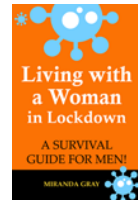


From the book:

Living with a Woman in Lockdown) isolation A SURVIVAL GUIDE FOR MEN!



Help! Who is in lockdown with me right now?!

Physical energy questions to ask yourself

Tick box		Possible woman	Possible phase
	Is she physically active?	Dynamic Woman, Loving Woman	Pre-ovulation Ovulation
	Does her physical energy and stamina seem to be growing?	Dynamic Woman	Pre-ovulation
	Is her physical energy stable?	Loving Woman	Ovulation
	Does she seem more tired and need more rest?	Wild Woman, Wise Woman	Pre-menstrual Menstrual
	Does her physical energy go up and down erratically?	Wild Woman	Pre-menstrual
	Does she have long periods of activity during the day but then crashes earlier than usual?	Wild Woman	Beginning of the pre-menstrual
	Is she mostly tired and withdrawn but with short peaks of impulsive and compulsive energy?	Wild Woman	Towards the end of the pre-menstrual phase
	Is she hibernating – sleeping more?	Wise Woman	Menstrual

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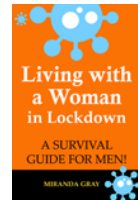


Emotion questions to ask yourself

Tick box		Possible woman	Possible phase
	Is she emotionally stable but cool?	Dynamic Woman	Pre-ovulation
	Does she have continuous super-confidence in herself and in her abilities?	Dynamic Woman	Pre-ovulation
	Is she very positive and go-getting?	Dynamic Woman	Pre-ovulation
	Is she very people and relationship orientated?	Loving Woman	Ovulation
	Is she very loving, caring, nurturing and wants to touch a lot?	Loving Woman	Ovulation
	Can she listen to people's problems and not get upset?	Loving Woman	Ovulation
	Is she super sensitive to anything you say?	Wild Woman	Pre-menstrual
	Does she react explosively?	Wild Woman	Pre-menstrual
	Is she emotionally needy?	Wild Woman	Pre-menstrual
	Does she seem a little low emotionally for no specific reason?	Wise Woman	Menstrual
	Is she withdrawn but there are short peaks of positive energy?	Wise Woman transition to Dynamic Woman	Menstrual to pre-ovulation transition.
	Does she seem allowing, accepting and forgiving?	Wise Woman	Menstrual

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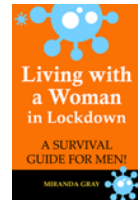


Perception and abilities questions to ask yourself

Tick box		Possible woman	Possible phase
	Does she have hyper-focus, and enhanced concentration and memory?	Dynamic Woman	Pre-ovulation
	Is she impatient and has a lot of focused energy?	Dynamic Woman	Pre-ovulation
	Is she good at planning and taking the initiative?	Dynamic Woman	Pre-ovulation
	Does she manage other people's feelings and issues well?	Loving Woman	Ovulation
	Is she nurturing and very caring?	Loving Woman	Ovulation
	Is she co-operative, flexible and able to compromise?	Loving Woman	Ovulation
	Is she impatient and has a lot of scattered, impulsive energy?	Wild Woman	Pre-menstrual
	Is she accusatory or super-critical?	Wild Woman	Pre-menstrual
	Does she have a low concentration span?	Wild Woman, Wise Woman	Pre-menstrual Menstrual
	Is she continually finding it difficult to remember things or to find words?	Wise Woman	Menstrual
	Is she very intuitive, insightful and has inner knowing most of the time?	Wise Woman	Menstrual
	Is she just 'okay' - no real outward self-confidence but no lack of confidence?	Wise Woman	Menstrual

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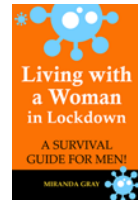


Motivation and approach questions to ask yourself

Tick box		Possible woman	Possible phase
	Does she have long lists of things she wants to do?	Dynamic Woman	Pre-ovulation
	Does she want to do things independently?	Dynamic Woman	Pre-ovulation
	Does she want to achieve goals and things for herself - makes lists?	Dynamic Woman	Pre-ovulation
	Does she want to help others?	Loving Woman	Ovulation
	Does she want to do things to look after you or to make you happy?	Loving Woman	Ovulation
	Is she very practical and happy about doing everyday things?	Loving Woman	Ovulation
	Does she want to do things on her own at her own slower pace?	Wild Woman	Pre-menstrual
	Does she have a long list of things for you to do or fix?	Wild Woman	Pre-menstrual
	Can you do nothing right?	Wild Woman	Pre-menstrual
	Does she want to do nothing?	Wise Woman	Menstrual
	Does she want to let go but not give up?	Wise Woman	Menstruation
	Does she know herself and where she is going in life?	Wise Woman	Menstruation

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Sexual energies and sexual motivation checklist

Tick box		Possible woman	Possible phase
	Does she have a high and increasing sexual energy and interest?	Dynamic Woman	Pre-ovulation
	Is she interested in sex just for her own pleasure and for physical fun?	Dynamic Woman	Pre-ovulation
	Is she adventurous and wanting to try new things for fun?	Dynamic Woman	Pre-ovulation
	Does she want loving and romantic sex?	Loving Woman	Ovulation phase
	Does she want passionate sex with pleasure for both partners?	Loving Woman	Ovulation phase
	Is her sexual energy and motivation high but stable?	Loving Woman	Ovulation phase
	Is her sexual interest and energy declining but coming in peaks?	Wild Woman	Pre-menstrual
	Does she want sex to release her frustration and stress?	Wild Woman	Pre-menstrual
	Is she uninhibited and open to more erotic positions and activities?	Wild Woman	Pre-menstrual
	Is her dynamic sexual energy constantly low, and is she more open to comfort touching?	Wise Woman	Menstruation
	Does she respond with lack of interest?	All four women	All phases if you don't have the approach right!