

FOR YOUNG
MEN
ONLY

Chapter 1 “Cheat Sheet”

What Most Guys Never Know

To Find the Truth, We Take You to the Ultimate Source—More than One Thousand of Them

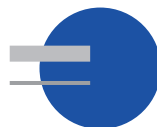
Chapter 1 Recap

Think of *FYMO* as a manual to help you understand the most frustrating—and yet most fascinating—subject you know: the girls in your life. Unlike many advice books, this one uses solid research to tell you what girls themselves think about some of the topics that mystify you most. It will give you confidence as you relate to girls you like...and especially to that *one* girl you *really* like.

For Young Men Only Preview



Six Big Surprises		
Chapter	What most guys think	The surprise
<p>2 Abercrombie Boy vs. Our Hero, Average Joe <i>Why ordinary guys have a real chance with great girls</i></p>	<p><i>The best girls always go for guys who are rich and ripped.</i></p>	<p>A girl is most attracted to a guy's hidden qualities.</p>
<p>3 Why Good Girls Like Bad Boys <i>Understanding a girl's greatest secret fear—and what you can do about it</i></p>	<p><i>Girls have this weird attraction to "bad guys" who come on strong, then usually treat them like junk.</i></p>	<p>A girl is secretly afraid she's not special or attractive, so she'll be drawn to a guy who affirms her by pursuing her.</p>
<p>4 When Girls Stop Making Sense <i>A code breaker's guide to baffling female behavior</i></p>	<p><i>When girls get emotional and irrational, guys are out of luck. There's nothing a guy can do but run.</i></p>	<p>When a girl gets emotional, she's probably not irrational—and there's a lot a guy can do.</p>
<p>5 Breaking Up, Breaking You <i>Why girls go from "love" to "get lost" so fast—and how to keep from getting crushed</i></p>	<p><i>Girlfriends are heartless. When they want to break up, they send confusing messages, then dump the guy with no warning.</i></p>	<p>Some girlfriends are heartless, sure, but mostly guys are clueless. Once you learn to read the signs, you can protect your heart—and maybe even win her back.</p>
<p>6 No Dropped Calls <i>How to talk and listen to a girl without looking like an idiot</i></p>	<p><i>Guys never know what to say to a girl, so they end up looking like idiots.</i></p>	<p>A girl wants a guy to talk to her. But to really make an impression with her, a guy just needs to listen.</p>
<p>7 What It Really Means to Score <i>The truth about girls, guys, and sex</i></p>	<p><i>Girls want sex as much as guys do—and the way to score with her is to go all the way.</i></p>	<p>A girl has hormones too, but she deeply hopes her guy won't press for sex. The way to really score with her is to be her protector.</p>



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Chapter 2 “Cheat Sheet”

Abercrombie Boy vs. Our Hero, Average Guy

Why ordinary teens have a real chance with great girls

Chapter 2 Recap

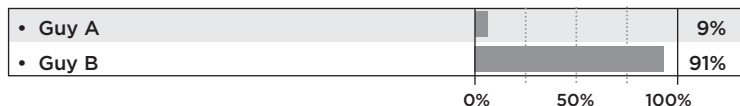
There’s a contest going on out there between guys who look like models...and all the rest of us. Who’s going to get the girl? Surprisingly, it could be Average Guy. That’s because, as weird as it sounds, looks aren’t all that important to girls. They’re attracted more by inner qualities like a sense of humor, thoughtfulness, fun, self-confidence, and faith. And those are qualities Average Guy can acquire.

Chapter 2 Survey Questions

1.

SURVEY

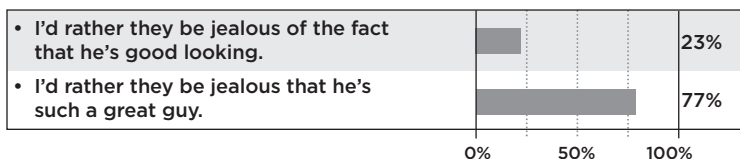
Suppose you had a choice to go out with one of two guys at school who you don’t know very well—Guy A or Guy B. Guy A is so good looking that he could be a magazine model, and he is captain of the football team, but you have heard through the grapevine that “he thinks he’s all that.” Guy B is only average looking, but you have heard through the grapevine that he’s a nice guy who has a funny sense of humor. Both seem to have quite a few friends, and both are interested in going out with you, but you have to choose only one and not the other. Which one do you choose?
(Choose one.)



2.

SURVEY

If you secretly want your friends to be jealous about a guy you’ve caught, would you rather they be jealous that he’s a good-looking guy or just a great guy?
(Choose one.)



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3. **SURVEY** Which traits do you find most attractive in a guy?
Please rank these in order of your preference from
1 to 12, with 1 being best:

<input type="checkbox"/>	self-confident (without being arrogant) / willing to be unique / edgy
<input type="checkbox"/>	sense of humor / makes me laugh
<input type="checkbox"/>	adventuresome / spontaneous / unpredictable / fun / carefree attitude / risk taker
<input type="checkbox"/>	gentlemanly / thoughtful / considerate but not clingy / protective
<input type="checkbox"/>	good conversationalist with you and others / socially adept / not painfully shy
<input type="checkbox"/>	cocky / rule breaker
<input type="checkbox"/>	a genuine faith that influences his life
<input type="checkbox"/>	goal oriented / motivated
<input type="checkbox"/>	buff body
<input type="checkbox"/>	attractive face
<input type="checkbox"/>	rich
<input type="checkbox"/>	athletic

1. sense of humor / makes me laugh
2. gentlemanly / thoughtful / considerate but not clingy / protective
3. self-confident (without being arrogant) / willing to be unique / edgy
4. good conversationalist with you and others / socially adept / not painfully shy
5. adventuresome /spontaneous / unpredictable / fun / carefree attitude / risk taker
6. goal oriented / motivated
7. attractive face
8. a genuine faith that influences his life
9. buff body
10. athletic
11. rich
12. cocky / rule breaker

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4.

SURVEY

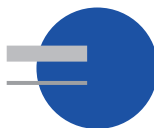
How should a guy who is trying to make a good impression on a girl spend his free time? (Choose one answer.)

a. In the gym to improve how he looks.

b. In a way that would improve his inner qualities and personality.

In the gym to improve how he looks 9%

In a way that would improve his inner qualities and personality 91%



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Chapter 3 “Cheat Sheet”

Why Good Girls Like Bad Boys

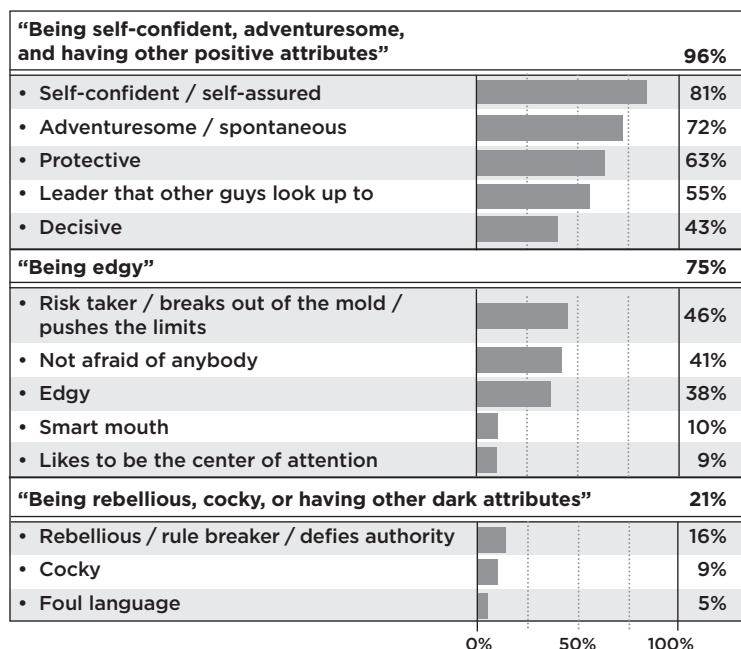
Understanding a Girl’s Greatest Secret Fear—and What Guys Can Do About It

Chapter 3 Recap

One of the most frustrating things about girls is when they fall for guys we know are jerks. What’s up with that? Turns out, girls aren’t attracted so much to what makes the bad boys bad. Instead, they appreciate the *positive* qualities that bad boys display—things like self-confidence. If good guys will learn some lessons from bad boys, the girls will start going for the good guys more.

Chapter 3 Survey Questions

- SURVEY** Many guys are puzzled why girls sometimes seem to go for the “bad boy.” What personality attributes might be attractive to you in a “bad boy”...? Choose all that apply.



Note: The top line of each section shows the percentage of girls who chose one or more of the answers in that section. Percentages do not total 100 percent because

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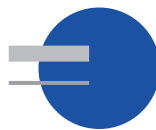
2.

SURVEY

In which of the following areas, if any, do you feel less than confident or question how others view you?
(Choose all that apply.)

“Whether I’m liked”	75%
• Whether I’m being talked about behind my back	
• Whether the guys I want to like me do like me	
• Whether I’m really liked and accepted for who I am by friends and acquaintances	
• Social status / popularity / how well I fit in	
“How I look”	72%
• Body image	
• Whether I’m pretty	
“Who I am”	58%
• Whether I’m really liked and accepted for who I am by friends and acquaintances	
• Whether I’m valuable and unique as a person	
• My skills and abilities	
• Intelligence / how I’m doing in school	
“None of the above; I am confident in all these areas.”	9%

Note: The top line of each section shows the percentage of girls who chose one or more of the answers in that section. Percentages do not total 100 percent because girls could choose more than one answer.



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Chapter 4 “Cheat Sheet”

When Girls Stop Making Sense

A Code Breaker’s Guide to Baffling Female Behavior

Chapter 4 Recap

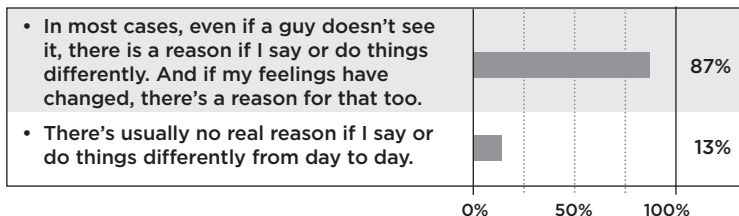
Sometimes the way girls act seems so random. But the fact is, there is usually something going on inside a girl or in her world that is driving the behavior. And that’s not the time for a guy to give up on understanding her. Instead, that’s when he can try to figure out what’s going on beneath the confusing surface. There’s a reason in there somewhere!

Chapter 4 Survey Questions

1.

SURVEY

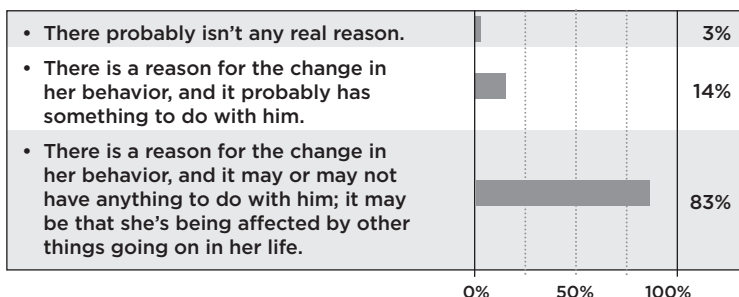
Many guys believe that there aren’t really rational reasons when a girl’s attitudes, actions, or words change from day to day. Which of the following is true of you? (Choose one.)



2.

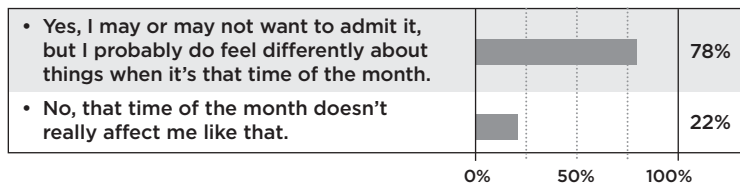
SURVEY

Suppose a guy sees a girl acting one way toward him on Monday but a completely different way on Tuesday. In your opinion, which of the following is the most likely explanation? (Choose one.)

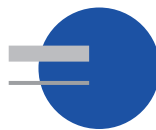
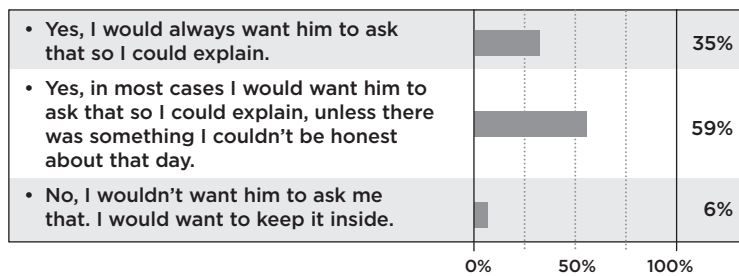


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3. **SURVEY** Do you sense that when you are at “that time of the month,” you sometimes have emotional swings that are out of the ordinary (i.e., you get irritated more easily than normal and you’ll be more reasonable in a few days)? (Choose one.)



4. **SURVEY** Suppose that a guy friend or boyfriend notices that yesterday you were cheerful with him but today you are short with him. Would you want him to approach you and say something like, “I know I may not be the brightest bulb on the tree, but it seems like something’s wrong. Can you help me understand what’s going on?” (Choose one answer.)



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Chapter 5 “Cheat Sheet”

Breaking Up, Breaking You

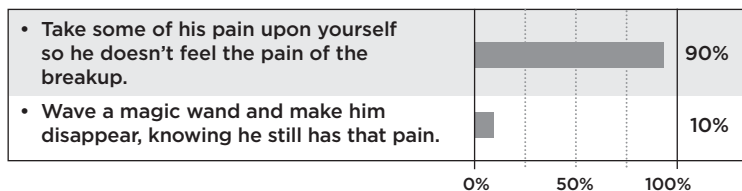
Why Girls Go from “Love” to “Get Lost” So Fast—and How to Keep from Getting Crushed

Chapter 5 Recap

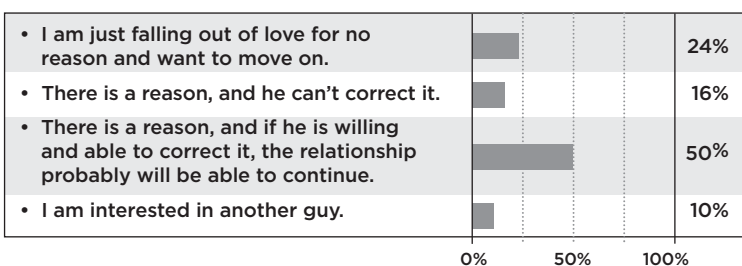
So often a guy thinks his girl is totally into him—right up to the point where she tosses him into the Dumpster. Are girls cruel or are guys dumb? Neither one. It’s just that girls have a different way of handling it when their feelings about a guy start cooling off. They give out subtle signals that guys barely pick up on. Unless, of course, they have read this chapter and have learned what to look for and what to do before it’s too late.

Chapter 5 Survey Questions

1. **SURVEY** Suppose you are breaking up with a nice guy that you’ve been dating for some time. If you had to choose, which would you do? (Choose one answer.)

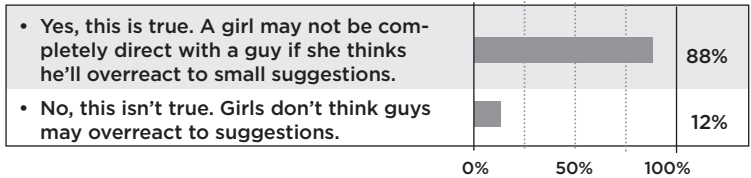


2. **SURVEY** Suppose you’ve been dating a guy for quite some time. You’ve seen him in all different situations, enjoy each other’s company, and have discovered that you’re very compatible. Suppose that sometime later you start thinking about breaking up with him. Of the following reasons why you might be considering that, what do you think would be the most likely one? (Choose one answer.)

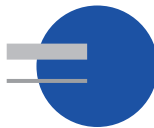
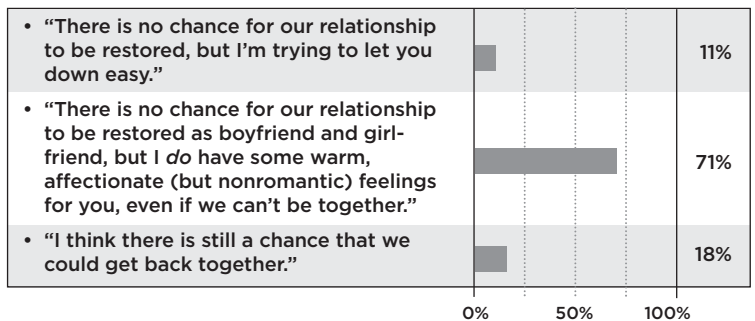


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3. **SURVEY** Do you think this statement is true or false? “Sometimes, when a girl wants a guy to change something, she is only suggesting small adjustments on his part but doesn’t end up being direct with him because she thinks he might overreact.” (Choose one answer.)



4. **SURVEY** If you were to break up with a boyfriend and say to him, “But I still care for you,” what does that most likely mean? (Choose one answer.)



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Chapter 6 “Cheat Sheet”

No Dropped Calls

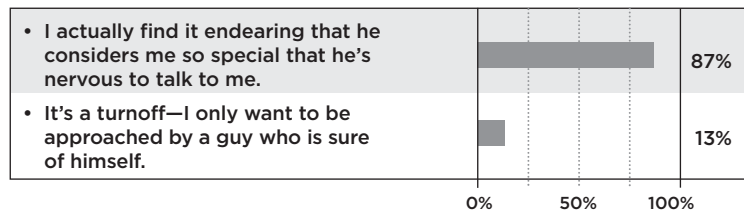
How to Talk & Listen to a Girl Without Looking Like an Idiot

Chapter 6 Recap

One part of your brain understands that she’s just another humanoid. Another part of your brain detects her presence, then immediately shuts down, paralyzing your vocal powers in the process. How is a poor teen guy supposed to carry out a conversation with a girl, particularly one he likes, without looking like a loser? Here’s the weird thing: it’s more about listening than talking.

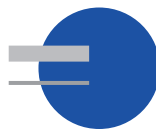
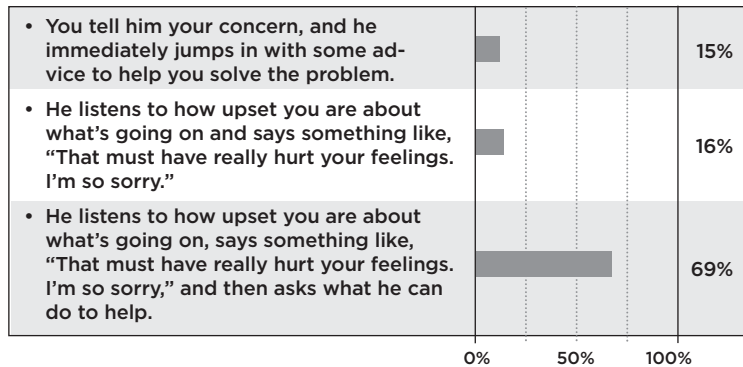
Chapter 6 Survey Questions

1. **SURVEY** Suppose a guy comes up and wants to initiate a conversation with you. He seems like a nice guy, but he also seems shy or uncertain how to approach you.
- Which of the following are you most likely to be thinking?
(Choose one.)



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2. **SURVEY** Imagine that you're having a problem with a female friend in your class. If you tell your boyfriend about it, what would be the best way for him to handle it? (Choose one answer.)



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Chapter 7 “Cheat Sheet”

What It Really Means to Score

The Truth About Girls, Guys, and Sex

Chapter 7 Recap

Guys talk about it...a lot. Not that you always *believe* them. We’re talking about “scoring” with girls here. The funny thing is, girls don’t take sex as lightly as guys seem to. In fact, girls report that having sex with a guy tends to make them insecure and possessive. Not only that, but they also report that what they really want is for a guy to protect them from going too far in their physical relationship.

Chapter 7 Survey Questions

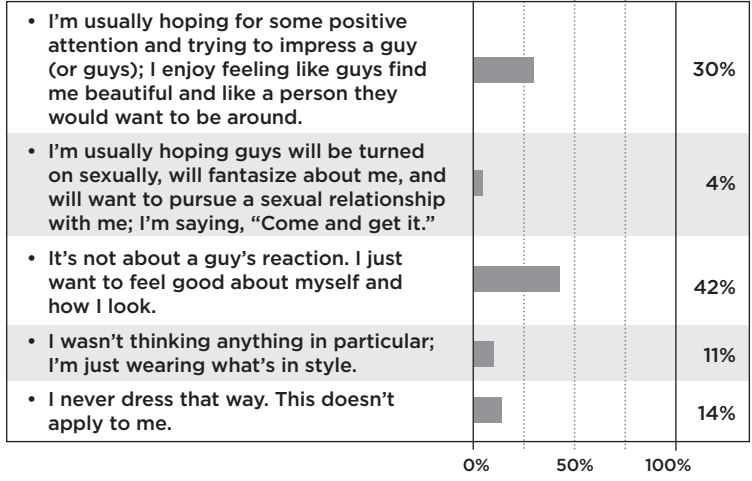
- SURVEY** If a girl and her partner made the move to a sexual relationship, which of the following thoughts or emotions would she be likely to feel? (Choose all that apply.)

“Positive feelings, such as more love and closeness”	67%
• More love and closeness with him	
• More attachment in a loving and free way	
• More trust in him	
• Assurance that this relationship is really working and likely has a future	
• Relief, since she now knows he truly loves her	
“Negative feelings, such as feeling possessive, insecure, or clingy”	82%
• Worried about losing him / losing the relationship the way it was	
• Concerned about what he might be telling others	
• Exposed, vulnerable	
• More attachment to him in a possessive way	
• Possessive and wanting to keep tabs on him	
• Regretful	
• Like she’s made a mistake and now she has to fix it	
• That he now owes her something (like greater commitment, loyalty, “reporting in” on where he is and what he’s doing, etc.)	
• More controlling, like she needs to make sure he treats her right	
• Unworthy or dirty	
• Like she wants to make him into the person she really needs	
“No different than before”	5%

Note: The top line of each section shows the percentage of girls who chose one or more of the answers in that section. Percentages do not total 100 percent because girls could choose more than one answer.

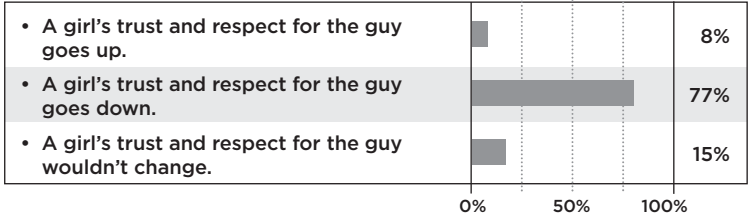
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2. **SURVEY** If you dress in form-fitting clothing that shows off your figure, what would most likely be going through your mind? (Choose one answer.)



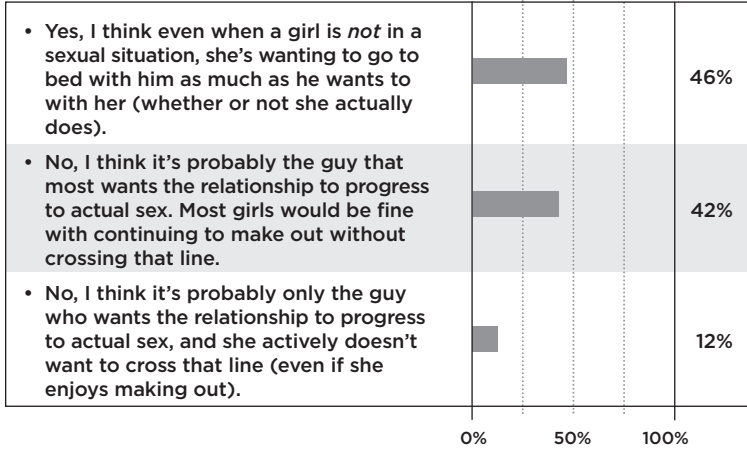
Note: Due to rounding, the total slightly exceeds 100 percent.

3. **SURVEY** Do you think girls' respect and trust for a guy they are dating goes up or down if he starts vigorously pursuing a sexual relationship? (Choose one answer.)

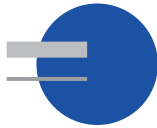
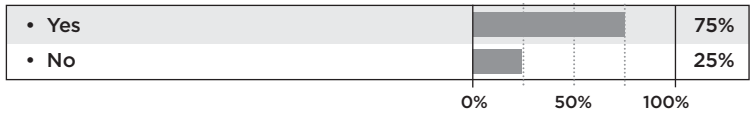


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4. **SURVEY** Many people joke that teenage boys “only think about one thing.” This question is designed to determine whether teenage girls think about and want that one thing as much as boys do. In your experience, if a girl and her boyfriend make out from time to time, but have *not* made the move to a sexual relationship, do you think the girl thinks about and physically wants sex with him as much as he probably does with her? (Choose one answer.)



5. **SURVEY** If you are in a make-out situation in a relationship that hasn't moved to sex, is something in you hoping that he will *not* try to go all the way?



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Chapter 8 “Cheat Sheet”

The Guy Every Girl Wants...Really

Could It Be That the Real You Is the Real Prize?

Chapter 8 Recap

Guys are born to be heroes, those who rescue and protect the fairer sex, and girls want them to be just that way. But that doesn't mean you have to pretend to be something you're not. In fact, girls overwhelmingly reported that they want guys to “just be themselves.” And as you work to become the best *you* you can be, God will lead you into the wonderful future he has for you—with a great girl by your side. Believe it!

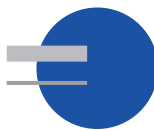
The Final Survey Question

“Many guys look confident but are uncertain of themselves, especially when it comes to girls. If you could give these guys one piece of advice—advice about how to think about girls and themselves—what would it be?”

- ▶ “A girl wants you for who you are, not for who you are pretending to be.”
- ▶ “As lame as it sounds, just be yourself. You don't have to do anything stupid to impress her.”
- ▶ “Girls appreciate it when you have the courage to tell them how you feel.”
- ▶ “Even if you are afraid to talk to a girl you like, walk up and talk to her. It is really attractive and flattering to her when you risk your pride to do that.”
- ▶ “Girls like a guy who is genuine. If you're trying to be something you're not, girls will see right through that.”
- ▶ “Guys, just plainly be yourself. Girls love it when guys like to be themselves. If you are naturally funny, be funny. If you are serious, then just be serious. If you try to be something that you are not, that is a great big turnoff.”

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- “I’ve never been upset about being pursued, even when I turn a guy down. It is always flattering. Take a chance.
- “Just be yourself and don’t worry about rejection. Everyone gets rejected by someone at some point in life, and if you don’t take that chance, then you might never know what could have been.”
- “Don’t be worried about your flaws, because girls have flaws too. Don’t be someone you’re not. Just be yourself.”
- “If you are genuinely interested in getting to know a girl, let her know. If she is a kind and decent person, your attention will make her feel good. If she is unresponsive, thank goodness you saved yourself some time!”
- “There will always be a girl out there who will love you the way you are. So even if you get turned down, you shouldn’t doubt yourself.”
- “Just be yourself, because that way the girl who will get interested in you is going to fall for the real you.”



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