving a few weeks later because her new vegetarian boyfriend needs a rug for his yurt... then you know what I'm talking about.

Throughout this book, no one had to change, no-one had to become someone they weren't in order to fit into one another. All along we have looked at how you can make the most of what you have – the skills and the personality traits you already have – to weave your magic on him.

So, the way I see it, there would be no point in changing this now that we have come so far.

Everything you have read so far has been leading up to this one, all-important point.

We have talked about mixing attraction with communication to ignite his obsession, mingling mystery with honesty to make him addicted, keeping him enthralled with a blend of adventure and security and awakening his sexuality with a cocktail of lust and affection. Now it's time to mix the two most important elements;

Your uniqueness and his uniqueness.

Deborah Hecker, Ph.D. puts it perfectly, "Maintaining individuality is critical to establishing a long-lasting, healthy partnership. Therefore, equal efforts between attending to oneself and making the relationship work are necessary."

By working together as two individuals who want to be together, who are committed to creating an unbreakable emotional, physical and spiritual bond and who aren't afraid to work hard for it, you will have created a togetherness that will last.

Here are five techniques for embracing both of your unique personalities so that you can encourage a sense of individuality that is going to enhance your togetherness and improve your relationship, so that hypnotic obsession never wanes or fades but grows and deepens through time;

1. Nurture Your Hobbies Together-

Both of you need to maintain an interest in the things you were into before you got together. Your interest might drop off when you begin a new relationship but don't drop your hobbies completely, and encourage him to enjoy his. There may be things you do together, but keep up with whatever excites you, even if it is something he isn't into.

2. Show an Interest In His Capabilities, Knowledge, & Expertise-

Let him teach you and show you new things – be open to the things he is interested in and let him into your world, even if your tastes are different. Try listening to his music, watching his favorite films or reading his books. Even if it means you tease him about his terrible taste, a window into his world will help you to understand each other.

3. Maintain External Friendships, But Encourage Each Other's' Friendships Internally-

This is incredibly important for a healthy relationship. Keep your old friends, and encourage him to maintain his old friendships. Friendships change over time, but don't let your relationship push them out or leave you with no time so that you neglect people who are important to you.

Try to understand and support his more complicated friendships as well, even if you don't always agree with the type of person, or think that they are the best.

Remember not to use personal or private details that a man may tell you about his friends against that friendship. Be more objective and positively encouraging in those situations.

4. Take Positive Personal “Time Out” Moments-

Don't spend all your time together, even if you are happiest in one another's company. Doing everything together and having no room for anything else in your life means that you are relying on one another completely.

Take some time out now and again and you will have so much more to give each other when you are together again. A night out with friends or a day to yourself can actually recharge your relationship in a very surprising way.

5. Don't Forget To Date-

Don't forget to date each other still! Couples who have been together for a long time, or couples who feel they have already 'secured' each other are the GUILTIEST for forgetting and failing to do this still.

It's important to carve out time to appreciate, love, and even CONTINUALLY attract each other to one another OUTSIDE of the home, and in other settings.

Just as it's important to make sure you are encouraging and supportive, but also carve out time for yourself- it helps to keep your relationship strong, and balanced- something necessary for long-term fulfillment and happiness.

You don't necessarily have to go back to your roots and hang out in all the same places you once did, but you can try a night out together doing new things, or trying new foods, or staying in new places.

You can set the date, or you can drop hints for your man, and let him know where you'd love to go, or that you'd love to spend a night alone with him at _____ place.

This is my final piece of advice, and it is one I am going to take. My relationship is healthy, we are very close, but when I start to write this, I realize that we haven't been on a date in a pretty long time. I wouldn't want to go back to those days when we were dating, but every now and then, doing my hair, squeezing my butt into a nice dress, arranging to meet him and going on a proper date can really wake us up and remind us what our relationship is all about. Don't wait up.

Maintaining your individuality, staying true to yourself and not letting your relationship dominate your personality is key to keeping him in that blissful state of hypnotic obsession, no matter how much time passes.

Conclusion: Before I Go...

Being in a relationship is not always easy. It isn't always plain sailing.

However, using the techniques we have discussed, you can have the kind of relationship you have always dreamed of.

These techniques are designed to induce in him a state of hypnotic obsession that makes him think of you all the time, makes him want you intensely and makes him feel passionately about your relationship.

There is one small thing...

He won't always feel like he is hypnotized by you. He won't always seem completely obsessed. Even though he loves you deeply, there will be times that things don't feel like the bliss you have envisioned.

This is a good thing.

A relationship with no bumps in the road is going nowhere.

You need a little tension now and then. A little passion! It shows that you both care where the relationship is going, and that you are both emotionally invested in it.

You will feel angry with him and he will feel angry with you. You will both get frustrated.

But when it passes, you will have weathered the storm and you will be happier together; that is the power of a strong relationship, the resilience to get past obstacles and move forward.

Hypnotic obsession doesn't mean that he will worship you no matter what you do; it means that he understands you, he knows who you are and he wants you, for you.