SELECTED PAGES / THIRD EDITION

Try the guide before you decide

The Magnetic Era is a 21-day practice collection for showing interest, expressing what works for you, and making decisions about connection without leaving yourself out.

This preview contains real pages from the collection. It includes a situation-based starting map, a worked case about uncertain plans, a daily lesson and its practice, two annotated conversations, and a journal example with a usable worksheet.

Read the case, then choose a low-stakes situation or an invented example. Write what you observed, what you assumed, and the practical question or action that would help. You do not need to contact anyone to try the exercise.

The complete collection contains the 80-page Main Guide, 32-page Communication Playbook, and 36-page Self-Worth Journal. The planned one-time price is $17. No coaching or live sessions are included.

The following excerpts retain their original page numbers. References to other pages refer to the complete collection; not every referenced page appears in this preview.

All scenarios are fictional educational examples. This material does not promise attraction, commitment, or a relationship outcome, and it is not therapy. Choose a different exercise or seek support if a situation involves coercion or fear.

THE MAGNETIC *ERA*



THE 21-DAY GUIDE

Show interest. Speak clearly. Stay yourself.

YOUR FIRST USEFUL STEP

Start with the situation you are in

If plans are vague or messages leave you guessing, begin with the cases on pages 12 and 14, then practice Days 2 and 16. Use Playbook conversations 7-9 when you need language for the next exchange.

If you go along with everything to avoid disappointment, read pages 8 and 11. Practice Days 1, 8, and 13. Playbook conversations 13-16 help with preferences, refusal, and changing an earlier yes.

If you want more ease, warmth, or flirtation, read pages 15-20 and practice Days 6 and 9-11. The first six Playbook conversations show everyday openings and responses.

If affection is present but the arrangement is not working, read pages 21-28 and practice Days 15 and 17-20. Use Playbook conversations 18-24 for shared time, repair, and decisions.

For the full program, start with your baseline on Journal pages 5-6, then work through Days 1-21. Allow about 10-15 minutes for reading and writing; a live conversation may happen later. A rehearsal counts when practice is not appropriate.

The Journal provides a different tool for each day and a short after-practice check. Keep only the notes you need. Missing a day does not require restarting.

02 / BUILD TRUST IN YOUR OWN VOICE / CASE CLINIC

The unanswered message: what is actually missing?

Ari, 29, enjoyed two dates. On Tuesday they discussed meeting Saturday, but nobody named a time. By Thursday she has reread the thread six times. Her first impulse is a cheerful message designed to remind him she exists.

Before sending it, she separates three things. Observation: Saturday is not confirmed. Interpretation: perhaps she is a backup option. Missing information: whether he wants and can make a specific plan. Her interpretation may feel convincing; it is not yet established.

She writes: "Are you still up for Saturday? I'm free at two. Let me know by Friday afternoon so I can plan." Friday is a practical planning point, not a punishment or a test. If her weekend were flexible, she could choose a different approach.

If he confirms, she makes the plan. If he says he cannot commit, she can leave it open only if she genuinely wants to. If no answer arrives, she makes other plans. She does not need a final explanation of his motives to decide how to use her afternoon.

If this has happened repeatedly, the pattern belongs in the observation column. This exercise is not an instruction to invent generous explanations forever. Separate what is unknown from what is already clear enough to act on.

> **ONE USEFUL QUESTION**
>
> *Ask for the information that would change your next step. A second message that only asks for reassurance may leave the same practical problem unsolved.*

WEEK 1 / DAY 02

Separate facts from the story

A message feels colder than usual. You can spend an evening decoding punctuation without getting the information you need. Today, separate what you observed, what you inferred, and what would help you choose your next step.

An observation is specific: "They answered the scheduling question but did not respond to my joke." An interpretation assigns meaning: "They are losing interest." A useful question might concern the next plan; sometimes there is nothing urgent to ask, and you can wait for more ordinary interaction.

Do not use this tool to erase patterns. Repeated cancellations, insults, or ignored agreements are observations too. Equally, one short message does not reveal a personality or an attachment style.

Use a low-stakes example first. You are not trying to prove your first thought wrong. You are making its uncertainty visible so it does not silently make the whole decision.

> **IN REAL LIFE / FICTIONAL EXAMPLE**
>
> *Ari, 34, has not heard whether Saturday's plan is confirmed. Fact: no time is set. Story: "I'm an afterthought." Need: organize the weekend. She sends one practical question and decides she will make another plan if the evening remains unconfirmed.*

DAY 02 / PRACTICE LAB

The three-column reality check

1. Write an observable fact without character judgments or guessed motives.
2. List your first interpretation and one other plausible explanation. You do not need a long list.
3. Name the information you need for a decision. Ask whether it is available.
4. Choose one proportional action: ask, wait until a chosen time, make another plan, or seek support.

> **WORKED EXAMPLE / FICTIONAL**
>
> *Observation: no time is confirmed. Interpretation: "I am a backup." Useful action: ask about Saturday by Friday afternoon. A second possible explanation is a busy week; neither explanation has been established.*

TWO-MINUTE VERSION

Write: "What I know is ____. What I am assuming is ____."

IF YOU GET STUCK

If there is a repeated pattern, include it as evidence. This exercise should not become a way to excuse what keeps happening.

AFTER PRACTICE / Journal p. 8: Which part of my conclusion is observed, and which remains uncertain?

CLARITY & PACE / CONVERSATION 07

Turn a vague plan into a decision

You have discussed meeting but no time has been agreed. You need to organize your weekend.

YOU Are you free Saturday at two? Let me know by Friday afternoon so I can plan.

THEM I might be. Can I let you know Saturday?

YOU I need to plan earlier than that, so let's leave Saturday. We can choose another day when you know your schedule.

THEM Okay, I understand.

WHAT THE WORDS DO

You name a real logistical need and make a decision about your own time. You are not assigning a motive or announcing a deadline to create urgency. The other person is free to offer a workable alternative.

IF THEY ACCUSE YOU OF BEING INFLEXIBLE

"Last-minute plans do not work for me this weekend." Consider another day if you want one. You do not have to turn a scheduling difference into a character debate.

AFTER THE EXCHANGE

Use your actual planning needs to decide how long to leave the slot open. Once you make other plans, communicate the change if necessary.

MAKE IT YOURS / Only state a deadline you actually need. Different people can prefer different planning styles.

CLARITY & PACE / CONVERSATION 09

Address repeated cancellations

Plans have been canceled more than once, and you want to know whether meeting is realistically possible.

YOU Our last two plans changed the same day. Is there a time you can realistically commit to?

THEM Work is unpredictable right now. I can't promise.

YOU I understand. I don't want to keep holding evenings open. Let me know when you have a clearer schedule.

THEM That's fair.

WHAT THE WORDS DO

The response may be disappointing and still useful. You can acknowledge a real constraint without continuing an arrangement that does not work for you. An apology and a workable plan are different things.

IF THEY OFFER A SPECIFIC ALTERNATIVE

Decide whether you want another attempt. Observe what happens next; a single good plan does not prove a permanent change, and one difficult week does not define the person.

AFTER THE EXCHANGE

Watch what happens at the next agreement. Another apology without a workable change may leave the same decision in front of you.

MAKE IT YOURS / Name the actual pattern. Avoid exaggerating "twice" into "you always do this."

WORKED EXAMPLE / FICTIONAL

See the difference between a story and a plan

Ari has enjoyed two dates. They mentioned Saturday, but no time is confirmed. She opens the same message thread several times while trying to decide what the silence means.

OBSERVATION

We have not agreed on a time for Saturday. I have not yet asked for a specific time.

INTERPRETATION

My first thought is that I am a backup option. Another possibility is that they have not planned their weekend. I do not know their motive.

USEFUL NEXT STEP

I will ask: "Are you free Saturday at two? Let me know by Friday afternoon so I can plan." If it remains unconfirmed, I will make another plan.

WHAT MAKES THIS ENTRY USEFUL

It includes the uncomfortable thought without treating it as fact. It identifies the missing information and one action. It also gives Ari a plan for her own time instead of requiring the other person to provide emotional certainty.

You can reuse this three-column structure on Day 2. A repeated pattern belongs in the observation column too; the tool is not a reason to explain away behavior.

DAY 02 / THE THREE-COLUMN REALITY CHECK

Separate facts from the story

Date: _____ | Guide pp. 31-32. What information would actually change my next step?

OBSERVATION / What happened?	INTERPRETATION / What meaning did I add?	NEXT STEP / What can I usefully do?

What information would change my decision?

AFTER PRACTICE / Which part of my conclusion is observed, and which remains uncertain?