

8 Steps To Happily Ever After

How To Write Your Own Love Story



Mariah Grey

If I Did It - You Can Do It, Too!



Hi, I'm Mariah Grey, and after struggling for years with bad relationships, I finally found a "love system" that actually works!

I'm finally in a happy and fulfilling

relationship that's everything I've dreamed of.

A big part of the Mariah Method in these 8 Steps came from my own love story "rewrite," where I finally broke my attraction to toxic "Bad Boys" and learned how to find and fall deeply in love with a good man.

The hardest part of that rewrite was realizing and "owning" how I'd been pushing men away my whole life - *when all I'd wanted was to bring them closer!*

After that, I was on a roll discovering the "Mariah truths" I'd been so busy covering up for so long.

I stopped telling myself myths about what men want (in my mind it always came back to body image), and learned how to really connect with ALL men on a deeper level.

I was able to turn my love life around faster than I ever thought was possible, and I know you can too!

In “Write Your Own Love Story,” you’ll learn how to talk straight to a man’s heart to make him feel so safe and happy he’ll never want to let you go...

Step 1: You ARE Your Romance Novel Heroine!

No matter what chapter you are in right now, from this moment on this is a story all about you.



Why?

We women have all been taught that it’s selfish to focus on ourselves, to “put ourselves in the ‘lead’ role.”

I’m here to tell you that the only way to have true compassion for other humans in this world, to truly love everyone you want to love, to help everyone you want to help - is to love yourself and help yourself **FIRST**.

It’s that old standby metaphor about having to put the oxygen mask on your own face so you can stay alive enough to help your child, or anyone else next to you!

Essentially, by focusing on “doing good” for others - we diminish our own gifts and abilities to actually **CREATE** “good!”

And - by focusing on “how to get a man” - we completely eliminate our most appealing, attractive and powerful quality - our sense of ourselves.

Men feel just as awful about themselves - in fact MORE awful - than we do. They've been trained totally differently, yet equally horribly (which is why they have so much trouble with relationships, and need us so badly in order to become human!).

So - If you want a Happy Ever After, if you want a man who's thrilling and makes you tingle, who also has the ability to be a great, fairytale-good partner for you for the rest of your life - if you've been stuck writing your story with him (instead of you) in the lead role - that changes here and now!

This is *your* story, and we're going to write it so that any man will be lucky to have a part in it.

Did you ever wonder why romance novels are all written from a woman's perspective?

That is because we're the keepers of emotion.

Men don't live in their emotions the way we do.

They live in their Masculine Energy, which is action driven, logical, and about doing and giving.

We women often tap into our own masculine energy at work, or when we're playing sports.

To create a love story, though, we want to use our feminine energy which is filled with sensuality and warmth.

It's about being, feeling, and receiving.

So, how can you go about changing your narrative so that you get a “happy ever after?”



Tool: Journaling

In this Tool you will literally be writing -- but this is no ordinary journal! It's *how* you'll be writing that makes this Tool effective.

Since you'll be using this journal as a portal into your feminine energy, here's how you'll be doing it differently...

Instead of recording “what happened,” write *how you felt* during different moments of the day.

- If you nailed your presentation at work, journal about how elated you felt.
- If you visited with a friend, journal about how connected to them you felt.

My journal might say, for example, “*I feel so excited to share my program with all these gorgeous women who are so ready to learn all the secrets to success in love!*”

By journaling in this way, we will begin to be more aware of our emotions at any given time.

This is your first step in learning how to rewrite the “dialogues” of love and relationships, so you’ll know exactly what to say to trigger any man’s emotional response.

Step 2: Let Go Of Your Love “Outline”

Very few of your story elements should be set in stone.

We can really block love when we try to stick to a list of “must-haves” or a timeline.



You may have been encouraged in the past to list-out the qualities a man must possess in order to be in your life.

I find that very limiting.

Nothing is more alluring to a man, than a woman who accepts and loves him *as he is*.

What I recommend instead is a general idea of how a man needs to make you feel.

This is far less specific than “he needs to make over \$100K” or “he has to be taller than me.”

We also should be careful with setting timelines.

It's fine to say “I don’t want a long engagement.”

It can get tricky, though, when you say; “He has to propose to me within six months.”

Strict expectations (such as timelines) add a lot of unnecessary pressure to your relationships.

Sometimes, we women even put limitations on ourselves!

I spent years believing I couldn't have a steamy, passionate love until I lost weight.

That could not have been less true!

What restrictions have you put on yourself when it comes to the happiness you deserve?

Tool: Rip Up The Pages Of Old Expectation



A fun Tool to use here would be to take that list of must-haves, or can't-do's, and actually rip it up!

Now, make a new list of what you want a relationship to *feel like*.

Make a list of all of the wonderful, gorgeous things that you love in yourself, and try to love the things you don't too!

Step 3. Bring On Your Leading Men



Here's where I want you to think outside the box!

The more “characters” you bring into your story, the more men you “audition” for the leading role opposite you, the more diverse and different you allow them to be - the juicier, happier, more compelling a page-turner, and more romantic your story will be!

If you've ever read anything by J.R.R Tolkien or A Song of Ice and Fire by George R. R. Martin, then you know what it means to include a lot of characters in your story.

Each of those authors has a wonderful way of weaving people in and out throughout a storyline that makes them the most important character AT THAT MOMENT.

They may not be the hero of the entire story, but when our attention is focused on them, we find ourselves riveted.

They completely dominate our thoughts for that scene!

Then the scene changes and our attention is diverted somewhere else.

This is how I want you to think of Circular Dating!

That means whomever you are with at that moment gets your attention.

Even if you are in a relationship or married, you can practice this Tool.

What is Circular Dating?

Circular dating simply means not letting one man be the center of your universe.

It means going to coffee with girlfriends, taking yourself to a movie, and flirting with every man who crosses your path.

The story wouldn't be as rich and vibrant if you were the only two characters, so make room to give some attention to a whole cast.

We tend to get stuck on an idea of what our leading man looks like.

Try instead to imagine as blank a canvas as you can.

This opens the door to men we may never have even imagined.

The wider the variety of men you allow to audition for your leading roll, the juicier and more exotic your romance story will be!

Step 4: Play Your Romance Soundtrack

Your story is unlike any other.

You are going to have a one-of-a-kind love, so it needs an epic soundtrack!

Your soundtrack should be as unique and eclectic as you are.



How do you find your own rhythm?



Tool: Find Your Own Rhythm

Beat 1: Feel Your Pulse

This is about recognizing your patterns, and finding what things feel *good* to you. Ask yourself:

Where do I like to go?

What habits do I have that don't feel good?

Work on only repeating patterns that feel good to you.

Beat 2: Love The Accents

Draw him closer by accenting your feminine energy.

You're accenting your feminine energy when you're not focused on getting anything done -- you're just "being" and "receiving."

Beat 3: Create More Space

Tool: Energy Bubble / Leaning Back

Imagine your relationship with a man exists within a bubble.

The distance between you is the distance that feels comfortable to you.

Both of you will work to maintain this distance.

That means if you're constantly leaning toward him, he'll be pulling away.

Try leaning back instead and letting him move toward you.

Beat 4: Add Lyrics

Tool: Feeling Messages

Even if we all walked around singing our feelings out loud all the time, no one would have the exact same song as you!

Using feeling messages is the most non-aggressive, most feminine, most authentic way of talking to a man.

Most of us have been trained not to talk about our feelings. This shows up when we say things like “you never pick up after yourself,” or “I’m the only one who does anything around here” or “would you please take the garbage out??!”

It’s far more effective (and far more honest) to say, instead, “I feel overwhelmed with all of this housework” -- or even “I feel tired of cleaning up after you!”

Beat 5: Collaborate With Men

Circular Dating keeps things fresh and surprising.

By interacting with lots of people, you keep your vibe fresh and fun!

Step 5 - Put Your Body Into It...



Do you ever feel weak in the knees, or butterflies in your stomach around a man?

It’s no secret that our bodies hold onto and even show our emotions, and it’s no different with love!

When we have a repeated pattern in our bodies, which often happens after an injury or a trauma -- it creates compensation in other areas of our body.

If I have a weak ankle that I twist often, I will try to protect it by putting more weight on the other leg and this can cause my hips to be

out of alignment.

Women particularly hold a lot of tension in our pelvis.

We can have adhesions that cause pain during intercourse.

We do this to ourselves within relationships too!

When we find ourselves reliving the same problems with men, we can start to develop painful patterns that we think are keeping us safe from the problem, but actually may be reinforcing it.

If you're unintentionally guarding your heart, you may be physically drawing-in on yourself around men.

Men can feel us closing-up around them, and will blame themselves, even if they haven't done anything at all.

Often, our habits of compensation will form trigger points in our muscle tissue, causing dysfunction and weakness.

Getting those trigger points released can open up those emotional channels and release that pain.

I highly recommend getting a professional massage once a month to break up any trigger points you have developed, or visiting a Kinesiologist for Emotional Stress Release, and do some self-care at home.

What kind of self care can you do?

Tool: Kiss Away The Past

EFT is a wonderful technique in which we very gently tap specific meridian points while focusing on specific emotional issues.

For this tool, while we tap, we are going to imagine a man gently kissing these points to help heal us emotionally.

- ★ First, gently tap either hand on the side by the pinky just above the wrist and say out loud: “Even though sometimes I settle for less than I deserve, I love myself completely.”
- ★ Next tap the top of your head while imagining he is kissing you lightly. Say, “It can be hard to love myself when I overthink things, and I love myself anyway.”
- ★ Now tap your inner eyebrow near the bridge of your nose while saying “I love myself, even when I don’t feel worthy of love.”
- ★ Next, tap the outside of your eye on the bone and say “Even when I don’t feel beautiful, I love my body unconditionally,”
- ★ Tap under your eye on the cheek bone and say “I can judge myself too harshly at times, and I love myself without judgement at this moment.”
- ★ Now, tap under your nose and say “even though I feel anxious about love, I embrace that feeling and love all parts of me.”
- ★ Next, tap your chin at the cleft saying “I feel lonely sometimes and that feels scary, and I love my ability to feel strong anyway.”
- ★ Tap at the tip of your collarbone while saying “I feel afraid that I won’t find love so I love myself.”
- ★ Now tap on your ribs under the arm say “I don’t always put myself first, and I love myself enough to start.”
- ★ Finally, tap your wrists together and say “I feel feminine and

beautiful, and I love everything about myself.”

Step 6: Don't Be Afraid To Edit As You Go Along



Editing is a tool in itself, and it can seem like a scary process.

This is when you look at your story to see how it is all coming together, and what changes need to be made.

This is an exciting step to writing your own love story!

You can literally change things that aren't working to get you to the Happily Ever After at the end.

One way to do this is by using Scripting.

Scripting means using language to build stronger bonds between you (the Protagonist) and the supporting characters.

You edit by choosing to let a man come forward or one to drift on by.

You edit by changing the way you dress, to feel more sexy.

You edit by getting your hair done or getting a spray tan.

You edit many times throughout the Story.

It's a continual process, and it's essential to making your story a Fairytale.

Why is editing so important to your Happily Ever After?

Here is your chance to break bad habits and replace them with better ones.

Do you find yourself always falling for the “bad boys” like I did?

You can edit your story and learn to fall in love with a good guy!

Step 7: Draw Your Hero In

Your story has to be captivating and keep him interested!

You want him hanging on every word, excited to see what comes next (i.e. his future with you!)



Sometimes you might feel his interest starting to drift.

He has a lot going on, and you can feel him pulling away from your relationship.

This can make you feel panicked and afraid, and cause you to start reaching for him, trying to pull him back to you.

Remember, it is in a man's nature to pull away sometimes.

He needs to feel like he still has his freedom, even within this relationship.

This is very important to my man right now.

Any time he starts to feel smothered or constricted, he pulls away *hard!*

What can you do when he seems to be losing interest in your love story?

This is what has worked for me:

Tool: Subplot

As the star of your own story, you can always shift your attention from the main plot that is your love story, to a subplot!

A sub plot is a story within the story, that adds depth and understanding to one of the characters.

The idea is not to write him out of your story, but rather to shift your focus temporarily away from him so he can feel the freedom within the relationship.

How can you do this?

You can take a class, join a club, or work on a personal project.

The idea is to spend time doing things that really light you up.

Try having a boudoir photo session if you are feeling shy or insecure.

The right photographer can capture a beauty you didn't even know you had.

Step 8: Let Him Sweep You Off Your Feet

I have an image in my head of a man scooping me up in his arms and cradling me against his chest as he carries me off to start our life together.



I feel giddy and gushy when I imagine a man doing this.

I have always wanted a man to sweep me off my feet, but any time one would try, I had a list of critiques on how he could do it better!

We like to think of a man carrying us off into the sunset, but for him to do this we have to *let* him!

Why is it so important that we learn to let the man take the lead in the relationship?

When we criticize and control, we are in our masculine energy and therefore competing with him.

If we want our man to be strong and assertive, we have to learn to be open and receiving.

We have to learn to practice strong surrender.

Strong surrender is *not* “surrendering to a man.”

It is surrendering to your own inner strength while staying pliant and open on the outside.

With strong surrender we are so sure of our inner strength that we can go with the flow and know we will be okay.

Tool: The River

Imagine yourself floating in a river.

Feel the cool water as it caresses your body.

The current is gently pulling you downstream.

At the end of the river, on the shore, is love.

Looking to either side of you, you can see different paths along the shore that could get you where you want to go.

You can swim to shore and try another path, or you can float along and simply enjoy the ride.

This is what happens when we let a man take the lead.

We feel free to relax and enjoy a lovely trip downstream to the waiting bliss of our forever love.

You Have The Power To Get Yourself To Happily Ever After



I know you have the power to write your very own, beautiful love story that ends with your very own happily ever after.

Using the Tools in this program, you will feel yourself naturally opening-up your authentic self to the world and drawing Mr. Right to you.

To let me know how these tools worked for you, and to get your free one-on-one coaching session with me, visit:

<https://www.mariahgrey.com/private-coaching/>

In one-on-one coaching, we can delve deeper into these tools and how they can fit into your own personal story.

We can practice speaking your feeling messages and work on Scripting for unique situations in your life.

We can get you that heart pounding, weak-kneed sex life you've been dreaming of!

I can't wait to hear your story and help you write the best version possible.

Love, Mariah