

How To Find Your Perfect Match

For Her

How to avoid common
dating mistakes and
find The One

TwoAreOne

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Chapter 1: Understanding Men

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

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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Because men did most of the hunting and fighting wars throughout history as well as the fact that they are physiologically hardwired differently than women, this has made them the head of the household essentially.

Due to men needing to protect and provide for their family, they have been biologically made to not be as emotional as women. It would be difficult for a man to kill a saber tooth tiger when protecting his family from it, let alone shoot a gun if he's shaking with fear.

Different releasing of oxytocin

Just as men and women release different chemicals as well as hormones, when they do factors into it too.

While women release this bonding chemical every time they have sex, men don't. This is why women, the more partners she has, ends up being more dissatisfied with her future marriages.

Men only release this chemical when they see their children and the amount of sexual partners that they have doesn't impact their happiness with future spouses as much as it does with women. Unfortunately, with today's hook up culture, this isn't common knowledge.

Different communication styles

When women communicate, they do so covertly. They were socially conditioned to not communicate directly. This is because they were taught from a young age to be compassionate and feminine -- always taking others feelings into consideration.

A woman won't tell you that the zit on your face that's the size of Mount Vesuvius is obvious. She'll say no one will notice or help you with your makeup to make you feel better about it.

Men on the other hand, would probably flat out tell you that it's the most ginormous zit they've ever seen and there's no way no one wouldn't notice it. Men are more direct in their communication than women.

This is why you'll typically hear women say things like, "He's so insensitive" or, "he's so thoughtless when he speaks," as they're not used to being talked to in such a direct manner.

While women will sugarcoat things for the sake to spare someone's feelings, men won't and shouldn't be expected to do the same.

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Different frequency of communication

It is a well known fact that women communicate more than men. According to the book, “The Moral Animal”, men only communicate: to assert power/ status, provide value and share knowledge.

Women, on the other hand, communicate to talk about emotions and experiences.

These two things typically take a lot more words to communicate than the things that men mostly talk about. This may also be why some women find themselves saying things such as, “We never really talk anymore,” or, “Sometimes I just wish I knew what he was thinking.”

Her: he's probably thinking about other girls...

Him: I wonder if I've ever bought milk from the same cow twice



Different styles of conflict

While women resort more to emotional manipulation as well as psychological warfare when it comes to conflict, men are very different.

Men on the other hand are more direct in their fighting style. If a guy has a problem with another guy, they have a fist fight to settle it then that's it.

But if it's two women that are in a fight, there's:

- + Over the top drama
- + Gossip for days
- + Reputation tearing galore
- + And more

This is how men and women differ. In Chapter 2, we will go over more differences between the genders in terms of what each gender wants from the other and more.



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

Women have been shown to be much harder to arouse than men.

For women, everything begins with their emotions.

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Everything also begins with their mind. So arousal for women, if anything, is more of an emotional and psychological thing. For men on the other hand, it's significantly different.

For men, arousal is all visual. This is where this meme gets its popularity from:



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

Let's move on:

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Differences in how they view each gender

There is a dichotomy in how each gender sees each other through their own eyes.

While women categorize men into Alpha's (reproductive material) or Beta's (provider/ best friend material), men also have a categorizing mechanism for women.

In psychology, it is most popularly known as '*The Madonna Complex*'.

While women categorize men into relationship material vs friendship if not provider material, men categorize women into two totally different categories.

These categories being:

- 1) Madonna (relationship material).
- 2) One night stand material.

You want to make sure you come across as relationship material, otherwise he's only going to want one thing and one thing only from you. To prevent this, you'll have to show that you are relationship material by being feminine and not sleeping with him on the first date.

Differences in what they want from each gender

Just like men and women are different in how they view the opposite sex, what they want from each gender is different as well. While women want someone who can: provide (whether it's emotional if not financial), protect and lead them, men want something else.

Typically men want a woman who is younger than them. This is why we usually see an older married man cheating on his older wife with a younger woman. Here is what men typically want in a woman for an LTR (Long Term Relationship):

- + 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).

These qualities are what a man wants and looks for in a long term relationship. If you're masculine or the 'wild' and 'free' type, you'll automatically fall into the less desirable part of a man's Madonna Complex scale.

Different games played



Have you ever heard the saying, "All is fair in love and war"? It's said for a reason, as both have the same objective: to conquer the other side. But instead of bullets, you have flowers. Instead of bombs, you have date night.

And the list goes on and on.

Instead of strategies, we have these games each gender plays with the other. While women have their own tests for men to see if they are either Alpha's or Beta's, men also test to see if women are Madonna's or the opposite.

The games that men play

Men have been taking advantage of women's emotional nature for centuries, which ties in with the games that they play.

Men typically play the following games:

- + Prolong commitment
- + Avoid commitment

They either take a long time to tell you what you two are when you try to define your relationship with them if not make up all of the excuses under the sun to not say that you two are exclusive

OR...

They avoid the whole commitment thing altogether by just ghosting you if not changing the subject or doing something similar every time you try to have that conversation.

While women are the gatekeepers of sex (you decide when that happens), men are the gatekeepers of commitment (since they have to propose).

How to avoid these games

Typically, there are tell-tale signs of a man that plays these games. Here are the signs that he is playing games with you:

- + He doesn't introduce you to his friends when you've been dating for awhile.
- + Same as the above except with family.
- + He avoids conversation or changes the subject when you try to label what you are.
- + He isn't affectionate with you in public, just when it's only the two of you.
- + He doesn't go up to your door to pick you up for a date, he just texts that he is outside.
- + He doesn't have much of a history of long term relationships.

All of these are signs that he is just playing games and going to waste your time.

The best things you can do for yourself is to spot these signs early on and talk to your partner about it. Depending on what his actions AND words look like after will depend on whether or not he's worth keeping around.

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Why men are like this

If you really think about it, men weren't programmed to be monogamous. Monogamy is really just a social construct to produce emotionally, mentally and psychologically healthy offspring for society.

There have been countless studies proving that children with single parents have more challenges in life than those who were raised with both parents in the household.

If men were truly monogamous, they would not cheat, and the same with women. While men are biologically hardwired to impregnate as many women possible like our primitive ancestors have, women have what's called hypergamy.

Hypergamy is wanting the best genes for your offspring. Sometimes, the best genes (from Alpha's) don't come from the most family oriented men so single mom's who begin to date look for a man that can provide for her and her offspring (Beta's) to get the best of both worlds.

Again, monogamy is just a social construct.

So much so that it is affecting the collective.

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The collective is heading in an interesting direction where they are beginning to question the value of a relationship to begin with.

We don't blame many men for being commitment phobes as, due to the majority of the time the courts take a favor towards the women in the case, there doesn't seem to be anything in it for men.

I mean, think about it:

- + You lose half your stuff.
- + You lose your kids too because courts favor women over men every time when it comes to custody.
- + Divorce can be pretty expensive.
- + And more, just for being a man who is divorcing.

Of course there are still people who are old fashioned out there, but statistics show that most people -- people being men -- (especially the younger generation) are more hesitant to marry and start families than the older generations.

This is not intended to scare or discourage you. We are simply stating the reality of where things are today. This is nothing more than an obstacle if marriage is your goal.



Chapter 3: Common Dating Mistakes

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

- + High expectations
- + Not having standards
- + Talking about yourself too much
- + Being clingy
- + Not catering to men's masculine side
- + 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 on the list.

Having high expectations

There's a difference between having expectations and having standards (which standards will be discussed next). Expectations are so detrimental that they can at times ruin good things. They can even at times make us delusional.

An example of the former is you expecting your date to be over 6 feet tall but end up leaving mid date because of that when it turned out the guy had a lot going for him as well as had a great personality.

An example of the latter is the list. We all have a list. You know, that 'must be athletic', 'must have a sensitive side', 'must have green eyes and dark hair' or whatever you may personally have in your list.

Our advice? Throw that list of superficial things and focus on what's important. What's important being your standards which we cover next:

Not having standards

When you don't have standards, this makes it difficult for you to see what a compatible match would look like.

Talking about yourself too much

When you're on a date, the point of the date is to get to see if you will be a potential match for each other. You won't be able to find out if that will be the case if you're just talking about yourself the entire time.

Also, if you think about it in the grand scheme of things, it's the man's job to impress you. Let him do the talking and leading, then go from there.

Being clingy

There's a reason why there's that 'wait three days before texting after a date' rule. You don't want to come across as desperate. Remember the dichotomy of how men see women.

If you're clingy and constantly finding yourself jumping hoops just to get a man's attention, you will be perceived through the least favorable side of the 'Madonna Complex'.

Let a man have his space, don't suffocate him with your needs and emotions early on, this will repel men faster than you can say 'bye'.

Ignoring men's masculinity

The fastest way to end a relationship with a man is to ignore his masculinity.

In a relationship, it's important that you don't ignore a man's masculine side. Let him feel like a man by: letting him take the lead, letting him make plans, having him carry heavy things for you, letting him open the door for you, letting him fix things up around the house and doing other stereotypical masculine activities.

This will make him feel content and fulfilled within the relationship.

Poor conversation skills and etiquette

Yes you should let him do most of the talking, but when you do talk you should make sure you have proper etiquette and conversation skills.

So things like: not interrupting your date when they speak, showing you're listening actively by repeating back what they say to you from time to time, making eye contact, nodding your head and showing interest in their lives. Things like these are basic conversation skills.

Not dressing properly for dates

When going on a date, it is *super* important that you dress right for the occasion.

You're not going to wear a dress or romper when you're going hiking and you're not going to wear shorts with a tank top to a five star restaurant.

Be mindful of what you wear for specific occasions. Also, make sure you're comfortable with what you wear -- if you can't walk in heels, don't wear them. If you're comfortable you're going to be confident.

Ignoring common red flags

It's really important that you know what to look out for when you're going out on dates with your next potential LTR (Long Term Relationship).

If you pay really close attention to people, then you can learn a lot about who they are and what kind of person that they are.

In the next chapter, we go over the common red flags in men and how to spot them. Let's get started!



Chapter 3: Common Red Flags

Now that we have covered the differences between men and women as well as common dating mistakes women 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
- + Love bombs you
- + 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
- + Can't hold down a job

Let's start off with the first red flag:

No friends

Unless your match is relatively new to town, they should at least already have a group of people that they call their friends.

Human beings are social creatures.

If your date has no friends and basically grew up where you both are located, then trust us when we say that it's for a reason. Same with the fact that there's a reason why this is a huge red flag.

No long term relationship history

Just like history in humanity repeats itself, history repeats itself with people. If a man is known to be a player if not bachelor, chances are he will stay or still be that way.

People's past usually influences their present and future behavior.

When you get to that point with your match, be sure to ask them how long their longest relationship lasted. A good rule of thumb is that 6 months and below is a red flag, look for a year at the very least.

Rude to wait staff

If someone doesn't treat people they see as below them with respect then that speaks volumes about their character.

Also, think about it: do you really want to deal with problems every time you go out to eat? That's what will keep happening if you date someone that is rude to wait staff.

Opens up about life problems on first date

If someone is readily telling you about their life issues on the first date, then this is an immediate red flag. People who bad mouth other people in their lives to someone they have just met clearly have issues.

Either they have bored or annoyed everyone else in their lives with their problems if not worse -- they have no one else to vent to. You're on a date to find a match, not be someone's therapist.

Also, if they are bad mouthing those in their lives to a complete stranger, imagine what will happen if you decide to wrong or anger them.

Love bombs you

You've met a match and they are the complete gentleman. On top of that, you wake up to good morning if not good night texts all the time and you feel like you are the center of their world.

How could this possibly be bad news? Well, unfortunately, this is a tactic used by narcissists when they find their next victim.

Once they have gotten what they wanted (e.g. sex, money, etc) then they suddenly discard you like you meant nothing to them. Not all narcissists are sociopaths, but most sociopaths are narcissistic which ties into the next point:

Displays sociopathic/ psychopathic traits/ tendencies

Sociopaths and psychopaths are incredibly good at reading people and knowing what makes them tick. Add that with the fact that they are so cunning and calculating that they know exactly how to make you hold on to their every single word.

So what exactly are these traits and tendencies?

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According to several sources, sociopathic tendencies are characteristics that a person may inhabit in their personality. Some characteristics include:

- + Pathological lying
- + Emotional callousness
- + Grandiose sense of self
- + Superficial charm/ glib
- + Etc

They don't necessarily have enough traits to be diagnosed as a sociopath or psychopath, but they do have enough traits for people to know that there's something wrong with them.

Doesn't take responsibility for their last relationship

When it comes to a relationship, it takes two to tango. If you get to the point in your dates where you bring up exes and your date takes zero responsibility for how their last relationship turned out, then this is an immediate red flag.

It's a red flag due to the fact that the other person doesn't take any responsibility for themselves. If they say things like, "oh she was crazy," or anything where they don't take any responsibility, just move on.

Doesn't respect your boundaries

If you're dating someone and they don't respect what you're comfortable with, then this is an immediate red flag. Setting boundaries is an important part of any relationship.

In healthy relationships, those boundaries are respected. In unhealthy relationships, those boundaries just get shrugged off. If your date and potential significant other really cared about you, they would respect your boundaries, period. No questions asked.

Acts irresponsibly

Emotional maturity and maturity in general play big roles in determining whether a relationship is successful or not.

Unfortunately, although someone may be older, them actually being mature is not always the case.

Some red flags to look out for: poor saving as well as spending habits, leaving important things for the last minute (e.g. filing taxes), driving under the influence and making other poor decisions that can jeopardize their life in every if not specific aspects.

Can't hold down a job

If your date can't seem to hold down a job, it isn't the fault of corporate America, all of their past bosses being incompetent or whatever else they choose to blame their lack of ability to keep a job for very long.

Unfortunately, money is really important in relationships and money problems are the main cause of divorce in a relationship. Make sure your date can hold down a job if you want something long term and stable.

Sleeping together on a first date

Circling back to our dichotomies and how men view the opposite gender, doing this will only make him see you as the less favorable side of the 'Madonna Complex' scale of a man.

Avoid doing this at all costs if what you really want is an LTR (Long Term Relationship).

Taking advice from the wrong people

Why take advice from your equally single and miserable girl friends about dating when they're not in an LTR?

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When you're trying to get rich, you don't take advice from someone who is a want-trepreneur, you take advice from the guy or girl who's actually making a killing.

Your friends that are already in a long term relationship are the best people you can ask for advice, not only because they're where you want to be but also because they were once also where you currently are.

When you're trying to reach another level in your life, it's important to have someone that has been where you are and are where you want to be in order to help you reach that next level.

If they haven't been where you are, they can't empathize with you nor give you more pointers on how to deal with the day-to-day single life.

On top of that, if they aren't where you want to be, then they can't give you actionable and next steps for you to go to where you want to be.

That being said..

It's important you stop taking advice from your single friends and get pointers from your friends in relationships.



Chapter 4: Bonus Chapter

Now that we have covered: the differences between men and women, common dating mistakes that women 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.

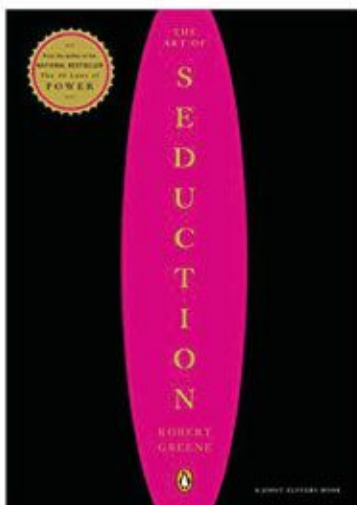
In this chapter, we will cover:

- + Best books any woman 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 woman can read:

The Art of Seduction by Robert Greene



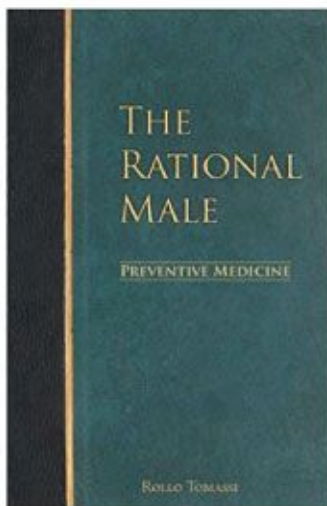
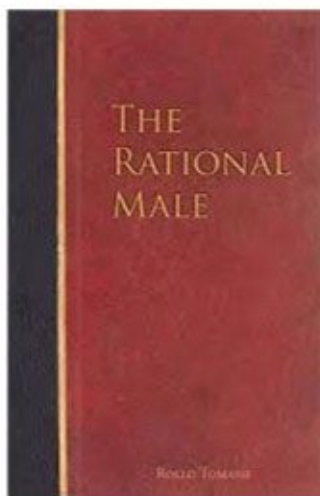
In this book, Robert Greene goes over a strategic way to seduce someone and get them hooked to you.

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.

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Rollo Tomassi's Books



Although these books are primarily for men, these can be used by women to help them: (1) understand how men approach game, (2) understand themselves and (3) understand how what they want as well as expect in a partner changes as they age.

The first is important so you can know how men flirt as well as understand their nature and strategy more. The second is beneficial for understanding yourself.

Lastly, the third is important because, in the second book 'Preventative Medicine', it's important to see how and why your needs change over time. Both are great reads.

Conclusion

In this book we have covered:

- + How men and women are different
- + Common dating mistakes that women make
- + Red flags to look out for in a man
- + Best books a woman 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 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://medium.com/@RationalMale/the-medium-is-the-message-7df7f7bb5720>
- [5] <https://www.hsph.harvard.edu/news/features/do-women-talk-more-than-men/>
- [6] <https://www.forbes.com/sites/work-in-progress/2011/11/30/the-psychological-warfare-of-women-are-we-our-own-worst-enemy-2/#36a76fa0343f>
- [7] <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2739403>

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- [8] <https://sites.psu.edu/aspsy/2015/10/03/madonna-whore-complex>
- [9] <https://www.marieclaire.com/sex-love/a3595/-fear-of-commitment-relationship/>
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