



COMPANION EBOOK

Magnetism

A guided path to confident dating – a practical guide to using the online program, building grounded confidence, and showing up for dating as yourself.

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Companion to the online
Magnetism program

A note from Matthew

Magnetism is not a system for becoming irresistible. It is a system for becoming more available to real connection.

Dating can make intelligent, capable people behave as if every interaction is an exam. We monitor our face, our words, our timing, the other person's response, and the imagined meaning of every pause. The harder we try to produce chemistry, the less present we become for the person sitting in front of us.

I built Magnetism to move in the opposite direction. The online program helps you notice the patterns that make dating heavier than it needs to be, practice skills that make connection easier, and choose actions that are aligned with your values instead of your fear. This book gives you more room around that experience. Use it to think, write, rehearse, and return to the ideas after the screen is closed.

The goal is not a more polished version of you. The goal is a more present one.

HOW TO USE THIS EBOOK

Keep the online Magnetism program open on your phone or computer. Complete one section online, then read the matching ideas here. Write directly in the exercises if you print this book, or keep a separate note. Do not rush to finish. The useful part is what changes between sessions.

Inside this guide

Use this book in order the first time. After that, return to the chapter that matches what is happening in your life right now. The online program is the active experience; this ebook is the place to slow down, reflect, and turn insight into practice.

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01 Start Here: What Magnetism Is

Magnetism begins with a distinction: being chosen is not the same thing as being connected.

The dating version of Magnetism is NexSpark's guided path to confident dating. It sits beside matchmaking rather than replacing it. Matchmaking asks who may fit your life. Magnetism asks how you want to show up when a real person is in front of you.

That makes Magnetism less about tactics and more about conditions. Attraction is easier to experience when both people can actually pay attention. Curiosity is easier when neither person is trying to control the outcome. Boundaries are easier when you believe losing a bad fit is not a failure. Confidence is easier when your job is to discover, not to audition.

You do not need to become louder, smoother, flirtier, or more extroverted. Magnetism can look quiet. It can look like a person who listens without disappearing, speaks clearly without overselling, and lets warmth show without demanding a particular response.

THE FOUR JOBS OF MAGNETISM

- Notice what happens inside you when dating becomes emotionally important.
- Reduce performance behaviors that hide your real personality.
- Practice presence, communication, and boundaries in low-stakes ways.
- Turn insight into repeated real-world behavior, not just something you understand intellectually.

WORKBOOK · DEFINE YOUR VERSION OF CONFIDENT DATING

When dating goes well for me, I want to feel...

I want the other person to experience me as...

Three behaviors I want to stop using to manage someone else's opinion of me:

02 How to Use the Online Program

The online experience works best as a practice loop, not as content to consume.

Open NexSpark Magnetism at nexspark.com/magnetism. The program is interactive and may evolve over time, so treat the live experience as the source of truth for the exact screen labels and sequence. This ebook explains how to work through whatever module is in front of you.

When a screen asks you to reflect, answer for what is true, not for what sounds emotionally healthy. A useful answer can be messy. If you are tempted to write what you think the program wants, that temptation itself is data.

Move through the program in small sessions. One meaningful section followed by a real-world experiment is more useful than completing the whole experience in a sitting and changing nothing.

THE MAGNETISM LOOP

- 01 Check in: name your current state before trying to improve it.
- 02 Read or complete the current online section.
- 03 Reflect: write what felt true, irritating, surprising, or difficult.
- 04 Choose one small behavior to practice in real life.
- 05 Return and report honestly on what happened.
- 06 Use the team check-in when you need human support or clarification.

NOTE

Do not optimize for completion

There is no prize for finishing quickly. If a module exposes something you have been avoiding, staying with that one idea for several days may be the most productive use of the program.

WORKBOOK · SESSION TEMPLATE

What did the online section ask me to notice?

What did I recognize in myself?

What is one small action I will test before my next session?

What happened when I tried it?

03 Your Baseline: Notice Before You Change

Before changing your dating life, learn what your nervous system, attention, and habits already do.

A baseline is a description, not a diagnosis. Notice what happens before a date, when someone is slow to reply, when you are attracted to someone, when you are unsure whether they like you, and when you know you are not interested.

Common patterns include overpreparing, replaying conversations, becoming unusually agreeable, pulling away before the other person can reject you, confusing intensity with compatibility, or deciding the entire future of a connection before the second date.

The online program may ask questions that surface these patterns. Do not flatten them into labels. The useful question is behavioral: what do I actually do when I feel uncertainty?

BUILD A DATING PATTERN MAP

TRIGGER	WHAT I FEEL	WHAT I DO	WHAT IT COSTS
No reply	Uncertain	Check phone repeatedly	Attention leaves my life
Strong attraction	Hopeful / anxious	Overshare or overinvest	I skip discovery
Awkward pause	Exposed	Fill every silence	Less room for real rhythm
I am not interested	Guilty	Keep it going anyway	Mixed signals and resentment

WORKBOOK · YOUR BASELINE

A dating situation that reliably changes my behavior is...

The first physical sign I notice is...

The behavior I use to regain control is...

A more grounded response could be...

04 Confidence Without Performance

Confidence is not the belief that a date will go well. It is the belief that you can handle the truth of what happens.

Performance confidence depends on evidence that you are being liked. Grounded confidence survives mixed evidence. You can enjoy someone, be uncertain, ask a direct question, hear no, and remain intact.

This is why confidence practices should not begin with charisma. Begin with tolerating small moments of visibility: state a preference, disagree gently, choose the restaurant you actually like, admit you do not know something, or let a compliment land without deflecting it.

The paradox is that reducing performance often makes someone more compelling. People get access to an actual person instead of a carefully managed presentation.

REPLACE PERFORMANCE WITH PARTICIPATION

INSTEAD OF	TRY
How do I make them like me?	Do I like who I am when I am with them?
What is the perfect text?	What is the clearest honest text?
How do I avoid awkwardness?	Can I stay present through ten awkward seconds?
What if they reject me?	What information would a no give me?

WORKBOOK · ONE DEGREE MORE VISIBLE

A preference I often hide on dates is...

A truth I soften because I want to seem easygoing is...

One small way I can be more visible this week is...

05 Presence: Be Where You Are

Presence is the skill that makes every other dating skill possible.

You cannot be curious while running a private evaluation of yourself. You cannot hear nuance while planning your next line. Presence means putting more attention on the shared moment than on your internal scoreboard.

Before a date, reduce cognitive noise: know where you are going, arrive with enough time, silence unnecessary notifications, and give yourself a transition between work and the date. During the date, notice when attention collapses inward. Use a physical anchor — feet on the floor, breath, the temperature of the glass in your hand — and come back.

Eye contact, pauses, laughter, and warmth work best as consequences of attention, not techniques. If you are truly listening, many of the behaviors people call charisma happen by themselves.

PRACTICE

The 3-second return

When you notice yourself spiraling, silently do three things: name one sensation in your body, notice one concrete thing in the room, and return to the last thing the other person actually said. You do not need to fix the anxiety before rejoining the conversation.

WORKBOOK · PRESENCE REHEARSAL

The moment I most often leave the conversation mentally is...

My easiest physical anchor is...

One phone or logistics habit I can change before dates is...

06 Communication That Creates Connection

Good conversation is not an interview and not a performance. It is a rhythm of attention, disclosure, and response.

Questions matter, but follow-up matters more. A person feels known when you stay with something they said instead of using their answer as a bridge to your next prepared topic.

At the same time, curiosity without self-disclosure can feel clinical. Let the conversation move both ways. Offer details with enough texture for the other person to respond to. Instead of saying you like travel, tell them about the trip where everything went wrong and you still loved it.

Directness is also magnetic. If you enjoyed the date, say so. If you want to see them again, ask. Clarity removes the exhausting layer of strategic ambiguity that makes modern dating feel like codebreaking.

A USEFUL CONVERSATION RHYTHM

- | | |
|---------|--|
| OPEN | Start with the world you are both already in. |
| FOLLOW | Stay with one interesting detail rather than changing subjects too fast. |
| REVEAL | Answer with something real about yourself. |
| DEEPEN | Move from facts to meaning when the moment earns it. |
| LIGHTEN | Let humor and ordinary talk breathe between deeper moments. |

WORKBOOK · CONVERSATION PRACTICE

A question I ask because I am genuinely curious, not because it is a good dating question:

A story about me that reveals more than a list of facts:

A direct sentence I can use when I want a second date:

07 Boundaries, Consent, and Self-Respect

Boundaries are not walls around connection. They are the structure that lets connection be voluntary.

A boundary is clearest when it describes what you will do, not what another person is allowed to be. You can ask for a behavior, say what works for you, and decide what you will do if the fit is wrong.

Consent should be active, mutual, and revocable. Chemistry does not override hesitation. Attraction does not obligate access. A date going well does not create a debt. The safest version of confidence includes the ability to hear no without argument and to say no without apology spirals.

Self-respect also means believing your dealbreakers before you are emotionally attached. NexSpark matchmaking treats explicit dealbreakers as rules rather than suggestions; your personal dating behavior should do the same.

BOUNDARY LANGUAGE THAT STAYS HUMAN

"I like taking this a little slower."

"I am not comfortable with that."

"I had a good time, but I do not think this is the fit I am looking for."

"I would like to see you again. Are you interested?"

"I am going to head home, but thank you for tonight."

Safety is not a confidence test

If something feels unsafe, coercive, or wrong, you do not owe the situation a graceful ending. Leave, contact someone you trust, or get help. The live Magnetism experience includes crisis and sexual-violence support information for a reason.

WORKBOOK · BOUNDARY INVENTORY

A boundary I tend to negotiate away when I am attracted to someone:

A no that I need to become more comfortable saying:

A no that I need to become more comfortable hearing:

08 Dating in Real Life: Before, During, After

A date is easier when you stop asking it to prove your future and let it answer the next reasonable question.

BEFORE

Choose conditions that help you be yourself: a public place, a reasonable duration, transportation you control, and enough time that you are not arriving dysregulated. Set one intention that you control, such as “I will be curious and honest,” rather than “I will make this go well.”

DURING

Pay attention to how the interaction actually feels. Are you relaxed enough to have a personality? Do they ask questions back? Does the conversation have room for both people? Can you disagree or be imperfect without feeling punished? Attraction matters, but so do reciprocity, respect, and ease.

AFTER

Do not immediately turn the date into a courtroom. Give yourself a little space, then answer three questions: Did I enjoy them? Did I enjoy myself around them? Is there enough curiosity for one more meeting? You rarely need a lifelong verdict after one evening.

WORKBOOK · POST-DATE DEBRIEF

What did I genuinely enjoy?

When did I feel most like myself?

What did I ignore because I wanted it to work?

Do I want another date, or do I only want to be wanted?

09 Patterns, Rejection, and Recovery

Rejection hurts because connection matters. Magnetism does not remove that; it changes what you do with the pain.

A useful rejection practice separates event from identity. “This person did not choose another date” is an event. “I am unchoosable” is a global conclusion your brain manufactured from it.

Likewise, strong chemistry is not proof of fit. Familiar emotional patterns can feel compelling precisely because they are familiar. If a connection repeatedly makes you anxious, uncertain, or small, intensity is not automatically evidence that you should pursue it harder.

Recovery means returning attention to your actual life. Sleep, friendships, work, exercise, hobbies, and ordinary routines are not distractions from dating; they are the structure that keeps dating in proportion.

PRACTICE

The 24-hour rule

When you receive a disappointing message, avoid sending your most emotionally loaded response immediately. Give the feeling time to become information. Then answer only what needs answering, with clarity and dignity.

WORKBOOK · REJECTION WITHOUT SELF-ERASURE

The story I usually tell myself after rejection is...

The observable facts are...

What I would say to a friend in the same situation is...

The next life-giving thing I can do is...

10 Your 30-Day Magnetism Practice

The program becomes real when you can point to repeated behavior that is different from thirty days ago.

Use the online program as your weekly anchor and this plan as the bridge into real life. Keep the assignments small enough that you will actually do them.

WEEK 1

Notice

Complete your baseline. Track triggers, body cues, and performance habits without trying to fix them.

WEEK 2

Become visible

Practice one honest preference, one clear invitation, and one clean no.

WEEK 3

Practice presence

Use the 3-second return in conversations. Put the phone away. Follow up on what people actually say.

WEEK 4

Date from clarity

Use the before/during/after debrief on every date or dating interaction. Choose reciprocity over ambiguity.

YOUR MAGNETISM SCORECARD

- ☐ I spend less time trying to control another person's opinion.
- ☐ I can state preferences without overexplaining.
- ☐ I notice attraction without making it destiny.
- ☐ I recover faster from uncertainty and rejection.
- ☐ I can ask directly for what I want.
- ☐ I leave situations that violate my boundaries.
- ☐ I am more interested in discovering fit than winning approval.

THE FINISH LINE

You have not “completed” Magnetism when you stop feeling nervous. You have completed the first cycle when nervousness no longer gets to make every decision.

Program notes and sources

This companion guide is written for NexSpark and is designed to be used alongside the live Magnetism experience. Product wording and screens may evolve as the online program is improved. When this book and the live program differ, follow the live program.

OFFICIAL NEXSPARK PAGES REFERENCED

nexspark.com/magnetism

Magnetism: A Guided Path to Confident Dating

nexspark.com/help

How NexSpark matchmaking works

nexspark.com/science

The science behind NexSpark

nexspark.com/founder

Founder letter and product philosophy

IMPORTANT SAFETY NOTE

Magnetism is educational and reflective. It is not psychotherapy, medical care, crisis care, or a substitute for professional treatment. If you are in immediate danger or crisis, contact local emergency services. In the United States, call or text 988 for the Suicide & Crisis Lifeline. For sexual violence support, the NexSpark dating program also points users to RAINN at 800-656-HOPE and rainn.org.

ABOUT THE AUTHOR

Matthew Firth is the founder of NexSpark. He built NexSpark around a simple idea: technology should help people get into better real-world connections, not keep them endlessly engaged with a feed. Magnetism extends that idea inward, helping people show up with more clarity, confidence, and intention once the opportunity for connection is in front of them.

