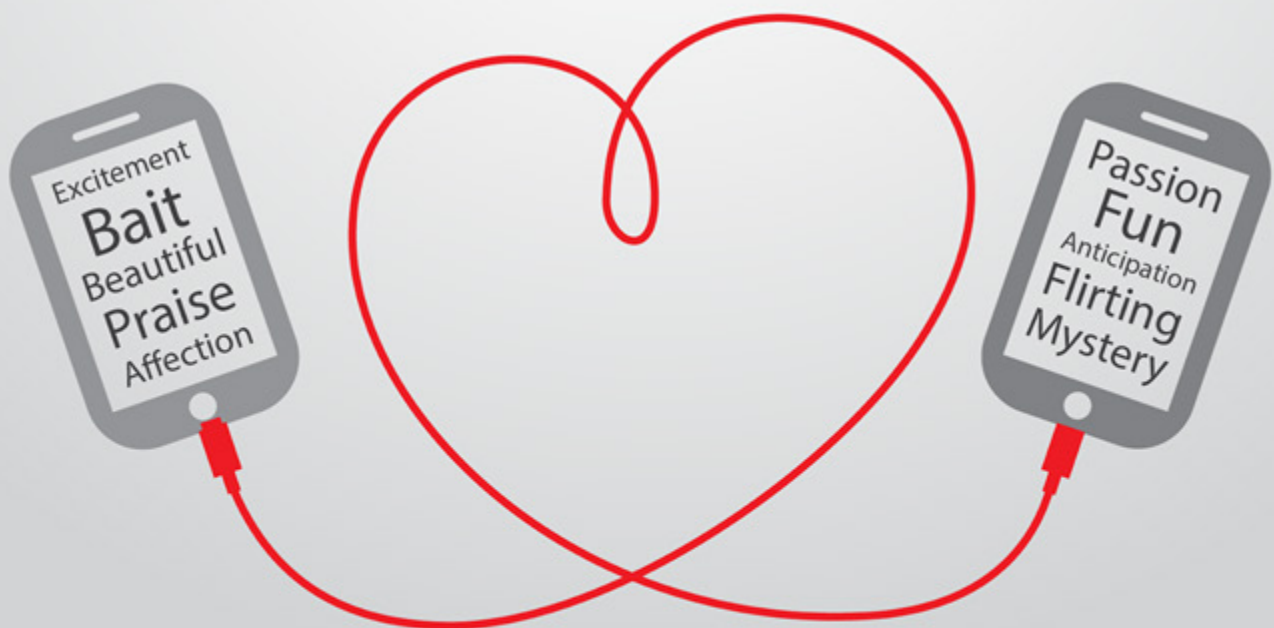


# *Love* **TEXTING**

SECRET TEXTS THAT MAKE  
ANY MAN CRAVE YOU



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# Introduction

## What this is and how it will help you

Imagine if you always texted men exactly what you were thinking. Let's say you meet a guy at a party and give him your number.

He promises to text the very next day...but it takes him a week. By then, you've already written him off and are annoyed that he said he'd text you right away.

So when he texts:

“  
*Hey there, it was nice meeting  
 the other day! 🌞*  
 ”

You respond with: “Wow. Took you long enough! Not like I've been sitting around waiting for you.”

Any romantic potential there was has officially flown out the window.

He'll probably block you THEN delete you to make sure you can never get in touch with him ever again.

Now this might be an extreme example, but there are so many times when we send the wrong texts at the wrong time to the wrong people, and it has a major impact on our love lives.

Back when I was single, I would notice the extreme impact a bad text from a woman would have on my feelings for her.

I was always looking out for the make or break moments when I was dating someone, and it seemed to me that texting represented one of the quickest ways to completely screw up newfound love.

But even beyond that, I noticed that when I was in a long-term relationship, the style of texting was a strong indicator of the health of the relationship.

If you got the texting wrong, it could create major friction in a relationship.

If you got it right, it could ignite a new passion in the relationship that otherwise may have been doomed.

And that's why I wrote this e-book.

I wanted to help women like you navigate the digital landscape to find new love or reinvigorate old love by using your two thumbs and your phone.

It's designed to be easy and quick to read and will act as an encyclopedia of sorts as you move forward.

I worked hard to keep it short and succinct, to trim out the fat and just give you the most important stuff you'll need out there.

Now your job is to take action, stretch your comfort zone a little bit, and create that love life you love.

## How i came up with this stuff

I have a confession to make.

I used to really suck at texting.

Well, I guess “suck” is strong. It was more that I was clueless.

I remember spending hours on end wondering how I should text a woman I just met, what I should text her after she left, when to ask her out again, or whether I was coming off as needy.

I would analyze and agonize for hours on end and ultimately send the wrong texts that would send the wrong signal to her.

I was lost.

But as I went through [my own transformation](#) and began meeting more women, I started to really experiment with different styles of messages.

I would take note of the texts that sparked an emotional reaction versus the texts that just conveyed another “typical” dude out there. The last thing I wanted to be was just another NARP (Normal Average Regular Person).

No girl wants to date a NARP.

So the experimentation continued.

I took note of the texts that were working, and more importantly (for you) I took note of how the women were texting me.

I'd take note if their texts felt awkward versus those that were sexy, romantic, or interesting.

As I started to compile more of these examples, I'd run them by other men. And you know what was crazy?

Men were surprisingly **consistent** about which texts they liked and didn't like.

I knew I was onto something.

So I continued to refine these texts and improve them based on results. I would share the most effective texts to my [Love Accelerator coaching clients](#), and they found that:

- Men were less likely to flake on them
- Men would become more romantic (flowers, gifts, affection...etc)
- Texting became a fun pastime rather than a stressful task

And that's when Love Texting came to fruition. This stuff was too good NOT to release to women like you.

And lucky for you, this is a living document, which means that I continuously update it with new and improved texts based on feedback from thousands of women using them.

Let me know which texts seemed to lead to success and which ones may not have been as successful.

## Why texting is so important

Pull out your cell phone.

Go ahead, do it!

OK, so how long did that take?

You probably also checked any notifications on your phone, and if you had a text, you definitely read it.

In fact, studies have shown that 99 percent of all text messages are read.

Compare this to an average email open rate of 20 percent (it's true). This is a shockingly high number.

Everyone reads texts now, and if you're not consistently capturing his heart with little nuggets of affection, you're missing out on a **huge opportunity** to remain on his mind throughout the week.

One simple text can transform a relationship, for better or worse. It's crazy, but true.

Also, text messages are better than almost any other form of digital communication because they are private. It's very rare that anyone shows their text messages (especially from a loved one) to other people\*.

\*Word of caution: every once in a while, some guys will show off texts (usually sexual messages) to their friends. Text messaging is usually private, but don't send him anything that would mortify you if other people saw it.

Finally, text messages allow you to really think through a fun, witty, engaging response. Real-world dialogue can be challenging for some people to be quick to come up with an appropriate response, especially if it's an intimate conversation. Text messaging gives you the appropriate amount of time to think through a response and deliver it the way you want. If done correctly, it can be an incredibly powerful tool for flirtation and connection.

You'll just need to be open to new ideas and changing your behavior starting today. Keep an open mind while reading through this ebook and don't allow your analytical side to take over.

Have some fun with it and actually implement the techniques in this program.



## Who this program is for

This program is designed for women in all relationship categories: single, casual dating, recently started dating a new guy, long-term committed relationships, married. You name it, this texting guidebook has tools that allow you to flirt and build a deeper connection with the man in your life.

If you're currently single or have very recently just started dating a guy, make sure you avoid the texts that are designed for couples who have said "I love you" and beyond. I've used this symbol:



This symbol means the text is ONLY for women in committed relationships. At Love Strategies, we call this Little Love Steps #6 and #7 (you can learn all the Little Love Steps [here](#)).

Alternatively, if you're currently in a relationship, feel free to use the flirty style texts that may feel like they're only designed for single women. They'll allow your relationship to "time travel" back to when you first met.

Even if you've been married for thirty years, there's no reason why you can't flirt through text.

I built this program for women who are looking for:

- A deeper connection with their guy
- More passion in the relationship
- More sex from their partner by building sexual tension
- Ways to get their relationship out of a rough patch
- Simple techniques to make him slowly fall for you (yes, it's really possible)
- Fun ways to keep your relationship great (even if your relationship is GREAT, these texts can continue the fun)
- Easy ways to spice things up and create more variety in the relationship

It's essentially created for any woman who's ready to reinvest in her relationship and her man.

However, this book isn't for:

- Women who are in toxic relationships. Texts aren't going to fix a broken relationship/marriage.
- Women in abusive relationships (emotionally or physical). If you're currently in an abusive relationship, seek help and please leave him. It doesn't get better.
- Women who want to avoid critical conversations in REAL life. This book is designed to supplement your "real life" interactions, not replace them.

## Single versus a relationship

When I first began designing the concept for this book, I realized very quickly that it needed to be for all relationship types: single, casual, committed, long-term, married...etc.

But of course, not all texts are appropriate for women who are in the early phases of dating. Some texts that you would send in a long-term relationship can be very detrimental to a new relationship. For example, if you met a guy at a party last week, and have only been on one date, it's not appropriate to send him:

***You've been on my mind all day.*** ”  
“ ***I cannot wait to see you tonight.*** ∞


This text is just **too forward** given the recent nature of your relationship. This is why I put a ∞ next to that text.

When you first start seeing a ∞ guy, you want to be subtly communicating to him that:

- You have other guys pursuing you and he's going to have to work hard to win you over.
- You're not going to invest your emotional energy into him until he invests his emotional energy into you.
- You're an independent woman who doesn't jump right into a relationship too quickly without getting to know him first.

But once you're in a clearly defined, committed relationship these concepts are no longer relevant.

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Love texting  
principles 

Although this guidebook has tons of examples that you can use with your guy, it's important for you to understand why they work rather than just simply cutting and pasting.

Plus, it would be literally impossible to create a texting program that encompasses all of the scenarios that will come up in your everyday texting life.

So I've devised some core principles that you need to be aware of when you're texting a guy.

Let's jump into them.

## #1: Keep it positive and playful

I think we can all agree that love is one of the greatest feelings known to man...or woman 😊.

It's exciting. It's invigorating. And ideally, it's very positive. But here's the problem — we're all losing our social skills and allowing negative emotions to permeate through our everyday texting.

Having a bad day? Leave the emotional venting to your face-to-face communication. Instead, let him know that it's been a rough day, BUT you're really enjoying XYZ. Leave it on a high note.

Not feeling too well? Understandable, but don't bombard him with messages about how you feel like total crap. He can't do anything for you anyway, he's not there in real life. Let him know that you're not feeling great, but you've just had some tea and it's absolutely delicious. Notice the positive energy?

The purpose of love texting is to rekindle positive emotions in your man, and even though you don't always feel positive, you should be focusing all of your text communications on the things that emit positive energy.

## #2: Give him the variety he craves

Men love women with personality, and even if you have real-life personality, it's possible that it's not shining through in your texts.

Sometimes your texting will focus on how your day is going or the weather — which is fine and all, but it's boring.

And *boring is the antithesis of attraction.*

So the way to avoid “yawn texting” is by making your text exchanges less predictable.

Send him something he'd never expect coming.

Surprise him.

Make him feel like there's a playful, beautiful woman on other side of the phone. Many of the texts in this program will make him feel that way because they are a different style than he's used to.

And that's a good thing!

They'll excite him in the same way you did when you first met.

Now if you're like most people, you're probably highly risk-averse. I mean, why shake things up and risk being embarrassed?

Well, if you're still in the early phases of getting to know each other, he's almost definitely texting other women. An easy way to stand out is to be different from the pack. You could lose him by NOT shining through with your personality.

If you're in a relationship, it's highly unlikely that any text in this e-book would negatively affect the relationship. Don't let fear stop you from spicing things up a little bit and reinvigorating the love in the relationship.

## #3: Less is more

The less (perceived) effort you put into texts, the fewer texts you send, and the longer you take to send them, the higher the effect it has on a man.

And this isn't about playing games, it's just a simple reality of human psychology.

We as humans value anything that is scarce — essentially, anything that's in limited supply.

When you send too many texts too often, you're SCREAMING at him saying, "I'm ALL yours and you don't need to do ANYTHING to win my affection!" Whereas, if you send the quality texts outlined in this e-book, and don't send them too often, you'll be communicating, "I'm a quality woman with a fun playful personality, but you're going to have to invest more in me to get more from me."

It's a difficult balance to strike and will vary in every situation (some guys are more into texting than others). But I'll tell you this much, you should generally be texting him less than he's texting you.

For some, this is harder than for others. Maybe you aren't very busy at work, or you are just so overwhelmed with anticipation and excitement that you jump the gun and give him too much too soon.

If either is the case, you'll want to really look at the deeper issue. You may be constantly seeking validation from your man, or you may have attachment issues. Or perhaps you have trouble managing your emotions and constantly seek instant gratification. If there are deeper issues at hand, I recommend a regular meditation practice or seeking therapy.

Otherwise, just be patient! Let the tension build in the text chain. Remember, love texting is about quality, not quantity.

## #4: Stop analyzing his every text

How much time do you spend in your day trying to analyze a guy's text messages?

5 minutes?

20 minutes?

2 hours?

Then you go talk to your friends, colleagues and parents trying to get their opinions on what his texts **really** mean.

Does he like you? Does he just want sex? Or is he looking for a relationship? Or if you're in a relationship, maybe you're thinking to yourself...

Is he pulling away? Is he seeing someone else? Has he stopped loving me? Then before you know it, the anxiety kicks in because you just can't seem to come to any conclusion.

That's due to the fact that there are no real answers to be found in a text message. Most of the time, men are not being strategic with their text messages. He probably spent .02 seconds thinking through his response and it had no hidden meaning.

For example, let's say a guy sends you this emoji:



You'll probably wonder if he's being snarky, playful or totally disinterested. But the reality is that you will just NEVER know. Chances are that was the last emoji he used in a different text message, so he decided to just use it again!



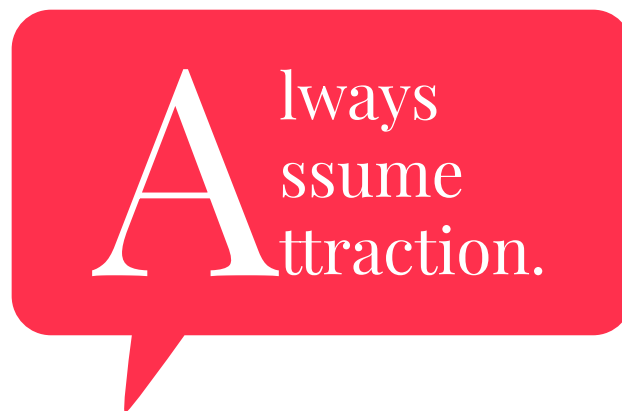
Don't waste your valuable time in life trying to decode his texts. If he's texting you, he's probably interested. If he's not, he's probably not.

Don't allow your emotions to overwhelm you.

Texts messages are inherently difficult to decode because of one reason — they're text.

You have no body language to back it all up.

So if you're a single woman who's struggling to decode a man's text messages, I ask you to adopt a new mentality called the "Triple A Effect."



Assume he's madly attracted to you and act accordingly. It'll be clear as day if he suddenly loses interest. Just realize there's not too much more you can do if that eventually happens.

Don't allow it to consume you. You will be OK.

Finally, if you're currently in a relationship and you're receiving texts that you're truly unable to decode, there's only one person who can help you translate the message — your guy.

The next time you see him, check in with him. Make sure everything is OK, and if a text he sent really threw you off, just ask him. "Random question, what'd you mean by the [Text message he sent you]? I was a little confused."

It takes courage to address these issues in real life, but it can be the difference between success and failure in a relationship.

Keep it light and be open. Chances are that it was nothing and he wasn't thinking too deeply when he sent the text.

Don't allow your analytical mind to overwhelm you. Take a deep breath, live in the present, and communicate with him in real life when something bigger arises.

## #5: Common sense always prevails

Just live by this simple rule:

If what you're texting him doesn't feel like something you'd ever **want** to communicate to him in real life, don't send it.

Text messaging can be a blessing because it'll allow you to open up new levels of communication that might be a little nerve-wracking in real life. But it's also a curse because it might cause you to say things that you don't actually mean.

So before you go ahead and click that Send button, just ask yourself this one question: "would I really want to say this to him in real life?"

If yes — send it.

If no — don't.

If you're not sure, wait a day, then reassess.

## #6: Unleash your sensuality

The most passionate sex is always sensual. It appeals to the five core senses: touch, smell, sight, sound, and taste.

If you get any of these senses wrong in the bedroom, the experience will not feel right.

But when most people text, they completely remove all of the senses from the conversation. This kills the chances for a man to get lost in the fantasy of being with you.

Even the slightest implication of one of these senses can drastically improve any text message. For example:

No sensuality:

“ *I want to lay next to you.* ∞ ”

Touch sensory added:

“ *I want to lay next to you and run my fingers through your hair.* ∞ ”

The second text allows him to escape whatever he's doing in that moment and get lost in the thought of being next to you.

Adding sensory to any text will magnify the emotion you're trying to convey. It essentially turns any standard 2D text into a 3D experience (think IMAX).

Now of course, you don't want to go overboard! By adding one sensual description in the text you're setting yourself apart from 99 percent of the women out there.

So, before you click send, feel free to ask yourself some of these questions:

- **Smell:** What did he smell like? Sweet? Minty? Cologne?
- **Touch:** How did he touch you? How did you touch him? How do you want to be touched? How do you want to touch him? Gentle, rough, soft, hugging, caressing, massaging.\*
- **Sight:** What is one specific detail about something you saw?
- **Sound:** Was there music in the background? What did his voice sound like to your ears?
- **Taste:** What did his kiss taste like?

By giving your man a sensual escape from his everyday routine, he'll begin to anticipate your love texts and respond in ways you never thought possible. Many women even report that these texts have a direct correlation to sensuality in the bedroom.

## #7: Text like you talk

Texting is just simply having a casual interaction. You're not writing *Ulysses Part II*. You're essentially just talking as you would in a normal real-life conversation.

Style is an important component of writing.

Why is it that I could never get through a William Shakespeare play? The writing style was too choppy for me to read.

You'll notice that the tone of this book is purposefully very light and easy to read – short sentences and to the point. I do this so you actually read it, relate to it, and take action from it.

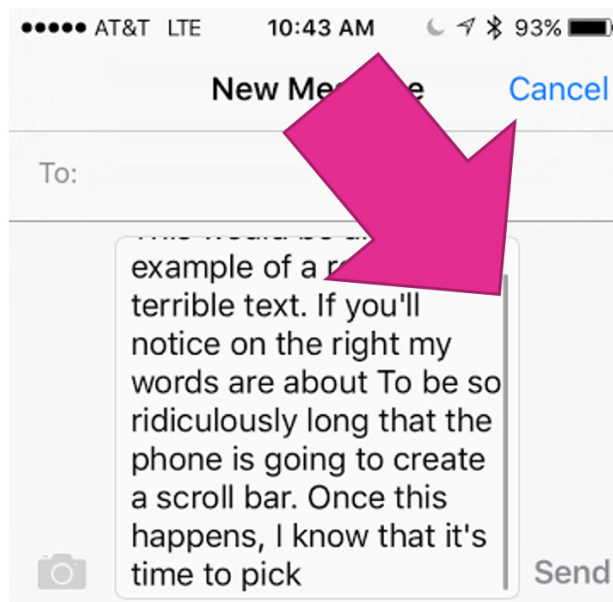
A casual style of writing is by far the **easiest to read** – even if it's not always the most intellectual.

And that's exactly how your texts should read.

Your texts should sound familiar to your man and should basically read exactly how you'd speak them in the real world.

A few basic principles on keeping it casual:

- Texting is not a time for deep, intense conversation.
- Use terms of endearment if you use them in real life. (Babe, sweetie, honey...)
- If you're really unsure about sending the text, read it out loud. If it sounds funny, say it out loud the way you'd speak it, then just send that text.
- Keep it short and concise. Texts should rarely run off the screen. If you see a scroll bar like this...



... it's time to pick up the phone and call that person.

There's one caveat to casual texting, and that is don't text like a second grader either. It should still be coherent.

"I dunno, c u lata playa" is too casual (and hopefully you don't call your man a "playa.")

Whereas, "I don't quite understand what you're inferring. My prognosis is contrary to the belief that the word 'player' is a gender bias propagated by the media" is too formal.

Keep it somewhere in the middle, just text the way you talk, and you'll be a love texting master in no time.

## #8: Get a life...seriously.

No man wants a life **with** you unless you have an incredible life **without** him. In order to have that life, you need to be filling your day with a job, hobbies, activities, and interests that energize and fulfill you.

But what's the surest sign that you don't have this kind of life?

You're **constantly** checking your phone looking for a response from your man.

Now, I get it. Cell phones are insanely addictive, and people nowadays are only spending more time on their phones.

According to Pew Research, cell phone owners between the ages of 18 and 24 exchange an average of 109 messages on a normal day. That's 3,200 messages per month.

It will completely consume you unless you're aware of it and take action to avoid it.

I didn't realize I had my own little addiction until I traveled to Thailand for a four-week vacation.

Upon arrival, I realized that my phone wouldn't work abroad and then realized this could be a good time to do a little social experiment...

Could I last four weeks without checking my texts or emails?

The first few days of my vacation were filled with anxiety.

Who might be texting me?

What am I missing out on?

Am I going to hurt someone's feelings by not responding?

These thoughts plagued my mind for the first 48 hours of my trip.

Then something weird happened — they began to COMPLETELY disappear. I would walk into an old temple, look at the exquisite artwork, and just be present.

I wouldn't be reaching for my phone to Snapchat a picture to my friends.

I wouldn't be texting my mom to let her know how cultured I am.

I would just be present with my life.

And ever since I've returned from my trip, I've taken consistent action to ensure that my phone doesn't remove pleasure from my life...that it only adds value.

So, on a tangible level, this means:

- Generally, keep your phone on vibrate, or in my case, keep it on Do Not Disturb.



- Shut off any and all unnecessary notifications, especially automatic email updates.
- Leave the phone at home unless you need it. Going for a walk in the park? Leave it in the car.
- Schedule in some PODs (Phone Off Days). Allow your brain to detox from the constant dopamine hits it receives from constantly checking your phone. It's a drug, you need your detox days.
- If you haven't talked to someone in a while, and you keep texting them, call them instead.

By turning off your phone and allowing your mind to return to the present moment, you're enabling yourself to focus on what's most important – your life's mission toward happiness and fulfillment.

Love texting is an incredibly powerful tool, but if it's to the detriment of loving your own life, you're missing the point.

Action Step: If you struggle with being more focused and living in the present, I recommend developing a meditation or yoga practice. A couple of helpful books are: [The Power of Now](#) by Eckhart Tolle and [Waking Up](#) by Sam Harris.



## #9: The real communication happens offline

The purpose of love texting is to build feelings of love, excitement, and anticipation for **real world romance**. Texting can be an incredibly powerful tool, but unfortunately, it doesn't allow you to convey a critical component to effective communication – body language.

Numerous studies have shown that over 90 percent of communication is non-verbal. Which means that, when you're talking to your man, the words that are coming out of your mouth are almost irrelevant (7-10 percent of communication).

The shape of your mouth actually matters more...AKA, are you smiling or frowning.

When you're texting, however, 100 percent of what's being delivered to him is through written words.

This is great because it allows you to create romance between the two of you that may have been lacking in real life, but once that flame is ignited, it's time to bring it offline.

Think of it this way, love texting is the spark to the fire, but your interactions in the REAL world are the fuel to the fire.

Use the concepts in this book to spark that flame, but be sure to bring the same personality to the conversation the next time you see him.

This combination of love texting and real-life flirtation becomes intoxicating to any man and can transition a stagnant relationship to one of intense passion.

# 7

# Love texting strategies

Now it's time to jump into the most tangible part of this book – the example texts you can send your guy to spark an emotional response.

But please remember that these are only **examples**. They're not necessarily intended for you to copy and paste right into your phone and send on over. Please adapt these messages according to your given situation.

Furthermore, please remember that the ∞ symbol next to any text means that it should only be sent to your man after you've both exchanges "I love you" in a committed relationship.

If it does not have the ∞ symbol, then of course, use the text regardless of your relationship status.

## Text baiting



Have you ever wanted to spark a conversation but legitimately had NOTHING to talk about?

Or maybe the conversation has run dry and it needs a little fuel on the fire to get it going again.

Well, text baiting is a perfect strategy for reinvigorating a dead conversation without coming on too strong with him.

This strategy is designed to be mysterious because mystery is a critical component in building long-lasting attraction. You want him to be wondering “what’s going on here?” and let **him** analyze you! It’s not meant to be manipulative but instead a fun way to build new sexual tension in the relationship.

A text bait essentially works as a worm on a fishing rod. It gets his attention and causes him to re-enter the conversation.

Let’s start with a sexually-infused text bait:



***If you were here right now...***

This text is ideal for building mystery and anticipation. After he responds with “what would you do?” you can really go in two different directions, funny or sensual:

- I would cook you your favorite meal.
- It’s too inappropriate for texting.

Another text bait that's a little less sexual but equally mysterious.

**“ I saw something today that reminded me of you... ”**

It's nice to let him know that he's on your mind. You could bring back a special memory you had, or it could be as silly as reminding him of the restaurant where you first met.

**“ Come save me 😊 ”**

Men love to be the knight in shining armor. This text is especially effective on a weekend night when you're out with your friends. It communicates that yes, other guys might be hitting on you, but your focus is on him. He'll want to drop what he's doing and come help!

**“ I just had a really weird thought... ”**

This is the time for you to get super fun and creative. Did you have a weird thought of the day? Maybe it's:

- Why do men have nipples?
- If G-D sneezes, what should you say?
- Do vegetarians eat animal crackers?
- Why do grape flavors taste nothing like grapes?

It begins a fun, silly dialogue between the two of you and gets the ball rolling. Getting him to smile is the first step toward effective love texting.

“*You have no idea....:P*”

“Are you trying to be sexual? Or are you being playful? What are you trying to say? WHAT???” This will be going through his mind.

It builds anticipation and mystery. Don't tell him what he has no idea about! Wait for real life:

- Cook him a special dinner
- Wear something really sexy the next time he sees you
- Surprise him with a concert/event

He'll be thinking about this text for days on end until you reveal exactly what he has no idea about.

“*You have no idea....:P*”

**“ I’ve had such a wild day,  
I could really use a nap... ”**

It seems standard at first, but his mind will quickly start imagining snuggling up next to you, smelling your hair, and maybe taking it to the next level...

It’s not overtly sexual while allowing a man’s imagination to take it to the next level.

**“ I need your opinion on something... ”**

Men, by nature, love to solve problems. We like to fix the broken sink and love to find solutions to any of your problems. Sometimes you’ll even find it annoying when we offer unsolicited advice.

But this time, you’re going to solicit his advice!

- I’m torn...should I go to the Kenny Chesney concert or watch the Patriots game with my friends?
- Should I just quit my job, move to the Dominican Republic, and start a lemonade stand? I feel like I can make it work.

Keep it light, keep it playful — but get his opinion on something that matters to you. It’s a great way to spark a fun, engaging conversation with him and bring the relationship back on track.

*I just saw your doppelganger on the street. Or...was it you?*

***Dop·pel·gäng·er: Someone who looks exactly the same as another person.***

Not only is this text funny, but it also shows him that he's on your mind (without coming on too strong).

A few great follow-ups after this text might be:

- He was cute, but I'd say you're the better- looking twin.
- It looked like you, but he was dressed way too metro to be you.

Bait texts should be mysterious, engaging, and playful. They essentially create a conversation out of thin air and get his mind racing. Send one of these texts today and watch your man gladly join the conversation.

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## BAIT TEXTS TO AVOID

As you probably noticed above, the bait texts are mysterious and interesting. You'll want to avoid less interesting (even boring) texts like:

*How's work?*



In Gallup's 2013 state of the American Workplace study, 70 percent of people do not like their jobs.

So not only is this a lame text, but chances are, his work is lame. And even more importantly, you probably don't care about his work. You're just trying to spark a conversation.

“ *What's up?* ”

Love texting is supposed to add value to your guy's life, not extract value. This text is awful because it's communicating to him, "I'm bored, entertain me." You should tell HIM what's up and get him smiling rather than trying to get HIM to make you smile.

“ *I really need to see you right now...* ”

This could easily be interpreted as a break up text, even if you didn't intend it that way. Alternatively, it feels a bit needy.

“ *Hey* ”

Love texting requires personality. This text translates into, “I legitimately have nothing better to say but want to start talking to you and hope you have a fun response.” Big turn off and a no-go.

**“ I just saw you at the [where you saw him]... ”**

No one likes a creeper.

The easiest way to kill any attraction when you first start seeing a guy is to tell him that you saw him but didn't have the guts to come up and say hello.

If you see him and want to talk to him, go talk to him in real life. Then love text him later.

# Insider texting



## **WHEN YOU READ A COUPLE'S TEXT CHAIN, AND IT SEEMS LIKE A FOREIGN LANGUAGE.**

Relationships really are special — not to be a cheeseball, but it's true.

They're special because you'll develop a common language that only you and he really appreciate. Whether you met the guy last night or last decade, you two have a very special bond that almost no one will care about except you two.

So use that to your advantage!

And that's what insider texting is designed to do. Insider texting can be used if you just met him or if you've known him for thirty years. Regardless, you'll always have something "insider" that can be shared between each other.

Insider texting is about reliving the past, and our most memorable events tend to be the most emotional events — times when you laughed with one another or shared an emotional moment.

This is exactly what we want to bring out using these texts.

Treat these text messages almost like a time machine. You click a few buttons and are instantly whisked away to a time when you were both overwhelmed with love, attraction, and excitement.

## Step 1: Pick a time/event that took place

Let's start with you thinking back to a time you shared with one another. Maybe it was:

- A date where something special happened (e.g., your first date, an anniversary)
- A vacation that you both really enjoyed (and hopefully had lots of mind-blowing sex)
- A hobby or event you did together
- A challenge that you both had to overcome together (just stay away from anything negative here). For example, you both trained for a marathon and just barely finished.
- The first time you said "I love you" to one another
- Your first kiss
- The first time you had sex

Brainstorm a couple of them and find the one that elicits the strongest emotional reaction for you. If it was important to you, chances are it was important to him.

It can also be a small moment — it doesn't have to be a major milestone.

## Step 2: Mention the details!

Although love texting principles tell you not to write a novel, it's great to dive into at least one specific detail of the event.

- ...I remember you were wearing that sexy blue sweater I used to love.
- ...You must've been wearing a new cologne – I couldn't stop smelling you. 📱
- ...I never told you this, but you had lipstick all over your lips after we kissed.

## Step 3: Pull it all together

Insider texting can appear to be a random thought that just popped into your mind. You don't need to be on topic to bring him back to one of these memories.

Quite the contrary.

It's even more special when you show him that he was on your mind, and that you were happily reminiscing about such a special moment.

Don't be afraid to be random. Random is fun and unpredictable, and he'll appreciate the sentiment.

“  
*I was just thinking back to when  
[insert memory] ∞*  
”

Here are some complete examples (obviously don't copy and paste these).

***I know this may seem a little random, but I was just thinking back to when we were in Playa del Carmen on our anniversary and you gave me the earrings I'm still wearing today. ∞***

***I just caught myself in a daydream thinking about the very first time we ever kissed. The Patriots just won the Playoffs by 21 points and we couldn't hold back... ∞***

Notice how it all comes together? Recalling old memories brings him back to the emotion you shared in that moment.

Keep in mind that insider texts can also be funny (and you can use them to poke fun a little bit as well). If you're currently single and just met the guy, you can refer back to the moment when you first met. Teasing him with your insider text will infuse a bit of flirtation:

***I was just thinking back to when you approached me and tried that cheesy pick up line. Did you really think that was going to work? 🍷***

This uses insider texting and is slightly poking fun. The nice thing about a text like this is that he can very easily respond with “Well, it clearly did 🍷”

You can also use insider texting to reference topics of conversation you’ve already had:

Maybe he told you that he’s obsessed with pizza, text him:

***So let me ask you a serious question... approximately how many slices of pizza have you eaten this week?***

Or he told you that his work has moved locations and now he has to walk up four flights of stairs to get to his office.

***So do you have Schwarzenegger legs yet from walking up all of those stairs?***



Or maybe he told you that his favorite movie of all time is ***Dumb and Dumber*** (my personal all-time favorite comedy).

***I've done some thinking, and I think  
Eternal Sunshine of the Spotless Mind is  
Jim Carrey's best movie. This probably  
means we can't be friends.***

The “friends” part is, of course, a joke.

Notice how the insider texts with the ∞ symbol are inherently more romantic, whereas the other texts are more fun and playful.

This is on purpose.

When you first start dating a guy, you want to keep it fun and engaging. You don't want to be too pushy and get ahead of yourself.

Only when you're in the committed relationship phase will you want to conjure up more of the emotional connection that you've shared.

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**ACTION POINT:**

So, go ahead right now and brainstorm a few different memories that truly define your moments spent with him. Which moments had the most (positive) impact? Bring him back to that time you spent together.

Send that text right now.

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## HOW HE'LL REACT

Insider texts are an incredible way to elicit some incredibly powerful and positive responses from your man because you're bringing him back to an emotional experience.

Many times, it will remind him why you two were together in the first place. The excitement he had when he first laid eyes on you. The butterflies in his stomach that consumed him as he patiently waited to make love to you for the first time.

But sometimes, he may not respond to the extent you were hoping (or not at all). If this happens, DON'T FREAK OUT! He might be busy or just not in a romantic state of mind. Or he may have enjoyed the text but wasn't sure how to respond.

Unfortunately, I'm not able to write these texts for you because they are a reflection of the experiences you've had together. Keep with the strategy, stay positive in your texting, and give him the love he also needs in the real world.

# Flirty texting



## YEAR 2098: IT'S FINALLY POSSIBLE TO KISS TEXT.

I've been teaching men and women how to flirt for over ten years now and have been studying it for over ten years. Real life flirtation is an art form. It requires you to read between the lines and understand what a man is saying without him actually saying it.

Flirtation is fun and light-hearted. It's not serious — and it's mostly designed to build sexual tension in the relationship.

Let's start with the basics of flirtation. Here are three critical components of a flirtatious conversation:

1. Sarcasm and teasing
2. Playful vibes
3. Sexual overtone

But most importantly real flirtation occurs through body language. My STEP™ system for flirting goes as follows:

**S** – Smile

**T** – Touch

**E** – Eye contact

**P** – Posture

In the real world, you can simply say, “hello,” with eye contact and a smile, and it can be flirtatious.

But all of this changes in the digital world.

If you were to text “hello,” you’re either boring or bored. There’s nothing flirtatious there.

So, the key to love texting flirtatious texts is to be unsubtle. He needs to know that you’re actually flirting because he doesn’t have the body language to back it up.

If you’re in a relationship, I highly recommend that you go over the top on flirting. Chances are that if you’ve been dating for a while, the flirtatious vibe in the relationship has been slowly but surely dimming as time has gone on. So it’s your job to spark the flame that once existed between you two!

If you’re in the early phases of meeting him, don’t overdo it with the flirtation texts. Match and mirror his flirtatious vibe. If he’s being flirty with you, return the flirtatiousness with these texts. If he’s not, perhaps you can try one of these texts (use your best judgment), but don’t send him too many. You still want him to perceive you as the high-value challenge he desires in a woman.

Then the next time you see him offline, increase your flirtatious vibe using the STEP system I referenced above.

So let's jump into a few examples:

***There's this cute guy I've been thinking about today...what should I do about it? ∞***

If he doesn't get this joke, dump him.

Just kidding.

Most likely, he'll play along and tell you that he's looking forward to seeing you. This text is incredibly effective because it tells him that he's on your mind without being too gushy for most men. It also requires him to be a little creative in how he's going to respond.

***If you knew you were going to die tomorrow, what would you do RIGHT now?***

The ideal response you'll get from your man is "I'd come see you." Now of course, not all men are smart enough to catch the bait, but at the very least, you'll spark a fun, light-hearted conversation. Be prepared to respond when he asks you what YOU would do right now.

I once had a woman respond with, "I'd quit my job, become a nudist and go to the beach for a sunset. Unfortunately for you, I don't plan on dying tomorrow."

She got my attention.

***I'm wearing something I know you're going to love. I'm ready for a good time tonight – I hope you're ready to deliver 📺 ∞***

This text has a sexual overtone and has plenty of playful vibes. It will build anticipation for what's to come and will make him work hard to deliver a fun-filled evening.

***I bet my weekend beat your weekend.***

This is a flirtatious text to send him on a Sunday when you haven't heard from him. It's playful, yet playful yet communicates to him that you have another life without him.

***Sweet dreams...with me in them.***

Tell him this right before bed. It's confident and flirty without coming on too strong.

***Your shirt tonight was definitely wayyy too tight, but it did show off your arms – and I'm definitely a sucker for big arms.***

This is an example of a flirtatious backhanded compliment. You're slightly insulting him (shirt being too tight), while at the same time complimenting him (nice arms). These are especially useful when you first start dating a guy and perhaps you're not ready to praise text him.

Also, if you've just started seeing each other, don't forget to poke fun of him a little!

Teasing is one of the most powerful means of flirtation possible. But remember, teasing can go horribly wrong if he reads it the wrong way. HSo here are some easy ways to tease him without ruffling his feathers.

***You're such a dork.***

***You're such a brat.***



“ *Are you always like this?* ”

“ *You seem like trouble.* ”

Adding a little smiling emoji after any teasing text is a great way to make sure that he knows you're kidding. But sometimes, you'll want to fight fire with fire, and if he's heavily teasing you, then hit hard in return!

“ *You're like my little brother,  
loveable but a little annoying.* ”

“ *I don't think we can be friends anymore.  
That's it, it's over 📺* ”

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## HOW HE'LL REACT

From my experience, women are innately better at flirting than men are. Some guys just don't get it and can get confused by flirtatious comments.

If this happens, don't FREAK OUT and don't outright say, "I was just flirting." Instead, just tone it back a little, and if need be, just let him know that you were just "goofing around." Your guy might be more of a romantic, so I'd recommend trying some romance texts next time.

# Funny texting



## **IF HE'S SAYING LOL IN THE REAL WORLD, THEN YOUR LOVE TEXTING IS WORKING.**

You'll probably agree that a sense of humor is incredibly attractive in a man.

So many women will say...

"He had me when he made me \_\_\_\_\_"

Answer: LAUGH!

And the same idea applies to men. We love a girl with a great sense of humor who can make us smile on command.

This can be difficult sometimes in real life if you're struggling with your confidence around men, but texting is an easy way to begin showing him that sense of humor.

\*Word of caution: every once in a while, some guys will show off texts (usually sexual messages) to their friends. Text messaging is usually private, but don't send him anything that would mortify you if other people saw it.



**Warning:** these texts are clearly over the top and should be used sparingly. But every once in a while, when you want to be a complete goofball, send him one of these to make him smile.

Because if you get him smiling, you're winning him over.

*Let's be like fabric softener and snuggle. Yup, I said it. ∞*

This is the cheeseball of all cheeseball texts, but it's cute and playful.

*I think you need to go to the doctor because you're clearly lacking some Vitamin Me.*

This text is great if you have recently been blowing him off or have been busy doing other things. It's a funny way to re-engage an old fling. You can even tell him you found this text online and HAD to send it to him.

***I'm seriously not drunk.  
I'm just intoxicated by you. ∞***

I've been telling this silly pick up line joke in my college speaking presentation for years. It always gets a good laugh, and as usual, is a playful way to spark a conversation on a Friday night.

This section is purposefully a little shorter because you definitely don't want to overdo it in the "funny texting" department. Send one of these randomly to him to get him smiling (and to prove to him that you have some personality), but don't do it every day. The best way to get him to laugh is to get creative while in conversation and make your silly jokes applicable to the conversation.

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## HOW HE'LL REACT

Most women have discovered that guys react with "haha" or "lol" because they are struggling to find a funny response! If he doesn't come back with a witty response, it's probably NOT because he didn't think it was funny, it's just because he doesn't know where to take it.

Just continue the conversation as usual, but know that your little funny texts are working and making him smile.

# High-Value Texting

I started Love Strategies™ because I truly believe that confidence is a critical component to attracting a great man who's interested in a long-term relationship.

Being a confident woman means that you:

- Know your worth and bring that value to a relationship.
- Don't try hard to impress him — you work hard to improve yourself and that's impressive in itself.
- Set boundaries for how a man treats you. If he follows your boundaries, you reward him. If he doesn't, you move on. Simple as that.
- Know that self-respect must come first in any relationship. If a man challenges it, he needs to be informed.
- Never invest more in him than he's investing in you. You're a challenge, not because you play games, but instead because he needs to invest his emotions and resources in you before you fully reciprocate.
- Are open to being vulnerable to a man when he's proven himself trustworthy.

Now that we're in the digital age, it's equally important to subtly share these principles via text. These texts are examples that you can use, but you will want to adjust them given his behaviors. I don't want you to come off too strong, so be sure to add an emoji at the end of any of these texts to soften the harshness of what you're delivering (when you deem necessary).



If a man is not interested in a committed relationship and is only interested in easy sex, he will not respect your confidence. These can be used as a way to weed out men who are only looking to play you. If he does disappear on you, you're probably better off.

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## BEING A CHALLENGE



Being a challenge doesn't mean that you're playing games or manipulating your guy, but instead, it means that you're actually going to make him work for it. If you're following my advice of keeping an active social life outside of the relationship, it shouldn't be too hard.

If you're single, you should continue meeting other men until the guy you truly desire forces YOUR hand into commitment. This usually means holding off having sex with him until he's showing clear relationship intent.

These texts shouldn't be hard to send so long as you're following these basic tenets of a high value woman.

**“ You can look, but you can't touch... ”**

Now he's going to be thinking about touching you, and everything he'll need to do to get there (which is a good thing). The best part of this text is that it is still overtly flirtatious (telling him that he can look), while at the same time making it clear that he's going to have to put more into the relationship to make it happen.

**“ You're going to have to try a LOT harder than that if you want to be with me. ”**

Do you find that men aren't putting in the effort to court you the way you desire? Well this text sends strong signals to him that A) he needs to put in more effort to make it happen, and B) if he does put in his time, "he'll be with you" — implying a relationship.

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## BEING PLAYFULLY CONFIDENT

**“*Stop always thinking about me...I know you can't help it, but it's going to drive you crazy.*”**

This is a flirtatious yet high-value message. You're assuming that he's thinking about you, and by making this assumption, you're letting him know that's how most guys react.

**“*I know I'm a good time... the question is, are you?*”**

You're slightly challenging his ego with this text. I remember the first time I got a text like this, I thought to myself, "Hell yeah, I'm a good time! I'm going to prove it to her!" He'll work hard to prove how fun he is to keep up with you.

This means you actually need to bring the personality next time you see him

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## SETTING BOUNDARIES

***You might have me confused with someone else.  
I'm really not that type of girl.***

Sometimes guys will push the boundaries to see what they can get away with. If you find that he's:

- Asking you for sexy pictures
- Sending you nude pictures
- Only texting you late at night for a booty call

It's your responsibility to set him straight.

You're immediately setting a precedent for the type of woman you REALLY are. It separates you from the pack and lets him know that he can't walk all over you.

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## HOW HE'LL REACT

Some guys just don't want a relationship and/or don't respect boundaries. They are in a phase in their lives where they only want to play the field, or they're just simply selfish and want you all to themselves without reciprocating affection.

If you're currently texting with a guy in this category, your high value texts may not connect with him. But the way I see it, you'll lose the battle, but ultimately win the war when you find a guy who does respect you and wants the same thing you want.

Alternatively, most guys will receive these high value texts and will see you in a different light. They may have previously thought of you as more of a casual fling, and now they'll begin categorizing you as wife material.

The way I see it, it's a win/win situation for you to position yourself as a high value woman via text.

# Praise texting



## LOVE TEXT HIM TO TELL HIM HE'S GOOD AT SOMETHING, AND HE'LL GO DO IT.

Sometimes a man just needs to feel appreciated and needed in a relationship.

But I get it, you're a smart independent woman who doesn't NEED any man!

Just realize that praising a man isn't necessarily about **needing** him for anything. It's about **wanting** him to help you and support you in your life.

I believe that when you're in a relationship, you should be giving that person the encouragement they need to support and love you. And that's what praise texting is designed to do.

Tell him exactly what you like or love about him so that he can keep doing those things.

So here's how to do it.

## Step 1: Brainstorm

Let's kick this section off with a very simple exercise.

Put this book down for a moment and brainstorm for five minutes EVERYTHING you love (or like) about your man.

- Sense of humor
- Sense of style
- The way he looks at you
- His confidence
- His ambition

Run with it, and jot down anything that comes to mind. You won't use all of them, promise.

## Step 2: Narrow it down

Now it's time to narrow down the most important aspects of what will draw out the most emotion in your man.

- What means the most to him RIGHT now?
- Is there something happening in his life that will make him feel extra in need of this praise?
- Where is he lacking a little confidence in his life? Confidence is simply an emotion, and if you can be the person to instill that within him, he'll become addicted to you.

Now let's narrow down your list to a couple of key praises that will mean the world to him.

## Step 3: Tell him

A lot of women struggle at this point with how to actually go about giving their man a little praise. Well, it's simple; you can start the text off with:

**“ I know I don't tell you this enough but  
[give him praise] ∞ ”**

**“ I love the fact that you always  
[give him praise] ∞ ”**

**“ I just thought you should know that you  
[give him praise] ∞ ”**

It's simple. Being totally open about the qualities in him you admire creates a new bond in the relationship. Many women report that their partners reciprocate with words of encouragement they'd never heard before from him. It won't always happen, but if it does, it's just an added bonus from praise texting.

Remember, this section isn't about you, it's about him. Making him feel more confident will make him want to invest more in the relationship.

Here are a few other approaches.

***I really need your opinion on something; you always seem to have the right answers. ∞***

Maybe there's something going on at work, or you're not sure what kind of new car to buy. Asking a guy his opinion (and praising the value of his opinion) is sure to draw him in. One theme I've noticed in healthy relationships is that both partners are constantly asking and giving advice to their loved ones.

So, find something that you want a little help with and ask him!

***I just realized that when I'm confused about something, I always ask myself, what would you do if you were in my place. ∞***



This is the enhanced version of valuing his advice. You're praising his judgement and implying that his judgement has rubbed off on you. Only send him this text if it's genuine and authentic.

***Every girl at work is envious of what we have and how you treat me. ∞***

He's going to love envisioning you at work telling all of your friends how great the relationship is. Is it stroking his ego a little? Yes. Is it going to make him want to live up to this new set of expectations? Absolutely.

***Have I told you that you're one of the funniest guys I've ever met? ∞***

Men know that a sense of humor is what all women want. If your guy really knows how to make you laugh, tell him. It'll boost his confidence to continue being that hilarious guy you initially fell for.

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## HOW HE'LL REACT

When you're in a healthy relationship, you'll discover that whatever you invest in the relationship you'll get back many times over.

Many women report that their man reciprocates praise that they'd never heard from him before.

# Romantic texting

Others find that their guy will continue with the behavior for which he's being praised.

If neither occurs, it's OK! Don't freak out — send him a few more praise texts over the next month and see if things change. Also, be sure to reinforce this message of praise when you're with him offline.

Finally, if you find that he doesn't give you any praise, perhaps there's a deeper issue in the relationship that needs to be addressed. I believe that every woman deserves to be supported and nurtured, and if he's not giving you this in return, you may need to have an offline conversation with him about how it makes you feel.



**ROMANTIC TEXTING WORKS SO WELL,  
YOU'LL WANT TO DO IT EVEN WHEN  
YOU'RE WITH EACH OTHER.**

Romantic texting is only for women in loving and committed relationships. They are specifically designed to be gushy and slightly cheesy — and that's exactly why they work.

They open up a new level of dialogue between you and your guy that you've probably never experienced before. And this new variety in communication will revitalize the positive emotion in your relationship.

These texts work because they're different from anything you've probably ever sent him. They're supposed to be over the top. So, before you decide that these texts aren't for you, I want you to think about the outcome you're truly looking for.

You want more romance in your relationship. You want passion and sensuality, and the only way to bring the spark back via text is by sending blind, over-the-top romantic love to your man. Amplify your love for him via text and watch it amplify the relationship.

***Have I ever told you that I'm head over heels for you? ∞***

Most people equate "being head over heels" in love with new relationships, but by sending this text, you'll bring him back to the early honeymoon phases of your relationship.

***I can't stop thinking about the way you looked at me the other night...it brings shivers down my spine. ∞***

He wants to be on your mind. He wants you to love him and he wants to know that he's pleasuring you. This is a very sensual text and lets him know that even the slightest look can make you explode with emotion.

***No one has ever made me feel the way  
I feel about you. ∞***

Lots of guys are insecure that they're unable to please a woman (emotionally and physically) due to issues in previous relationships. By sending this text, you're making it clear that he's everything you've ever wanted.

***Confession of the day...I can't stop thinking  
about you. ∞***

If he's on your mind, let him know. Use this text sparingly, but every once in a while, send him this random text letting him know that he's overtaking your thoughts.

***I think I know someone who might have  
a crush on you. ∞***

Juuuust in case you don't get it...**you** are the one who has a crush on him.

This is one of the more flirtatious style romantic texts. Use this text after he does something special or sweet for you. It's your way of showing your returned affection.

***You are everything I've ever wanted in a man,  
and more. ∞***

This text is guaranteed to connect with him emotionally and make him want to live up to your statement. Only tell him this if it's true.

***What are your two favorite memories of us?  
One romantic and one sexy... ∞***

It's incredible how this text at first appears incredibly cheesy, but I want you to imagine if your man sent you this text right now. How would you respond? Did your mind just go into overdrive thinking of all of the wonderful memories you've had together?

If you're like me, it triggered an immediate emotional response about Jessica. Exactly what love texting is all about!

***I just need you to know that no matter what happens, I'm always there for you. ∞***

This text is especially important if he's going through a challenging time in his life. Maybe there's something at work or with his family that's stressing him out. He needs you to know that you're his rock, so go ahead and send him the text!

***I loved being by your side last night. ∞***

Believe it or not, even if you've been together for twenty years, this text can be incredibly effective. It might feel a little random to him, but it'll also make him appreciate how important it is to have you sleeping next to him every night.

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## HOW HE'LL RESPOND

Many women report that their man responds with romantic love-filled messages that spark a newfound excitement in the relationship.

This is what we're eventually moving toward.

But of course, not all men are as romantic as you'd want them to be. JSO just realize that he may not instantly respond with the same level of tenderness you so desire, but you're on a good path forward.

# Scenario texting





## WHY SINGLE GIRLS SHOULDN'T ASK OTHER SINGLE GIRLS FOR TEXTING ADVICE

As I was writing this ebook, I realized that there are a ton of different scenarios that arise when you are dating that can really make or break the relationship.

Obviously, it would be impossible to write a book with every single scenario, but I wanted to address some of the biggest ones I've found while coaching women.

Not all of these may apply to you now, but who knows, you may find yourself in these situations in the future and come back to this program as a reference point.

## Right after he texts you for the first time

***“ It was great meeting you...(mention an inside joke or your favorite part of the night) ”***

Lots of women question what to do when they first give a guy their number.

For starters, wait and let him text you. He has your number and will reach out if he wants to see you again.

But then, after he texts you for the first time, it's perfectly natural to give him the feedback that you also enjoyed his company.

I get it, this text seems basic, but lots of women get this wrong and don't give a man the encouragement he needs when he does start pursuing you.

If you're able to reference something that happened the night you two met (insider text), it'll be even more effective. It will bring him back to the experience he had meeting you, and he'll be that much more likely to want to see you in real life.

## Before a date

***I'm expecting BIG things for tonight...  
you better bring your A game 🏆***

As I've mentioned time and time again, men love a challenge. We thrive on competition and sports.

So when you challenge him to a great night out, what will he do? He'll work hard to meet that challenge.

This playful text communicates to him that you're not an average woman, but instead a woman who wants only the best from a man.

You can even use this text if you've been together for many years. It'll force him to step up to the plate and put a little bit more effort into the date.

***Sexy blue skirt, or elegant red dress.  
You choose. Readyyyy go!***

Sexy, confident women are effective at bringing out a man's masculinity throughout the dating process.

This doesn't mean that you need to be submissive, but it will appeal to his animal nature if let him lead the course of the night. Let him unleash his masculine energy while you radiate your feminine energy.

FYI, It doesn't mean you're giving up control. Quite the contrary, you're **allowing** him to be dominant.

Finally, this text lets you know what's appropriate for the date (especially if you don't know where you're going)!

Win/win.

***I have a feeling our conversations are going to get really silly tonight, in a very awesome way.***

Dating is supposed to be fun and exciting.

Of course there are times when you may delve into deeper conversation, but when you first start dating someone, it's great to set the tone of the night.

This text will build his confidence going into the night. He'll be less nervous and more excited to be with someone he can laugh with.

You see, there are many women out there who are total buzzkills on the first date because they go into interrogation mode.

Some men get jaded by it. We begin to assume all dates are going to be boring, and by sending this lighthearted text prior to meeting up with him, you'll be communicating, "hey, this is going to be a fun night." AKA — you're different from the other women he's met recently.

## After a date

***“ I had a ridiculously fun time tonight.  
You’re a lot cooler than I thought :P ”***

This is a classic backhanded compliment. You’re complimenting him on how great the night was together, while at the same time letting him know that you were unsure about him.

The way to maintain power throughout the dating experience is that you are always deciding if he’s a right fit for you – not the other way around.

This is known as qualification (Little Love Step #4). You always have the power to decide whether you want to keep seeing him or not, and if he doesn’t meet your standards, it probably won’t work.

This is an incredibly powerful mentality.

And by sending this text to him, you’re letting him know that he’s still on the “watch list.” This will make him continue to work for your affection as you continue to get to know one another.

***“ Drinks, food, and incredible (handsome) company...  
what more could a gal have asked for? ”***

This text is appropriate if you've gone out with him a number of times. It's too forward after a first date, but once you've both really started seeing each other multiple times and it's clear that there's a connection, then tell him!

He'll look down at his phone, read this text and smile ear to ear. You're letting him know that he's fulfilling your needs without coming out and fully saying it.

***I'm really glad I agreed to go out  
with you tonight :)***

Simple yet effective. You're being open letting him know how great the evening was, while still making it clear that you weren't sure about going out with him in the first place.

You position yourself as a high-value woman when you make it clear that you are in control. You had to agree to him asking you out – and the very fact that you acknowledge this (subtly) in this text will tell him that you're a different kind of girl.

## Date baiting: get him to ask you out

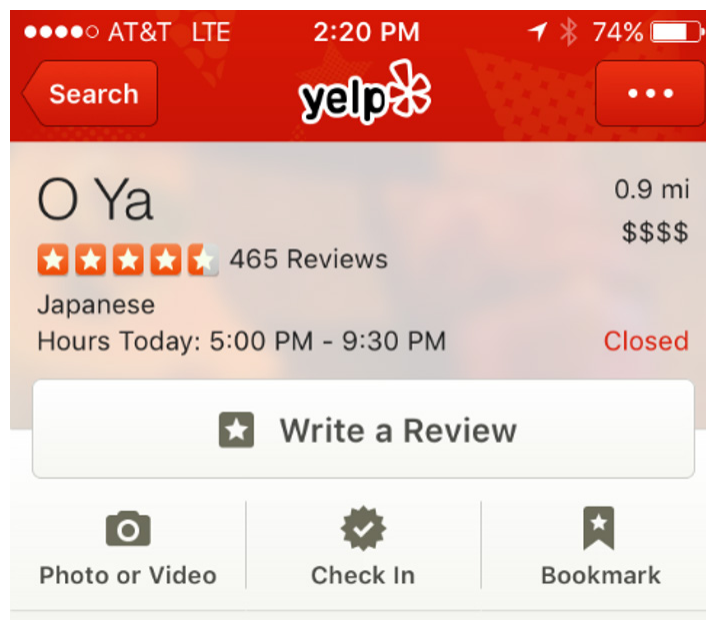
**“After this week, my schedule gets so crazy :/”**

Have you ever bought something because you knew that it was going to sell out quickly? Probably.

Why do you think flash sales are so effective?

If your texts seem to drag on forever, it's time to throw in some scarcity. This text is very effective because it's subtle and doesn't put pressure on him to ask you out...unless of course he WANTS to see you before your schedule fills up.

**“Have you ever been to this place? I really wanted to go there last night but my friends overruled me.”**



“ *[Send him a screenshot of a Yelp listing]* ”

This text communicates that you're social and have friends (always a good thing) and that you appreciate good food.

But more importantly, it creates the opportunity for him to ask you out without it being too obvious. If he's interested in taking you out, he'll jump on the opportunity to take you somewhere you've wanted to go.

If a woman sent me that text, I'd ask her out, not tell her where we were going, and then take her to that restaurant as a surprise.



## Bad date baiting — don't do this!

**“ Why haven't you taken me out yet? ”**

Don't lower yourself and your value by texting him this. Give him the windows of opportunity presented above and if he doesn't jump on the bait, he's probably not into you.

Not a big deal.

Move on with your life and find a guy who's smart enough to jump on the incredible opportunity to be around you.

## If you're out at night together

**“ You look so handsome tonight,  
I can't stop staring at you. ∞ ”**

**“ You keep distracting me. ”**

These two texts will build instant sexual tension between you and your man when you go out to a party or a gathering together.

Only send one of these texts when you two are away from one another at night. Perhaps he's talking to someone else, or you're at the other side of the bar. Regardless, these texts will make him yearn to be with you by the end of the night.

## When he's being too pushy to see you

***I'm looking forward to seeing you soon, but right now is a very busy time. Can I just reach out when I'm ready?***

Let me tell you this from a male's perspective — sometimes we have absolutely NO clue when to pursue harder and when to take a step back.

With some women, if a guy pursues harder, she'll be more likely to see you. With others, when you really give space, they come to you. It really messes with a guy's head.

So for starters, give the guy a chance, even if he's being a little pushy (within reason).

This text is designed to affirm that you do want to see him, but that you just need a little space. Then you politely ask him if you can reach out when you're ready, rather than just OUTRIGHT telling him that you will.

It's a soft approach that will put the ball in your court.

## If you went on a first date and don't want a second

Yes, it happens more often than not. You go on a date with a guy and there was no chemistry, it was awkward, or straight up, you're not into him.

That's totally fine. It's going to happen more times than not.

But what do most women do in this situation?

They do the classic fade out.

If he asks for a second date, they tell him, "yeah, I had a great time too! I'm super busy next week, but maybe sometime after that!"

He keeps his hopes up, waiting to hear back from you, but then your text responses get shorter and shorter...until they are no longer.

Or worse, some women just straight ghost on the guy.

This is must stop.

I believe in Dating Karma: you'll get treated the way you treat people. We call this the mirror effect in [Love Accelerator](#).

If you don't want to see the guy again, give him the closure he needs to move on. A simple text like:

***You're a great guy and thank you so much for a fun night, but I just don't see us being a good fit. I wish you the best.***

Yes, it awkward. Yes, it's hard. But it comes with the territory. Once you're married you'll never have to think about this stuff ever again, except maybe to laugh about it with your friends.

If he begins to get angry or bombards you with text messages, simply use the Block Caller feature on your phone. You did the right thing, you let him know it wasn't happening – and now you move on with your life.

Most of the time a guy will appreciate the forwardness, and then you've now built up some great Dating Karma moving forward.

NOTE: Do not break up with a guy over text if you've been on more than three dates with him. If you've been seeing him, sleeping with him, and dating him, it's your responsibility to meet with him in person (or at least call him) and deliver the bad news that it's over.

It's part of being human. No one ENJOYS breaking up with someone, and that's why only the courageous, high integrity people do it.

Be that person.

Build up some Dating Karma. It's worth it.

## Text response if he's getting too sexual too quickly

***Not to be a buzzkill, but let's get to know each other better before we start talking like that...:P***

Texting and Tinder have removed barriers for men and are giving them a podium to say things to a woman that they would NEVER say in real life.

And the worst part? Some guys think women want to hear this stuff.

The reality is that yes, many women do like to dirty talk, but not with a guy they don't know very well and not necessarily over text.

It's your responsibility to set him straight without cutting him off altogether (unless he's completely creeped you out — then NEXT!).

When you send this text, you're lightly communicating to him that you don't want to have this type of a sexual conversation, but once it turns into something more, then let's bring on the dirty texting!

***I'm not sure what type of girl you think I am, but I need to really get to know someone first before things get this hot 😊. Let's take a step back here.***

This is a more sexual response to his over-the-top sexual comments. It lets him know that you do have a sexual side, yet it's not time yet.

## If you want him to meet the parents

Avoid the "I'm ready to have you meet my parents." It sounds far too official and might add unnecessary pressure to the situation. Instead, try the following approach:

***My parents are actually in town this weekend  
– I think I'll be hanging with them.***

If he shows any interest or even responds with a "Oh that sounds great!" then simply let him know.

***If you're around, you could come  
meet up with us.***

If he cares about you and the relationship, he'll jump on it. But don't freak out if he doesn't take the bait. Maybe it's too early in the relationship, or maybe he's too nervous to meet the parents. If this is the case, give him a pass, but next time around, you can be more direct that you'd really like him to meet your parents (have this conversation offline).

## Textual healing: recovering from a bad drunk text

First, if you really think you screwed up, then yes, kick it off with a:

**“ I’m sorry about last night... ”**

Straight up apologizing is worthwhile. Lots of people make mistakes when drinking. Learn from it and try not to make the same mistake twice.

But just know that if you have to make a special effort to stop you from drunk dialing a special someone, you probably need to tone it down on the drinking front or stop altogether. At a minimum, try taking thirty days off from drinking any alcohol, and if you’re unable to do that, seek out AA. Seriously, you might have a self-control problem.

**“ I think last night I celebrated a little too much  
#worthitbutnotworthit ”**

This is for the less egregious late-night drunk texting. It adds a little humor to the situation while acknowledging that you were out of it. You can always add an apology to this text as well.

And finally, if you texted your crush a little bit more sexually than you should have, or you confessed something that mayyyybe you should've have waited on...then simply tell him:

***Well that's embarrassing. Isn't it funny what a glass of wine will get me to reveal?***

You're being vulnerable, yet confident in what you sent him. There's no going back now, you've already sent it, he's read it, and he's going to react the way he wants. At this point, you might as well keep it light, admit that you're embarrassed, and see where it goes.



Texts when  
you're in  
a fight 

Love texting is only for eliciting positive emotions in your man. When you're in a heavy argument, texting is actually one of the worst ways to communicate.

Here's why:

## #1 The fight will drag out

What could've been a five-minute conversation turns into a five-hour agony. Don't put yourself through the pain. Just be an adult and talk through your emotions in real life.

## #2 Your timing can be misinterpreted

When you jump on that hour-long work call that's been on your calendar for the past week, he might interpret that as you being uninterested in the fight... or even worse, the relationship.

## #3 He could just stop replying

Then what do you do? You're stuck. At least in the real world, if he hangs up on you or storms out of the room, you know where the relationship stands.

## #4 Usually you can't communicate your emotions succinctly

Regardless of what's causing the fight, chances are, you'll need more than a few sentences to communicate your feelings correctly.

***Never fight over texting. It's a lose/lose situation.***

Here's how to handle it:

***I really don't want to argue over text.  
Can you call me?***

If it's something that needs to be resolved ASAP, just have him call you. If he's not willing to call you, wait until you see each other face to face. Do not let yourself engage in further text fighting. Everyone loses in the end.

***I really can't talk right now. I'll come over after  
[whatever you're doing]. Will you be around?***

This is really up to your own personal preference, but if ever I'm in a bad disagreement in a new relationship, I'd prefer to play away game any day. This way YOU have the control to stay or leave if the conversation goes awry.

It also allows you to prepare mentally for the conversation.

Bonus:  
here's how to  
resolve  
an argument



Now that you've taken the fight offline, you'll want to come to some sort of resolution to the argument. Here are five simple steps to resolve it so that everyone wins in the end.

## Step 1: Be constructive and solution-focused

Ultimately you only want one thing – the relationship to grow. Because if a relationship isn't growing, it's likely dying.

This should be your mindset going into the argument – keep your eye on the prize and don't forget what really matters: resolution.

Kick off the conversation with, "I'm here because I want you to be happy, and this relationship means a lot to me. But with that said, I'm feeling [your emotional state] because of [disagreement]. I really want us to work this through."

This way he knows that you're really focused on finding a solution rather than playing the blame game.

## Step 2: Body language is everything

If you're fighting in person, it's important to make eye contact and rest your hand on his arm. Physical contact will create an added level of bonding to mend the argument. He needs to feel that you care rather than only hear it.

Furthermore, your voice tonality speaks more than words. If you're yelling, you're losing. If you can remain calm and soft while clearly expressing your needs, everyone wins.

If he continues to yell, let him know, "Listen, I don't want to discuss this when you're yelling. If you need a few minutes to cool down, go take your time and come back so we can work this out together."

Keep your composure and help him find his composure all along the way.

### Step 3: Affirm that you care about him

Unless you're about to break up with him, let him know how much you care about him. He needs to hear it, and so do you.

If he's unable to reciprocate with how much he cares about you, perhaps the relationship is completely off course and irreconcilable.

### Step 4: Be open to the fact that you made a mistake

Whether it's a business, platonic, or romantic relationship fight, there's generally something you could've done better.

Most people allow their egos to get in the way of admitting any potential fault going into an argument. Even if you only made a small mistake compared to his BIG mistake, let him know what you could've done differently and what you learned from it.

### Step 5: Try to discover what's right, not who's right

The ultimate goal is for you to resolve the argument, not discover who was right or wrong. The blame game can take a relationship in an unnecessary twisted tornado to break-up land.

Agree with him about what's right moving forward, and don't look back.

# Common texting mistakes to avoid ♡

Now that you've learned all the strategies about what to do when it comes to texting, here's a breakdown of many common mistakes people make when texting.

Let's get started.

## #1 Being too factual

Did you know that banging your head against a wall burns 150 calories an hour?

It's a fact.

Now that's actually a *fun* fact.

But barring random fun facts like this, most facts are incredibly boring, especially via text.

And if you're like most people, you're probably exchanging lots of "facts" about yourself or your life via text.

So if that's you, then please STOP!

Love texting is supposed to elicit an emotional response from your guy, and most "facts" about yourself (i.e., where you live or work) are incredibly boring. At best, you'll elicit a yawn from your guy.

So, from this point forward, try to infuse a bit more excitement in your texts. Rather than: what do you do for a living? Ask him:



***So what do you enjoy most about your work?***

Notice the word “enjoy” is an emotion-seeking question. You want to know something that brings him pleasure in his life rather than finding out the fact about where he actually works.

Keep this in mind when you’re texting with your guy and try to ask more insightful questions.

## #2 Asking yes or no questions

Rather than asking him, “Have you been to Shenanigans,” which can really only be answered with a yes or a no, ask him:

***Have you been to Shenanigans,  
and if you have, was it fun?***

It’s a small tweak, but notice that you’re opening up the line of communication much more beyond just a yes or no.

If you ask bad questions, you’ll get bad answers. If you ask more open-ended questions, you’ll get more creative answers.

## #3 Sending nude pictures

One picture can transform your life into a living hell.

It happens all of the time. A guy asks his girlfriend for naked pictures, and at first, she hesitates to send it.

The guy keeps pushing for it, and the woman eventually gives in.

He then shows all of his friends at work and sends it to his buddies to get approval of the new girl he's been hooking up with.

The woman somehow finds out and feels completely violated (rightfully so).

Don't let this horror story happen to you.

There's no benefit to sending a guy nude pictures, so don't do it! Be a high value woman who respects herself enough to only share her body with a man in real life, or with a man who she really trusts (such as her husband).

And if you reaaaally feel the need to send nude pics, at least use Snapchat. This way, the picture disappears once he looks at it once\*.

\*Be warned — people can take screenshots of your Snapchats and then they own the file for life.

## #4 Asking predictable questions

If you already know the answer to the text you're sending, why send it? For example, sending him, "are you going out tonight" is predictable if he's the type of guy who's always going out.

A better question (on the same lines) might be:

**“Do you have any wild plans this evening?”**

It conveys a little bit more personality and is actually getting to the heart of the question.

Or if you're in a relationship, maybe you've sent a text like this:  
“do you miss me?”

This text is not only predictable (he'll HAVE to say yes), but it's also validation seeking. Avoid this type of text altogether.

## #5 Being too formal

Texting is a casual pastime. It's not a Harvard thesis paper.

Although you'll want to make sure your grammar is correct, you'll also want to keep the tone as light as possible.

For example, this text: “I truly do want to participate in that event” is grammatically correct but is far too formal for texting. You'd never actually say it that way in real life.

Instead, you could say,



I know, it seems nitpicky, but you also don't want to appear uptight and make your texts painful to read.

***Text like you talk***, and if you're unsure about whether your text is too formal, read it out loud.

If it sounds awkward when you read it, rephrase it to read the way you would speak it.

## #6 Sharing unnecessary details — Aka writing a novel

Texting and Twitter have revolutionized the way we communicate. They force us to be succinct and get to the heart of what's important.

Avoid oversharing details in a text or writing a long, boring novel. Here's an example of a bad text:

"First I'll go to the mall, then I'm going to meet up with my friend from work, Suzie, and I think we're going to grab a drink at Clink where my other friend Jake works, and then I'm not really sure."

Now, I'll rephrase that text to the heart of what you're really trying to say and simplifying it:

***I actually have a super fun/busy day planned with some friends.***

Short, simple, and to the point.

## #7 Answering the text without a question

If you're trying to end the conversation, don't respond with a question. If you're trying to continue the text conversation, ask him a question. Simple enough.

So, let's take that same text from the previous section and just add a question to the end of it:

***I actually have a super fun/busy day planned with some friends. Are you up to anything fun?***

Now you're keeping the conversation going. You don't want him to feel like he's pushing a rock up the hill to keep the conversation going.

You want him to feel like it's fluid and engaging. Keep him engaged by asking him questions!

## #8 Being negative

I get it; we all have bad days and sometimes it's tough to find someone to vent to.

But texting really isn't the place for it.

Texting should be positive and interesting for him. The last thing you want to happen is that he looks down at his phone, sees a text from you, and thinks to himself, "oh geez. Here we go again."

Love texting is supposed to **add value** to his life rather than you trying to **extract value** from his life.

If you send a text like this: "ugh, I hate my job," all you're really looking for is him to make you feel better. Don't extract value. Add value.

Instead, perhaps you can say:

*It's been kind of a rough day, but I just went for a walk and am already feeling so much better. It's beautiful outside!*

At least this time around you're creating a positive spin on something negative. Leave it on a high note and let him know how beautiful it is outside.

This doesn't mean you can't vent to your man about negative things in your life. Instead, I urge you to leave these conversations for real life conversation.

## #9 Texting him about why he's not texting you

The majority of the time he's read your text and just hasn't had a chance to respond to you (or is not going to respond).

Maybe he's too busy, or he's trying to slow down the pace of texting (because he's feeling overwhelmed by the number of texts you've already sent).

Regardless, never, ever, ever send the "why aren't you responding?" text.

If you're in a relationship, you'll be able to see him again soon in real life.

If you've just started dating the guy and haven't heard from him in a while, don't spoil it by being impatient. Give him some time to respond. If he doesn't respond, maybe he's not interested.

Have the self-respect not to chase a guy and ruin any future chance of the relationship. If you play it cool at this point, maybe you'll run into him again in real life and can rekindle the flame.

Otherwise, save your emotional energy for a guy who's dying to respond to your love texts in a meaningful way.

## #10 One-word texting

Eliminate these types of one word texts from your texting arsenal:

“ *Ok* ”

“ *Hi* ”

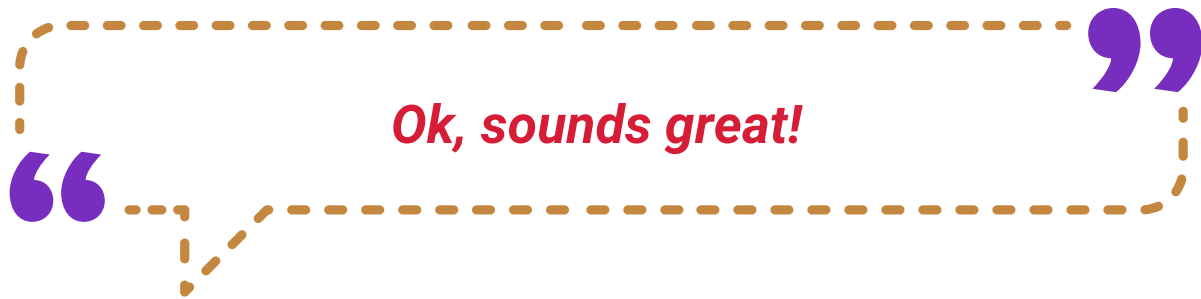
“ *Huh* ”

“ *Cool* ”

“ *Whatever* ”



They're devoid of any real personality. Even just a simple



adds much more to the conversation.

## #11 Over-complimenting him

In the praise texting section, I reviewed the importance of making your guy feel wanted and loved. However, if these love texts are unreciprocated, it's probably time to tone it back.

If you're single, then of course you can shoot him a flirtatious compliment (or even a backhanded compliment), but use these sparingly.

Compliments can be very powerful because few women do it. But if overdone, you'll appear needy and risk losing control of where the relationship is going.

# Timing your texting

One of the biggest questions I get about text messaging is when to text someone. So, this section is designed to address these concerns.

## Mirror texting

The problem with texting is that you can send one at ANY time, day or night – essentially, whenever you feel like it.

But from this point forward, you need to be emotionally strong. Don't let your emotions get in the way of logic.

If he's only sending you one text per day, generally reciprocate in the same way. This is called **mirror texting**.

Mirror his pace, and if anything, go even a little slower than he is.

One of the biggest texting mistakes both men and women make is text bombardment – sending multiple texts back to back hoping for a good response (keyword: hope).

Don't fall in this trap. Have patience.

If you've met a smart, successful, confident guy (which is probably what you're looking for), then he has a lot going on in his life. Mirror his pace and allow *him* to increase the frequency as he becomes more emotionally invested in you.

If you find this to be nearly impossible and always seem to over-text, I recommend you begin a meditation practice of some sort. Chances are that you're letting your emotions get the best of you.

## Avoid texting during work hours

I happen to work at home and have a pretty flexible schedule, so when I receive a text in the middle of the day from Jessica (my wife), I'm happy to respond.

However, this isn't the case for most people. Most people have intense jobs where they're talking to people all day and barely have a moment for their personal lives.

Be very cautious texting him Monday to Friday 9 a.m. to 5 p.m. because even though he may respond to your texts, he might not want to be distracted.

## If i give a guy my number, Should i text him first?

The painful but true answer is...not really.

***Never invest more in a man than he's investing in you.***

By allowing him to take that very first step, you're letting him make that initial emotional investment in you. I'll tell you from firsthand experience, there's nothing more nerve-wracking than sending a woman a first text and having NO CLUE if she'll respond.

A man will sit there, look at his phone and wonder, "am I good enough for her? Did she even like me in the first place?" and believe it or not, these are good questions for him to ask!

Let him sweat it out a little bit (2-3 hours is generally best), then give him the response he so desperately desires.

NOTE: Now of course, common sense always prevails, given your situation,

and if he doesn't have your number, and he gave you HIS number, then you should go ahead and text him first.

## What should i do if he doesn't respond to my text?

Just chill out and wait.

Maybe he's busy at work.

Maybe he's on vacation.

Maybe he's biking.

You don't know — and the easiest way to turn him off is by over-texting. If he never responds, and you know you'll be seeing him again soon, wait until you see him in real life to bring your A-game personality!

If you'll never see him again, wait a week and then send him one of the bait texts that I shared with you earlier to potentially reinvigorate the relationship. Just know, this is a last resort and rarely works out.

Whatever you do, do not go for back-to-back, same-day texts. He saw it, he read it, he just hasn't had a chance to respond yet — or unfortunately, he's never going to respond.

## What if he texts me late at night?

Don't respond that night.

Let him wake up hungover and freak out that he might not hear from you again because he's an idiot — then send him the following love text.

*Hey drunk, rough night?*

It's playful and pokes fun of him for being a late night texter.

Whatever you do, don't apologize for not responding. You're not the type of girl who will accept booty calls, so there's no reason to apologize!

Now he'll have to put in the work to win you over again.

## Don't text when you're upset

Love texting is all about eliciting positive emotions — not negative. The best part of texting? YOU choose when it takes place.

If you're overwhelmed with emotion, you'll probably end up sending him a text that you'll highly regret.

Go for a run, go to yoga, meditate — then come back to the drawing board. Chances are the text you'll now send will be much more strategic.

## Avoid texting when you're drunk

Drunken texts so rarely end up with you anywhere except in his bedroom. If you want him to categorize you as girlfriend material, position yourself that way and avoid the jumbled texts like:

*I juyt walt you to knowf thaf you're sexy*

Well, now he knows how you feel, but will he feel the same way? Probably not.

# Bonus section: other types of texts ♡



It's the digital age and luckily there are many types of texts you can send your man beyond just the written form.

Try one of these texts to elicit a new conversation with your guy.

## News articles

Educated men love educated women. If you're reading the news or come across an interesting article, send it over to him!

If you're unsure of his political views, I'd be cautious delivering anything too politically polarizing, but you could send him an interesting local story or apolitical report you just read. It can spark an interesting little text conversation.

## Sexy shoes

Instead, try something a little more subtle and sensual. Send him a picture of your new shoes...

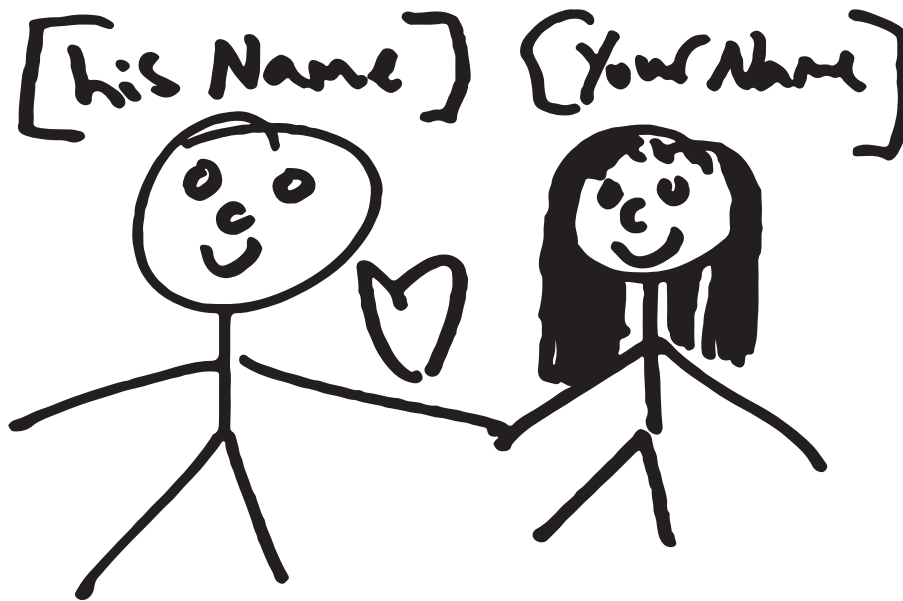


And guess what? They also happen to show off your legs a little bit. Subtle and sensual.

## A cute drawing

Draw a stick figure of you two kissing on a piece of paper with his name and your name on it (make it personal).

This drawing took me thirty seconds to create (as you can probably tell).



I once dated an artist and she would send me cute little pictures like this (obviously MUCH better), and I would cherish them. Only send lovey dovey pictures like this one if you're in [Little Love Steps #6 or #7.](#)

## Youtube videos

Want to elicit some emotion in your man? Send him a link to a motivational YouTube video [like this](#).

Obviously find a video that really appeals to you and send it on over with a “Happy Friday” note (or something along those lines).

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### **TIP. AVOID SENDING SELFIES!**

We have become a selfie nation. Everywhere you go, you see men and women walking into poles as they attempt to post a selfie on Instagram.

Personally, I find selfies to be slightly repulsive and would never date a woman who's so self-involved that she needs to constantly post pictures of herself to social media.

Take action 

When I was first asked to write a book on love texting, I immediately rejected the idea.

For many years now, I've felt that things like texting and social media have been hurting our ability to connect with one another in the real world.

I've always felt that if you have something meaningful to say to someone, hold their hand, look them in the eye and say it.

But then I began thinking about it and realized something that set me free. Most people text meaningless nonsense to one another.

Imagine if I could show other people how to send quality messages that actually improve their existing relationship in real life?

And that's what I set out to do in this book.

Now that you've read it, hopefully you've realized that the steps you'll be taking in the book are not intended to replace critical conversations that must be had in real life.

Instead, they're designed to simply help you connect with someone in a different way than you're able to in real life.

When we're able to read a nice message from someone we either like or love, it makes us feel something different than we might feel if we heard it in real life.

I'm constantly taking screenshots of love texts I receive in my relationship because I'm able to go back and feel that incredible emotion over and over again.

This is something that's not possible when a message is delivered in real life.

So, get out there, send him some love texts, and make his day. Then when you're with him in the real world, tell him how you feel and how important he is to you.

Reinforce these emotions through your actions and accept his love when he reciprocates.

Because whether you're sharing your love in real life, or through a text message, it's still the same thing — love.

*“Only once in your life, I truly believe, you find someone who can completely turn your world around. You tell them things that you’ve never shared with another soul and they absorb everything you say and actually want to hear more. Laughter seems part of daily life where before it was infrequent or didn’t exist at all. A phone call or two during the day helps to get you through a long day’s work and always brings a smile to your face. In their presence, there’s no need for continuous conversation, but you find you’re quite content in just having them nearby. Life seems completely different, exciting and worthwhile. Your only hope and security is in knowing that they are a part of your life.”*

**-Bob Marley**

# Faq section

## I never got a response... What do i do?

For starters, don't freak out!

You are going to be OK.

Most people overanalyze texting and the lack of response to be more than it is. He could be busy, he may have read it, smiled and forgot to respond, or he could've lost his phone.

You won't know.

Just wait and see.

If you're like me, you'll probably want an answer immediately and agonize over the lack of response. But I've found a way around it.

Shut your phone off completely for three hours.

Seriously, go beyond using the Do Not Disturb feature or Airplane Mode.

Shut your phone off for three full hours and go do something constructive. Work out, paint, cook a healthy meal, or meditate. Whatever will preoccupy your mind.

This is how we're meant to live. Our brains are not designed to constantly be bombarded with text messages or the hope of receiving a text message. It's a drug.

And the best way to remove your addiction is to turn it off and step away for a while.



Chances are when you return to your phone, you'll be less sucked into the texting vortex and can think rationally.

If you just recently started talking to this guy, and he's no longer responding to your texts, chances are that it had nothing to do with the texts. He may have moved on, he may have not really been interested in the first place, or he may have found someone else.

It's his loss. Don't let it ruin you. "NEXT!"

If you are in a long-term relationship and he didn't respond to your text, simply wait until the next time you see him. Don't judge his behavior based on texts. Only judge it based on how he's reacting in the real world. And if he's coming off as distant or emotionally removed, be an adult about it and have a real conversation with him.

Ask him, "Is there something going on that you want to talk about?"  
If he replies, "No," give him a little space.

There might be something else going on in his life that he's not yet ready to share. Do not push him too hard.

If, however, this becomes a pattern and he's constantly pulling back from you for weeks on end, you can have a new conversation with him. Explain how he's making you feel and that it's important for you and him to feel open enough to talk about what's going on.

## How long do i have to do this?

If you're like me, you may not actually **like** texting.

You might find it to be a little invasive and frankly, distracting from your everyday life.

But the world communicates via text messages more than almost any other medium (especially with close friends/relationships).

The simple answer is — you'll want to keep love texting him for as long as it's adding value to your relationship.

This doesn't mean that you need to do it every single day, or every single week for that matter, but it's worthwhile for you to come back to this guidebook every few months just as a reminder of how to really connect with him while you're apart.

Many couples find that once they start love texting, it just becomes a daily part of their lives that they truly enjoy.

Other couples find that it's the spark that ignites more passion in the relationship. They start love texting for a couple weeks and then continue the love in the real world.

It depends on your relationship and quite frankly, how much you're enjoying the process.

## This stuff seems cheesy.

Indeed it is, and that's the point.

Don't be too cool for school. Love isn't supposed to be "cool," it's supposed to be fun, hilarious and romantic.

Anytime you think to yourself, "ew" or "gross," I want you to think about where that's actually stemming from.

My guess is that it's probably coming from a place of fear rather than love. You're afraid that he might not think you're "cool."

Or worse, that he might reject you and never respond.

But let me tell you, nothing meaningful in my life has ever come from a place of trying to be cool or avoiding rejection.

To do something great, you must always be taking a risk. By opening up your heart to him in both the real world as well as in the digital world, you're opening up your relationship to a new level of intimacy that may never have been achievable otherwise.

So yes, please, be a cheeseball. Be a love ball. Don't let fear stop you from intimacy.

Go for it. Send him a love text.

## This seems too simple.

I've been teaching love strategies for over 10 years now, and I've discovered the simpler the technique is to implement, the more effective it is for the client.

Love texting is easy for a reason. If even one text improves the dynamic in your relationship, it was completely worth it.

And chances are, if I made this book 450 pages long with 68 different strategies, you would be so bombarded by options that you would never actually send a love text.

This guidebook is designed for you to take immediate action. No waiting around, no analyzing which strategy is right for you and your situation.

Don't allow the simplicity of the program to hold you back. Send some love texts today and enjoy the results that are gained from the playful banter that can occur through digital communication.

## I'm gay...Does it still work?

Absolutely.

This book can be used for any gender or sexual orientation. The language in the book is mostly for heterosexual women because that's the vast majority of my audience.

With that said, these texts can be used for lesbian, transgender, bisexual, and male homosexual relationships.

You may need to change some of the implied gender roles in the texts to your given sexuality, but they will be equally effective for you.

## I need help finding love

We have two paths toward lifelong love:

### **Love Strategies Lab™**

A membership community of women getting answers to their most pressing questions about love & relationships. Get instant access to a dozen courses, live Q&A, and a private interactive community.

#### **Who it's for:**

Any woman in any stage of dating & relationships

[Explore the Lab](#)

### Love Accelerator™

This intensive group coaching program walks you through the 7 Little Love Steps™ to attract the relationship you desire. Get premier coaching, unlimited support, and feedback to attract long-lasting love successfully.

#### **Who it's for:**

For single women focused on finding a lifelong partner

[Explore the Accelerator](#)