

# Chapter 1 “Cheat Sheet”

## What in the World Are These Guys Thinking?

### Chapter 1 Recap

This book moves you from the place of *wishing* certain things about guys to *knowing the truth* about them—right from their own mouths. And when you know the truth, you will have the opportunity to make better, smarter decisions about how you interact with the guys you know.

### For Young Women Only Preview

Our Surface Understanding:	What That Means in Practice:
Guys need respect.	Guys would rather feel unloved than inadequate and disrespected.
Guys are insecure.	Although guys look confident—even cocky at times—they are often insecure in themselves. They worry that they will be found out, and therefore are drawn to girls who help them feel like they measure up.
Guys are tough and indestructible.	Guys look indestructible, but on the inside their hearts are tender, easily hurt, and strongly guarded. However, they will let down their defenses when they know their heart will be safe with a girl.
Guys are visual.	Even decent guys in great dating relationships struggle with the desire to visually linger on and fantasize about the female body—and much of that struggle depends on what a girl is wearing.
Guys are all out for one thing.	Teenage guys are conflicted by their powerful physical desires, which also have massive emotional consequences. Guys need your help to protect both of you.
Guys go after the hot girls.	Guys are attracted to girls with a good personality as well as inner and outer beauty, but they can't force a physical attraction.



## Chapter 2 “Cheat Sheet”

### Your Love Is Not Enough

*You Mean He Wants My Respect More than My Love?*

### Chapter 2 Recap

Guys would rather feel alone and unloved than inadequate and disrespected.

### Chapter 2 Survey Questions

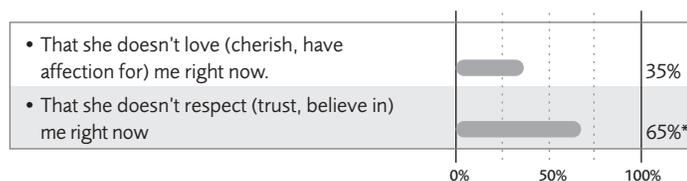
1. SURVEY SAYS:

Think about what these two negative experiences would be like: to feel alone and unloved in the world OR to feel inadequate and disrespected by everyone. If you were forced to choose one, which would you prefer? Would you rather feel...?



2. SURVEY SAYS:

In the middle of a conflict with a girl, I am more likely to be feeling...



(\*Among guys who are in committed or longer-term relationships. Even including guys not in a relationship, the overall average of those answering “she doesn't respect me” was still 57%.)



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- “Give guys a chance. We are just as inexperienced as you. And don’t act like someone you’re not to impress us. If you don’t feel comfortable with having a sexual relationship, then tell us. Most of us would be okay with that—and if we aren’t then you don’t need to be involved with us anyway.”
- “Have respect for yourself.”
- “If you respect yourself, for the most part guys should respect you.”
- “Just be confident and be yourself, and guys will like you.”
- “Just be yourself.”
- “Just be yourself and things will work out ok.”
- “Just be yourself! You don’t have to change yourself to get guys. The guys are the ones that should change for a girl...we should be glad you girls exist.
- “Never compromise your principles.”
- “Never give up, and don’t let people say you can’t do something just because you’re a girl and that’s supposedly a man’s job.”
- “Never lose sight of who you truly are and what your own hopes and dreams are.”
- “No matter what, just be yourself.”



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# Chapter 3 “Cheat Sheet”

## The Performance of a Lifetime

*Mr. Gorgeous and Cocky Is Actually Insecure?*

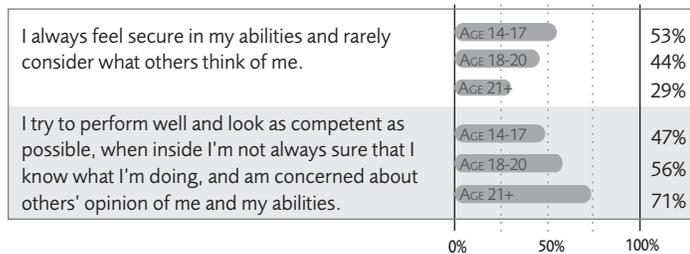
### Chapter 3 Recap

Although guys look confident, they are often insecure in themselves and worry that they will be found out. Therefore they are drawn to girls who help them feel like they measure up.

### Chapter 3 Survey Questions

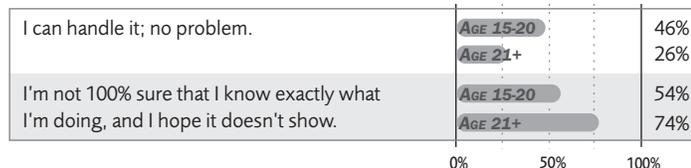
1. **SURVEY SAYS:**

“Regardless of how successful you are in school, athletics, and activities (or your career), which statement best describes your feelings about your performance in these areas?”



2. **SURVEY SAYS:**

“Think of some times in the last few years when you've faced unfamiliar and challenging situations. Which of these feelings were you most likely to experience? (This is not about how you acted, but how you felt.)”



## Chapter 4 “Cheat Sheet”

### Tough or Tender?

*A Peek into the Real Heart of Mr. Tough Guy*

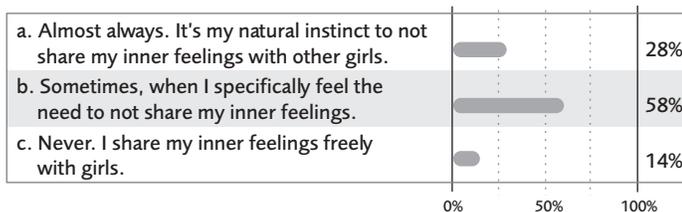
### Chapter 4 Recap

Guys may look indestructible, but their hearts are tender, easily hurt, and strongly guarded. Yet they will let down their defenses when they know their heart is safe with you.

### Chapter 4 Survey Questions

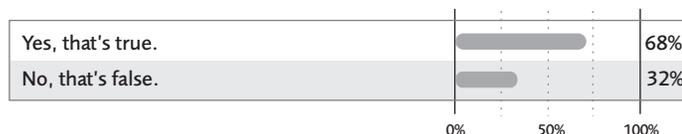
1. SURVEY SAYS:

“How often do you find yourself not sharing your inner feelings with girls you generally know? (This does NOT include your best female friend or girlfriend.)”



2. SURVEY SAYS:

Is the following statement true or false? A main reason for not sharing your inner feelings is to protect yourself from getting hurt, and/or because you don't trust some girls to handle your personal information with care.



## Chapter 5 “Cheat Sheet”

### Keeper of the Photo Files

*What “Guys Are Visual” Really Means...and What It Means for You*

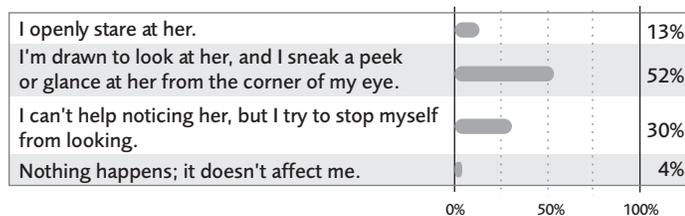
### Chapter 5 Recap

Even decent guys in great dating relationships struggle with a desire to visually linger on and fantasize about the female body. And much of their struggle depends on what a girl is wearing.

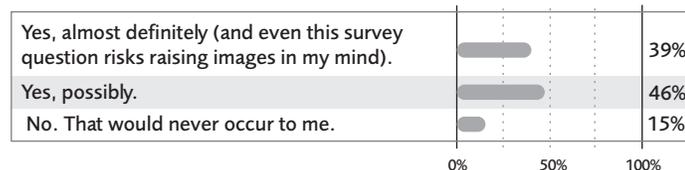
### Chapter 5 Survey Questions

1. **SURVEY SAYS:**

Imagine you are sitting in class, and a new girl with a great body sits down a few desks over from you. What is your reaction to her?



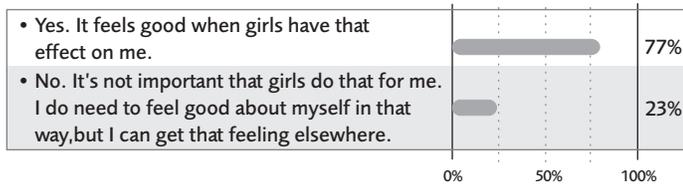
2. Now imagine that the same hot girl goes to the front of the class to give a report. She's all business, but is wearing clothes that accentuate her figure. If you're not careful, would there be a possibility that you would picture her naked—either now or later?



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### 3. SURVEY SAYS:

“Do you want the girls in your life to help you feel like you measure up to what everyone expects of you—to feel like you're worthy of respect?”



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## Chapter 6 “Cheat Sheet”

### Seeing the Inner and Outer Beauty

*Why Guys Care That Girls Take Care of Themselves—Even Though They Are Looking for the Real You*

### Chapter 6 Recap

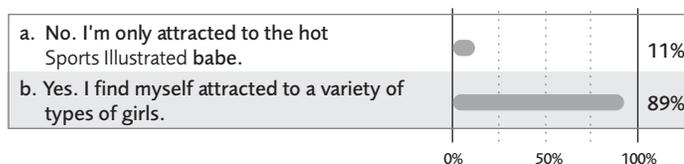
Guys are attracted to girls with good personalities as well as inner and outer beauty and confidence. They want a real girl, not a perfect Barbie doll. But they can't force themselves to be attracted to someone.

### Chapter 6 Survey Questions

1. SURVEY SAYS:

TV and magazines glamorize a particular kind of girl that everyone seems to agree is hot. Despite this image, do you find yourself attracted to other kinds of girls, such as any of the following?

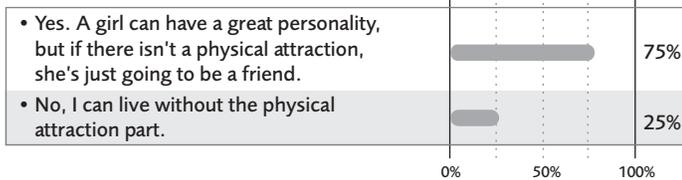
- the pretty but unglamorous “girl next door”
- the “plain Jane” who is a fantastic athlete
- the sweet girl that never made an enemy
- the stocky girl with a hilarious sense of humor



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## 2. SURVEY SAYS:

While there may be multiple factors that would attract you to a girl in a romantic way, is physical attraction essential for a meaningful, lasting relationship?



## 3. SURVEY SAYS:

Suppose you knew a girl with a great personality, whom you had not previously been attracted to because she was a bit overweight and didn't seem to care about her appearance. If you saw that girl making a real effort to eat right and get in shape, could you become attracted to her down the road?



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## Chapter 7 “Cheat Sheet”

### Body Language

*His Physical Desires = Emotional Consequences for Both of You*

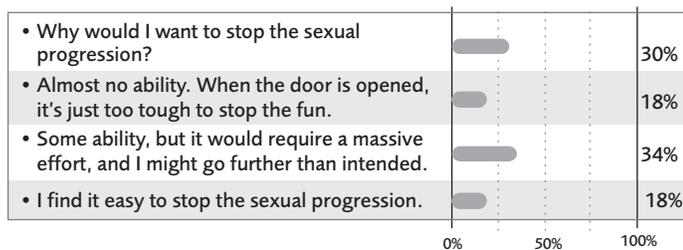
### Chapter 7 Recap

Teenage guys are conflicted by their powerful physical urges, which also have massive emotional consequences, and they need you to help protect both of you.

### Chapter 7 Survey Questions

1. SURVEY SAYS:

Whether or not you are currently involved with a girl-friend, if you were to be in a make-out situation with a willing partner who does not signal a desire to stop, how do you feel about your ability to stop the sexual progression?



2. SURVEY SAYS:

Does moving to a sexually active relationship mean that you want to marry this girl or make a significant life commitment with her?



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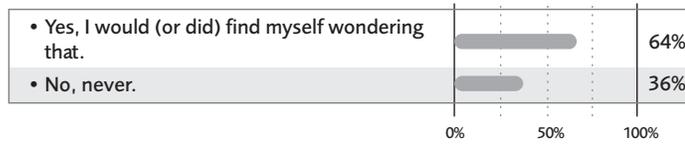
3. **SURVEY SAYS:**

Whether or not you are currently involved with a girlfriend, if you were to be in a heavy make out situation with a willing partner who was not a long-term girlfriend, what would you primarily be feeling?



4. **SURVEY SAYS:**

If you and your partner made the move to a sexual relationship, even if you loved her, would you (or did you) ever find yourself wondering whether you could totally trust her?



5. **SURVEY SAYS:**

Is the following statement true or false? "I would love to marry a virgin, if possible."



## Chapter 8 “Cheat Sheet”

### Words for Your Heart

*What Guys Really Want to Tell You*

### Chapter 8 Recap

By far, the top thing guys want to tell girls is this: Be yourself, because you are more valuable than you think.

### The Final Survey Question

“Imagine that there is an auditorium full of teenage girls, including your little sister, and you have been asked to give these girls your advice about moving forward in a world of guys. You are behind a curtain, so you’re totally anonymous. What’s your best heart-to-heart advice for them?”

- “Be who you are and do what you think is right, not what others want you to do.”
- “Be yourself.”
- “Be yourself and don’t feel like you have to act like everyone else.”
- “Be yourself! Don’t act different to get us to like you.”
- “Be yourself. Don’t try to mold yourself into the image society creates. That way, when you find that perfect guy you’ll know he likes you for who you really are.”
- “Don’t be afraid to be yourself. If they don’t like you for you, then they aren’t worth your time. Have fun together but don’t forget about your friends, because the guys will come and go but your friends will always be there in the end.”

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- “Give guys a chance. We are just as inexperienced as you. And don’t act like someone you’re not to impress us. If you don’t feel comfortable with having a sexual relationship, then tell us. Most of us would be okay with that—and if we aren’t then you don’t need to be involved with us anyway.”
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