

THE SEXUAL ATTRACTION REPORT

5 effective strategies
to heal your heart & body
and find true love

Cami Elen

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Heal Your Heart and Body
& Find True Love

By Cami Elen

You've met a man and you're wild about him. You experience a level of soul connection and physical intimacy that you rarely (if ever) have experienced with any other man. You can't imagine your life without him.

Except... he's not quite "*in*" your life in the way you want him to be. Whatever the complexities are, the fact is there is something missing and it is causing you concern or unhappiness. Perhaps you don't feel he has fully committed to you? Perhaps his attention and availability wavers? Perhaps you have yet to negotiate an explicit agreement for who you are to be for each other?

Whatever the disconnect is, you would like to repair it and take your relationship to the next level.

I understand. I've been there and it can be a very confusing time.

If you desire to substantively change the dynamic of your relationship, or move the relationship to a more serious commitment, you must first acknowledge that a precedent already exists for how you relate to one another. Changing that relational dynamic will take focus, commitment and participation from you —and your man — to make the change stick. Is he up for it? That is what you must find out.

If *you* are going to be the initiator of that change, I want to share a 5-step process that will help you navigate the shift in your relationship status: from casual to committed.

I'm not going to pull any punches because a lot is at stake, most importantly, *your* happiness and peace of mind. This is something you must prioritize above all else. Why?

Because dear heart, you're worth it.

With Love,

Cami

Step One: Get Absolute Clarity

If you want something more, different or better from your relationship, you need to get crystal clear on what that "more, better or different" looks like. Grab a notebook and write down what your ideal relationship looks like. As you're thinking about this, *don't think about your man specifically*, just think about what your ideal relationship would be, regardless of any particular partner's identity. Allow yourself to tune in and dig deep for what you really want to experience.

- How does he greet you?
- How does he interact with your friends and family?
- How does he integrate you into his life?
- How does he show consideration for you?
- What is the structure of your relationship? (Are you in a monogamous, committed relationship, are you engaged, are you married?)
- Who do you want this man to be for you?
- How does he demonstrate his love, loyalty and commitment to you?

How close does what you've just written match the relationship you are currently in?

After you write all that down, I want you to start a fresh page, and write down answers to the following questions:

- What kind of woman would you need to be in order to receive that kind of love?
- How would you walk through life, treat yourself, and treat others if you were the object of such loyalty, adoration and commitment?
- What kind of boundaries would you set?
- What kinds of agreements would you make before you gave someone access to your body, heart, soul and any other resource you can bestow upon a man?

Look at this list and then close your eyes and become very still. Put your hand on your chest and then have a heart-to-heart talk with yourself about how you've shown up *so far*, in *this* relationship. **This is NOT the time to beat yourself up about any failings or perceived "weakness" you feel you have.** We are simply getting clear and owning our part in the current relational dynamic. This is how you **reclaim your power**, power that you may have been giving away to the other person. Next, make an unbreakable promise to yourself about how you are committed to showing up *from now on*. **Don't punish, shame, or place blame on yourself (or him) for mistakes either of you made in the past. Wipe the slate clean.**

The past is not your future so let it go. Make a commitment to forgive yourself (and him) for any mistakes made before, and resolve to grow into the woman you need to

become in order to magnetize your King to you, a man who feels *compelled* to meet your needs, love you, cherish you and provide for you, as *you* desire.

Step Two: Negotiate A New Agreement

This step can be tricky, and somewhat scary depending on how you have set up your relational dynamic with him. Have you done things, perhaps given him things that he did not earn? Have you been *over-giving* at times? No matter. Today is a new day and if you want to take your relationship to the next level you must negotiate a *new* agreement with him for how you two will relate to each other going forward.

But first, you need to find out if he's up for it...

Choose a time to speak to him when you can be together face-to-face. **Please, do not have this conversation on the phone, via text messages, PM or social media.** This really requires you both to be in the same room, preferably *not* the bedroom.

When you have this conversation, it's important to come to it with a clear understanding of what a valuable and precious woman you are. You also want to leave behind all the baggage, anger, hurt or disappointment you may have been holding about the past. **Don't make your mind up about what he will or will not agree to before you've asked.** Don't make him "defend" his prior behavior, or put him on the defense in any way, shape or form. Remember, it took two to tango and now you're both learning a new dance!

Don't preface the conversation with "we need to talk," instead start the conversation by telling him what it is you have most appreciated and enjoyed about your relationship up until now. Next, be clear with him about what you desire in your relationship with him *from this point going forward*. Don't ask him to "change" anything, just make the request you would like to make and be honest, vulnerable and true to your feelings and desires. **He needs to see your tender heart and hear your desires as a request *not* a demand.** Talk about your "feelings" not about your "thoughts." Don't get into a debate. Ask him what he "thinks" not what he "feels" about what you said. Then pause and listen *carefully* to his response

Step Three: Receive Feedback

He has three legitimate options for his response: he can agree to your request; he can deny your request; or he can ask for some time to think it over. **What he cannot do is "negotiate" you down from the needs you have just expressed.** *Your needs are not negotiable.* If you find your man says something like, "why do we need to change things?" or "why do we need to put a label on things?" calmly reply, "well, we

don't 'need' to. But that is what I would *like* from you in order to feel happy, safe and secure and I'm wondering is that something you would like to provide for me?" His answer is yes, no or... "let me think about it."

If he asks for time to think it over, then give it to him. It's a fair request, and **he needs to search his heart and soul to determine whether or not he is willing to step up and be the man you need** inside of the relationship structure you desire. It's a big job for any man to fulfill, and so *he needs to be sure* that he can provide this for you **and that he wants to**. Try to give him space and don't hound him for the answer. It may be hard to wait, but you must be patient. Don't try to force, cajole, or manipulate through sex to get the answer you want. In fact, you should probably refrain from sex, heavy petting and other forms of intense physical intimacy while you await his decision. **Having sex complicates the matter and it undercuts your whole argument for wanting a new relational dynamic.** A hug or kiss in parting is fine if that feels good and natural for you to do.

Now, if he comes back to you and says no, that he prefers the way things are, or for *whatever* reason he cannot fulfill your request, then **take that response as gospel**. If he says something somewhat conflicting like: "I really care for you, but I just want things to be easy and low", that response is still a NO. I know it hurts to hear it, and you may shed many tears as you begin to grieve the relationship, **but it's best to know now so that you don't invest months, years and decades on the wrong man**. Seek solace and comfort in your good friends and family. Consider working with a counselor or coach to help you through your processing. Most importantly, don't back down and be wishy-washy with your commitment to yourself.

It's super important not to lash out, or get angry at him for not being able to meet your needs. Maybe he can't meet them ever, or maybe he can't meet them right in this moment. You always want to leave a conversation with dignity and class. *The way you demonstrate your disappointment will validate his ideas about whether or not it would be a good idea to commit to you.* So leave the door open by showing him what a class act you are.

Step Four: Limit Contact

I said I wouldn't pull any punches with you and as you can tell by now, I haven't. **If your man has said no to your request or has asked for time to think it over, you need to wait 8 weeks before having any sort of contact with him.** Why 8 weeks?

Because the oxytocin hormones that have been flooding your body need time to dissipate so that you can begin healing from this passionate romance.

The other reason you need to call for an 8-week time out is it takes about that long for him to begin missing you. It's easy for him to go on with his life, see his friends, watch sports, hang out with the guys and "forget" about you and the conversation

you've had. But he can only distract himself for so long. **If you give him uninterrupted space to go back to his life and see if it's better without you, then he has time to miss you** and to decide – on his own terms – whether or not to come back for you.

This means, no texting, no "liking" his Instagram photos, in fact, institute a no stalking on social media policy and don't fudge! If you find it too difficult to stay away, delete his text messages, take him out of your phone, temporarily block him from your social media channels. **Do not listen to his old voicemail messages. This will restart the 8-week oxytocin healing time clock.** *Remember, this isn't about punishing him, it's about giving him time and space to figure things out and giving you time, to heal your body and your heart.*

If we can't keep our commitment to treat *ourselves* as women of high value, how can we expect men to?

If during the 8-week wait period, or even during the initial talk he said he was amenable to your new relationship terms, congratulations! You stood up for yourself (without making him the "bad" guy) and asked for what you need (and deserve) in your intimate relationship. **You should feel good about yourself no matter his answer because you are taking a stand for your worth and value.** This is the foundational step for creating your happily-ever-after story with this man... or someone better.

Step Five: Seek Support

If your happily-ever-after story is not to be with this man, I understand how devastating that outcome can feel. But, you are well on your way to healing your body if you adhered to the 8-week no contact rule because the oxytocin hormones that were flooding your body have decreased and soon it won't be so hard to bear being without him.

Be vigilant about keeping your distance *if that is what you need*. When *and if* you feel ready to be friends with him (with no sexual contact!) then by all means go for it. Just **be honest about how much contact you can take, and do what feels right and healthy for your heart and future happiness.** If you decide you want to move forward with no contact, then honor how you are feeling about the situation and do what feels most supportive of you creating the love life you deserve.

You are worthy your fairytale ending and it's up to you to show up in life in a way that assures it becomes your reality.

As you process through this experience in the days and months ahead, it's a great idea to go back to the first exercise you did in Step One and reflect on the list you made of the woman you committed to becoming in order to call in your King. *Now is the time* to double down on that commitment and begin showing up in life as this woman.

If you resolve to do this, in no time flat you will begin attracting a new kind of male attention that is congruent with the passionate, committed relationship you so deserve to have.



*If you need extra support around this subject, contact me for a free 30-minute one-on-one coaching session by **clicking here.***

Cami