

CHAPTER 02

The Confidence-Erection Connection

"Your body is not a scoreboard."

THIS WEEK'S PRACTICE

Map what happens in the ninety seconds before pressure takes over.

RESOURCES

Four-domain baseline • Performance-pressure pattern sheet

NOTES & REFLECTIONS

CHAPTER 05

Nice Guys Finish Last

"Kindness is not the problem. The hidden contract is."

THIS WEEK'S PRACTICE

Day 2 | Translate: use the ten-minute practice on one resentment or act of overgiving.

RESOURCES

Hidden contract audit • Direct-ask script bank

NOTES & REFLECTIONS

CHAPTER 06

The Neurochemistry of Connection

"Your chemistry is context—not a control panel."

THIS WEEK'S PRACTICE

Day 1 | Notice: record one body-state shift without explaining it.

RESOURCES

Craving vs. connection log

NOTES & REFLECTIONS

CHAPTER 07

Attachment Styles

"The past explains. It does not decide."

THIS WEEK'S PRACTICE

Day 1 | Catch: notice one attachment trigger and record the observable cue.

RESOURCES

Attachment pattern baseline • Trigger → Prediction → Invitation practice

NOTES & REFLECTIONS

CHAPTER 08

Foreplay & the Female Libido

"The point is not a routine. It is an experience she wants to remain inside."

THIS WEEK'S PRACTICE

The No-Finish Sensory Conversation, or prepare it for a future partner.

RESOURCES

Five dials checklist • Consent and calibration scripts

NOTES & REFLECTIONS

CHAPTER 09

Navigating Initial Attraction

"Be direct. Stay discerning. Let reality answer."

THIS WEEK'S PRACTICE

Day 1 | Audit: review one profile or message thread; circle where you performed instead of represented yourself.

RESOURCES

Grounded attraction baseline • Intent → Observation → Invitation practice

NOTES & REFLECTIONS

CHAPTER 10

Exploring Kink

"Curiosity is not a problem. Consent is the standard."

THIS WEEK'S PRACTICE

Day 1 | Name: write one curiosity in neutral language and notice any immediate reaction.

RESOURCES

Consent-first exploration baseline • Fantasy → Meaning → Boundary practice

NOTES & REFLECTIONS

CHAPTER 11

Sex and Shame

"You are not a problem to solve."

THIS WEEK'S PRACTICE

Name it: "The shame story I carry is _____. What I am working on is _____."

RESOURCES

Shame inventory • Self-compassion script

NOTES & REFLECTIONS

CHAPTER 13

Coaching and Connection

"Insight matters. Practice is where your life changes."

THIS WEEK'S PRACTICE

Try one small experiment and review what happened instead of calling it failure.

RESOURCES

Support map worksheet • Feedback practice scripts

NOTES & REFLECTIONS

CHAPTER 14

The Challenges of Masculinity in the Modern Day

"Strength is not the same as silence."

THIS WEEK'S PRACTICE

Ask: "What I need right now is _____. Is that something you have the capacity to offer?"

RESOURCES

Masculinity rewrite prompts

NOTES & REFLECTIONS

CHAPTER 15

Forging Your Personal Path to Fulfillment

"A good life is not a performance. It is a practice you can keep."

THIS WEEK'S PRACTICE

Keep / adjust / drop: name one part of your life for each.

RESOURCES

Baseline comparison sheet • 90-day plan template

NOTES & REFLECTIONS