A woman needs to feel like you can lead her into safe surrender. She needs to respect you because you respect yourself, and you know how to handle her with respect from day one. This shows through your consistent actions, behavior, commitment, or lack thereof, and how you show up from the first date through the entire courtship.

If you want to captivate the woman of your dreams, you’ve got to dress the part, and be the kind of man that can attract and keep her. Here are 10 ways you can captivate her, step-by-step. Practice these actions in your romantic relationships, and watch how quickly you captivate the woman of your dreams.

1: GET CLEAR ON YOUR SEXUALITY AND STYLE ARCHETYPES.

The first step to having your ideal romantic relationship you want and dating your dream woman is to **know who you are:**

1. Is your core energy masculine or feminine (we all have both, but there’s always a dominant one at play).
2. What do you bring to the table? Know your strengths and weaknesses, old relationship patterns, triggers, relationship goals, etc.
3. What qualities do you need to develop to become the man that can attract and keep your dream woman?
4. How do you dress your style archetypes and communicate what kind of man you are, and who you are not using your wardrobe?

2: PRACTICE DISCERNMENT AND SET CLEAR INTENTIONS WITH WOMEN.

Stop spreading your energy everywhere and taking what comes down the river, and start creating opportunities to meet the right woman. Stop looking at the woman around you and trying to fit them into the vision you have for your dream woman. Be discerning: are they your dream woman? Yes or no. (continued)
Knowing what you want, and putting your energy into a single focus instead of spreading your “seed” all over the place. Stop wasting time playing old tapes. If you’re in your 30s and still chasing women with the main agenda of getting them in bed. And you’re not willing to stop what you’re doing right now and change your ways, then stop reading this guide because Sexuality Stylist, everything we stand for, and The Bespoke Suit men’s program is not for you.

Back to business. When you’re going out and meeting potential dream women, be clear with your intention. Don’t have a hidden agenda. She’ll be able to feel when you’re not being real with her. Most likely, she’s already hardwired from her experiences to already be distrusting of men who have had their own agenda in the past and she doesn’t believe that you genuinely want to get to know her without wanting to get something from her. Be flirty, and show your sexual attraction, but have discipline because things that are built to last aren’t based on sexual connection alone. Sex only carries a relationship for so long. A solid relationship foundation requires being clear with your intentions and knowing how to cherish her feelings before your own, straight out the gate.

Let sex be the icing on the cake, not the whole damn cake. Date women you have sexual chemistry with, can laugh with, who you share compatibility and communication with, but who you also see a future with. This is about the long game, remember?

3: CHECK THE SUPERFICIAL SEXUALITY AT THE DOOR.

Stop wasting time on superficial sexuality. If you’re aiming high, which you are, or you wouldn’t be here, then you need to learn how to flirt and build an emotional connection with a woman that brings more to the table than just great sex. Most men have defaulted to using the bedroom and sexual experiences as their way to emotionally connect, and experience deeper emotions that women experience more freely outside of the bedroom. But this is about putting her feelings before your own, and learning how to emotionally connect outside of the bedroom.

Know that it is your responsibility to lead her into safe surrender. She has to be able to trust you. And if you’re operating from a superficial sexuality, she’ll be able to feel it from a mile away. A higher caliber woman will not be interested in your games. Your dream woman has higher standards for herself, her body, and the men she shares her time with. She’s not interested in guys who come to her for her great body. She wants someone who knows how to show her their soul.

That being said, men are visual and there’s nothing wrong with being sexually attracted to her. But it’s the difference between talking to her and looking at her mouth (Think Will Smith in Hitch) and looking into her eyes and actually being interested in what she’s saying. On a sexuality front, deep down a woman wants you to devour her. Don’t be mistaken. But patience and timing is everything. She has to be 100% ready and feel a full body, mind and soul YES before she gives herself to you. If you really want the great loving relationship you’re here for. (continued)
She wants you to worship her body from head to toe, BUT she also needs to know you can control yourself and you can wait for her. You build trust with her when she can feel that you’re not trying to get something from her for your own instant gratification. She needs to be 100 percent certain that you’re able to lead her, handle her at full wing span, and make her feel safe. This is a spiritual practice of knowing when your sexuality is being used by the ego, or by spirit. And you need to know the difference when both are at play inside of you.

This seemingly small practice of being able to keep your primal desires in check will build her respect and deepen her attraction for you.

4: BUILD REAL INTIMACY AND EMOTIONAL CONNECTION.

Learn how to build real intimacy and true emotional connection with women from a place of service, giving and divine masculinity. Keep your heart centered. Meditate. Use the spiritual tools you’ve learned to keep yourself in tune with the Divine Mind. She will test you every step of the way. She will test your weaknesses and your strengths to see how deeply she can trust you with her heart.

Example: a man who is paying attention to a woman’s needs, notices what she needs and executes it. For example, if there is something wrong with her car and you take it upon yourself to fix it, figure it all out, and handle it from A to Z. It’s okay to ask her certain questions, but you’re not defaulting to her thinking because that communicates that you don’t trust your own thinking and masculinity and you’re depending on hers.

Another, simple, small example is riding in the car with your girlfriend and your sister and your sister asks your girlfriend: hey, how often do you get your nails done? And BEFORE she can even respond you say, once a week on Sundays. Because that’s how much you pay attention. Paying attention to her just to learn more about her, not to use that information for your own self-benefit, develops emotional intimacy and makes her feel closer to you in that moment because she knows you’re paying close attention. You knowing when she gets her nails done doesn’t really do anything for you, but that’s how much you watch over someone you love by noticing habits and behaviors. Just a small sprinkle of love that creates emotional connection in the heart.

5: PAY ATTENTION AND STAY PRESENT.

There is nothing more unattractive than a man that doesn’t know how to give his woman full attention and quality time - inside or outside of the bedroom. If you’re constantly distracted, on your phone, or wasting your time playing video games, and other mind numbing distractions, you’ve got to make some lifestyle changes. What kind of connection can you really build if you’re not present?

Paying attention means more than paying attention to your woman, responding to her needs and being a team player. It’s protecting her. Making her feel wonderful, and especially being present during sex and not all in your head. (continued)
We cover more of this in The Bespoke Suit men’s program.

You’re here to give and to fulfill a purpose. Most likely your dream woman is building the life of her dreams in one way or another, and she’s not so much concerned with what you do for a living as much as how you do it. How you penetrate the world is exactly how you’ll penetrate her heart, mind, and body. Are you treating all women, even the ones you’re not attracted to with respect? The time is over for men who save kindness and compassion solely for romantic relationships. Less ego, more heart and soul.

6: KEEP YOUR COMMITMENTS AND TAKE CONSISTENT ACTION.

This is an important one. Pat Allen said men don’t bond through sex, they bond through commitment. How many times have you been afraid of commitment in even the smallest sense of the word? Is it hard for you to follow through on plans? Do you think picking up the phone and calling a woman to have basic conversation makes you look like less of a man? If you’re still playing the hard to get game, then this is not for you.

This is a place for men to live up to the greater standards they’ve set for themselves. The men who understand that doing the work might be challenging, but it’s worth it to build a relationship that looks nothing like the past or relationships that were modeled for you in your family.

Show up consistently. Practice commitment in everything you do in life. Keep your word with women, with the gym, with eating well, with your spiritual practice, work life, family time, and so on.

Commitment is sexy.

Can you stick to a daily meditation practice? How disciplined are you? Do you keep your word? A woman will not be able to trust you in the slightest if you’re a man of broken promises. Most likely, she’s not gonna tell you how disappointed she is, or how she was hoping and rooting for you to call and follow through.

See, here’s the thing, returning a phone call doesn’t mean you’re asking her to marry you. When a woman calls you to say hello, she’s communicating a standard - not trying to keep you on the phone for forever. She’s saying, I wanna hear YOUR voice. This is my standard for connecting with another human being.

Think about it like this. Men like to hunt. Guys are most likely trying to court her. What’s gonna make you stand out to her? Your dream woman is interested in a man beyond his handsome. She’s looking into your soul. Are you comfortable with that?

I’m saying you gotta bare it all and dive deep on the first date, but she wants to see expressions of emotional maturity, of commitment and follow through. Do you make and keep plans with your friends or bail last minute? So many men self-sabotage in this area. But, you’re not one of them. (continued)
Chew on this. Let’s say you text, you make a plan, you talk on the phone, go on a few dates, date for a little while, who’s to say that you both can’t be adults and honor a conversation when one of your or both of you feels that you’re not the best fit for each other. We do it in our careers all the time. But some men avoid confrontation and honesty and feel like it’s better off to avoid the woman or just ghost on her than to tell her the truth.

But telling her the truth gives you both an opportunity to grow from the experience. If you don’t talk to her and share your feedback so-to-speak, how can she ever evolve, and how will you ever grow and get to a place where you can have those conversations with confidence and ease? Because your dream woman? She ain’t having that shit.

**Emotional connections aren’t created via text.** Yeah, you might get a text back, but your dream woman gives her time and energy to men of substance. Men who make her feel like she can trust his word because he’s not afraid to follow through. Men who know that calling back or calling her up to take her on a date isn’t real vulnerability. It’s being assertive and courting her. She’s more likely to relax into her feminine when you’re assertively being in your masculine.

**Ask yourself this: are you treating her with the same respect that you would give a friend?** Do you call up your guy friends to make plans or talk logistics? It’s the SAME thing. Treat her like you would treat a good friend. You shouldn’t be less responsible because this is a romantic possibility, if anything you should be more respectful and handle the budding relationship with care, regardless of where it leads. Practice being more kind, sincere and brotherly in your romantic relationships. Meaning don’t treat her with any less respect than you would a dear friend.

**7: PUT HER FEELINGS BEFORE YOUR OWN SELFISH AGENDA.**

This is the key to leading from a divine masculine place in your romantic relationships. You are the divine masculine. You lead. You assert. You decide. You give. And, you check in with how she’s feeling about it all, every step of the way. That’s the role you signed up to play when you signed up for Sexuality Stylist emails. You crave deeper connection. Leading a woman into safe surrender is making a woman feel safe by prioritizing and factoring her feelings into your decision making. You always want to make sure her yes is a true yes. And you have options and alternative solutions to offer when she doesn’t feel good with your suggestions. That’s your role. A man who has his own agenda and cares only for himself is selfish and emotionally immature, and hasn’t learned how to properly court a high caliber woman. Yet. And if he’s not ready, he’s got to own where he’s at. He’s got to be the one to decide when he’s going to do the work to become the man that can attract and keep the woman of his dreams.

This is about making a decision and asking her how she feels about it. Plain and simple. This could be anything from picking a movie to go see in the theatre, to choosing a fun activity for the both of you to partake in. (continued)
The divine masculine is the king of problem solving, and sometimes the feminine woman doesn’t always know what she wants, but she will always know what she does NOT want. She may not know what kind of restaurant to go to, but she’ll know if she doesn’t want to go out to eat.

Putting her feelings before your own invites her to surrender to your leading masculine energy. It allows her to relax in your company, and receive your masculine-giving gifts. This makes men feel like men and women feel like women.

8: CREATE A SUCCESSFUL RELATIONSHIP BLUEPRINT.

There are 3 kinds of ways we are attracted to someone, according to Dr. Pat Allen: emotional connection (warmth and lovability, family ties, cultural values), mental connection (intellectual stimulation, education, financial compatibility) and physical connection (attractiveness, health, looks, fitness). You must determine which two of the three categories are most important to you.

From this place, you attract someone who is a great fit and match for you based on what turns you on and keeps you feeling connected in a relationship. From there, you create a relationship blueprint where you divide and conquer roles and responsibilities that make you feel like a team.

For example, one person does a certain kind of task because they enjoy it or it comes easy to them and no task is distributed with any resentment or giving in. This isn’t the sexy part of the relationship, but it does take care of the day to day maintenance of it, so you both can focus on the sex and romance part of the relationship, which is most important for you both to feel sexy and desired. Having a relationship blueprint that works for both of you is how you develop a great, loving relationship.

9: FIGHT WELL + RESOLVE CHALLENGES WITH HEART.

Rob and Kristin Bell were featured on an episode of Oprah’s Super Soul Sunday show, and Rob said something that stayed with me and changed the game. He said, conflict in relationships is inevitable, but the key to thriving in a relationship isn’t not fighting, but fighting well.

Knowing how to fight will keep your relationship making deposits into the love bank instead of constant withdrawals. This is where you’ve done your work (in The Bespoke Suit men’s program) to recognize your relationship patterns and take accountability for your actions and emotions. A woman will be hardwired to test you in the areas where she knows you haven’t submitted to love yet. This is all subconscious, but it’s part of the growth process for men in a relationship.

For example, if you find yourself always walking away from a woman in anger, telling her to calm down and relax, you will encounter women who are angry more and more until you learn to deal with this emotion and respond with love. (continued)
All women want in the moment is for you to pull her close when she’s being irrational in your eyes. Women want to be loved in all of our seasons, not just when we’re fit and happy and perfect. There’s a winter season for a reason, and a couple’s growth will bond the most when darkness comes to the surface.

How you show up during the hard times and handle challenges sets the tone for your entire relationship. Resolving things from a place of love is critical to how your relationship will thrive in the long run. Can you challenge yourself to pull her close instead of being repulsed by a behavior simply because you haven’t confronted that particular emotion in yourself yet? Great loving relationships develop when you’re able to love someone in their darkness, when it’s hard. Not when everything is going great and she’s at her best.

**Check in with yourself:** how do you respond to a woman’s anger and irrational behavior? Better believe your dream woman can handle you at your worst, because she’s also done her work and she’s prepared to hold space and show you compassion in your darkest hour, too. Can you meet your match?

10: BE A SEXUAL FORCE OF NATURE.

This is the ultimate goal. Sex, although not the most important element in a relationship, is still very important. Matthew Hussey once said, “when sex is good it’s 20% of the relationship, but when it’s bad it’s 80% of the relationship.”

Your role as a sexual force of nature is to literally penetrate her like the God-given gift you are to her. She needs to feel penetrated by your whole being, your purpose, your ability to go the distance and have sex like you’re running a marathon, not a sprint. Your responsibility is in knowing exactly when to pull her hair and grab her wrists, and when to make love. That’s the mark of a true gentleman. You show up differently in the world when you’re having spiritual sex. You know you’re getting it right when sex becomes a means to deepen the communication in a relationship, not replace the communication in a relationship.

That’s a wrap!

Tap yourself on the back for working through the guide! This heavy lifting isn’t for the faint of heart.
Now, that you've taken action on reading and implementing each step for greater relationships and captivating the woman of your dreams; it's time to dress your best!

Much respect,

Stacy

WHAT TO DO NEXT:

Ready to dress the part? Check out this blog post: The Well-Dressed Man: 3 Mens Body Types And How To Dress Your Best. Share it with your guy friends and get them in on it. See you on the blog.