**Understanding What She Really Wants**

The first “Fast Start” video is designed to help you understand where you currently stand with a woman, and what might be holding her back.

Below are some “key points” to remember, as well as a place for you to take notes.

In the next “Fast Start” video, we’ll be doing an exercise to get clarity on how she feels about you, and filling out a “scorecard” that will allow you to monitor the progress of the Scrambler.

**Key Points**

#1: Breaking a woman’s expectations opens a window for you to change her mind. This is why its important to get a firm understanding of what she currently thinks of you and expect you to do.

#2: The more you can get inside a woman’s mind, and know what she’s secretly thinking, the easier it will be to play into the “romantic fantasy” she has

#3: You can never get a girl to change her mind about you with things like flowers, gifts, confessions of feelings, or mushy emails. These things will push her further away.

#4: A woman’s feelings for you fluctuate, they are not static, and women act on their most recent feelings.

#5: What is usually missing for a woman is “Romantic Tension” and without it, its impossible for her to get butterflies for you.

#6: When you learn how to create butterflies in a girl, it doesn’t matter if you’re not her type or older than her or she already rejected you.

#7: If she has a "barrier" that makes her think you’re not right for her, it only makes the butterflies more intense.

#8: For women, longing equals love. So, for instance, the more a girl is LONGING to hear a compliment from you, the more she convinces herself she’s in love with you.

#9: The anticipation of a reward stimulates the brain more than the actual reward.

#10: You can only move things forward when she’s feeling it, if she’s not feeling it, any attempt to move things forward with her will push further away from her.

**Exercise #1:** Pinpoint Her Loss of Attraction

If you ever had or currently have a woman who was once “hot” for you, but then began to lose attraction or pullaway, take some time to see if you can identify the change in her texts.

**Notes from Fast Start Video 1**