



**BAD  
BOY**

VS

**NICE  
GUY**

WORKBOOK

*“Most women don’t like good men. They say they want a good guy, but most women always wind up with the bad boy.” -  
Stephanie Mills*

## ABOUT MARC SUMMERS

You're here to learn the stuff in this book so let's keep this very short so you can get on with it.

Because I personally know how much it sucks, my job is to save you from screwing up and embarrassing yourself with the women you like and I work really hard to make sure you're getting best tips, help, and solutions so you can move in the right direction and become the type of man women are highly attracted to.

I never claim to know everything and I'm always learning – BUT I have been fortunate enough to have a lot of success with women.

So what I'm doing is simply sharing with you what I've learned through research, experimenting, experience, and hanging out with men who naturally and easily attract women.

You're only getting what works and that's it.

**My rule:** I haven't seen it work with my own eyes, at least several times, then I'm not going to waste your time telling you about it.

I also know you don't give a damn about the boring stuff like where I went to college, what degrees I have, what I like to do in my free time, and all that other nonsense - so I will end it here.

This book provides a lot of help where you need it the most.

If you have questions, send me an email and I'll be happy to help you out - [marc@majorleaguedating.com](mailto:marc@majorleaguedating.com)

## ABOUT THIS WORKBOOK

It's good to dig deep into your mind and figure out where you need to make some adjustments so you can learn faster, implement changes more effectively, and make them stick long term.

This workbook is designed to help you learn your habit patterns, your way of thinking, and your mindset so you CAN ACTUALLY SEE where you might be sabotaging yourself and messing things up in your dating life.

Answer each question as honestly as possible because nobody but you is going to be reading them anyways.

The more honest you are with yourself, the more progress you can make towards becoming the man you ultimately want to be with women.

Don't feel ashamed, judge yourself, or feel like a loser if some stuff comes up that you don't like. Just roll with it, identify your weak areas, and work towards improving your mind, behavior, habit patterns, and your behavior when you're around the women you like.

Once you're done, you'll know yourself much better.

## NICE GUY / BAD BOY

<u>Cares What Women Think</u>	→	Doesn't Care
<u>Is Really Nice To Women</u>	→	Isn't "Too Nice"
<u>Tries To Always Please</u>	→	Pleases Himself
<u>Compliments Women</u>	→	Teases Women
<u>Afraid To Talk About Sex</u>	→	Enjoys It
<u>Afraid To Take Control</u>	→	Prefers Control
<u>Not Dominant</u>	→	Very Dominant
<u>Gets Nervous, Shy</u>	→	Always Relaxed
<u>"Look At Me" Attitude</u>	→	Private, Discreet
<u>Afraid To Speak His Mind</u>	→	Not Afraid
<u>Seeks Permission</u>	→	Does As He Pleases
<u>Sensitive, Needy</u>	→	Tough, Not Needy
<u>Puts All Women First</u>	→	Puts Himself First
<u>Tries to Make Women Happy</u>	→	Makes Himself Happy
<u>Tries to Be Someone Else</u>	→	Is Just Himself
<u>Is a Follower</u>	→	Is a Leader
<u>Afraid To Make First Move</u>	→	Makes First Move
<u>Tries to Manipulate/Deceive</u>	→	Is Straightforward
<u>Tell Women Everything</u>	→	Quiet, Mysterious
<u>Emotionally Weak</u>	→	Emotionally Strong
<u>Whines, Complains, Cries</u>	→	Keeps It to Himself

<a href="#"><u>Gives Women Money</u></a>	→	Doesn't Give \$\$
<a href="#"><u>Low Self-Esteem</u></a>	→	High Self-Esteem
<a href="#"><u>Low Self-Value</u></a>	→	High Self-Value
<a href="#"><u>Avoids Personal Problems</u></a>	→	Handles Them
<a href="#"><u>Women Tell Him What to Do</u></a>	→	Wears the Pants
<a href="#"><u>Predictable</u></a>	→	Unpredictable
<a href="#"><u>Easy To Get</u></a>	→	Hard To Get

## CARING WHAT WOMEN THINK

How often do you care TOO MUCH what women think?

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What areas of your life are you concerned about when it seems she's judging you?

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How do you react when women seem to be judging you?

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How can you change your reaction when women seem to be judging you so you remain calm, cool, and unaffected by it?

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## BEING OVERLY NICE TO WOMEN

How often do you think you're way too nice to women?

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From what you've learned, how do you believe being overly nice to women is HURTING your success and ruining your chances?

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Do you honestly believe women are mean when they don't seem to appreciate your "niceness"? How so?

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What can you change about yourself so that you're not being so nice and instead you're being realistic and treating women like regular people?

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## SEEKING TO ALWAYS PLEASE

How often do you really want to just please the woman you're with and you don't worry about yourself?

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How often does your desire to please her leave you deeply unhappy and feeling like you're wasting your time and things aren't fair for you?

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Do you believe that seeking to please is hurting your chances with the women you like? How so?

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How will your life and your happiness change if you stop seeking to please others and you start pleasing yourself?

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## COMPLIMENTING WOMEN

How often do you use compliments in hopes of getting a woman to “like” you and think you’re a great guy?

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Do you believe compliments make that big of a difference when you’re trying to attract her? If so, how?

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Why do you believe it’s important to complement her?

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Do you believe that if you don’t complement a woman that she’ll think less of you or not feel attraction for you?

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## TALKING ABOUT SEX

How do you react when a woman you like brings up the topic of sex?

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How often do you freeze up if a woman brings up the topic of sex?

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If you do freeze up, why? How do you respond?

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Has freezing up turned a woman “off” that was really into you?

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## TAKING CONTROL

How often are you in control of the date and choose where to eat, sit, etc.?

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How often are you making ALL of the decision in your own life?

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How often are you afraid to make a decision because you're afraid she won't like it?

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How you can start being more in charge and fearlessly making decisions instead of being afraid of what she'll think?

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## DOMINANCE

Where are you not being dominant over yourself in your own life?

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How often are you submissive to a woman because you think it'll make her like you more?

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Why do you believe it's important to complement her?

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Do you believe that if you don't complement a woman that she'll think less of you or not feel attraction for you?

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## NERVOUSNESS AND SHYNESS

How is your nervousness and shyness holding you back with women?

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When you notice yourself getting nervous and shy, how do you react?

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How would your dating life be different if you kept your cool when you felt shyness and nervousness coming up for you?

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What can you do to get out of your comfort zone and work on getting over your shyness and nervousness?

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## ATTENTION GETTING

How often do you have a “look at me” attitude when you’re around women?

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How is seeking attention helping or hurting your dating life?

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Do you believe you’d have more peace of mind if you didn’t have a need for attention from anyone?

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How so?

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## SPEAKING YOUR MIND

How often are you afraid to speak your mind with women out of fear that you'll mess things up and piss them off?

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How do you believe women will react if you're always honest and you speak your mind (without being inappropriate)?

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How will your social life change if you become a man who's not afraid to say what's on his mind?

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Will you feel a weight lifted off of your shoulders if you're able to say what you're thinking and you don't have to hide it or cover it up?

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## SEEKING PERMISSION

How often do find yourself seeking permission from women when you want to do anything that is risky or that she may not like?

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How would things be different if you didn't seek permission and you just went for it?

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Do you believe seeking permission may be holding you back?

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Is not seeking permission to do what you want or be who you want to be worth the risk that comes with it – like disapproving? Will you be happier?

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## BEING SENSITIVE & NEEEDY

Do you believe women are attracted to you more when you're sensitive or when you're a little tough? Why?

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Where in your life is being sensitive or needy robbing you of success or peace of mind?

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When you catch yourself being needy, what's triggering it?

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What are you not giving to yourself that's causing you to become needy and sensitive?

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## MAKING WOMEN A PRIORITY

How often do you feel it's important to make women a priority so they'll like you and approve of you?

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Why do you feel it's important to make women in your life a priority instead of making yourself a priority?

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How would your life be different if you made yourself a priority and you quit focusing on making the women in your life too important?

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Do you feel you would be happier if you started focusing more on yourself?

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## TRYING TO MAKE WOMEN HAPPY

How important is it to you to make sure she's always happy and never upset with you or anything else?

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How much pressure do you put on yourself ensuring that you never upset her?

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How would your behavior be different if feeling like you're responsibility for her happiness wasn't a priority for you?

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Do you believe you'd be more relaxed, calm, and cool when you interact or date women?

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## ACTING LIKE SOMEONE ELSE

How important is it to you to make sure she's always happy and never upset with you or anything else?

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How much pressure do you put on yourself ensuring that you never upset her?

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How would your behavior be different if feeling like you're responsibility for her happiness wasn't a priority for you?

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Do you believe you'd be more relaxed, calm, and cool when you interact or date women?

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## BEING A FOLLOWER

How often are you a follower instead of being a leader?

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How often do you follow women's direction instead of taking the lead like she wants you to?

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How would your life be different if you were more of a leader instead of a follower?

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What can you do to start being more of a leader and less of a follower?

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## MAKING THE FIRST MOVE

How often are you afraid or scared to death to make the first move with a woman you like?

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If you are afraid, what do you honestly believe she'll do or how do you believe she'll react?

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Do you believe making the first move is or isn't worth the risk and the reward?

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How would your interactions and dates go better if you weren't afraid at all to make the first move?

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## MANIPULATING AND DECEIVING

How are you try to deceive and manipulate women in order to get them to like you and think you're a great guy?

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How often do you try to buy her stuff and do nice stuff to get her to like you instead of just being straightforward and honest?

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How would women respond to you differently if you weren't being manipulative or deceitful in any way?

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Where in your life do you manipulate and deceive yourself?

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## TELLING WOMEN EVERYTHING

How important do you think it is to tell women everything about yourself? Why?

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In your mind, does her knowing everything about you really make her feel more attraction for you?

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What areas of your life do you share with women that you really don't have to because they don't make a difference in the way they feel about you?

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Have you ever had a time where you didn't tell a woman anything about yourself and she liked you MORE than usual?

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## EMOTIONALLY WEAK

How often do you lose control of your emotions and look like a child in front of women?

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How has not being able to control your emotions affected you negatively with women and dating?

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How will your life be different if you are able to control your emotions and stay calm no matter what's happening?

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How will controlling your emotions make you a stronger man and more attractive to women?

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## WHINING, COMPLAINING, AND CRYING

How is whining, complaining, and crying affecting ability to attract women?

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How is whining, complaining, and crying holding you back in life?

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How will things be different for you if you're able to relax and be positive rather than feeling the need to complain and whine?

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What do you think it communicates to women when you feel the need to whine, complain, and cry about things you don't control?

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## GIVING WOMEN MONEY

How often do you feel it's important to give women money so they'll like you and think you're nice?

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How often do you feel you're "helping" by paying her bills?

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Do you really believe women feel attraction for you when you give them money?

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Do you believe women won't approve of you or feel as much attraction for you if you don't give them money or pay their bills?

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## SELF-VALUE AND SELF-ESTEEM

Do you believe that you have a high self-value and high self-esteem?

What can you do to feel more valuable as a person (excluding having money)?

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What can you do to raise your self-esteem?

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How will your dating life be different if you become a man of very high value and self-esteem?

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## PERSONAL PROBLEMS

Where in your life are you letting your personal problems go unchecked to the point where they're becoming out of control?

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When personal problems arise, what can you do to assure you handle and get rid of them quickly?

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How much more attractive will you be to women when you have your personal problems handled and in-check?

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How much more peace of mind will you have if you're able to consistently keep your personal problems at bay?

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## BEING TOLD WHAT TO DO

How often do you let women tell you what to do because you're afraid of losing them if you don't listen?

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How often do you do what everyone else wants you to do because you're unable to think for yourself?

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How will your life be different if you quit letting others and women tell you what to do?

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How much more attractive do you think women will find you if you don't let them boss you around or tell you what to do?

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## BEING PREDICTABLE

How often do you feel the need to be boring and predictable because you're afraid of her freaking out if you're NOT predictable?

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How often do you feel predictability is necessary so she feels comfortable and "safe" with you?

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How has being boring and predictable had a negative effect on your past friendships and relationships?

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How much more attractive will you become if you're less predictable and boring and you learn to "go with the flow"?

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## BEING EASY TO GET

Do you feel you NEED to be easy to get so it'll be easier to get women to like you?

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Can you remember a time when being easy to get has caused women to become bored and lost interest?

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Do you believe being hard to get will make her less interested?

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How will being harder to get make your dating life more interesting?

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I'm always writing new eBooks and coming up with new, high-quality, and affordable solutions to your dating problems. They all tie together so if this helped you and you got value from it, my other eBooks and Audiobooks will help you as well.

*-Marc Summers*

Thank you! [marc@majorleaguedating.com](mailto:marc@majorleaguedating.com) if you have any questions about this product.

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