VANTAGE MEN · PROGRAM 10 OF 10

From Dating to a Relationship

Choose well, define it clearly, and keep attraction alive once you are together.

Complete tier

The full 30-day program with every exercise and script

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Lessons

Module 1: Choosing well

Attraction gets you to the door. Character, consistency and secure functioning decide whether it lasts.

The long-term checklist

Kindness, reliability, emotional stability, curiosity, how she handles conflict and money, how she treats people who can do nothing for her. These predict the next ten years far better than chemistry on date two.

Logan Ury argues against the 'spark' as a selection tool; slow-burn relationships often last longer. Give good people three dates before you decide.

Secure functioning

Attached's core finding: pairs where at least one partner is secure do best, and secure behaviour can be chosen. Watch for consistency, direct communication and comfort with both closeness and independence.

If you find yourself anxious and chasing, that is data about the fit, not a sign of passion.

Module 2: Defining the relationship

Clarity is attractive. Ambiguity breeds anxiety on both sides.

When and how

After roughly six to ten dates, when you are both consistently choosing each other, say what you want in one or two sentences. 'I really like where this is going. I'd like us to be exclusive. How do you feel about that?'

Then listen. If she needs time, give a reasonable amount. If she says no, you have your answer and your dignity intact.

Module 3: Keeping close: bids and rituals

Gottman's research: couples who stay together turn toward each other's small bids for attention most of the time.

Turning toward

A bid is any small attempt at connection: a comment about the news, a touch, a sigh, 'look at this'. In Gottman's Love Lab, couples who later divorced turned toward bids about a third of the time; those who stayed together did so far more often.

Practice: put the phone down, respond to the small things, ask one real question a day. It is undramatic and it is what love looks like after month three.

Rituals

A weekly date that is actually a date, a daily six-second kiss, a Sunday planning chat. Rituals keep the relationship from becoming logistics.

Self-assessment matrix

Circle one number per row. Be honest; this is for you. Score today, at day 15 and at the end of the program.

Scoring

Before = today. Day 15 = midpoint. After = end of the plan you are following.

Criterion	1 looks like	5 looks like	Before	Day 15	After
Selection	Chemistry decides	Character and consistency decide	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5
Clarity	Months of ambiguity	Defined calmly at the right time	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5
Turning toward bids	Phone wins	I respond to the small things	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5
Rituals	None	Weekly, daily, monthly in place	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5
Conflict: criticism and contempt	'You always', eye-rolls	Gentle start-up, appreciation	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5
Conflict: defensiveness and stonewalling	Counter-attack or shut down	Own my part, timed breaks	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5
Own life	Dissolved into the relationship	Friends, craft, training kept	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5
Desire and initiative	Passive, routine	I plan, surprise, flirt	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5
Total (out of 40)			__	__	__

Reflection

Before: my lowest row is _____. The last time it cost me something was _____.

Day 15: what changed: _____. What is still hard: _____.

After: biggest shift: _____. Next program I will take: _____.