



**FROM INSECURE TO LOVED**



**KRISTINA LANE**

Welcome to your first stop on the way to your Happy Ever After!

## A Note From Kristina



*What if you could feel totally appreciated and loved? What if you look up and catch your guy exuding his adoration for you? What if the warmth coming out of his eyes was always in abundance? What if you knew that no matter what you did, he would be there for you?*

This report will help you feel exactly that with your man.

And if there's no man in your life, this report will help you find him.

You'll feel more empowered in dating, finding a partner for life, and turning around a sour relationship.

### ***And those changes can happen fast.***

*I know because that's how it happened for me.* Less than a year before I met my husband, I was so lost in my insecurity and non-existent communication skills.

I was successful in my studies (three graduate degrees!) and a corporate career, which required good communication skills, but when it came to guys, I felt like the stupidest, least educated person in the entire world. I was clueless.

For so many years, I didn't feel appreciated, cherished, and loved by the men in my life. Or sometimes, there was no man.

Regardless, I so often felt that all men were jerks.

And somehow, *at the same time*, I hoped to find a man who would make me happy.

I now know that that was a very tough task for any man.

*I didn't know how to accept love or communicate my needs. No matter how good the man in my life was, I'd eventually get angry and resentful. I'd store it all up for a while, pretending that everything was fine and hoping that it would pass.*

Then I'd explode.

After each disaster I'd start suspecting that there was something wrong with me and feel overwhelmed by fear that I'd never have the love I hoped to get.

***And then it all changed.***

*With a few "secrets" I learned, I started calling the shots with men.*

For so many women those "**secrets**" are no secrets at all. But if you're like me, your whole life may change from just a few insights.

The "**secrets**" opened me up to my future husband and helped me inspire him to propose to me after only three months of dating.

The "**secrets**" keep our relationship fresh after two years of marriage.

The "**secrets**" turned me from someone so lost and clueless to a woman in charge of her love life. I want to share those "secrets" with you.

*Tonight, you may be preparing for tomorrow's corporate meeting or you may be a stay-at-home-mom cleaning your kitchen after dinner while your husband and kids watch TV.*

If you're unhappy and mulling over it in your head, I know I can help.

***No matter where you're now with your man, or men, or lack of men, it can all change quickly.***

You'll enter a *virtuous cycle*, where you'll feel more and more comfortable with men, which will make you more and more attractive to them, which will make you feel even more secure, which will just draw men in . . .

Love,

Kristina

## **SECRET # 1: Date Like Crazy (Don't Skip, Even If You're In A Relationship Or Married – This Secret Will Be As Useful To You As To A Single Girl)**



***What if you could feel totally confident about how attractive you are?*** What if men were just drawn to you?

While I'd occasionally get approached, I often felt totally unattractive and even invisible to men, especially the men I was interested in.

And as for those who did approach, I'd sometimes give out my number but also I often felt angry with them for not satisfying my requirements. And then there were those who seemed interesting and interested but would lose all interest so quickly. What was possibly wrong with me?

Nothing!

***It took me a long time to figure it out but it's not who we are that turns off guys but what we do.*** It's often the vibe that we emit that can make a guy feel hypnotized by us or send him running.

About a year before I met my husband I had my first experience with online dating. While I was getting dates, I was not getting any second dates. At least not with anyone I wanted to have a second date.

At first, that made me feel sad and insecure.

Here's something I learned a few months into the process. Dating isn't ONLY about numbers working for you (the more you date the more likely you'll meet Mr. Right).

It's also about, what Rori Raye calls "free therapy."

*Once I started flirting with guys instead of having friendly or business-y conversations, I really started enjoying the whole process.*

I was just sitting there in a café or a restaurant, throwing little challenges at the man, drinking in his attention, and enjoying his little discomforts and growing excitement.

Does it make me a bad person? Well, eventually, my biggest “victim” was my now-husband. Indeed, he occasionally complains how he felt in those days.

But mostly he tells me how incredibly happy he is. So, here’s the thing, enjoying yourself is not “immoral.”

And guys actually like the chase, so even those little discomforts may feel quite wonderful to them. (More on “morality” in secret 4).

When I just started dating online, I was always perplexed by a phrase that many guys posted on their profiles.

They looked for a girl who would *challenge* them. I so wondered at the time what they meant.

Did they actually want a girl to make them jump through the hoops? Pretty much, yes.

What if you feel that excitement of a man, maybe even the man you know you’re not interested in?

What if you put all judgment aside, and enjoy the attention?

*You’ll feel so powerful, so confident in your looks and charms.* It’s almost addictive. Even if you dread dating now, you might find that you’re looking forward to dates once you learn how to enjoy them.

One big thing here is to take a date for what it is.

For just an hour that you spend with a guy who you barely know, try to have as much fun as possible.

Try to drink in as much adoration and desire from this guy as he’ll give you.

Even if you know from the first minute you see him that he’s not the one, you might still have a great time . . . you might even want to go with him on a few more dates.

***And that power and confidence that you’ll receive will spill over into all other areas of your life.***

You'll smile more, more men will look for reasons to talk to you.

Before you know it, it's raining men and they're getting better and better.

*If you're in relationship or married, are you still reading? Thanks for staying patient.*

Here is how everybody can "date."

**Treat every encounter with any man as a little date.** Whether it's a clerk in a grocery store or someone sitting next to you on a bus or a plane, spend the next few minutes or the next few hours as if you're on a first date.

Flirting, and receiving attention.

*Your energy level and confidence will surge.*

You don't have to be single to do this last bit. I know, a little flirting, a smile, a thank you to another man, may feel like cheating on your guy.

For sure, that's how I felt, for most of my life.

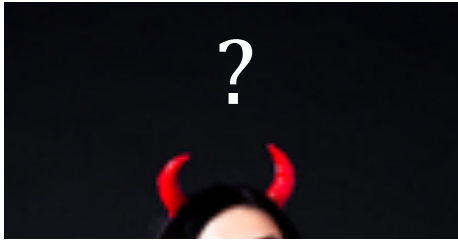
And guess what? That's just an assumption you make. What if you did not have to feel that way?

More on "morality" in secret 4.

For now, just make a different assumption. That your husband or boyfriend will feel drawn to you if he witnesses you flirting with someone.

And if he is not there, when he sees you later, *he'll feel your vibe change* and will be inexplicably drawn to you without knowing what hit him.

## SECRET#2: Convert Drama To Romantic Power - Change The "Fight Rules"



Do you feel like that jerk or those jerks will always stay the same? That you need to explain to your man how he mistreated you and maybe next time he'll do better? Do you feel that no matter what you say, you'll end up in a nasty fight?

Would you rather hold it in?

*For so long in my life, I'd ignore things I didn't appreciate about my men, secretly collecting them in a special "how could he do this?!" drawer in my head. And then, inevitably, that drawer would overflow, and I'd explode.*

A few of these explosions, and the relationship would be over.

It felt like a trap. Damn if you complain, damn if you don't.

Saying nothing and you suffer and brood. Fight and you'll both suffer. Fight a lot, and that's the end of the relationship.

Here's another recurring desire revealed by guys online (in addition to the want to be challenged) ...

***They want "no drama."***

I'd always feel a sting seeing the "no drama" requirement. I felt inferior to those supposedly existing no-drama women and I'd be upset with the guys for not being able to handle the drama.

Can't they grow up and realize that life is not all fun, that sometimes you have to have serious conversations, that sometimes people shout at each other and use sarcasm, and isn't it nice to make up afterwards?

Turns out that being a grown up is very different than shouting at my man.

Now looking back, I think my understanding of how relationships work had been based on how relationships work in drama movies.

And it turns out, life is not a movie.

*You don't have to hold it in, you don't have to shout, there's a third option.*

You can discuss all kinds of issues with your man and be serious and cry but remove the drama.

***I call it "grown-up fighting," but it actually doesn't look like fighting at all.*** You tell your man how you feel, what you want or don't want, and you remove all sarcasm and "smart" things that you only want to say because they will make you look so sophisticated.

You stay vulnerable and open even if it means shaking all over. You cry if you feel like it. But you do not accuse or blame.

This is hard the first time you try it.

But just like getting a positive boost from a date or a store clerk, not letting all your energy being sucked into a fight, *feels empowering.*

And just like with dating, you start getting some results soon. For me, one of the biggest boosts of the grown-up fighting was that I started feeling more mature and wise (hence the name, "grown-up fighting").

Before I discovered "grown-up fighting," I often felt like a child throwing a tantrum. I'd occasionally feel proud for making a particularly nasty and well-argued remark, but mostly I'd just wonder where on earth would I ever find a man who'd be able to tolerate me.

Most importantly, while it's not a good idea to focus too much on desired outcomes, "grown-up fighting" is your best shot at getting those outcomes.

*For me, the best outcome of a "grown-up fight" was inspiring my future husband to propose.*



## SECRET #3: Let Him Drive



How much do you do for guys?

I grew up in the Soviet Union, where several generations of women did everything around the house, including washing their husbands' socks by hand. A bit extreme, isn't it?

You probably do much less for your guy. Well, maybe you do his laundry but you sure use the washing machine. Maybe you invited him for a dinner at your place because last time he cooked for you. Maybe you never actually do anything for him but you make sure you remind him to take his tie when he travels. And when you travel together, you're the one keeping track of gates and boarding times.

After all, hasn't feminism "won"? Aren't we all equal? Isn't it only natural that we, women, invite guys on dates and pay for dinner, at least occasionally?

And besides, if you don't do certain things, they might never get done, right? What if you miss that plane because you did not bother to check the time?

***Now let me ask you this.*** *How does it feel to do things for a guy, even if it's just a reminder to not forget his passport or asking innocently which gate you should be going to?*

Do you feel cherished and loved at this moment? Or maybe you feel a bit resentful that you have to deal with a baby instead of a man?

I used to be the queen of not letting guys drive.

I initiated at least four different relationships. I'd of course have preferred that the guys were the initiators, but I had such a brilliant excuse every time "Oh, he is just too intimidated by me, I'll give him a little help and then he'll be so thankful and will totally give me all the love in the world."

NOPE.

This “strategy” did not work at all. I’d soon find myself locked in relationships, where the guys, no matter how sweet they were, would just take me for granted.

*In my extreme dating expedition, one thing I tried differently, is to stop “helping” men unless specifically asked to do so.*

They got to plan the dates, set times, chose restaurants. I wouldn’t even look into the checks when they arrived.

Not doing anything may at first feel really hard. Indeed, surprisingly few guys appear to realize that in order to have a date they have to tell the girl at least two basic things – when and where we are meeting.

How often I found myself two hours before the date not knowing where it was going to happen. How tempting it was to write that “innocent” text: “So where are we meeting tonight?”

NOPE. It’s on him to set things up and if he does not, there are plenty others (see secret 1).

*The best thing about this approach is that it’s so relaxing. You don’t have to worry about anything anymore. Your guy will handle it. (And if not, see secret 1 and secret 2).*

### **Now what if you’re in a relationship?**

If for so many years, you were putting yourself in charge of arriving to the airport on time, “helping” your husband drive the car, giving him little massages . . . The list can go on forever.

Maybe you’re a woman for whom this approach works well. But if you feel drained and underappreciated, it probably doesn’t.

Try dropping some of your “responsibilities.” Next time you’re leaving for the airport or a party, tell your husband that you’re ready but don’t remind him that you’ll be late if he does not hurry. Maybe you’ll miss that flight, but you’ll also have an adventure, and you’ll let him drive the car of your relationship.

So many women complain that they want their men to do more.

Here is a simple secret.

*Do less yourself. Open up that space for you man and he'll step in (and if he does not, see secret 5).*

If you want more insights into how to let the man drive while you feel powerful and secure, if you want to know what to say to a man who wants *you* to drive, I will practice all kinds of scenarios with you during our coaching sessions. Sign up for a FREE Security Building Session at

**[www.KristinaLaneRelationshipCoaching.com/coaching/](http://www.KristinaLaneRelationshipCoaching.com/coaching/)**

## **SECRET #4: Rethink What's "Moral" & "Ethical" - Banish Guilt**



Are you afraid to date, flirt, or let your man “do everything” because you think it’s “wrong”?

For so many years, I used all kinds of rules stemming from by ideas of good and evil. I now realize that some of these rules stood between me and my happiness. Here are some:

- If I flirt with someone when I am not single, I’m being bad.
- If I had a date with a guy, I have to be completely sure that he and I aren’t together before I can have a date with someone else. Otherwise, I am cheating!
- I have to be nice to my date or boyfriend or husband and do my share of planning, paying, doing work around the house, etc. (I’d secretly want him to do much more but believed that that was unattainable or immoral).
- If I’m in love with the man, I should stay by his side even if he’s neglecting me, especially, if he’s in some kind of trouble.

Those rules didn't make me happy. Neither did my adherence to these rules make the men in my life happy.

I'd feel trapped in a relationship, unfulfilled, and not getting what I deserved.

And he would feel like there was just no way he could make me happy and that's pretty much intolerable for any guy.

**Once I dropped those rules, life was suddenly easier *for both me and the men in my life.***

Easier, happier, more fun.

From that perspective, dropping those rules is way more "moral" and "ethical."

So... If your reaction to a piece of relationship advice is something like

- "I can't do it, I'm not an egoist."
- "I can't do it, I'm not a slut."
- "But wouldn't that be hurtful to the other person?"

*Ask yourself if adhering to these rules makes you and your guy happy?*

What if your ideas of good and bad didn't have to be set in stone?

What if you could banish the guilt and embrace the love that men want to give you?

What if your "moral" rules are holding you back.

See what happens if you lift them temporarily. Experimenting is everything!

## **SECRET #5: Men As Home Appliances. If It's Not Working, It Could Be Broken Or You May Be Pressing The Wrong Buttons**



Do you feel like your guy or guys in general mistreat you, don't appreciate you enough, or act as jerks and morons?

For years, that's how I'd feel about guys most of the time.

It sometimes vaguely occurred to me that I was contributing to the relationship fiascos, but I'd brush away those ideas.

Looking back, I am not surprised anymore that all those relationships ended in drama and pain. I was doing the same thing again and again and it's amazing that I somehow expected a different result.

Imagine you bought a washing machine and it's not functioning properly. You throw it out, buy a new one, and the same thing happens. Imagine you repeat this ten times.

Crazy, isn't it? And yet, that's exactly what I was doing with guys. I was pressing the same buttons every time. And apparently, those buttons were not working for me.

But instead of choosing to press other buttons, I'd just replace the washing machine and expect better results.

**So, if you're on the cross-roads of whether or not to be with a certain man, whether it is at the end of three dates or after thirty years of marriage, *I want you to try pressing different buttons before announcing that this washing machine is broken.***

The relationship might start working. You can't change a man *but you can inspire him to change* by changing your own words and actions. And if it doesn't happen, you have the greatest power of all – the power to leave.

One thing that I don't want you to do is to go on a guilt trip about not using the right buttons.

What happened happened. The past doesn't define the future.

Had I pressed different buttons with some of my exes, I might still be with one of them. And that would be so much less amazing than what I have with my husband.

Before my husband, my longest relationship lasted for four years. Most of that time, I felt unloved and resentful. When a few years later, I realized how I had contributed to that disaster, I actually felt *power*, not *guilt*.

The realization, that I was in charge, that it's not some ill fate or moronic guys that were responsible for my unhappiness but that I have all the power in my hands, made me feel elated and relieved.

I could now build something else.

I just needed to read the manual for the washing machine and practice pressing the recommended combination of buttons!

### **SECRET #6: Love Is Like Algebra: It Isn't A Miracle Or About "Luck" - It's About Skills And Practice**



So, where is that manual? You may ask. It's not that often that you go on a date and the guy shows up with a user manual.

And if you're married and ask your husband what he wants you to do differently, you'll either get a polite "Everything is great honey" or something much less pleasant and no more useful.

And even if it is useful, it may feel uncomfortable and painful. It may feel like you're trying to drive and throw you into an insecurity vortex.

And if you're dating, do you need to study a new manual for every new case? That can be exhausting!

The good news is, there's pretty much just one manual . . . one textbook that you need to study and follow up with practice.

*As different as men seem to be, you'll get the same reactions from most of them if you press the same buttons.*

For example, if you accuse a man of anything, he'll probably get defensive, or shut down, and, most importantly, it is unlikely that he'll change his behavior. Even if you convince him to promise it to you.

So where do you get the manual?

There is a ton of books and programs and blogs out there. They repeat each other a lot. If you're reading this ebook, you're probably familiar with some of the other books.

Which means, *you have the manual already!*

***What you're missing is the practice!!***

I encourage you to set up a free trial session with me. Through *practice* role-playing, I'll help you feel comfortable talking to random people and your man.

We'll *practice* dialogues, where I'll play the guy and coach you at the same time.

AND I'll keep you accountable.

Just like that middle school teacher.

*No matter how grave your situation feels right now, you will feel less frustrated even after just one session.*

**And that will change your vibe and make you so much more attractive to men!**

Sign up for a FREE Security Building Session at

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## A Few More Words

*Tell me...*

Do you feel frustrated with your love life? Do you blame God, universe, bad luck, guys?

A healthy, happy, committed, happy-ever-after relationship and a great man in your life are not a miracle and do not happen due to luck.

There is a bit of luck but mostly it's knowledge and practice.

If you're not in a place you want to be yet, or you feel that good men are not finding you, nothing is "wrong" with you.

You simply don't know how to get there, like once you didn't know how to read, type, or multiply.

Having a great man and a happy relationship is a skill you can learn by acquiring knowledge and by practicing.

It's no harder than the classes you took in middle school. Even if it seems hard now. Commit to learning and practicing and it all becomes fun soon.

***And when you see the results, on top of fun, you feel the power.***

These six secrets are steps to your solution:

- 1. Date like crazy. If you are in an exclusive relationship, have tiny "dates" with men and even women around you. Let the attention people give you help you feel secure and desired.***
- 2. Convert drama to romantic power. When you "fight," do the "grown-up fighting," which is not like fighting at all. No sarcasm or accusations. Just tell him what you feel and what you want.***
- 3. Let him drive. Enjoy the energy that comes from him to you. Forget about giving to him. It would only make him feel feminine/childish and it would make you feel***



*underappreciated or resentful. It feels so much better to be on the receiving end.*

- 4. Rethink what's moral and ethical. If a rule you have does not make you happy, drop it. Even if it feels "wrong." It will feel right once you feel happier without it and make others around you feel happier as well.*
- 5. If you are thinking of dropping a guy, think of him as a washing machine that's not working. Before giving up on him, try pressing different buttons.*
- 6. It's all in your hands. You don't need luck to have the amazing relationship you always dreamed of. You have all the power to inspire a man to be your perfect man and treat you like a queen.*

And if you want more tips, support, and practice, I look forward to knowing you better and helping you find your happy-ever-after in our coaching sessions. Sign up for a FREE Security Building Session on

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Love,

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