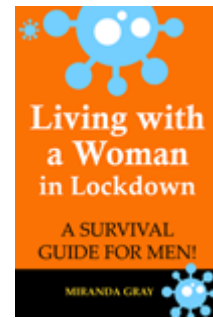


From the book:

**Living with a Woman in Lockdown) isolation  
A SURVIVAL GUIDE FOR MEN!**



Quick guide to communicating with the four different women to get a positive response

	<b>Does your approach match her current needs?</b>	<b>Does your approach match her current perception?</b>	<b>Does your approach match her current motivation?</b>
	<i>Needs</i>	<i>Perception</i>	<i>Motivation</i>
<b>Dynamic Woman - Pre-ovulation phase.</b>	Action, intellectual expression, physical activity.	Details, structure, logic, intellectual exercise, learning, concentration.	Personal achievement, personal growth and success.
<b>Loving Woman - Ovulation phase.</b>	Creating win-win situations, emotional communication, creating positive relationships, sharing and helping others.	Empathy for emotions and feelings, altruism, compassion, caring, emotional connection.	Helping and caring for others. Working together for a common outcome.
<b>Wild Woman - Pre-menstrual phase.</b>	Energy release / withdrawal, creative expression, freedom, space, control.	Highly creative, inspired, scattered, intuitive, problem identification, creative problem solving.	Removing the old, creating space, having control, being creative. Rest when needed.
<b>Wise Woman - Menstrual phase.</b>	To withdraw, rest and reflection time, peace. Time alone. Spiritual time.	The bigger picture, core values, inner knowing, acceptance.	Simplicity. Rest. Peace. Doing things slowly. Alone-time.

Checklist for your request

	Yes / No
Does your request meet her current physical needs?	
Are you using an approach and words that match her dominant thinking?	
Does the request in some way use her enhanced abilities and skills?	
Does the request meet one of her needs?	
Is the request in alignment with her current motivation?	