

Q & A Report

CR James | May 11, 2016

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Released: May 9, 2016



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Thank you for being so willing to help and quick to respond!

First we have been married for almost 1 year - been together for 3. Before I give you any other info, there is one major issue that I recently found out about that my wife has readily agreed to seek counseling about.

Recently she told me that she still misses and thinks about her ex-husband and that even though she doesn't want to still be in love with him she says she still is.

She says that she has been hoping that in time her feelings for him will diminish but so far they haven't.

She says she loves me a lot and she has made comments over the last few years how I am better than him in ways but she still is in love with him.

I think that part of the reason she loves him is because they started dating when she was so young and they had a really pleasant and fun relationship because they didn't have any troubles.

They didn't break up on bad terms so she doesn't have strong negative feelings toward him.

However, she has told me I am definitely more intelligent than him and when we met I was definitely more ripped because I have been working out for years off and on.

Besides that issue, she is very out-going, not shy at all. She might be a bit bipolar because sometimes she is full of energy and happy, at other times she is slothful and a bit depressed acting.

She seems to make friends easily but her biggest issue is that she can be pushy, bossy, and controlling.

Lastly, I will say that we are both focused and dedicated in different ways. The difference is I am discipline oriented - for example, I like to work out often and I study often to continually improve myself each day (I am a reader and I have a thirst for knowledge). She is dedicated to getting "stuff" done but not so much for the "work on yourself daily" kind of discipline that I enjoy.

But we are both smart and I think we are pretty equally attractive.

We are also both kind and caring people. I guess when it comes to our differences she is more of a leader type with a "let's get stuff done" attitude and I am more of an introspective person.

I can be very outgoing when I want to be (even more so than her) but I prefer to read and think a lot and spend time alone doing just that.

She likes people and to be around people all the time (but I don't mind being around people a lot either).

Sorry for the world's longest email but that should give you a decent picture of our personalities and how our relationship looks. Thanks again for all your help!

Sincerely,
[Tim]

Hey [Tim]

The email wasn't too long at all.

There could be two "silent" issues going on.

One of them is being with a woman who doesn't appreciate things in real-time.

And secondly, the issue where many women get "a bit numb" to their boyfriends/husbands after a certain period of time.

And how a woman reacts to numbness could vary based on her beliefs, her patterns, how she puts things in perspective and how much she respects the guy.

For example, I had a girlfriend who (according to her) said I was better than her ex in every way possible.

Then out of nowhere, she seemed to miss her ex... but she didn't come out and say it.

If you look things from a pleasure-addiction point of view, any "great ex-boyfriend" provided a steady stream of pleasure.

And anytime a person is denied a steady stream of pleasure, they're going to crave it at some point.

Whether that steady stream of pleasure (i.e. dopamine release) is in the form of:

- * a great ex-boyfriend that she saw everyday for 200 straight days.
- * a hot cup of coffee that she had everyday for 200 straight days.
- * a cigarette that she had everyday for 200 straight days.
- * etc.

In fact, a woman could do something sexually pleasurable to a guy (i.e. BJ, handjob, riding him, etc.) for 200 straight seconds... and if she were to stop (cutting off the stream of pleasure), he would crave it.

In the case with a 'great ex-boyfriend', the craving issue is normally not a problem once she hooks up with another great guy (or a "better guy").

In other words, any woman can easily quit (without any cravings whatsoever) smoking a particular brand of cigarettes (cold turkey) if she's now smoking another brand of cigarettes.

In many cases, that's kind of what happens when she breaks up with a guy and then meets a new guy who is "better in every way".

Although, if a woman gets a bit numb to her "new better guy"...and she doesn't appreciate him in real time, then the guy could run into problems.

These species of women are very common.

They're often nice, smart and generally good people...but you'll often notice a pattern where they tend to be very below average in seeing the good in a situation.

So if you were to do something nice for a woman like this, 95% of the time they'll focus on "the negative", "what's missing", "what's not perfect", etc...

For example.... if you were to buy her a coat, she'll say, "it's the wrong color".

If you gave her a blue flower every morning, she'll think/say "doesn't he know that I like green flowers!"

Again, her perceptual filters (how she processes information) are **HIGHLY** focused on: what's missing, what's different, the imperfection, etc.

Here's where it gets interesting...if you were to stop giving her the flowers, she's likely to think, "how come he's not giving me my special blue flowers anymore?"

In this situation, the primary thing that is missing is the "experience of receiving the blue flowers".

This tells us that on some level (even though the blue flowers weren't perfect), it still provided a stream of pleasure.

A more common example of this phenomena is the "bitchy woman" who takes her boyfriend/husband for granted... when they were together she spent all of her time harassing the guy, nagging his brains out, being a total bitch, etc...

But once the relationship ends and the stream of unacknowledged pleasure is cut off, she misses him and craves being in a relationship with him.

This happens all of the time.

In most cases, these women aren't bad women.

They mean well.

With that said...

If a woman has been with a guy for a while and things get numb (the honeymoon phase wears off) normally she's not going to crave her ex...especially if the guy is a good partner (or better partner). It's kind of like she's now addicted to the new brand of cigarettes. But if things get numb and she happens to be obsessive and/or doesn't appreciate in real-time, then the guy can run into problems.

But it's fixable.

In fact in many cases, guys will unknowingly fix this issue without understanding this whole concept.

But if things don't fix on their own, then as long as you know what's going on, you can address it strategically.

Let's face it...if we look at things in terms of its extreme... then we know that if a guy is giving ANY woman the same blue flower (sticking with the example) for 20 straight days....it's understandable why she wouldn't appreciate it.

It's like trying to get her to appreciate a movie after watching it 20 times.

So if you think your woman overly focuses on "the bad stuff", what's missing, the imperfections in life (i.e. doesn't appreciate in real time)...

Then...the first step (and this is always step one for a lot of "uncommon relationship corrections") is to remind yourself that she means well. She's a good person. And focus on showing her lots of respect and love.

It may seem like a corny step, but in most cases a guy is less likely to make the right changes if he's blaming her on some level.

In other words, if a guy is repeatedly thinking, "I can't believe she's obsessing over her ex... when I'm the one who does X + Y + Z... does she remember that time when he did blah blah blah".

Chances are you're not going to be in the mindset of mixing things up, increasing sexual value, etc.

With all of that said, the general "correction formula" for a situation like this is:

(1) Keep being yourself (the easy part) + (2) Mix things up + (3) Find creative ways to get her to appreciate you.

Since number one is the easy part, we'll skip to 2 and 3.

As far as 2...

A predictable joke isn't as funny.

A predictable movie isn't as entertaining.

A predictable guy isn't that desirable/valuable.

As far as 2 (mixing things up), find new ways to give her sources of pleasure (in terms of what you say to her + the things you do together).

Here's a chart for ideas.

Forms of Pleasure	Examples
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Doing something TO her (physically)	Back massage, foot rub, etc
Doing something TO her (emotionally)	Complimenting her, making her laugh, etc.
Doing something WITH her (physically)	a fun outdoors activity, hobby/crafting, playing a board game, sex, etc.
Doing something WITH her (emotionally)	Talking, sharing personal info, etc.
Doing something FOR her (physically)	Helping her do a task, doing a task/chore for her, etc
Doing something FOR her (emotionally)	Helping her put something in perspective, cheering her up, listen, etc.

As far as 3... it may seem like a cheesy thing to do, but it's very useful to remind your partner that she's attracted to you because A + B + C...

It has to be done the right way.

The reality is, "thinking" is a limited resource.

There are times when a woman might watch a movie about a couple who breaks up and then she starts thinking, "what would I do if me and [her partner] weren't together anymore? That would suck. I would have to go into the dating scene again... blah blah blah... would what I do if I never found a guy who was A + B + C? blah blah blah.. What about blah blah blah?"

And suddenly she's appreciating him more, kissing him and wanting to make love.

In the event that a woman is my exposed to "naturally occurring stimulus" (i.e. a break up movie, or something that triggers appreciation)...it's a smart idea to initiate conversations that create the same effect.

And again it's because "thinking" is a limited resource.

In fact, I had an ex that spent 16 of her waking hours thinking about how amazing she was - which of course left no time for her to think about how amazing I am. :)

For that reason (especially if the relationship is no longer new) it makes sense to "insert your amazingness" into her mind.

Especially if she doesn't currently have an iPhone reminder that goes off everyday at noon that tells her to spend 2 minutes thinking about your positive qualities.

In terms of possible ways to remind her about your positive qualities (trigger appreciation)

- A romance movie with the right theme
- Movies/shows with a theme that could spark "real-time appreciation"
- Sharing stories of other couples (good/bad stories) that spark RTA
- Sharing strategic stories of you and your ex
- Finding a way to tell her what you like/admire about her (as a way of naturally sparking reciprocal thoughts/feelings).
- etc.

So again, the formula is:

(1) Keep being yourself (the easy part) + (2) Mix things up + (3) Find creative ways to get her to appreciate you.

Find ways to do all three and see how she responds and then tweak/adjust if necessary.

When it comes to making tweaks, just remember the female brain loves three basic things.

1. To be caught off guard (They don't like predictable movies/jokes/etc.)
2. New stuff (Most women love to shop. All women love new stuff...new experiences, new sources of entertainment, new feelings)

3. Pleasure (Give her the type of pleasure that is consistent with her preferences. Give her *Conversational Pleasure* + *Activity Pleasure* + *Sexual Pleasure*)

I hope that helps.

Much success!

Warm Regards,
CR James

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