Connect & Commit

Affiliate swipe pack

You earn 75% on the course, 75% on every upsell and 35% on recurring billing, and ClickBank tracks your link for 60 days.

Replace [YOUR HOPLINK] with your own hoplink from https://aff.meetysweet.com/commitment/links/

Replace [First name] with your autoresponder's first-name tag. Send only to people who asked to hear from you, and keep the affiliate-link note on every social post.

Contents: Emails, Newsletter inserts, Social posts and hooks.

Emails

New swipe emails (rewritten November 2026)

Each email has three subject lines to test, a preview line and the body. Your hoplink is filled in for you once you have saved it on the Promotion Links page. Swap **[First name]** for your autoresponder's first-name tag, and fill in any line in [square brackets] in your own words before you send.

1. Cold list intro 1 (women, use your commitwom link): Myth: the ultimatum

Subject: The speech you've been rehearsing

Subject: More commitment, without an ultimatum

Subject: Something I read this week

Preview line: Why pushing for an answer usually backfires, and what helps instead.

Hi [First name],

Picture a Sunday evening. You're drying the last plate, he's on the sofa with his phone, and the speech you've rehearsed for weeks is right on the tip of your tongue: "We need to talk about where this is going."

Most of us have given that speech, or come very close. And most of us know how it tends to end. He goes quiet, you feel pushy, and nothing really changes.

I've been reading the sales page for a course called Connect And Commit by Amy Waterman, and one tip on it stopped me. She says never give an ultimatum. Her reasoning is simple: if someone hasn't decided on their own that life is better with you, pressure forces a rushed decision that they may regret and hold against you later.

So what do you do instead? That's what the course covers. It's a 330+ page book with over 14 hours of audio, and it includes a 6-step timeline of how relationships develop, the mistakes that stall things, and a way to talk about the future that brings you closer instead of starting a fight.

Have a read of the page here, the free tips on it are worth your time even if you don't buy:

[YOUR HOPLINK]

Nobody can make another person commit, and the course doesn't pretend otherwise. What it gives you is a clear view of where your relationship stands and what you can change on your side.

Talk soon,

[Your Name]

(I may earn a commission if you buy through my link.)

P.S. It's a one-time payment of $167 with a 60-day money-back guarantee, so you have two months to read it, listen to it and decide.

2. Cold list intro 2 (men, use your commitmen link): Men: serious without scaring her off

Subject: How to tell her you're serious

Subject: A calmer way to talk about the future

Subject: For the men on my list

Preview line: A commitment course with a men's edition, which is rarer than it should be.

Hi [First name],

Nearly all the advice about commitment is written for women waiting on a man. Hardly anyone talks to the man who has met someone good, wants to build something lasting, and isn't sure how to move things forward without coming on too strong.

If that's you, there's a course called Connect And Commit by Amy Waterman with its own men's edition. It's a 330+ page book, an audio version of the whole book read by the author, and over 4 hours of interviews with relationship experts.

Three things in it caught my eye:

1. A 6-step timeline of how a relationship develops, so you can see which stage the two of you are at right now.

2. A Conflict Style Analysis that shows you how you argue, with five tips for keeping arguments safe and respectful.

3. A bonus session where clinical psychologist Richard Wheeler answers readers' questions, including how to tell a woman you're interested without scaring her off.

It also makes a point I agree with: be the kind of person you'd want to be with, and back her goals instead of trying to change them.

Here's the men's page:

[YOUR HOPLINK]

It's $167 as a one-time payment, with a 60-day money-back guarantee.

Cheers,

[Your Name]

(I may earn a commission if you buy through my link.)

P.S. Still single? It's useful before you meet her too. There's a self-check called the Belongingness Audit that shows what might be holding you back.

3. Warm recommendation 1 (women, use your commitwom link): Map: which stage are you at?

Subject: Which stage are you two at?

Subject: See where your relationship stands

Subject: A recommendation, for what it's worth

Preview line: The 6-step timeline that makes the waiting make sense.

Hi [First name],

You know I don't send many recommendations, so I'll keep this one short.

[Add one honest sentence about why commitment matters to you or your readers, or what you thought of the course.]

The course is Connect And Commit by Amy Waterman, and the part that makes it stand out is her 6-step timeline. It maps out how a relationship develops psychologically, one stage at a time, and helps you work out which stage you and your partner are at right now.

That matters because so much worry about commitment comes from expecting one stage while you're still in another. Once you can see where you are, that anxious 'why hasn't he said anything yet?' feeling has somewhere sensible to go, and you can talk about it calmly.

Lee Baucom, Ph.D. of SaveTheMarriage.com is quoted on the sales page saying the timeline matches his own findings.

Inside you get a 330+ page book, the whole book as audio read by Amy (over 9 hours), and over 4 hours of interviews with relationship experts. You can see the full contents here:

[YOUR HOPLINK]

It's $167, one payment, and there's a 60-day money-back guarantee if it isn't for you.

Warmly,

[Your Name]

(I may earn a commission if you buy through my link.)

P.S. If your partner seems commitment-shy, there's a short section with three pointers that help you frame the issue and stop over-reacting.

4. Warm recommendation 2 (men, use your commitmen link):

Reframe: the first big argument

Subject: Why your first fight is good news

Subject: Argue less, and argue better

Subject: A course I'd point a mate to

Preview line: The first real argument is a chance to practise, according to this course.

Hi [First name],

Here's an idea that surprised me. Amy Waterman, who wrote Connect And Commit, says you should celebrate your first real argument as a couple.

Her point is that conflict turns up in every relationship that's going somewhere. The couples who last are the ones who learn to disagree without trampling on each other, and that first argument is your first chance to practise.

[Add one honest sentence about an argument that taught you something, or why this idea rings true for you.]

The men's edition of the course gives you practical tools for it. There's a Conflict Style Analysis so you can see your own arguing style, a three-part strategy for 'The Talk' so feelings and needs can be discussed without it turning into a fight, and the idea of the 'Love Tank', a simple way to read how supported she feels.

There's also a section on getting through the first crisis point without walking away from something good, which is where a lot of promising relationships end.

You can see the full list of what's inside here:

[YOUR HOPLINK]

Cheers,

[Your Name]

(I may earn a commission if you buy through my link.)

P.S. It's a one-time $167 with a 60-day money-back guarantee, and it includes five bonus audio interviews with relationship experts.

5. Evergreen 1 (women, use your commitwom link): Fear: dreading 'The Talk'

Subject: Do you dread 'the talk'?

Subject: Talk about the future without a fight

Subject: For anyone in a relationship

Preview line: A three-part way to raise the big topics calmly.

Hi [First name],

You probably know the moment. You've decided tonight's the night to bring it up, whether that's moving in, meeting the family or simply where things are heading, and your stomach tightens before you've said a word.

So you wait for the perfect moment, it never comes, and the topic sits between you for another month.

One of the things I like about Amy Waterman's course Connect And Commit is that it treats 'The Talk' as a skill you can learn. She gives you a three-part discussion strategy for handling the strong emotions that come up, and for saying what you feel and need in a way that strengthens the relationship instead of putting it on trial.

Once you've worked out what you need, there's a six-step approach for what to do next, and three tactics for talking through the subjects you disagree on without hurting each other.

It's part of a much bigger course: a 330+ page book, the full audio edition, and over 4 hours of expert interviews. Here's where you can see it all:

[YOUR HOPLINK]

If you've been carrying a conversation around for weeks, this might be the thing that helps you finally have it, calmly.

Take care,

[Your Name]

(I may earn a commission if you buy through my link.)

P.S. The course is $167 as a one-time payment and has a 60-day money-back guarantee.

6. Evergreen 2 (men, use your commitmen link): Milestone: moving in together

Subject: Before you move in together

Subject: Moving in? Talk about these first

Subject: Thinking about sharing a place?

Preview line: The conversations worth having before you sign a lease.

Hi [First name],

Moving in together usually gets decided over something small. Her lease is ending, you're paying two rents, and it makes sense on paper. The bigger conversations, about money, space, chores and what living together means to each of you, tend to happen after the boxes are unpacked.

Connect And Commit by Amy Waterman has a section on why popular belief about living together is wrong, and one of its bonus interviews, with Renee Piane, author of 'Love Mechanics', starts with exactly this: what you need to talk about before you move in together.

That interview also covers the differences between male and female communication styles, how to raise a criticism without being hurtful, and how to show your partner love in the way they like best.

The main course is a 330+ page book written for men as well as women, with the whole thing available as audio read by the author, so you can listen in the car or at the gym.

Here's the men's page with the full contents:

[YOUR HOPLINK]

If you're about to share a front door with someone, an evening with this could save you a lot of arguments later.

All the best,

[Your Name]

(I may earn a commission if you buy through my link.)

P.S. It's $167 one-time, with 60 days to ask for your money back if it isn't useful.

7. Short P.S.-style (women, use your commitwom link): Problem: the stalemate

Subject: Stuck between serious and committed?

Subject: 20 do's and don'ts to read first

Subject: Quick one

Preview line: A short note and one link.

Hi [First name],

Quick one. If your relationship feels stuck somewhere between 'serious' and 'committed', Amy Waterman's Connect And Commit is worth an evening. It opens with 20 commitment do's and don'ts to read before you do anything else, then maps out the six steps relationships move through.

[YOUR HOPLINK]

It's $167, one payment, with a 60-day money-back guarantee.

[Your Name]

(I may earn a commission if you buy through my link.)

8. 5-day launch: day 1 (women, use your commitwom link): Launch:

the habit that quietly pushes a partner away

Subject: The habit a lot of us use to get our way

Subject: Feel closer to him as time goes on

Subject: I'll finish this one in a few days

Preview line: A lot of us do it without noticing, and it works against the very thing we want.

Hi [First name],

For the next five days I'm going to send you one short email a day about commitment: how it grows between two people, and what you can do on your side to help it along.

I'll start with something to keep in the back of your mind. There's one habit that a lot of people fall into when they want their partner to be more committed. It feels sensible at the time, it sometimes even seems to work for a week or two, and over the long run it does the opposite of what you want.

I'm not going to name it today. I'd like you to spend the next few days noticing whether you do it, and in my fifth email I'll tell you what it is and what to do instead.

The reason I'm writing about this at all is a course called Connect And Commit by Amy Waterman. It's for women who want a relationship that grows in closeness and commitment over time, whether you're dating someone new, settled with a partner or still single and tired of meeting people who only want something casual.

You can have a look at the women's page now if you're curious:

[YOUR HOPLINK]

Or simply wait for tomorrow's email, where I'll share the first tip from it that made me stop and think.

Talk tomorrow,

[Your Name]

(I may earn a commission if you buy through my link.)

P.S. A small hint about the habit: it has to do with affection, and with when we choose to give it.

9. 5-day launch: day 2 (women, use your commitwom link): Launch: become the person you want to attract

Subject: Write a list about him, then read it back

Subject: Attract the partner you'd choose

Subject: Day 2: a tip worth trying tonight

Preview line: The list you'd write about your ideal partner says a lot about you too.

Hi [First name],

Here's a small exercise. Picture the partner you'd love to have, or the way you'd love your current partner to be, and jot down a few things about them. Maybe they're affectionate, laugh easily, get on with their family, dress with a bit of care, ask about your day and back you when you chase something you care about.

Now read that list back as a description of yourself.

That's the first tip on the sales page for Amy Waterman's Connect And Commit: become the kind of person you want to attract. If you want someone who asks about your day, ask about theirs. If you want someone who supports your goals, support theirs, and resist the urge to change them.

She puts special weight on that last part. Everyone has their own goals in life, and when you help your partner reach theirs, they grow closer to you instead of drifting away.

It sounds simple, and it is. What makes it hard is that most of us spend our energy trying to work out what the other person is thinking, and very little on whether we're the person they'd be lucky to have. The course is built around that shift.

Here's the women's page if you'd like to read the rest of her tips:

[YOUR HOPLINK]

Tomorrow I'll tell you about a self-check in the course that I think everyone should try once.

[Your Name]

(I may earn a commission if you buy through my link.)

P.S. Keep an eye out for that habit I mentioned yesterday. I'll name it in three days.

10. 5-day launch: day 3 (women, use your commitwom link): Launch: the Belongingness Audit and your own patterns

Subject: Have you dated the same person twice?

Subject: Spot the pattern before the next relationship

Subject: Day 3: the self-check I mentioned

Preview line: Different faces, same ending. There's a reason, and you can see it from your side.

Hi [First name],

Have you ever had the feeling that you've dated the same person twice? The name and the job were different, but the way it started and the way it ended felt very familiar.

Amy Waterman's Connect And Commit spends real time on this. There's a self-examination exercise built to show you the patterns of behaviour that keep turning up in your love life, so you can catch

the cycle before it starts again. The page is direct about it: your past may be holding you back from the happiness you're looking for, and part of the work is letting go of it.

The self-check I promised you yesterday is called the Belongingness Audit. It measures your own readiness to connect with others and do well in a committed relationship. I like it because it gives you something to work on that's fully in your hands, whatever the other person is doing.

There's also a short quiz called the Attraction Quotient, built around what the course calls the 5 Cs of Attraction. The page says your score will tell you more about yourself than you'd expect.

The point of all this is to see clearly, without blaming yourself, because that's the first thing you need before you can change anything.

Here's where you'll find the women's edition:

[YOUR HOPLINK]

Tomorrow I'll walk you through what you actually get when you buy, because there's more in the package than most people expect.

[Your Name]

(I may earn a commission if you buy through my link.)

P.S. Two days until I tell you the habit. If you've already guessed it, you're probably right.

11. 5-day launch: day 4 (women, use your commitwom link): Launch: what's in the package

Subject: 14 hours of audio in a $167 course

Subject: Read it, or listen on your commute

Subject: Day 4: what you actually get

Preview line: A book, the whole book on audio, and five expert interviews.

Hi [First name],

Yesterday I promised to tell you what's in Connect And Commit, so here it is in full.

The main course is a book of over 330 pages by Amy Waterman. If you'd rather listen than read, she has recorded the whole book herself, which comes to over 9 hours of MP3 audio you can play on a walk, in the car or while you cook.

Then there are five bonus interviews, over 4 hours in all, each with a written transcript:

Clinical psychologist Richard Wheeler on how to create a committed long-term relationship, plus a second hour-long session where he answers commitment questions.

Renee Piane, author of 'Love Mechanics', on communication in a strong long-term relationship.

Life coach Marie Forleo on how to reignite and keep up attraction over the long term.

Mark Joyner, author of Simpleology, on how to get what you want out of life.

All together that's over 14 hours of audio, which is a lot of material for one payment of $167. It downloads straight away, and it's covered by a 60-day money-back guarantee, so you can take your time with it and still ask for a refund if it isn't for you.

Here's the women's page with the full list:

[YOUR HOPLINK]

Tomorrow I'll finally name the habit from my first email.

[Your Name]

(I may earn a commission if you buy through my link.)

P.S. If you only have time for one thing this week, the Marie Forleo interview is a good place to start if your relationship has gone a bit flat.

12. 5-day launch: day 5 (women, use your commitwom link): Launch close: rationing affection

Subject: The habit I promised to name

Subject: Get closer without playing games

Subject: Day 5: here it is

Preview line: It feels like a fair way to make a point, and it backfires.

Hi [First name],

In my first email this week I told you there's a habit a lot of us fall into when we want more commitment, and that it works against us. Here it is.

It's rationing affection. You're warm and loving when your partner does what you want, and you go a little cool when they don't. Nobody plans it. It just happens, because it feels like a fair way to get your point across.

Amy Waterman's advice on the Connect And Commit sales page is to stop doing it, and her reasoning stayed with me. When affection becomes a prize your partner has to win, there's a real risk they get tired of the game and stop trying to win it altogether. That's the opposite of the closeness you were after.

What she suggests instead is steady affection, being the person you'd like to be with, and letting your partner feel that life is better with you than without you. The course then gives you the tools to build on that: the 6-step timeline, the 20 do's and don'ts, the self-checks, the three-part approach to The Talk, and the 'Love Tank' idea she says will surprise you.

If this week's emails have rung true, this is the course I'd point you to:

[YOUR HOPLINK]

It's $167, one payment, and you have 60 days to ask for your money back if it isn't right for you. There's no rush on my side. It'll be there whenever you're ready.

Thanks for reading all week,

[Your Name]

(I may earn a commission if you buy through my link.)

P.S. If you caught yourself doing it this week, you're in very good company. Noticing it is what starts to change it.

13. Re-engagement 1 (women, use your commitwom link): Re-engagement: still want a closer relationship?

Subject: Are you still hoping for more from him?

Subject: A closer relationship, one step at a time

Subject: Is this still on your mind?

Preview line: You haven't opened my last few emails, so I'll keep this one short.

Hi [First name],

I've noticed you haven't opened my last few emails, which is completely fine. Life gets full. I just didn't want this to slip past you if it's something you care about.

A while back I wrote about Connect And Commit, a course by Amy Waterman for women who want a relationship that grows closer and more committed over time. If you're dating someone and wondering where it's heading, or you're settled but feel a little stuck, or you keep meeting people who only want something short term, it was written with you in mind.

The idea behind it is that commitment grows when the other person feels better with you than without you, and that there's a lot you can do on your side to help that along. You won't be asked to give ultimatums or play games to get there.

You get a book of over 330 pages, an audio version read by the author, and over 4 hours of interviews with relationship experts. It's $167, one payment, with a 60-day money-back guarantee.

If that sounds like something you'd want, here's the page:

[YOUR HOPLINK]

And if your love life is exactly where you want it, that's wonderful, and you can happily ignore this one.

[Your Name]

(I may earn a commission if you buy through my link.)

P.S. Reply with one word, 'yes' or 'no', and I'll know whether to keep sending you emails about relationships.

14. Re-engagement 2 (women, use your commitwom link): Re-engagement: last nudge, the 20 do's and don'ts

Subject: One last note about this

Subject: 20 things to read before your next move

Subject: Should I stop sending these?

Preview line: After this I'll leave the topic alone unless you tell me otherwise.

Hi [First name],

This is the last time I'll mention Connect And Commit unless you show me it's useful to you, so I'll give you the one part I'd read first.

The course opens with 20 commitment do's and don'ts, and Amy Waterman asks you to read them before you do anything else. They're short and to the point, and the page describes them as the possible difference between coming together and coming apart.

I like starting there because most of us, when we want more from a relationship, do something. We push for a talk, we pull back to see if they'll notice, we drop hints. A list of what to do and what to avoid before you make any move at all could save you from the kind of conversation you'd rather take back.

After that the course gets into how relationships develop, how to handle the first real crisis point, how to talk about what you need without it turning into a fight, and what to expect from each other once you're fully committed.

Here's the women's page one more time:

[YOUR HOPLINK]

If it's not for you, no hard feelings at all. I'll go back to sending you other things.

[Your Name]

(I may earn a commission if you buy through my link.)

P.S. It's $167, one payment, and the 60-day money-back guarantee means you can read those 20 tips and still change your mind.

15. Story-led (women, use your commitwom link): Story: you do all the planning

Subject: Who booked the last three weekends away?

Subject: Find out if you're both in it

Subject: A question about your calendar

Preview line: If the plans only happen when you make them, there's a checklist for that.

Hi [First name],

Picture your next free weekend. Who decides what you two will do? Who books the table, remembers his mum's birthday, suggests the trip and sorts out the details?

If the answer is you, and has been for a while, you might have started to wonder whether you're the only one building this. It's a lonely feeling, because nothing is actually wrong. He turns up, he's happy enough, he just doesn't seem to carry any of it.

Amy Waterman's Connect And Commit has a tool made for exactly that doubt. It's a deal-breaker checklist of four points: what you can expect from your partner, and what your partner can expect from you, if you're both fully committed. The page describes it as a way of seeing whether someone is in it for themselves or for the two of you as a couple.

What I like is that it cuts both ways. It asks the same of you as it does of him, so you can have a fair, calm conversation about it instead of a resentful one.

There's also a 13-point exercise that helps each of you put into words what commitment actually means to you. Very often the 'he doesn't care' feeling turns out to be two people with different pictures in their heads.

Here's the women's page:

[YOUR HOPLINK]

[Your Name]

(I may earn a commission if you buy through my link.)

P.S. The course is $167, one payment, with a 60-day money-back guarantee. The checklist alone could save you months of quiet wondering.

16. Myth-busting (women, use your commitwom link): Myth: the spark always fades

Subject: Do couples really just settle?

Subject: Keep the attraction after the early days

Subject: About the spark

Preview line: Everyone says the spark fades. One of this course's interviews disagrees.

Hi [First name],

There's a belief a lot of us carry quietly. The early months are exciting, then the spark fades, and long-term couples settle into something comfortable but flat. It's said so often that it sounds like a law of nature.

Life coach Marie Forleo doesn't buy it, and she's one of the experts interviewed in Amy Waterman's course Connect And Commit. Her 42-minute interview is about how to reignite attraction and keep it going over the long term. The sales page puts her view plainly: your relationship can stay hot no matter how long you've been together, if you follow her advice.

The course backs that up from the other side. There's the 'Love Tank', an idea Amy uses as an emotional barometer for how a relationship is doing, and a Conflict Style Analysis with five tips for keeping disagreements healthy, because a lot of fading spark is really built-up friction nobody talked about.

If you've been together a while and you miss how it used to feel, I'd much rather you had these tools than accept the flatness as normal. Comfortable is lovely, and comfortable while still being attracted to each other is even better. It's possible.

You'll find the women's edition here:

[YOUR HOPLINK]

[Your Name]

(I may earn a commission if you buy through my link.)

P.S. The Forleo interview is one of five bonus interviews included with the $167 course, along with the full book and its audio edition.

17. Objection: price (women, use your commitwom link): Objection: is $167 worth it?

Subject: Is $167 a lot for a relationship course?

Subject: What one payment of $167 covers

Subject: About the price

Preview line: It costs more than most relationship books. Here's what you get for it.

Hi [First name],

I'll be straight with you about the price, because I know it's the first thing you'll notice. Connect And Commit by Amy Waterman is $167. That's more than most relationship books, and it's fair to ask why.

The answer is how much is in it. You get the book itself, over 330 pages. You get the whole book read aloud by the author, over 9 hours of audio, which means you can take it in on walks and drives instead of finding reading time you don't have. And you get five bonus interviews, over 4 hours with

written transcripts, including two sessions with clinical psychologist Richard Wheeler and one with Marie Forleo on keeping attraction alive. That's over 14 hours of audio in all.

It's also one payment. There's no monthly charge to remember to cancel.

Then think about what the alternative costs. Another year in a relationship that isn't moving, or another round of meeting people who only want something casual, costs more than money. If this course helps you see what's happening and what to change on your side, it will have paid for itself many times over.

And if it doesn't, you have 60 days to email support and get a full refund.

Here's the women's page:

[YOUR HOPLINK]

[Your Name]

(I may earn a commission if you buy through my link.)

P.S. The guarantee is unconditional, which means you don't have to explain or justify asking for your money back within 60 days.

18. Objection: guarantee (women, use your commitwom link): Objection: what if it's not for me?

Subject: What if I buy it and it's not right?

Subject: Try the whole course, decide later

Subject: The part people ask me about

Preview line: 60 days, unconditional, and you don't have to give a reason.

Hi [First name],

When I recommend a course that costs real money, the question I hear most is some version of 'what if I buy it and it isn't right for me?' So here's how the guarantee on Connect And Commit works.

You buy it, you download the book, the audio edition and all the bonus interviews straight away, and you go through as much of it as you like. If at any point in the 60 days after your purchase you decide it isn't for you, for any reason at all, you email support and ask for your money back. Amy Waterman calls it an unconditional guarantee, which means you don't have to justify anything.

I think that's the fairest way to buy something like this. A relationship course is personal, and you can't really know from a sales page whether the author's way of explaining things will click for you. With 60 days, you can read the 20 do's and don'ts, try the Belongingness Audit, listen to an interview or two and see whether it's changing how you think about your relationship.

If it is, wonderful. If it isn't, you've lost nothing but a little time.

Here's where to start:

[YOUR HOPLINK]

[Your Name]

(I may earn a commission if you buy through my link.)

P.S. It's $167, one payment, with no monthly charges. Everything downloads straight away, so your 60 days start with the whole course in your hands.

19. Closing (women, use your commitwom link): Close: a calm last word

Subject: Before I move on to other topics

Subject: Give your relationship its best chance

Subject: My last word on Connect And Commit

Preview line: No deadline and no pressure. Just one last reason to look.

Hi [First name],

I've written to you a few times about Connect And Commit, and this is the last email I'll send about it for a while.

So let me put it as simply as I can. If you want a relationship that grows closer over time, you have two choices. You can keep doing what you've been doing and hope it turns out differently this time. Or you can learn how commitment actually develops between two people and what you can change on your side to give it the best chance.

Amy Waterman's course is for the second choice. It shows you the six stages a relationship moves through, how to get through the first real crisis without wanting to walk away, how to talk about the future in a way that brings you closer, and how to drop the habits that push a partner away without you meaning to. It doesn't promise you a ring or a proposal, and I wouldn't trust it if it did. What it gives you is a clear view of your relationship and a plan.

It's $167, one payment, with a 60-day money-back guarantee, and there's no deadline. Go when you're ready:

[YOUR HOPLINK]

Whatever you decide, I hope the next year of your love life is a happy one.

[Your Name]

(I may earn a commission if you buy through my link.)

P.S. If you'd rather listen than read, the whole book comes as an audio edition read by the author, so you can start on your next drive home.

20. Story-led (men, use your commitmen link): Story: thinking about proposing

Subject: The ring is the easy part

Subject: Ask her with real confidence

Subject: Thinking about the big question?

Preview line: You've thought about how to ask. Have you thought about what comes after?

Hi [First name],

Say you've been with her for a while now and you've started to think about proposing. Maybe you've looked at rings. Maybe you've pictured where you'd ask. You may even have mentioned it to a mate who told you to stop overthinking it.

Here's the part that doesn't get much thought: what each of you means by commitment once she says yes. Two people can stand at the same altar with very different pictures of the next ten years in their heads, and only find out later.

Amy Waterman's Connect And Commit has a men's edition, and a big chunk of it is about exactly this. There's a 13-point exercise that helps you and your partner work out what commitment means to each of you. There's a four-point checklist of what you can expect from her and what she can expect from you. And the page covers what it calls a Rutgers University study on three things modern men and women look for in a marriage partner.

There's also a section on the three founding principles the page says many successful couples live by, the ones that keep you steady through the good years and the hard ones.

If you're getting ready to ask, this is a smart way to make sure you're asking the right question for both of you:

[YOUR HOPLINK]

Cheers,

[Your Name]

(I may earn a commission if you buy through my link.)

P.S. It's $167 as one payment, with a 60-day money-back guarantee, so you can go through it before the big day and decide whether it earned its place.

21. Myth-busting (men, use your commitmen link): Myth: men are just wired to avoid commitment

Subject: Are men really wired to run?

Subject: Commit with a clear head, on your terms

Subject: For the men on my list, part two

Preview line: The idea that men are built to dodge commitment gets repeated a lot. This course takes it on.

Hi [First name],

You've heard the line a hundred times. Men are wired to avoid commitment. It's biology. Guys want freedom and women want to settle down, and every relationship is a tug of war between the two.

It's a lazy story, and it's unfair to the many men who want something lasting and aren't sure how to build it. It also lets a lot of bad habits off the hook.

Amy Waterman's Connect And Commit takes it on. The men's sales page promises the inside story on what your biological tendencies are really telling you, and how science dispels one of the most enduring myths about commitment. I'll leave the details to the course, but the takeaway is that commitment is something you build, and you can get good at it.

That's what the rest of the course is for. There's a 6-step timeline of how relationships develop, a Conflict Style Analysis that shows how you argue, the 'MM Method' for the early romance stage, and five Mental Mastery Tips for breaking the negative mental loops that sabotage a good thing.

If you've ever worried you're 'just not the commitment type', I'd read this before you believe it:

[YOUR HOPLINK]

Cheers,

[Your Name]

(I may earn a commission if you buy through my link.)

P.S. The whole book also comes as an audio edition read by the author, over 9 hours, so you can take it in at the gym or on the drive to work.

22. Objection: price (men, use your commitmen link): Objection: $167 for a relationship course

Subject: What would you pay to get this right?

Subject: 14 hours of audio for one payment

Subject: About the $167

Preview line: It costs more than a cheap ebook, and there's a good reason for that.

Hi [First name],

Let's talk about the price of Connect And Commit, because you'll see it the moment you click. It's $167, one payment.

That's more than a paperback, and it should be, because you get a lot more than a paperback. You get Amy Waterman's book, over 330 pages. You get the whole thing on audio, over 9 hours read by the author, so you can listen in the car or at the gym. And you get five bonus interviews, over 4 hours with transcripts: two with clinical psychologist Richard Wheeler on building and keeping a committed relationship, Renee Piane on communication, Marie Forleo on keeping attraction alive long term, and Mark Joyner, author of Simpleology, on getting what you want out of life.

That's over 14 hours of audio in all, for less than a lot of weekends away cost.

Now put that next to what's at stake. If you've met someone you want to build a life with, getting the next few years right matters more than almost anything else you'll spend money on this year.

And if you go through it and don't think it's worth the money, you have 60 days to email support and get a full refund. No reasons needed.

Here's the men's page:

[YOUR HOPLINK]

Cheers,

[Your Name]

(I may earn a commission if you buy through my link.)

P.S. There's no subscription and no monthly charge. You pay once and keep everything.

23. Objection: will it work for me (men, use your commitmen link): Objection: my past relationships all went wrong the same way

Subject: If every relationship ends the same way

Subject: Break the pattern before the next one

Subject: A question only you can answer

Preview line: If you've had the same breakup three times, you're the common factor. That's good news.

Hi [First name],

Maybe you're reading these emails and thinking, 'this is fine for guys whose relationships work, but mine never last.' Every one seems to hit a wall at the same point. She pulls back, or you do, or it turns into the same argument you had with the last one.

If that's you, Connect And Commit might suit you better than most.

The course doesn't assume you're starting from a good place. It has a self-examination exercise built to show you the patterns of behaviour in your love life, so you can catch the cycle before it plays out again. There's the Belongingness Audit, which checks your own readiness for a committed

relationship. And there's a section on how to stop yourself wanting to end things the first time a relationship hits a crisis point.

The good news about being the common factor is that you're also the one person who can change the pattern. You don't need to wait for the right woman to fix it for you.

It has its own men's edition, written for your side of the relationship:

[YOUR HOPLINK]

If you work through it and it isn't helping, the 60-day money-back guarantee means you get your $167 back.

Cheers,

[Your Name]

(I may earn a commission if you buy through my link.)

P.S. Single right now? That's a good time to do this work, before the next relationship rather than in the middle of it.

24. Closing (men, use your commitmen link): Close: the man she's better off with

Subject: What makes a woman want to stay?

Subject: Be the partner she'd choose again

Subject: Last one on this, I promise

Preview line: One idea to take away, whether you buy the course or not.

Hi [First name],

This is my last email about Connect And Commit for now, so I'll leave you with the one idea from it I think every man should hear.

Amy Waterman puts it like this on the sales page: become the kind of person your partner sees as someone they're better with than without. You do that by being good company, backing her goals instead of trying to change them, keeping your affection steady and arguing without trampling on her, rather than by pushing for answers or giving ultimatums.

That's the whole course in a sentence. The rest of it, the 6-step timeline, the 20 do's and don'ts, the three-part approach to talking about the future, the Love Tank and the expert interviews, is the detail of how to actually do it day after day.

No course can promise you she'll commit, and I wouldn't send you one that did. What this gives you is a clear picture of how commitment grows and what's in your hands.

It's $167 as one payment, and you have 60 days to ask for a refund if it isn't right for you. There's no deadline from me, so go when it makes sense:

[YOUR HOPLINK]

All the best,

[Your Name]

(I may earn a commission if you buy through my link.)

P.S. If you'd like to start with the free part first, the quick tips near the top of the sales page are worth reading on their own.

25. Objection: will it work for me (women, use your commitwom link): Objection: my partner is commitment-shy

Subject: What if he's the one holding back?

Subject: Help a cautious partner feel ready

Subject: If he says he's 'not ready'

Preview line: Most commitment advice assumes you both want the same thing. This part doesn't.

Hi [First name],

You might be thinking that Connect And Commit sounds sensible for couples who are both heading the same way, but your situation is different. You're ready, and he's the one hanging back. He says he's happy, he says he loves you, and whenever the future comes up he changes the subject.

That situation is covered. The course has three pointers specifically for dealing with a commitment-shy partner, and it's clear about why the usual responses make things worse. Pressing for an answer, putting a deadline on it, or pulling your affection back to make a point all tend to push a cautious person further away.

What Amy Waterman offers instead is a way to understand where he actually is. Her 6-step timeline shows the stages a relationship moves through, and plenty of 'he's not ready' worry comes from the two of you being at different points. There's also a 13-point exercise to help you both say what commitment means to you, which is often where the real gap turns out to be.

She also asks you to look at your own side, with the Belongingness Audit and the self-checks on old patterns, because your side is the part you control and the place where change can start today.

Here's the women's page:

[YOUR HOPLINK]

[Your Name]

(I may earn a commission if you buy through my link.)

P.S. It's $167, one payment, with a 60-day money-back guarantee if it doesn't suit your situation.

Connect & Commit

Establish Connection And Commitment From The First Date!

Subject: Establish Connection And Commitment From The First Date!

Hi [First name],

Many of us have experienced unfulfilling relationships at least once in our lives. Many of us have struggled at one time to meet someone that wants a relationship, or we may have wanted a more committed relationship than what we already have, only to find out your partner isn't ready to commit themselves to the next level.

So what's the deal here?

Is this what they call fate?

Is there any way to change this pattern?

Well, I'm glad to announce that with Amy Waterman's (dating guru extraordinaire) latest commitment course, called Connect and Commit, there is a way out of the seemingly endless vicious cycle of bad relationships.

If you are sick of unfulfilling relationships, if you are tired of attracting relationships with people who only seem interested in a short-term fling, if you are ready for a more committed relationship that will take you closer to realizing your long-term goals, you need to understand what commitment is and what it takes to achieve it.

Commitment is more than just wanting to be with a person, and if you are serious about creating a relationship that both you and your partner (or potential partner) feel universally connected to, then "Connect and Commit - Taking Things to the Next Level of Commitment" is the course that is going to help get you there.

[Link this to [YOUR HOPLINK]]

It's a 330+ page course, divided into a series of three books that will serve as your life guide for approaching, attracting, dating, and getting your ultimate commitment from that person and relationship of your dreams.

So go ahead, end the frustration of dating people who just aren't fit for you and find your soul mate now with the help of Amy Waterman:

[Link this to [YOUR HOPLINK]]

This is your opportunity to attract into your life your ideal, loving, affectionate, and committed relationship!

Talk soon,

Your Name

Put An End To Unfulfilling Relationships!

Subject: Put An End To Unfulfilling Relationships!

Hi [First name],

Are you tired of the dating game already - always seeing lots of different people but never managing to get a committed and fulfilling relationship from one?

If you want to take your search for love to the next level and really discover what it takes to get a committed relationship or take your current relationship to the next level of commitment, then you need to take a look at what Amy Waterman and Meet Your Sweet have got to share with you!

"Connect And Commit - Taking Things to the Next Level of Commitment," by Amy Waterman.

http://www.meetysweet.com/commitment/

This 330+ page course is divided into 3 parts, as well as over 4.5 hours of audio, and a whole host of bonuses that will take you several steps closer to realizing your dream of a committed and fulfilling relationship.

If you want to learn what it takes to achieve commitment, and you want to know the common mistakes and self-destructive patterns of behaviour that can jeopardize you reaching this goal, you must read and listen what Amy has to share with you.

If you are serious about:

• Learning some facts and figures about commitment

• Understanding the stages of commitment

• Discovering what commitment means to you and your partner

• Knowing if this is the person you want to commit to

• Getting the right mindset for commitment

• Mastering the magic of romance

• Knowing what to do when reality hits

• Surviving the power struggle in your relationship

• Deciding how and whether you should stick with the relationship

• Choosing a conscious relationship

... then Amy's "Connect And Commit" is going to change your love life, starting in this moment!

If you want more commitment in your life and future, check out:

[Link this to [YOUR HOPLINK]]

Your committed relationship is in this course. Don't let your chance at happiness pass you by!

See you soon,

Your Name

Newsletter inserts

New newsletter inserts (November 2026)

Before you give an ultimatum

Thinking about asking 'where is this going?' with a deadline attached? Amy Waterman's Connect And Commit explains why ultimatums tend to backfire and what helps a relationship grow closer instead. Have a look here: [YOUR HOPLINK] (affiliate link)

Which stage is your relationship at?

Connect And Commit includes a 6-step timeline of how relationships develop, so you can see where you and your partner really are and stop expecting the wrong things at the wrong time. It's $167 with a 60-day money-back guarantee: [YOUR HOPLINK] (affiliate link)

For readers about to move in together

If you're about to share a home, one of the bonus interviews in Connect And Commit covers the conversations to have before you move in. The course comes in separate editions for men and women: [YOUR HOPLINK] (affiliate link)

When 'The Talk' turns into a fight

This week's recommendation is Connect And Commit by Amy Waterman, which has a three-part strategy for talking about feelings and needs without it becoming an argument. Over 14 hours of audio if you'd rather listen: [YOUR HOPLINK] (affiliate link)

If you're always the one making the plans (women, commitwom link)

If you've started to wonder whether you're the only one building your relationship, Connect And Commit by Amy Waterman has a four-point checklist of what each partner can expect from the other once you're fully committed. It's a calm way to start a fair conversation instead of a resentful one. Women's edition here: [YOUR HOPLINK] (affiliate link)

Is the spark supposed to fade? (women, commitwom link)

One of the bonus interviews in Connect And Commit is life coach Marie Forleo on how to reignite attraction and keep it going over the long term. It comes with the full book, its audio edition and four more expert interviews for one payment of $167, with a 60-day money-back guarantee. Have a look: [YOUR HOPLINK] (affiliate link)

Thinking about proposing? (men, commitmen link)

Before you buy the ring, it helps to know what commitment means to each of you. Connect And Commit's men's edition includes a 13-point exercise for exactly that, plus a four-point checklist of what you can expect from each other. Here's the men's page: [YOUR HOPLINK] (affiliate link)

For men who keep hitting the same wall (men, commitmen link)

If your relationships tend to end at the same point, Connect And Commit has a self-examination exercise for spotting the pattern and a section on getting through the first crisis without wanting to walk away. It's $167 as one payment, with over 14 hours of audio if you'd rather listen than read: [YOUR HOPLINK] (affiliate link)

P.S. lines for any email

P.S. If you've been rehearsing a 'where is this going?' speech, read Amy Waterman's tip on ultimatums first: [YOUR HOPLINK] (affiliate link)

P.S. Connect And Commit is $167 one-time with a 60-day money-back guarantee, so you can read and listen before you decide: [YOUR HOPLINK] (affiliate link)

P.S. There's a men's edition of Connect And Commit too, with a bonus on telling a woman you're interested without scaring her off: [YOUR HOPLINK] (affiliate link)

P.S. The 6-step commitment timeline in Connect And Commit is the clearest map I've seen of how relationships develop: [YOUR HOPLINK] (affiliate link)

Social posts and hooks

Angles and hooks

Angle | Who it is for | Opening hook

Problem: the stalemate

The sales page speaks straight to people stuck in a stalemate who want the next level of commitment. | women together a few years with no next step

Where: women's email lists, relationship blogs, Facebook groups | “You've been together long enough to share a toothbrush holder, so why does 'where is this going?' still feel dangerous to ask?”

Myth: the ultimatum

The page's own tip ('never give an ultimatum') is concrete, counter-intuitive and easy to teach in one email. | women and men tempted to force a decision

Where: email lists, Facebook, Pinterest | “The speech you've been rehearsing for weeks could be the one thing that pushes them away.”

Pattern: always the short-term fling

The page promises help ending self-destructive patterns, with self-examination exercises and a 'Belongingness Audit'. | single women and men who keep attracting people who won't commit

Where: dating blogs, singles groups, YouTube | “If you keep meeting people who only want something casual, the pattern might start before the first date.”

Map: which stage are you at?

The 6-step commitment timeline is the course's most distinctive tool and is praised on the page by Lee Baucom, Ph.D. | couples in the first two years

Where: email lists, Instagram, Pinterest | “Most worry about commitment comes from expecting one stage while you're still in another.”

Reframe: the first big argument

The course has a section on why conflict can be good and how to get past the first crisis point. | new couples who just had their first real fight

Where: Facebook, TikTok/Reels, email | “Your first real argument as a couple might be the best news your relationship has had.”

Fear: dreading 'The Talk'

The three-part discussion strategy is specific and solves a feeling almost every reader knows. | anyone who avoids talking about the future

Where: email lists, X/Threads, Instagram | “If your stomach drops at the words 'we need to talk', you're not alone, and there's a better way to do it.”

Men: serious without scaring her off

There is a dedicated men's sales page, and a bonus covers telling a woman you're interested without scaring her off. | men 28-55 who have met someone and want something lasting

Where: men's lifestyle lists, YouTube, Facebook | “Most commitment advice is written for women waiting on a man. This one also speaks to the man who wants to build something.”

Milestone: moving in together

The course challenges popular belief about living together, and the Renee Piane bonus covers what to talk about before you move in. | couples about to share a home

Where: home and lifestyle blogs, Pinterest, email | “Before you sign a lease together, have these conversations.”

Milestone: getting engaged

Lee Baucom, Ph.D. says on the page it should be read by 'anyone preparing to marry'. | engaged couples and people preparing to marry

Where: wedding blogs, Pinterest, engagement groups where promotion is allowed | “You've planned the venue. Have you planned the marriage?”

Long-term: the spark has gone quiet

Bonuses with Richard Wheeler and Marie Forleo cover re-awakening the spark and keeping attraction alive over the years. | long-term couples whose relationship feels flat

Where: email lists for over-40s, Facebook | “Being together a long time and feeling close are two different things, and the gap can be closed.”

Social media posts

Facebook

Honest question for the couples here: have you ever rehearsed a 'where is this going?' speech in your head for weeks?

I came across a commitment course by Amy Waterman whose first rule is never give an ultimatum. Pressure gets a rushed answer that people often regret later. The course covers what to do instead, including a 6-step map of how relationships develop.

Affiliate link (I may earn a commission): [YOUR HOPLINK]

What helped you two talk about the future?

Facebook

Moving in together soon? Before you sign the lease, have the money, space and chores conversation, then the 'what does this mean for us?' one.

Connect And Commit has a whole bonus interview on what to talk about before you move in, plus separate editions for men and women. $167 one-time, 60-day money-back guarantee.

#ad [YOUR HOPLINK]

Instagram

#ad Your first real argument as a couple might be good news.

One idea from Amy Waterman's course Connect And Commit: conflict shows up in every relationship that's going somewhere. The couples who last learn to disagree without trampling on each other, and the first fight is the first chance to practise.

The course also has a three-part way to handle 'The Talk' and a 6-step timeline of how commitment develops.

Link in bio (affiliate link).

#ad #relationshipadvice #commitment #healthyrelationships #couplesgoals #datingadvice #relationshiptips #communication

X / Threads

Commitment tip I keep thinking about: never give an ultimatum. If someone hasn't chosen you freely, pressure only gets a rushed answer. Amy Waterman's Connect And Commit covers what works instead. #ad [YOUR HOPLINK]

Pinterest

Pin title: Before You Give an Ultimatum, Read This

Description: Why pushing for commitment tends to backfire, and what helps a relationship grow closer instead. Connect And Commit by Amy Waterman includes a 6-step timeline of how relationships develop, a three-part strategy for 'The Talk' and 20 commitment do's and don'ts. Affiliate link.

Board ideas: Relationship Advice, Healthy Relationships, Dating Tips for Women

Alt text: A woman sitting on a sofa holding a mug and looking thoughtfully out of a window

#relationshipadvice #commitment #datingtips #healthyrelationships #ad

TikTok / Reels / Shorts

30-second script

[0-3s, to camera] "The speech you're rehearsing might be what pushes them away."

[3-10s] "I mean the 'where is this going?' speech with a deadline on the end. An ultimatum gets you an answer, but it's a rushed one, and people often regret rushed answers."

[10-20s] "A course I've been looking at, Connect And Commit by Amy Waterman, says do the opposite: be someone they're clearly better off with, back their goals, and don't ration your affection to get your way."

[20-27s] "It also maps out six stages relationships move through, so you can see where you two actually are."

[27-30s] "Link in my bio. It's an affiliate link, so I may earn a commission."

On-screen text at start: #ad

#ad #relationshipadvice #commitment #datingtips #couples

YouTube description

This video contains an affiliate link. If you buy through it I may earn a commission at no extra cost to you.

Connect And Commit by Amy Waterman (separate editions for women and men):

[YOUR HOPLINK]

What you get, according to the sales page:

- A 330+ page ebook on building long-term commitment

- The whole book as audio, read by the author (over 9 hours)

- Over 4 hours of interviews with relationship experts, with transcripts

- Price: $167 one-time, with a 60-day money-back guarantee

Results vary and no course can make another person commit. Use what's useful and leave the rest.

Instagram Story (3 frames)

Frame 1: (photo of a couple talking at a kitchen table) "Dreading 'the talk'?"

Frame 2: "Try three parts: say what you feel, say what you need, then ask what they need. No deadline, no verdict."

Frame 3: "The full strategy is in Connect And Commit. Tap the link. #ad (affiliate link)"

#ad