

SEAN JAMESON

THE  
"OTHER  
WOMAN"  
DESTROYER



Bad Girl's Bible

THE "OTHER WOMAN" DESTROYER

SEAN JAMESON

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# INTRODUCTION

Anyone can have conflicting feelings when they discover that their partner is very friendly with someone of the opposite sex. You might feel a little angry, jealous, resentful, frustrated and many other negative emotions, but in the vast majority of cases there really is no need to feel this way. Most guys have female friends where their relationship is purely platonic and there is no “funny business.”

Of course, sometimes there really is something going on, but most often this is not the case. If you are ever worried about another woman, then my advice is to first talk to your man about it, so that you don't allow your mind to jump to any crazy conclusions.

In the meantime, this book is going to show you exactly how to keep your man deeply invested and in love with you, while also making sure that he never even considers another woman.

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# THE PROBLEM WITH HOSTILITY

You might be thinking that the best way to stop your man thinking about other women is to spread rumors about her, confront her, make her life unbearable when you're around or straight up tell her to stay away from your man. Honestly, this can work.

But it's not a strategy that I'd recommend anyone taking in the long term, especially due to the high probability that there is nothing going on between your man and her.

Negativity begets negativity and if it's all you have at your disposal, then you are going to be in quite the pickle if you discover that this other woman enjoys drama or that she has some secret weapon up her sleeve for making your life hell. As much as you don't want to hear this, you're likely to deal with this situation where there is some other woman your man is friends with and that you're not crazy about more than once in your life. Constantly burning bridges and/or making enemies just to prevent your man from being friends with other women is not the best long-term strategy.

In this book, I detail some much more effective long-term strategies than being hostile to keep some other woman out of the picture. Fair warning: These strategies aren't a case of texting her or your man just one message and then she'll magically disappear. It takes work and perseverance.

The first step in dealing with a situation with another woman is avoiding hostility, both openly towards her and when talking to your man about her.

Here's why...

**1)** Often, when you are dealing with a close female friend of your man, the entire situation may be bigger in your head than it needs to be. People have a way of blowing things out of proportion and making them seem like bigger deals than they are. This is often because you're not fully sure of what's going on between them as you only have limited information about the situation.

When things become bigger in your head than in real life, this is when you start making decisions emotionally instead of rationally and logically. Your head can become so clouded with anger and frustration that you start doing things that aren't really in your best interests. Remaining as cool and calm about the situation as possible is vital. I'm not advising you to repress your feelings. Instead, you need to put yourself in a position where you control them, instead of your feelings controlling you.

**2)** Being openly hostile towards her does nothing but escalate the situation. *You want the entire situation to just go away, remember?*

Besides, most women don't appreciate being confronted about this kind of thing and they'll most likely put up a lot of resistance to any demands you make.

Additionally, if you scare this woman off from being friends with your man there is a fairly high chance that he will also be annoyed with you. If he's just friends with this woman (which is almost always the case), he obviously likes her and getting super aggressive and scaring her away will make him think you're a jealous weirdo OR if he doesn't know that you've scared her off, he will wonder why his friend isn't talking to him, and probably try to get his friendship back with her and spend more time thinking about her.

**3)** She may adore the drama. If you're dealing with a woman who likes drama, then she is going to have a field day with any hostility you create. If you start acting openly hostile towards her, instead of her backing off and hanging out with your man less, she may decide that it would be a lot of fun to maintain the situation or try and make you even angrier or even try to destroy your relationship.

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# PREVENT HER FROM BUMPING INTO HIM

The easiest and most effective technique to keep this other woman out of your man's life...is to literally keep her out of his life. Do this by getting your man to avoid situations where they'll accidentally bump into each other.

So if they work in the same shift, see if you can get him to start working a different shift time. He might even get paid more. If you and your man previously went on vacation together with this woman and her partner, then stop going on vacations together. If she is in the same church group as your man, then why not join the church group so that you get to spend more time with your man and it'll be a bit more uncomfortable for him to spend time with this other woman.

Of course there are some situations where it's going to be impossible for him to avoid her, like if he is neighbors with this woman or they work together and he can't change his shift. But as much as is possible, try to minimize the time they spend together if you want her out of his life.

An important aspect of this strategy is making sure that you minimize the time they spend together in a **positive** way. If you are super weird and controlling with your man, trying to prevent him from doing the things he normally does every day, or insisting on him moving away from this woman or tagging along with him on every single activity, he will recognize it as controlling behavior and it's going to have a very **negative** effect on your relationship with him.



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# BE AWESOME

The most powerful and effective thing that you can do to keep your man deeply attracted to you and not enamored with any other woman is to “*be awesome.*”

What do I mean by, “*be awesome?*” It’s simple. Instead of focusing on this other woman and comparing yourself to her, just worry about how you’re doing. So don’t waste an ounce of energy on her. Just focus it all on you and being the best version of yourself that you can be. Here are a few examples:

- Spending time on finding a job that you are crazy about and getting it is not only going to make you feel infinitely more self-confident, you’re also going to radiate this self-confidence to your man.
- Going to the gym regularly and getting into great shape is also going to help boost your confidence, give you a great body and extra energy, and make your man more attracted to you.
- The same goes with keeping a close group of friends that you can rely on when times are tough and that you can help out when they’re having a difficult time themselves. Close friendships help to boost your self-esteem and keep you feeling good.

It’s plainly obvious that spending time on taking care of yourself is obviously going to benefit you and make you more attractive to your man, but the real benefit is that it gives you perspective on this other woman. If you are spending your energy focused on what this other woman is doing, what she is saying to your man and every little as-

pect of the non-relationship she has with your man, then it can become this massive issue in your head.

When you have some perspective on it, you'll notice that it's actually not such a big deal and you can approach the situation calmer and more logically without your emotions clouding it.

For some women, they take a dislike to other women because of an insecurity (sorry gals).

This advice also applies to your relationship. Focusing on keeping your relationship awesome with your man is crucial for keeping him attracted to you and making sure that this other woman remains as nothing else but a work colleague or someone who happens to live next door to him.

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# EXPLAIN THE SITUATION TO HIM

I hate those people who claim to be “gurus” and tell people that their techniques work every time, in every situation, with 100% perfect results. I can’t stand these people. It’s just not honest and it’s not true.

While the previous techniques I have taught you at the start of this book work for most situations to get your man to focus on you, they don’t work for all situations when there is some other woman in your man’s life. This can be for a number of reasons:

- This other woman is very persistent and insistent.
- Your man is either being a bit of a jerk or is blind to how this other woman is acting.
- There is something else happening that is outside of your control.

If you find that my previous advice isn’t working as well as you’d hoped, then you need to take a more direct approach with your man.

You need to explain the situation to him, how it’s making you feel uncomfortable and is putting unnecessary strain on you. Most reasonable guys will understand once you tell them.

Like I always advise, it’s best not to take a confrontational approach here. It’s much better to wait till you’re both alone and have lots of time to talk to him about it. Many

guys genuinely don't realize that being so friendly with another woman is causing friction for you. Simply telling him this can be enough for him to realize what's happening and to become less friendly with this other woman.

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# AVOID CONTROLLING BEHAVIORS

Yes, it can be super frustrating when you discover that your man is friends with a woman who's not your cup of tea.

Your initial reaction may be to get super controlling over your man, doing things like:

- Calling him 30 times a day.
- Calling his workplace during every lunch.
- Asking for his passwords to see who he's been texting/emailing.
- You get the picture...

The problem with this type of behavior is that it has the opposite effect of your desired outcome. Being controlling over your man may initially work to weaken his relationship with other people. However, in the long-term, he's going to resent you for it and will come to associate you with being controlling, manipulative and negative.

So it's going to backfire and may actually strengthen his relationship with this other woman.

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# HAVE A LIFE OUTSIDE YOUR RELATIONSHIP

When all you have and value in your life is your relationship, then you are putting yourself in a vulnerable and potentially devastating place. Placing 100% of your energy and effort on your relationship and not leaving time for anything else in your life can often give you tunnel vision and make every little problem with it seem far bigger than it actually is.

So, if the only thing you have going on in your life is your relationship and you suddenly discover that your man is really close friends with another woman, then it is going to seem like an absolutely gigantic and scary problem. It's going to consume you and you'll find it hard to objectively look at the situation.

However, if you've been careful enough to build a life outside of your relationship, you'll notice that you simply don't have as much time, energy or "brain resources" to allocate to it. This is actually a good thing. In a situation where you've got lots of other stuff going on in your life besides your relationship, you literally won't have time to think about her. You'll be more likely to see the other woman as a small kink that you need to iron out...instead of it taking over your every waking thought.

In other words, you'll find it easier to take a neutral/objective view of the situation as well as find a solution to it that really works...instead of responding emotionally and rashly.

The other added benefit of having a life outside your relationship is that your man is going to value you a whole lot more. When you have a bunch of activities or hobbies taking up a lot of your spare time, your man will naturally value the time you have together a lot more. If you are constantly calling him to hang out because you've got oodles of free time, it may be great at first, but eventually it's going to become burdensome for your man.

Think about it like this...Imagine a guy who does nothing else but focus on your relationship. He's got no hobbies, no friends and no interests outside of being with you. It can be very flattering at first. Eventually, though, it will start to get annoying when he starts pestering you because he's bored and wants to hang out every single day and gets annoyed when you want to do anything without him.

Moral of the story...Make sure you have your own life in your relationship.

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# DON'T BE BLIND

Having read through this book, you may be thinking that the best way to deal with some other woman is just to be awesome, chill, avoid them bumping into each other too often, avoid being overly controlling, having a life outside your relationship and possibly also explaining the situation to your man.

Most of the time, it really is that simple and there's nothing more that you need to do.

However, you also shouldn't be blind.

What do I mean by this?

Literally, don't be blind to the situation that's unfolding. If you've followed all my advice and your man is closer than ever to this other woman, then don't just think that you need to be "more awesome" or "avoid hostility more." It's most likely a case of your man not valuing your relationship as much as you do.

In cases like this, you may need to have a serious talk with him and explain to him what's going on and how you feel. You need to both agree on what steps to take going forward so that your relationship doesn't suffer. If your man is truly serious about your relationship, then he'll listen to you.

I'm not saying that you should confront your man and create a hostile situation. Instead, have an open and frank discussion with him about everything.



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# HE WILL HAVE FEMALE FRIENDS

Yep.

That's right! Crazy, huh?

Not every guy will, but most guys have female friends where their relationship is purely platonic. It's just like how most women have guy friends where the relationship is completely platonic. If you've just started dating a guy or have been together for 10 years, chances are he has female friends that know him for longer than you do.

*Does this mean that they are sleeping together?*

Nope.

*Does it mean that he prefers them to you?*

Nope.

*Does it mean that they are just friends?*

Almost definitely yes.

*Does it mean that you should start getting seriously jealous of their relationship?*

That's up to you.\*

\* Following the advice throughout this book is going to help you become Superwoman in your man's eyes and he's not going to think much about other women. At the same time, it's pretty natural and normal for him to have purely platonic relationships with female friends. How much that affects you is down to how you deal with it. If you allow the gears in your mind to start spinning and turn it into a bigger problem than it is, then it will be a big problem. If you look at it objectively, then you'll most likely see it as a minor one with easy solutions.

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# NOW WHAT?

It can be painfully heart wrenching to be in a relationship with a guy you are crazy about, only for some other woman to come in and steal your thunder. It's something that no woman would wish on her worst enemy.

But it happens. And there is no point in pretending that you can just put on a smile to make her go away. It takes a lot of effort on your part and sometimes requires some effort from your man. The key is trying to be as unemotional about it as possible and taking a calm, cool and collected attitude to try and find the best solution while using the techniques I've laid out in this book (a lot easier said than done!).

Like I've said before, if you take an openly hostile approach and try to "cut her down" with negativity, it often backfires and potentially creates an even more difficult situation with a woman who may adore the drama of destroying someone else's relationship.