



The Friend Zone Interview

By Marni Kinrys

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The Friend Zone Interview

RYAN DRH: Hey everybody, Ryan here, and today I'm very excited because we will be talking about the friend zone, how to avoid it, and how to get out of it, and to help me, I have my good friend, Marni, from the Wing Girl Method. Marni, how are you doing?

MARNI KINRYS: I'm doing very well. I'm glad that you reached out to me about this topic because this is like one of the most pressing issues that I find men deal with every single day. So I love talking about it, and I myself have shoved many men into the friend zone over the years, so I am the insider who definitely knows how to avoid it and how to get yourself out of it.

RYAN DRH: Fantastic, fantastic. For me, the friend zone is a tragedy. It's men's tragedy because you are in the space that causes desperation.

MARNI KINRYS: Exactly.

RYAN DRH: I believe that there is no man on this planet who deserve that, who deserve to be desperately waiting for a woman to love him. That's why I want to do this product, an apprentice program, Friend Zone Break.

MARNI KINRYS: Oh, I completely agree with you, with everything that you just said. My belief system actually is that the only person who puts you in the friend zone is you. It's not the woman who is actually putting you into the friend zone. She's allowing you to be there because she knows for sure that you want her and want to be with her, but because you are not asking to be in any other zone, you are not going to be placed in any other zone because you are not displaying masculine qualities that would elevate you out of the friend zone.

RYAN DRH: Yeah, yeah. Marni, just before we get deep, deep into the topic, can you just tell a little bit about you and how did you become a dating and relationship expert?

MARNI KINRYS: Oh, absolutely. Okay, so my name Marni, and I own the Wing Girl Method, and if you go to my website, you will find tons of free information, all from a female point of view, insider information on how to attract, approach, meet, date, have sex with, be in relationships with, keep everything with women, everything in terms of women. So what I do is I break down information for men on what women want and how to get what you want from women without being a huge douchebag, without manipulating or being dishonest or being hurtful. So overall, what I teach men is the information they need to know to understand the opposite sex.

RYAN DRH: Wow! Oh, so you were about to say something?

MARNI KINRYS: Oh, I was going to say, and so how I started...

RYAN DRH: Oh, okay.

MARNI KINRYS: I started about almost a decade ago. I actually stumbled onto this, but I've been doing this for years for my male friends. I've been picking up women for them. I have been advising them on women. I'll take one step back. Initially, I was hurting my male friends, because I would tell them and give them advice like, "Oh, you are wonderful. Some woman is going to like you. She's rude. She's a horrible woman." Because I cared about my male friends and I never wanted to hurt their feelings.

And then one day I actually told them the truth and I gave them the real deal information about what was going on inside of a woman's head. Like the things that most women are embarrassed to say out loud or sometimes they don't even know what they are actually doing. The one guy friend who I gave this advice to was like, "Oh my god, I've never heard that information before. Tell me more." And he started firing questions at me, and I realized that that information was actually more helpful to my guy friends. So I started telling all of my guy friends the truth instead of the "I want you to feel better" information, and so I was their wing girl for a very long time.

Now, when I moved to Los Angeles, I stumbled upon this accidentally and since then I have become the wing girl for men all over the world. I've worked with thousands of men internationally for almost a decade now. I'm currently the leading female voice in the pickup artist community, although

I'm the farthest thing from a pickup artist. But yeah, you don't need to hear more about that. I want to get on to the friend zone, because people can find out more information by going to Wing Girl Method and hear my whole backstory.

RYAN DRH: Great, Marni. So let's get started by what is your definition of the friend zone.

MARNI KINRYS: Okay, I say I'm not a religious person at all, but I know that a lot of people are, so I relate the friend zone to purgatory. Purgatory is a holding space. I think it's a miserable space because it is not definite. You don't know where you are going. You don't know what you are doing. You are always living in fear. You are watching what you say. You are watching what you do because one small little thing that you do could put you into heaven or put you into hell. So it's like the horrible waiting space. It's awful. It's boring and bland.

So hell is rejection. Hell is not getting the girl that you want, not being with the girl that you want, not having sex with the girl that you want, but it's definitive. You know exactly if you are not going to, it's rejection.

RYAN DRH: Yes.

MARNI KINRYS: You know you are not getting that girl, which means that you can open up your eyes to a world of what-ifs. On the flipside, there is heaven, and you do get what you want. You get sex. You get a relationship. You get dating. Whatever it is, those are definitive places, so purgatory is what I relate the friend zone to. It's the awful holding space that nobody wants to be in.

RYAN DRH: Yeah. I agree, and I would like to add that the friend zone steals your most precious resource – that is time.

MARNI KINRYS: Yes.

RYAN DRH: Because you keep waiting. You are in a space where nothing is really happening, okay?

MARNI KINRYS: Right.

RYAN DRH: And it's a tragedy. It's really a tragedy, and there are two aspects to it. On one side, you have to avoid getting into the friend zone first, or you can try to get out of the friend zone, and that's what we will be talking during this interview.

MARNI KINRYS: Yeah.

RYAN DRH: So Marni, how can a male not know if he is heading to the friend zone before it is too late?

MARNI KINRYS: Yeah, that's actually a good question. The telltale sign that you are heading to a friend zone is when a girl is talking to you about an ex-boyfriend or a current boyfriend. She's calling you at 10 o'clock at night, possibly to cry or to talk and not hang out. Another sign is you go over to her place and you cuddle for an evening and you do that multiple times in a row. You basically become her girlfriend. You go shopping with her.

She's very comfortable in her pajamas around you. She's comfortable, like, making a mess of herself around you, and ultimately what it is, it's like: that's great. If you want to be friends with the woman and she gets to be that way with you, that's absolutely wonderful. But the telltale sign is when you are in that position and you actually want to be making out with this girl, sleeping with her, and dating her.

RYAN DRH: Yes.

MARNI KINRYS: When you are not getting what you want out of the situation, that is the number one sign to you that you are in the friend zone. So stop worrying about what she's doing, be more concerned with what you are thinking, feeling, and doing.

RYAN DRH: Wow! So what can someone do when you first meet a woman to make sure that she doesn't label him as a friend or just to put him in a platonic relationship?

MARNI KINRYS: Yeah. I would say the best thing to do is, number one, not allow yourself to become a friend, and when you notice yourself doing friendly things – like she starts talking about her ex-boyfriend, for example, you can put a stop on it and you can say, "We all have baggage. Absolutely. Let's talk about something more interesting. Tell me about your panties," or something like that. Do you know what I'm saying?

RYAN DRH: Yeah.

MARNI KINRYS: Like pull it back and leave the conversation so that you are not always following her. You are not letting her take the lead. You are not letting her tell you who you are to her and what it is that you can do together. A lot of men that I work with, when they approach a woman, they fire questions at her, and when a woman asks questions back, they are so worried about stating their opinion on something because they feel like if they say the wrong thing, they could lose her forever that they just become bland and boring and they never state their opinions and they do whatever this girl wants, and that ultimately winds them up in the friend zone because they wait for her lead. They wait until she reaches out. They wait until she initiates something. They wait until she invites them somewhere.

They wait until she wants to do something. When, in fact, what would get you out of the friend zone is doing the exact opposite by telling her what you want and acting accordingly. Not quite being an asshole and not listening and compromising, but by actually taking the lead and saying, "You know what, I want to go to this place. That's great that you want to go there, but let's go there after. But I want to take you to this place and I want to show you why it's so great," rather than, "Sure, I'll do whatever you say."

RYAN DRH: Got it. Got it. So Marni, do you think that most women make a quick or a rapid decision about men in terms of bad guy friend, bad guy potential boyfriend, bad guy potential lover, or it's more something okay. Can you tell me more about that?

MARNI KINRYS: Yeah, well, absolutely. I can tell you that it also changes over time, depending on the actions that the man takes.

RYAN DRH: Okay.

MARNI KINRYS: So I'm going to tell you a story about this one woman that I know who is a *Penthouse* pet, actually.

RYAN DRH: Okay.

MARNI KINRYS: So she's a very beautiful woman. She's a model. She is a sex icon for millions of men around the world, so she's wanted, basically. And she met this one guy. She flew to LA. She met this one guy. She was there for a week, and they just hit it off. They had the best times. She was totally into having him, but he never made a move. He never initiated a kiss. He never led her in any way, and by the end of that week, she got frustrated because subconsciously what that woman is thinking is, "I'm not attractive. He doesn't want me. Why won't he man up? I'm not going to approach him and make this happen. Even though I am who I am, I still want to be feminine. I don't want to lunge after some guy and chase after a guy." It's all the things that men think as well. So she got pissed off at him. She was very angered by him at the very end.

When women get angry, their tension comes out in a kind of cool way because they don't want to give anything to that guy. They are just like so bitter and they can't say it out loud like, "Why won't you just kiss me?" Because they don't want to be the aggressor and they don't want to be the man, so at the very end, she basically ended up treating him horribly because she was so angered by him, and then he would still reach out to her all the time in New York and every time that she would get a text or an email, she would say, "What do you want from me? Why are you reaching out to me if you are not going to take action and do something?"

So she went back to New York and he came back to Los Angeles a few months later. They were still in touch, and she was so angered and actually felt bad about herself in this situation and she had him pick her up from the airport, not that she took advantage of him, but that's the way that her discomfort and anger were shown, where she was like, "I'm going to be around you and I'm going to kind of treat you horribly." It's not meant to be that way at all, but she was just angered and she said to me at the very end, she's like, "Yes, I've had all of this happen. I'm so frustrated and so turned off by him, but if we were driving back to the airport, and he pulled the car over to the side of the road and said, 'Listen, I don't want any of this bullshit anymore. I want you. I want to be with you,' and kissed [me]..."

She's like; "I would be with him in two seconds." She's like, "All I want him to do is man up and be the man. I don't want

to be the man in this situation. I don't, and I'm frustrated by the fact that he won't take action."

I think that that story really shows how easy it is to get into the possible friend zone, and by taking action, you can get whatever you want, and either you take action and the woman says, "Yuck, I'm not into it," and then you go away and move on to somebody else who is into it, or you take action and you get what you want. But staying in this friend zone is just a safe space for both people.

RYAN DRH: Oh, yeah.

MARNI KINRYS: The woman gets the guy around her that she knows like he loves her and she gets wonderful admiration and attention, and the guy gets to think that, "One day, we will be together."

RYAN DRH: Yeah.

MARNI KINRYS: That's a wonderful feeling. So it's a safe space for both people, but it actually ends up hurting both people in the long run.

RYAN DRH: So Marni, what you are saying is that a lot of men put themselves into the friend zone by not being aggressive enough.

MARNI KINRYS: Assertive enough. I don't like the word "aggressive."

RYAN DRH: Right, yeah, yeah.

MARNI KINRYS: But assertive. So there is one other story that I'm going to tell because I want to paint a picture first, and so hopefully people will get lessons out of these stories, so that's the way that I learn best.

RYAN DRH: Yeah, yeah.

MARNI KINRYS: So there was this one client that I worked with, and this is like a common thing. So he was out and he met this girl at a bar and they are talking, and within the first four minutes, she mentioned, "Oh, my boyfriend." So when a woman says, "I have a boyfriend," in conversation, that to her is a silent contract saying to this man, "I have a boyfriend. I'm letting you know that I'm taken, but if you continue talking to me, then you are signing this contract saying you are okay with being friends with me, okay?"

RYAN DRH: Wow, okay.

MARNI KINRYS: So for a lot of guys, on the flipside, they think, "Oh, she's saying she has a boyfriend, but she's trying to challenge me to see if I can push the boyfriend away so I'm going to still pursue her." So do you see how they are both coming at this "friendship" state? They just take friendship from different angles. One is pursuing and getting frustrated if he's not getting what he wants, and the girl is pursuing a friendship with the guy who she thinks or believes understands that she's taken. So again, it's like a no-win situation, basically.

So this guy that I was working with was getting so frustrated because he would say he would reach out to her to go out and she would go out with him, like go out with a whole group of friends, and he didn't understand why she wouldn't want to date him, and so he kept pursuing her. When he said something to her, and she's like, "No, I have a boyfriend. I'm really just interested in being friends with you." And he got so angered and so upset with her because he's like, "Oh, she's leading me on. She's being horrible. She's treating me badly," even though she said in the very beginning, "I'm taken." They signed that silent contract that they are going to be friends.

RYAN DRH: Yeah.

MARNI KINRYS: Even if she's talking bad about her boyfriend, that things aren't working, it doesn't mean that you are ultimately going to be the one to be with her.

RYAN DRH: Yeah.

MARNI KINRYS: It means that she is seeing you as a friend, and it's the same way that we talked about girlfriends, she's talking about the things that are bothering her, and you are her girlfriend to listen, not because she wants you to help her get out of her relationship, okay?

RYAN DRH: Yeah.

MARNI KINRYS: So that's like a different situation of the friend zone.

RYAN DRH: Yeah, yeah.

MARNI KINRYS: But it's commonly what I see as well with guys.

RYAN DRH: Okay, again, have you seen a woman consciously or subconsciously enjoy the idea to have many male friends?

MARNI KINRYS: Absolutely, I loved it when I was younger. I love having guys around me. First of all, I love the guys in general. They are so much easier to hang out with. There wasn't as much pressure. The reason I actually started my company, I think, was because back then I didn't understand how to connect with women. So I learned how to, and then how I coach other men how to. I'm married to a man, so I'm not pursuing them for sex or relationships, but it's still the same thing, it's connecting with women and attracting them overall for a long-term basis. So yeah, I love hanging out with guys.

I also loved being around guys that I knew kind of wanted me. I love that my friends—some of them at certain times—that I know that I could have had my choice if I wanted them. But the truth is that any of my guy friends, if they actually would have said something to me and they would have said, "I want to be with you," and they rose up on the masculine scale, I would have been with one of them. But nobody ever said anything, so it was like a nice feeling to be around, where I would go up to my friend's cottage and I loved his cottage. I feel so much at home. We were great friends, but we would sleep in the same bed with each other, and it was fun. We would talk all night, and I had loved it. I loved that. I love that I had a fake boyfriend, and then I would go fool around with other jackasses or have sex with other jerky guys and hate me and be miserable, and my guy friends will be upset, too, because they weren't with me.

RYAN DRH: Wow.

MARNI KINRYS: Again, I'm going to repeat, if one of them had said to me and/or taken action sexually, I would have done it, because I loved each and every one of them.

RYAN DRH: Wow!

MARNI KINRYS: But they weren't displaying that masculinity that I wanted and needed by taking action.

RYAN DRH: Yeah, it is very ironic that the guy... that you kind of like... lost you because he doesn't make a move.

MARNI KINRYS: Yeah.

RYAN DRH: And the guy who is a jerk actually got you because he's confident enough to go after what he wants.

MARNI KINRYS: Exactly, and then you get rid of them afterwards.

RYAN DRH: Yeah, yeah.

MARNI KINRYS: Because that's what it really does with you. Actually, I have one girlfriend now who just started dating a guy, and she said that the first time that they hung out, he said something very attractive to her. He said, "I'm going to be honest with you." He's like in his mid-30s, "So I'm going to be very honest with you, I don't play games. I'm done with all of that stuff." Like, "I'm going to go after what I want. I don't know if I want you yet, but just to let you know, I'm not in this to mess around with your head or mine."

And she really appreciated that. She was like, "Oh, that was super sexy that he said that comment."

And since then, for the past two months, he has been quite aggressive with her, but aggressive by calling all the time and contacting and wanting to go on dates, but not very assertive and masculine with her. He's actually quite effeminate. It's kind of turned her off a little bit, but she likes him and she's enjoying him, and so recently she said he did step it up, and he is being more assertive and respectful of himself, valuing himself more by taking the lead. And for a while, she was questioning whether or not she could be with him, even though she really liked him.

So it's sort of like the friend zone that I was talking about before. Even though they were being intimate with each other, but she wasn't really enjoying it and she wasn't sure, but she liked him. She wants to keep seeing him to see if there was something there, and now that he's being assertive, she's totally into it. She really likes him. He's taking the lead. He's making decisions. He's planning things for them and he's letting her know that he wants to ravage her. He wants to be sexual with her. He doesn't just want to hang out with her and take her to places. She said that was really important to her. It's like a big flip in her attraction levels because it makes her want to continue seeing him, because she was saying she's a very assertive woman as well. She's like, "I'm quite assertive, and sometimes people do need me as being more masculine." Even though she's like stunning and beautiful and the least

masculine person ever, but she's like, "I need somebody that is more masculine than me. I don't want to be with a girl." She's like, "That's why I'm not a lesbian. So I want to be with a man, and a man is somebody who is masculine."

RYAN DRH: Right. Do you think that there was a point of no return where if a man is not assertive enough and doesn't make a move, it's lost, he's going to be put in the friend zone?

MARNI KINRYS: No, I don't believe that. Women aren't like men, so from my research and my information, like, I know that men make decisions based on experience, right?

RYAN DRH: Yeah.

MARNI KINRYS: And I feel like women do as well, but women more importantly make decisions based on emotions and feelings.

RYAN DRH: Yes.

MARNI KINRYS: So they can be quickly erased and replaced with new emotions and new feelings and new memories, but they have to be consistent and congruent. Whatever direction you choose to change with, it has to be consistent and congruent. So for example, even in the friend zone for three years, like for my guy friends, we were friends for very long time, and if suddenly, the guy, something switches in him and he says, "Okay, I'm done with the friend zone. I don't want to be friends with this girl anymore. I realized now I want to be with her and I have to say something."

So if one of my guy friends, for example, would have said to me, "You know what? I realized recently I want to be with you. I don't want to be friends with you, and I won't allow myself to be friends with you." So if you said that to me, and I said, "Well, I really see you as a friend," which is basically me saying, "Great, you are making this statement. You are being masculine for this split second." But this is after three years of being in a situation and not two weeks, so three years. So I would think like, "Okay, well, it doesn't really mean anything. You are not really stepping up and being that guy yet."

So in order for that to be effective, so it's what I was saying before about consistent and congruent, that man actually has to step away and say...and have the boundary to say, "I will not be your friend." So stepping away from the friendship and

not giving me friendship, so he actually has to cut me off in a certain way, or set the boundaries that if he's going to hang out with me, we are going out to date. I can't sit around in my pajamas with him, that we are going out at 8 o'clock, and we are going for dinner, and there is going to be making out at the end, like it has to be pursuing me on a non-friendship level, and that's up to him. And if still I don't want to switch around, then he has to cut me off because it's not healthy for either of us, and ultimately you are not getting what you want. If you want something more from me and I only want a friendship, then that's a relationship that doesn't work, whether it's a friendship relationship or a relationship, we are both wanting separate things. It's same thing in a marriage. If you want different things and you can't compromise and work together, then you are not meant to be together. You have to separate and go find what you want.

RYAN DRH: Yeah.

MARNI KINRYS: So again, everything can be switched around as long as the man is consistent and congruent with what he says. If he says he wants more than a friendship, he has to act that way.

RYAN DRH: Yeah.

MARNI KINRYS: He can't fall back into the friendship again thinking, "Oh well, I said it once, so she knows what I want." It doesn't work that way.

RYAN DRH: I agree with you. I agree with you. So it's very interesting because as you were talking, I realized that the man has a lot of responsibilities in this friend zone thing.

MARNI KINRYS: Absolutely.

RYAN DRH: And it's not just, "Oh, that woman put me in the friend zone." He kind of put himself in the friend zone by not doing what he's supposed to be doing. Does it make. . .

MARNI KINRYS: Absolutely, nobody puts you anywhere. It's the same thing when people say things like, "Oh, they made me feel this way." Nobody made you feel that way. You made yourself that way. The action that they were doing made you feel that way, but you are responsible for your own feelings. Nobody else is responsible for your own feelings. If you keep returning, it's

like an abused wife. You keep going back to the guy that's hitting you. Yes, the guy is at fault for hitting, but you are responsible for taking yourself out of your home, and even though it's difficult and challenging, it's your responsibility to remove yourself from that situation, to do everything you can to not be in that situation. So if a woman says to you, "No, I just want to be friends. I really like you that way. I don't want to ruin our friendship." You say, "Okay, I'm sorry, but I can't be friends with you, and you are going to have to respect me, but I'm going to need to take some space from you for all that. I'll cut it down to maybe an hour a week of hanging out with you or whatever." Whatever you feel comfortable with in the very beginning, that still establishes yourself as a non-friend, but you can say during that hour, "I'm going to be pursuing you. I'm pursuing you for a relationship, and I'm going to show you that we are meant to be with each other."

But if you then go back into the same routine like cuddling and sleeping over at her house and not doing anything or being there and listen to her cry about her boyfriend, then you just said something, but you are not really taking action to following up on your words. So it's kind of like a fake statement. A woman is not going to take the lead. She will never take a lead. It's the same thing when you approach a woman cold – she is not going to suddenly open up and try to make you comfortable in conversation. In the very beginning, if you've approached a woman, it is your job to tell her what you want, either subconsciously or non-verbally.

RYAN DRH: Oh wow! I really agree with that. Okay, so let's get to how to turn her into a girlfriend level. We will be talking about it apparently, but let's get more into that. Let's say someone is a friend with a woman for a long time. It was like a year, now.

MARNI KINRYS: Okay.

RYAN DRH: How can he change the perception that this woman has of him?

MARNI KINRYS: Exactly everything that I just said to you. It's like, to change the perception, you have to change the perception of yourself, right?

RYAN DRH: Yeah.

MARNI KINRYS: So I'm not going to see anything unless you show me it. So if you have changed your point of view in the fact that you want to have a relationship now, then I need you to show me that. I need you to step up and be that guy. I'm not a mind reader, so I'm not going to be able to subconsciously know what you are thinking and feeling, and vice versa, I'm concerned with myself. I'm not really concerned with other people. I'm a caring person, and most women are as well, but more importantly, we are concerned about ourselves until we are in a relationship or a friendship or related to somebody where we do grow to really care about somebody, then you are concerned about other people, as well. But yeah, if you need to express these changes, then you have to express the changes and then stick with what you've expressed.

RYAN DRH: So you are saying that the men should express verbally his intention.

MARNI KINRYS: Absolutely.

RYAN DRH: Or he... can you just start to blend, where he can non-verbally blend the idea it was more than a friendship?

MARNI KINRYS: Well, I guess. The thinking is that... I always say if you want something, you've got to ask for it.

RYAN DRH: Okay.

MARNI KINRYS: So yes, you can sneakily plant the seed. I don't really know what that would even look like if you secretly planted the seed, like suddenly like grab her boob. I don't know what like, the moves that you can make, but I would say, at some point when you are in a calm setting, probably not when you are out of the bar drunk and like fighting, you want to be in a calm space. It's the same thing when you are in a relationship, you don't want to bring things up when other things are going on. So you say to the girl, "Hey, look, I want to talk to you about something." And if she says okay, and then you say, "Here is what I'm thinking, this is what I've been thinking recently. I realized that we get along really well. I'm very attracted to you and I don't want a friendship with you. I actually want to pursue you. I don't know if we are meant to be in a relationship with one another, but I want to date you. That's what I want."

And then she can give her response, whatever it is. Like it can be, "Me, too. I really want to be with you." Or it will be like, "No, I don't want to ruin our friendship."

That's sometimes fear or maybe she's not attracted to you at that point, then okay, and so whatever it is that she says. So if she says, "No, I don't want to that." And then you say to her, "Okay, that's okay. I do want that. So I'm going to have to take a step back because I have to reevaluate and think about what I want. But I can't stay in what we have right now. It's not healthy for me and it's not healthy for you. It's not really fair to either of us." So then you take a step back, or you say, "If we are going to hang out, then I'm going to pursue you."

So then when you are pursuing her, then you do sexier things, more dating things. You don't go over to her house at 11 o'clock at night and sit in your pajamas and, like, fart in front of her. What you do is at 9 o'clock at night, you say, "All right, we are going for a drink now. Put on a nice dress, and we are going out. I'm taking you out." And when you are there, you touch her. You don't talk about any ex-boyfriends or about other things. You talk about more fun-like things, and you kiss. You are going for the kiss at the end of the night, and if still she doesn't want that and it feels uncomfortable after a couple of weeks, then you say, "Okay, obviously, this isn't something that you want, it's something I want. So we kind of have to break up for a bit."

RYAN DRH: Is it like pressing the reset button on the friendship, from the relationship?

MARNI KINRYS: Absolutely, because you are going in a new direction now. You can still have your friendship there, so you will have that comfort level, but friendship is very different from a relationship.

RYAN DRH: Yeah.

MARNI KINRYS: Like with my husband, I have a friendship with him, but we are in a relationship definitely. We are very comfortable with each other. We share a bathroom, so there are non-sexy things that are involved in our relationship, but we are intimate with each other. We are sexual with each other and sexy around each other, and there are moments of friendship, but if I ever felt that we were in a straight friendship, oh well, that's not a relationship. That's a friendship. So you have to draw that line, and sometimes for people, they have to decide what the difference is for themselves, like what it looks like.

If you need to make a list, jot down what a relationship means to you. So you can say dating means this, dating means you

go out on dates, dating means you make out at the end of the day, dating means you sleep with somebody, so that you have those things in mind as to what dating is and a friendship is.

RYAN DRH: Right, okay. If a romantic relationship is not possible, do you think that the man should just cut off the relationship?

MARNI KINRYS: Absolutely. It doesn't mean you have to be a jerk, because you can say to a woman, "Look, this is what I have to do because this is what I want. So can you please respect me and give me some space? I can't give you the friendship that you want right now because I have to take care of myself." And most likely, a woman is going to reach out to you and text you, most likely when she's drunk, because it's a good thing. You were in a relationship of some sort, so suddenly there is a void in her life. There is a void in your life, too. So just like most relationships, where you go back for like break-up sex, it's going to be the same thing with that friendship. So she's suddenly going to reach out to you because you are in her routine. But the thing is that if you make a decision, you have to be strong with your decision, and you have to have those boundaries up and you can't help comfort her while you are trying to get over the breakup as well. She has to go and reach out to her other friends and fill that void on her own. It's not your responsibility to help her get through it.

RYAN DRH: It's very interesting because I feel subconsciously a lot of men stay in the friend zone because they are afraid of what you just said, that if you don't want the relationship, you will have to cut off the woman from their life.

MARNI KINRYS: Yeah.

RYAN DRH: And I think it is very tough. It's not easy. What can you tell to the men who are listening who are scared of losing that woman because they will have to make a decision?

MARNI KINRYS: Well, you've already lost her, basically, and then you lose your manhood if you keep going back to her.

RYAN DRH: Right.

MARNI KINRYS: That's all I have to tell them. That's why it's amazing. It's like you can't say one thing and then still do another. It's like if you want somebody to believe you and take your word for things and trust what you say, then you can't say, "Okay, I can only be with you if we are in a relationship," and then you start hanging out as friends again, what does that show a woman? On the flipside, think about it, if someone were to do that to you. If someone says to you, "Yeah, I won't be able to be your gardener anymore," and then comes back every day and gardens for you, what does that mean? It means, "Okay, well, now, you can be my gardener for free. Okay, fine. I'm going to take advantage of that. If you are going to be my gardener, I'll ask for you to do certain things." So the thing is that if you are not true to your word, then how can anybody else be?

RYAN DRH: Yeah, it's true. I agree with that. I really agree with that.

MARNI KINRYS: Cool.

RYAN DRH: So let's go to the other side, when a romantic relationship happened because she likes you and everything is okay. So what can you tell, or what kind of advice and tips can you give to make sure that the relationship works well in the future?

MARNI KINRYS: To make sure that the relationship works well in the future? Ooh.

RYAN DRH: I mean, because they were friends, girlfriend/boyfriend, so it has changed the dynamic of the relationship.

MARNI KINRYS: I really believe, and I know everybody says communication is key, but it really is key; communication and removing your ego from a relationship. A relationship will never succeed if you have your ego inside of that relationship. There is no room for four people in a relationship. So communication. . . like for me, before I got into a marriage, in a relationship, I really thought communication was just talking to your partner, not like actually talking about things that are uncomfortable and awkward and shoving your ego aside. So I think that for anybody who is shifting—sorry, I'm changing my chair so maybe I'm making noises—shifting from friendship to a relationship, I think there needs to be a discussion about expectations.

RYAN DRH: Yeah.

MARNI KINRYS: Again, what it looks like, and like having check-ins every once in a while and sit down with each other, and just say like, "Okay, what does this new relationship for us look like? Like what do you want in a relationship?" And then vice versa, what does the other person want, and then check in maybe a month later and say it like, "You know, how is everything going? I'm really enjoying this relationship. I like where it's going. I would like to see more of X, Y, and Z."

RYAN DRH: Wow!

MARNI KINRYS: And then you talk about it in a very safe place. If you already have that friendship and you know each other, it is easier to have those conversations. That takes a while in the beginning of the relationship because most people are afraid to rock the boat by saying what their needs are, what they want, so it gets a little scary. But overall, communication about what you want and need out of a relationship and then hearing the other person's point of view and coming to a compromise or understanding in general is the way that relationships succeed. It's the same thing with friendships. It's the same thing in family, although family is a whole other different thing, but with everything, working relationships. You constantly have to express what you are thinking and wanting because you two are not mind readers, so they are not going to know to give you something if they don't know that you want it. Or they may not even know to do it because they didn't grow up that way. So they don't know that those things are acceptable in your eyes unless you tell them.

RYAN DRH: Yeah.

MARNI KINRYS: So it's constant communication. Sorry, that's a long answer for a short question, but yeah.

RYAN DRH: Yeah, so making sure that you've gotten all of your expectations.

MARNI KINRYS: Exactly.

RYAN DRH: Okay. Marni, I have one last question for you.

MARNI KINRYS: Okay.

RYAN DRH: Do you believe that men and women can be just friends?

MARNI KINRYS: Absolutely, if that's what both people want. I think that there is always that question, because if it is a male-female dynamic, you are always thinking, "Hmmm, is this person for me in that way? Should they be? Should he be my boyfriend? Should he be my partner?"

RYAN DRH: Yeah.

MARNI KINRYS: But yeah, I think that male-female friendships can definitely exist. It just depends like on what the other person wants. If both people are honestly and truly really satisfied and happy with the friendship, then absolutely. But if one person wants something more and isn't saying anything, that's not a real friendship. Like I'm home for the holidays right now visiting my friends, and my friends are guys. I went over to my friend Steve the other day, to his house. He bought a house. It's like a block and a half away from my parents, so I went over to his house, and at that time, I could question, "Oh, should I go to Steve? Should I not go to Steve?" I didn't have that obviously. He's married now. I'm married now, and it was completely asexual when we were in there, and it was really nice. I'm like, "I like that you can move past that phase and actually be friends." And I know that if I ever did need anything, he would be there. He is my real friend, and vice versa for him.

RYAN DRH: Oh, wow!

MARNI KINRYS: So yes, I do believe that men and women can be friends, as long as both sides are honest about what they want.

RYAN DRH: Wow! And I would like to add that it's always sane to have female friends, just platonic female friends.

MARNI KINRYS: Oh yeah. That's the base of my business. I have friends who are guys. Absolutely. If you can have a female friendship that is a real friendship, oh my god, you have like magic at your fingertips. As long as you tell your girlfriends, and I say this to everybody, because my company is the Wing Girl Method, you can have your own wing girl at any point in time. If you tell your girlfriends, "I want the truth from you, and I want you to give me real information, even if it hurts my feelings, and tell me everything that women want to do and say, don't want." You have to train your women to be honest with you, and it's the same thing in a relationship: you can let them know that you can handle what they are going to say because women are going to tell you the truth if you are very clear on the fact that you want it.

RYAN DRH: Right. So guys, if you want Marni to be your very own Wing Girl, make sure to visit her website, WingGirlMethod.com.

MARNI KINRYS: Yeah.

RYAN DRH: What can they expect? You already taught that before, but can you tell us what they can expect to find on your website?

MARNI KINRYS: Oh, so much. Well, for now – my website is going to be changing very soon, but for right now, everything it has, there is like tons of free content on my blog. You can sign up for my newsletters, which I suggest that you do for more information that's not on the website, plus tons of discounts that are available, and I do strategy sessions with men. I have programs that they can purchase that are at-home kits. I have one program that I absolutely love, which is called "What's Inside a Woman's Mind", which is free updates for life because I keep interviewing more women.

So I have 42 women right now who I've interviewed. I have them all come over for a little slumber party and I interview them and I ask the questions that most men have asked me over the years. Questions like, why are men in the friend zone, and can they get out of the friend zone, or what they want sexually, why are women wishy-washy, what do they want on dates, where they should go to meet women, how do you talk to women. . . And there are tons of questions that I've asked these women, and I interview them and we talk about it, and then what I do for a lot of these interviews, not all of them, but a lot of these interviews is I pretend to turn off the recording device so that I can get real, good information from them.

If I feel that in our interview they weren't really giving me like the real stuff, I pretend to turn it off and then I get real information from them, which is amazing and very valuable. I know now how to get women to go to that next level to answer questions honestly and openly. So yeah, I think my website is wonderful, so definitely just check it out.

RYAN DRH: It is. It is.

MARNI KINRYS: Thank you. Thank you. And like it's great advice for anybody who is dating, who is in relationships, who is not in a relationship, afraid of approaching women or has approach anxiety, not sure how to talk to women, but everything is on there.

RYAN DRH: Yeah.

MARNI KINRYS: It's all about how to understand women so that you can better understand yourself and have all the tools that you need to get any woman you want.

RYAN DRH: Okay. Marni, I already told you before that what I like about you is how you give the real, like no BS, female perspective. As I said, not the socially-accepted female perspective like, "Oh, just be yourself with this kind of stuff." But really the real stuff. The real stuff.

MARNI KINRYS: Oh, thank you. I really appreciate that.

RYAN DRH: And you are being honest with guys, and that's why you are awesome.

MARNI KINRYS: Thank you.

RYAN DRH: So guys, go to WingGirlMethod.com if you want to have Marni as your wing girl and to have all the free stuff, free articles, and her newsletter that you get from her website. Marni, thank you very much.

MARNI KINRYS: Oh, thank you.

RYAN DRH: I hope we will have you again for another interview.

MARNI KINRYS: Oh, definitely, anytime. I love talking with you. For some reason, you give me really good energy.

RYAN DRH: Thank you.

MARNI KINRYS: So I always feel like I give really valuable information when I talk to you. With other people that I talk to sometimes, I don't deliver the same. I have like a nice connection with you. So anytime that you have a question, ask me.

RYAN DRH: Thank you. I will for sure. Okay. Talk to you soon. Thank you very much.

MARNI KINRYS: Oh.

RYAN DRH: Talk to you soon, guys. Bye.

MARNI KINRYS: Thank you.