

How To Find Your Perfect Match

For Him

How to avoid common
dating mistakes and
find The One

TwoAreOne

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Chapter 1: Understanding Women

Before we can even dive into the mistakes you need to avoid when dating women, we first need to explore and understand women.

Contrary to popular belief, when it comes to dating, men and women were not created equal. Countless scientific and psychological studies have repeatedly proven that each gender has a different sexual strategy. Additionally, each gender wants something different out of the relationship compared to the other.

In this chapter, we will go over all of the ways in which men and women are different.

So without any further interruptions, let's go ahead and get started!

How Men and Women are different:

Asides from the obvious (e.g. men having facial hair when women don't, etc) men and women are two totally different beings.

Men and women are different in the following ways:

- + Sensitivity.
- + How and when oxytocin is released.
- + Different styles of communication.
- + Different frequency of communication.
- + Different styles of conflict.
- + And more.

Let's start with the first topic:

Sensitivity

It's not a stereotype to say that women are more sensitive than men as this has been proven time and time again by science. From an evolutionary standpoint, when we were hunter-gatherers, it was up to the men to fight off any threats as well as fight in the wars later on in time.

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If men were sensitive, they would be too scared to protect their mate from a saber tooth tiger, let alone hold a gun stable enough to shoot the enemy during war. Men and women are biologically hardwired differently.

Difference in Oxytocin release

Oxytocin is known as the love chemical and has been proven to show that it has some qualities that help with pair bonding in a relationship.

Just as men release different hormones (e.g. testosterone) and women different ones as well (e.g. estrogen) the same holds true with oxytocin.

While men only release oxytocin at the sight of their children, women release this chemical every time they have sex. This is why it has been shown that the more sexual partners a woman has, the more dissatisfied she will be with future partners later in life.

Men on the other hand do not have this happen to them. They can have as many sexual partners as they want and do not have less satisfying marriages like women would should they have the same amount of partners in large quantities.

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Different styles of communication

While men communicate overtly (e.g. they are direct, not really beating around the bush), women communicate covertly. This is typically why most men overlook a woman's IOI's (Indicators of Interest) and stay wondering whether or not she's into them.

Women are not direct, and can keep you wondering:



Photo by Jon Ly on Unsplash

Although men might prefer women to be more direct, this is not the case. Yes emotional maturity is important and does tie into this, however, don't expect a woman to communicate directly as this is not how they are programmed to be with men being the complete opposite in terms of communication style.

Different frequency of communication

It's not a stereotype to say that women communicate more than men.

In fact, men typically only communicate to: provide value, assert their status if not power and to share knowledge. Women on the other hand prefer to talk about things such as experiences and emotions.

Of course, from a common sense point of view, telling stories of your experiences as well as emotions typically requires more words than providing value, asserting power as well as status and to share knowledge.

So if you've ever heard a girl you've dated say, "we don't talk anymore," she's probably referring to talking about things on a deeper level than the bills, kids, etc.

Different styles of conflict

Just like men are direct in their communication, so are they when it comes to conflict. Men are typically more confrontational than women. While men go out and settle things with a fist fight, women resort to other types of warfare when it comes to handling conflict.

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While men fight physically, women use psychological warfare to settle things. Instead of fighting someone in a fist fight, women would do the following:

- + Ruin the person's reputation by spreading rumors.
- + Kick the person out of their career by getting them fired.
- + Giving them the silent treatment, acting like the other person does not exist, hence the meme below:



Photo from Pixabay

Some speculate this is due to women being less physically strong than men and as a social adaptation of survival in order to get what they want.



Chapter 2: More Differences

Next we move on to more key differences between men and women. In this chapter we will cover the following topics on both genders in this chapter:

- + Differences in arousal
- + Differences in how they view the opposite gender
- + Differences in what they want from each gender
- + Differences in the games that they play with each gender

Let's start with the first topic:

Differences in arousal

While men just need something visual to become aroused, the same is definitely not the case with women. Women tend to need more of a psychological and emotional stimulus to get aroused.

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Men and women differ in this regard as well as the several other topics we will discuss in the upcoming pages.



This is important for men to understand as you need to know what makes each gender different on every level in order to have a better relationship with women.

Let's move on:

Differences in how they view each gender

While men have the Madonna Complex, women tend to categorize men into either Alpha (reproductive material) or Beta (provider material).

To better understand yourself, let's go over what exactly the Madonna Complex is. Just as there is a duality as to how women perceive men, the same holds true vice versa.

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The Madonna Complex is a basic filter that men use to categorize women. Although society frequently shames men for objectifying and sexualizing women, this is completely natural in addition to part of the physiological hardwiring of a man.

That being said, men either view women as:

- 1) One night stand material.
- 2) A madonna (relationship material).

Depending on how you view a woman as well as your intentions will ultimately determine how you interact with her.

Then in the case for women, the formatory view of Alpha and Beta still apply. Whether you believe in God or Science is up to you -- but it has been constantly proven that women want the following traits in a mate:

- + A leader
- + A provider
- + A protector

That's it. It's not really that complicated to tell what a woman wants so long as you have those traits.

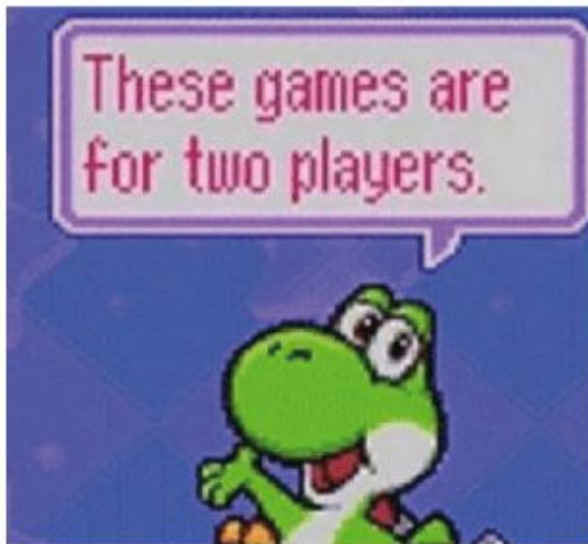
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That also ties in with what each gender wants from the other -- while women want a protector, provider and a leader, men typically want the following:

- + A feminine woman
- + A woman with few sexual partners
- + Preferably a woman younger than him (this is why you typically see older men go for younger women)
- + A woman that is marriage material (e.g. can cook, clean and have kids as well as a great maternal instinct).

Next, let's move on to the games that each gender plays.

Different games played



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While men's strategy usually is to prolong commitment as much as possible (in some cases) while having a no strings attached relationship with the woman, women, especially the experienced ones, have other things in mind and will quickly sniff out things like this:

When she tries to define the relationship

So, what are we?

We. Are. Farmers.
Bum badum bum bum
bum bum.

Women on the other hand have a different strategy. They use something you might be familiar with if you've lurked on the Red Pill, So Suave or PUA (Pick Up Artist) communities on Reddit if not elsewhere. That thing being sh*t tests.

What is a sh*t test?

A sh*t test is basically a test to gauge what kind of man you are and if you're going to fall into the Beta if not Alpha category we discussed earlier.

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So let's give an example of what this might look like to a regular, every day guy.

Example:

Say you are a man in your mid to late 30s and approach a girl younger than you. All you say is hi and then she hits you with this, "I'm sorry but I think you're too old for me." That's an example of one of these tests.

Honestly you shouldn't take it personally, you should be flattered that a woman is interested in you enough to test you so it's best not to negatively react unless you want to be categorized as a Beta in her eyes.

There are several ways to pass this test though without risking looking like a Beta in her eyes then getting friendzoned if not completely disregarded. Here they are:

How to pass her tests

Sometimes a woman's tests can be pretty daunting especially to a guy that doesn't know he's being tested or the intentions behind a girl's tests.

So how do you pass these tests? Here's how:

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- + Ignore
- + Agree and amplify
- + Disagree and amplify
- + Use amuse mastery

Still staying with our example of a girl saying you're too old for her when all you were doing was saying hi, let's see how each of these techniques applies to that situation.

Ignore

Ignoring means you're not really acknowledging her response. The female currency in her sexual strategy is attention. The more attention she gets from a mate, the more valuable she is in his eyes.

If you don't even give her the time of day and just continue talking to her, unfazed, chances are she isn't going to really protest you sitting next to her. If she is uncomfortable though, it's needless to say that you should just leave.

She might even go as far as excusing herself or just leaving if she's really not that into you, but again, don't take it personally.

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One thing we didn't mention in this book was that women who are younger than 25 don't really care much for a man's income if not his ability to provide for her with the exception of women with daddy issues.

Considering how high the divorce rates are these days and the fact that a good number of women who end up with the kids end up demonizing the fathers, there are plenty of young women out there with daddy issues if you prefer younger women.

To learn more about what women want, we suggest you read "*The Rationale Male*" by Rollo Tomassi followed by his book "*The Rationale Male - Preventative Medicine*" which are pretty good reads.

Next, let's move on to agree and amplify.

Agree and Amplify

Agree and amplify is a technique used to kind of put a woman at ease because we're more comfortable plus like people who agree with us more as well as puts her guard down in seeing you as a threat.

So how would you use it with our previous example?

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You would say something along the lines of:

“You’re right, I’m probably old enough to be your grandpa but hey, I only wanted to talk.”

You make her laugh (since someone in their 30s obviously isn’t old enough to be someone’s grandpa) and you come across as harmless.

Next we move on to the opposite end of the spectrum:

Disagree and Amplify

This is when you completely disagree with a woman and exaggerate it.

This shows you don’t really care about her approval and gets her operating in your frame. The frame is the reality if not the course of thoughts someone operates under.

A little bit more about frame:

You are either operating under someone else’s reality or your own. He who holds the frame wins any debate, discussion and in some cases wins the job if not girl of their dreams.

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Some examples of frame include:

Say you're applying for a job and the ad says \$15/hr but it is severely underpaid making it really valued at \$25/hr. If you can convince your potential boss that you should get paid \$25/hr and the \$15/hr will do more harm than good to his company, then he fell into your frame making you earn what you deserve.

However, if you don't even bother negotiating, you take the \$15/hr and fall into your boss' frame. Consequently, you are overworked, underpaid and miserable. All because you didn't get him into your frame.

So how would you use disagree and amplify in the example we previously used?

You would say something along the lines of, "Me? Old? Not at all. I'm actually much younger than I look. I'm really in my 20s but my super demanding job makes me look like an old man."

This shifts the frame in your favor by showing you can't help your age because of your job and might even pique her interest as to what you do for a living to start a conversation.

Amuse Mastery

This is undoubtedly one of our personal favorites to use.

Amuse mastery is essentially is almost like using agree and amplify but it's saying something really funny to let a girl's guard down while also showing that you're alpha.

An example of how you would use it in this interaction would be by saying something like, "You're right, I'm actually 105. I look pretty young for my age though, right?"

Those are the ways you handle these tests. But what about if they're not tests?

Not tests, just rudeness

When a girl is being straight up rude, you can just ignore her and move on if not, try saying these phrases. One you can use is say, "if I talked to people the way you did, I would be super embarrassed," or you can hit them with a, "honestly, I don't know how to respond to that, can we go back to being normal?"

Use these only if she's being blatantly rude.



Chapter 3: Common Dating Mistakes

In this chapter, we will cover the top common dating mistakes that men make when they decide to put themselves out there again. Here are the mistakes at a glance:

- + ONE-itis
- + Talking about yourself too much
- + Being clingy
- + Not having standards
- + Not catering to women's emotional sides
- + Poor conversation skills as well as etiquette
- + Not dressing properly for dates
- + Ignoring common red flags

Some of these may or may not apply to you, but you'll never know if this is you unless you're: (1) honest with yourself and (2) have the capacity to self reflect on your behavior. Let's start with the first thing.

ONE-itis

ONE-itis was born from the cultural and Disney-esque programming we have been fed since we were children. “Oh, there’s someone out there made just for me,” or , “She was the ONE that got away..” If you’ve ever heard yourself thinking if not saying anything along those lines, you have ONE-itis.

In the words of Rollo Tomassi from his first book *“The Rationale Male”*:

“There are good ONES and there are bad ONES, but there is no ONE.”

As they say in The Red Pill subreddit forum, you need to kill your inner Beta and destroy this soulmate concept from your head. Your mindset affects your emotions. Your emotions affect your beliefs, and your beliefs affect how you act.

The minute you embrace this mindset, the more attractive to women you will become.

You don’t need to talk about yourself too much either, which we cover in the next part.

Talking about yourself too much

Although it has been proven that women are more attracted to narcissistic men than regular men, you shouldn't talk about yourself that much. This can be a red flag towards women and can also make you come across as self absorbed.

There are other ways to impress women other than just constantly talking about yourself. You can show good listening skills by talking about something she mentioned in her profile if not on previous dates or share funny stories about what something she said reminded you of.

Here are some more dont's:

Being clingy

This is not only something women do, but it's also something that men are capable of doing.

Remember how in the previous chapter we talked about being categorized as an alpha vs a beta in a woman's eyes? The fastest way to get categorized as a beta is to just be extremely clingy around the woman in question.

Not having standards

When you're looking for your next LTR (Long Term Relationship), it's important to be honest with yourself and what you're looking for.

You need to ask yourself:

What traits do you want in a woman? What are some absolute deal breakers for you (e.g. rude to wait staff, not close to family, etc)? What kind of woman do I want (e.g. athletic, good at cooking, feminine/ girly girl, etc)?

All super important questions you should take into consideration.

Not catering to women's emotional side

As we stated before, women are more emotional than men. Failing to take this into consideration will make you fail in connecting with her on a deeper level and showing her that you're serious about being in a long term relationship with her.

Tell her about why you have a scar shaped like Africa on your arm or other things to emotionally connect with her.

Poor conversation skills

Circling back to talking too much about yourself, you want to make sure that your conversation skills are impeccable.

Is she constantly looking at her phone during your date? Are her feet pointed towards the door and do her eyes glaze over, daydreaming about being somewhere other than with you?

These are all signs, if you've experienced them a lot that either (1) she's just not that into you and (2) you need to work on your conversation skills.

How you talk and look are important too which ties into:

Poor wardrobe selection

Just like you wouldn't wear cargo shorts and flip flops to a wedding, you wouldn't wear the wrong clothes to the wrong occasion either.

You wouldn't wear a tuxedo if you were going bowling together and you wouldn't wear jeans with a t-shirt to a fancy restaurant with your date. It's common sense but typically goes over the head of most men.

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Photo by Brooke Cagle on Unsplash

Ignoring common red flags

When it comes to meeting someone new, there's a lot of excitement. Sometimes we can get so excited over the aspect of finding someone that also finds us interesting that we forget to pay a little more attention to things they do.

We get so caught up in how perfect they may seem that we gloss over the little details. "Oh she's not flirting with the waiter, she's just friendly," or, "She's not impatient, she's just a quick decision maker."

In glossing over these red flags, we lose sight of the bigger picture. In the next chapter, we will cover the common red flags to look out for.



Chapter 3: Common Red Flags

Now that we have covered the difference between men and women as well as common dating mistakes men make, we can now look at what red flags you can look out for on dates. Here are the ones we will cover:

- + No friends
- + No long term relationship history
- + Rude to wait staff
- + Opens up about life problems on first date
- + Talks about children and marriage on first date
- + Displays sociopathic/ psychopathic tendencies
- + Doesn't take responsibility for how their last relationship went (bonus points if they talk about their ex)
- + They don't respect your boundaries
- + Act irresponsibly
- + Claim to hate drama but their life lives and breathes it

Let's start off with the first red flag:

No friends

Unless she is relatively new to town, she should at the very least have her own social circle.

People are alone for a reason. If someone has no friends, trust your gut and believe that there is a reason behind it.

No long term relationship history

If a woman has no history of being in a long term relationship, with the longest relationship probably lasting 6 months then she is probably not relationship material.

Unless she is younger and relatively inexperienced in dating, then this would be an immediate red flag.

Rude to wait staff

This is a common dating red flag for a reason. If a person treats people they perceive to be below them rudely, then that speaks major volumes about their character as well as who they are as a person.

I mean, do you really want to date someone that belittles the waiter over every little thing every time you eat out?

Opens up about life problems on first date

If someone talks about their life issues on a first date, then they have issues, period.

Talks about children and marriage on first date

If a woman begins talking about the future with you, planning your wedding and having a dedicated Pinterest board for it, then this is an immediate red flag.

When you're first getting to know someone, it's important to find out if you're a good match to begin with.

Deciding on what flowers will be on your wedding day isn't how you get to know someone.

Displays sociopathic/ psychopathic tendencies

Things such as: pathological lying (when they wouldn't gain anything from lying), superficial charm, unreliability, emotionally callous, etc all point to either being a sociopath if not psychopath or having tendencies for either personality disorder.

Be sure to look out for these traits.

Takes zero responsibility for their last relationship

When you eventually get to talk about your exes, an immediate red flag is if she takes no responsibility whatsoever about why the relationship failed. If she blames all of her exes, chances are she will talk about you the same way when you break up.

They don't respect your boundaries

Next to trust and communication, all great relationships are built around respect. If she doesn't respect your boundaries, chances are she isn't going to respect you. Keep this in mind for your next date.

Your date is immature

Although this is most commonly found with younger women, it's still something to keep in mind. Does she spend her money irresponsibly? Does she let you know when she's upset or talk about her feelings?

There are lots of ways to tell if someone is emotionally immature or not. Depending on your preferences in terms of age will depend on whether you will encounter this red flag or not.

Claim they hate drama when their life lives and breathes drama

Is the girl you're dating in some kind of trouble or drama with someone almost every day of the week? Does there always seem to be something bothering her?

If so, chances are she's one of those girls who have something like this in their dating profile:

"Fun. Not looking for drama." or "Laidback. No drama."

These are immediate signs you can look for when you are looking through a girls profile to see if she falls under this 'no drama but my life revolves around it' red flag.



The best way to not get caught up in drama and other undesirable situations is to avoid the people that are the cause of them.

Keep these things in mind when using our platform.



Chapter 4: Bonus Chapter

Now that we have covered: the difference between men and women, common dating mistakes that men make and red flags to look out for, we want to make sure you get the best value out of this book by continuing your education about the opposite sex as well as game.

In this chapter, we will cover:

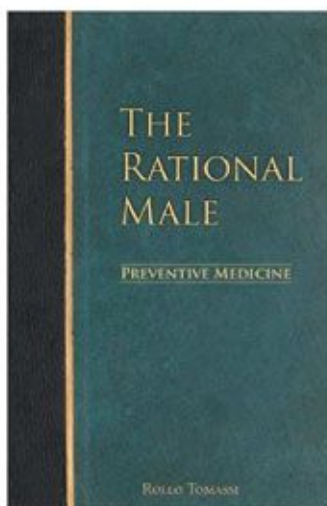
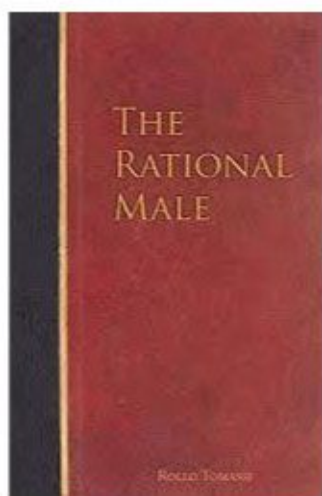
- + Best books any guy can read
- + What's included in the books (a brief synopsis)
- + Highlights from each book

We hope you find great value from not only reading these books, but also putting the theory into practice, as it is well known knowledge that ideas are nothing without execution.

Here are the best books that any man can read:

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Rollo Tomassi's Books

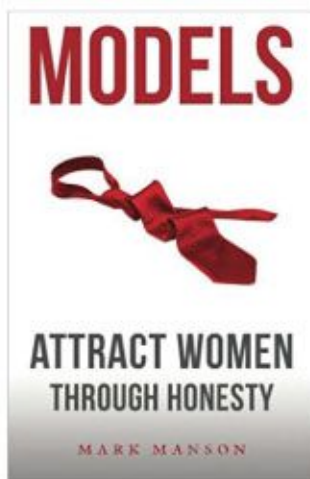


Rollo Tomassi has a great duo of books that go good together, some of which I covered in this ebook. For example, the part of ONE-itis being a common dating mistake and how usually women under 25 that care about how much a man makes usually have daddy issues are both from this book.

These books go over how a man should optimize his dating strategy as well as what women from each age bracket expect from a man.

They are incredibly insightful and give insights into both genders as well as the best way to approach women.

Models by Mark Manson



Mark Manson has a killer book on how to get women through honesty. Sometimes in dating it can feel like we are putting on a mask or not being ourselves even to the point where it may feel like lying.

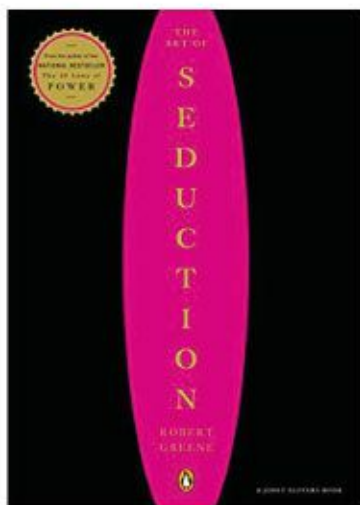
In this book, Mark Manson goes over how to stay true to yourself by being yourself and still getting the girl.

If you strongly believe that you should just be yourself and women should love you for who you are not what you have, then this is definitely a good read for you.

If you're more strategic, the next book is better:

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The Art of Seduction by Robert Greene



In this book, Robert Greene goes over a strategic way to seduce someone and get them hooked to you.

He talks about the archetypes of personalities you can adapt for your seductive persona (e.g. The Charmer, The Dandy, etc) and the common types of 'victims' of your seduction that there are (e.g. The Novice, The Beauty, etc).

For those of you that are the more strategic type, this is definitely the book for you. Even if you're more about being true to yourself, you can see which persona fits you then go from there.

Conclusion

In this book we have covered:

- + How men and women are different
- + Common dating mistakes that men make
- + Red flags to look out for in a woman
- + Best books a man can read going forward

We hope this information was useful to you. If you have any questions about our platform or about the content in this book, be sure email us at: admin@twoareone.love

Thank you guys for reading this and we hope this ebook helped you in your dating endeavors.

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Resources

- [1] <http://web.missouric.edu/~segerti/capstone/SexDiff-Sexuality.pdf>
- [2] <https://www.psychologytoday.com/us/blog/sexual-personalities/201504/are-women-more-emotional-men>
- [3] <https://www.psychologytoday.com/us/blog/love-and-gratitude/201310/oxytocin-the-love-and-trust-hormone-can-be-deceptive>
- [4] <https://www.hsph.harvard.edu/news/features/do-women-talk-more-than-men>
- [5] https://www.reddit.com/r/TheRedPill/comments/2pb4fs/everything_you_need_to_know_about_shit_tests/
- [6] <https://psmag.com/social-justice/even-women-who-should-know-better-are-attracted-to-narcissists>
- [7] <https://psychologenie.com/sociopathic-tendencies-in-adults>

