WIFE TRAINING
ACTION CHECKLIST

SHOGUN 軍 METHOD™

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Wife Training: Action Checklist

This Action Checklist is based on the ***"How To Train A Wife"*** article as published at DerekRake.com:-

https://derekrake.com/blog/how-to-train-your-wife/

For the full article, click on the link above.

Technique #1: Emotional Blackmail

The formula for emotional blackmail is–

"If you don't (something you want), then I'll (something that you're sure will hurt her emotionally)."

- Emotional blackmail works because of the *threat* of punishment, not the punishment itself.

- The covert approach is the best approach. The most effective emotional blackmail is one that is *implied*, not said directly.

- When she caves in and behaves appropriately, reward her. Her subconscious mind will link obedience with pleasure and disobedience with pain.

Continue…

- Take the moral high ground. ***Is this how a good wife will behave?***

- Don't complain. Don't throw tantrums. The emotional blackmail tactics of a child are not appropriate for a man. Maintain a masculine, stoic outlook.

- Never show any pattern of predictability. At times, pull back even if her insolence offends you. Pick your battles.

- Remember to balance pain with pleasure… or you might push her too far that she snaps. **Fractionation** is key (see Technique #3).

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Technique #2: Gaslighting

- Gaslighting is a powerful tool to undermine your wife's perception of reality. It creates doubts in her own ability to perceive accurately.

- The most common way to gaslight is to ask, "Really?" or "Why do you think that?" or "You sure?" Repeat until she doubts herself.

- To make the trick work, you must act as if you're genuinely curious and finding her behavior bizarre.

- You can gaslight your wife positively. It's a way to take control of her anxiety and put a stop to it. Let's say, for example, she imagines that her friends hated her chocolate cake. Gaslight her until those thoughts disappear.

Continue…

- Whenever she behaves the way you want her to, shower her with kindness and praise.

- Advanced gaslighting involves getting an ally. If you both gaslight her together, she'll yield far quicker than you think. It's even better if it's someone that's close to her, like a family member. This is like the Hearsay tactic inside the core Shogun Method program.

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Technique #3: Fractionation

- Pavlov discovered that anyone's behavior can be shaped with pleasure and pain. Humans go towards pleasure and avoid pain–it's that easy.

- With Shogun Method, we extend Pavlov's work into the realm of love and relationships. Women need to experience both pleasure and pain to get emotional fulfillment.

- Once married, a woman's primary source of emotional fulfillment is from her husband. You must supply your wife with pleasure and pain to fulfill her emotional needs.

- Fractionation is about putting your woman on emotional rollercoasters. And as with real rollercoasters, the key is unpredictability.

Continue…

- Inflicting pain on your wife will boost her level of future pleasure. A small amount of emotional grief is essential for her overall happiness and future joy.

- In Shogun Method, emotional enslavement is the end goal of a marriage. Fractionation is the primary tactic to get there. Shogun Sequences are examples of Fractionation via storytelling.

- For the full treatment on how to use Fractionation on your wife, watch this masterclass.

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Wife Training Plan (Advanced)

We have hidden this plan at the end of this report, and for good reason. **You will learn to install a new identity inside the female psyche.**

As you can imagine, you'll never find this talked about anywhere else... this is as incendiary as it gets. But if you're willing to learn, we are willing to teach you.

In Shogun Method, we call that ideal feminine identity Persephone. The first step is to imagine Persephone and bring her to life. What would the desirable traits you want to see in your wife?

Some examples to get you started…

Continue →

“Attributes I Want My Wife To Have”

- ✓ Respectful and deferential
- ✓ Pleasant and polite
- ✓ Gracious and humble
- ✓ Obedient and submissive
- ✓ Kind and compassionate
- ✓ Dutiful and puts family first

Keep Going…

The second step is to make a plan to reinforce those traits with pleasure and pain. The idea is to move her away from her insolent behavior and turn her slowly into Persephone.

First, you must notice her instances of ***behavior deviation***. Whenever she deviates from an ideal trait, inflict pain–

"Is this the behavior of a good wife?"

"Seriously?"

"Really? This is what you really want to do?"

Track how she behaves over time. With the three-punch combo of Emotional Blackmail, Gaslighting and Fractionation, she will resemble Persephone more each day.

Next →

The third step is to reinforce her new identity by hypnotizing her. This is where the **Black Rose Sequence** inside Shogun Method comes to play. This is advanced material that we rarely recommend it to a newbie. Indeed, there is a risk of backfire if done incorrectly.

Only if you're ready–go and find the Black Rose Sequence inside Module 7 of Shogun Method. Learn and use it.

What's Next…

The techniques I've shared with you are just the tip of the iceberg when it comes to Mind Control.

This guide will get you off a flying start, but to do well, you'll need a full suite of Mind Control tactics in order to control and dominate a woman completely.

After all, you don't really want to "attract" or "seduce" her...

... instead, you'll want to enslave her emotionally to you since you want to keep her for as long as you want, minus the usual headaches and frustration.

And this is what a Mind Control system such as the Shogun Method can do for you.

To learn how to enslave any woman and put her under your dominance using Mind Control, watch this exclusive Online Masterclass –

Click Here

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More information about the Shogun Method can be found here:

ShogunMethod.com