

Make Him Worship You

by International Relationship Expert

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Lesson 2: The Mask of Masculinity

(aka Why Men Act Like Cold, Emotionless Robots So Much of the Damn Time)

“He wears a mask, and his face grows to fit it ...”

George Orwell

Okay, so in the previous section, I introduced you to the TWO basic psychological drives of being a man:

1. Hiding emotions/being seen as ‘tough’,
2. Making money.

We’ve just now covered the money aspect (and why it has such a HUGE impact on a man’s desire and ability to fall in love and commit) ...

... which means you know that making money is vital to a man, that it’s the foundation of our self-worth, that we NEED to compete with (and win against) other men to make that money. The status and respect we attain from making it is so *crucially* important to us that it’s not just a desire – it’s more like a DUTY.

Oh – and the PRESSURE of knowing it’s our duty to provide (whether you need it or not) is a burden that weighs HEAVILY on us ... and never, ever lets up.

We NEED to compete with (and win against) other men to make that money...it’s not just a desire, it’s more like a DUTY

Again, all this might seem super sexist and crass to you – and look, I totally understand if that's the case. (I don't exactly *love* that these things are so important to us guys either, for the record.)

But, I just want to reiterate here that these traits aren't my 'opinion' or just my own personal beliefs ... they are *primally wired inherent characteristics* in the male psyche, and once you start to understand how they factor into a guy's behavior and decision-making processes, you'll start to see them EVERYWHERE.

One last quick primer before we get into the EMOTIONAL side of the male mind ...

The Primal Provider Drive: what we've covered so far ...

- Men are shaped by nature *and* by nurture to seek out respect by proving ourselves against others
- We are primed to seek PRESTIGE and RESPECT (mostly from other men)
- We need the challenge of competition and striving against other men
- We want to WIN more than *anything*
- Providing financially makes us feel powerful, and forms the backbone of our self-worth as men
- The primal drive to provide is a heavy burden psychologically (even if we don't let on – or even realize it ourselves)
- We feel emasculated and like failures if we don't feel like we can provide
- Even when things are going well, we're constantly stressing about our responsibilities to provide and whether we're 'good enough'

- A man who feels emasculated can't love himself OR you

WARNING WARNING WARNING: What I'm sharing with you right here is PRIVILEGED INFORMATION that should NOT be shared with your man willy-nilly. For the love of all that's holy, DO NOT go to your guy and say something like, 'Hey, did you know all men are hyper-competitive and obsessed with money??' This information is to help YOU understand the male mind, it's not intended as something to discuss WITH MEN. Trust me on this one.

Alright, so now it's time to start *using* what you've learned about a man's Primal Provider Drive to solve the riddle of his emotions and start figuring him out!

After over a decade of tens of thousands of coaching calls, interviews, phone calls and emails with thousands of men, I've boiled down the 3 foundational traits that go into EVERY man's psychological makeup.

Obviously, there is no 'cookie cutter man' out there; everybody's different, and some men will have different 'ratios' of these ingredients to others.

But EVERY man has the following 3 traits as the essential backbone of his nature. Read on to find out what they are ...

Trait ONE: We hold in our emotions at all costs

By the time a boy is five years old, he's pretty much been taught that it's not okay to cry in public. He may still DO it, but the expectation is by the time he's ten he's perfected it. And if he's still doing it at 12, that's a problem.

The main thing you need to know is that, starting from when we're tiny little boys, we are **strongly discouraged** from displaying any kind of emotion or vulnerability.

Getting laughed at, being made fun of at school, getting beaten up by our older brothers, getting beaten up by other guys at school ...

... all of these things hurt like hell. The physical pain is bad (speaking personally, I got my first black eye for 'being a sissy' in the schoolyard at age five) ...

... but the SHAME and the FEAR are even worse: the fear that *another guy might see us as weak or unmanly*.

That fear runs DEEP. And it follows us all the way through our adult lives.

Below I've compiled a list of the most common phrases that small boys start to hear from their friends, teachers, parents, babysitters, grandfathers, siblings etc – usually starting around age *four*. (Which is freaking heartbreaking.)

- Stop crying, you're fine
- Quit it with the emotions
- Don't be a pussy
- Pick yourself up by your bootstraps
- Always keep your mouth shut
- Nobody likes a tattletale
- If you're hurt, hold it in
- Showing emotion is weak

- Don't be a mama's boy
- If you're gonna be a man, you'd better learn how to control yourself
- If you want respect, act tough
- Don't let nobody disrespect you
- Always be cool, and kind of a jerk
- Don't be a sissy
- You little bitch
- Grow some balls
- Act like a man

Imagine if *you'd* been told any of the following when you were upset and crying as a tiny little child?

Are you starting to understand why it is that most men CLAM UP LIKE CRAZY when it comes to showing emotion (or, as we guys see it, 'displaying weakness')??

Look, it's not that we WANT to act like robots.

It's just that, when you've been mocked, ridiculed, punched in the eye, slapped, and laughed out of the classroom for showing ANY KIND OF EMOTION WHATSOEVER since early childhood, that kind of conditioning is nearly IMPOSSIBLE to break.

What you need to remember: *Men are taught from a VERY early age that showing emotion is WEAK and that no boy who wants to be a 'real man' can EVER cry, complain, be sad, or show any kind of 'hurt'*

whatsoever. Those are some seriously high stakes. So, we become masters at holding the hurt inside and never telling anyone how we really feel.

Trait TWO: Anger is our go-to ‘master male emotion’

... and we use it to cover a MULTITUDE of other feelings.

From the beginning as boys, we’re taught to lock down our emotions.

We can’t talk about being afraid. We can’t talk about being hurt.

We can talk about being pissed off. We can talk about being angry.

We sure as shit can’t ever talk about being sad.

Psychologists typically like to reduce the human emotional spectrum to four basic emotions:

- Mad
- Sad
- Glad
- Scared

Of these four, MAD is the emotion men are most comfortable with: feeling it, expressing it, even (gasp!) talking about it (yep, you might be surprised at just how many men are perfectly capable of talking about their emotions ... so long as those emotions are, well, anger.)

But WHY are men so comfortable with anger?

Basically, there are FOUR main reasons why ANGER is the master male emotion:

You might be surprised at just how many men are perfectly capable of talking about their emotions ... so long as those emotions are, well, anger.

- 1) We bottle up most of our emotions, cuz (as you now know) men aren't "meant" to show vulnerability or emotion. And guess what? Suppressing strong emotion is HARD and takes a massive energetic toll ... which then leads to short fuses and fraying tempers. Cue yelling, wall-punching, and laundry-hamper stomping, all because we can't find our keys in the morning. (Sorry, sorry.)
- 2) Anger is a 'safe' emotion for men: we can fully express it, without being (or feeling) vulnerable or 'unmanly' in any way.
- 3) We ALSO use it as a 'safety valve' for other emotions: all that bottled-up stress and fear and sadness has to come out SOMEWHERE. For instance, we'll get mad because we're *actually* sad deep down inside, and we need to release the pressure *somehow*.
- 4) But MOST of all, we get angry because *anger is just FEAR with a mask on* ... and to a GUY, admitting we're scared goes against EVERYTHING we know about 'being a man'.

So, if men hide their fear (and most other emotions too) beneath a protective mask of anger ...

... how do you get him to pry the mask OFF and actually express the trembling vulnerability beneath?

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Make Him Worship You PDF Download Michael Fiore

Are you ready to take your relationship to the next level? Make Him Worship You is a program designed to help women create fulfilling and long-lasting relationships with their partners. Whether you are in a new relationship or have been together for years, this program offers valuable insights and strategies to strengthen the bond between you and your partner.

Overview of Make Him Worship You program

Make Him Worship You is an online program created by relationship expert Michael Fiore. It provides women with a step-by-step guide to understanding men and building a deep emotional connection with their partners. The program consists of video modules, guides, and actionable exercises that can be done at your own pace. It covers various topics such as communication, intimacy, and understanding male psychology.

Through the program, you will learn how to tap into your partner's desires and create a relationship that is both fulfilling and passionate. It focuses on empowering women and guiding them to become the best version of themselves in the context of a relationship. By understanding the needs and desires of men, you can build a strong foundation for a lasting and loving relationship.

The importance of a real and fulfilling relationship

In today's fast-paced world, it's easy to neglect the emotional needs of both partners in a relationship. However, a real and fulfilling relationship is crucial for both individuals' happiness and overall well-being. Here are some reasons why investing in your relationship is important:

- 1. Connection and Support:** A strong emotional connection provides support during challenging times and amplifies the joys in life. Sharing experiences, dreams, and

goals with your partner create a sense of togetherness and fulfillment.

2. Intimacy and Passion: Building a deep emotional bond translates into a more passionate and satisfying intimate life. Understanding your partner's desires and needs enhances the physical aspect of your relationship.

3. Overall Happiness: A healthy relationship contributes to your overall happiness and life satisfaction. Studies have shown that people in fulfilling relationships experience better physical health, mental well-being, and higher levels of happiness.

Investing time, effort, and resources into building a strong and fulfilling relationship is an investment in your own happiness and well-being. *Make Him Worship You* can be a valuable resource and guide to help you create the relationship you desire and deserve.

By following the insights and strategies offered in the program, you can create a deep emotional connection with your partner and make him feel loved, respected, and valued.

Remember, a fulfilling relationship requires effort from both partners. By taking steps to improve your relationship, you are actively investing in a happier and more satisfying future together.

Understanding Male Psychology

When it comes to relationships, understanding the intricacies of the male mind can be a challenge. However, there are experts out there who have dedicated their careers to unraveling the mysteries of male psychology. One such expert is Michael Fiore.

Michael Fiore's knowledge on male psychology

Michael Fiore, a renowned relationship coach, has spent years studying and researching male psychology. His insights and expertise have helped countless women develop deeper connections with their partners and improve their relationships. Fiore's approach focuses on understanding the unique emotional needs and desires of men, helping women to better

understand their partners and create stronger bonds.

Fiore emphasizes the importance of recognizing that men and women think and process emotions differently. He believes that by understanding these differences, women can take steps to bridge the gap and foster healthier, more fulfilling relationships with their male partners. His teachings center around effective communication techniques and strategies that can help women connect with men on a deeper level.

Methods to challenge preconceived notions about men

One of the key aspects of Michael Fiore's teachings is challenging preconceived notions about men. Many women have been conditioned to believe certain stereotypes about men's behavior and attitudes in relationships. These beliefs can create barriers and misunderstandings in relationships.

Fiore encourages women to approach relationships with an open mind and to challenge

these stereotypes. By doing so, women can better understand and empathize with the unique wants, needs, and motivations of their partners. This allows for more authentic and fulfilling connections based on mutual understanding and respect.

Additionally, Fiore emphasizes the importance of effective communication and active listening. He teaches women to express their needs and desires clearly while also creating a safe space for their partners to do the same. By fostering open and honest communication, women can create an environment that nurtures emotional intimacy and deepens their connection with their partners.

In conclusion, Michael Fiore's teachings on male psychology provide valuable insights and practical techniques for women seeking to improve their relationships. By understanding and challenging preconceived notions about men, women can foster deeper connections and create healthier, more satisfying partnerships.

Unleashing Your Power

If you're looking to strengthen your relationship and create a powerful bond with your partner, then Make Him Worship You might just be the solution you've been searching for. This comprehensive program, designed to empower women, can help you unlock the keys to igniting passion, deepening connection, and fostering a loving and committed relationship.

Reigniting the flame in his heart

Do you feel like the spark has fizzled out in your relationship? Are you longing to reignite the flame and experience that intense love and desire once again? Make Him Worship You can guide you through the process of reigniting the passion in your partner's heart.

The program provides insights and techniques that can help you understand the male psyche and what drives men to feel deep love and devotion. By tapping into these emotions, you can inspire your partner to see you in a whole new light and reignite the passion and desire that may have faded over time.

Discovering the missing piece in your love life

Have you ever wondered what might be missing in your love life? Do you crave a relationship filled with love, adoration, and commitment? *Make Him Worship You* delves into the core principles of building a strong and fulfilling relationship.

The program covers topics such as effective communication, understanding emotional triggers, and building trust. By understanding the inner workings of a healthy relationship and implementing practical strategies, you can create a solid foundation that will keep the love alive and make your partner worship and value you.

Whether you are single and looking for a strong foundation in your next relationship or already in a partnership that needs a boost, *Make Him Worship You* offers valuable insights and techniques to transform your love life.

Investing in your personal growth and understanding what truly drives a man's heart can have a profound impact on your

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