

The 3-Step Relationship Map to Meet Your Plus One



Hey it's Dr. Ashley & Dr. Michael Arn!

We've been fortunate to show thousands of great women how to meet their ideal guy.

We're on a mission to help as many women as possible find a great guy and a secure relationship. So, in this quick guide, we're pulling back the curtain and sharing this with you.

This is a simpler, faster, more predictable way to STOP all the swiping, messaging, and endless dates with Narcissists, Players, Fixer-Uppers, and Emotionally Unavailable Men.

A majority of women spend YEARS meeting men they **AREN'T** interested in.

Every once in a while they meet a seemingly great guy only to find out he's emotionally unavailable, just wants something casual, or isn't ready for a real relationship.

Other times, a woman is in a relationship with a man, but it feels stagnant and stuck. It's not moving FORWARD.

We don't do love & relationship like that!

Right now, we're showing a few great women how to meet their ideal man even if they've met nothing but the wrong men in the past.

All this happens with...

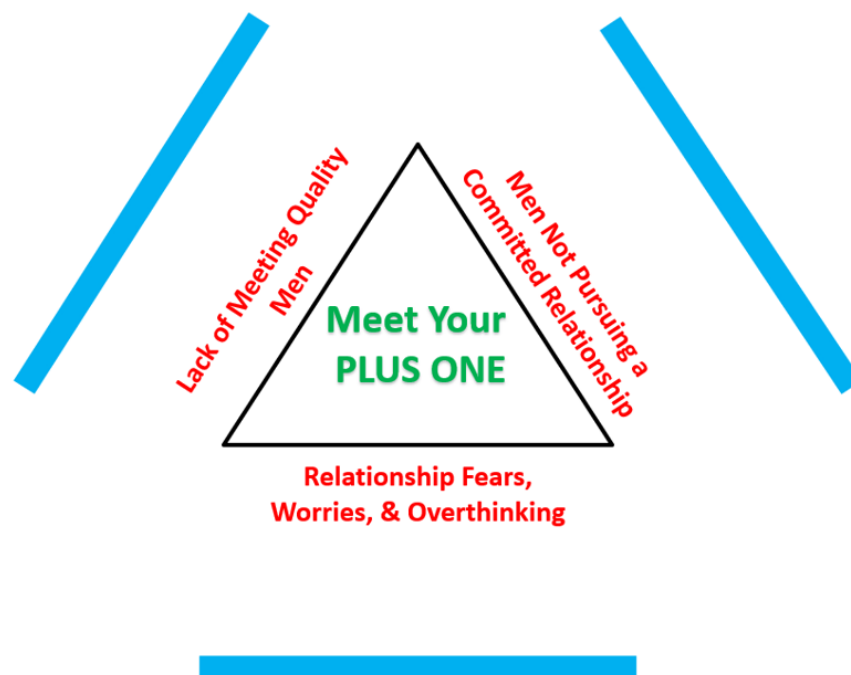
- *NO losing weight, toning up or changing anything about their physical appearance.
- *NO thinking like a man, pretending to be from Mars, downplaying their education or careers, leaning back into their feminine energy or playing any games to please a man.
- *NO ultimatums, begging, chasing, enabling or endless messages to try to get a man to show up for them.
- *NO constant swiping or typing on the dating apps to try to meet great men (many thumbs and fingers were saved as a result)

The secret to meeting your plus one and being pursued by a strong, secure, emotionally available MAN is 3 steps:

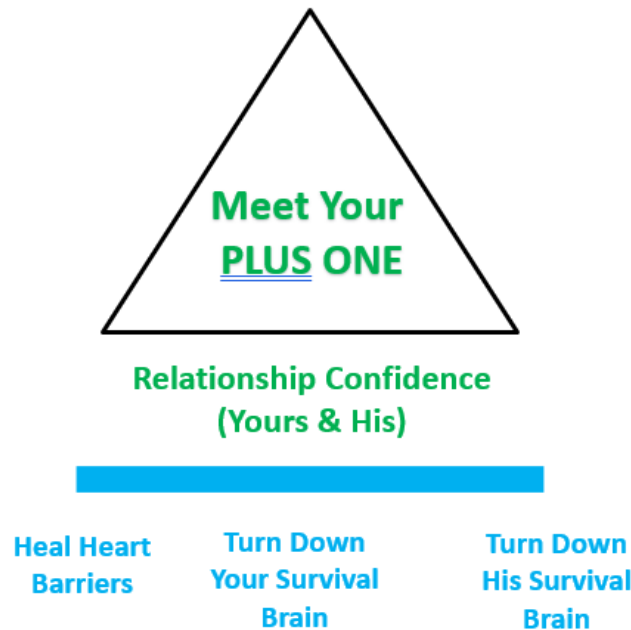
1. Have relationship confidence and turn down survival brain.
2. Meet Quality Men.
3. Have the right man pursuing a committed relationship with you.

When these three things happen, we get into the relationship we want.

Here are the **3 biggest problems stopping successful women from meeting their ideal man** and getting into the relationship they want: 1) Relationship Fears (Yours & His). 2) lack of meeting quality men. 3) a man not pursuing a committed relationship.



First, we have to remove any Relationship Fears— whether it's your heart barriers or a man's heart barriers, you want to heal any of them that are leading to relationship fears.



1. Start with **Relationship Confidence (Yours & His)** - Negative experiences in dating and relationships create fears, doubts, and insecurities that hold us back from the love we deserve.

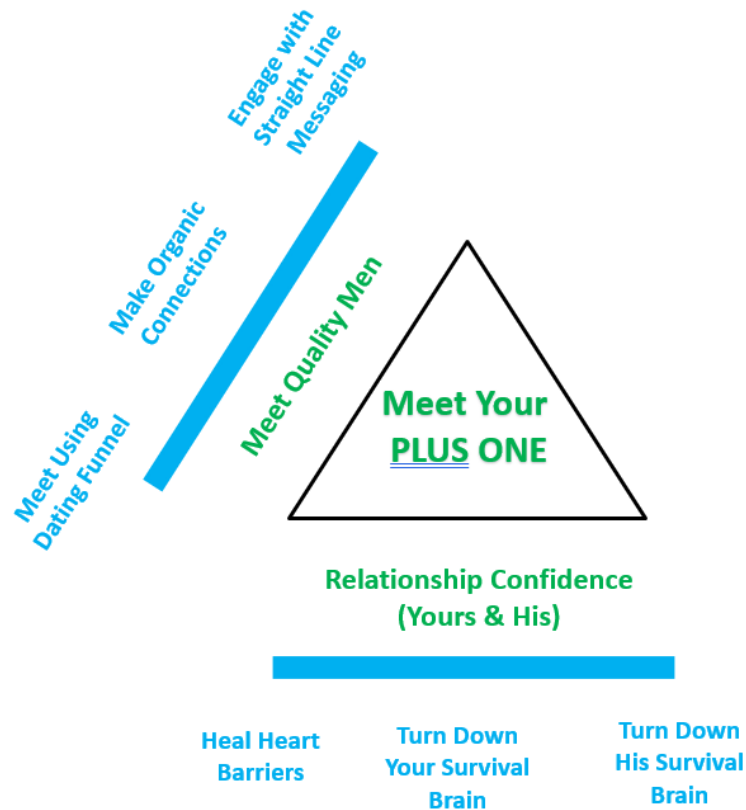
Heal your heart barriers, get a man to heal his heart barriers and make sure both of you are **open and ready for a real relationship.**

2. Next, turn down your survival brain. Our brain is wired for survival and not a passionate and loving relationship that lasts. You want to learn to get out of survival brain quickly and easily so you can get to a loving, passionate and secure place with a man.

3. Next, turn down a man's survival brain. When a guy is stuck in his survival brain he'll pull away, act hot and cold or things will just seem off. When we help a man get out of his survival brain, he sees a real future with you and he will pursue you. **This is how he gets open and ready for a real relationship.**

The result? You'll be 100% confident that you can find your ideal man and that he'll pursue real dates with you.

The second problem to solve together is a lack of meeting quality men.



As a successful woman, it feels like you have two options when it comes to dating: Lower your standards and “settle” with the type of guy you’re already seeing out there... or Use a “wait and see” approach, leaving everything to chance hoping you’ll meet your plus one “someday” when the time is right.

Fortunately, we’ve discovered a NEW & better way to meet quality men...

4. First, meet and connect with desirable and relationship ready men every week using our dating funnel system. These new quality connections will ultimately lead you to meeting your ideal guy.

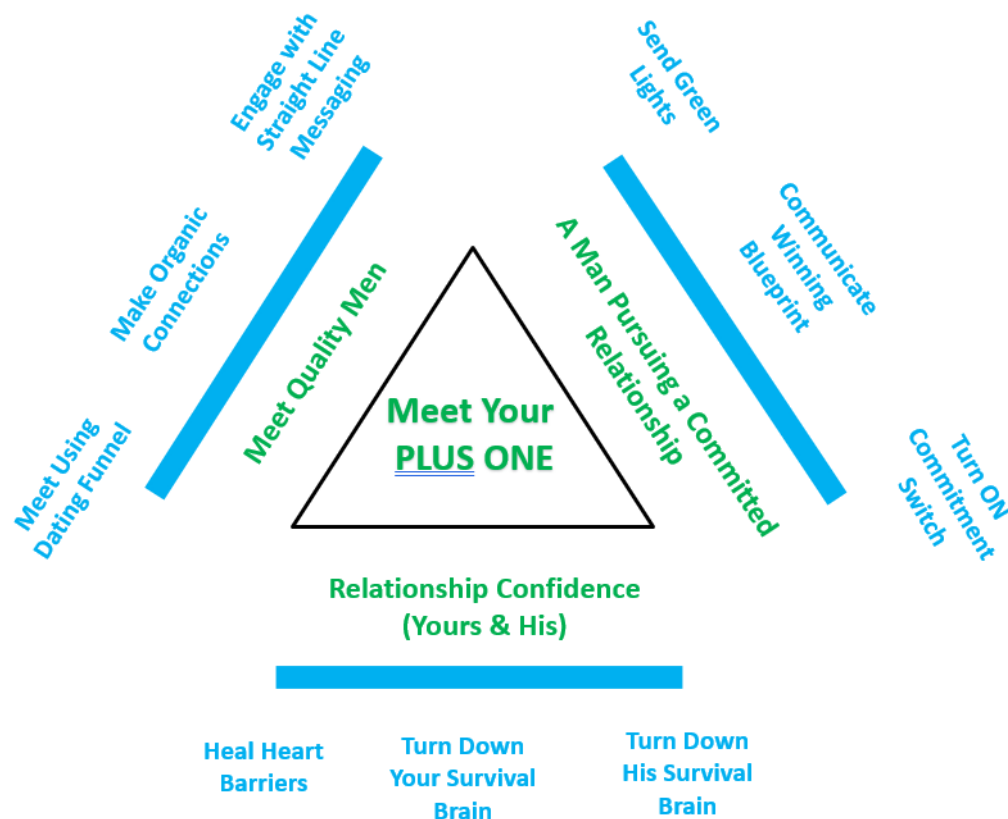
5. Next, meet and connect with men who are on your level organically in your day to day life. This is one of keys to having the best men pursuing YOU.

6. Finally, engage with these new men using our **Straight Line Messaging system**, this is where the magic happens.

Finding your plus one happens in conversations. We show our Plus One clients what to say, ask, and give them exact messages to send to men to screen out the wrong men FAST and to have their ideal man wanting to see you and plan fun/romantic dates more and more.

By now, we're meeting quality men that you're excited about who are on your level and we're getting rid of all the time wasting men quickly.

The 3rd and final problem to solve is the men you like not pursuing a committed relationship with you.



7. First up, send the men you're interested in Green Light Signals. Men make all their decisions in dating based on their gut feelings.

A man's brain sends him signals all day in the form of green lights, yellow lights and red lights. They lead to him having gut feelings about a woman. Red light gut feelings make him ghost and run for the hills.

Yellow light gut feelings make him act hot and cold and not be sure about things with a woman. Green light gut feelings make a man pursue a real relationship with you.

Get the right man's brain to flood him with green light gut feelings about you which makes him pursue you like never before.

8. Then, communicate your winning blueprint to a man. Our winning blueprint is our wants, needs, and what's important to us. For a man to commit to a life with you, he needs to know what he's committing to and we'll communicate it in a way he can hear and understand it.

9. Finally, turn on his commitment switch. We all have an on or off switch inside of us that determines if we're committed to someone/something or not. Flip on his commitment switch so that he pursues a real relationship with you.

This is how you meet your plus one and get into the relationship you want.

Any one of these things can help you immediately.

In our experience, ONE of these is going to stand out as the BIG problem and opportunity for you specifically.

Ready to meet your plus one and create the relationship you want?

Let's brainstorm your next best steps and map out your plan forward for FREE.

[Click here to get your FREE Plan](#)

We believe in you,

Dr. Ashley & Dr. Michael