

Reading Time: 5 minutes

The Conflicts of the Female Mind

Just like men desire the hottest woman, but the hotter she is, the more nervous we get about approaching her... that's our conflict. But women? Their conflicts are **far more intense**, far more layered. And if you can understand these conflicts, truly grasp them, you'll be lightyears ahead of most men out there.

You see, these conflicts are real. Women face them every single day. And the truth is, they underestimate them. They expect men to just *know*—as if we should automatically be aware of these struggles. That's why so much confusion exists between men and women. But once you become aware of these conflicts, you'll be far ahead of 99% of the other guys she meets.

Now, let's dive into the **three main conflicts**:

1. **Age**
2. **Pleasure**
3. **Connection**

The Age Conflict

Women are biologically programmed to seek out the most **dominant man** with the highest status. They want someone who can provide, someone who can protect. That's a biological drive deeply ingrained in their subconscious. But here's where the conflict comes in—there's the biological urge to find the best possible partner, yet time is slipping away.

As women age, there's societal pressure telling them to find a man of status and settle down. That pressure intensifies when they remain single for too long. This is why you'll see **older women becoming more aggressive** in dating compared to their younger counterparts. Younger women may sit back and wait for men to approach them, but older women? They take action. Because deep down, they feel their time running out.

Think about it: **Men age like fine wine**. As they get older, they become more successful, more experienced, even more sexually adept. And now, with things like Viagra, men in their 70s and 80s can still father children. Women, on the other hand, know they are working with a limited window.

Our research shows that women deal with this ticking clock in one of two ways. Picture this:

a company needs to hire a CEO, and they've only got three months. They can either:

1. Hire several candidates, watch them work, and choose the best one at the end of three months.
2. Pick the first promising candidate they find and **train him** to be a great CEO.

Neither strategy is perfect, but both can work depending on the time constraints. Women face the same dilemma when it comes to choosing a partner. She can either:

- **Test multiple guys**, keeping several around and letting them compete for the best spot.
- **Invest in one guy**, seeing potential and putting all her time and energy into shaping him into the perfect boyfriend.

Have you noticed this? Some women date several guys at once, picking and choosing qualities from each to form an idealized version. Others find one man and try to mold him into their vision of "perfect."

The Pleasure Conflict

This one's huge: she craves the physical pleasure and **emotional intimacy** that comes from sex... but there's a catch. She's also haunted by past traumas, emotional baggage, and the fear of being judged by society. You've probably experienced this—you're getting close, things are heating up, but just before it goes any further, she hesitates. You feel that resistance.

Why?

It's because while she **wants** the pleasure—deep down, she's battling with the consequences. She wants to give in to the emotional and physical high that comes with sex, but she fears the judgment that may follow. Will this man respect me? What will my friends think? These are real thoughts, real conflicts playing out in her mind.

Women **love sex** just as much as men. But unlike men, they have to deal with the consequences in ways we never will. If she sleeps with you too soon, there's a risk you might not see her as "wife material." And this conflict is the key to understanding her mindset around sex. How she deals with this internal battle will determine her strategy.

Pleasure vs. Social Judgment

Let me give you an analogy: Imagine you're living with two roommates, and there's one last piece of cake in the fridge. You want that cake, but you don't want to be seen as selfish for taking it. So you take it anyway. Now, when your roommate asks about the missing cake, you have two options:

1. **Deny it**—"I don't know what happened to it."
2. **Justify it**—"What's the big deal? It's just a piece of cake."

With women and sex, it's exactly the same. After a woman sleeps with a guy, when her friends ask about it, she'll either **deny** that anything happened or **justify** why it did.

This explains the difference between women who end up sleeping with fewer men and those who have a more active sex life. Some women are **deniers**—they suppress their thoughts about sex and make it difficult for men to get close. Others are **justifiers**—they see sex as less significant, something to be enjoyed without heavy consequences.

The Family Conflict

The biological programming within women is strong. They are wired to **support and nurture** their family. But here's the twist—our society pushes them toward career success and independence, especially if they haven't found a man to provide for them. That's why you see successful women taking long breaks from their careers when they have children. Even celebrities like Nicole Kidman have stepped away from Hollywood to focus on family.

Men? We don't deal with this the same way. In fact, when a man has more mouths to feed, he works even harder. Women, however, face this **internal conflict**—to nurture their family or to pursue their career. And how she chooses to resolve this conflict will greatly influence her life and her choices in men.

Career vs. Family

Here's another analogy: Imagine a guy just finished high school. He has two options. Stay in his hometown, close to his friends, where things are familiar. Or, move far away to attend a prestigious college, where success is more likely but everything is unfamiliar. For a woman, choosing between her career or focusing on dating feels similar—each option comes with long-term consequences.

Most men would choose dating over work without a second thought. But for women, focusing on dating or pursuing a career isn't just a short-term choice—it's a long-term decision. If a woman wants to become a lawyer, for example, that's a 5-7 year commitment, which makes having a baby difficult. Men don't face that. They can have children and return to work without much disruption. But for women, the stakes are higher.

Women will either lean into their **Realist** nature, focusing on career and self-sufficiency, or embrace their **Idealist** side, focusing on building a home with a husband and children. This is why some women appear so polarized in their decision-making process. **Realists** prioritize their careers, sometimes at the expense of relationships, while **Idealists** cannot imagine focusing on a career over starting a family.

And knowing this conflict—simply being aware of it—gives you a massive advantage. Most men don't even know this exists.

By understanding these internal conflicts—**age**, **pleasure**, and **family**—you'll be able to **navigate** the female mind with ease. Whether she's grappling with the pressure of time, battling her inner struggle with sex, or trying to balance career and family, knowing how she thinks puts you miles ahead of other men.

And with this understanding, you'll be able to **align yourself** with her needs, ensuring that you connect on the deepest levels possible.