

# Insider ~~SEX~~ Secrets

Gold Member Newsletter

December 2015

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## Why She's Being So Difficult..

From: Jack Grave

I hear these kind of things all the time...

"She's so hard to arouse and get interested in sex"

"Why can't women just approach ME instead of the other way around?"

"Why do I have to put all the work in?"

"Why can't she just appreciate everything I'm doing for the family?"

"It's obvious I love her, why doesn't she see that?"

"Why is she so angry?"



"Why can't she orgasm more easily in bed?"

"Why does she always have a headache?"

"Why doesn't she just want to be spontaneous and enthusiastic in the bedroom?"

If you're like most guys you've probably thought a version of one or two or more of the examples I just shared.



Now don't worry.

I'm not about to beat you up for having thought these things.

It's natural to have these kind of thoughts.

But what's key is to identify the pattern.

Realize that thinking this way is DISEMPOWERING and won't help you get the kind of sex life you want.

And yes...

It may well be that she isn't put a lot of work into the relationship and that it is hard work to get her aroused and that she doesn't appreciate what you do for her and the family...

But here's the key distinction...

*What I'm about to share is the difference between a man who creates the love life of his dreams and a man who suffers in quiet desperation...*

You have to **TAKE RESPONSIBILITY FOR ALL THE RESULTS.**

Take responsibility for how SHE feels.

So if she isn't that enthusiastic about jumping into bed, or she finds it difficult to orgasm then assume that it's YOUR FAULT.

Yes, I know.

It's probably not what you wanted to hear.

Most guys want me to tell them what they can do to fix their partners so they start acting more like how they want them to act.

But the mindset behind this way of thinking **TOTALLY FLAWED.**

Here's why...

*When you blame someone else for something you give all your power away.*

If you make someone else responsible for the results in your life – i.e. the state of your relationship, then you immediately tell yourself that there's nothing you can do to change things.

Why?

Because you've convinced yourself that you're not the one in control.

So here's the deal...

You need to make an important decision...

What's more important to you...

A) Having an accurate assessment of your partner's flaws?

Or...

B) Having a fulfilling relationship?

Sounds like a no-brainer, right?

What person wouldn't pick B?

Well when the situation is broken down like that, option B is obvious.

But do most people act congruent with that?

Heck no.

Most people in unfulfilling relationships carry around a huge list in their head of all of their partner's flaws.

And they think about these flaws over and over again until eventually resentment and all sorts of negative emotions build up.

And then they wonder where all the passion goes.

Look.

If you ever catch yourself focusing on your partner's limitations immediately stop and realize what you're doing.



While you may well be CORRECT in your assessment of her flaws, by dwelling on them you're actually moving yourself further away from what I guess is your outcome – which is to have a fulfilling relationship.

See what I'm saying?

*Get out of your old habitual ways of thinking and start being STRATEGIC in your thinking.*

Even if something seems to be TOTALLY her fault, figure out a way that you can take responsibility for it.

For example...

Say she's not as excited to jump into bed with you as she used to be.

Most guys would either blame her or the fact that the relationship has aged.

Don't fall into that trap.

Instead do a brutal assessment of YOUR behavior and see how YOU could be causing her to be less interested in sex.

Are you doing all the same things you used to at the start of the relationship?

Are you giving her lots of attention and focus?

Are you constantly innovating and figuring out new ways to surprise her, fulfill her and make her feel loved?

Are you pro-actively figuring out and testing new ways of seducing her and arousing her?

Are you flirting with her still?

Are you spending dedicated, focused time one-on-one with her, just to connect?

Are you manufacturing situations where sex is an easy and likely outcome (e.g. not at 11pm after she's exhausted from a long day of working)?

I think you'll find that there are a LOT of things you could be doing to spark the passion in your relationship.

And the same is true if you have a different type of problem.

Say your lover is already keen to have frequent sex, but erectile dysfunction is holding you back.

Most guys in this situation blame their health, genetics or old age.

That's B.S.

Sure those things may have a contributing factor, but again it's about TAKING RESPONSIBILITY.

What is it that YOU are doing to cause the problem?

Shift your thinking.

This is the way you'll experience a breakthrough.

Assume responsibility for every result.

It might not feel great.

It might take a while to get your head around.

But if you actually want to see a CHANGE in the quality of your sex life, it's something you absolutely must do.

**EVERYTHING IN YOUR LIFE IS A RESULT OF SOMETHING YOU'VE DONE.**

Yes, even those things that seem totally out of your control and couldn't possibly have anything to do with you...

Just assume responsibility anyway.

If it's affecting your life and it could be influenced by your behavior then you must assume responsibility.

It's the only way to produce a change.





# Erogenous Zone Of The Month

## Her Entire Body



Ok, so I'm kind of cheating with this erogenous zone, but here's why...

How you HANDLE a woman is very important.

The way you touch her, grab her and move her all have very different meanings implied.

Holding hands for example is an intimate gesture and produces a warm feeling.

Now what does the following gesture imply...

You just walked into the bedroom, things are clearly going well, and then you decide to pick her up, kiss her and throw her onto the bed.

What kind of impact does that have if done at the right time and with the right approach?

What does that communicate?

That gesture sends a clear message of energy, passion, spontaneity and dominance...

...Something a lot of women find VERY attractive.

My point is that how you handle a woman is very important.

Obviously you wouldn't want to make a move at the wrong time – throwing her onto the bed could be a deal breaker if she's not ready.

But keep an eye on her emotional state and start paying more attention to how you're physically interacting with her and how you're touching her.

These little things can add up in a big way.





# Sex Position Of The Month

## Deep Entry



This position is a challenge.

It's designed to be fun.

The process of setting it up is fun and of course the position itself is incredibly pleasurable.

For you, as the guy, it's especially pleasurable because you can get very deep with this.

My best advice is to just give a try.

Don't be intimidated by it, just give it a shot – it will make for a fantastic session.



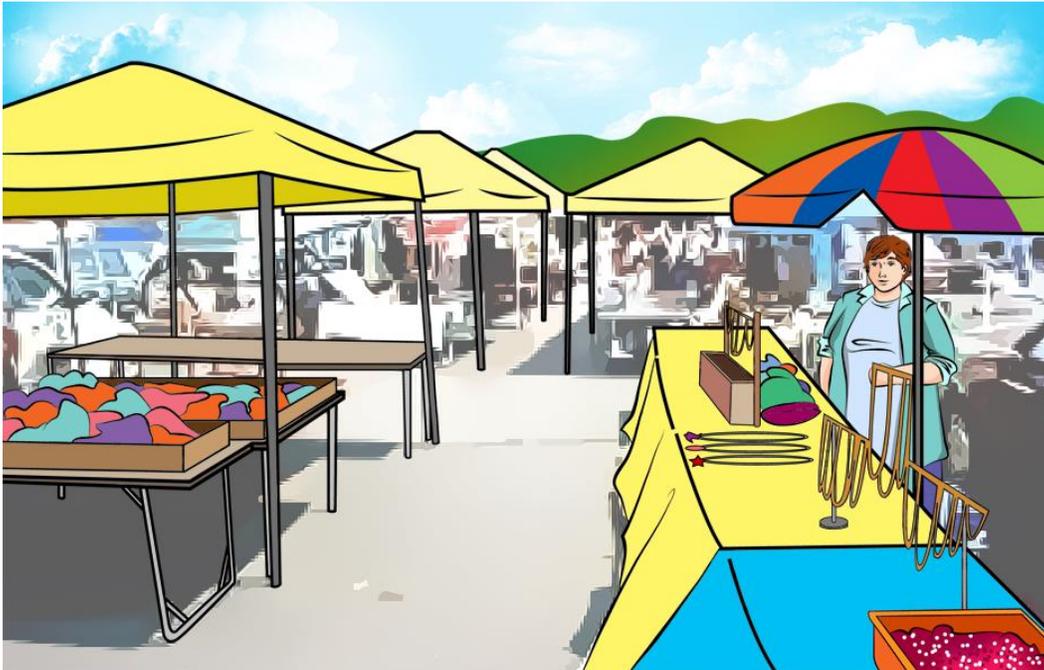


**Low Cost**

*High Pleasure*

**Date Idea**

## Flea Market Trip



Sometimes the best kind of date is one that takes you out of your comfort zone.

Especially if you've been going out together for a while, doing the same thing over and over again can slowly wear down the passion in a relationship.

Or... if you're taking someone on a date for the first time, then this works great as well.

So here's what this is all about...

Firstly, going to a flea market is all about positioning.

If you're worried about coming off cheap then make sure you position it as something fun and different to all the usual boring date stuff.

Then, once you're there, you'll have no end of things to talk about...

You can look at old comics, strange furniture, old-school toys, you name it.

Have fun!

Laugh together at some of the weird stuff.

See if you can spot a deal for something that could be resold on eBay.

Figure out what SHE likes.

Enjoy yourself.

And relax.

Even consider buying something to fix it up and resell it together if it feels like you'd both enjoy it.

Either way you definitely won't end up being bored if you do this.





## Pattern Interrupts

This is a great technique to help with either premature ejaculation or erectile dysfunction.

See, one of the big causes of P.E. or E.D. is your own thought patterns.

When you start to anticipate a problem in the bedroom, this creates anxiety in your body, triggering the release of all sorts of hormones that are counter-productive to you staying hard and lasting long.

And normally what happens is these thought patterns build and build and eventually spiral out of control.

They become a self-fulfilling prophecy or “spiral of death”.

And what I mean by that, is that when you start to fear premature ejaculation or when you start to fear completely losing your erection, you make it that much more likely to happen.

Because as you become more worried, you become more anxious which further exaggerates your P.E. or E.D.

So here’s what you need to do if that ever happens to you...

### **BREAK THE PATTERN.**

If you notice yourself starting to worry about P.E. or E.D. then realize what’s happening and interrupt the pattern.

Shift your body.

Take in a fast deep breath to jolt yourself.

Shift your focus to something completely different.

Not necessarily away from your current situation – but instead of focusing on what could go wrong, focus on giving more satisfaction to your lover.

Also, notice the words you’re saying yourself.

Whether you believe in them or not, use some empowering affirmations.

By repeating positive encouraging words in your mind you REPLACE negative thought patterns that could lead to P.E. or E.D.

Don’t overthink this and don’t tell yourself affirmations are B.S. either.

They play an important role in affecting your state.

Especially when you say them with intensity and commitment, even if inside your own head.

Try saying the following...

“I’m an extraordinary lover”

“I can last for as long as I want”

“I’m passionate and in complete control”

Yes, that might sound cheesy to you if you’re a sceptic, but what’s your outcome?

Do you want to keep getting more of what you’ve got or are you prepared to try something new to get the results you really want?

Give this a try – I bet you’ll last a lot longer because of it.





# Dating Techniques

## How To Never Run Out Of Anything To Say



This is a big challenge for a lot of guys...

“What do I say to a girl?”

I know a while ago this was a big hang up for me.

“But what do I actually talk about with a woman?” was the question I would ask myself over and over again.

And here’s my answer to this question.

And it might not be what you suspect.

Here we go...

See, my answer to this question is that it’s the wrong question.

If you’re asking yourself “what do I say to her” then that’s a sign that you’re in the wrong state of mind and you need to switch your state of mind.

Here’s what I mean...

Think back to a conversation you had with a really good friend.

Someone who you felt relaxed hanging out with, perhaps you share some passions or hobbies.

Or perhaps it’s a work colleague you get on really well with.



Anyway, think back to that conversation.

Pick a time in that conversation where everything was just flowing.

You were coming up with stories and topics spontaneously and you were having a great time.

Remember that?

Good.

Well during that time did you ever find yourself obsessively asking “what do I say?”

Of course not!

Because you were in a different state of mind.

You were focused on the conversation.

You were focused on them.

You were focused on something outside of yourself.

Instead of worrying about “how you were doing” you were focused on connecting.

This, my friend, is the mental state you want to enter when interacting with women.

Instead of being obsessed with what she thinks of you and desperately trying to meet her approval... Set an intention to achieve that same state of mind you do with a close friend.

Yes, this is really possible.

This was a big breakthrough for me personally.

Realizing that the comfort, safety and security I felt with close friends was nothing more than an emotional state that could just as easily be transferred to interacting with people I'd never met before changed everything.

Think about it.

It really is nothing but an emotional state.

Get over any excuses you have about why women are so difficult to talk to, or why you're getting evaluated, or how it's crucial to find the right words in order to generate attraction.

All that is B.S.

Get out of yourself.

Make an intention to connect.

Get out of scarcity and instead get into connection.

Want to know the secret to avoiding rejection from women?

Feel the connection BEFORE you approach a woman.

If you feel deeply connected to a woman before you approach her (and you're not just B.S.ing yourself) then even if she does “reject” you, you won't realize anyway.

You'll just think that she must have had some type of issue with men approaching her, or that she had some preconceived notions of who you were based on your looks, or that she just wasn't a nice person, or just that the timing was wrong.

And you know what...

Getting rejected when you really feel connected to a woman BEFORE you approach them is RARE.

It's a funny thing – the dating world.

If you approach a woman expecting to get rejected she'll often sense it and feel compelled to reject you for that very reason.

If on the other hand you believe with ABSOLUTE CERTAINTY that you're connected to her, she'll often fall into that frame.

Even if she resists or doesn't really respond to your conversation initially, if your belief is that firm and concrete, she won't be able to help but eventually come around to feeling the connection with you.



Sounds weird, I know, but it's true.

The challenge you'll find with this is that it's a self-fulfilling prophecy.

And sceptics won't like to hear this, but this is the truth...

If you're skeptical about this whole process of connection working when approaching a woman – you'll be right.

It won't work.

Like I already said, women can detect if you don't believe something is going to work or if you don't believe there's a connection.

And they will unconsciously reject you for it.

By believing you're going to fail you give them permission to reject you.

So this is an all-or-nothing game.

I know that can be scary, but this is how it works.

If you flat out believe the connection is really there – with every ounce of you – you will create that bond as a result.

So the real challenge is letting go of all your limiting beliefs and reasons why you can't succeed with women.

Stop being an expert in why you CAN'T succeed and start being an expert in why you CAN.

Associate to your strengths and why a woman should be and why women ARE attracted to you.

When you deeply believe that women are attracted to you, you won't believe the confidence you'll have with women, because you'll have a reason to be.

So.

How do you cultivate that sense of self-belief and confidence?

Well, to start with you do what we've already discussed, which is to remember all the reasons why women ARE attracted to you.

Secondly I suggest you practice visualization.

Do some "hypothetical" visualization.

Imagine what it would be like "if" all women really did find you super attractive.

What that really be like?

What would interacting with women really be like?

How would you interact with women knowing that?

What would the REALITY really look like?

What you'll find when you take the time to answer these questions is pretty interesting...

For example you might realize that even if a woman did find you super attractive she may not give it away in conversation.

She may try and play it cool.

She may want to TEST you to see if your personality was interesting.

And so couldn't it really be that women already have been finding you attractive?

You could have been having conversations with women that were super into you, but they just weren't giving the game away, and you may have left that conversation thinking you didn't have a chance, when in fact she was PRAYING you'd make the first move.

It's a different way of thinking isn't it?

Okay, that's turned into a bit of an off-topic ramble, but I think there's a lot of value in what I've shared...

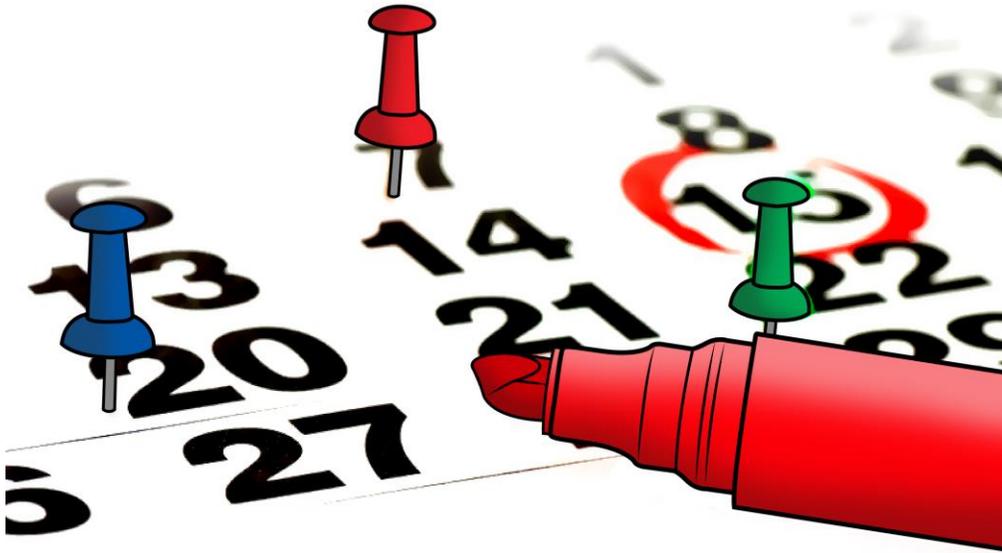
Focus on that inner game, do your visualization and often the outer game will handle itself.





# Passionate Relationship

## Allocate Time



Sometimes it can feel like you just don't have the time...

With kids, work, family commitments, chores, errands, friends, pets...

With all those things it can seem like it's impossible to dedicate time to your relationship.

In fact, many guys never even think to dedicate time to it.

They just assume everything is okay and that their partner loves them.

Obviously, that's a mistake.

Now you may not be making that mistake, but I reckon everyone to some extent is guilty of not dedicating ENOUGH time to nurturing a quality relationship.

So here's a dead simple tip...



## SCHEDULE TIME TOGETHER.

Like an important meeting that gets locked in the diary, so should you do the same with time together with your woman.

And time together means time together EXCLUSIVELY.

No kids, no distractions, no anything.

Just you and her.

It's CRUCIAL you do this and it's crucial you do this regularly.

Schedule in time together.

Now this sounds like a simple tip.

It almost sound too obvious and simple to be worthy of writing in this newsletter.

But here's the deal...

Sometimes it's the DISCIPLINE of following through on the simple things that makes the difference.

So yes, anyone can schedule time together with their partner.

But how many men do you think actually do this?

How many men do you think form the LIFE LONG HABIT of scheduling dedicated time with their partner?

Very few.

And that's probably why it's only very few men who have extraordinary relationships that they LOVE being a part of and are intensely grateful for having created.

Be one of the few who do.





# Your Questions Answered

In this section I answer questions sent in by members. If you'd personally like a question answered in this section then please send a message to [support@stillbloom.com](mailto:support@stillbloom.com) with the subject line "NEWSLETTER QUESTION".

**Question:** From Anon. "how can I get my wife to try anal sex. We have been married for over 3 years and she still wont do it!?!??"

**Answer:** Great question.

In other places I've written more extensively about this, but let me give you a short answer here...

You have to create a POSITIVE ASSOCIATION to anal sex.

If right now she doesn't want to do it then it probably means she has either a negative or neutral association to it.

You want to take her from wherever she is now to LOVING the idea of anal sex.

How do you do that?

Well, you have to be strategic.

Arguing with her or making her feel guilty or pressuring her into trying it will NOT create a positive association.

These are the types of behaviors that make a person RESIST something.

Instead think about what you could do to create a positive association.

That could mean dropping in hints about role models she respects doing it.

That could mean suggesting it at a time when she's in a peak state.

That could mean stimulating close to that area during sex and gauging her reactions and slowly over time increasing that intensity.

There's a lot of things you can do, but most importantly focus on creating that positive association.

**Question:** From Rich R. "does having a circumcised penis make me orgasm quicker?"

**Answer:** This is an example of a question that I like to answer with another question...

Why are you even asking this?

Even if the answer was yes, does it matter?

I assume your outcome is to last longer in bed.

And if that's the case then start focusing on what will get you to that result.

It doesn't matter how greatly the odds are against you, you have to focus on what you CAN do.

And trust me, even if right now you can last for only seconds, with the right techniques you can very quickly start lasting over 30 MINUTES in bed.

I've made this transition and many other men have to.

And it's nothing to do with circumcision or any other limitation... It's about application of the appropriate techniques.

If you'd like to discover more about this then go watch [this video](#).





## How To Destroy Fear



Fear is without doubt one of the biggest reasons why guys fail to get the breakthroughs they want in bed.

Whether it's lasting longer, getting and keeping harder erections, getting more sex, giving their lover more satisfaction in bed, having a more passionate relationship or a more fruitful dating life...

One of the biggest things that will hold you back from experiencing what you really want is fear.

Whether it's fear of rejection, fear of failure, fear of success or fear of the unknown.

Fear will hold you back.

And I know for a long time I thought this whole idea of being afraid was stupid.

For a long time I thought – “well I obviously want the result, how could I be afraid?”

So here's what I've figured out...



Yes, people want the result, but generally the fear comes from doing the things that are necessary to achieving it.

See, to get the breakthrough you want you're going to have to do something DIFFERENT to what you've always done.

...Because if what you've always done worked you'd already have what you want.

But since you don't, you're going to need to do something different.

And what holds most people back is the FEAR of what will happen when you do this different thing.

And mostly it's the fear of the unknown.

It's the uncertainty of what will happen when you try something new.

Will you get rejected, will you look strange, will you fail, will you be embarrassed, will you be criticized?

People fear these things.

But they fear them most because they never define these fears.

Let's take the idea of using dirty talk as an example...

Most guys don't like using dirty talk.

And the reason is because they feel awkward about it.

And that awkwardness is really fear.

They're afraid that if they use it they'll look weird.

And if they look weird they'll feel bad and be rejected.

Well, let's break this down.

What I've just described is true for most guys.

But what most guys are afraid of is really the unknown.

See, they don't know for sure how their lover is going to react and therefore they don't want to take the risk.

This fear of the unknown becomes paralyzing. So let's do a little exercise to help address this fear of the unknown...

Let's define the absolute worst case scenario if you were to try using dirty talk...

Picture it in vivid detail.

Imagine being in bed with your woman, things are about to heat up and you decide to talk dirty.

What's the worst thing that could realistically happen?

If you're in a long term relationship the worst thing that could probably happen is her say "what are you talking about – that's horrible, that's disgusting – there's no way I'm having sex tonight".

Not a great outcome, but one you can live with right?

If you're dating and you try it the worst thing that could probably happen is for her to get weirded out and not have sex with you.



So if you really care about this woman and you think she has long term potential, it probably wouldn't be worth trying this for the first time when you're first sleeping together, but if not, you've really not got much to lose.

Now, having worked through this can you feel a change in emotion regarding giving dirty talk a try?

Now that we've actually walked through the worst case scenario it doesn't actually seem that scary, does it?

You could probably quite easily handle the worst case scenario, right?

Now what's the upside of trying out dirty talk?

Well, the more likely outcome is that she'll really get into the mood and you'll experience a much more satisfying sexual experience that you can use over and over again in the bedroom.

With all that said it now probably feels like it's worth giving a try, doesn't it?

But what's changed?

Before we didn't think it was worth trying, but now we think it's okay.

What's changed is that we've removed the fear of the unknown.

People fear the unknown.

That's just how it is.

But it's important to realize this, because if you're looking to make a change, you need to do

whatever you can to remove as much unknown as possible.

And the way to do that is with this exercise.

Define the worst-case scenario of taking action on making your dreams real.

And when you do this the fear will go away.

Because the truth is that we can deal with virtually any problem that might come our way.

Sure, a worst case scenario could be a really tough situation, but the reality is that we would probably be able to deal with it if we have to.

And often it's worth the risk.

Experiencing greatness is almost always worth the risk of it not working out because we can always try again.

So please go ahead and use this exercise on whatever challenge you've been grappling with.

Whether it's lasting longer in bed, getting hard erections, giving her more pleasure in bed – whatever it is.

Consider the options of what you're considering trying, consider the worst case scenario and evaluate if it's worth the risk.

Assuming it's not going to damage your health, it's probably worth trying.

When you address fear head on you won't believe how much confidence you'll gain.

