

THISGIRL'SGOTGAME

YOUR PERSONALISED GAME PLAN



Strategic Relationship Guidance

Tailored to Your Specific Dynamic

SAMPLE EXAMPLE

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This Girl's Got Game

A fictional illustration of the real product · 2026

THIS GIRL'S *Got Game*

ABOUT THIS EXAMPLE

This is a fictional example, created to show you exactly what a Personalized Game Plan looks like, the structure, the depth, and the kind of strategic insight you receive. The woman and the situation below are invented. This is not a real client, and no real person's details have been used.

Every real Game Plan is written from scratch around your own answers, your dynamic, and your man. No two are ever the same. What you're seeing here is the format and the quality you can expect, not a template you'll be handed. Your plan will speak directly to your situation, in this same level of detail.

HOW IT BEGINS

Before I write a word of your plan, you answer a short, honest set of questions about your situation. Everything that follows is built from your answers. Here are the answers this example was built around.

BEFORE WE BEGIN

This Game Plan has been written specifically for you. It is not generic advice. Every insight and every action step has been shaped around your situation, your dynamic, and the exact points where you have leverage.

Some of it will feel uncomfortable, but having an open mind is crucial. Some of it will challenge how you've been approaching things. That's the point; if what you'd been doing was working, you wouldn't be here.

This isn't about blame, and it isn't about who is right. It's about understanding the dynamic playing out between you and him, and then making intelligent, strategic shifts in how you show up, which changes how he responds to you.

What I ask of you: read the whole thing before you act on anything. Let it sit. Then go back to the action steps and begin from Week 1. Don't skip ahead, and don't try to do everything at once. Strategy only works when it's executed with restraint and patience.

REMEMBER

Effort without leverage doesn't change outcomes. Timing matters more than intensity. Understanding the dynamic always comes before action.

WHAT YOUR FULL PLAN COVERS

1. Situation Analysis
2. Understanding His Behavioural Pattern
3. Where You've Lost Leverage
4. The Strategic Reset — Your
- 5 Key Moves
5. What to Stop Doing Immediately
6. The Communication Reframe
7. Navigating the Bigger Picture
8. Your 30-Day Action Plan
9. Reflection & Self-Assessment
10. A Final Word from Leandra

SECTION I SITUATION ANALYSIS

From everything you've shared with me, I don't believe this relationship is beyond repair. I believe the dynamic changed. And once you understand where it changed, you can stop reacting emotionally and start responding strategically. When you first met, everything happened naturally. He was messaging you every day. He wanted to see you two or three times a week. He was making plans. He was pursuing you. Most importantly, he was investing. His actions showed you exactly where you stood.

Now here's where I believe everything changed. Around six weeks ago, you asked him where the relationship was going. I completely understand why you asked. You liked him. You were becoming emotionally invested. You wanted clarity. You wanted reassurance. Every woman wants to know she's building something real. But this is one of the biggest mistakes women make. A Girl with Game never asks a man where the relationship is going in the early stages. Why? Because a man should already be showing you. If you have to ask where you stand, you've unknowingly stepped into his role. Instead of allowing him to continue leading the relationship forward, you've asked him to define it before he has naturally arrived there himself. That changes the dynamic. Before that conversation, he was pursuing you. After that conversation, he became aware that he now had to provide certainty. Those are two completely different emotional experiences. One feels exciting. The other feels like responsibility. Men naturally move towards what they choose. The moment they feel they're being pulled towards a decision before they're ready, the pursuit often slows down. Not necessarily because they've stopped liking you. But because pressure interrupts pursuit. This is why I always tell my clients... Never ask a man to define the relationship before his actions have already done it for him. A man who genuinely wants a relationship rarely needs convincing. He gradually moves things forward because that's what he wants. His investment grows naturally. His consistency increases. His actions answer the question long before his words do. The mistake wasn't wanting commitment. The mistake was trying to secure certainty before the relationship had enough time to create it naturally.

Once that conversation happened, something subtle shifted. Instead of wondering how to win you over, he became aware that he was being evaluated. That changes how a man feels. It changes how he invests. And it often changes the pace of the relationship. This is where many women panic. When they feel a man slowing down, they instinctively try to bring him closer. They ask more questions. They seek more reassurance. They initiate more. They overanalyze every message. Without realizing it, they continue moving towards him while he's slowly moving away. The harder she tries to create certainty...the less certainty she feels.

That's why your strategy from this point forward cannot be to chase another conversation. It cannot be to convince him. It cannot be to ask for more reassurance. Your job now is to quietly restore the dynamic. To allow him to become the pursuer again. To allow him to miss your certainty. To allow him to wonder where he stands with you. Because men value the commitment they choose far more than the commitment they feel they have to give. Never interrupt a man's investment by asking him to prove it too early. Instead... Watch what he does. Allow his actions to answer the question. That's where your power has always been.

What happened next is where the cycle really took hold, and I need you to see this because it's where so many women unintentionally lose their position in the relationship.

The moment you felt him pulling away, you did what most women do. You tried to pull him back.

You asked if everything was okay. You sent the long message explaining how you felt. You promised yourself you'd give him space, but the silence became too uncomfortable, so you reached out again. You said yes whenever he was available. You made yourself endlessly accessible. You quietly rearranged your life around the hope of seeing him.

None of that happened because you were weak.

It happened because you were scared of losing someone you cared about.

But here's the problem.

Every time you moved towards him, you unknowingly removed the need for him to move towards you.

The more available you became, the less he had to pursue. The less he pursued, the more uncertain you felt.

And the more uncertain you felt, the harder you tried to close the gap.

Without even realising it, the relationship had slipped into what I call the pursuit-withdrawal cycle.

It's one of the most common dynamics I see, and thankfully, it's also one of the easiest to reverse. Not by chasing harder. Not by having another conversation. But by stopping the behaviours that keep the cycle alive.

THE KEY INSIGHT

Now here's the part I really need you to understand.

Wanting clarity wasn't wrong.

Asking him for it was.

Those are two completely different things



Because here's the truth underneath all of it. This isn't the story of a man who suddenly woke up one morning and stopped liking you. It's the story of a relationship dynamic that quietly shifted.

Six weeks ago, he wasn't running away from you. The balance between pursuit and certainty changed, and from that moment, the energy between you changed with it.

The woman he first met was relaxed. She had her own life, her own rhythm and her own sense of certainty. She enjoyed his attention, but she wasn't depending on it. There was space for him to wonder about you, pursue you and gradually earn a bigger place in your life.

As your feelings grew, that balance slowly tipped. Without even realising it, more of your emotional world began to revolve around him. You looked to him for reassurance. You looked to him for certainty. You looked to him to settle the anxiety that his distance created. That's when the dynamic changed.

One of the biggest mistakes women make is believing a man's withdrawal always means his feelings have disappeared. More often than not, what changes first isn't his attraction. It's the emotional dynamic between the two of you. Men are at their best when they're freely choosing to move towards a woman. When certainty arrives before they've naturally chosen it, or when they no longer feel there's anything left to pursue, that forward momentum often begins to slow.

That's why this isn't about becoming someone different. It's about restoring the version of you that naturally inspired his initial investment.

THE KEY INSIGHT

His pulling back is not proof you're losing him. It's proof the dynamic needs resetting and right now, you are the one in a position to reset it.

At the very end, you told me something that, in many ways, is the most important part of this entire Game Plan. You said you have a tendency to over-give. You lose yourself in relationships. And you've done it before.

I'm actually really glad you shared that with me because it tells me this isn't just about Tom.

Tom has simply highlighted a pattern that was already there. The relationship didn't create it. It exposed it.

When you care deeply about someone, you naturally start giving more of yourself. More of your time. More of your energy. More of your emotional world. Little by little, without even noticing it, the relationship starts becoming the centre of your life instead of remaining part of a life you already loved.

That's exactly what we're going to change.

Yes, we're going to work strategically to restore the dynamic between you and him.

But the bigger goal is something much more important.

I want you to become the kind of woman who never loses herself in the process of loving someone else.

Because when you stop over-giving, you stop over-chasing.

When you stop over-chasing, you stop feeling powerless.

And whether things work out with Tom or not, that's the real transformation.

That's the woman we're building throughout this Game Plan. One who knows her worth, protects her peace and never again feels that her happiness depends on someone else's uncertainty.

SECTION 4 THE STRATEGIC RESET — YOUR 5 KEY MOVES

These are not generic tips. Each move is built specifically for your dynamic and the leverage points available to you right now. Implement them in order. Do not rush, and do not try to do all five at once.

1. 1. Stop Initiating and Let Him Move Towards You

This is the first change I want you to make, and it's probably going to be the hardest. From today, you stop initiating contact. No good morning texts. No "just thinking of you." No checking in to see how his day is going. No finding a reason to message him because the silence feels uncomfortable. And absolutely no double-texting if he doesn't reply. I know exactly what you're thinking. "But what if he thinks I've lost interest?" Trust me, if a man is genuinely interested in you, one period of not initiating isn't going to make him forget you exist. What it will do is something much more important. It gives him the opportunity to move towards you. Now, let me be really clear about something. This isn't about manipulation. It's not about ignoring him, acting cold or trying to teach him a lesson. If he messages you, respond. Be warm. Be playful. Be exactly the woman he enjoyed getting to know in the beginning. The only thing that's changing is this... You're no longer carrying the relationship forward on your own. Right now, you've unknowingly become the engine keeping the connection alive. Every time there's silence, you fill it. Every time there's distance, you close it. Every time you feel uncertainty, you reach for reassurance. And because you're always stepping in first, he never has the opportunity to experience what your absence actually feels like. He never has the chance to wonder what you're doing. He never has the opportunity to think, "I haven't heard from her today." You've been removing every gap before he can feel it. And that's exactly why the dynamic has stayed stuck. One of the biggest lessons I want you to take away from this Game Plan is that attraction isn't built through constant availability. It's built through investment. People value what they actively move towards. When you stop doing all the moving, you create the space for him to decide whether he wants to close the distance. That's simply allowing the relationship to breathe again. Your job isn't to pull him towards you. Your job is to step out of the way and allow him the opportunity to choose you.

THE PRINCIPLE

The person who initiates least in a cooling dynamic holds the most power, not because they care less, but because they've stopped trading their value away for the temporary relief of contact.

Expect it to feel worse before it feels better. In the first few days your anxiety will spike and every instinct will scream that the silence means it's over. It almost certainly doesn't. What you're feeling is withdrawal from a habit, not evidence of an outcome. Hold the line. Let him feel the space. Your only job this week is to not be the one who breaks it.

Your remaining four moves — in your full plan:

2. *Rebuild the Life He Was First Attracted To*
3. *Replace Reaction With Composure*
4. *Become a Pleasure to Be Around, Without Chasing*
5. *Protect Your Position, and Your Self-Respect*

THE PREVIEW ENDS HERE

What you've just read is the opening of a complete Personalised Game Plan — the full situation analysis and the first of your five strategic moves. A real plan continues with everything below, all written around your own situation:

Section 2 — Understanding His Behavioural Pattern: what's driving his withdrawal, stage by stage, and what he needs but can't ask for.

Section 3 — Where You've Lost Leverage: the exact points where your responses weakened your position, and how to recover them.

Section 4 — The remaining four Strategic Moves, in full.

Section 5 — What to Stop Doing Immediately.

Section 6 — The Communication Reframe: what to say, what to withhold, and how to say it so you never chase or over-explain again.

Section 7 — Navigating the Bigger Picture.

Section 8 — Your 30-Day Action Plan: a clear week-by-week sequence so you always know your next move.

Section 9 — Reflection prompts to keep you anchored to yourself throughout.

A final word from me, written to you.

Your Game Plan is built entirely around your answers your man, your dynamic, the exact moves that protect your position. Typically up to around 50 pages, delivered within 72 hours.

READY FOR YOURS?

Request your Personalized Game Plan [HERE](#) and within 72 hours you'll have a strategy built around your exact situation, not a guess.

IMPORTANT

This is a fictional sample created for illustration only. It does not describe a real person and is not personalised advice. A Personalised Game Plan contains strategic relationship guidance and is not a substitute for professional therapy, counselling, or legal advice. If you are in an abusive or dangerous situation, please contact the appropriate support services in your area. All content is the intellectual property of This Girl's Got Game and may not be reproduced, distributed, or resold.

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