



THE
Butterfly
Response

SHIFT YOUR WORDS,
TRANSFORM YOUR LIFE

*The Feminine Art of
the Butterfly Response*

The Elle Prescription

The Butterfly Response

Shift Your Words, Transform Your Life: The Feminine Art of the Butterfly Response

Preface: Why You Need The Butterfly Response

In today's world, most women are speaking from a place they don't even realize is wounded.

Raised in homes where fathers were absent, passive, or emotionally unavailable — and mothers were overwhelmed, controlling, or enmeshed — many women learned to survive by taking on masculine energy patterns: managing, fixing, pursuing, leading.

Over time, culture affirmed these habits, praising independence and self-sufficiency. But what got them through survival mode is now sabotaging their ability to receive healthy love.

When a woman stays stuck in masculine verbal patterns — correcting, directing, confronting, over-explaining — she unconsciously repels the very thing her heart desires: a healthy, masculine man who leads, provides, protects, and cherishes.

Instead, she attracts feminized, avoidant, and enmeshed men who mirror her own over-functioning wound.

This is why The Butterfly Response is essential.

As Dr. Pat Allen teaches, you cannot heal your feminine until you retrain your Broca — the speech center of your brain.

Feminine energy must be practiced verbally to rewire the mind, regulate the emotions, and shift your entire nervous system.

The Butterfly Response isn't about controlling others.
It's about controlling your energy through your words.

It teaches you to:

- Pause before reacting from old masculine survival patterns.
- Choose feminine language that expresses feelings, not manages outcomes.
- Allow space for masculine pursuit, provision, and leadership.
- Stay anchored in self-respect, dignity, and magnetic receptivity.

This simple but powerful verbal shift creates a butterfly effect — small, intentional changes in your words that create radical transformation in your relationships, your self-worth, and your entire life.

Because when you change how you respond,
you change what you attract.

Welcome to your transformation.

The Butterfly Response

How Feminine Words Transform Avoidant Love into Cherished Connection

by The Elle Prescription

(General version)

Introduction: Why You're Here

You're here because you're exhausted from doing everything right — yet still not receiving the love you desire.

You've read the books. Watched the videos. Tried to communicate, compromise, explain.

But no matter how hard you try, it feels like men pull away just when you get close.

He disappears.

He avoids.

He withholds.

Not always physically — but emotionally, energetically, and mentally.

You're left managing the relationship, managing his moods, managing your own spirals — and wondering:

“Is it me? Why does this keep happening?”

This dynamic isn't new.

It feels personal. But it's not your fault.

Understanding Avoidant Men & Why You're Drawn to Them

Avoidant men struggle with true emotional intimacy. Often, this comes from early childhood dynamics:

- Enmeshed with their mothers (emotionally fused, not allowed to separate as men)
- Absent or critical fathers (no healthy masculine bonding modeled)
- Learned patterns of managing women's emotions instead of leading

To them, closeness feels like suffocation.

Provision feels like entrapment.

Love feels dangerous.

But here's the missing piece:

Women who attract avoidant men often share a parallel childhood wound.

You were likely raised in a dynamic where:

- Love had to be earned through doing, fixing, or performing.
- You became the emotional manager — long before you ever dated a man.
- You learned survival through over-functioning.

The avoidant man feels like “home” to the part of you that’s still trying to be chosen, seen, cherished by the emotionally unavailable figure you couldn’t reach as a child.

Chemisery: Familiar Pain Mistaken for Chemistry

We call it “chemistry,” but it’s really chemisery:

Chemisery = Childhood negative imprint + adult attraction

It’s not fate. It’s familiarity.

The pattern keeps looping until you break it — not by fixing him, but by returning to you.

The Feminine Shift

This guide is not about chasing, proving, or convincing.

It’s about recalibrating your words, your energy, your responses —

So you stop managing and start magnetizing.

Through simple, intentional feminine responses, you will:

- Rewire old survival patterns
- Heal negative childhood imprints
- Create space for masculine pursuit, provision, and cherished connection

This is feminine transformation with ease.

Tiny shifts.

Quantum results.

The Butterfly Response.

Part 2: The Feminine Cure — How to Heal Chemisery

If Part 1 opened your eyes, this part opens the door.

Out of chemisery.

Out of chasing.

Out of managing relationships and calling it love.

The key is not fixing him.

The key is returning to your feminine essence — and letting your words, energy, and responses recalibrate the entire dynamic.

From Managing to Receiving: The Feminine Shift

Your childhood wired you to survive by doing:

- Over-explaining
- Over-giving
- Over-efforting

You became “the doer” because no one came to get you.

You had to manage your own safety, your emotions, even the adults around you.

But the feminine doesn’t manage love.

The feminine receives love.

The shift is subtle but life-changing:

“I no longer manage connection. I allow it to come to me.”

This doesn’t mean you’re passive.

It means you become energetically clear.

You stop asking:

- “How do I get him to...”^[1]_{SEE} and start asking:
- “Is this man giving to me freely? If not, I lean back.”

Dr. Pat Allen’s Feminine Response: The Foundation

Dr. Pat Allen, renowned therapist and relationship expert, teaches this principle in its simplest form:

“Women need to feel good to do good.

Men need to do good to feel good.”

When a woman chases, fixes, or over-functions, she flips this polarity — and ends up doing to feel worthy, while men lose the space to act.

Pat’s signature feminine response is this:

“You have every right to say that or do that.

However, I feel uncomfortable with that.

Do you have another way?”

It’s clear.

It’s soft.

It respects his freedom while honoring your feelings.

This is not confrontation.

This is calibrated feminine power.

The Butterfly Response: How You Rewire in Real Life

Every time you choose a feminine response instead of a masculine reaction, you are:

- Rewiring your nervous system
- Healing the childhood imprint of over-responsibility
- Recalibrating your relational field

This is how you heal chemisery.

Each choice to lean back, to express feelings without controlling, to receive instead of manage — is a vote for the life you want:

- Pursuit
- Provision
- Cherished connection

Tiny shifts create quantum storms.

The Butterfly Response is your daily tool for feminine transformation with ease.

Feminine Rewiring Practice:

When you feel the urge to fix, chase, or explain — pause.

Say softly to yourself:

“This urge is old. It’s not about him. I choose receiving, not rescuing.”

Then, respond with:

“I feel... [your honest emotion]. I’ll let you think about it and get back to me when you’re ready.”

No chase.

No collapse.

Feminine clarity.

The Butterfly Effect: Small Responses, Big Results

Each time you do this, you:

- Heal an old wound
- Break the chemisery loop
- Signal the universe that you’re ready for healthy love

The result?

- Men either rise into their masculine role ^{for} ~~or~~
- Fall away to make space for a man who can

You don’t have to chase outcomes.

You only have to respond differently.

This is how you recode your relationships — and your reality.

Part 3: The Response Guide — Feminine Words That Rewire Love

How you respond — not react — is everything.

Not because you can “get” a man to change.

But because your words, tone, and energy are the recalibration tool that rewires your patterns, your brain, and your reality.

Masculine Reactions Keep You in the Past

Every time you:

- Chase
- Fix
- Demand clarity
- Over-explain

You're not just reacting to him.

You're reacting to an old imprint:

- The wounded little girl who had to manage others to feel safe.
- The learned survival pattern of masculine doing to "earn" connection.

Masculine reactions lock you into the frequency of lack:

- "I'm not chosen."
- "I have to fight for love."
- "I must fix this to survive."

That frequency keeps you stuck.

It blocks provision, pursuit, and cherished connection.

Feminine Responses Rewire Your Imprint & Reality

Feminine responses are not weakness.

They are the exact mechanism through which you:

- Rewire your nervous system
- Heal your childhood imprint
- Shift from survival mode to receiving mode

Each calibrated feminine response sends a new instruction to your body, your brain, and the quantum field:

"I am safe now.

I am worthy of receiving.

Love comes to me."

This is how manifestation happens — not through force, but through frequency.

Dr. Pat Allen's Feminine Response Tool

Dr. Pat Allen teaches women how to communicate from their feminine essence by:

- Speaking in "I feel" statements
- Asking for what they want with clarity, not control
- Respecting a man's right to choose — while holding their own standard

Her foundational response:

"You have every right to say that or do that.

However, I feel uncomfortable with that.

Do you have another way?"

It's simple.

It's non-confrontational.

It allows space for masculine action.

The Butterfly Response: Your Application of Feminine Rewiring

The Butterfly Response takes this principle and brings it into your daily relational moments:

- When he pulls away.
- When he avoids provision.
- When you feel the urge to "do something."

Here's how you respond differently:

Scenario: He Pulls Away

Masculine Reaction (old imprint):

“Why are you ignoring me? What’s going on? We need to talk.”

Feminine Response (rewiring):

“I noticed we haven’t talked much. I hope you’re well. I’ll be enjoying my evening — feel free to reach out if you’d like.”

Impact:

- You stay in receiving mode.
- You stop managing his emotions.
- You recode your pattern to being the woman who is pursued.

Scenario: He Withholds Provision

Masculine Reaction (old imprint):

“You said you’d do this! Why haven’t you followed through?”

Feminine Response (rewiring):

“I feel disappointed when there’s no follow-through. I respect when actions match words. I’ll give you some space and focus on myself.”

Impact:

- You maintain dignity without masculine aggression.
- You stop rewarding inconsistency.
- You signal to your subconscious: “I receive aligned provision.”

The Butterfly Effect: Small Shifts, Quantum Results

Every time you choose a feminine response:

- You detach from the old masculine survival reaction.
- You reinforce a new identity as a woman who receives.
- You magnetize pursuit, provision, and cherished connection.

Tiny shifts.

Massive recalibration.

This is how you heal chemisery.

This is how you manifest covenant love.

Part 4: Staying Out of Masculine Reactivity — Feminine Anchoring & Quantum Power

Avoidant men trigger your oldest wound:

“If I don’t do something, I’ll be abandoned.”

That’s why your instinct is to:

- Chase him down for clarity.
- Fix his discomfort.
- Prove your worth through effort.

But here’s the truth:

- That urgency isn’t love.
- It’s your unhealed imprint hijacking your nervous system.

Every masculine reaction keeps you locked in the old frequency of fear and lack.

And what you dwell in — you manifest more of.

Masculine Reactivity vs. Feminine Anchoring

When you react from fear, you:

- Masculinize yourself.
- Mother him.
- Recreate the very dynamic you’re trying to escape.

But when you anchor into your feminine energy, you:

- Become the still point of attraction.
- Hold your worth without chasing.
- Signal to the universe: “I am a woman who receives.”

Recognizing the Urge to Fix as Survival Mode

That anxious spiral — the need to explain, fix, demand —

It's not about him.

It's your old survival imprint surfacing.

Feminine Power Reframe:

"This urge is old. It's not a current emergency.

I'm safe now.

I choose to receive, not rescue."

This moment of pause is powerful.

It interrupts the automatic masculine reaction.

It gives you back your choice.

Dr. Pat Allen's Anchoring Tool: Silence & Standards

Dr. Pat Allen teaches:

- Silence is a feminine power tool.
- Standards are enforced by detachment, not debate.

You don't have to confront a man aggressively to hold your standard.

You only need to respond from clarity:

"I feel uncomfortable with that. Do you have another way?"

If he adjusts — he's stepping into his masculine.

If not — your silence and self-focus say more than any argument.

Feminine Anchoring Practices

To stay out of masculine reactivity and hold your feminine frequency:

1. Hand on Heart, Breathe Deep

"I am safe. I am chosen by God.

I allow love to come to me."

1. Shift to Sensation, Not Story. ^{SEE} Feel your feet. Feel your body. Drop out of the mental spiral.

2. Visualize Your End Result. See yourself living your vision — peaceful, cherished, provided for.

The Quantum Field Responds to Feminine Anchoring

When you stop reacting to his avoidance and start anchoring in your feminine frequency:

- You collapse old timelines of lack.
- You create space for masculine pursuit.
- You align yourself with the provision, protection, and love you desire.

Every Non-Reaction is a Manifestation Instruction

Every time you:

- Choose silence over chasing,
- Choose standards over scrambling,
- Choose peace over proving,

You're giving the universe this command:

"I am the woman who is pursued, provided for, and cherished.

I do not fight to be chosen. I receive."

This is quantum power through feminine anchoring.

Part 5: Living in the End — Manifesting Love Through Feminine Frequency

Here's a truth most women miss:

His avoidance doesn't block your vision.

Your reaction to it does.

Every time you:

- Chase.
- Over-explain.
- Collapse into fear.

You're anchoring into the frequency of lack:

- "I'm not chosen."
- "I have to fight for love."
- "Provision is scarce."

This is how masculine reactions sabotage feminine manifestation.

But the moment you choose to stay in the energy of your vision — despite his avoidance — everything changes.

Manifestation is Frequency, Not Force

The feminine creates through being, not through battling.

Manifestation happens when you:

- Embody the feelings of already having it.
- Live in the "end result" energetically.
- Respond to reality from your vision, not your wound.

Masculine "doing" to get love keeps you in the imprint of lack.

Feminine "being" in the frequency of already having love pulls it to you.

Living in the End: The Feminine Way

When he pulls away, instead of scrambling to close the gap, you hold the frequency of your desired outcome:

"I am a woman who is pursued.

I am a woman who is provided for.

I am a woman who is cherished."

This isn't delusion.

It's alignment.

The quantum field doesn't respond to desperation.

It responds to clarity.

Dr. Pat Allen on Living in the End

Dr. Pat Allen teaches that women must:

- Speak in “I feel” statements.
- Hold their standards.
- Focus on their desired outcome, not on managing a man’s behavior.

This isn’t manipulation.

It’s feminine leadership.

When you respond from this place, you:

- Preserve your dignity.
- Maintain your magnetic polarity.
- Allow masculine men to rise into their natural role of pursuit and provision.

The Butterfly Response: Rewiring Through Receiving

Every time you stay in the frequency of your vision, you:

- Rewire your childhood imprint.
- Detach from survival mode.
- Recode your relational patterns.

Feminine Receiving Mantra:

“I do not chase clarity.

I embody it.

I live in the overflow of being chosen, cherished, and provided for.”

This is how you transform avoidant dynamics:

- Without force.
- Without begging.
- Without losing your feminine essence.

The Butterfly Effect in Manifestation

Each feminine response is a butterfly wing beat that shifts your entire reality:

- The man either rises to meet you.
- Or falls away to make space for one who will.

But you are no longer scrambling to “make” it happen.

You are living as if it already is.

And the universe responds accordingly.

Part 6: Conclusion — Receiving is the Revolution

You’ve been taught your entire life that love must be earned.

- Earned through effort.
- Earned through managing.
- Earned through proving your worth.

For many women, this began in childhood:

- You were praised for being “helpful.”
- You felt safest when you were “useful.”
- You learned to anticipate others’ needs to avoid conflict.

And without knowing it, you became the emotional manager in relationships:

- Over-explaining to be understood.
- Over-giving to feel worthy.
- Over-functioning to avoid being abandoned.

This is the masculinized imprint that blocks receiving.

Why Receiving Feels Foreign — But is Feminine Power

For a woman raised in the pattern of managing, receiving feels unsafe at first:

- “If I’m not doing, who will choose me?”

- “If I stop managing, won’t everything fall apart?”
- “If I don’t prove my value, how will I be loved?”

These are the echoes of old wounds, not current truth.

The reality is:

- Receiving is not passive.
- Receiving is powerful.

It is the choice to:

- Stop chasing what is not being offered.
- Hold your worth without demanding recognition.
- Allow space for masculine pursuit and provision to rise.

Receiving is an energetic boundary that says:

“I am the prize.

I am the responder, not the pursuer.

I do not earn love through effort.

I allow love to come to me.”

How Masculine Reactivity Blocks Manifestation

When you react from fear — chasing, fixing, proving — you are vibrating in lack:

- Lack of trust.
- Lack of safety.
- Lack of worth.

This is why manifestation doesn’t “work” when you’re chasing.

You are creating from the wrong frequency.

Feminine receiving shifts you back into:

- Trust.
- Worthiness.

- Overflow.

You stop trying to control how love comes.

You focus on who you are being.

And the universe responds accordingly.

Dr. Pat Allen's Feminine Standard

Dr. Pat Allen teaches:

"It's the job of the feminine to set the standard.

It's the job of the masculine to meet it."

You do not achieve love by lowering yourself into masculine reactivity.

You receive love by holding your standard in feminine clarity.

Silence.

"I feel" statements.

Detachment from outcome.

These are not games.

They are the language of feminine power.

The Butterfly Response: How You Rewire Daily

Every time you choose a feminine response over a masculine reaction, you:

- Rewire your brain's emotional patterns.
- Heal the childhood imprint of over-responsibility.
- Recalibrate your relational energy field.

It's not about forcing men to change.

It's about becoming a woman who no longer needs to fight to be chosen.

Each Butterfly Response is a tiny act of self-honoring:

- You stay soft, but not foolish.
- You stay receptive, but not passive.

- You stay aligned, not abandoned.

And slowly, steadily, you transform:

- Chemisery into cherished connection.
- Avoidance into pursuit.
- Lack into overflow.

Receiving is Your Revolution

The revolution is not outside you.

It's not in changing him.

It's in changing how you receive.

When you stop managing love and start receiving it, you:

- Break generational patterns.
- Heal your nervous system.
- Manifest the relationship, provision, and life you've always desired.

Receiving is the most feminine, magnetic, and powerful thing you can do.

Your Final Feminine Declaration

"I am no longer a woman who earns love through effort.

I am a woman who receives.

My worth is not up for negotiation.

Masculine men are drawn to my softness, clarity, and standard.

I live in overflow, ease, and cherished connection.

I receive because I am."

This is your revolution.

And it starts now.