



DOC ALI'S IT GIRL

Are you an IT Girl?

Here are the Top 10 Quick and Easy
Do's and Don'ts for having IT.

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1. Do be positive, happy, and optimistic. Know that you are OK and that your life is blessed. Don't be a downer.
2. Don't criticize, especially men. Allow him to be the man of the relationship whether it be business or personal. You'll find men and women are much more open when they aren't being made to feel like they can't do anything right. Build him up, don't be a know-it-all, and allow him to make decisions. Put your penis away and be the feminine.
3. Don't sleep with him on the first date. Men want to stalk, conquer their prey, and feel as if they are special. If you make it easy, you are just sending the message that many men have had you before. Plus, taking it slow always keeps the hunger fresh and makes you that much more attractive. If you're already past that point, keep it fresh and exciting by flirting when sex isn't possible.
4. Don't keep calling. All people, but especially men, need space and freedom. Keep yourself busy and occupied with what makes you feel good (besides him). Do you want to be his mother or his lover? If you give him the time and space he needs, he'll beg to be with you. Even women respond more to someone who is not desperate. Remember our IT Girl mantra: **NEEDY IS CREEPY**.
5. Don't talk about your flaws, shut up already! You're not too old, too fat, or too wrinkly. Love who you are and **ROCK IT**. Even if you have to fake it. **COMMIT TO IT!**
6. Don't be a whack-job. If you need therapy...get it, but have some emotional control no matter what. Talk about your feelings with class. Don't be crazed, yelling, passive-aggressive, or pouty. No one wants to be with a baby.
7. Do strut your stuff with confidence. No need to compare yourself to others, or be competitive and jealous. Know you are a Rock Star and act IT.
8. Do act with integrity. Keep your word. If you say you are going to call...call. If you say you will be there at 5:30, let people know if it's looking more like 5:40. You can't have IT without integrity (notice...IT is contained in the word integrITy!)
9. Do be a great listener. IT girls listen way more than they talk. Remember to ask great questions and be completely interested in what the other person is saying. Don't multi-task. Shut off the cell phone and give that other person some of your radiant attention! They will keep wanting more.
10. Do **SAY NO**. Quit being a doormat and a pleaser or let go of any of your values and desires. Know what you want and have the courage to be authentic without apology.