

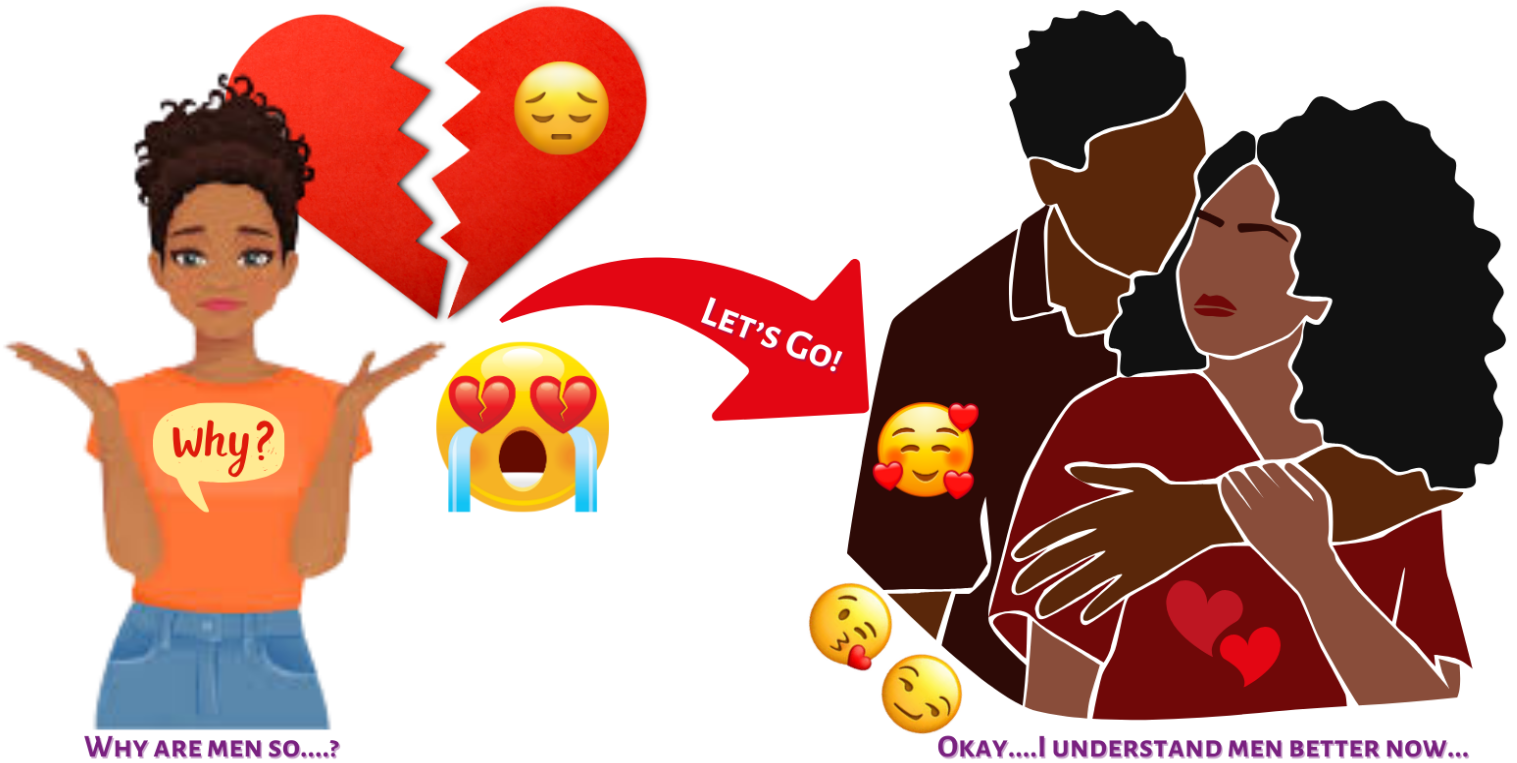
THE COMFORT ZONE KILLA' PRESENTS

MASTERCLASS SERIES



# LADIES

## LET ME HELP YOU ELEVATE HOW YOU OPERATE



WHY ARE MEN SO....?

OKAY....I UNDERSTAND MEN BETTER NOW...



GREGORY CAIN, SR.

© 2023 COMFORT KILLZZZ INCORPORATED



MATURE AUDIENCE ONLY

# TABLE OF CONTENTS

01

## MEN ARE DUMB!

MEN are DUMB! Our brains do not operate like yours; don't expect it to start anytime soon, either...

02

## WE SPEAK DIFFERENT LANGUAGES

Women speak the language of LOVE

Men speak the language of RESPECT...they are NOT the same!

03

## MEN HUNT & FISH

Women CHOOSE / Men CLAIM

04

## LADIES, BE CAREFUL WHAT YOU WISH FOR...

The stripes of a man never change - players will play; gamblers will gamble; businessmen stand on business

05

## COMMUNICATION & CLOSURE

Although it may KILL you not to receive it, men we will DIE before giving closure to you!



**06**

## **LESS IS MORE...**

Your work to develop and maintain a relationship can be easier than you may think...

**07**

## **MEN WANT TO BE YOUR HERO!**

Although we do not communicate this well, this is our goal...

**08**

## **IDEAS FOR YOU TO CONSIDER**

Summary of my thoughts and ideas for ladies to consider

**09**

## **COMFORT KILLZZZ**

Learn more about the educational nonprofit organization

## **Introduction**

Ladies, your guide to better understanding men is here! So many of you are tired of the frustration that we men often offer. Some of you are clamoring for the key or more insight as to why men do, act or think in certain ways. Out of humility and admiration for you ladies, I composed this Masterclass with the goals of educating and encouraging you. Although this material is not age-restricted, it is intended for mature women only. Marital, dating or current relationship status is irrelevant.

This content is not written for any girls, Super-Saints or anyone that needs their feelings protected. I ask readers to be open-minded while considering these concepts and ideas. This Masterclass is intended to help you - even if it hurts to learn some of these manly concepts or as the language used is inappropriate within this text. If your relationships, dating life and marriage are perfect, then I have nothing for you...nothing at all. All others can benefit from this content I share with you about men - **NOT** speaking directly to the boyfriend, the husband, the “ex” or to any other label or title.

You can thank me now or thank me later for this information. I am, and will always be, pro-man. This content is not to bash men - to be clear. The goal is to share a man’s perspective on ladies and relationships - that is it! I am naturally a problem solver. Over the years, I’ve witnessed and learned from so many of the conflicts that men and women have as they attempt to live in peace and harmony. The pain and frustration is often great. At times, our relationship challenges have impacted our children, family and friends. I’d like to offer my “two cents” to see if it can help just one woman. Every

element of this content that I share with you may not relate to you, your life or any personal relationship. I understand that and ask that you allow me grace, as the information may benefit someone else. Fret not ladies, I have content for the men too. The next iteration in this series will be intended for men only. It will be entitled “Fellas, we can do a lil’ bit better”, so stay tuned.

I am not in the “answers” business, yet I have quite a few thoughts, ideas and suggestions for your consideration. I am not here to “sell” you any magical 3-step plans or guarantee any woman that she will have better relationships because of what is in this text.

That said, I **WILL** guarantee each reader, or online or in-person attendee, that your understanding of men will be far greater. This positions you to make more informed decisions and to have a deeper understanding of what makes us men move and how we see ladies and relationships. In order for this content to make sense in any way, shape or form, I ask that you suspend all that you know, have known or have been taught about “right” and “wrong” when it comes to men. I understand that is not easy, yet it would be worth it if you’d like to have a better grasp on how we men think and operate. It would not make sense otherwise.

# Chapter 1



**Men are DUMB!**

Ladies, some of your lives will improve immediately with this first point regarding men. Remain mindful that I do not personally know each and every man you've associated with. I strongly believe that men are 80% identical. That remaining 20% of us vary in personality and relating to women ranging from "Steven" to "Deebo".



Allow me to open with the title of this chapter: **WE ARE DUMB!**

The sooner you consider then absorb this point, the more it will help you to have a better understanding of us. Yes, I yelled it aloud then typed in all capital letters - just for the effect. Sounds silly, yet allow me to unpack this statement "Men are Dumb".

- Men **CANNOT** read your mind
- Men **CANNOT** "fill in the blank" in the same manner as you
- Men do **NOT** see the world as you do
- We are **NOT** built to just "know what you'd like or expect"

Please do not expect us to put clues or puzzle pieces together...If you drop hints about the next travel destination with your man or your birthday wishes, I will tell you now to prepare for the disappointment. But "he should have known I wanted to fly to California - I said it 15 times last year", is a formula for failure. We are dumb, we aren't in the puzzle-solving business. Be direct, ask for what you want and prepare for a "no" sometimes. I'm not attempting to be rude, I aim to alleviate some of that

pain and disappointment you feel when we let you down. Count on us to respond to your requests - please do not count on us to guess accurately. Our brains do not operate like yours; don't expect it to start anytime soon, either...

Sure, you can fight this point. Debate me if you'd like. I can hear some of you saying "He should know what to do" or "he should know how to take care of business" or "he knows that isn't right". If you are willing to hear me say it - for the most part, none of the above is true. It is possible that some women have made up their mind that this should be the case. I simply ask - how well is **THAT** working out?

Regardless of how much sound advice and guidance a man receives, he often proceeds in life with what I call a "brick wall" mindset. You can tell the man to put the beer down before driving. Yet, we have to total a car or two before that sinks into our heads. Brick wall.

Even when we know that a certain lady is "the one", we often exhaust all opportunities of available sex until we lose the love of our lives. Why do you think that we buy flowers, sing outside of your window, send gifts to you at your workplace? We often test the limits of what we can do or think that we can get away with, **THEN** spend our time, effort and energy chasing the love of our life to win her back. Brick wall.

That man knows that the interest rate, insurance cost and monthly car payment is too high to pay comfortably, yet we just **HAD** to buy it, going

against all advice. Very little or no concern is expressed about repairs or other expenses on the backend. We often do not learn that lesson until we burn a ton of time and money. That frustration is the brick wall that I refer to.

I say all this to say that a man hears all of the great counsel, yet we have to run into the brick wall before it makes sense to us. Ladies, put this information in your back pocket. One of you may improve their relationship by choosing to comfort their man after he runs into that brick wall, or supporting him to get back on his feet following the fall from grace. Surely, you have the option of pushing him away while fussin' or reminding him to stop hurting himself.

I am not here to sell you that how we operate is correct, right or just. I am here to ask you to consider why we do what we do. I also understand that you may feel that "he's grown" or "he knows better" as common responses from your vantage point. I'm just sharing a common view from our perspective. Although this theory may not make sense to some ladies - remember, I asked you earlier to suspend what you know of as right vs. wrong.

# Chapter 2



**We speak different  
languages**

Love vs. Respect

Communication is a common challenge that we face in stable or developing relationships, if you would agree. Whether we are talking about tone, manner of delivery, words used or body language, it can be difficult to just “talk it out” at times . The frustration can build when these communication challenges persist over time. Here is my advice to help at least one woman on this topic.

## Men and women speak different languages



Women speak the language of **LOVE**

Men speak the language of **RESPECT**



These two languages are **NOT** the same. The rules and logic for each do not match the other. Learning and absorbing this fact can save a lot of pain and headache. I continue to repeat, this point isn't about right or wrong, this is pure truth. I can hear it now “he knows what I meant” or “he didn't have to come at me like that” or “if he loves me, why does he talk to me that way?”. All of these thoughts are fair - more than fair, actually. The challenge comes in if we presume that each party in a relationship communicates using the same language.

The language of love is filled with the ebb and flow of emotion, healing, forgiveness, closure, progress, moving forward among other elements. Love can cure all, in your minds. Love is the glue that holds relationships together, many may also presume. Love never tires and can endure any situation. Respect does not work in the same manner. I am here to report

that love is only half of the equation and that the language of love represents only one of the two languages spoken. This may be the reason why some may find it difficult to reason why the same argument or debate goes on and on and on...

The language of respect is hard and crude. Ladies that speak the language of love often find the language of respect to be a difficult code to break. Allow me to offer a working definition of this word: Respect.

## **RESPECT = unconditional consideration**

Ladies, ponder that thought for a moment. Our belief is that we should be considered fully, in thought or action, regardless as to whether we have fulfilled all obligations of love. Respect, to us, is **NOT** transactional. It isn't a byproduct of being earned or if we performed enough tasks or exhibited enough love to be considered for respect.

We happen to operate with rules of engagement that do not match the tenants of love. Statements like "I was good to him" or "he doesn't care about anyone other than himself" may come to mind as you read this explanation. By understanding the language he speaks, this may make more sense. The language of respect teaches us, right or wrong, that we are to be respected at all times regardless of the circumstances. Conflict often arises here as the language of love says there should be reconciliation or healing or closure. The language of respect says "fuck your love if the respect isn't on 100". I repeat, I make no effort to convince you ladies of such. You have

the right to accept or discard this concept in full. Surely, we can learn the language of love. It just isn't natural to us.

Unfair you say? It is, without a doubt. I ask that you consider accepting this truth - we men do not give a fuck about love if the respect is not present and on full display. Should we men have a more balanced approach? Of course, but that doesn't happen often because the language of love is not our native tongue. "Fight it" or "face it" are your options, ladies. Fighting the fact that we speak these varying languages often leads to more misunderstandings and clusterfuck disagreements or arguments. If you seek to have improved communication with your man or a man in your life, find ways to come to terms that there is a language barrier in addition to the matter at hand being discussed, the probability for success increases immediately.

To summarize bluntly, sometimes that man didn't run away from his responsibility to the lady, house and kids. We shut down, run, hide or leave if learning and speaking the language of love is the only way the relationship will work. Let's face it, in some situations, that man was "forced away" due to a lack of respect being considered.

# Chapter 3



## Men Hunt & Fish

Ladies, since the beginning of time, you have always been the one to “choose” your man. The power of choice is in **YOUR** hands, believe it or not.

I have heard so many times “I am waiting on my man” or “I am waiting on the one God sends me”. Is it possible that he may have been sent in your direction, yet rejected because he did not meet your expectations? Just a question....

I have no direct argument with any decision you make or have made, yet I will remind you that the power of choice remains in your hands. We do not choose! Write that down or make a note of that, single ladies. Our Creator has given you ladies special gifts and ways to let us know that you have an interest. I suggest that you use what you’ve been given as indicators of your interest.

That smile, that look, that wink, that expression you convey ladies in just seconds, serves as that indicator that we have been “selected for further evaluation”. True men then approach to initiate dialogue. Debate me, argue, get mad if you’d like, but this is how most men operate.

Our job as men, single men in this case, is to **POSITION** ourselves to be selected. Once again, I am not referring to men with dominant, boy-like tendencies as I make this point. We wash our cars, get a fresh haircut, douse ourselves in cologne, dress to impress, pay for VIP and much more for visibility. This is the hunter within us. We know the shiny things that

get your attention, right or wrong, then get in position for your selection. We put on our hunting uniforms, the expensive gear, clean, high-end vehicles and jewelry to prepare for the hunt. The true hunter knows that his job is to be chosen and that he must be in position for you to indicate that you would like to get to know more about him. I truly hope that this lesson has helped someone that has been in the dating scene for awhile. You can thank me later....

You may ask “what about the men that hound me at the grocery store or those that go from table to table at the events tryin’ to holla’ at every woman he sees?”

Well, another trait that we have, not selling this as correct, but sometimes when we are feeling ourselves, we go fishing. Simple concept - we throw a line in the water to see if someone bites. We fish for all types of ladies as well. Sometimes we fish for the long-term and other times, we fish to find just enough for the night. Do you own math to make that make sense...

Some of you are engaged by a fisherman everytime you leave your home, get gas on a Monday morning or dress up to go out. I’m here to tell you, he **ONLY** wants to see if he gets a bite. That is why we don’t always care about your hair being done or whether you are dressed well or any of those “no, I’m not interested” responses. We can handle “no” so well, unfortunately. Each and everyday these men will gladly try you - it costs him nothing to get another “no”. He stands on the belief that if he tries enough that a “yes”

is coming his way. Fishermen can always toss another line in the water - they never get tired of trying.

If you are seeking to meet and develop a relationship for more than the short-term, momentary thing, then you should start proactively choosing. I understand that there is a tradeoff to this method. The probability of rejection and disappointment increases tremendously. I will remind you of this old saying “*scared money don’t make money*”. Express yourself with confidence, and a high level of worthiness and self-belief.

Here is the rule to write in your notes:

**Women CHOOSE**  
**Men CLAIM**

Simple, but this hangup costs many women an opportunity to meet the man in which they seek. Consider making an adjustment - thank yourself later...

# Chapter 4



**Ladies, be careful what  
you wish for...**

Wishing the man that you have or the man of your future was “this” and “that” causes too much pain and anxiety in my humble opinion for many of you ladies. The thought that you can will him or change him to the great man that you see is where a lot of relationships or potential relationships collapse. Pull your notepad out again - jot this down:

## **The Stripes of a Man Do NOT Change**

I know that many of you ladies are well aware of this sentiment. I ask you to absorb it and begin to operate with this fully in mind. Surely, we can make adjustments and modify our behavior for the good - I will give you that. With that said, the core of that gentleman will be exactly who he is until his last breath. If it walks like a duck and quacks like a duck - it is a damn duck! Accept this, make decisions with this information in mind.

- ❖ **That gamer gonna play the game**
- ❖ **That gambler is going to gamble**
- ❖ **The man that likes to fish & hunt is going to remain outdoors**
- ❖ **The business man stands on business before anything else**

The challenge is that you are built to fix, remedy, heal and repair everyone and everything. The language of love that you speak will always remind you in your head that you can make this man better. I am here to remind you that the cost (pain and frustration) are too high in most cases. I don't like to incorporate statistics, yet the numbers prove this to be true.

Here is the magic - support, trust and respect him. That may be the catalyst that **HE** needs to make the changes you seek. Focus on his positive attributes, the things that he does well. That man that is 80% good may be better than having him for 0% in your life. You wouldn't want the 100% perfect man anyway - you would not have any challenges and just might get bored. So let's not make the "perfect man" the goal. It is okay to still nurture as the relationship grows, yet avoid the expectation/disappointment cycle.

Ladies - be careful what you wish for. That is not intended to be taken in a threatening manner, yet the results may not be what you want. For example, do you ladies have a clue what you may get out of that man when you keep pressing him to "tell you the truth"? You don't want to know for the most part - I promise.

Some may think "I want a man that can be there emotionally and listens more often". As soon as you get it, he becomes like another friend in your circle - not your man. I beg you to stop dressing you man, too! "Oh you would look so good in this shirt with those shoes". I'm certain a few of you have tried. Your concept of love makes that shit sound so good, but the truth is that you are creating a "doll baby" out of your man. When you tell him what to say and how to look, you will soon be on the quest looking for a man because that dude is going to be a son or a nephew to you before long.

Shake your head, call me insane, yet these are tips to illustrate how we see the world. Consider an adjustment or two in how you talk to you man. Most importantly, allow your man to be a man. If he cannot handle manhood on his own, then you do not have a man. I don't know how to advise you properly about the boy you are with.

# Chapter 5



## Communication & Closure

Communication is a key factor in developing and maintaining healthy, fulfilled relationships. As discussed earlier, a major challenge is that we men and women speak different languages, respectfully. Representing the male perspective, we often do not respond well to being “talked at”, whether the woman is right or wrong relative to the situation. This adversely impacts the core of our language - respect. In the mind of a man, your anger or frustration do not count as a pass for disrespect. I said nothing about men earning or deserving the respect that I speak of, yet it is required to maintain the conversation in efforts to discuss and resolve the problem.

High volume or repetition of the conversation does no good, either. Often, it may seem that saying what you have to say loudly with emotion should get the man’s attention. The results often are just the opposite. If we’ve heard it nine times, why would there be an expectation for it to sink in on the tenth? Unfortunately, we shut down and back or run away from the conversation or the problem. The key to effectively communicating with a man is to say what you need to say, back away then let the man determine if he is going to listen and react accordingly. I’m afraid that this is the only way. If you find that you aren’t getting the results you seek, then that serves as grounds for you to make business decisions within the relationship. In other words, use your knowledge of his ‘unchanging stripes’ to make the best choices for you and your well-being.

Ladies, I will meet you in the middle to offer an explanation to a question that many of you may have. “Why do men lie so much?” This is the most complex and simple question regarding men since the beginning of time.

Men tell millions, okay billions, of lies - there I said it!

Surprisingly to some, men only lie for two reasons though. The abundance of untruths stem from men wanting to protect the two things of high value:

1. The man’s ability to **EAT**
2. The man’s ability to **FUCK**

In the minds of men, that is it! If that rationale sounds odd to you, think of some of the lies that have been issued to you (or those you “heard about” in other relationships) then do the math.

Write this in your notes - we men will **NEVER** take away our ability to eat or have sex. **YOU**, the woman, may take those privileges away at any time you please. We will never, in any circumstances, do so.

This blends in with the last concept of this chapter - **CLOSURE**. Please understand ladies, that closure is something native to the language of love that you speak. We haven’t a single bone in our bodies that relates to or desires to provide closure following an argument or at the conclusion of a relationship. We understand that properly closing out a situation does **NOTHING** for the man - there is no benefit to us for doing so.

When you think that “if he loves and cares for me, he should want me to have the peace of understanding”. The keyword is “love” within that or similar responses. Yet again, that is something that is natural to ladies, not to the man. Allow me to make the point more directly:

**Although it may KILL you not to receive it, men we will DIE before giving closure to you!**

Closure is viewed as a **lose-lose** scenario for most men. I am not asking you to like or agree; I am merely informing you on how men operate. I hope that this new information can benefit someone who is still trying to figure out “why” that man won’t give you the information that you are seeking or “why” he will not shoot straight with you.

To offer a slightly lighter edge to this concept of closure, I ask you ladies to use that gift, of many bestowed upon you, that only ladies have: **intuition**. Your Creator gifted you with this valuable instinct, knowledge and skill. As suggested before, if it walks like a duck - quacks like a duck - it is a duck. “Fight it” or “face it”, he is who he is. He cannot be fixed or changed - only complimented by the greatness that you bring to the table.

I stated the above to say that regarding the closure you may seek you already have the answer(s) in most scenarios! We men are not complicated. When you confront or ask the man to confirm, he is not, will not, shall not. It just isn’t in our nature. We use what we’ve been given - I am merely asking you to do the same.

The fear with us is if we provide that closure you are seeking, we feel that we could never try to “drop that fishing line” with you ever again. We would have gotten our number deleted from your phone and sacrificed the potential to eat or sleep with you in the future - we are not built to do that to ourselves. Sorry...

In efforts to meet you in the middle, I speak to men as well. In those conversations, I attempt to explain the concepts of compassion, empathy and consideration of your feelings and more to improve this communication problem. I'm tryin' to help everybody...

# Chapter 6



**Less is More**



In some facets of life, the phrase “less is more” rings true. I offer you ladies that sentiment to consider when it comes to your actions relative to men in your life. Feel free to shoot me as the messenger, but sometimes less is more. I am asking you to consider that thought in the following capacities:

- **Thinking**
- **Planning / Coordinating**
- **Watching**
- **Desire to be correct**

In my opinion, your starting point can be a challenge in adulthood. As a six or seven year old little girl, you may have been asked to serve as a flower girl in a wedding. If not, I am willing to presume that you attended a wedding or possibly, you had an appreciation for the princess persona. What that does is subconsciously build an image or create an impression within you as to what a relationship, a couple or even what marriage “should look like”. For some, the problems begin there.

I suggest this for your consideration as this innately positions you to “judge” the activity of men in your life or your relationship as a whole based on this standard. Many years pass further developing and preparing to meet this expectation that exists in your mind. During the dating phase of your life, several years of mapping what it should look has transpired. As you meet and interact with men, subconsciously, you are holding a clipboard - allow me to unpack this idea.



This clipboard concept lists the things you expect in a man or relationship, the things you seek along with the items you cannot or will not tolerate and much more. You also add items unknowingly as your Mother and Aunts, Sisters and other ladies that influenced you by sharing information and insight with you. Without realizing it, you carry this clipboard and a Sharpie marker for all these years marking a  or  when a man speaks, talks, walks or as he approaches you during the dating cycle and beyond. I believe that this factor leads to a lot of frustration and disappointment. I ask this rhetorical question, is there a man on this earth that can earn “green check marks” for **ALL** of the line items on your clipboard? Think about that point for a moment, I will revisit it shortly.

In no way am I asking you to **NOT** have standards, expectations, hopes, dreams, goals and deal-breakers in your mind. These elements are healthy, required and more than expected. With that said, I am referring to the full step-by-step or hour-by-hour detailed vision of your relationships, encounters, goals and expectations. That is where the issues arise. As I refer back to the green check marks in the paragraph above, how can a man fill them all (or mostly)? You developed this checklist and further developed this list over many years, relationships (good or bad) and life experiences. The two questions I’d like for your ponder are:

1. How can your Creator be involved if you have the full, detailed vision mapped out in your head?
2. How can that man play a role in your life if you already see and know what you want it to look like?

This is where I back away to ask again for you to consider this concept and these two questions. Wouldn't every word I say as man be wrong if it does not match your thoughts, your vision, for twenty or thirty years or more? How could a man compete with that by asking you to reprogram your years-long vision?

Some of you pray, meditate and petition your Creator to send you a man with certain qualities. What if five or six have been sent your way, but they are 5' 2"? Or unemployed? Or too light? Or too dark-skinned? My point is, that some women are so locked in, which is understandable, to a vision that lives **IN YOUR MIND** that has existed and been developed over a long period of time. I ask again, how could your Creator or that man play a role if you choose to make decisions with your clipboard in hand?

I am **NOT** asking you to minimize your standards, goals nor dreams. I just believe that the clipboard lists more than just standards, almost detailed at the level of blueprint. I ask that you consider allowing the man to be who he is, without change, then determine if you can give him a chance to get to know you. Remember, his stripes are not going to change.

Less watching = more. More calm, more trust, more of a man being a man. Watching your man's (or potential man) every move to determine if he gets a green check or red "x". Once again, feel more than free to ensure that he matches your standards and related expectations. But his every move? If a man gets a green check mark for all, then he is likely to become your son or nephew. Your desire to ensure that no one is "getting over" on you or has a

chance to hurt you, will soon look like you are checking up on your child and **NOT** your man. Write that in your notes as well...

A good man that is free to be a man will **RUN** back to you or come home at reasonable times. The man that gets checked and checked some more will leave. I get in trouble for saying this, yet I will and I will offer an olive branch. Ladies, I understand that many of us men have left you and the kids to fend for yourselves without our leadership, providing resources, discipline, presence in the home and much more - I got it. If I as a man can state that fact, can we agree that not all of us left because we are bad men. Can we agree that some percentage greater than zero of men left because they were “run off” because they did not want to be your son anymore? Is it unfair to presume that some men could not handle the lack of respect, being told what they wouldn’t do, couldn’t pay for, or magic that he is unable to make happen within a relationship? Just a thought...

This thought ties into the final concept of this chapter. As you hold that clipboard of expectation, does that mean that you are always correct as the sole arbitrator? I am asking you to think about it, rhetorically. Don’t share your responses out loud. To be fair, some of us aren’t worth a damn thing and should not be in your life.

# Chapter 7



**Men Only Want to be  
Your HERO!**

Ladies, I've pushed you quite a bit with this male perspective. Thank you for making it this far into the material. As I begin to conclude, allow me to shift from problems and challenges to begin to lighten up to share more of our perspective.

Although we do not communicate this well, at the end of the day, a man simply wants to be your **HERO!**

A true man, not some of the "boys" you may have encountered, would love nothing more than to offer you the entire world, all that we can give and all that we can do for you. It is difficult for most of us to deal with ultimatums, time constraints and having to "do it your way". What if he has his own way of offering all to you that doesn't match any of the line items on your clipboard - those things you've envisioned for many years? How could he have the chance to show you his way if his every move is judged for the green check mark or the red "x"? Once again, I am not saying that you shouldn't have expectations and standards. Yet, please consider the possibility that his methods do not match your expectations?

Being your hero, we would love nothing more than to make you happy and deliver smiles and an abundance of joy to you. It is just so difficult to do it **YOUR** way, or the manner you feel that it must be done, every day in some circumstances. I advise you to inform your man or potential man of the things you would like or even adjustments you would like for him to consider, then hush and walk away to give him an opportunity to contemplate then resolve the matter. I get it, someone wants to ask "what if

he doesn't adjust fast enough?" I direct you back to the clipboard - if you are judge and the jury on the time requirement, then we are back to step #1. I also advise you not to tell a man when or how to make the adjustment unless he asks for guidance or tips. Sit tight and wait. If or once you determine that the problem is not a matter of waiting, I advise you to start making business decisions to protect and take care of your well-being.

I understand that what I am asking of you in this section is not natural to you, yet give this concept a chance - give him a chance. If he doesn't fulfill what he says he will do, use that as fuel to decide the future of that relationship. You have that right as the power of choice is in your hands. Each and every day, we each are equipped with the power of **chances** and **choices**. Men will only do what they are allowed to do. If the "allowed items" are too strict, he will flee. And yes, it is that simple.

# Chapter 8



**Ideas for you to consider**

Ladies, I thank you for your time and attention thus far. Allow me, as I conclude this text, to offer some suggestions for your consideration in bullet form. I hope to engage with you during a live presentation of this content.

- ❖ Always remember - **MEN ARE DUMB!**
  - Men **CANNOT** read your mind
  - Men **CANNOT** “fill in the blank” in the same manner as you
  - Men do **NOT** see the world as you do
  - We are **NOT** built to just “know what you’d like or expect”
- ❖ Women speak the language of **LOVE**
- ❖ Men speak the language of **RESPECT**
- ❖ The “stripes” of a man will not change
- ❖ Although it may **KILL** you not to receive it, men we will **DIE** before giving closure to you!
- ❖ **NEVER** minimize your standards
  - Put the clipboard down!
- ❖ A man’s ultimate goal is to be your **HERO**
- ❖ The power of **CHOICE** is fully in your hands
  - Not the choice to make a man change or improve
  - But the choice of who you choose to spend time with
- ❖ Forgive yourself
- ❖ Focus on your
  - Mind, Body & Spirit
- ❖ Elevate your:
  - Prayers

- Belief
- Confidence
- Preparation
- Performance
- Thoughts / Aspirations / Goals
- Attitude
- ❖ Use this question as a measurement?
  - “Does my audio match my video?”
- ❖ Use your gift of intuition
- ❖ Trust and believe the plans that the universe has for you
- ❖ Respect him; rock with him; demonstrate loyalty and honor
- ❖ “Kill ‘em dead”...(figuratively speaking, of course)
  - Those filled with hatred
  - Those attempting to slow you down in life
  - Give your best each and every day
- ❖ **LEFT - RIGHT - LEFT**
  - Put one foot in front of the other for a better tomorrow
  - Yesterday and yesteryear are gone
  - View life via your windshield; not the rearview mirror
- ❖ Change how you use your mirror
  - Less on the external
  - More on the internal
    - Focus on you, identify your purpose, kick ass / take names
- ❖ Shine **YOUR** light among others
  - Not for popularity, but in the most genuine way possible
- ❖ Keep that smile on your face

# Chapter 9



## Comfort Killzzz

If you choose to believe that sleep is the cousin of death, then I ask that you accept the fact that “comfort” is the long-distance cousin sitting near the cooler at the summer cookout. Best believe that comfort has its sunglasses on with a coy grin on its face while lounging in the corner attempting to determine who is next.

The name “**Comfort Killzzz**” is a product of this very sentiment. That comfort that most of us spend time chasing, could lull us to sleep (zzz...) instead of maintaining the focus on utilizing our gifts and talents to serve others in this thing we call life.



The educational nonprofit, Comfort Killzzz Incorporated was founded by Gregory Cain in 2023 with the primary goal of educating and encouraging others via personal and professional development. Contact us if we can help you to improve as an individual or to be more equipped to earn a living independently. Fill in the “**Contact Us**” form on the website to schedule a free consultation. Let’s determine exactly how we can serve and be of benefit to you.

## PERSONAL DEVELOPMENT SERVICES

- Personalized Coaching
- In-person seminars
- Masterclass - “Ladies, let me elevate how you operate”
- Masterclass - “Fellas, we can do a lil’ bit better...”



Available on Amazon.com



---

## PROFESSIONAL DEVELOPMENT SERVICES

- Financial Literacy
- Small Business Development
- Computer Literacy / Technology Skill Development



Google Drive  
**Document Management**  
Get your hands on your data quickly & efficiently



**Financial Management**  
Budgeting & Investing



**How to Start a Business**  
Navigating the requirements to launch



**Slides 101**  
Create & Build slideshows



**Spreadsheets 101**  
Create & Build spreadsheets

*Courses can be customized to meet your needs or the needs of your organization*

This personal development material is developed and owned by Comfort Killzzz Incorporated, an educational, 501c3 non-profit organization. Visit our website [www.comfortkillzzz.org](http://www.comfortkillzzz.org) to:

- ❖ Obtain information on personal or professional development
- ❖ Register for a course or Masterclass
- ❖ Schedule a **FREE** consultation
- ❖ Purchase one or more of the self-improvement books
- ❖ Make a tax-deductible donation to help us continue the mission

## Comfort Killzzz, Incorporated

Our focus is to:  
**EDUCATE &  
ENCOURAGE**



- Online Learning
- In-person Learning
- Hands-on assignments
- Scenario-based instruction
- For learners of **All** ages
- Individual **-OR-** Group
- Coaching services
- Consulting services



[www.comfortkillzzz.org](http://www.comfortkillzzz.org)

A 501c3 educational nonprofit organization  
**ALL** donations are tax deductible



Break your comfort zone - improve with personal & professional development

**Gregory Cain, Sr.**

Founder / Executive Director ✨ [gregory@comfortkillzzz.org](mailto:gregory@comfortkillzzz.org)