

His Secret Obsession Review



What is His Secret Obsession?

His Secret Obsession is a relationship program by James Bauer that reveals psychological triggers known as "hero instincts" that can spark deep attraction and devotion in a man. By tapping into these hero instincts using specific phrases and signals, a woman can become the sole focus of her partner's attention and desire.

The core premise of [His Secret Obsession](#) is that men have a biological drive to feel irreplaceable, like they are the only man for the job. When a woman can make a man feel this way, he sees her as his top priority and will go to great lengths to make her happy.

James Bauer discovered these psychological triggers during his 12 years as a relationship coach. He found common patterns in what made the women he coached succeed in their relationships. This knowledge became the foundation for His Secret Obsession.

The program is delivered as an eBook that can be downloaded instantly. It teaches phrases, words, signals, and mindset shifts that tap into hero instincts like the desire to feel valued, provide protection, and be trusted. Examples include the Glimpse Phrase, I Owe You Signal, Damsel in Distress Signal, and more which we'll cover later.

The Creator: James Bauer

His Secret Obsession was created by James Bauer, a relationship coach with over 12 years of experience. He is the author of the bestselling book *What Men Secretly Want* and founder of the relationship advice [website Belrresistible](#)

James began his career by working closely with a family member who ran a counseling agency. Here he had the opportunity to interact directly with couples in crisis and dissect core relationship dynamics.

After this formative experience, James decided to focus specifically on helping women understand men. He found that conventional dating advice often led women astray by pushing them to behave in ways that turned men off.

James is now a certified psychologist, author, and relationship coach. He continues to study interpersonal dynamics between men and women and frequently updates his programs based on the latest psychological research.

How Does His Secret Obsession Work?

His Secret Obsession focuses on using specific words and phrases to trigger hero instincts in men. James Bauer refers to these triggers as secret signals. Each signal targets a specific instinct and is delivered in a certain way.

For example, the "I Own You" signal makes a man feel a sense of meaning and purpose in a relationship. The Damsel in Distress signal taps into his protective instincts. James provides example scripts for applying these secret signals in [different situations](#).

In addition to the secret signals, His Secret Obsession teaches broader mindset shifts that increase attraction. James provides tips on topics like being more mysterious, projecting warmth, and making him feel admired.

The program is broken down into 17 modules delivered as a digital eBook. Some modules teach new concepts while others provide specific examples and scripts. Here is a brief overview of a few key modules:

The Hero Instinct - Explains the psychology behind hero instincts and why they are key to romantic attraction.

The Secret Currency of Happy Relationships - How to build emotional connection through small moments of responsiveness.

The Private Island Signal - Makes him see you as "the one" by tapping into a little-known desire in men.

The I Own You Signal - Phrases that inspire a sense of meaning, pride, and purpose in your relationship.

The Glimpse Phrase - Sparks deep intrigue and desire by giving him a taste of the real you.

The program concludes with a test drive section that summarizes the most useful signals and provides tips to get started right away.

James emphasizes practicing the signals that feel most authentic. The goal is not to memorize scripts but internalize principles that [enhance communication](#).

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The Hero Instinct Concept

The foundation of His Secret Obsession is the hero instinct concept. This theorizes that men have a biological drive to be helpful, provide protection, and feel irreplaceable in relationships.

James Bauer states that awakening a man's hero instinct is key to making him fall deeply in love. When a woman makes a man feel like a hero, he sees her as his primary obsession in life.

This is because men are so powerfully drawn to anything that makes them feel irreplaceable as a partner. James argues the hero instinct is a stronger drive than even hunger, thirst, or sex.

[His Secret Obsession](#) contains strategies for tapping into the hero instinct using signals, phrases, and requests for help. When used properly, these triggers reinforce a man's desire to provide, serve, and protect his partner.

James initially discovered the potency of the hero instinct during his coaching. He noticed a pattern in the moments that created breakthroughs for his clients. Time and again, it came down to making the man feel like a woman's hero.

While the specifics of the hero instinct theory are unique to His Secret Obsession, the general idea is backed by research. Studies confirm that feeling helpful and valued boosts men's self-esteem and sense of purpose in relationships.

Secret Signals and Phrases

The core of His Secret Obsession is the secret signals - simple phrases or actions that trigger hero instincts. James identifies dozens of signals across 12 categories. Here is a brief overview of some top signals:

The Glimpse Phrase - Sparks a man's curiosity and desire by giving him a glimpse of your real self. Makes him yearn to know you more deeply.

The I Owe You Signal - Subtly communicates trust in a way that [builds reliance](#) and connection.

The Private Island Signal - Activates a man's natural protective instincts and makes him see you as "the one" he must proactively commit to.

The Ex-Back Signal - Draws your ex back by reframing the breakup from his perspective to spark remorse and regret.

The Silent Action Signals - Nonverbal signals that project flirtatiousness and confidence to spark his interest.

The Damsel in Distress Signal - Triggers his protector instinct by making him feel you need his particular brand of help.

The "I'm in Trouble" Text - Variation of the distress signal that grabs his attention if he has been distant.

The Fluff Nugget - Playful signal that builds emotional connection through thoughtful gestures.

His Secret Obsession contains detailed explanations of each signal as well as exact example phrases and scripts for different contexts. However, James notes that signals should be tailored to each unique situation.

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Examples of Secret Signals

To better understand how the secret signals work, let's look at a [couple real examples](#):

The Private Island Signal

James notes that making a man view you as "the one" often comes down to activating his protective instincts. The Private Island signal accomplishes this by describing an imaginary dire scenario:

"Imagine we were stranded on a private island alone together... I have no doubt you'd be able to make us a shelter, find something to eat, start a fire, and protect us. I'd feel so safe with you. It's just comforting knowing that about you."

This makes a man feel trusted and capable as a protector. It sparks his hero instinct and makes him see you as someone he wants to commit to and provide for.

The "I'm in Trouble" Text

This is used when a man has been distant to grab his attention. It playfully hints you need his help:

"Hey! So I'm baking cupcakes for my friend's birthday... and I'm in trouble! I can't find baking powder anywhere and I'm supposed to bring them tonight. Would you happen to have any? I'll trade you a batch if you save me!"

This signals you need his particular form of help. It provides a low-key context for him to step in as a hero so he feels drawn back to you.

Who is His Secret Obsession For?

His Secret Obsession is specifically designed for heterosexual women in relationships with men or single women dating men. It requires some understanding of male psychology and a willingness to take an indirect approach to communication by incorporating secret signals.

Here are some of the situations where [His Secret Obsession](#) may be especially useful:

Your partner seems distracted, emotionally unavailable, or has withdrawn his attention.

You want to deepen intimacy and build trust in the early stages of dating.

Bringing back the romance and passion in a long-term relationship.

You are recently divorced or re-entering the dating scene after 30+ years.

Your ex has cut contact and you want to re-spark his interest.

You feel your man doesn't see you as "the one" or is reluctant to commit.

The program is not designed for men looking to attract women. It is exclusively focused on triggering hero instincts which are [specific to male psychology](#).

His Secret Obsession also requires some nuance and indirect communication that may not align with every woman's style. It will resonate most with women who want a playful yet psychologically insightful approach to improving their relationships.

Pros of His Secret Obsession

Now that we've covered the basics, let's look at some of the key pros of His Secret Obsession:

Recommended next reads

How to Create your Ultimate Relationship in 2023

Stephen Bradshaw 1 year ago

Fan the Flames in Your Relationship

Danielle Kepler, LCPC 8 years ago

Couples Talking: Settle into a Different Kind of Warmth

🌟Wendy Gagne🌟 2 years ago

Teaches psychology-based communication strategies - His Secret Obsession grounds its teachings in evolutionary psychology and male mentality. This gives the advice credibility lacking in [generic dating tips](#).

Can work quickly if principles are applied - Many users report immediate shifts in their man's attentiveness and affection after applying the secret signals.

Easy to understand and implement - The program explains psychological triggers in an accessible way. Signals are simple phrases and actions that can be conveniently applied via text, in person, on dates, etc.

Customizable - Users praise His Secret Obsession for providing adaptable principles versus rigid, mechanistic advice. The signals can be modified based on [your unique situation](#).

Improves intimacy and trust - The signals enhance communication which builds understanding. Several help escalate commitment by activating protective instincts.

60-day money back guarantee - Trying His Secret Obsession is risk-free. You can get a full refund within 60 days if you feel it hasn't improved your relationship.

Receiving praise in relationship niche - His Secret Obsession is gaining positive buzz in the relationship advice space. It has been touted by industry leaders like Michael Fiore and scores 4.6/5 on TrustPilot.

Cons of His Secret Obsession

Despite the generally positive reception, here are a few potential downsides of His Secret Obsession to consider:

Some signals may feel "gimmicky" - A few users felt the secret signals seemed contrived or manipulative. However, this can be mitigated by applying principles in a way that feels natural.

Requires opposite sex insight - His Secret Obsession is predicated on understanding male psychology. Women who dislike adjusting their communication style likely won't [find value in the program](#).

Not a comprehensive relationship course - His Secret Obsession is focused specifically on communication. It does not address every facet of building a strong relationship.

Digital format only - The program is only available digitally. Some users may prefer a physical book. However, the digital format allows instant access.

Time commitment required - Users need to invest time studying and practicing the principles. Those unwilling to apply the advice likely won't see results.

Not a quick fix - His Secret Obsession provides powerful communication tools but does not promise overnight results. Achieving relationship goals requires ongoing effort.

Comparison to Other Relationship Programs

How does His Secret Obsession stack up against popular relationship programs like The Forever Yours and Relationship Magic? [Let's quickly compare](#):

His Secret Obsession - Uses psychology-based communication strategies and emotional triggers. Most affordable of the three programs.

Forever Yours - Multi-module system based on authenticity and vulnerability. Higher price point but extremely comprehensive.

Relationship Magic - Blends neuroscience, hypnosis, and NLP to change negative relationship patterns. Esoteric approach with mixed reviews.

His Secret Obsession differentiates itself by focusing specifically on the emotional triggers and psychological needs of men. This gives the advice more practical utility. The other programs have a more general approach.

His Secret Obsession Pricing

His Secret Obsession is only available as a digital eBook. The complete 209-page program currently retails for \$47. This is down from the original price of \$197 that James Bauer initially charged. No physical or audio [versions are available](#).

The one-time \$47 fee includes lifetime access to His Secret Obsession. There are no recurring charges or hidden fees.

The program can only be purchased through the official [His Secret Obsession website](#).

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Alternatives to His Secret Obsession

While His Secret Obsession is unique in its focus on hero instincts, here are some alternative relationship programs that take different approaches:

Forever Yours - Lengthy relationship course focused on developing self-awareness, vulnerability, and authenticity. Less push button than His Secret Obsession with more of a self-help vibe.

Manifestation Magic - Uses techniques like neuro-linguistic programming (NLP) and hypnosis recordings to shift subconscious patterns that affect relationships. Somewhat esoteric with mixed reviews.

Relationship Up - Amit Nandi - Short video course that teaches practical communication skills for dating and relationships. More gender-neutral in [perspective compared](#) to the male-centric His Secret Obsession.

Emotional Hook Formula - Commercial dating advice course by Clayton Max that breaks down flirting, texting, and conversational techniques to maximize attraction. His Secret Obsession explores attraction triggers in more depth.

The Forever Woman - Female equivalent to His Secret Obsession focused on understanding and communicating with men more effectively to build lasting love.

How to Get Started with His Secret Obsession

Getting started with His Secret Obsession is quick and straightforward:

Purchase Access - Buy His Secret Obsession for \$47 through the official website. Payment can be made via Visa, MasterCard, AMEX, Discover, or PayPal.

Create Account - After checkout, create a user account which will be used to access the member's area.

Access Program - Log into your account anytime to access the complete His Secret Obsession program online. The content can also be [downloaded for offline access](#).

Read and Absorb - Set aside dedicated time to carefully read and absorb the lessons in His Secret Obsession. Take notes and highlight key insights.

Practice and Apply - Practice using the secret signals and phrases in your relationships. Focus on internalizing the communication principles versus just memorizing scripts.

Get Support - Use the comment section in each module to engage with other users and gain insights. The His Secret Obsession team also provides email support.

With the 60-day refund policy, His Secret Obsession can be tested risk-free to see if it works for your unique situation.

Is His Secret Obsession a Scam?

With any popular relationship program, there are inevitably some accusations of it being a scam. However, based on all available information, His Secret Obsession does not appear to be a scam:

It was created by James Bauer, a real relationship coach and psychologist with verifiable credentials and a decade of experience.

The core psychological principles are grounded in evolutionary theory and male mentality research.

It has overwhelmingly positive reviews and feedback from actual paying customers. Many reputable relationship authors vouch for the advice.

James offers a 60-day money-back guarantee through Clickbank, a trusted digital marketplace.

This allows risk-[free access to test the program](#).

Users have access to a real website, member's area, customer service channels, and user community. His Secret Obsession is not some vague digital product.

There are no hidden fees, just a single reasonable payment for lifetime access.

While His Secret Obsession is not a "magic bullet", the core advice and communication strategies have helped thousands find better relationships. There is no evidence to indicate it is a get-rich-quick scam.

Customer Support and Refund Policy

His Secret Obsession comes with responsive customer support through its parent company Belrresistible. Support can be reached by submitting a contact form through the Member's Area or by emailing support@beirresistible.com.

James Bauer's team aims to respond within 24 hours, though support volume can affect wait times. Common queries they can assist with include:

[His Secret Obsession](#) has a 60-day money back guarantee when purchased through the official website. To request a refund, you must first contact the His Secret Obsession support team by email and provide proof of purchase. This initiates the refund process.

Refunds are provided by the payment processor Clickbank. Note that physical products are ineligible for refund if ordered. Also, no refunds can be provided after the 60-day period ends.

His Secret Obsession Verdict - Recommended or Not?

His Secret Obsession Review, His Secret Obsession Reviews - Is this program worth it? Verdict His Secret Obsession takes an insightful approach to improving relationships by tapping into hardwired male psychology. The main pros and cons include:

Pros

- Teaches practical emotional trigger phrases backed by psychological research
- Helps women communicate in a way that resonates with men
- Has quickly improved intimacy for thousands of couples
- Customizable and flexible vs rigid or scripted

Cons

- Some signals may feel gimmicky or manipulative
- Requires opposite sex insight some women lack
- Not a comprehensive relationship solution

Overall, His Secret Obsession delivers on its promise to reveal phrases and triggers that spark attraction and devotion in men. It distills complex psychology into simple but powerful communication tweaks. The many success stories and risk-free 60-day guarantee make it well worth trying.

Just bear in mind it complements versus replaces holistic self-improvement. Focus on internalizing principles rather than memorizing scripts. With realistic expectations, His Secret Obsession can profoundly improve your love life.

His Secret Obsession Review Conclusion

His Secret Obsession provides a fresh perspective on male psychology and communication. If you want to spark new desire, attraction, and commitment from your man, it is certainly worth exploring.

Keep in mind that achieving relationship success requires ongoing effort. Use His Secret Obsession as a tool but don't expect overnight miracles without dedication on your part. With realistic expectations, it can pave the way to the healthy relationship you deserve.

[CLICK HERE TO ACCESS NOW](#)