

The Art of Approaching

How to meet AMAZING women without fear of rejection!

2nd Edition

By
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INTRODUCTION

When I first sat down in 2004, my goal was simple. I wanted to write an easy, step-by-step manual on how to meet women.

Nothing more, nothing less.

I wanted to do this because I felt like a lot of the books on the internet that dealt with dating and seduction, though they may have had excellent stuff, didn't really address this crucial skill as much as they should.

Meeting women is the first and most important step in any interaction with them. If you aren't able to meet them, then you will never be able to interact with them, date them, or even have sex with them.

Back in the day, I was hopeless with women. Just one look at a beautiful girl with smooth skin, silky hair, and big bright eyes would freeze me in my tracks. And through much trial and error, I was able to go from meeting no women at all, to meeting four to five new ones a day. Now, I find it easy to go out and meet women anywhere I am (something which would have seemed impossible to the old me).

So that's why I originally wrote *The Art of Approaching*. I wanted to share my experiences with others who have the same problem meeting women I did, and hope that it could help them.

And I succeeded in that. I've gotten emails from guys thanking me because my book helped them to meet their current girlfriend or wife (some guys even email me regularly to tell me about all the women they're sleeping with because I helped teach them how to approach!), and that always makes me feel like I've made a difference.

But along with those success stories, I also got a lot of questions and suggestions. People would write in asking things like "What do I do AFTER I meet the girl?" "How do you keep the conversation going?" "How do I feel more confident with women?" "There's a girl I like, how can I flirt with her?" "How can I make more friends?"

All the same questions started popping up over and over again, and though I'd often address them individually in email, I felt that my readers were telling me something – that they wanted more than I was giving them.

That's when I decided to revise *The Art of Approaching*.

You'll find a great deal of extra material in the second edition of this book, most notably the chapters on Confidence and Flirting. But every new page in this book stems from experiences I've had in my life and how I dealt with it. Just like the original *Art of Approaching*, you won't find a single subject in this book that I, myself, have not struggled with and figured out through trial and error.

I'm very proud of this new edition of the book, because it's a culmination of everything I have learned since its initial release.

I hope you will not only read this book, but learn from it and apply what I'm sharing to your life in efforts to improve it. Self-improvement, after all, is an ongoing process and you should never stop trying to make yourself better.

In my mind, *The Art Of Approaching* encompasses so much more than just "approaching women." It's about approaching maturity, success, and happiness. You know you aren't quite where you want to be just yet, and you're looking for a guidebook to help you find your way. I hope this book will be your guide.

Once you incorporate these teachings in your life, please email me and share your success stories. I always love to hear how my readers are able to change their lives. And if you have a question, I'm always available to help if I can. You can email me directly at thundercat@artofapproaching.com.

So without further ado, please enjoy *The Art Of Approaching 2nd Edition*.

Wishing you success,

Thundercat

THE ART OF BODY LANGUAGE

You don't have to be male-model good looking, incredibly smart, or incredibly rich to be attractive. But you need to have something that's far more important than any of those things. Something that is always with you and always projecting definitive signals which are imperative for a romantic encounter with a woman.

The right **Body Language**.

With the right body language, when you enter a room, you will signal the "I'm available, I'm masculine, I'm aggressive, and I know what I'm doing" vibe to every woman there. And when you have your target in your sights, you can quickly and easily communicate to her "I'm interested in you, you attract me, and I want to get to know you better."

Women pick up on the subtle signals men put out. It's time you learned how best to use them to your advantage. And the best way to do this is to *learn how to use your body*. This is something everyone can learn how to do, and can help put you on equal footing with guys who are better looking than you are!

What Your Body Language Should Be

Your appearance is part of your Body Language. Not the appearance you're born with, however, but the way you shape how you look. It is through how you rearrange your appearance that you transmit your sexuality to others.

When you see a beautiful woman with an average or below-average guy, and you ask her why she finds him attractive, she may say something along the lines of "I don't know. It's just something about him that he has... like an energy or an aura."

Actually, it's nothing of the sort. In part, it's how a man dresses that communicates certain things to a woman: the type of shirt you wear, the pants you put on, the jackets and ties you don, your hairstyle, the way you shape your facial hair if you have any, the length of your sideburns, your tan, the whiteness of your teeth – all these factors contribute to the immediate image people get of you when they first see you. But even more important than these things is how you *stand* and how you *walk*.

When you move, move with grace. I'm not talking about a ballerina type of grace here, but rather an "arrogant" sort of grace that will garner attention. In fact, you can directly translate arrogant grace into "macho swagger." Think of the way Russell Crow, Bruce Willis, Brad Pitt, and Mel Gibson walk, and you'll get an idea of what this is. Its standing straight, shoulders slightly back (not hunched over), walking and moving with an easy confidence that's sure to get people's attention.

Keep your hands out of your pockets. When you put hands in your pockets, you look like you have something to hide. By the same token, don't cross your arms. Crossed arms make you look guarded and stand-offish.

If you're looking for something to do with your hands, lock your thumbs in your belt above your pants pockets, with your fingers pointing down to your crotch. If you lean up against a wall or a bar, thrust your hips forward slightly (not too much, remember to be subtle!). This is a stance meant to communicate male sexuality.

You may think this is funny, me giving you advice which is basically the equivalent of "Point to your dick!!!!" But look at the psychology behind it.

How many times have you seen this type of pose on TV or in the movies? Not by the hero, of course, but by the sexy bad boys that women so often swoon for? When the bad boys do it, it signals to everyone who sees them "I'm a sexual threat. I am a dangerous man for a woman to want to be with. I am a man and I make no apologies for what I want!"

On a smaller scale, this is exactly what you are communicating as well. But in the bigger picture, your goal should be to cultivate an aura of sexuality that will fascinate the available women around you.

Don't be afraid to take up space. Especially if you're in a crowded area. You can communicate this in how you stand and how you sit. Stand straight up, shoulders back, legs shoulder-length apart, and hold your ground. Don't let others crowd you. Too often, men will shrink their personal bubble in crowded areas so as not to touch others. Don't do this. Make physical contact with those around you and take up space. This communicates a type of dominance to others, when they see others giving you the space you want.

When you sit, lounge. Be comfortable. Sling your arm around the back of the chair. Expose your crotch. Lean back. Show you're at home with where you are. (Note: This doesn't mean you have to sit like this constantly. Just communicate that you're comfortable).

Part of doing this is learning how to read a woman's body language as well as projecting yours. Learn to size up the women around you and figure out who's interested. Look at the way they stand or sit. Make your choice and catch her eye. If she's interested, you'll see her respond to you in some fashion. If she doesn't, you might want to consider moving on to a different target.

Be aware of how her body responds to you while you're talking. Are her arms clasped defensively? Open your arms up in response. Is her posture stiff and rigid? Relax your body as you talk to her. Is her face drawn tight? Smile at her and relax your look.

In other words: ***Answer her body signals with opposite and complimentary signals of your own.***

This works because you are essentially brushing aside her bad body language and intruding with your own. Unconsciously, other people want to open up with you, you just need to make them feel comfortable enough to do so. When you respond with the opposite body language, you communicate to the woman you're with that you're relaxed and open, and that it's safe for her to do the same.

How To Read A Woman's Body Language

The old saying is “Actions Speak Louder Than Words,” and nothing could be more true. If you can learn how to read what a woman's body tells you, you will always know which women are interested and open to your advances, and which women you're wasting your time with.

These body language cues are what I like to call “Approach Invitations.” They're gestures that signal a willingness and openness to talk to you. They can also be strong indicators of attraction, so keep your eyes open for them, you'll know what you're doing is working!

Basically, approach invitations are the same for both sexes (after all, we're more alike than we sometimes like to give ourselves credit for!), but here's a short list of common Approach Invitations to be on the lookout for:

- Touching the hair
- Smoothing the clothing
- One or both hands on hips
- Foot and body pointing towards you
- Extended intimate gaze
- Increasing eye contact

Another big thing to note is that excited interest and attraction causes **pupil dilation** and a **flushed appearance in the cheeks**, so when talking to a woman, always note what her eyes are doing. The more the pupils are dilated, the more attraction she is experiencing! Pupil dilation is always a big indicator of interest because women have ABSOLUTELY NO CONTROL over it! It's an unconscious bodily response to stimuli that they can't control. Now, keep in mind, if it's dark or she's under the influence of drugs, her pupils will naturally dilate. But all things being equal, this is a great sign to look for. We'll go more into pupil dilation later on.

Another big sign is the **Head Toss**. This is when the head is flicked to toss her hair back over her shoulders or away from her face. You've seen this type of action in pretty much every shampoo commercial ever made. The funny thing is, even women with short hair do this! So keep an eye out for the tried and true head toss.

Another sign of attraction is when a woman **exposes her wrists** to you. A woman will gradually expose the soft, smooth skin of her wrists towards men she is attracted to. Why this is, I don't know. Maybe it's because the skin around the wrists is thin and therefore

highly erotic and sensitive. This also exposes the palms of the hands, which is an “accepting” gesture, like she’s offering you to take her by the hand and lead her into the bedroom. You’ll often see this signal with woman who smoke. Watch their wrists. If they expose their wrists to you while she’s holding her cigarette, she’s telling you something!

This next one should be pretty obvious. **OPEN LEGS!** If a woman’s legs are open towards you, guess what – that’s a pretty big “GO” signal. Now, don’t expect a woman to go full spread-eagle on you when giving you this signal. Usually it’s very subtle, like if she uncrosses her legs to expose a slight gap.

Look at **a woman’s hips** when she walks as well. The hips naturally have an accentuated roll to them when walking. This is nature’s way of highlighting a woman’s pelvic region. If a woman is walking with an obvious roll of the hips, she’s signaling something to every man in eyeshot – she’s looking for a guy to sweep her off her feet!

The **sideways glance** is another fantastic approach invitation. Its kind-of like a “peek-a-boo” motion. This is when a woman will hold a man’s gaze just long enough for him to notice, then looks away. This is a typical flirting look, and she may do it numerous times, as if she’s seeing if you’re going to come talk to her or not. Watch out for the sideways glance that occurs over a raised shoulder! When she’s almost turning around to face you, that’s a sure sign she wants to talk to you!!!

Pay close attention to **a woman’s mouth**, and you will get a good idea if she’s open to your advances. A slightly open mouth with wet, glistening lips is a definite sign a woman is open to being approached. It gives off a distinct sexual invitation. Pay attention to whether or not a woman licks her lips while talking to you, and you’ll know she’s getting aroused.

Look at what **her hands** are doing as well. Women who fondle cylindrical objects, such as cigarettes, fingers, drinking glasses, and a number of other thin objects, are signaling an unconscious indication of what they may have in mind.

One of the biggest signals to look for is how women **cross their legs when they sit**. If you look at how guys sit, we will often sit with our legs apart, displaying our crotch for all to see, because we’re always open for business! But when women cross their legs, it’s a gesture of protection for their genital area. When women position their legs in ways that make their genitals more vulnerable, you have a major GO signal.

The first big leg cross signal is **the knee point**. This is when one leg is crossed under another, taking the shape of an upside-down “L,” where the knee of the leg that’s tucked in points at the person the girl is interested in. This knee point position is a relaxed one that you’ll see girls use often.

When a woman crosses her legs and **presses one leg firmly against another**, so that the calf of her crossed leg is pressed against her other leg, this gives the impression of high

muscle tone in the legs, and can drive some men crazy at the sight of it. In this position, women are also able to expose more of their thigh, which is meant to communicate sexuality.

If a woman is **playing with her shoe** or gently **stroking her thigh** while her legs are crossed, this can be an indication of interest as well. Both actions are meant to call attention to her legs (and by the same token, her genital area). Also, notice if she crosses her legs slowly in front of you. This is a major signal that she wants you to notice what's between there!

Remember the golden rule of picking up women: **PAY ATTENTION!** Keep your eyes peeled for the gestures and signals women who are open to meeting you give off. It will make your job a million times easier!

How To Touch A Woman

Don't be afraid to touch women you're talking to in order to help strengthen the comfort and connection you're building with her. Subtly touching her on the forearm or shoulder when you start to tell her something new can do wonders. If she starts to touch you back, she is signaling that she feels comfortable enough to invade your personal space.

Depending on where you touch a woman, she's going to signal how comfortable she is with you. Typically, the hand, wrist, forearms, shoulders, and knee are the "low risk" zones. They're areas of a woman's body you can touch to initiate contact with her.

The next step up from that is the elbow, the waist, the thighs, the hips, and the back. This is slightly more intrusive and requires greater comfort on the woman's part to allow you to touch there without her retreating.

Finally, there's the face, neck, inner thigh, and chest area. You can only successfully touch a woman in these areas if she is completely comfortable with you. Typically, if you notice you can touch these areas without the girl retreating or reacting badly, she is ready to be kissed.

Always Watch The Eyes

The eyes are the window to the soul. They will always betray what a person is thinking, if you're deft enough to pay attention to them.

I'm going to share some secrets about eye contact with you that is going to help you meet women like crazy. I hope you're ready for them, because I'm really spilling the beans here.

Are you ready for it?

Here they come...

Secret #1: The Vertical Scan

This is a major body language cue, and one that is hard to pick up if you're not paying attention. Think about a woman you've seen that you found attractive. What did you do? Catch one look at her face, then looked down over her body, going from head to foot, right?

In short, you were *checking her out*.

Women do the same thing. When they see a man they're attracted to, their eyes will go from his face to his feet, because they want to see the whole package.

When you make eye contact with a woman, look at what her eyes do. If they flick downwards, guess what? *She just checked you out!*

She liked what she saw in your face, and wanted to see the rest of you. It doesn't matter if she looks away immediately afterwards, because she was attracted enough to you to check you out. That, my friends, is a major signal that she will be open to you approaching her (especially if the vertical scan is followed by a smile!).

The only problem with this great signal is that it's so easy to miss! Women you haven't noticed yet may have already done it. Also, it's such a quick action, you can easily miss it if you're not careful.

So when looking for the eye scan, always pay careful attention!

Secret #2: The Horizontal Scan

This is one of my favorite body language cues, because when this happens, you know you're in the home stretch!

This usually occurs after you've been talking to the girl for a while, you've successfully attracted her, and it's time to kiss. When you look deep into her eyes, you'll see them flicking back and forth as she looks from one eye of yours to the other, trying to get a read on you.

When you see this happen, go for the kiss right there! She's ready for it!

Secret #3: Dilated Pupils

I've mentioned this one before, but I'll reiterate it here. A woman's dilated pupils is an unconscious attraction response. The wider the pupils, the more attracted and excited the woman is getting.

You'll know what you're doing is working when you look into a woman's eyes and notice the black iris part is rather large. This is commonly referred to as the "Doggy Dinner Look," that you'll see in cartoons when a dog is silently begging for it's master to feed it.

The problem with dilated pupils is that other factors can affect its interpretation. For instance, if it's dark in the room the two of you are in, her pupils will naturally dilate to let in more light.

By the same token, if the woman is drunk or using drugs, her pupils will be dilated as well, because other stimulants are working to excite her body. So be aware of the different factors at play when reading your target's pupil dilation.

Secret #4: The Eye Contact Test

I think you're really going to like this secret, because I'm going to share a little trick with you that I've developed that really makes it easy to meet a woman.

Too often, guys are simply too nervous to approach a girl because of the extreme amount of uncertainty involved. Think about it. What runs through your head when you want to meet a woman?

- "Am I her type?"
- "Does she have a boyfriend?"
- "Will she find me attractive?"
- "Maybe she's too busy to meet anyone."
- "Will she be receptive to me talking to her?"

I'm sure you can think of a 100 more things that run through your mind when you see an approach opportunity come your way.

If you get scared or nervous when this happens, it's because of one thing:

UNCERTAINTY.

You don't know how the girl you want to approach is going to respond! So your scared because the outcome MIGHT be negative!

Well, worry about this no more, because with this little trick I'm going to share with you, you'll never have to worry about a negative reaction again.

This little trick is so simple, ANYONE can do it! And it's a 100% fear free tactic.

We all know that eye contact is important, but something funny happens when we make eye contact with another person. We become COMPELLED to respond to them in some fashion. When it comes to women, you can use eye contact to find out if she's open to meeting you. In fact, in a way, she'll be opening YOU!

So here's what you do...

The next time you see a woman you want to meet, LOCK your eyes on her! Seriously, just stare at her eyes, even if she's not looking at you.

When people are out and about, they will usually look around to keep aware of their surroundings. This is an unconscious thing we all do. Eventually, the woman you're locking onto will look around to scan the area.

When she comes to you, her eyes will invariably meet yours, and you'll be locked in eye contact.

When that happens, simply SMILE at her.

If she smiles back, guess what? She's OPEN TO YOU MEETING HER. If she doesn't, then move on to someone who is.

And when she does smile back, say "Hi!" And if she responds, you're in! Go right into your opener.

I like to use this tactic in low-key situations, like grocery stores, coffee shops, book stores, etc. Even though it can work just as well in bars (as long as the light is high enough that she can actually SEE you!).

Often times, after you smile, the girl herself will say "Hi!" and then the rest is easy.

The next time you go out, do this to every woman you see. Lock your eyes onto them and see what happens. I guarantee you, you'll be surprised by the results.

THE ART OF CONFIDENCE

It's always been my belief that "Inner Game" is the most important aspect of not only meeting and enjoying women, but living a rich and fulfilling life.

Yet, so few people I have met truly have good Inner Game. Even some of the best Pick-Up Artists that I have had the great pleasure of meeting and hanging out with don't seem to have a grasp on this part of their personal growth.

What is this "Inner Game" that so many people seem apt to talk about and discuss at length, but which seems to elude everybody?

I look at Inner Game as a kind of internal mindset and belief system which affects your actions, thoughts, and speech. Everything you are stems from this set of beliefs.

These beliefs are created at an early age, influenced by parents, siblings, friends, and life experiences. But we also have a say in how we choose to process these influences, and that determines how we play the game of life from within these little vehicles we call our "bodies."

We even give a name to try and encapsulate all that Inner Game is meant to encompass: *Confidence!*

But that only creates more confusion, because now we have one word that defines many different beliefs (all of which vary from person to person).

Everyone tries to "be confident" in order to try and define what these beliefs are for them. Some people try "faking it until they make it." Others ignore it and try to make due with what they have. Still others stay stuck, and never truly discover what confidence is.

And confidence is never more apparent than when it comes to dealing with women. Too often, men get their sense of confidence from the validation of women who tell them they're good looking, or smart, or talented, or prove it to them by sleeping with them. Maybe that's why men so crave sex, because once the act of sex is over, that validation quickly fades into memory and we go about looking for our next fix.

Confident people don't need sex. In fact, they are often willing to walk away from it. They distance themselves from people they don't like, and they are unafraid to take risks. Why is this?

I believe it is because confident people supply their own sense of validation. They don't need others to feel good about themselves. They have such an amazing set of beliefs and see the world from such a position of strength and security that they aren't afraid to lose something they want in order to have something they feel they deserve: Self Validation.

But it's not the people with confidence this section is meant to address, since people who have confidence have very little problems in getting what they want. No, I mean to address people who DON'T have confidence. People who have yet to strengthen their "inner game."

I've gotten so many emails from guys looking for advice, trying desperately to figure out what's wrong with them and how to feel better about their lives. I know I used to be one of those guys (and still am in certain respects).

Let's take one of these guys as an example. Let's say JoeBlow is an unconfident guy who's lonely. He doesn't have a girlfriend, or any girl "friends," and few guy friends for that matter. He hardly ever leaves his house, except maybe to go to work, and he spends most of his time surfing the internet looking for a way to fix his life, which he feels is the most pathetic thing on the planet.

Then, one day, through some stroke of luck where the Gods smiled upon him, he meets a girl and she agrees to get together with him again (like, on a date! Gasp!)

So JoeBlow is excited, but fearful as well. He believes that it was a complete fluke that this sexy girl would agree to date him, and he doubts his luck would hold out for long.

So he nervously tries to figure out what to do with this girl now that he's got her. He wants to please her, he wants to keep her, but most of all he wants one thing and one thing only – to stop feeling so anxious.

Instantly, every possible worst-case scenario runs through his head. What if she doesn't like the restaurant? What if she calls and cancels? What if everything goes great and he's so nervous that he's lousy in bed? No matter what, she's going to discover what a big LOSER he is.

All this is happening because JoeBlow completely and utterly lacks confidence.

A confident man would not waste his time thinking about these things. Instead, he'd be thinking about how much he loves the food at the restaurant he's going to take her to, about how he'll find something else fun to do if she cancels, about how good her pussy is gonna feel when he bones her (whether she cums or not).

There is a fundamental difference between the "confident" and "unconfident" mindsets, and it's not about being "selfish" like you might think the Confident Guy is like, or about being an utter "pessimist" like JoeBlow. It's about how they see the world they live in.

Be aware of this little fact: ***Confidence is based on how you see the world around you.***

People damage their potential for confidence by acting like psychic mind readers. They construct a skewed view of the world based on their assumed notion of what others think and feel.

Magical predictions about failure confirm the way you are used to feeling about yourself. When men generate so much shame about anticipated failure and supposed subsequent rejection, their sexual arousal quickly fades. They stop having fun. They set a down-tone for any interaction they have. They think they will fail, and will be rejected by the woman they so desperately want to impress.

So many guys are genuinely thinking about every woman's likely response (after all, us men are problem solvers by nature, and tend to look at every possibility). But the cold, hard truth is that *we are only thinking of ourselves!*

We trust our immature, shame-based, self-critical feelings, and then believe our embarrassing predictions are really going to happen! Our suspicion and mistrust has nothing to do with each other and everything to do with our own utter lack of confidence.

FACT: *People who lack confidence are self-centered.*

I know this because I am extremely-self centered. Most “nice guys” are. This is where the fallacy of “Nice Guys vs. Ass Holes” lies. Nice Guys tend to be the most self-centered people out there. All their actions are in an effort to please others so they can get that “validation fix” they so desperately want.

Therefore, their motives are selfish.

Ass Holes don't need anything from anyone. Therefore, their actions of kindness are completely selfless, because they expect nothing in return.

Nice Guys tend to judge themselves quite harshly.

Ass Holes don't bother to judge themselves. It's a waste of their time.

Therefore, it is easy to say that people who lack confidence are in a perpetual state of judgment. All day, every day, they sit in a jury box and judge themselves – over and over again.

People who lack confidence simply do not understand other people. They nervously see others as judgmental and projecting because that's how they are, and they think everyone else must be exactly the same way.

In order to offset their own negative feelings about themselves, many will pour blame and criticism onto others, and never look at their part of the problem, which is this:

The way you judge yourself forms your view of other people.

If you judge yourself critically, you see others as judging you in the EXACT SAME WAY. And when you live in a world where everyone judges you as harshly as you judge yourself, it is impossible to feel good and be confident.

Confidence Destroying Myths

The belief that everyone sees you in the way you see yourself can be traumatic, especially if you are self critical to the extreme. It's enough to make you want to lock yourself away from the outside world and live as a hermit for the rest of your life, solitary and alone.

But there's a problem with that plan: *We are never alone.*

We are always involved in a continual conversation with ourselves in our mind – a dialogue about what we can do, what we should risk, and what we must avoid.

Our brain is constantly reminding us about the kind of person we THINK we are. No matter where we are or what we're doing, our brain is always there to call up everything that's wrong with us. This could be triggered by looking in the mirror, interacting with other people, or thinking about a particular problem. But no matter what triggers these thoughts, they can all be boiled down to one thing:

Feelings.

Feelings play a big part when we paint a picture in our minds of who we are. Smart people can feel stupid. Thin people can feel fat. Youthful people can feel old. Talented people can feel like losers.

In my opinion, there are five central myths that people who lack confidence create and maintain about themselves. All kinds of doubt, judgment, and anxiety stem from one or a combination of these myths. These ideas generate shame and self-pity and can damage your confidence. They are the idea that you are:

- Stupid
- Fat
- Old
- Ugly
- A Loser

These are the five most common confidence-threatening, fiction-based myths people perpetuate. These five simple myths are designed to make your life difficult and make you miserable and certain to fall short of your potential for happiness.

Like being “Stupid,” for instance. Have you ever pointed at yourself in the mirror critically, thinking to yourself: “You make mistakes. You are stupid. You ought to feel ashamed of yourself!”

I was out with a guy not long ago who, after striking out with a woman, would come back to my table and repeat over-and-over “Stupid! Stupid! Stupid!” Chastising himself for doing something dumb because the girl he talked to didn’t automatically want to sleep with him. In his mind, he did something wrong, something STUPID, and he had to punish himself for doing such a dumb thing like TALKING TO A GIRL.

As you can imagine, this poor guy hates talking to women.

A personal favorite myth of mine is the Fat myth – probably because that’s one of the big myths that I buy into.

When I look into the mirror, my eyes instantly go to my gut, and my mind is forever poking at my fat, real or imagined. I know other men are the same way, especially when we see and compare ourselves to models and athletes on TV with the six-pack abs and 3% body fat. When you are stuck in an overweight mind and/or body you cannot escape from, you start to feel sorry for yourself and ashamed because you think you are inferior to others who are thin and muscular.

After all, how can you expect to compete with those guys?

The Myth of being Old will tell you only what you cannot do. It defines your limitations and lost opportunities. Old men look at beautiful young woman and think to themselves “It’s too late. I’ve have missed out. I blew it. She will never go for a guy as old as me. I can’t keep up.”

Old men feel they will never fulfill their potential, because they have lost their youth. They use this as an excuse to keep from trying. They don’t want to go to a bar or a club, they don’t want to stay out late, they don’t think they know anything about the dating scene. They see their age as a cage from which they cannot escape. They just can’t do everything they want to do.

After all, you’re not as young as you used to be.

The Ugly Myth reminds you that you are forever handicapped. You are just another victim of other people’s perceived criticism, and you act and feel like an outsider. You ostracize yourself, never bothering to pursue a pretty girl because you don’t believe anyone could ever find you attractive, and if they do, there must be something wrong with them (because who could be attracted to one so ugly? They must be lying!!!). You’re jealous of those you see as more attractive, and you are always angry and feel sorry for yourself because you are constantly comparing yourself to them. You see them as being blessed while you’re cursed, and you resent them for their good fortune.

You believe how you look is completely out of your control, and you feel helpless against those who are deemed better looking than you.

After all, the beautiful people get everything they want.

Finally, the Loser Myth is about how you see your past and how you see your future. “Once a loser, always a loser,” is your motto. You’ve failed so many times in your life, you **MUST** be a loser! If you weren’t, you would have won more often! You would have gone on more dates, had more sex, been in relationships with more beautiful women. You wouldn’t be afraid of rejection. But instead, you don’t trust success. To you, it’s just “good luck” if something good happens to you. It has absolutely nothing to do with who you are, what you believe, or how you act. Your fate is **NOT** in your hands, and you are ultimately destined to fail.

After all, no matter what, bad times lie ahead.

So which myths do you believe in? I’m accustomed to calling myself a stupid, fat, ugly loser. Is it any wonder I struggle with the ladies? Is it any wonder any of us do? With beliefs like this, we’ve lost before we’ve even tried to succeed. We’ve taken ourselves out of the game, and won’t allow ourselves to re-enter it.

But wait, it gets worse. See, these five myths represent **THOUGHTS** and **FEELINGS** about yourself. We haven’t even touched on the other aspect of it – your **ACTIONS** – and **INACTIONS** – that serve to back up these myths and make them seem real to you.

Confidence Destroying Actions

They say actions speak louder than words, and truer words were never spoken. It's one thing to think you're fat, but if you spend all day eating bad foods and feeling stuffed and bloated, then your brain says to itself "Hey, wait a minute! I just don't think I LOOK fat, but I FEEL fat too! That means I MUST be FAT!"

The same can be said of feeling Old, Ugly, Stupid, and being a Loser. There are actions that you perform that re-enforce all your negative beliefs.

I'd say there are probably five actions that go along with the five myths, and you will see these are the most common behaviors that result from loser feelings and generate even more negative feelings. They are:

- Bingeing
- Pleasing
- Whining
- Procrastinating
- Avoiding

These five actions are in a club no one wants to belong to, but once a member, you cannot seem to resign from. This is because beliefs, combined with actions, generate **habits**.

Habits of thought and habits of action. ***What you practice becomes your reality***, and if you practice *thinking* and *acting* Old, Fat, Ugly, Stupid, and like a Loser, you are taking part in a self-fulfilling prophesy.

Good habits can generate amazing success in life. But the bad habits can generate shame, self-pity, anger, and anxiety -- all of which can completely and utterly destroy your confidence.

Let's further define these actions.

The Binger. Binging doesn't just have to do with being Fat, it can relate to all the myths you have about yourself. Binging is the *action of excess*. It's always about one more hamburger, one more drink, one more hit of ecstasy, one more lap dance. The binger feels out of control, like he can't help himself, and spirals down to extremes he feels ashamed of. It's this loss of control that makes him feel helpless, and reinforces all the negative thoughts he has about himself.

The Pleaser tires from doing too much for others and not enough for himself. He is insecure about himself and his abilities, and seeks the approval of others to fulfill his needs for validation. He feels weak and dependent, alone and unappreciated. He longs for someone stronger than himself to come along and tell him what to do. He's upset at his lack of strength.

The Whiner complains, resents, and despairs. He feels sorry for himself because he feels "unfairly treated" and there is "nothing he can do about it." The Whiner is always the victim, never taking responsibility for his actions and therefore never learning from his failures. He's afraid of success, since he has grown accustomed to whining about what goes wrong. The whiner attracts as much pain and suffering as he can to himself in order to make his complaints "real" and "valid," despite the fact that it's not in his own best interest. He feels angry and jealous, always seeing what he doesn't have and not focusing on what he does.

The Procrastinator prefers to work on all those trivial tasks – tidying his desk, cleaning the kitchen, staring at the TV, or sleeping – rather than facing an important responsibility that might not turn out well. They're complacent and scared, afraid to go past that which is familiar and risk failure for the sake of success. They prefer to be lazy than work hard, and therefore see opportunity after opportunity pass them by. They give into their fears, hoping they will pass, as opposed to facing what they're afraid of. But procrastinating never works out the way one hopes. Before you know it, it's too late, and you have missed an opportunity, and now have to deal with the consequences of your inaction.

The Avoider somehow refuses to dial the phone to make the call he ought to make or to make other social contacts that might expose him to criticism. He always imagines the worst happening, and doesn't want to face the possibility that something could go wrong. He plays things "safe," and works himself up into a ball of anxiety before anything bad could possibly happen. He's a defeatist of the worst kind, thinking that he knows things are going to turn out for the worst.

All five of these actions actively *destroy* confidence. They re-enforce every negative thought and feeling you have and negate every positive one you can experience. They are habit forming, and if your thoughts and feelings are going to change, these habits *must be broken*.

Being Comfortable With Negative Feelings

As human beings, we all move towards that which is familiar. It's a natural instinct to seek out familiar things because we are comfortable with them – be they people, places, or things. The same is true of feelings.

Feelings that are familiar give us a sense of security. Our brain tells us “I know this feeling! This is familiar. This is safe.” The feelings we are familiar with were shaped by our families when we were growing up.

If you lived in a family where the motto was “Stand up for yourself,” when someone insulted you, chances are you learned to fight back, and you're familiar and comfortable doing so. However, if your family upbringing was “Don't make trouble,” then it's more comfortable for you to not say anything and accept the insult.

If you want to change the way you feel, you must first understand why you feel the way you do.

Feelings can lead you to act in self-defeating ways. If you fill your head with depressing and negative thoughts, and you allow yourself to feel shameful and angry feelings, you will never be able to act confidently.

Many of us have picked up negative feelings growing up that become the normal way for us to feel. If we learned to feel ashamed to express interest in girls when we were young, it won't get any better as we get older. So whatever negative feelings you experienced growing up are considered “normal” by you, so that when good feelings come along, we may feel insecure and scared. When this happens, we actively seek out those negative feelings we've become accustomed to, even if they are painful.

Each of us naturally assumes the emotional traits of his own family. Your family is the one that sets the starting point of your development. Whenever you feel good or bad, you are basing that on the standard your family set for you.

When things go bad, we work to try and raise our feelings back to that set point. When things go good, we also work to lower those feelings back to the same point. There's an internal barometer we all have that lets us know what we're feeling, and we're always working to return to what feels normal to us.

It's the times where we feel too good that can be the most uncomfortable.

When this happens, we will actually **WORK** to spoil a good time for us. For instance, let's say you meet a really beautiful woman that you really like, and it's a great opportunity for you to hook up with her! But based on your comfort zone, you might think:

“Wait, this girl's too wonderful, she'd never go for a guy like me.”

This type of reaction reduces the good feelings you were having and brings you back down to what you're familiar with – a feeling of unreservedness – that you probably grew up feeling accustomed to.

Remember: **familiar feelings = a sense of security**. This is why so many people are more comfortable feeling bad about themselves than good! They've actually *trained* themselves to feel comfortable feeling bad! They'd rather not seek pleasure than avoid feeling pain.

When your familiar feelings are negative, they will damage your confidence.

The interesting thing about this is that we *logically* know that what we're feeling isn't right, or healthy, or even true! But for some reason, our logical brain is out of sync with our emotions, and we accept what we feel over what we think.

For many people, their feelings of shame are a form of logic. Our feelings literally shame our brain into accepting those negative and untrue thoughts, even when it knows better!

But remember that shame comes from self-criticism. Those who are self-critical imagine that everyone else is just as critical of them as they are of themselves! When you think like this, any type of confidence is almost *impossible* to achieve.

So what are the origins of your negative habits? What are the root causes of the feelings you experience? Chances are it can be traced back to your parents, but be careful not to blame them! It's more important to understand your parent's influence on your feelings so that you can stop blaming yourself for your current situation, rather than trying to figure out who to pass judgment on.

HOMEWORK: Sit down and think of how your parents would describe themselves. Are they using any of the five myths? Write down how your parents would describe themselves in those terms.

Would your mother consider herself “Old” and “Ugly?”
Would your father consider himself “Stupid” or a “Loser?”

Now look at how they describe you. Do any of these statements sound familiar?

- “Your brother is the smart one.”
- “Don’t be so stupid!”
- “You’re too fat! You need to lose weight.”
- “Don’t miss out on life like I did.”
- “You’re too old to start over.”
- “You’re short, like my side of the family.”
- “Enjoy your hair while it lasts, because you’ll be bald like me some day.”
- “You will never amount to anything.”
- “Prepare for the worst.”

Some families only predict dark times in the future and discourage their children from all types of positive habits, such as ambition and success. This is especially true when it comes to your sexual development. Do these sound familiar?

“You better not have sex before you’re married.”
“Just settle for what you can get.”
“Don’t date out of your league.”
“You better not let me catch you with a girl in your room.”
“You’ll never get a good woman looking like that.”
“If you don’t have a good job, you’ll never be able to get married.”

The list could go on. But you get the idea. Your parents, when they said those things, were instilling negative feelings about yourself and women in your head. They made your starting point one where you were never good enough, or attractive enough, or you had to feel guilty about your desires.

Bad Habits To Avoid

Just like the five myths and five actions, there's five habits you'll want to avoid if you want to shed the negative feelings you're comfortable with and start experiencing the great feelings that are available to you. These habits are:

- Comparing
- Critiquing
- Criticizing
- Alarming
- Crippling

Let's go down the list...

Comparing: People with the bad, confidence-destroying, habits use comparisons as attempts to prove, beyond any doubt, that they are inferior or superior in some way to another person.

Whenever you say "I'm better looking than that guy, I can get more girls than him," or "That girl is ugly, I could easily get her to sleep with me," you're giving yourself false approval that provides false courage. The effect is temporary and never fixes the deep-rooted problem of your bad habit. Why? Because this is a solution at the expense of putting down another person! When you do this, *you are still relying on other people for your own sense of validation.*

Confident people don't feel the need to put themselves or others down. Connections to others and popularity are byproducts of confidence. Confident people will see others as equals and will offer to help instead of criticize. Beliefs of superiority or inferiority on your part will only hurt you in the long run.

Critiquing: Constantly sitting in judgment is unhealthy. The act of critiquing is a self-centered habit, especially when you apply it to yourself (ie: being self-judgmental). It's easy to justify a critiquing nature as a way to avoid being criticized or even as a form of self improvement. But this habit only invites that which we hope to avoid by using it! It causes us to be so into our own thoughts that we distance ourselves from others.

Thinking you're too ugly to approach a girl may just keep you from meeting someone who is actually attracted to you! But your critique of your looks served to shame you out of an opportunity for happiness. You sought to avoid rejection by rejecting yourself before the girl had an opportunity to. You just made the process quicker and in some ways, more painful!

Critiquing yourself also brings your weaknesses and insecurities to the forefront. It makes you put your worst foot forward in every situation and will project a negative energy. People don't want to be around someone who's always negative.

Criticizing: If you ever want to be truly confident, you must rid yourself of all desire to blame or criticize anyone, including (and especially) yourself. When you criticize yourself or blame yourself for something negative, you are creating negative feelings that will destroy your confidence. And when you blame and criticize others, you only serve to create hostility and avoid any responsibility for your role in whatever happened.

For instance, let's say you try to make out with a girl and she pushes you away. The self-critical man would think:

"I blew it! I'm so stupid! She hates me, I'm unattractive. No woman wants me. I can't blame her. I'm a loser."

The criticizer of others would think:

"Stupid bitch! How dare she lead me on! She must be a fucking lesbian. I'm too good for her anyway."

Thinking like this takes away from the fact that maybe you moved too fast and didn't read the signs she was giving you right. Maybe she was into you, but needed a little more time to warm up and be comfortable kissing you. A confident man would just sit back and continue on with her until the next opportunity arose. Your habit of criticizing ends the relationship right there.

Alarming: One of the worst things you can be is an alarmist. This is when you tend to think of the WORST possible case scenario in every situation. This is a habit that will keep you on the edge of your seat with worry – constantly. As we all know, worry is self-defeating and time consuming (not to mention tiring!). Nothing is ever good enough for the alarmist because he always sees dark clouds on the horizon. To this type of person, nothing good can ever last. People get annoyed with these types of people and tend to ignore them or distance themselves from them.

An alarmist is the type of guy who gets a great girlfriend, and instantly thinks she's going to break up with him. Because of this, his actions are so alarmist that he ends up driving the girl away with his constant worry and mistrust, so that his fear became a self-fulfilling prophecy. Alarmist are always looking for ways to ruin a good thing just to prove to themselves that they're right, and bad things always happen to them.

Crippling: The best way to handicap your confidence is to think in ways that cripple all forms of positive feelings. Whenever you hear someone say the words "I can't do that. I just can't," they are communicating the fact that they're indulging in a crippling habit.

“Can’t” is a 100% sure-fire signal that you’re in a crippling thought process. The statements below are examples of crippling thinking:

“I can’t have sex. I’m too embarrassed about my body.”

“I can’t talk to her. She’s going to reject me.”

“I can’t kiss her. She’s not ready.”

Now, replace the word “Can’t” with what it really means – “Won’t.”

“I won’t have sex. I want to keep feeling embarrassed about my body.”

“I won’t talk to her. I’m afraid of success.”

“I won’t kiss her. I’m not ready.”

People who indulge in the Crippling habit always look for excuses as to why the WON’T do something, and then frame it as something that’s actually out of their control.

Whenever you have negative thoughts because of one of these five habits, rewrite them. Find out what your thinking habits are, which one of these bad habits you rely on the most, and re-edit the words for yourself. How you interpret the events around you dictates what you feel.

How To Change Your Habits

Now that you know everything that causes your lack of confidence, it's time to work on fixing what causes your loser mentality.

Binging

We've all been in the Deny-Indulge-Deny-Indulge cycle before, so we know just how extremely unhealthy it is to partake in. Whether it's eating, alcohol, gambling, shopping, or sex, it's possible to change the vicious cycle of binging.

The first thing you have to do is *make a commitment to stop all your binging habits*. Binging is an endless cycle of self-pity. You must make (and keep!) a promise to yourself to stop indulging in whatever it is you are giving into.

The second thing to do is *eliminate all your passive language*. Stop using the word "Can't" all together. "Can't" is a powerless word, it makes you believe something is not under your control. You need the strength and courage to take control of your life, and helplessness has no place there. Just remember: ***Can't means Won't!***

Thirdly, *be honest with yourself*. Honesty is the key to free yourself of binging. When you say to yourself "I can't stop eating..." remember to rewrite your thoughts to "I won't stop eating." Then you're being honest with yourself. You're telling yourself that you have the power to stop overeating, you just choose not to.

The next time you see a girl you want to meet, and you think "I can't talk to her," remember you're really thinking "I won't talk to her!" You're the one hindering yourself, and should you choose, you can reverse that decision. You are in control!

Finally, *manage your painful feelings*. Learn to embrace the good feelings you might be uncomfortable with and let those familiar, bad feelings fall by the wayside. Always remember that if you do fall off the wagon of your commitment, that is not the time to criticize yourself or feel helpless. You need to understand how it happened. You need to have the strength to pick yourself up, dust yourself off, and climb back in the saddle again.

Pleasing

If you're a people-pleaser, it's time stop bending over backwards and be straightforward and honest with others.

First off, *do what's right for you, not what you think others want*. Get rid of any notion you may have of what you THINK will please other people. Instead, do what you think is right without worrying about who will be displeased with you.

Secondly, *ask others what their preferences are and find common ground*. Don't feel bad about wanting things the way you want them! You don't have to try and impress people by making things how they want it. By catering to the wishes of others, you come off as weak and will receive nothing for your efforts other than disrespect.

Thirdly, *learn how to disappoint people*. Realize that life is not fair, and disappointment is a natural part of it. People at large have learned to handle it. Never make any excuses or offer explanations when you have to disappoint someone. You have your own life and your own needs, and you should not be afraid to pursue them. This does not mean you need to be rude or purposefully go out of your way to disrespect someone. But when someone tries to get you to do something you don't want to do, make it clear to them you will not do it, no matter how much they try to guilt or shame you into going against your wishes.

Finally, *stand your ground when disrespected, and do so without blame*. If you don't stick up for yourself, no one will. Don't allow other's negativity to affect you in any way, shape or form. Move through life without apology. People who stick to their guns and follow what they believe in will always be tested to see if they will break down. Sometimes the testing will be hard to endure, but if you stay true to yourself, others will know what you're about and will ultimately respect you for it. If you should crumble and give in, people will walk all over you because you've shown them you don't have strong conviction in your beliefs and can be convinced to do something you don't want to.

Whining

Whining is definitely one of the most annoying habits out there. The first thing that every whiner has to realize is that their lives are not the problem – their feelings are. Whiners set themselves up to feel like victims, like their lives are out of their control and the only thing they can do is complain about it.

Whiners are typically people who feel put-upon, and that they don't feel they have the time or ability to do everything they either want or feel they have to do.

Understand, you have just as much time as everyone else on this planet. By that, I mean you have 24 hours every day to do what you feel you need or want to do. No one else has an unfair advantage to you in the time department. How you choose to use your time is YOUR choice and your choice alone. No one can force you to use your time any differently than you want to.

Typically, whiners are people who choose to take on too much and by doing so, complain and criticize others. When we feel overworked, or overburdened, we tend to resent the fact that we feel the need to do so much, and will look for something outside ourselves to

blame, be they friends or loved ones. This is a tactic that is designed to make us feel helpless, and thus out of control of our own lives.

In order to overcome the habit of whining, you must make a concerted effort to simply **stop complaining**, for good.

Complaining is self-pity spoken out loud. And guess what? Self-pity is annoying to other people! And when people are annoyed, they will never give the whiner the sympathy they want or feel they deserve. After all, that's all whiner's ever want isn't it? Someone to pity them?

Ask yourself: Do you want to be pitied?

I should hope the answer to that question is NO.

You choose to do what you want to do. You choose the job you work at, the home you live in, the people you hang out with, etc. You may HAVE to work 80 hours a week at the office to get everything that job requires of you done, but if you wanted to, you could quit that job and find one you only have to work 40 hours a week at. It's within your control.

If you want to work that 80 hour a week job because you want to get promoted and make lots of money, don't blame your boss for piling on the work, or criticize your secretary for taking too long with that transcription, or complain about how you have no time for a social life. You are choosing to work this job because you have a goal. No one is making you pursue that goal but yourself.

If you're lonely and feel like you can't meet a woman, but never go out on weekends or talk to any women, it's easy to just say "Woe is me! I'm ugly and no girls like me! No one wants to talk to me! I'm alone!" But you're choosing to sit at home and not go out. You're choosing to stay timid and shy instead of meeting new women. No one is keeping you from getting what you want but yourself.

When you complain, you create resentment, not just in yourself, but in others. Stop complaining and know you have control over your life and what tasks you choose to partake in.

Procrastination

Procrastinators are people who put off doing what they have agreed to do or what they know they should do. If you're a procrastinator, you're always looking to avoid doing something, be it pay bills, clean your house, call someone up on the phone, etc.

Procrastinators are bingers of comfort, which is actually just a form of laziness. They sleep too much, read too much, watch TV too much, and never really find that comfort they're looking for. They feel overwhelmed by everything they feel they have to do, and

self pity and resentment wash over them like tidal waves. With a procrastinator, you will always hear the phrase:

“I’ll do it tomorrow.”

Guess what? They most likely won’t!

A procrastinator’s non-compliance with reasonable expectations annoys others, who will inevitably criticize them for their inaction. In response, the typical procrastinator will either blame themselves, thus creating feelings of guilt and shame, or angrily blame their critics, calling them unreasonable, bossy, and unkind. Through this, they are able to regenerate their familiar “Poor me” self-pity.

Procrastinators have a “forgetful” habit, which is a pattern based on deep-seated, self-centered, immature feelings of self pity and resentment about feeling like they have to do what others want. But procrastinators also rebel against the rules they set for themselves! This is because procrastinators feel victimized by authority – be it others or themselves. They put off what they feel they have to do in order to gain a false feeling of power.

So how do we fix this?

Procrastinators avoid responsibility, so the worst thing a procrastinator can do is try to add more responsibility to their lives. Things like setting goals and getting organized will not help a procrastinator. They will not stick to rigid timetables that spell out hour-by-hour what they must do.

Instead of trying to make your life more stringent, try to loosen up and give yourself a set of permissions that will help you rather than hinder you.

- Stop avoiding discipline, from yourself and others, and accept it maturely
- Stop criticizing yourself
- Try to accept criticism from others calmly and maturely.
- Stop blaming and complaining.
- Stop trying to make things perfect, and get them finished in a timely fashion
- Stop making excuses to avoid what you must do
- Avoid wasting time with things you don’t have to do
- Stop making excuses for yourself, for you or anyone
- Do anything you choose to do, and do so with a positive attitude
- Be honest and own up if you procrastinate. No lies, no excuses.

Learn these permissions and take them to heart. Remember that promises must be kept, not broken, and that acting with self-control is a mark of self-respect and respect for others.

Avoiding

Avoiding is a process that is invoked by fear. Something you experience causes you to want to avoid a certain type of action. For instance, the fear of meeting women will make you avoid talking to them.

Some people might call this “fear of rejection,” or something like that, but regardless of what you call it, its fear that’s keeping you from meeting the women you’re attracted to, right?

In order to overcome the habit of avoiding, lay out the emotions that keep you from being courageous and confident. Try to understand what your ongoing fear is. What is it your feeling and what causes those feelings to emerge? What happens afterwards? Do you blame yourself? Others? When do you feel safe? What has to be present to make you feel safe and comfortable? Why do you feel the need to avoid something?

Somewhere in your development as a human being, your brain learned to avoid things as a way to protect yourself. Maybe when you told a girl you liked her for the first time in second grade, she laughed at you and said “Boys are icky!” before running away. If that made you feel bad or ashamed, your brain made it a point to try to keep you from telling girls you liked them as a way to avoid feeling those bad emotions. You basically trained yourself to avoid situations where this might occur.

In order to change this habit, you’ll have to train yourself in a new routine. A work-out program for your brain that will continue to protect you in a new way if you persist at it.

By associating your fear with calm and comfort, a new brain algorithm will develop: fear → calm → fear → calm. It will take time for this to really take hold because your fears are illogical, not logical, so they require a psychological response.

Whenever you feel fear, respond to it by calming yourself. Be honest and reasonable about what’s causing you to be afraid, and realize that you will be in no physical danger by approaching a woman you like (or whatever it is you are avoiding). Take deep breaths and center yourself. Force yourself to face your fears and realize you’ve been trained wrong.

Retraining Yourself To Be Confident

All the habits listed in the previous chapter spring from how you have trained yourself to react to certain situations. In order to become supremely confident, you must retrain your brain to react in positive ways rather than negative ones. This will take both persistence and practice, but eventually you can permanently reshape the way you react to your world.

There are five states of being that I want you to focus on in order to retrain yourself to escape all your bad habits and negative emotions. They are:

- Calmness
- Clarification
- Challenge
- Comfort
- Confidence

Let's go into each of these states.

Calmness: In order to think clearly, you have to be in a calm state of mind. You don't need to be zen-like in your calmness, just calm down a little in order to get your wits about you. Anger and anxiety are fast acting emotions, they come on quickly, but they can also cool down just as quickly. When you experience bad emotions, try to calm yourself. Take deep breaths, close your eyes, clear your head, say "I will calm down and think" three times to yourself. Same if you're feeling sad, lonely, or depressed. Find a sense of calm to soothe yourself with. The calmer you get, the better decisions you can make. The WORST thing you can do is make decisions based on emotion. Always try to calm yourself before you make any type of decision.

Clarification: As Joe Friday used to say "Just the facts ma'am." Once you've calmed yourself, it's time to look at the facts that are available to you and clarify *exactly* what it is you're feeling. Ask yourself:

1. What exactly am I feeling?
2. Does my behavior indicate I'm feeling this way?
3. What lies beneath these feelings?

Use these questions to clarify what you're feeling so you know how to fix it. For instance, if you want to approach a woman, but have a strong urge not to, ask yourself the first question...

Q: What exactly am I feeling?

A: Anxiousness. I'm feeling anxious.

Q: Does my behavior indicate I'm feeling this way?

A: I'm avoiding talking to her, I'm procrastinating by looking for the right moment to approach, I'm thinking of every possible bad outcome that could happen, so yes, my behavior indicates anxiousness.

Q: What lies beneath these feelings?

A: I feel shame and self-pity, as if I'm not good enough or I'm going to fail. I prefer to feel safe with my bad feelings rather than take a chance to experience good ones. I prepare myself for failure instead of success.

Once you have clarification on what you are feeling and what's behind it, you're ready for the next step...

Challenge: To be confident, you have to firmly believe, beyond any shadow of a doubt, in your ability to *succeed*.

Life presents challenges, big and small, on a daily basis, and in order to meet these challenges, we need to free ourselves from fear and meet them head on if we are to overcome them.

But more than that, we must learn to issue challenges to ourselves. Humans are logical creatures with brains designed to solve problems. Most of our fears and anxieties are illogical constructs we've created for ourselves. So in order to overcome our fears, we must learn to challenge them.

Once you've calmed down and clarified your thoughts, you can recognize your bad habits and pinpoint the thoughts or beliefs that cause them. Once that happens, you must CHALLENGE those beliefs! Write out the three most common thoughts that fire off your negative feelings and then challenge those thoughts! Carry the challenges with you on a piece of paper if you must.

For instance, let's say you're feeling anxiety over approaching a girl. The first thought you write down is:

- "I'm not attractive or sexy enough for this woman. She'll reject me. I need a better body and more hair on my head."

Now, challenge this thought. Write down everything you can think of that negates it. Things like:

- "I don't know what this woman will find attractive, I may be just her type!"
- "What if she doesn't reject me? What do I do then?"

- “I’m going to lose weight and gain muscle. If she doesn’t like my body now, she will eventually.”
- “Bald men are sexy. I see women with bald men all the time. I don’t need to have a lot of hair to attract a woman.”

All these thoughts are true, and they challenge your negative thoughts quite well. Do this for every objection you can think of. Never allow a negative thought to go unchallenged!

Comfort: Too often, we surround ourselves with criticism and comparisons. We like to call ourselves stupid, fat, ugly, old, and losers. To us, comfort can be a completely foreign concept. But don’t let the unfamiliarity scare you. Challenge yourself to succeed!

In order to comfort ourselves, we must find the words that appeal directly to our negative emotional habits that drive our anxiety, and replace them with words that drive our comfort.

The language of comfort is a phrase or a sentence that you create to become your own influential statement. You must repeat it every time you need to manage your negative emotions. I can’t give you this phrase, because it’s unique to each of us. Just like music, you must find something that appeals to you and your own sensibilities.

For an example, my phrase is “Be cool.” If I find myself getting anxious or riled up about a situation, I’ll start repeating this phrase in my head over and over. I like it because its meaning is two fold. I’m telling myself to calm down, but I’m also telling myself to project “coolness,” or confidence.

What the words you choose mean, in and of themselves, is not important. What is important is the structure of them – a reminder, a title, a description, whatever it is that flips the switch in your brain to feel comfort. Maybe you love to be on the beach and find that comforting, perhaps your phrase will be “On the beach.” Perhaps there’s a certain song that makes you feel good, your phrase would be its title. It can even be as simple as “Calm down. It’s no big deal.”

Understand that our brains interpret everything you experience and trigger the emotions you feel. Your calm phrase can help your brain to re-interpret your situation and bring about the feelings you’d rather experience.

Confidence: Once you have the other four states down, confidence naturally follows. We all have confidence in certain areas. For instance, if you’re reading this book, you’re confident you have the ability to read, otherwise you wouldn’t waste time with books, would you?

By the same token, are you confident you can eat when you’re hungry? How do you know? Probably because you believe it is within your ability to get up, walk to the refrigerator, take out some food, put it in your mouth, chew, and swallow. You’ve done it so many times, you’re supremely confident you can achieve this task.

Confident people live life believing that everything is within their capability.

They do not spend time thinking about failure, or criticizing themselves, putting themselves down, comparing themselves to others, etc. They move through life with a sense of calm, and challenge themselves to get what they want, feeling that everything is within their grasp. They don't dwell on failure, they move on. They don't look at obstacles as roadblocks, they look at them as something to be overcome.

As I talk about in the Art Of Approaching section of this book, Confidence stems from secure knowledge and competence. Once we know how to do something, we become confident we can repeat that task. Meeting and attracting women is no different.

People who lack confidence make their life difficult for themselves. Confidence opens up doors of opportunity you never knew existed. Just remember that ***persistence is the key to confidence***. If at first you don't succeed, try and try again. Use the four other states I've given you to keep proceeding. Once you do succeed, you can repeat your success, until you are secure in your knowledge and competent in your actions. Then, and only then, will you know what true confidence feels like.

THE ART OF APPROACHING

I'd like to start this off by prefacing that I am NOT the best guy there is when it comes to picking-up women.

Far from it.

I struggle daily trying to meet the woman of my dreams, and like so many other guys, fall into the traps of giving into to her every whim or getting caught up in unnecessary “drama.”

So if you're looking for a manual on how to “bed” women, you might want to look for a different book, because this isn't meant to be a “*How to Get Laid*” guide, nor is it meant to teach you how to **increase the number** of Dates you go on.

What this section is designed to do is to teach you how to MEET people.

Plain and simple.

You don't have to be a master seducer or licensed Hypnotist to know how to meet people. I moved around a great deal growing up. My family's typical living arrangement would last roughly three years in one place before we'd have to pack up and move to another city, state, or even country.

Because of that, I basically had to start over making friends every time we went to a new place to live. This background taught me many things, the biggest of which is how to meet people **quickly and effectively**.

Obviously, it's not difficult to meet people. You do it every day. Just a brief exchange of words, and before you know it, you've made a new acquaintance.

But there is an art to meeting someone.

The ability to start a conversation that can lead to a deeper kind of relationship takes a bit more work than you're typical “Hi, how's it going?” line (at least, most of the time).

This is especially true when it comes to women.

For most men (including myself), the prospect of walking up to a beautiful woman and talking to her with the *intention* of sleeping with her can be quite daunting.

I've known big, tough, burly guys who wouldn't flinch at the sight of a gun pointed to their face, but put them in a situation where they have to meet a beautiful girl, and they're as worthless as tits on a log (though some would argue that tits are never worthless, but I digress...).

So these tactics are for that type of guy.

The type of guy who'd **rather get a root canal** than talk to a girl. The type of guy who'd rather **run a mile on a broken leg** than meet a new and interesting woman.

By the time you are finished reading and internalizing the material outlined in this chapter, you will have NO PROBLEM meeting any woman you want, any time you want, any where you want.

But I want to be clear on this point: *You have to do the work.*

Seriously, guys. You've bought the book (at least, I HOPE you've bought it. If you've pirated this sucker, shame on you!), so that means that you're **taking action** to get your love life under control.

However, like anything in life, this is going to take effort, practice, and more than a few false-starts.

The guidelines and concepts I lay out in this book are going to be of great benefit to you. I sure wish I had a resource like this one when I was first starting out! You're going to get a step-by-step system for approaching numerous beautiful women, and tons of proven tactics.

But none of it will mean JACK unless you apply them to your every-day life!

That means I'm going to need a commitment from you BEFORE you start reading chapter 1 of this book that you are going to take the time to...

- Memorize
- Internalize
- Practice
- and Apply...

...everything I'm going to share with you here. Otherwise, I'll pretty much guarantee you're going to stay where you are in terms of success with women.

Deal?

So without further ado, let's get to the nitty gritty...

The Theory of Approaching

Here, we will discuss the theories behind the Art of Approaching. This section will lay the groundwork on the concepts that will be discussed later on in this book, along with different tactics and strategies that one must be aware of if they are going to learn to approach any woman they want, anytime they want, anywhere they may be.

Some of you may be tempted to skip this section and go right to the Openers. I highly recommend you **DO NOT** do that!

I know you want to get to the “meat” of this book. But I’m a firm believer that if you understand why what you’re doing works, *you’ll be much more effective at it!*

So I encourage you to take the time to read through this section and UNDERSTAND these concepts before immersing yourself in the tactics and techniques that fill out the other sections of this manual.

Now that that’s out of the way, whip out your pens and papers boys...

School’s in session!

What is an Opener?

A butterfly flaps its wings, the breeze it creates sends a puff of pollen from a nearby flower into the air, causing a rhinoceros to sneeze. The sound of that sneeze causes a herd of zebras to stampede, disrupting the flow of wind current, which helps create a hurricane in the South Pacific, which causes American Airlines to cancel their flights that night, which means **the girl of your dreams** is forced to stay in town for one more day. You find her at your favorite bar with her friends, partying away her borrowed time.

Now what?

Though fate may have acted in your favor up to this point by doing the *exact* things necessary to get that *exact* girl to show up in that *exact* location at the *exact* same time that you would be there, the fact remains that **it is now up to you to take action.**

But what action do you take?

Do you sit at the bar watching her like a stalker, hoping she'll notice you and come over to talk? Do you offer to buy her a drink like every other loser in the bar and go home \$8 poorer? Do you club her over the head and drag her back to your cave?

The answer to all three questions, of course, is **NO!** Then what's a guy to do? This:

You **OPEN** her.

Not in the literal sense of course. She doesn't need surgery. The idea of "opening" is the notion of approaching a woman with the ***express intent*** of engaging her in a conversation. By doing so, you then make her more receptive to talking to you, effectively **opening her up for further interaction with you** – hence the word "opener."

The "opener" is a line that is used to initiate the conversation. It is often the first sentence exchanged between the man and the woman he desires. "Pick-up Lines" are forms of openers, but openers can be anything to get the girl talking.

Why is this important?

Simple. If you DON'T open a woman, your chance of seeing her again and leading into a relationship or sex is approximately...

Anyone? Anyone?

You guessed it -- ZERO!

After all, you can't further an interaction that's never been initiated. But when you DO open a woman, your odds of segueing that into some type of relationship **increase dramatically**.

From the opener, you have many different threads you can follow -- from friendship, to girlfriend, to one night stand -- your options are only limited by your own beliefs and social skills.

But you're not going to get anywhere until you start that conversation, and start it off RIGHT. Believe it or not, there is a **wrong way** to approach someone, which we'll cover later on in the book.

So now that you understand what an Opener is, and why it's important, let's move on to another important concept – that of “**Interest**.”

What is Interest?

There is more to Opening a woman than simply knowing what to say.

Indeed, the process of Opening a girl can be quite involved. I don't want to bog you down with too much theory here, because honestly, every rule or guideline I lay out in this book can be broken if the context is right, but I think this is an important concept for everyone to grasp.

Interest can be defined as any “involvement with or participation in something.”

A dictionary-like example of this would be: *She has an interest in the quality of her education.* So in this respect, we're treating the word “Interest” as a verb, or **action that one does**.

This is important to know, because most people can be very transparent with their interests, especially when it comes to dealing with other people.

Have you ever heard anyone talk about someone they've just fallen in love with? As they're telling you about that person, their eyes grow wide, their speech gets faster, they get more energetic as they recall traits about that person they like, etc., etc.? Well, that's a perfect example of how someone *shows Interest* in another person.

As human beings, we have an innate instinct for when people are interested in us. This is because we can recognize certain traits and behaviors that signal the person we are interacting with has a certain kind of interest in who we are, what we do, etc.

When someone is sexually attracted to us, there are **certain signals** we pick up on which telegraph this Interest.

Women have seen these signals NUMEROUS times from countless men, and they are very sharp when it comes to picking up on these signals of Interest. I call the displaying of these signals “*Telegraphing Interest*.”

Telegraphing Interest is **not a good thing to do** when you are approaching a woman for the first time.

Now, obviously, whenever a man approaches a woman, she knows what's up. Most girls are very savvy to the fact that the reason men approach women at all is because they are sexually attracted to them.

But by Telegraphing Interest, **you are making it obvious to her conscious mind what your intentions are**, and this will put her on guard.

Basically, any sign of interest early on will make your seduction down the road harder than it needs to be, because it raises the girl's value and her power in the interaction you'll be having with her.

So what's a guy to do?

Basically, in order to combat this, you have to shift gears a bit and start Telegraphing **DIS**interest.

When you approach a girl for the first time, your goal should be to **display as few of the signs that you're interested in her as possible**. You can do this by utilizing the concept of "active disinterest."

Now, those two words may seem rather paradoxical when matched together, but trust me, it'll make sense. There is an important reason **why** those two words should be paired up.

I'll explain it to you by first illustrating its opposite.

Let me give you an example of what I'm talking about: Have you ever been out and about, maybe in a bar or a club, and you see a beautiful woman. And after spotting said woman, you simply stand there, waiting for her to notice you and approach you? So you sit around trying to act cool, acting like you don't see her, projecting a confident, macho attitude which you hope is magnetic enough to get her attention?

Now, ask yourself how often that works.

I'm willing to bet the answer is "Hardly ever," if at all.

What I just described to you is an example of "*inactive* disinterest." Inactive Disinterest is a way of **pretending you're not interested in someone without doing anything to draw attention to the fact that you're not interested in them**.

In short, your target is not aware you feel ANYTHING for them. Rather, the distinction that you're "disinterested" in your target is only apparent *in your mind*.

The opposite of this is when you actually take the action necessary to become noticed by the woman, while still portraying that disinterested attitude. Hence -- "*active disinterest*."

This is where you will approach a girl, and open her, without telegraphing any interest at all.

Why is this effective? Especially since we already established that most women **know** that the man is interested if he approaches in the first place?

Simple.

It's because the active disinterest goes **CONTRARY** to that initial suspicion by the woman that the guy is there to hit on her.

In short: *You are sending mixed signals!*

But why act disinterested at all? Why hide your intentions? Obviously, you're attracted to the girl, otherwise you wouldn't be bothering to approach her. But put yourself in their position for a moment...

Imagine going through your average day, and being approached by a number of people who compliment you on your looks, your clothing, or an accessory of some sort, all because they want something from you.

Kind of cheapens those compliments, doesn't it? Especially when the seventh person of the day comes up and tells you how cool your purse is.

This is the reality of women, especially beautiful women.

Women **know** men want to have sex with them. They get untold offers every day to have sex. Guy after guy will approach with that *exact goal* in mind. So girls, naturally, become accustomed to rejecting advances that telegraph intent, much the same way you might respond to a vagrant asking for change as you walk to work. You know what he is going to ask and you are prepared not to give it to him.

When you approach a woman and say "Hey baby, lookin' good tonight," you are telegraphing interest in an aggressive manor.

By the same token, when you sheepishly approach and say "Hello. May I please buy you a drink?" you are not only telegraphing interest, but also doing so in a very wimpy (and unattractive) way.

But when you enter with disinterest, you are **neutral**.

You do not telegraph interest while neither coming off aggressive nor coming off wimpy. You are simply "Neutral."

This neutrality is important, because it gives you the widest possible palate from which to paint the rest of your interaction with the woman you are talking to. She suspects you're

interested in her, but she can't quite prove it. It gives you the opportunity you need to win her over.

But being neutral simply isn't enough, you must also be engaging. Otherwise you run the risk of making the girl bored and having her walk away looking for something more interesting to partake in.

This brings us back to our good friend, the Opener.

Types of Openers

There are many different kinds of Openers out there. Technically, the first thing you say to ANYBODY, no matter what it is, can be an Opener. But the purpose of an Opener is to be *engaging*.

So in that respect, there are a few categories of Openers that will always be engaging to your target. They are:

1. Advice Openers
2. Compliment Openers
3. Direct Openers
4. Drama Openers
5. Insult Openers
6. Joke Openers
7. Online Openers
8. Opinion Openers
9. Roleplay Openers
10. Situational Openers

Throughout the course of this book, I'll break these Openers down for you, define them, give you examples of them, and even show you the structure of each Opener so you'll know how to construct your own.

But there's more to each Opener than just lumping them into categories.

Indeed, it can be quite involved. There are four other things you need to keep in mind other than just what Opener you are going to use. These four things are:

- Intruders
- Timing
- Tonality
- and Body Language

So before we get to the meat of what this book is about, we'll touch on these four things which are meant to help make your chosen Opener as effective as possible.

Intruders

As people go about their daily lives, they exist within a **personal bubble** they create for themselves.

This bubble not only encompasses everything they know to be true in life, but also everything they feel they have to do. When you're driving down the street and see other cars on the road, the people in those cars have a destination they have to get to, and they are consumed with getting to that destination. When you see someone pushing around a cart in a grocery store, they are consumed with getting the items they need.

In short, everyone exists in their own personal bubble. And that bubble does not include *you*.

So if your goal is to approach someone, you're going to have to infiltrate that bubble they erect around themselves. This is as simple as using verbal exclamations that will grab someone's attention and admit you into their bubble.

I call these exclamations "**Intruders**," because when you use them, they allow you intrude upon these personal bubbles.

Four examples of intruders are:

1. Hi
2. Hey
3. Yo
4. Stop

We use these words every day, instinctually, when interacting with people. These four simple words allow us to easily enter people's personal bubbles and begin interacting with them.

But they all have their place when interacting with someone, and knowing which ones are most effective in certain situations is crucial to being able to approach anyone, anytime, anywhere you may be.

For instance, the Intruder "Hi."

“Hi” is good for almost any situation. It works best in low key atmospheres like dinner parties. But “Hi” is best used after eye contact with your target is established. Saying “Hi” before you’ve gotten eye contact has a good possibility of putting your target on guard.

By the same token, “Hi” is not a powerful Intruder. You can’t call it out forcefully when you see someone walking ahead of you on the sidewalk that you want to meet. It comes off as socially awkward. “Hi” is also rather impersonal and even a bit formal.

Sometimes you can use the proper form of “Hi,” that being “Hello,” if the situation calls for it and you deliver it right.

The Intruder “Hey,” is much more versatile.

“Hey” can be used in pretty much any situation you may find yourself in, and it does not require eye contact to Intrude on your target’s personal bubble. The reason for this is that the word “Hi” imposes you on your target, whereas the word “Hey” engages your target and prompts them to interact with you.

“Hey” can be used in a low key way, such as “Hey there,” or it can be used forcefully as a powerful Intruder, such as “HEY!” Also, “Hey” can be used interchangeably with “Hi,” and is much less of a formal greeting.

“Yo” is the opposite of the formal “Hi” and the neutral “Hey.” It is completely informal, and very much a familiar way of greeting people.

“Yo” is an Intruder that can be used forcefully to enter a personal bubble as well. “Yo” is also good when approaching a group. However, “Yo” is a very selfish intruder because it indicates that you may want something from your target (which you do, but this Intruder may telegraph that).

The final Intruder, “Stop,” is probably the most powerful of the four I have listed for you.

“Stop” is a very forceful intruder, and instantly establishes a sort of authority for yourself. But it is quite context dependent. In other words, it is most effective when your target is engaging in some type of activity, such as walking, jogging, playing a game or sport, leaving a venue, etc. But you must be forceful with this Intruder, otherwise it won’t work.

You may notice that I have left out the phrase “Excuse me,” from the list of common Intruders.

This is because “Excuse me” *is not* an Intruder.

The phrase “Excuse me,” rather than injecting yourself into your target’s personal bubble, instead asks permission from your target to be included in their personal bubble. This

gives your target the opportunity to reject your entrance into their reality, should they so desire.

The purpose of Intruders is to give your target no choice but to let you in, something which “Excuse me” does not do. Therefore, you should opt NOT to use this phrase when approaching someone.

Plurals

Intruders work for single targets, but they also work well for groups.

When approaching a group, it is usually best (and more natural) to add a plural of some sort to the Intruder you are using.

The exception to this is when you use the Intruder “Stop,” because “Stop” can be used for one person or a thousand people, and it carries the same meaning.

A good plural to use with Intruders is the word “guys.”

Approaching a group with the Intruder “Hi guys,” “Hey guys,” or “Yo guys,” will help you infiltrate the group bubble they’ve created.

The word “there” is also effective, and can be used for single or group targets. “Hi there,” and “Hey there,” will get you good effect. Other plurals you can use are “dudes,” “fellas,” “people,” etc.

Some plurals you will want to avoid when using Intruders is “girls,” or “ladies” when approaching women you desire. Both of these immediately point out the sexual difference between them and you, and telegraph your intent, which could cause the girl’s to raise their defenses.

Obviously, you CAN use both these plurals and succeed, but it’ll make your job harder. A danger using these types of plurals is that you can also come off sounding cheesy or sleazy, depending on how you deliver them. It’s best to keep neutral when Intruding upon someone’s personal bubble.

Time Constraints

No matter what you use to Intrude upon someone’s personal bubble, they will always put up some resistance to admitting you because people, by nature, are busy.

This is why you’ll want to add in “*Time Constraints*” into your Intruders.

A Time Constraint is a way of telling your target that you are going to interact with them for a short period of time. What this does is bypass that resistance they would put up because you are presenting yourself as just a momentary distraction to their daily lives.

But this gives you the opportunity to capture their fancy and open them successfully.

Some examples of Time Constraints are:

1. Real quick...
2. I've only got a few seconds...
3. I know you're busy, but...
4. I gotta get going in a minute...
5. I can only stay a minute...
6. This'll only take a second...

All of these time constraints set the stage for a quick interaction, which you'll find most people are open to. But once you're in your target's personal bubble, you'll find that you can take up as much time as is necessary to get them interested in you.

Structure of Intruders

The combinations you can create for Intruders are quite numerous, and they all work. But the basic structures of an Intruder are as follow:

- 1. Single Intruder**
- 2. Intruder → Time Constraint**
- 3. Intruder → Plural**
- 4. Intruder → Plural → Time Constraint**

Here are some examples of Intruders:

“Hey guys...”
“Yo, real quick...”
“Yo, what's up?”
“Hey, I gotta tell you something...”
“Hi there!”
“Hello...”
“Hey, I've only got a few seconds...”
“Yo, I know you're busy, but...”
“Stop! This'll only take a second...”
“Hi guys, I can only stay a minute...”

Once you know what Intruders to use, you can enter anyone's personal bubble and open them successfully.

Timing

As with anything else in life, *timing is everything*.

When it comes to approaching beautiful women, this couldn't be more true.

As a general rule of thumb, **the quicker you can approach someone** after first noticing them, **the better**.

Some would say to give yourself about three seconds after spotting a target to choose your Opener and approach. This is a pretty good guideline to follow, but the reality is, *you can approach someone at any time you please*.

The reason you want to approach so quickly is that the longer you take to approach, *the more opportunity you have to talk yourself out of Opening your target*, and the stronger the temptation to stay in your comfort zone becomes.

Here is probably the most important concept to grasp in terms of timing: That of *hesitation*.

There's an old saying that goes:

“He who hesitates... *masturbates!*”

Well, in terms of picking-up women, that could not be more true. Hesitation is the one thing that will destroy more opportunities with women than *any other single factor you can think of!*

It's in that dreary period of hesitation where everything that could possibly go wrong rushes through our brains...

- What if she doesn't like me?
- What if she already has a boyfriend?
- Will she notice the zit on my forehead?
- What if she thinks I'm too short?
- What if she thinks I'm too tall?
- Blah, blah, blah...

During that time of hesitation where you're your brain is contemplating every single possible thing that could go wrong, a few things are happening:

1. You are focusing on a negative outcome
2. You are rehearsing failure
3. You are allowing fear, doubt, and uncertainty to take control
4. You are giving outside factors time to distract or take your target away from you

When it comes to timing, hesitation is your worst enemy. Remember that phrase "Opportunity only knocks once?"

Well, *knock, knock,* buddy.

Eventually, you're going to want to train yourself to approach automatically, so that it becomes instinctual to do so as soon as you see your target.

Never use hesitation as an excuse NOT to approach. When you chicken out because you think "too much time has passed," you're just rationalizing your desire to stay in your safe little comfort zone.

Resist doing this with all your strength!

We'll discuss how to train yourself to overcome the evils of hesitation later on in this book. But until then, I want you to remember this important concept:

Action will overcome hesitation.

Like Yoda told Luke, "Do, or Do Not. There is no Try." When you FORCE yourself to act, when you PUSH THROUGH your hesitation, you can achieve amazing results.

Don't worry about everything that could possibly go wrong. Instead, ACT, and deal with obstacles as they arrive.

Simply acting on impulse will improve your timing, and dramatically improve your results!

Tonality

This is a small, but important thing to be aware of when approaching women, and this is the concept of...

TONALITY!

Tonality refers to the volume, pitch, and tone of your voice. Many men overlook this when they are talking to people because they are more focused on what they are going to say rather than how they are saying it. But if you're not careful, your tonality can actually drive people away from you, no matter how engaging your material is.

If you don't believe this, just try imagining fingernails scratching against a chalkboard.

Did you cringe? If not, then think of a time when that actually happened. Did you cringe then?

Seriously, the sound something makes can be the difference between an enjoyable experience and a horrible one. So it is important to be aware of the sound of your voice as you are talking to women you want to meet.

This is important for a few reasons:

1. Being aware of the sound of your voice helps you to control it.
2. When you can control your voice, you can influence how others react to you.
3. When you can influence how others react to you, you have an easier time getting them to do what you want!

The last time you got angry, did you yell and scream? How did people respond to you? Most of the time when someone gets angry, they become more forceful in their tone of speech, and that instills fear in people which will overwhelm any objections they may have to your requests and get them to do what you want.

By the same token, if you're being playful and funny, and maybe talking excitedly and rapidly, people may be hanging on your every word!

So imagine what it's like when you're able to control your tonality in speak in a warm, friendly voice? Or better yet, a deep, *sexy* voice.

Can you imagine the possibilities?

If you still don't believe the power of tonality, think of how women use it on men. In fact, men are SUCKERS for tonality! All a woman has to do is purr in your ear a bit and you may become putty in her hands (if that's the case, I recommend popping some Viagra!).

Most women know how to use their tonality to get men to do what they want. Well, the same is true for guys. The only thing is, most guys don't know how to use their tonality effectively!

So what's the most effective way to use your tonality?

The first thing you need to be conscious of is the tone of your voice, or how much it resonates.

Women respond well to men with deep tonality, not only because the pitch is pleasing to their ears, but because a deep tone represents confidence.

Now some of you out there might be like me and aren't blessed with a "deep voice." So I'm going to make the distinction here between a "deep voice" and a "deep tonality."

First, I want you to remember this: *You can be just as sexy with a deep tonality as you can with a deep voice!*

The difference between the two is that no matter what your voice sounds like, if you can make it resonate, it will have the same effect as a sexy deep voice!

Even if your voice is so high it sounds like your testicles have been squeezed by a vice for the past 20 years, if you can make your voice resonate, you can use it to your advantage.

In order to achieve this type of tonality, you must speak from your diaphragm.

A test to see if you are speaking from your diaphragm is to place your hand **flat on your chest**, and focus speaking from that area. If you do it right, you can actually **feel your chest vibrate** as the words emanate from there.

Another thing to be aware of is volume.

In a way, you must learn to be LOUD.

If you have great things to talk about, but a girl cannot hear you, he's going to get frustrated and bored and eventually be distracted by something that does not require so much effort on their part to pay attention to.

I have a good friend who is a great guy and has lots and lots of fantastic stories to tell. But he often has a hard time meeting women because he speaks so softly that they have a hard time hearing him. And guess what happens when you can't hear someone?

You get *bored*!

If a woman can't hear you, you're creating WORK for her. It takes effort to hear someone who speaks too quietly. And remember, people by nature are lazy. If a woman can't hear what you're saying, her attention is going to wander off elsewhere.

And that means *you've lost her*!

So don't be afraid to be loud when approaching someone. High volume can convey a sense of excitement and confidence, and when you combine it with good tonality, you are projecting all the right signals to portray yourself as a fun, outgoing, and engaging person.

Even if you're being TOO loud, you're at least courting attention. Best to be too loud than to never be heard.

Body Language

Okay, we covered a lot of this in The Art Of Body Language earlier. But be aware that there is a certain type of body language you want to use when approaching someone for the first time.

Understand, words are not the only thing we use to communicate with others.

The way we carry ourselves says a lot about us. If we have bad body language, then no matter what we say, we could be perceived as **weak** or **unconfident** -- two major turn offs for women.

So Body Language is something you need to keep in mind when you are approaching women.

There are two distinct periods in the approach where you need to be aware of how you are presenting yourself:

1. The Walk-Up
2. The Conversation

The Walk-Up is the period of time where you are physically approaching your target, or “walking up to them.”

Most guys will approach their target dead on, making for them in a straight line, with little regard for how aggressive it may look. And while this is a minor point, it can cause your target’s defenses to go up, so why make your job any harder?

Instead, when you initially walk up to your target, do so at an angle, not dead on. This is much less aggressive and more under the radar.

Be sure not to face them squarely, since that is rather confrontational. Instead, turn your body to them slightly to “soften” your approach. Just subtly pointing your shoulder at your target will do the trick.

The Conversation is the period of time when you actually start talking to your target.

Now that you’ve opened them, you need to appear cool, relaxed, and slightly disassociated. This can be accomplished by putting your weight on your back foot. Keep

your shoulders back, your chest slightly out, and your feet shoulder length apart. And most importantly – SMILE!

Smiling is the single most important piece of body language there is to convey an engaging, friendly attitude.

It is tremendously important.

If you look at people throughout the day, in a bar, club, bus, work, what have you, most guys are not smiling. Simply by doing that, you'll make yourself *easier to talk to and more engaging* (not to mention more attractive!).

There is a school of thought that exists that says you should NEVER smile when you're trying to get a woman.

Frankly, I think there is merit to this approach, but it depends on both the circumstance, and the woman.

When you boil it down to the basics, when **meeting someone you don't know** for **the very first time**, always err on the side of caution and...

Smile! ☺

It's easier to recover from appearing too happy than it is from coming off as a big stick-in-the-mud!

Good body language, coupled with good tonality, will make you seem more confident, outgoing, engaging, and fun than anyone else around you. And this will naturally attract people to you and make Opening them easier.

Group Approaches

There's a secret many people might not know about approaching.

It's a secret so few people know about, because so few people do it.

But once you know this secret, your ability to meet any woman, any time, anywhere you may want will literally skyrocket!

This was a secret that was hidden from me for many, many years, and it was not until someone shared it with me that I was able to have the kind of successful interactions with women that I've always dreamed of.

So you wanna know what it is?

It's pretty simple.

In fact, it's so simple that you may in fact KICK yourself for not knowing it already.

So you ready for it?

Okay, hold on, because here it comes:

Approaching groups of people is easier than approaching people who are by themselves!

Is your mind blown yet? I know mine was when I was first told this.

It seems unnatural – you would THINK that a group would be **harder** to approach than someone who's by themselves.

However, this is not the case.

The reason for this is that old maxim – *There's safety in numbers*.

When people are by themselves, their guards are up. They feel more vulnerable, and so are more resistant to people outside their established social circles.

But when they are already IN those social circles, they feel safe, and their guard actually goes down, making them MORE open to meeting people outside their already established friends.

So if you know how to approach groups of people, your success with interacting with women will increase exponentially.

Group approaches are especially important to know in Bars, Clubs, and Parties. In these venues, people tend to go out with their friends looking to have a good time. You will very rarely find a girl in these places who is by herself.

So if you hope to be successful in these social venues, you **MUST** know how to approach groups of people (and when I say groups of PEOPLE, that's what I mean. These groups can be either all women, or women **and** men).

This is where **Group Theory** comes into play.

I learned Group Theory from my friend and teacher Erik von Markovik, the world-famous pick-up artist who's been featured in such publications as *The New York Times*.

Erik is an Illusionist who goes by his stage name "Mystery." Mystery (as Erik prefers to be called) developed a very effective means of approaching groups of people in any venue, which he learned in his days doing street magic.

He has dubbed this technique Group Theory.

I'll go over some basics I've perfected here, but if you **really** want to get detailed information on how to do this, I suggest you take a seminar with Mystery so you can learn these tactics from one of the best there is. You can find out all about Mystery and his method of approaching women at www.mysterymethod.com.

The basics of Group Approaching is very simple. There are two categories of people in every group:

1. Your target
2. Your obstacles

Your **target** is, of course, the person you wish to get alone eventually so you can begin forming a relationship with them. Your **obstacles** are anyone in the group who could keep you from doing that.

The first thing to keep in mind once you have determined who your target is and who your obstacles are is this:

You never approach your target first!

Remember earlier how we talked about the danger of telegraphing interest? Well, in group situations, it is even more counterproductive to telegraph interest, because not only will your target put up resistance, but her friends will aid her in that resistance.

So you want to throw off this resistance by **Opening one of your obstacles**.

If you have a group of two people, this is the easiest. You simply Open the person who is not your target.

But when you get groups of three or more people, things get a little more complicated. Which obstacle do you Open?

The truth is, you can Open any obstacle you want.

But the most effective way to Open the group is to approach the “leader” of the group first.

In every group, there is usually someone who takes charge and leads the group in its decision making. You can always tell who the leader is because it’s usually one of two kinds of people:

1. A very assertive and outgoing woman
2. A guy

For instance, if you see two girls walking through a club, and they’re holding hands as they make their way through the crowd, the girl taking the lead will be the leader.

By contrast, in a group of three or more women, the one talking the most or the loudest is usually the leader.

In groups with men in them, they are, by default, the “leaders,” simply by contrast between the sexes. In this case, you don’t have to figure out who the most “Alpha” of the guys are and open him first, the opening of any guy in the group will do.

If your target is the leader of your group, don’t open her right away. Open one of your obstacles and let the leader engage you, *then* turn your attention to her.

The reason you want to try and Open the leader of a group is because the Leader is your **biggest** obstacle.

If they decide the group should do something else other than talk to you, the group is going to do that and your conversation is going to die a quick and painful death.

Once you have Opened the leader, make an attempt to engage each one of the other obstacles in the group. Tell the group a funny story, show them you’re a cool guy, entertain them, befriend them.

Once the group accepts you, *turn your attention to your target.*

You want to get to your target last, because not only will that deter any notion that you're overtly interested in them, but once the group accepts you, your target will be forced to accept you without resistance, because you already won over her peer group.

This is what Mystery likes to call “**social proof**,” which is when you raise your **perceived social value** by showing that other people find you valuable in some way.

So to break down the strategy for group approaches:

1. Find a Group to Approach
2. Determine who your Target is
3. Determine who your Obstacles are
4. Determine who the Leader is
5. Approach the Leader or the Obstacles
6. Open the Leader or the Obstacles
7. Become accepted by the Group
8. Open your Target

When you have the ability to Open groups of people, your social interactions will become more numerous, because of the fact that most people travel in groups.

This is the most important skill to acquire if you want to be able to meet the woman of your dreams no matter where you may be!

Before The Approach

STEP 1

Back when I was a kid, I was in the Boy Scouts. Now, anyone who knows anything about the Boy Scouts will know that tried and true motto: *Always Be Prepared*. It's simple, it's elegant, and most importantly – it's damn effective!

In life, this motto will help you achieve any goal you want. Being prepared for what you want is the best way to receive it. The universe will always give you that which you are after, but only if you are ready for it!

So the first thing you should do before you even step foot outside the house is to ***know what you want***.

Seriously. It amazes me how few guys know what it is they want. Here's a little secret for you: ***If you don't know what you want, you'll never get it!***

Do you want a one night stand? Do you want a girlfriend? Do you want a wife? Do you want a blonde, brunette, or redhead? Do you want a woman with big boobs? Do you want a highly educated woman? Do you want a woman who is independent? Do you want a woman who smokes? Do you want a single mom? Do you want a woman who loves giving blowjobs? Do you want a woman who is white, black, latin, or asian?

The list can go on and on. The fact is, knowing what you want will help you to get it! Why? Because you eliminate all the other distractions that could keep you from getting what you want or prolong your search.

For instance, let's say you want to settle down and you're looking for a woman to get married to. Are you going to waste your time picking up party girls who want to go out every night, dress sexy so other guys can oogle them, and never stay at home except maybe to shower and change clothes?

Of course not!

You're going to go after women who have settled down and are looking for stability. So this means you have to forget about those nightclubs all your buddies are going to, and look for venues where you can find the type of women you want.

So remember: Always know what you want! To the most minute detail. And don't be afraid to walk away should one of your requirements not be met.

STEP 2

The next step, after knowing what you want, is to ask yourself: Where can I find the type of women I want to meet?

This is really important. Different places attract different types of women. Depending on where you go, you will get a different category of women.

Notice, I'm not saying you can't meet a nice, stable girl who's ready to settle down at a nightclub. But your chances of meeting a wild party girl who's just into hooking up with a guy at such a venue is much greater. So if that's what you're looking for, a nightclub is a good bet you'll meet that type of girl there.

If you're looking for a girl who's a little less wild, maybe more intellectual, where would you meet these types of women? Figure out the places where a certain type of woman would congregate. In this instance: museums, book stores, art galleries, and libraries come to mind.

Once you know where the type of girl you want to meet will be, it will be far, FAR easier to meet them! Just think of all the time and effort you'll save by skipping the venues where the women you don't want dominate.

Of course, you should always be on the lookout for the type of women you want, so don't dismiss all women just because the venue isn't right. But typically, if you're on the prowl, the location will dictate the type of women you'll find.

STEP 3

Now that you know what you want, and where to find it, it's time to look at what you'll be presenting the world. Namely – YOU!

Let's face it, certain types of women are attracted to certain types of men. Depending on how you look, you will attract a certain type of girl.

Notice, I'm not talking about your physical looks here. We can't control how good looking or ugly we are physically. But we CAN control our appearance. This includes our hairstyle, our skin, our facial hair, our weight, and our clothing. We can groom ourselves to project a certain image that will attract the women we're after.

Let's take an example of this. Let's say I want to attract a stripper, and strippers are all I want to date for the rest of my life. Now, I know from experience that strippers are very easily attracted to "Rock and Roll" types. This doesn't mean you can't date strippers if you like to wear suits or simple t-shirts and jeans. But if you grow your hair long, have

tattoos, smoke cigarettes, and like to wear a lot of black clothing with chains attached, you're going to have an advantage approaching strippers because they typically like that type of man.

So now that you know what you want, figure out what the woman you're after wants, and tailor your image to suit that. It will make your job much, much easier when it comes time to meet them.

But regardless of your image, you should always make an effort to look your best. Things like showering, brushing your teeth, and working out regularly go a long way not only in attracting women, but in your general sense of health. Always try to look your best whenever you're going out in public, because you just never know when that girl you're looking for will be there.

STEP 4

Once you know how you want to tailor your image, it's time for you to cultivate it. This means you gotta put some money forth. Now, if you're a guy like me, you HATE to go clothes shopping! Not only can it be expensive, but it can be a real pain in the butt!!!

However, putting the time and effort in now will pay off later when you got the girl of your dreams in your arms!

Now that you know what image you want to have, you'll have to pick the right store to shop at. Different stores cater to different styles, and different bank accounts. Clothing is a mix-and-match game, where sometimes you have to piece together outfit from many sources. But typically, you want a set of clothes to have a certain theme.

For instance, if you work at an office, you want to project a professional image, so all your clothes for the office might be nice, dark suits with monochrome shirts and flashy ties. But when you go out to concerts, maybe you have a bunch of ripped pants and faded vintage T-shirts.

Different environments call for different types of dress.

I believe that we all have different personas in different areas of our lives. Maybe at the workplace, you're a vicious shark who no one wants to mess with because you really know your stuff and you're an expert at what you do. That's your "work" persona. But when you go home to visit mom and dad, you're quiet and you do what you're told because you don't want to fight with your parents. That's your "son" persona.

We all do this, depending on how comfortable or confident we are in different situations. Your type of dress will determine how strong your persona is.

When you do go shopping for clothes, here's some advice for you. Take your time! Make sure you're not rushed, because you're making an investment in your future. You

need to try on the clothes, see how they look, get opinions from the store clerks (don't be afraid to ask them what they think or their advice on what to get).

If you're looking for good, trendy clothes that will work in almost any situation, and won't totally drain your bank account, I suggest going to your local Banana Republic store. You can usually find these stores in the mall across America. They make great clothes, and their sales are fantastic. I never buy anything there that isn't on sale because their stuff can be expensive. But the sale items are just as good of quality as the regular items, only cheaper!

If you're looking to go for the rock and roll/gothic appearance, there are lots of routes you can go. The biggest store that caters to this look is called Hot Topic. You can find these stores in most malls. They sell all sorts of shirts and accessories that go well with this image.

In tandem with that, thrift stores, such as your local Goodwill Store, are good for that and a lot of different looks. Not only are these stores dirt cheap, but you can find hidden gems here, such as vintage t-shirts and the like. Stores like this are very popular with the more "arty" crowd.

If you're overweight, Casual Male has a great selection of clothes to fit bigger guys, and their clothes range from professional to really, really cool. Because I, myself, am overweight and find a hard time finding pants that fit well in the normal stores, I often go to Casual Male and buy jeans and other pants. Their selection of suits for big guys is really good as well.

The internet is also a great place to find really good clothes. There are tons of websites out there that feature their products and will ship them right to your home, and a lot of times they got great discounts too.

Cheaper outlets like Walmart, K-Mart, and Target have nice casual clothes, but I wouldn't recommend going there to find clothes to attract women (though going there to meet women is a different story!).

In addition to your clothes, pay attention to your grooming and hygiene too. Take care of your teeth by brushing at least twice a day and flossing. Try to shower at least once a day to stay clean and fresh (and make sure to wash your nether-regions! You never know when you might need to use them!!!). Take care of your skin and watch your diet. If you can, work out regularly. Thirty minutes a day three times a week is bare minimum for getting healthy. Remember: muscles on men are like breasts on women. The bigger they are, the more attention you'll get.

STEP 5

Okay, so far you know what you want, you know where to find it, you know what image will help you get what you want, and you've tailored your image to that. Now comes the most important step to perform before going out to meet women...

Believing you can do it!

I am a big fan of the power of belief. I think that if someone believes they can accomplish something, they will. The same is true when it comes to meeting women.

Too often, guys take themselves out of the game before they even get a chance to play. They take one look at a woman and think "She's so beautiful! She must be out of my league. I could never get a girl like that..."

Their belief is that they're not good enough to get what they want!

Can you imagine going through life with that belief? What if you were starving, and you saw a big, fat, juicy hamburger with a side of fries on the table before you. Would you say to yourself "That burger looks and smells soooooo good! There's no way I could eat it. I'm too hungry to eat that beautiful hamburger..."

Doesn't make sense does it? But guess what: if you believe that you're too hungry to eat that big, juicy, delicious hamburger, you're not going to eat it!

That's how powerful belief is.

You need to make yourself believe that you can achieve your goal of getting a beautiful woman that will suit what you're looking for. And you have to believe that she will want you as much as you want her! Otherwise, you're in for a lonely, lonely lifetime.

One thing I will do before I go out to meet women is look in the mirror and psyche myself up. I learned to do this before sporting events, as most athletes do. The difference between a good athlete and a great athlete is his belief in his ability to win. So I'll look in the mirror and say things like:

- You're going to meet a girl you like today.
- She's going to be into you.
- You're an attractive man.
- You know what women want.
- You're going to get her, it's just a matter of time.
- You're going to have fun.

And various other things. Just say each affirmation for twenty seconds, looking yourself in the eye, in the mirror. Imagine meeting beautiful women, having good times with them, and getting what you set out to get – sex, love, romance, relationships – whatever!

This is what's called "Practicing Success."

If you practice success, you will succeed! Because you're training yourself to receive exactly what it is you want.

And you can do this anytime you want. When you're board, when you're driving in the car, when you're waiting in line, when you're on your break from work – whenever. The more you practice, the more ready you'll be to get what it is you want.

Remember that Kevin Costner movie "Field of Dreams?" Build it, and they will come? Well guess what: *BELIEVE it, and you will achieve!*

Types of Openers

Now that you know some of the basic theories, tactics, and strategies behind the Art of Approaching, it's time to introduce you to the *specifics*.

As listed earlier, there are ten different types of Openers that will be discussed in this book. The Openers are listed in alphabetical order, along with brief explanations of the Opener, the Structure of each Opener so you can eventually learn to construct your own personal ones, and specific examples of Openers that not only illustrate what we are discussing, but that you can also use in your interactions with women.

These Openers are now yours to do with as you please. You can memorize them word-for-word, or mess around with them and create your own variations.

Heck, you can even come up with your own openers by following the structures I list out!

The possibilities are endless.

Advice Opener

One of the best ways to get people interested in you is to present yourself as some type of authority figure.

If you can speak confidently enough about something, while also giving people some much appreciated guidance, *you can engage anybody in a conversation.*

The best way to present yourself as an authority in someone else's world is to **give people advice.**

The Advice Opener is a way to engage someone by doing this, so you not only present yourself as an authority figure, but you also **hook** them into a conversation.

By nature, the Advice Opener falls under the category of “unsolicited advice.” Often times, this type of advice can come off as annoying, since people neither asked nor wanted any advice from you in the first place.

So to counteract this, you have to give VALUABLE advice to someone in order to get them engaged.

So how do you make your advice valuable?

Well, firstly, you want to make it PRACTICAL.

Urging someone to walk out into the middle of a freeway is quite impractical advice, because you're advising them to put themselves in a bad situation. When we say practical advice, we are talking about advice that can give it's recipient a logical benefit, and is something they are actually physically capable of following.

The second way to make your advice valuable is to make it positive and supporting of your target's choice.

This is important, because when you support your target's choice, you are not only telling them what they want to hear (and therefore will be accepted more readily), but you are also suggesting a commonality between you and your target.

And when you make the advice positive, you are presenting an attractive option that you're target may follow. And if they accept your advice, you have established yourself as an authority.

On a quick note, Advice Openers are also somewhat context dependant. If it doesn't look like your target is in a situation where she needs advice, it might be preferable to Open with another type of Opener.

So with this in mind, let's get to the structure of a solid Advice Opener.

Structure

After spotting your target, observe her situation and find something to comment on. Then, approach your target by offering your advice, and end by engaging them in some fashion.

Intruder → Offer Advice → Engage Target

As I mentioned before, this type of Opener is rather context dependant.

You can usually find a way to give someone good advice by analyzing the context you are in and the possibilities that your target may explore.

Think of it like a chess game: What are the possible moves your target is going to make? Help them pick the best move and share with them why they should make it.

Examples

--The "Gas" Opener

I've used this one at gas stations with some success.

Occasionally, while you're fueling up your car, you'll see a rather attractive woman doing so nearby.

If this is the situation, I'll see how much she's spending on gas. If it looks like she's filling up her tank, I'll usually call out:

"Hey, you know, you should never let your gas gauge fall below $\frac{1}{4}$ of a tank. All sorts of dirt and grime accumulate at the bottom of your gas tank, and if you go past the $\frac{1}{4}$ mark, you are putting all that dirt and grime into

your engine. It'll save you lots of money in the long run on car repairs. Do you know a lot about cars?"

This is actually good advice when it comes to vehicle maintenance, and most women don't know this little trick.

If you notice, I take a read on the situation, offer this advice, and then engage the girl by asking her about her knowledge of cars. Most of the time, women won't know a lot about the subject.

But this gives you the opportunity to segue into something they do know a lot about, and BOOM! You've got a conversation going. Notice that this piece of advice is also something the woman can realistically do, so it's not worthless advice.

That's the real key to making Advice Openers work.

--The "Cheer Up" Opener

This one works well if you see a girl who's by herself either waiting, looking bored, or has a frown on her face. Simply walk to her, point, and say...

"Hey, cheer up! Things can't get much worse!"

This will usually get a laugh or a smile. You can then segue into this follow-up.

"You know it takes fewer muscles to smile than it does to frown? Why do you think that is?"

From here you can talk about the difference between being happy and being sad, or any number of other things. But this is a good Opener to use because it's quite positive and energetic.

When in doubt, you can never go wrong by advising someone to smile!

--The "Closed-Off" Opener

This Opener works well when you see a woman standing around with her arms crossed. Approach her and say...

"Hey, is everything all right? You looks so closed-off with your arms crossed liked that! If you uncross them you'll look so much friendlier!"

This'll get them to uncross their arms. This is a neat little body-language trick, because once your target's body language is corrected, their attitude will follow and they will become more open to conversation. Just have a story ready or stack

another Opener on top of this one, because even though this bit of advice Opens, there's not many places you can go with it conversation-wise.

Conclusion

Advice Openers can be any suggestion you offer your target that is practical and positive.

Often times, these types of Openers will rely on your own personal knowledge and opinions.

But when the opportunity presents itself, as long as the advice is real and sincere, don't be afraid to share it with your target.

Compliment Opener

The compliment is probably the oldest Opener known to man.

This is perhaps its greatest weakness.

Because the Compliment Opener has been used so often, it has lost much of its sincerity.

Though, that's not to say women don't love flattery. But what you might find interesting about your target and compliment her on may be something she hears all the time, and this not only fails to distinguish yourself from every other guy out there, but it also fails to engage your target.

I remember when I was out at a bar one time and talking to a guy I had bumped into. He was waiting around, drinking his drink, eyeing a group of three girls up at the bar. Suddenly, his opportunity presented itself as two of the girls left for the bathroom, leaving their rather attractive friend unattended at the bar. This guy turned to me and said:

“It's been nice talking to you, but I'm gonna talk to that girl now.”

Interested in what he was going to say, I asked him what he was going to Open her with. He said...

“She's got on a cool shirt. I'm gonna compliment her on her shirt. Girls love it when guys notice things about what they're wearing.”

I couldn't help but cringe.

Sure, the girl was wearing a really cool, jewel encrusted shirt, but I knew that she's probably heard “Hey, that's a cool shirt” a million times before.

I tried to tell this to the guy I was talking to, but he dismissed me and went to talk to the girl anyway. I watched for a few minutes as he complimented the girl on her shirt, and she promptly ignored him until her friends came back, at which point the whole group gave him the cold shoulder.

Honestly, ***girls hear compliments all the time***, and though it's nice to be flattered, they will often see through your reason for complimenting them – i.e. you telegraph interest when you compliment a woman.

But Compliment Openers can work if done right.

By “Doing it right,” I mean complimenting a girl on something that is unique, and not every guy will notice. This usually means complimenting her on something OUTSIDE her physical beauty or fashion tastes.

Not only will this kind of Opener make the girl feel good, but will make you stand out from all the other Moes who approach her.

Structure

Compliment Openers can be difficult because you have to have something to compliment the girl on. So with that in mind, you must first notice something about the girl you can compliment.

The structure of a good Compliment Opener is as follows:

Notice something unique about the girl → Intruder → Compliment your Target on her Unique Trait. → Question or Introduction

You are usually looking for something that is “outside” the girl’s normal reality to comment on. Something she may not know or others may not notice about her.

This usually has to do with her body language, attitude, or energy. Once you establish this unique trait, lead it into a conversation by asking her about it or introducing yourself.

Examples

--The “Dancer” Opener

This is a good one to use if you’ve gotten a chance to see a woman walking in some way. Simply approach and say:

“Hey, are you by any chance a dancer? Because you move with such grace and confidence, you have to be professionally trained. Who’s your teacher?”

If she says she’s not a dancer, follow up with:

“Well, I bet if we get you in a club that’s a different story.”

Complimenting a girl on the way she moves has a somewhat sexual undertone, but is not *overtly* sexual. Nor does it telegraph interest on your part.

Noticing the way a woman moves and commenting on it can be quite flattering to any woman, because they're not used to hearing about it.

--The "Walking in Heels" Opener

This is an Opener you can use if a woman is wearing high heels. Walk up to her and say:

You: "How high are those heels?"

Her: (answer)

You: "Wow, you know, you really know how to walk in them. Most women are so clumsy and uncoordinated. It's such a lost art. Good to know there are still some women around who know how to do it right. Did you have to go to charm school for that? How'd you learn?"

This is a strong compliment because it implies a certain kind of sophistication on the woman's part. It also exalts her from other women and makes her feel like she stands out from the crowd.

This is another compliment that is subtly sexual, because walking in heels is a very feminine thing to do, and by complimenting her on it, you are really complimenting her on her femininity.

--The "Settle Down" Opener

I like to use this one on girls who are dancing, having fun, and generally being the "life of the party," so to speak.

(Walk up to the girl)"Hey now, you have to settle down. You're making all the other girls look bad! That's not cool."

This is, of course, meant to be said in a joking manner. You are complimenting the girl on outshining all the other girls in the vicinity in a funny way that's not too direct. I have opened a great many successful interactions with this Opener. The best follow up I've found is this:

"But, if you REALLY wanna get everyone jealous, let's show them how it's done!"

And then proceed to dance with them or drag them to the dance floor.

--The "Confidence" Opener

You can use this Opener with any girl who seems very assertive or opinionated.

Also, if it looks like the girl knows where she's going or what she's doing, this is a good one to throw at her.

“Wow, you are SO confident! Are you like the CEO of a company or something? Because you act so completely sure of yourself, it's amazing. Do you find that people are often too intimidated to talk to you?”

Women like to be told that they seem strong and confident.

And the thing about people being intimidated to talk to them will often strike a chord with women because, especially if they are beautiful, they might find that people often ARE intimidated by them.

--The “Girly Girl” Opener

This is one to use if your target is very feminine.

What we mean by “girly” is when a girl is almost immature in her femininity. Most young party girls will often act overly “girly.”

“Oh my God, you are so GIRLY! You know, most women today think they have to be all tough and macho because of feminism and stuff. It's so great to see there are still girls out there who like being girls.”

I like this Opener because you are complimenting her on something that she's probably been made fun of about in the past, and she's probably rather insecure about it.

But like the “Walking in Heels” Opener, this one points out her femininity and encourages it, and therefore has subtle sexual undertones.

Conclusion

As the old saying goes: “Flattery will get you everywhere.” You just have to know the right things to flatter. With Compliment Openers, you can Open anyone in a way where they are guaranteed not to be offended. You just need to make sure you are sincere enough in your compliments so as not to telegraph your intentions.

Direct Openers

This is probably the most dangerous form of Opener there is, not just because it telegraphs interest quite blatantly (and therefore your intention) but it is also the easiest for a girl to reject.

However, if pulled off correctly, the Direct Opener can be very effective.

The purpose of a Direct Opener is to automatically take charge of the situation you're in, and impose your agenda on your target.

It is a very blunt way of taking over your target's reality and imposing your own upon them. But it's this imposition that also creates resistance from your target.

However, if you're skillful enough a conversationalist to bypass any resistance, this type of Opener can get you in with your target *fast*!

Structure

The structure of a Direct Opener is a relatively simple one. It is:

Intruder → Statement of Intent

That's it.

You just interrupt your target's reality and tell them why you're doing so.

The purpose behind doing this is to communicate that you are not intimidated by your target and you make no excuses for your desires.

Examples

--The "I want to meet you" Opener

This is a relatively simple one. All you do is walk up to your target, smile, and say:

“Hi. I like you. I wanted to meet you. My name is...”

Once you’ve introduced yourself, you can take the conversation anywhere you want to.

--The “Drive-By” Opener

I call this the “Drive-By” because you are adding in a time constraint into the interaction which usually telegraphs an impulsiveness of some sort.

“Hey, I can’t talk long, but you seem really cool and I wanted to meet you. My name is...”

This is good to use if it looks like your target is in a hurry and doesn’t have time to talk.

On the flip side, it’s good if YOU’RE in a hurry and really don’t have time to talk.

After using this one, you’re gonna want to hurry and get her contact information or set up a meeting.

--The “What’s your name” Opener

This is an Opener where you start off by making the girl introduce herself. An Oldie but Goodie.

“Hi, what’s your name?”

From here, it’s typically best to either introduce yourself in return, launch into a story of some sort, or give her instructions to further your interaction.

You can even stack a few more Direct Openers on this one. For example:

You: “Hi, what’s your name?”

Her: blah, blah.

You: “I really like you and wanted to meet you. My name is...”

--The “Joey from Friends” Opener

I call this the “Joey” Opener because the character Joey on the television show “Friends” popularized this Opener. It’s meant to be said jokingly in your best New Jersey accent.

Walk up to a girl, look her over, smile, then say:

“How YOU doin’?”

Some girls love this because it can be really funny, and if they’re a fan of the show, they’ll get the humor.

Some might not respond to it, but if that’s the case, you can point out they either don’t know the joke or aren’t a fan of the show.

--The “Leer” Opener

This is a bit of a risky Opener because it’s quite overtly sexual and could turn a girl off. But if done with the right attitude and the right context, it can be quite fun.

Basically you want to noticeably walk up to a girl, look her up and down, smile, nod, and say:

“Yeeeeeeeah...”

The girl will either be flattered and play along, or she’ll be offended and creeped out. If the latter is the case, apologize by saying:

“Oh, I’m sorry. I didn’t know you were so sensitive. I take it back, I don’t find you attractive at all.”

If this offends the girl more, trust me, she isn’t someone you want to get to know better. But most girls will come around after this one, especially if you do it with a positive, joking attitude.

Conclusion

These are a few examples of Direct Openers. There are countless others. Everything from “Wanna dance?” to “How much for a blowjob?” can be considered “Direct.” The most important thing to remember when using this type of an opener is to be *congruent* with it and make no apology for your rather blatant desires as a man. If you stick to it, though your target may not go for you, they WILL, at the very least, respect you.

Drama Opener

Whether it be in movies, television, or real life, nothing captures the attention of someone like DRAMA!

But this is true especially when it comes to women. Drama gets the emotions stirred up, and has the ability to enrapture people and engage them in powerful ways.

The Drama Opener is more of a story of a dramatic event that usually involves some type of conflict.

Like all good stories, it has its characters and it's climaxes, and usually a bit of humor as well. But one thing to keep in mind is that you always want to put yourself in the drama in some way in order to help you engage your target.

By making yourself part of the drama that unfolds, you in essence make it YOUR story.

And nothing is more powerful than sucking someone into your story.

But one thing you want to be careful of is to make sure you are not the INSTAGTOR of the drama. If you portray yourself as the cause of these conflicts, people may be scared to interact with you.

After all, people love drama, as long as THEY are not a part of it.

Structure

The idea behind Drama Openers is that you want to hook your target right away, and then launch into the story that is the source of the drama.

In order to do that, you're going to want to engage you're target's curiosity, while at the same time linking that curiosity to you.

To do this we use what I call a “***Hook Statement.***”

A Hook Statement is anything that puts you in a story in such a way that your target becomes intrigued. The following is an example of a Hook Statement I like to use:

“You won’t believe what just happened to me.”

The above statement not only engages your target by challenging them to believe what you are about to tell them, but it also thrusts you right into the forefront of the story and your target’s attention.

So the structure of a good Drama Opener is this:

Intruder → Hook Statement → Story → Resolution

The Resolution is where the drama comes to close in your story. It’s usually best to include some type of humorous outcome or lesson in the resolution that resonates with your target.

Examples

--The “Car on Fire” Opener

This is an example of a real life situation that I adapted into a good Drama Opener. This one is good to use with solitary targets or groups in pretty much any situation.

“Hey guys, you won’t believe what just happened to me.

I was eating dinner with a few friends of mine at this restaurant, and all of a sudden, we hear this scream. And we look up and see a car in the parking lot with smoke billowing out of the hood!

And the girl who owns the car is out there freaking out. So the first thing that runs through my mind is “This car is going to blow up!”

So I get up and tell everyone to get away from the windows and to the back of the restaurant.

But instead of that, everyone whips out their cell phones and digital cameras, and runs outside to start taking pictures of the car! Meanwhile, flames are engulfing the hood of the car, and all these people are standing not five feet away taking pictures!

Can you believe that? I mean, why would anyone endanger their lives for a few stupid photos!”

(If they ask what happened, use this Resolution)

“Well, eventually the fire department shows up and tears the hood of the car off so they can put out the fire.

As they were doing this, one of the firemen was yelling at everyone for videotaping everything and not seeking shelter. It was quite exciting.

I got some really great pictures to remember it by too.”

So the Resolution to the story is that you ended up doing something which you criticized others for doing as well, which will usually get a laugh.

But you also paint yourself as a man of action by taking the initiative to try and save people by telling them to get away from the danger.

--The “Street Brawl” Opener

If people go to enough bars or clubs where over-testosteronized guys consume copious amounts of alcohol, chances are they’ve seen fights break out. So stories where you talk of witnessing fights outside of clubs and bars are relatable to pretty much anyone, but no less exciting.

This Opener works best on mixed groups that contain both men and women.

“Hey guys, you won’t believe what I just saw.

I was outside of this club, right, and there was this BIG guy outside with a mohawk. And he was arguing with this little preppie guy over something, I don’t know what.

And all of a sudden, this mohawk guy just CLOCKS the other dude – hard!

Not only does he punch the guy, but he follows through with his elbow, so it’s like a straight 1-2 hit!

And the guy who got punched just stands there for a minute, like his brain doesn’t quite realize what just happened, and he falls straight back onto the concrete like he’s stiff as a 2-by-4, and just lays there looking straight up into the sky with his eyes wide open.

And everyone’s looking at this just stunned. And this guy isn’t moving, isn’t even blinking, and I’m thinking “Crap, this guy is dead! He’s fucking dead and I’m a witness!”

(If they ask what happened next, use this Resolution)

“Well, his friends helped him up and the guy snapped out of it and he started talking shit again. So the mohawk guy comes back and tries to throw down, and their friends are holding them apart.

Eventually the cops show up and everyone gets arrested. The funny thing is, these guys who got arrested drove their girlfriends to the club, so these poor girls were stranded.

Me and my buddies ended up taking them to get something to eat and then home. We’re lovers, not fighters, you know?

But I’m sure those guys worked out their differences in prison.”

This Opener is meant to show that you’re more of an intellectual than a ruffian, and that you look down your nose at physical violence, and prefer to be a good lover as opposed to a good fighter, as you imply with the resolution of the story.

--The “Cat Fight” Opener

Like the “Street Brawl” Opener, this one has to do with two GIRLS fighting as opposed to two GUYS.

There’s a different dynamic when girls fight because in a way it’s more rare and interesting to hear about than guys throwing down.

This Opener works best on groups made up of only women.

“Hey guys, you won’t believe what I just saw.

I was outside this bar, and there were these two girls arguing with each other. I guess they used to be best friends or something, and one of them stole the other girl’s boyfriend.

All of a sudden, one of them grabs the other by the hair and DRAGS her down to the ground!

And they’re on the ground clawing at each other and slamming their heads into the concrete, and the guy they’re fighting over is standing there with his friends LAUGHING at them, like it’s sooooo cool that he has two girls fighting over them.

Can you believe that?”

(Next, use this Resolution.)

“Yeah, I’m a real cold-hearted BASTARD, aren’t I? Actually, I’m curious, would you ever fight over a guy like that?”

The “Cat Fight” Opener is meant to be a fun, entertaining story that implies you’re somewhat of a ladies man, albeit jokingly. But it also leads into a conversation as to whether the women you are talking to would ever be passionate enough over a guy to fight over him.

--The “G-String” Opener

I got this one from Croatian Pick-Up Artist BadBoy, who teaches men how to pick-up women in his live in-field workshop.

It’s a good, funny Opener that deals with the kind of relationship faux-pas many girls love to talk about. You can find out more about BadBoy at his website www.playboylifestyle.net.

“Hey guys, you won’t believe what’s going on with a friend of mine and his girlfriend.

They’ve been dating each other for six months now, and my friend really loves her. But they had this big fight a few weeks ago, and she went to visit her mother to cool down.

While she was gone, my friend was so depressed, that he ended up hooking up with some random girl he met in a club.

Anyway, a few days later, his girlfriend comes back, and she finds this girl’s thong panties under the bed, and she KNOWS this thong isn’t hers.

So she confronts my friend on this, and he lies and says that the panties are his! And that he likes to dress up in women’s underwear. So I don’t know if his girlfriend knew he was lying and just wanted to punish him, or if she really is into this or not, but she said she thinks that’s really kinky and wants him to wear women’s underwear around the house.

So he’s been doing this for a few weeks now and is absolutely... MISERABLE!”

(Next, use this Resolution)

“So I think he should just come clean and let his girlfriend know what happened.

What do you guys think? How important is trust in a relationship?

Or do you think some things should remain hidden, even if it means being miserable?”

This is a pretty funny story, and the resolution is one where you open up further conversation about relationships, something women love to talk about.

Sometimes, the girls will even think you’re talking about yourself! To which you can reply shyly “Yeah, it is me. But it’s STRICTLY a comfort thing, okay?”

Conclusion

Drama Openers can be any story that has to do with some sort of conflict.

All you have to do is watch a soap opera to get an idea of what kind of drama women like.

It’s usually light drama, where no one gets killed, or some funny situation someone has gotten backed into. Try to keep the stories funny and engaging, with surprise twists and turns to keep people interested.

Insult Opener

To call this an “Insult” Opener is a bit of a misnomer.

Perhaps a better name for it would be an “Undermining” Opener, because the purpose of this Opener is to say something nice to someone to Open them up, but then undermine it right away to make the person you’re Opening insecure to the point where they feel the need to either correct you or prove themselves to you.

The reason for doing this may be because your target has too high a perceived social value or is being obnoxious or bitchy.

This can be a tricky type of Opener to pull off, because you do run the risk of offending your target. But sometimes people need to be humbled before they are able to relate to you on a more personal level, and the Insult Opener is the best way to do it.

Probably the best trait of an Insult Opener is that it forces your target to engage you.

This type of Opener is meant to either create or prey on insecurities that are already present within your target, and get them to try and explain to you why these insecurities exist. Once this happens, the target is effectively engaging YOU.

This is the real power of an Insult Opener, because anytime your target feels the need to prove something to you, it ups your perceived social value in their eyes on a subconscious level.

Structure

A good Insult Opener is never overtly insulting. Rather, it’s more of an “unkind compliment.” Something where people know it wasn’t quite a nice thing to say, but they can’t tell for sure.

The structure of the Insult Opener is:

Intruder → Compliment → Undermining Statement

It's very important that the Compliment is made FIRST, before the Undermining Statement, otherwise you run the risk of offending your target and ruining the interaction before you have a chance to turn it around and engage them.

Examples

It should be noted that most Insult Openers are **not** meant for groups, but should rather be directed at individual targets.

By preying on the insecurities of an individual, you can use their uncertainty in themselves to your advantage.

However, when preying on the insecurities of a group, there are factors present within the group which may react badly to your Opener and turn the entire group against you. It is better to use this type of Opener with sniper-like precision rather than a carpet bomb.

--The "It's still nice" Opener

This is an Opener you can use if a woman has something about her which is obviously fake, for example: She dyes her hair. Be sure to say this with a smile, and as genuinely as you can.

"Wow, you're hair is gorgeous! Is it naturally (whatever color her hair may be)?"

Get her answer. After she says "No," follow up with this Undermining Statement:

(looking disappointed) "Oh. Well, I suppose it's still nice."

You can do this with fake nails, fake breasts (in certain venues), fake eyelashes etc. You can even adapt it to clothing your target may be wearing.

Notice that with this type of Opener, you actually WANT to compliment women on physical attributes – which is the opposite of the Compliment Opener. But when you undermine these physical attributes, it has a much more powerful effect than simply complimenting them.

Notice also that this Opener is not the MOST engaging Opener there is. That's why you need to launch into another Opener or story right afterwards.

--The "Mimic" Opener

This is a fun Opener to do, and can actually be quite entertaining (though not for your target, who may get annoyed with you doing this – but that's not always a bad thing!).

The idea behind this Opener is to start imitating your target in the most annoyingly whiny, over-exaggerated, girlie-voice you can muster.

Girl: (talking to her friends) “Oh my God, I saw the most amazing pair of shoes today...”

You: (in high-pitched tone) “Meeeh!!! Ohmuhgawd! I saw the most amazin’ pair ah SHOES today.... MEEEEEH!!!!”

Girl: “Seriously, I want to get them.”

You: “Meeeh, lookatme! I wanna buy some shoes! MEEEEH!!!!”

And on and on it goes.

This is a good Opener to use if the girl is holding court and you’re standing nearby.

Eventually the girl will engage you about what you’re doing, at which point she is effectively Opening you. From here you can either tell her you’re just busting on her because you couldn’t resist, or apologize and move onto another Opener or story.

If you do this right, people around you will be laughing. If you do it wrong, those people won’t be around you for long.

--The “Did he call?” Opener

This is an Opener I use when I see a girl checking her cell phone or just getting off her cell phone. Simply acknowledge her and say:

“Did he call yet?”

This is implying that she’s desperately waiting for her boyfriend or some guy she likes to call her. There are two possibilities that are common responses to this Opener. Either the girl will say “No.” Or they’ll ask “Did who call?”

With the “No,” follow up by saying something like:

“That’s a shame. You seem like such an amazing woman! Is there something wrong with you?”

With the “Did who call?” response, follow up with:

“You know, the guy who’s head-over-heels in love with you. Or are you playing hard to get with him too?”

With either of these follow-ups, you’re undermining the statement you made before and setting the stage for her to correct your statements.

Once that happens, you've got her.

--The "I don't like you" Opener

This is an Opener where you suddenly, out of the blue, say to your target:

"Hey, you know what? I don't like you. We're not going to get along."

This is a change from the typical structure of the Insult Opener because you are starting off with an overt negative statement instead of a compliment. But the undermining is the same.

Usually a girl will respond like "What? Why?" or "Okaaaay..." to which you follow up with:

"It's because we're too much alike. I can tell we have too much in common. All we'll do is fight and fight and fight and fight and have hot, steamy make-up sex, and fight some more. And I can't be in a relationship like that, it's just too emotionally charged."

You undermine the insult by following it up with a commonality, and then make a joke out of it.

This is a rather overtly sexual Opener, because of the "make-up sex" line, but in a way it relieves the hostile tension while replacing it with a sexual tension, which is a good thing.

This Opener does quite well for me in Bars and Clubs.

Conclusion

The Insult Opener isn't always the best way to start off an interaction, but sometimes it's necessary to prey on your target's insecurities as well as play against expectations of presenting yourself as neutral or favorable of your target. By setting yourself up as someone your target has something to prove to, you can effectively shift the responsibility of starting a conversation to your target instead of you trying to engage them.

The Joke Opener

In a way, the Joke Opener is **the most powerful** way to Open a target, but it is also the most difficult Opener to do.

The reason it is difficult is because the Opener has to be *funny*.

But the reason it's powerful is because it gets your target laughing, and laughter is instantly disarming, and raises your perceived social value to the target.

Another reason why this type of Opener can be a bit sticky is because you're going to have to be congruent with the funny/entertaining aspect of it.

For instance, if you're a stick-in-the-mud with the emotional expressiveness of Al Gore, or better yet, a cardboard box, and the only funny thing you do all night is your pre-memorized Joke Opener, people are going to know something's off and you'll lose your target.

But if you're a funny guy, or even a somewhat intelligent guy who can crack a joke or two, an Opener like this should work just fine.

Structure

So how do we construct a good Joke Opener?

Well, the basis of a joke – or any form of humor at all – is the unexpected.

Think about every funny joke you've ever heard. The punchline is always something you weren't expecting. So in order for you to construct a Joke Opener, you have to have a set up that leads someone to believe one thing, and then a punchline that unexpectedly brings in a new perspective to the set-up.

So here's the structure:

Intruder → Set-Up → Unexpected Punchline

Just make sure the set-up and punchline are quick ones. Nothing kills humor faster than a long, drawn-out set-up!

Examples

Here are a few examples of good, solid Joke Openers.

--The “Good-Looking People” Opener

This Opener works well if you’re not a “conventionally” good looking person and your target is quite good looking.

This is also best to use in low-key settings with solitary targets (for example, standing in line).

Basically, you walk up to your target, and say the following...

(Shake your head in an exasperated way) “Hey, let me tell you something about good looking people... we’re not well liked.”

You may have a delayed reaction from this one, but once people get the joke, you’re value will be raised in their eyes because it’s “smart humor.”

And the fact that your target got the joke will make them feel like they are on your level of intelligence, which will help validate them and open them up for further conversation.

--The “Gay Cow” Opener

This Opener is very effective on groups, and I have used it to open numerous groups of women with great success. It’s typical “girl humor,” and is most effective on groups made up of all girls.

“Hey guys, what do gay cows eat?” (after they respond, twirl your finger in the air, and in your best gay voice, say) “Haaaaayyyyyy!”

Girls will never fail to crack up at this one. It works great at parties and club/bar environments.

--The “Keg” Opener

The “Keg” refers to a “Keg of Beer.” I used to use this Opener in college with great success. It’s a rather overly sexual Opener, but if delivered right, the girl will usually laugh. It does walk the line of being a “cheesy pick-up line,” however, so you must be in a confident, jokey mood to do it right.

(Walk up to a girl, point at her pants) “Yo, do you got a keg in your pants?” (She’ll usually look at you with a blank, confused stare, or respond “No.” After this, smile and say jokingly) “‘Cause I’d like to tap that ass!”

After this, you can even throw in a “snap” of the fingers or two and move on.

This Opener works best at wild parties where alcohol is prevalent. It’s usually most effective on younger party girls, and is great for “short set” method where you bounce from one target to the other.

--The “Wanna Fight?” Opener

This is a quick and easy Opener that is meant to be used in bars, clubs, and parties where people are out to have a good time. It’s similar to the “Keg” Opener in the respect it is meant to be said with the same amount of tongue-and-cheek.

(Walk up to your target with a serious look on your face, scowl, shake your fist, and say) “Wanna fight?” (Get your target’s response, or let the question hang for a minute, then smile devilishly and say) “Then we could have make-up sex.” (The target will usually laugh. But even if they don’t, proceed.) “I’m just kidding. We don’t need to fight to do that.”

This is a fun one, because the Opener “Wanna fight?” instantly telegraphs you’re not serious and that there is a joke implied in your interaction.

Women seem to respond pretty favorably to this Opener, but I haven’t had much success with it in less social venues, such as coffee shops and bookstores where women aren’t as outgoing.

Conclusion

Basically, any joke that is quick and relatively simple is great to use as an opener. A good investment in some cheesy joke book at any Barnes & Noble can literally give you hundreds of ways to open women in any situation.

Online Openers

With the popularity of the Internet, it is impossible to dismiss it as a way to meet the girl of your dreams.

We've all heard the stories of people finding their soulmates and one true loves through places like Match.com and Yahoo! Personals.

In a way, meeting people Online can be so much easier than meeting people in real life.

Then again, in other ways, it can be more difficult.

Difficult because you have no knowledge of their environment, or even if they are who they say they are. But regardless, there are tricks you can do Online to get people interested in talking to you and meeting in real life.

Structure

The structure of Online Approaches varies, but I'll lay out the ones I have used with great effect. There are two kinds of structures for approaching online: one for E-Mail, and another for Instant Messaging.

E-Mail

Greeting → Funny Demonstration of your Target's Reality → Create Curiosity about Yourself → Issue a Challenge.

Instant Messaging

Greeting → Issue a Challenge

You'll notice that the structure for an E-Mail Opening is more involved than the Instant Message Opening. This is because Instant Messaging is meant to engage the target quickly before she is distracted by something else. E-mail allows you to take your time a bit and build a letter that will engage her better.

Examples

The “Whammy” Opener

This is an e-mail that I like to send out that always Opens girls very well.

I call this the “Whammy” because I get maybe 5 or 6 responses from every 10 I send out with this one.

The trick is, with any e-mail you send out on a dating service, to be light and funny. You may want to come up with your own following the structure I lay out above instead of using this one. Nothing’s worse than sending out a letter to find out some girl got the exact same thing from a buddy you shared it with (and this book is sharing this with a lot of guys!).

So here’s the Opener:

Hey little miss (insert her screen name here),

Either you’re just using that name to hide from the police, or your parent’s were awful cruel to you. Anyway, you’ve probably gotten a few dozen e-mails from losers who are freshly divorced from their 8th wife, have 5 bratty kids, a sexy picture of an overly-hairy back on their profile, and who just got promoted to flipping burgers at McDonalds. Either that, or you’re being hit on by the geriatrics who discovered the Internet and Metamucil at that same time and are feeling as virile as a twenty year old.

Well, I’m not going to spend too much time talking about myself, but I’m good looking, muscular, funny, exciting, adventurous, cool, a real man’s man -- the kind of man other men want to be, and women want to be with! But most of all, out of everything else, my best trait is... I’m modest. ☺

So if you’re looking to further your career at McDonalds, or think that Liver Spots are really, really hot, then I’m not the guy for you. But if you want to meet up and have a great time and some great conversation, then we should get together. If you think you can handle it, that is!

Talk soon,

(your name)

(your e-mail address)

I usually like to include her screen name in the e-mail because it personalizes it a little bit, but it also helps you keep track of who responds to you.

You also always want to include your personal e-mail address so women who aren't subscribed to the service can e-mail you back if they like your letter.

But if you notice the structure of the e-mail, in the first paragraph, I showed I have an understanding of her reality in a funny way.

The fact is, most internet girls got **LOADS** of responses from loser men every day. So by making fun of that, she instantly connects with me and what I've written.

In the second paragraph, I create curiosity by talking about myself in an overblown manner, and then undermining it by saying I'm modest.

This'll make women curious to know who I **REALLY** am.

And in the last paragraph, I issue a challenge.

This is why I think I get so many responses from this e-mail, because I've set up I'm funny and interesting, but I make it sound like she isn't, so now she's got something to prove to me.

And the only way she can do that is to e-mail me back.

You can follow the exact same structure in any e-mail you send out. I'm sure it'll get just as good of results!

--The "Who are You?" Opener

This Opener I use primarily for Instant Messaging. It's quick, easy, and issues a challenge quite nicely.

"Hey, who are you and what are you doing on my computer?"

This'll start up the IM conversation quite nicely.

--The "Dork" Opener

This is another Instant Message Opener that is meant to issue a challenge quickly and get a conversation going.

"What's up, dork?"

Calling a girl a Dork is an inherent challenge. Inevitably, they'll try and prove to you they aren't a dork, or argue with you about it. Before you know it, they're in a conversation.

Conclusion

Basically, you don't need much to Open someone over Instant Messenger.

If they're on IM anyway, they're usually bored enough to speak to anyone!

Just be sure to spell right and make your grammar and typing as nice as possible to present the best possible image of you being a smart, intelligent person.

Also, keep in mind your goal for Opening anyone over the Internet is to get to talk to them on the phone or meet them in real life. So your conversations after Opening should be geared towards making that happen.

The key to being successful online is getting things OFFLINE as soon as possible!

Opinion Opener

Opinion Openers are, for my money, the best type of Openers out there.

This is because these types of Openers are engaging, do not telegraph interest, and can lead to some really great conversations.

The best way to engage someone for the first time is by asking their opinion on something.

When doing so, you are able to get them to invest their own personal thoughts and feelings into your burgeoning conversation.

And once that's invested, they are more likely to commit themselves to the interaction.

A good Opinion Opener can be anything that does not telegraph interest, while presenting options to your target that helps to encourage them to give and expand upon their opinion.

I first learned Opinion Openers from a good friend of mine, Tyler D., who learned them from one of his friends who goes by the nickname "Style." (hey, it's an internet thing, what can I say?)

Tyler teaches live, in field workshops where he actually takes guys out to bars and clubs and teaches them to interact with women using all types of Openers, the Opinion Opener being one of the most popular. In fact, his techniques at picking up women are so effective, that Rolling Stone Magazine took notice and profiled him!

Talk about recognition!

Structure

One thing I want to introduce with an Opinion Opener is the idea of a "Preface."

Basically, a Preface is something that goes before the Opener you are about to use that sets the stage for how your target is going to interact with you.

For the Opinion opener, you almost always want to introduce it with an Intruder and a Preface.

For example:

“Hey guys, I need an opinion on something...”

When you start the interaction with a Preface that requires someone to give their opinion, it engages your target and lets them know right up front what you want from them.

But it also throws them off the scent of your real intentions, which may be to get a date, or a phone number, or what have you. You can even preface it even further by tailoring the Preface to your target by adding in the word “female” into it.

For example:

“Hey guys, I need a female opinion on something...”

This is even more powerful because it gives a reason for approaching women to begin with, because a female opinion is needed, as opposed to an opinion any joe schmoe could give you.

But this also engages your target’s femininity, which has those subtle sexual undertones we’ve talked about before.

Anyway, the structure of the Opinion Opener itself has to do with setting up a situation that has many options, listing those options, then engaging your target’s thoughts and feelings on those options.

Intruder → Preface → Story or Situation → Options on Outcomes to Story or Situation → Engagement of Target

You want to present two or three options to your target.

You can do an “open ended” Opinion Opener, but you run the risk of people being too overwhelmed by the number of options that may run through their heads.

It’s always best to present your targets options from which they have to choose from. Limit your options to two or three possibilities. Any more than that and you run the risk of overwhelming your target.

Examples

--*The “80’s Dog” Opener*

I got this Opener from my good friend and internet dating guru, an author who goes by the penname Swinggcat, who wrote a book called Real World Seduction.

I have tested it out in bars, clubs, and other venues, and it works extremely well pretty much anywhere. The Opener is as follows:

“Hey guys, I need a quick opinion about something. My friend just got two dogs, a Pug dog, and a Beagle dog. She wants to name them after an 80’s pop duo, but I can’t for the life of me think of a good one. Do you guys have any ideas?”

The game here is to keep presenting options to the group, and then disqualifying those options. The real sneaky thing here is that there are no well-known 80’s pop duos, so this conversation can last a long time, and that allows you to segue into a deeper conversation.

Here are a few of the options you can talk to them about:

- “I was thinking Sonny and Cher would be a good one, because the Pug dog is a male and the Beagle dog is a female. But they’re 70’s, not 80’s, so that won’t work.”
- “Maybe Axel and Slash would be good, but they’re rock n’ roll hairband style, plus one of the dogs is a female, so that won’t work at all.”
- “Milli Vanilli was a thought, but those are both guy names. We need a female name. Plus, Milli doesn’t fit a Pug or a Beagle. That’s more of a Jack Russel Terrier name.”

And no matter what option your targets present you, find a way to disqualify it. Then use the times your target’s think about names to engage them in some other respect.

This can be a fun Opener to do and can really open the doors to further conversation if you play it right.

If you want to find out more about Swinggcat and his Openers, you can check out his ebook at www.realworldseduction.com.

--The “Stuffed Monkey” Opener

This is an Opener I came up with when I was first starting to learn to approach any woman, anytime, anywhere I may be. I find it’s a good, solid way of Opening women who are by themselves or in groups at any venue you may be at.

Simply approach your target and say the following:

“Hey guys, I need a quick female opinion on something. My ten year old niece has a birthday coming up, and she really likes stuffed animals. And I can’t decide whether to get her a pink stuffed monkey, or a white stuffed tiger. She has lots of bears and stuff already, but I think she’d like a different animal. Which one would you get her?”

Then after they answer, hit them with the question “Why?” to open up the conversation.

Your target may ask you more questions about your niece or whatnot before answering. Just tell them whatever you want. No matter what they choose, debate them on it, saying you missed your niece’s birthday last year so you want this to be special.

If they asked why you missed her birthday, use this to jump into an interesting story you may have about traveling or going on vacation.

--The “Snooping Girlfriend” Opener

This Opener works well in any situation with any number of women.

This is because it has to do with a relationship related problem that many women can identify with. At times I’ve seen women get into a heated debate over this one, which can be entertaining to watch.

It’s a slightly longer Opener than you may be used to, but it’s a good one none the less.

“Hey guys, I need a female perspective on something. This’ll only take a minute.

Is it normal for girls to snoop?

Because my buddy’s girlfriend just found a shoebox he keeps hidden in a dresser drawer, and she’s really upset about it.

It’s nothing bad, just pictures of him and ex-girlfriends on vacation and old love letters he got in high school and stuff. But for some reason his girlfriend is freaking out about this and wants him to get rid of it or she’s threatening to break up with him.

Is this normal female behavior?”

So you’ll get your target’s perspective on this, and then follow it up with this:

“Okay, there’s a second part to this story...

The reason his girlfriend started snooping around was because she was using his computer one day, and in the computer she found a CD that had all these homemade pictures of my buddy and his ex-girlfriends having sex.

I guess he was looking at them and forgot he left the CD in the computer.

But for some reason, his girlfriend isn't upset about THAT.

What upset her more was the box of love letters.

Why do you think that is?"

From here, there are many places you can take the conversation. They are as follows:

- Does your target think your friend should break up with his girlfriend because she's being unreasonable?
- Don't girls usually keep mementos from past relationships? Why is it wrong for a guy to do the same?
- Have they ever snooped when they were in a relationship? Don't they think that's a bad idea?

Those are just a few examples.

You can really go anywhere with this one.

Occasionally, a girl may say "Oh, you're talking about yourself aren't you?" To which you will want to act all shy and say something like "Awww, you caught me. You're so smart! Who are you? Nancy Drew?" And then continue with the story.

Don't deny that the story is about you, because the girl probably won't believe you anyway and you'll look like a liar.

Best just to shrug it off and forge ahead.

--The "Two" Opener

This is not really a concrete example of an "Opener," rather a type of Opener that you can use with anything that is different but similar.

Basically, it's meant to quickly engage someone in an opinion that doesn't require much thought, and then follow up with the question "Why?" You can use any two things you want, as long as they are similar in some way.

Here are some examples of the “Two” Opener:

- Hey, real quick, which do you think was better, Star Wars or the Empire Strikes Back? (Get Answer) Why?
- Hey, which do you prefer – Barbie or Skipper? (Get Answer) Why?
- Hey, do you like coffee or tea better? (Get Answer) Why?
- Hey, which do you think better – Diet Coke or Diet Pepsi? (Get Answer) Why?
- Hey, what do you think is cooler to listen to – 80’s music or 90’s music? (Get Answer) Why?

These are good ones to use in low key situations such as on the street, at the bus stop, in line, in coffee shops, bookstores, grocery stores, what have you.

--The “First Impression” Opener

Like the “Two” Opener, the “First Impression” Opener isn’t a concrete example of an Opener, rather just a type of an Opinion Opener.

It’s where you have something that is unique or interesting about yourself or what you are wearing, and you ask people what their first impression of that is.

For instance, one I like to use is if I’m wearing a thumb ring. I’ll walk up to my target, hold out my hand, and say:

“Hey guys, first impressions... thumb rings on a man. Looks good or no?

“Yo, guys, first impressions... men with shaved heads. What do you think?”

Another example of this type of Opinion Opener is when I bought some square tipped shoes. I’d walk up to women and say:

“Hey guys, first impressions... square tipped shoes. Better than the regular kind? What do you think?”

Usually taking something interesting that you’re wearing and getting a woman’s opinions on it is a good way to engage them, because women love to talk about fashion.

One drawback to this is that it gives the girl the opportunity to judge you. But if you have a good story prepared as to why you are wearing what you are and why you like it, then that negates what your target has to think of it anyway.

Regardless, this is a good way to engage a girl right off the bat.

Conclusion

As you can see, Opinion Openers are quite powerful because they can quickly and easily engage any target of your choice. And they are as plentiful as Situational Openers because your opportunity to create them is only as limited as people's ability to have an opinion on something.

However, you'll want to stay away from controversial subjects such as religion or politics when presenting this type of Opener.

Best to stay superficial and neutral for the most part.

Roleplay Opener

When you go to a movie, you see actors up on screen playing a role.

It can be any role they are given – a nun, a wife, a mother, a whore, a rock star, a marine – the possibilities are endless.

But many people might not realize that you don't have to be in a movie to play a certain role.

We all have an acting streak in us, and we all play different roles in our lives. When you're at work, you're an employee. When you're with your parent's you're their son or daughter. When you're playing football, you're a tight end, or any other position you may play.

But regardless of what that is, you are cast in a *role*.

Part of using Roleplay Openers is to cast the people you're Opening in a certain roll, a roll which has the characteristics you want them to have.

The theory behind this is the person who you cast will eventually start displaying characteristics of that role you gave them.

So if you cast yourself as a rockstar and your target as your groupie, you can certainly see the possibilities of this type of Opener, right?

Structure

The structure of the Roleplay Opener is one where you must set the stage for the roll you wish your target to play, and then establish roles for them and for yourself. Then illustrate how your roles will interact together.

Intruder → Set the Stage for the Roleplaying → Assign your Target a role → Assign yourself a Role → Give examples of how you will Interact

There is no limit to how you can manipulate these types of Openers to make people act the way you want to.

Plus, these Openers are fun and interactive.

They tend to work best on groups, though they are powerful to do no matter how many people there are.

Examples

--The “Sex and the City” Opener

This is based on the HBO television show “Sex and the City.”

This show is no longer on TV, but it has become such a part of the American lexicon, and it was such a popular show among women, that I’m convinced it will take some time for this type of Opener to become ineffective.

This is how it goes:

(Walk up to a group of three or four women)”Oh my God, you guys are so Sex and the City, it’s not even funny!

You are totally the Red Head, Miranda... you look sweet and innocent so you’re Charlette, you’re the leader so you’re Carrie, and you (point to target) you’re Samantha.

Me, I’m Mr. Big.

It’s great, when I’m not around you guys can all talk about me. Miranda here can talk about how you’re better off without me, Charlette can talk about how you should marry me, and Samantha here can spend the whole time thinking about how she can steal me away from you.”

So there are a few things to keep in mind here.

First of all, you don’t want to cast your target as “Carrie,” the main character of the show.

You want to cast your target as “Samantha,” because that was the character who was the most sexual and adventurous of the group.

This also goes towards telegraphing disinterest because your character, Mr. Big, was Carrie’s main love interest in the show, so you disqualify yourself from your target.

However, you undermine this by setting the stage that your target wants you and is plotting to steal you away. Just be sure that you cast one of the girl's as Carrie, your target as Samantha, and you as Mr. Big.

From here, you can do all sorts of things, like make fun of your target for being so promiscuous and trying to steal you away from your true love.

If the girls disagree with your casting of their roles, roll with it, but make sure that whoever your target ends up being, they want to run off with you!

--The "Starsky and Hutch" Opener

This Opener is named after the 70's TV show "Starsky and Hutch," which was a buddy cop drama that was turned into a rather funny movie. It works best with a group of two women.

(Walk up to the group)"Wow, you guys are so Starsky and Hutch!

(Point to Obstacle)You are so Starsky because you look like the type who does everything by the book.

And you, you're Hutch because you're the loose cannon who plays by her own rules.

Guess who I am.

Huggy Bear, of course!

It'll be great, you guys can run around getting in adventures, and when you get in trouble, I have to come in and save the day."

By casting yourself as Huggy Bear, you're presenting yourself as a cool, funny, pimp (which carries all sorts of connotations to begin with!). But by casting your target as Hutch, the loose cannon, you instantly relate your target to your Pimp image rather than your obstacle whom you paint as "stuck up and prissy."

You can even go on and talk about all the adventures you guys will be getting into fighting crime and whatnot.

--The "Fan Club" Opener

This is one where you paint your target as your ultimate fan who borderlines on stalking you. This works best for women who are by themselves, or when you've isolated a woman into talking to you by herself.

You: "Hey, you like music?"

Her: "Yeah."

You: "I've always wanted to be a musician. What kind of music you like?"

Her: blah, blah

You: "Yeah, me too! I'd be the most famous <her favorite type of music> musician ever! And you, you can be the president of my fan club. It'd be great. You could follow me around asking for my autograph, tell everyone how sexy I am, and no matter what I do, you can act like it's the greatest thing you've ever seen! But the minute you start following me to my home and asking to have my baby is the minute I have to fire you, so you better be good and just admire me from afar."

You can create variations of this opener to be a "movie" star or a "sports" star or what have you, but you basically want to cast yourself as someone of immense value, and your target as someone who is obsessed with you. It's a fun way to instantly create interest within your target.

Even if she doesn't go along with it, it'll set the stage for further interactions.

--The "Goldfish" Opener

This Opener works well with girls who are dancing, but not quite on the dance floor.

Basically, you see a girl and her friends gyrating off by themselves, and take the opportunity to walk up to them and say:

"You guys are so cute! You're dancing around like little goldfish flopping out of water! Ha ha ha. Here, stand back, stand back, let me show you all how it's done!"

And then proceed to do the Macarena, or some other lame dance. It'll have the girls laughing and having a good time.

This is a great Opener because you cast them as bad dancers and yourself as an authority, and then you undermine that and put everyone on the same playing field in a fun way that really engages the girls.

Any girl who may be offended at you making fun of the way they dance lightens up after they see you doing your lame strutting around on the dance floor.

Conclusion

Roleplay Openers can be lots of fun, as long as you keep your energy high and the tone of the interaction as being playful.

These types of Openers work really well in stimulus rich environments where you have a lot of party girls looking to have fun. This is because the act of Roleplaying is quite stimulating and can really capture someone's imagination.

Situational Openers

The Situational Opener is one of my favorites, but it requires you to be observant and quick witted.

For this reason, situational Openers can be quite difficult for some guys to pull off.

Also, with Situational Openers, timing is everything.

Because the Opener is dependant on the situation, if the situation changes, your opportunity to use the Opener is gone. This is the real life equivalent to that famous Seinfeld “Well, the jerk store called, they want YOU back,” episode.

If the moment is gone, there is no getting it back. But the good thing about this type of Opener is that you will always have something to play off of.

Structure

Here is the structure of a Situational Opener

Notice something in your environment → Comment on it

One thing you want to make sure of when doing a Situational Opener is that you comment on Something Outside of your target’s physical self.

In other words, if your target has a tattoo, for example, don’t point at it and say “Oh, you have a tattoo!”

Situational Openers are meant to be *context dependant*, and that’s why they’re engaging.

If you comment on a physical aspect of a target, chances are it won’t be engaging because it’s a constant in her reality, and she’s probably heard it referred to a million times before.

Examples

Obviously, every Situational Opener is dependant on the situation you're in, but here are a few common ones I've used in the past to give you an idea of what they are and how to use them.

--The "SARS" Opener

This is an Opener you can use when someone coughs or sneezes. SARS was a deadly virus that caused a big scare in Asia a while back, but it's funny name made it very recognizable.

It's also very simple to use.

After a cough or a sneeze, point at the target and say:

"SARS!"

You can really use any exotic or disease with a dumb name with this one. Other variations may be "Mad Cow Disease!" or "Ebola!" or even "Stand back everyone! She may be contagious!" (which is a good follow-up to the Opener, by the way).

Just be sure not to use serious diseases such as AIDS or Cancer, because your target may know someone who suffered or died from the disease.

Also, be careful using the "SARS" Opener with Asian women, as it could be mistaken for being racist.

--The "Desperate Girl" Opener

This is a favorite of mine.

Occasionally, you'll get a girl who will walk up to you and ask you to do her a "favor" or ask you to "help" her in some way. This is usually because she's lost or looking for something.

Anyway, when this occurs, I like to think of her as a girl desperately looking for a man.

Her: "Can you do me a favor?"

You: "No, I will not go out with you!"

The point of this is to switch the tables and make it seem like she's the one trying to hit on you. But the response is so unexpected, the girl will usually laugh. Then you can follow it up with:

“Actually, you seem nice enough. I take it back, we can go out. Let’s get together at (someplace) at (sometime).”

If she tries to tell you she has a boyfriend or get back to her original question, just respond:

“Why were you hitting on me if you didn’t want to go out?”

Obviously, there are a lot of places you can go with this.

--The “Attention Whore” Opener

If there is one thing you can count on, it’s girl’s cattiness towards other girls. A good way to Open some girls is to engage in such cattiness with them.

For instance, if you see a girl acting outrageously to court attention from other men, such as being overtly sexual or flashing her breasts, simply turn to other women who notice the same thing and say:

“Ugh! What an attention whore!”

Then proceed to gossip with the girls about how inappropriate the other girl is acting.

--The “Crash and Burn” Opener

Inevitably, you will see another man hit on a woman and “Crash and Burn.” Or in other words: Fail Miserably.

When this happens, approach his target immediately afterwards and say:

“Okay, honestly, how did he do?”

Girls love this because it gives them a chance to vent about all the lame come-ons people use on them.

Not only that, but it opens the door for a conversation about what WILL work on her.

This is also good because it falsely disqualifies you as a guy who’s hitting on her, when the reality is quite the opposite.

--The “Player” Opener

This is an Opener you can use when you see a guy with more than one woman with him.

The idea behind it is that this guy is a real player and needs to share the wealth, and by pointing this out, you also disqualify him from the women he's with.

“Wow, bro. One guy and (X number of) girls? You're making the rest of us look bad! You must be a total Player!”

Then proceed to ask the girls he's with how big of a Player he is.

No matter what they say, they're disqualifying the guy they're with and giving you an opening to engage them.

And the beauty is, you're complimenting the guy, so he can't really get mad at you (and if he does, he looks like a tool).

Conclusion

The reality is that there is no limit to what kind of Situational Openers there are. The more you go out, the more situations you're in, the more confident you get, the better you'll get at spotting these opportunities.

Learning to Approach

Now that you have Theory and Specifics, it is time to put all of that together and learn how to Approach!

Learning to Approach can be a difficult, even scary, process. In this section of the book, I'll lay out a plan for you to follow that will help teach you how to meet anyone, anywhere, at anytime.

Along with this plan, I'll also introduce a few new concepts which can help you understand any anxiety you may have for approaching, and how to overcome it.

Fear of the Approach

I'm willing to bet that there has been a time in every man's life where he has been afraid to approach someone he's found attractive.

And because this is such a prevalent phenomenon, many men have come to the conclusion that approaching women is hard, stressful, and at worst, downright scary.

This is such a widespread feeling among men, we all understand it when guys decide not to approach a woman they like. We just nod our heads and mutter "You're better off without her," or "She wasn't really your type anyway," or the patented "There's plenty of fish in the sea, bro."

But like it or not, this fear of approaching is a rather *irrational one*.

People are social creatures, and need human interaction to survive (at least to stay mentally healthy, anyway).

However, despite this, most people fear public speaking more than death, and would rather stand in a corner quietly drinking than interact with others at a party. And when asked, they will almost always respond "I'm afraid of failure," or "I'm afraid of rejection." But no matter how they respond, they will always blame it on one thing:

Being afraid.

So where does this fear come from?

First of all, I'd argue that it is not always fear that hinders men from approaching women. Rather, I'd say its *laziness*. Sir Isaac Newton had a theory, and that theory went something like this:

"Objects in motion stay in motion. Objects at rest, stay at rest."

When you're not approaching someone with the intent of befriending them or picking them up, even when you WANT to, you are in a state of "rest." This is a state where you've established what I like to call a "comfort zone."

This is a place where you feel safe.

Secure.

Comfortable.

In this zone, you know what to expect, and therefore don't have to worry about feeling afraid. And more often than not, you won't want to leave your comfort zone, because approaching someone introduces the prospect of uncertainty into your life. It takes EFFORT to get out of your comfort zone, and most of the time, people prefer to be lazy and stay comfortable, rather than do the work it takes to meet their goals.

This comfort zone can be the bane of your social existence. And this is the first barrier you have to approaching a woman you desire.

But there is a second barrier that exists, and this is often the hardest one to overcome. Even those who do the work to leave their comfort zone must face this barrier before they can proceed.

This barrier is what causes your stomach to tighten and contract. It's what causes your heart to beat faster. It's what causes you to break into a cold sweat and your palms to go clammy.

It's fear.

But it's not the type of fear you might think.

Many guys will site their "fear of rejection" as the thing that hinders them from approaching women, but I disagree with this.

Now, this is my theory, and you have every right to disagree with this theory because I have no scientific evidence to back it up. But this is what I think most guys suffer from:

Fear of Loss.

I know it sounds crazy, especially considering you don't have the woman you want yet, so how can you lose her?

Well, let me expound on this kookie theory of mine a bit.

When you see a girl you're attracted to, that you KNOW you want to have sex with, what happens? Do you get that funny feeling down below, like when you used to climb the rope in gym class? Do you imagine holding her in your arms, making sweet monkey love all night long? Do you fantasize about how her breasts feel or how her lips taste? Or do you just know that "Girl give you raging BO-NAR!"?

Call it desire, call it lust, call it whatever you want. But you have to admit one thing to yourself:

You wanna tap that ass.

And this is where the barrier exists.

It's this intense desire for that woman you find attractive that hinders you from meeting her. It's that incredible urge to fuck her, that overwhelming sense of "want." You simply WANT that girl -- especially if you're coming from a place of need. The fewer women you have in your life, the stronger this feeling becomes.

It's this desire that overtakes you and short circuits your brain. It's this desire that keeps you from thinking of clever things to say. And it's this desire that creates that fear of loss.

Desire creates an intense WANT of that woman.

And where there's an intense WANT, there's also an intense desire not to LOSE what you want!

Am I right?

That is why you censor yourself around attractive women. You keep quiet, because you don't want to mess up your "chances." You don't want to do anything that may screw up the possibility that you can GET what you WANT.

And when you DO take action to get that woman you so desire, you take a chance that you could LOSE that woman you want so badly.

That is where the fear comes from. Not really from rejection, we have too much rejection in our lives to be bothered by it. Not really from failure either, because we fail at stuff every day.

But when we LOSE something, something is taken away from us, and we experience a type of emptiness that is incredibly HARD to cope with.

That is why I think most men suffer from a Fear of Loss.

So when we break this down, here are the two barriers that keep men from approaching:

Comfort Zone → Fear of Loss

If you want to get over your fear of the approach, you are going to have to learn to overcome these two barriers on a regular and consistent basis.

So how do we do this?

Overcoming the Barriers

Just like there are two barriers to approaching, there are two things one must do to overcome them.

The first of which is building *Competence*.

Competence is merely a form of secure knowledge. When you have secure knowledge in something, you are comfortable doing it.

Competence is the foundation from which you base all your actions off of.

In order to achieve the Competence necessary to overcome both barriers to approaching, you have to know what you're going to say before you approach. This is done by memorizing certain Openers of your choosing, and being able to recall them at will.

Having a number of Openers memorized gives you a “toolbox” with which to work with. One that will insure you're never at a loss for words.

Knowing what to say is important because it gives you a way to break out of your Comfort Zone. Being naturally lazy, you don't want to have to think up something to say when you see a pretty girl.

But if you have some Openers memorized, you don't have to think of something to say. You already know it.

This gives you the excuse you need to break out of your Comfort Zone.

The second thing you need to overcome these barriers is *Detachment from Outcome*.

You need to be able to disassociate yourself from the possibility of success, to the point where you do not care about the outcome of the interaction.

This is an important part of overcoming your Fear of Loss.

It's a little bit of a Zen-like philosophy where you must free yourself from all attachment you naturally associate to a woman.

When you **detach yourself** from the possibility that you may be able to sleep with a girl, you free yourself from your Fear of Loss because you automatically disqualify her.

You leave the possibility to have sex with the woman you desire there, but your goal changes so that this possibility is not the desired outcome of the interaction, and you therefore are not concerned about losing it.

We will get into strategies to do this in the next section.

So the two things you need to overcome your Fear of Approaching are this:

Competence → Detachment from Outcome

Now that we know what we need to overcome our Fear of the Approach, we'll look at what we need to do to implement them in real life.

Bootcamp

In the military, before a recruit is allowed to join the ranks of actual soldiers, he must go through bootcamp.

Bootcamp is a way of breaking down someone's limits, and establishing a basic skillset that is then used to build the other skills necessary to be a soldier.

In this respect, we'll approach learning to Open women the same way, by breaking down your current limits, and building the basic skillset you need to go further in your interactions with them.

I have used the following plan to help break myself of my fear of approaching women, and I have also used it with great success with other men who suffered from the same problem.

This method is field tested and proven to work.

The first thing we have to do is build your **Competence**, so that when faced with the opportunity to Approach, you can act swiftly and efficiently.

So start off with this basic step:

--Memorize 3 Openers

That's it. Just 3 simple openers.

They can be any Openers you want, it doesn't matter if they're some of the ones I've given you in this book, or they're ones you made up yourself. It doesn't even matter if the Openers aren't proven to work at this point.

You just need to know them and get them down pat!

Here's the next step:

--Choose a Primary Opener

Of the three Openers you've memorized, choose 1 to be your primary.

This Primary Opener is what you are ALWAYS going to Open with. It'll be the first thing you say to a girl.

This way, you won't have to think about which Opener to choose, you already know which one you're going to start with.

Third step:

--Find a place to practice

This can be anywhere there are women around. Be it a bar, a club, the beach, a church group, the super-market, or wherever you want to go.

The only requirement is that there has to be people there, and hopefully a good number of them to practice with.

Fourth step:

--Pick a Target

Be it a woman who's on her own, or a group of people, pick your target to use your Primary Opener on.

Fifth step:

--Approach your target

Once you have set a target, it is time to Open them. Walk up to whomever you've chosen, and present your Opener.

Sixth step:

--Get your target's response

After you use your Primary Opener, listen to the target's response and evaluate it. Do people respond well to the Opener? Does it engage them? Do they talk to you?

Regardless, just get their response.

And the final step of Bootcamp is:

--Eject

Once you have received your target's response, thank them, and leave your target with "Pleasure meeting you."

The reason for ejecting is that by doing so, you predetermine the outcome of the interaction.

Because you already know how the interaction is going to end, you eliminate that Fear of Loss because you have already disqualified your target before you Open them.

So the basic 7-step structure of Bootcamp is:

Memorize 3 Openers → Choose a Primary Opener → Find a Place to Practice → Pick a Target → Approach your Target → Get your Target's Response → Eject.

Bootcamp Goals

Once you know what to do for the Bootcamp, you need goals that you have to meet. In the beginning, the goals will be small, and you can build these up as you get more comfortable approaching people.

The basic goals for Bootcamp are thus:

Goal #1: Perform 3 warm-up approaches

Goal #2: Perform at least 3 more approaches after the warm-ups

Goal #3: Practice Bootcamp at least 3 days a week

The first goal is there because for some reason, it takes about 3 approaches before you begin to get comfortable with the prospect of approaching strangers and talking to them.

Three seems to be the magic number, but once you knock out those first three approaches, you'll begin to loosen up and be able to take your approaches further.

The second goal is to start building your competence.

The more approaches you can do after the prerequisite warm-up ones, the more experience you'll get and the more comfortable you'll become.

At the very least, you must do 3 approaches in addition to the 3 warm up approaches, for a total of 6 approaches per outing. Obviously, the more approaches you can do, the better, but you must force yourself to do at least 6.

The final goal is to establish a consistent means of practice.

Just like when you work out at the gym, its recommended you do so 3 times a week. The same goes for practicing your social interactions.

A minimum of 3 days a week, 6 approaches a day, will establish the foundation you need to build successful interactions with women.

Long Term Bootcamp Goals

Eventually, you'll want to start adding in the other two Openers you memorized into your interactions.

If you observe that the target you opened is responsive, use your next opener on them to keep the conversation going. Get to the point where you can use all three openers with a target.

This is called "Stacking Openers," because you're building a conversation by laying a new Opener on top of the responses of an old one. If you look at all conversations, it's just one Opener after another.

Conceivably, if you know enough Openers, you can hold conversations with people for hours.

You'll also want to get comfortable talking with people longer and longer. This is how friendships and even relationships are formed, as people get to know one another.

The more people you approach, the easier it will get (though the first three approaches of the day will still always be somewhat difficult). Try upping your approach goals up to a minimum of 12 a night, and get to the point where you can go out maybe 4 nights a week.

Another thing you'll want to incorporate into your Bootcamp Goals is the idea of "**Short Set Method.**"

A "Set" can be defined as any interaction you have with a person or group of people throughout the course of the night. When you do "Short Sets," your goal is to Open as many groups as you can, engage them quickly, and then leave.

The idea behind this is that once you have Opened a target, it's easier to come back and re-Open them, because they already know you to a certain extent. And when people see you talking to a lot of other people and having a good time, they're more open to having a good time with you!

So when you do Short Sets, you are engaging the greatest number of people in the smallest amount of time possible, and creating numerous opportunities for yourself to meet the kind of girl you'd want to get to know better.

Eventually, you'll get to a point where talking to strangers is normal and easy for you to do.

You may want to continue to build your social skillset by memorizing interesting stories to entertain your targets.

There are lots of other great materials out there that can help you to do this, and you may even find it easier than when you had to learn how to approach!

Regardless, once Bootcamp is over, you'll be a changed man.

Bootcamp Breakdown

Here's the breakdown of the Bootcamp schedule for easy reference.

Prerequisite Work:

- Memorize 3 Openers
- Choose a Primary Opener
- Find a Place to Practice

Day 1:

- Go to Practice Spot
- Find 6 targets
- Use Primary Opener
- Get target's response
- Eject

Day 2:

- Go to Practice Spot
- Find 3 targets
- Use Primary Opener
- Get target's response
- Eject
- Find 3 more targets
- Use Primary Opener
- Get target's response
- Stack Secondary Opener
- Get target's response
- Eject

Day 3:

- Go to Practice Spot
- Find 3 targets
- Use Primary Opener
- Get target's response
- Eject
- Find 3 more targets
- Use Primary Opener

- Get target's response
- Stack Secondary Opener
- Get target's response
- Stack Third Opener
- Get target's response
- Eject

Gradually add in more targets each night as you get comfortable.

Of course, the stacking of Openers isn't necessary if you don't feel comfortable.

If you go out and use your Primary Opener on 30 targets instead of just 6, you're still getting in the groove of things. But eventually, you'll want to try and stay in conversation with your target longer.

Also, in the beginning, you're going to want to talk to anyone with the goal of just getting comfortable approaching people and starting up conversations. But eventually, you're going to want to start approaching attractive women on a regular basis.

You may still feel that fear of approaching a beautiful woman, but just remember to focus on the process and use the Openers you've learned. You'll find beautiful women are quite responsive when approached the right way, and the more you do it, the less of a big deal it becomes.

In fact, you'll start to discover that talking to beautiful women is easy!

Where To Meet Women

One of the big-big-BIG questions I always get from men is “Wow, your stuff is great, but where do I go to meet all these women?”

There is no map you can buy that says “Go here to meet women!” But the reality of the situation is – you don’t NEED a map! Look around. Women are *EVERYWHERE!* You’d have to work hard NOT to find women to approach.

That said, the location you find a woman will directly correlate to the type of women you find. For instance, if you’re looking for a wild party chick to have anonymous, mind-blowing sex with, chances are you won’t find her when you go to church. So keep this in mind when you go out to meet women.

Now let’s go over the common places that you will meet women at.

Shopping Places

If there’s one thing women love to do, it’s SHOP. And if there’s one thing men hate to do, it’s SHOP. So when you go to places that women tend to go to buy stuff, there will be a great many women and a select few men.

In other words, it’s happy hunting grounds!

The obvious choices are large shopping areas, such as malls, or stores like Walmart or Target. Anywhere that clothes are sold, women will be there. If the place you live has a garment district, where many different stores sell various types of clothing, this is an EXCELLENT place to meet women. In Los Angeles, where I live, the garment district is on Melrose Ave, and you will never fail to find incredibly hot women walking around at all times of day as they go about shopping for the latest fashions.

But clothing stores aren’t your only option. There are lots of other places, such as furniture and house supply stores. Ikea, the popular chain furniture store, is an amazing venue to meet gorgeous women at, as is a chain such as Bed Bath & Beyond, which sells various house supplies, such as bedding, cookware, etc.

And of course, everyone’s old favorites, the grocery store and the book store. Most book stores nowadays have coffee shops in them, where many women like to sit, usually by themselves, and read or study. Women also love to roam the aisles, looking for something new to read. These places are great to meet women in.

Grocery stores are a big untapped resource as well. Right after work usually lets out, around the 4-6 pm timeframe, is always a good time to go, because women will stop by to pick up some food before going home. Weekends are also good times to go, especially Sunday mornings.

Parties

My all-time favorite place to meet women is at parties. Parties are good because there's usually a good social-circle contact involved. After all, unless you crash a party, you're going to know SOMEONE there, right? That gives you an "in" with pretty much anybody at the party.

Let's face the facts – most women meet their boyfriends through mutual friends. Friends invite you to parties. So when you're at parties, the girls you meet will be friendly because you usually know the same people, and that breaks down a number of their protective shields right off the bat.

Plus, when a woman is surrounded by familiar people, she's more apt to cut loose and have a good time, which means she's more open to meeting people. I always have a good time at parties because not only do I get to have a good time with my friends, but I get to meet all types of women who are looking to have fun!

The best parties are the ones that occur on holidays. New Years parties are legendary for their sexual escapades. Halloween parties are also excellent, because that's a night where people get to become different characters and that tends to make them lose their inhibitions (and if a woman's dressing in a sexy Halloween costume, you know she's looking to hook up!). If you want to get REALLY sneaky, throw your own Valentine's Day Party (or Anti-Valentine's Day Party) and invite all your friends and have them invite their friends. Invariably, women who are looking for romance around that type of year will show up.

Drinking & Party Places

Bars and Clubs are always a good stand-by option for places to meet women, but you're going to have the hardest time getting girls in these two venues than you will in any other venue. There are a couple reasons for this.

First, women usually go into bars and clubs with friends. Now, if you read my chapter on Group Theory closely, you shouldn't have a problem with this. However, it does make things harder because girls will go out with boyfriends, husbands, current lovers, etc., or their girlfriends will be very protective of them and will block your efforts at every turn.

Secondly, women's defenses are usually up when they go to these places, because they're usually meat markets. Women will get hit on hundreds of times a night in Bars and Clubs, which means you have to work to differentiate yourself from the common loser who talks to her.

Finally, there is a LOT of competition in Bars and Clubs. This is because other men will go to them looking to pick up a girl for the night. If this doesn't bother you, good, but it can make things more difficult.

So if you're up for a challenge, or just looking to get out and unwind, Bars and Clubs can be good, because it is possible to meet women there and take them home for a good time, or hook up with them down the road. Just note that a great deal of the women you meet in these places will be "Party Girls," and they are the hardest ones to have a stable type of relationship with, so know that going in. They also tend to drink and smoke more than normal girls. However, they can also be a great deal of fun.

If you're into the Bar and Club scene, do your research to find out where the women go on what night. A particular place may be really good on Friday nights, but completely suck on Saturdays. Find out what bars and clubs are in your area, and either call them up, or go to them. Ask the bartender or manager what nights are good. They'll usually tell you.

Bars and Clubs with a "Ladies Night" are good bets, because women will flock there for cheap drinks. Some places have great Happy Hours, and you'll find lots of women there after work or around dinner time. If a bar or a club has a special band or DJ playing one night, that will usually be a good night to go, because popular bands and DJs will usually not only attract good crowds, but will also have fans who follow them from venue to venue (in the case of loud bands, I like to spend my time on the patio or outside the club and talk to the women out there, because it's impossible to meet women when a loud band is playing unless you're apt to dance). Clubs with a dance floor and DJs are good bets too.

Hotels

Bet you never thought of this one, huh? Believe it or not, hotels are amazing places to meet women. Now, I'm not talking about your local "Motel Six," I'm talking about the major hotels in your area. The kind that host events and cater to vacationers and the like. These places will usually have bars, restaurants, and poolside areas. Four and Five star hotels are the best for this.

Usually, you'll want to target the bar areas and the poolside areas (weather permitting). Many times, you'll find women from out of town chilling out here, and maybe their lonely, or bored, or just looking for a good time. Sometimes they'll be with co-workers, sometimes with friends or family, and sometimes they'll even be by themselves. If you're a native, and they're in town for a while, you can even offer to show them around town (after all, you know all the best places to go, don't you?).

Sometimes you'll even find locals who like to go to the hotels because it's a more laid back atmosphere than your typical bar or club. Indeed, the atmosphere at these types of hotels is fantastic, and very conducive to meeting women.

Learning Places

Schools, colleges, universities and other educational establishments are GOLDMINES of women. This is largely because they are full of young, single women making their first foray attempts at mate selection.

Community colleges are especially good, because for some reason the women at community colleges are just easier than women at expensive colleges. Hanging out on campus, in the library, student union, cafeteria, etc. can wield great results. If you're young enough, you can pretend to be a student. If you're older, you can say that you used to go to this school and you were just re-visiting the campus. Of course, you could also always sign up for classes (such as extension classes or evening classes) and meet women that way.

Schools are great to go to during the daytime because that's when the students are there. At night, it's time to move to other venues, unless it's a university that has events like concerts or theater going on.

Places like this are particularly conducive to meeting women because the shared lifestyle and concerns of students and the informal atmosphere make it easy to initiate conversation with each other. You have a great deal in common simply by being students at the same school and don't need to struggle to find topics of mutual interest to talk about.

The Workplace

We spend most of our lives at work, so to eliminate the workplace as a venue to meet women is irrational. But in this day and age, you have to be very careful about pursuing women at work due to legal concerns, such as sexual harassment.

Not only that, but you must also consider the ramifications of starting an office romance that ends badly, and the working environment you'll have to endure thereafter. I normally don't recommend meeting women at work, but then again, why limit yourself? Just be smart about it. Try not to pursue women you are in a superior position to (as in, you're her boss), and try to avoid women you work with directly on a day-to-day basis.

At work, meeting women is usually best done in certain areas. The coffee machine or break room are always good places to meet women. Sometimes, the water cooler can be the best place to chat up the occasional girl. If your company has a cafeteria, that can be a great place to not only meet women, but have mini-"office lunch dates." Invite that girl who works on a different floor to meet you for lunch.

Occasionally, you can even get help with the "office match maker," typically an older, married woman who wants to set up her friends in the office with nice men. If you befriend this lady (and even flirt with her a little), chances are good she'll work to help you out by giving you valuable info about women you like.

And no matter what job you work at, asking a woman who's getting off of work around the same time if she wants to grab a drink or a bite to eat is always a good way of getting a mini-date with her. Also, throwing parties and inviting people you work with is an excellent way to shed the restrictions of the workplace and level the playing field.

Participant Sports & Hobbies

The best way to meet women is to appeal to a common interest. If you pursue things you are passionate about, chances are you will eventually meet women who enjoy the same thing.

For instance, if you enjoy playing volleyball and you have an active beach nearby, go down and see if you can play a game. You'll either play against some women on a team, pair up with women on a team, or attract some spectators while you're playing. Not only will you be having fun, but you'll be interacting with women who enjoy what you enjoy as well.

Hobbies and clubs are excellent ways to meet women. If you're an avid comic book collector, go to a convention. Chances are you'll see women there who are into comic books as well. Every major hobby has some type of major event where people gather to share their passion.

Go on the internet and check out local clubs in your area to become a part of. If you really like birdwatching, find a local birdwatching club and sign up. You may meet some great women there.

Gyms are also very good places to meet women, especially ones that offer different classes, such as aerobics or yoga. Sign up for a class and get to know some of the women in them.

Spectator Events

Any major events, such as Sporting events or Concert and Theater events, can be a great place to meet women. While the event is going on, it may not be very convenient to meet them, because everyone's attention will be on the major action of the event. But whenever you're standing in line, or during a break, or whenever there's a lull in the action, that's a good time to meet someone new.

You also know that you have a common thing to start talking to the girl about. For instance, if you're at a Baseball game, you can ask what team she's rooting for, and go from there.

Whenever these special events let out, that's a great time to meet people, because a lot of women will be riding the high of the event and looking for something to do. At the very least, bars and restaurants in the surrounding area will be packed and ripe for the picking.

Oddly enough, events like horseracing are great places to meet women. In a horse race, all the action takes place in just a few minutes, with half-hour intervals between races

where you're free to meet all sorts of people and have friendly interactions with strangers. The same is true of events like NASCAR as well.

The Internet

In today's modern age, where everyone is connected by computers, the Internet has sprung up as a major venue to meet women. Everywhere you look, a new dating website has sprung up promising you love and romance.

I have had some good success with the internet, so you shouldn't be afraid to try it out. There is no real stigma attached to it like there used to be. A lot of young, cool people use the internet to meet others.

The obvious internet choice is dating websites, where you put up a profile and email other people who have profiles up. As these sites have gotten more popular, you can find niche sites that cater to certain audiences. For instance, now you can find people based on their political affiliation. Seriously, there are dating websites dedicated specifically to you meeting another liberal or conservative.

If you're into alternative stuff, like bondage, S&M, or other fetish stuff, there are dating sites that are for people like that too. Believe it or not, there are even dating sites for "chubby chasers," or men who are into large women, that have become quite popular on the internet.

But outside the dating websites, there are other options available too. Chat rooms can be great places to meet women, but you have to be diligent about making sure 1.) the woman is really a woman (there are actually men who like to pretend to be women online. Creepy), and 2.) they are attractive and worth your time. The best way to make sure of this is to have a webcam on your computer and only interact with others who have webcams. Of course, this limits your choices because most people don't have webcams. At the very least, always ask for a picture.

Better than chat rooms are message boards. Find a topic you're interested in, start posting on a message board, and see if there are any women on there who seem interesting. Then, email them privately.

Blogging (ie: updating a personal web log, or online diary) is also becoming a great way to meet women as well. Community blog sites, such as [Friendster](#) and [MySpace](#) have an incredible amount of beautiful women on there because the sites are free, and they allow you to show off pictures and meet new people easily.

Having your own blog about particular subjects is good too, because it can attract others of similar interests. Lots of women on the internet have started steamy sex blogs, where they write anonymously about their various sexual experiences and thoughts about love and romance, and they actively read other's writings about the same subject. Joining blog services such as [Typepad](#) that has its own webrings can be a good way to meet

women, as well as free blogging services such as [Blogger](#). You can also refer new people you meet to your blog as well.

THE ART OF FLIRTING

If you've ever watched the Nature Channel or Animal Planet on TV, you've undoubtedly seen one of those "Animals in the Wild" shows that documents how said animals live, sleep, eat, and of course, mate.

If you watch these shows, you'll almost always get to a segment where the animal's "mating ritual" takes center stage. The narrator, in all the gravitas his voice can muster, will undoubtedly explain what exactly the animal is doing and why it is designed to attract its mate.

Take the peacock, for example. Here you have a lovely bird with a beautiful, multicolored tail which serves no real purpose in the animal's survival (after all, those beautiful colors tend to attract predators, and peacocks can't run very fast with all those heavy feathers). But they do serve as a courtship device to attract females so the peacock can mate. When you see a peacock spread its feathers, you know he's on the prowl!

By the same token, us humans have mating rituals that we go through to attract the opposite sex as well. Like the peacock, we too like to flaunt our tail feathers from time to time, but our equivalent of that stunning plumage is our intelligence, language, social status, and all sorts of other human characteristics that separate us from the animals.

When we combine these aspects of ourselves and manifest them for the purpose of attracting a woman, we're doing what is commonly known as "flirting."

Like the animals on all those nature shows, flirting is a natural instinct that humans abide by to get an initial attraction with the opposite sex. Flirting is a complex set of unwritten laws and etiquette designed to express interest in someone and get them to express interest back.

Many times, we flirt instinctively, without conscious knowledge of what we're really doing. The only time we really realize we're flirting is when it's not working, or something goes wrong – be it by flirting with the wrong person, or doing so at an inappropriate time and place.

For instance, you ever meet a girl who was cute, fun, bubbly, and seemed to really enjoy your company? She'd laugh at your jokes, smile at you all the time, and do all sorts of activities with you? Like any guy, you'd think to yourself "Wow! This girl really likes me! She's totally into me!" But then when you go to kiss her or express your interest, she acts surprised that you mistook your "friendship" with her as signs she was "interested" with you.

You're not alone in this. Men in particular have a hard time interpreting the subtle cues that women give off. Often times, we can mistake a woman's friendliness as being flirtatious, and a woman's flirting as her being just friendly (or you might not notice her flirting at all!).

Because of this, pretty much every man on the planet has had a few embarrassing moments in regards to "misreading" the situation.

Now, if flirting is supposed to be natural, then why is it so hard to do? Why do we misread the situations so often and have to endure these embarrassing moments?

The short answer to this is: society.

Somewhere along the way, in your life, restrictions were imposed on your natural instincts that hinder your ability to either flirt, read the signs of others flirting with you, or both. Maybe your parent's scolded you when you were younger, or you got some bad advice growing up. Whatever it was, some wires got crossed that made flirting harder for you than nature intended.

With that in mind, this section is meant to go in depth into the Art of Flirting in an attempt to help fix whatever damage you've sustained when it comes to the natural human mating ritual.

Now, as I muster the gravitas in my voice, let us begin...

The Two Types Of Flirting

In my experience, flirting falls into two different types of categories. They are:

- Flirting For Fun
- Flirting With Intent

Let's break these types of flirting down...

1. Flirting For Fun

This is probably the most common type of flirting, and you'll see men who are naturally good with women do this almost constantly. Some people call this an "energy" or an "aura," but it's really just an attitude where you flirt with pretty much everyone.

See, no matter what type of flirting you do, it's always FUN! Exchanging playful sideways glances with women, and laughing and joking around with them can do wonders in making you feel energetic. It can really brighten your day and raise your self-esteem. Not only that, but this type of attitude really does attract other people to you, so your social circle grows when you flirt for fun. This type of flirting also projects a great deal of confidence on your part, like you're unafraid of what society would say.

Fun flirting is pretty much a harmless endeavor, because you flirt with everyone – even people you aren't attracted to! You just do it because you enjoy it.

Women are incredibly perceptive when it comes to subtle sexual cues, but when you're flirting for fun, subtlety isn't really necessary. Pretty much anyone will pick up on the vibe you're giving off and respond to it in their own way. A guy who likes to flirt for fun will often have a lot of female friends and will usually have girls around them, because women enjoy the attention a great deal, and as I said before – flirting is fun for everyone involved!

2. Flirting With Intent

If flirting for fun is setting off a bomb in a crowded room, flirting with intent is a sniper rifle. Because flirting is essentially the beginning of the human mating ritual, when you do find someone you are attracted to, you will want to flirt with them directly.

Flirting with intent can be like a lot like a tennis match. There are two players, and you both constantly lob the ball into the other's court and see if the ball is hit back to you.

As with flirting for fun, you can selectively flirt with anyone you want. Focusing your energy on one person instead of everyone is perfectly natural. However, this doesn't mean that the person you choose to flirt with will flirt back with you.

When you flirt, you are signaling interest on your part to another person. If that person picks up on your flirting, and decides they are attracted to you or want to reciprocate, then they'll flirt back. Once that happens, its "game on."

I've read some advice that you should never flirt with people who won't return your interest and you should only flirt with those who are equally or less attractive that you are.

This is complete "ka-ka."

As stated before, you can flirt with anyone you want! You never know what type of man a woman is going to be attracted to, and when it comes to flirting, you honestly have nothing to loose. The worst that can happen is an embarrassing situation like you had in the past, but if you are paying attention to whether or not the girl you like is reciprocating your flirting, you'll know when to walk away or when to press forward.

How To Flirt

Now it's time to get into the nitty gritty of flirting.

The first thing to keep in mind when you're flirting with a woman isn't that you're there to show off or impress her. Often, when you hear guys talk about how much money they make, what kind of car they drive, or how powerful they are at work, these guys are mistaking flirting for showing off.

The goal of flirting is not to impress a woman. It is to express your interest in her in a subtle and playful way. It is designed, by nature, to be a way for a male and a female to discover whether or not the two are attracted to each other.

Walking up to a girl and saying "You're hot, want to bone?" is not flirting. It's being forward. This blunt approach bypasses the build-up of the mating ritual and is liable to turn a girl off.

But walking up to a woman, smiling at her, making strong eye contact, getting her to laugh, maybe winking at her... this is all stuff that is meant to communicate interest to her.

However, the purpose of your flirting is not ultimately to express your interest in a woman. Its purpose is to find out whether or not she's going to return that interest! If she does, that's a sign to proceed. If she doesn't, that's a sign you should either walk away, or change tactics.

When it comes to flirting for a man, there are only two things that need to be communicated:

1. Male Sexuality
2. Confidence

These two traits, when combined, are incredibly attractive to women. And when you communicate these traits both non-verbally and indirectly with your language, you are a powerful force to reckon with in the flirting realm.

Remember: ***Women are empathetic and emotion. They respond to strong emotion and feelings.***

This means if you effectively send out your male sexuality and confidence when flirting, women WILL respond to it!

When it comes to communicating these traits, the non-verbal element is always more important than the verbal aspect. Too many guys think that just by chatting up a girl, they will be able to successfully get her attracted.

WRONG!

Actions speak louder than words, fellas. Women will pick up on what you do way more than what you say. Your body language, voice tonality, and gestures will communicate all you need without you actually having to say anything.

For instance, let's say you see a beautiful woman and you walk up to her and say "Hello." Now, depending on how you walk up to her, and how you say hello, you can communicate anything from "You are the sexiest woman alive and I want to make mad, passionate love to you," to "I'm just being polite and I'm not interested in you at all."

We covered the nonverbal aspects of flirting in great detail in the "Art of Body Language" section of this book, and the verbal aspects were hit upon in the "Art of Approaching" section. Go back and re-read those chapters if you are unclear on them.

For now, we're going to focus on a few guidelines for flirting.

Flirting Guidelines

Here are a few hard and fast rules you can abide by when you want to flirt with a woman.

1. **Use flattery** – Like the old saying goes, flattery will get you everywhere!
Women love it when nice things are said about them (I mean, let's face it, who doesn't?). Just make sure what you say is genuine! Not only do you not want to get caught in a lie or sound insincere, but why would you want to compromise your personal integrity by complimenting something you actually don't find appealing or interesting?
2. **Greet others with energy** – First impressions are always important. It's much harder to start an interaction with someone at a low energy and build it up than it is to start an interaction with high energy and let it settle. The more energy you come into an interaction with, the more the person you talk to will be willing to be swept away with it!
3. **Make direct eye contact** – Nothing communicates confidence better than direct eye contact with someone. Always be looking the person you're talking to in the eye. A hard, steady gaze can be quite seductive, but it also helps to establish a strong connection to the person you're speaking with.
4. **Repeat her name** – Personally, I have a terrible memory for names, so I usually like to repeat the person's name a couple times in conversation just to try and remember it. However, this is also a great tactic to use when flirting, because you're making an effort verbally say the woman's name that you're talking to. In a subtle way, hearing someone say your name creates comfort and familiarity with that person. Do this with the woman you're talking to, and she'll feel exactly that!
5. **Ask questions about her** – Women do like to talk about themselves, and asking her about herself shows interest on your part about who she is and what she's about. Some dating experts out there don't recommend doing this because they think you place too much importance on the girl. I think that it's important to show you're interested in who she is as a person, but not only that, you're also gathering information so you can figure out common topics of interest that you can then relate to. For instance, if she once lived in a city you lived in too, you can then jump in and start talking about your experiences in that city. This helps create further connection between the two of you.

6. **Share your life experiences** – This relates to tip number five. You want to capture your target's imagination by sharing experiences you've been through. When you weave your own tales about yourself, you help shape other people's opinions of you. I cover this topic more in "The Art of Storytelling" section.
7. **Speak with confidence** – This is a HUGE deal when flirting. The last thing you want to do is communicate that you're scared or unsure. So know what you're talking about and be certain and secure in your knowledge. Don't be afraid to set the record straight or get into an argument if you know you're right. Women respond to male aggression and confidence quite well, as long as you don't go overboard with it.
8. **Whisper** – Nothing can be more flirtatious and seductive than the act of whispering. When you lean in towards a woman and lower your voice, it creates an aura of intimacy that is hard to resist. The closer you can get to her ear, the more intimate it becomes, and the connection between the two of you becomes stronger because of it.
9. **Create and use nicknames** – This is a neat little trick I picked up from a friend. When you name something, you symbolically express ownership of it. The act of giving the woman you're talking to a name is quite powerful. Not only does it establish your dominance in the interaction, it also creates an image the woman you're talking to is forced to live up to. For instance, the one I like to use is "If you were a stripper, what would your stripper name be?" and when she responds, say "Hmmm. Actually, you look more like a Martini to me. From now on, you're name is Martini!" and then continue to call her that. Make a playful joke of it. Soon, she'll adopt the notion of sexuality that's attached to the name you gave her. Very powerful.
10. **Leave her wanting more** – You don't want to exhaust your flirting arsenal right away, so it's always a good idea to alternate between flirting and non-flirting signals, and keep this going until the end of your interaction. Constantly flirting comes off as too strong, and can be too hard to keep up in the sense of how much energy you put into the interaction, so alternating is a way to keep the ball rolling without burning out too soon. It also allows you to extend the flirting so that when it comes time to part, she's still interested in seeing more of you. Too often, men will allow the energy of the interaction to drop and by the time it's over, the woman has gotten her fill of you. So always end on a high note and leave her wanting more of you.

What Not To Do When Flirting

Just like with everything, there are some things you should definitely NOT do when flirting with a woman.

1. **Don't depend on others to make things happen** – This is a big mistake that so many guys fall into. I call it the “laziness factor.” It’s where they look for others to do the work of meeting and flirting with women for them. The thing is, if you yourself do not take action, guess what? Nothing will happen for you! You can’t rely on your buddies to find women for you. By the same token, you can’t wait around for women to approach and start flirting with you. You’re a man! Take the bull by the horns and make things happen for yourself.
2. **Don't lie** – What I mean by this is don’t offer more than you intend to give. If you’re not looking for a girlfriend, don’t tell that to a girl in the hopes that will get her into you. By the same token, don’t promise to take her on trips or buy her expensive presents in the hopes that will get her to like you. Don’t misrepresent who you are or what you do because you’re ashamed of it or think she won’t like what you tell her. Be honest and straightforward. Don’t play games with the truth, because it will always backfire on you.
3. **Don't cling** – Sometimes when we finally find a woman we like, we tend to cling to her. We hover around her, follow her, call her a lot, think about her constantly, etc. Despite what you may think, this is NOT a good thing! You must always keep your wits about you and control your feelings. This is a game, and all games require strategy to win. Don’t shoot yourself in the foot by appearing needy and clingy. Women will be more attracted to a man who doesn’t need them than a man who can’t live without them.
4. **Don't dwell on your performance** – If you screw up, or think you screw up, or somehow embarrassed yourself, do not make a big deal about it. You did it, it happened, learn from it and move on. Don’t sit there and criticize yourself for being stupid or ugly because it’s counter productive. No matter how great the girl you were flirting with was, there will always be another down the road who is just as good if not better than her. Always be moving forward. The past is the past. Don’t dwell on it.
5. **Don't fidget** – I may sound like your mother at church when I tell you this, but do yourself a big favor and don’t fidget when you’re trying to flirt! It’s distracting. You want the girl focused on you and all your good qualities, not your leg that you’re bouncing up and down a mile a minute. Confident people don’t fidget,

only those who are nervous or uncomfortable do. Keep your cool, stay in control, and focus on the task at hand.

The ULTIMATE Flirting Secret

Okay, now that you have the Do's and Don't's, it's time to share with you the coup de grace of the Art of Flirting.

This is the nuclear bomb that you can drop on any woman to move from flirting with a girl, to getting her madly, passionately attracted to you!

You ready for it?

Okay, here it comes...

The best and most effective form of flirting is joking and innuendo about sex!

If you didn't know this before, let me just say this is one of those concepts that's so simple, it's easy to overlook.

When you sit down and boil everything to its core, all you are doing from the moment you meet a woman is trying to get her to have sex with you. After sex is when the relationship stuff kicks in, but before that, it's all building up intercourse. You know it, and the girl knows it too!

As I said before, flirting is about communicating your interest in a woman and finding out if she feels the same way. But flirting is also about building up attraction! And as we all know, attraction is a sure-fire way to get some hot, steamy loving!

But the tricky thing is, you can't just come out and start talking about how bad you want to bang her. You have to employ some tact.

The best way to introduce the topic of sex while flirting is through humor and innuendo. Humor is effective because it's disarming. It takes some of the edge and stigma off of the topic of sex, and breaks down any barriers the woman you're with may have about talking about it.

Innuendo is effective because it's unclear. You're implying sexual overtones, but it's all about how she interprets what you're saying. Instead of breaking down her barriers about sex, innuendo bypasses them and sneaks the suggestion of sexuality into her brain.

Often times, innuendo begets humor. The more innuendo you can slip in, the more sexual the conversation will become. Be sure to read your target while you're doing this,

though, because it can backfire on you. If she's playing along with it, take it further. If not, back off a little.

But no matter what you do, always keep this in mind: ***Get her to think about having sex, and sex will not be far off!***

Humor and innuendo are the best ways to do this.

THE ART OF STORYTELLING

Approaching a woman is only a small part of the over-all game when it comes to dating and seduction. Once you successfully open your target, you need someplace to take the interaction so that it doesn't stall out.

Obviously, having three good openers in your back pocket will get you started and should kindle a nice conversation. But once that happens, now what?

Well, it's time to actually TALK to the girl.

Most guys shouldn't have a problem with this, after all, starting the conversation is the hard part. But still, there are many men out there who don't quite know where to go once they're successfully "in." This is where storytelling enters the scene.

If you've ever had the opportunity to see a guy who's good with women in action, you'll notice that he does a lot of talking. In fact, he will regale his audience with story after story that ranges from amusing, to entertaining, to passionate, to sexy. He's got a story for everything, and you sit there in rapt attention as he tells it.

The thing is, being able to tell a good story is IMPERATIVE in not only keeping the conversation going, but also in helping you to attract your target and create a sense of comfort and connection with them.

If there's one thing you learn from this book that can help you in pretty much any social situation, it's this skill.

See, we humans are a naturally captive audience when it comes to stories. In the olden times, history was passed down by the village elder by stories. Bards would sing of fantastic tales. And now, we have movies and television that offer us stories 24 hours a day, 7 days a week. Everyone in the world is hungry for stories to entertain and enrapture them.

When you are one of the people who is able to tell amazing stories, you will find that your ability to influence people and capture their imaginations drastically increases. And once you have someone's imagination, you can lead them to do anything you want them to – and that includes getting them into bed!

Now are you seeing the possibilities?

Story Structure

Every story you tell should have a structure to it, a flow, a beginning, middle, and an end. If you spend your time telling stories that are aimless and have no point, you're going to end up boring your audience rather than captivating them.

In the larger scale of things, all stories can be broken down into two parts:

1. Build Up
2. Payoff

The first part of your story is the build up, the second part of your story is the payoff. The build up is necessary to get people interested in hearing about the payoff, and the payoff is what will make your audience feel like the story was worth listening to.

Your story should also have a sense of linear flow and movement. For instance, if you were to make a graphical representation of your overall story, it might look something like this:

A ----- B

In this case, you go from the beginning of your story (point A) to the end of your story (point B).

Of course, in between there, you can have a lot of stops on your road from A to B. For instance:

A – you wake up ----- you meet a girl ----- you two fall in love ----- you get married – B

See? It's not:

A – You fall in love --- you meet a girl ----- you wake up ----- you get married – B

The more abstract you get with how you tell a story, the harder it's going to be for your audience to follow it. So always start at the beginning and work your way to the end, expressing events as they happen. You can sometimes stop to explain certain elements of your story, but you always want the sense that you're building up to something relevant to your audience.

Characters

Every story you tell needs to have characters in it. It's impossible to tell a story without characters. If you do, it's not a story, it's an explanation or an instruction. Remember, stories are meant to capture and lead the imagination of other people! And the way that happens is to have them identify with a character in your story so that they can experience the emotions you want them to.

The characters in your story can be broken down like this:

1. Main Character
2. Supporting Characters

Every story needs a main character, something which the action of the story centers around. The best main character for your own stories is YOU.

Remember, people experience emotion and feelings vicariously through your main characters. When you are the main character in your story, they will associate all the feelings and emotions they experience TO you!

So you want to make sure those emotions are good ones. Don't make yourself out to be stupid, or mean, or evil, because people will associate whatever you let them experience with you. If you want to make a point about someone being stupid or mean, use someone you don't like as an example so those emotions and feelings are associated with them and not you.

The main character is the person the action centers around. They'll be the ones who drive your story forward from point A to point B.

A main character must be ACTIVE in your story.

If you tell a story about how you witnessed a guy fight three men by himself, you're not the main character of that story because you weren't the one fighting! The guy who took on the three men is the main character, because it's his actions the story is centering around.

Understand?

Supporting characters is everyone else that populates your story. They interact, support, hinder, or fight against the main character. They can be your friends, your enemies, your

lovers, or strangers you meet on the street. It doesn't matter. If they're not a main character, they're supporting characters.

When you're telling a story to someone, try to keep the number of supporting characters low, because you don't want them to have to remember the names of everyone you're talking about. Two to three supporting characters in a story is sufficient. Any more than that, and you may be pushing the limits of your audience's memory.

Action

Stories are all about action. Now, I don't mean that your characters have to run around shooting at people as things blow up. What I mean is, your characters actually have to DO something in your story to make it worth listening to.

Usually action can be broken up into these categories:

- Your Main Character wants something and actively goes after it
- Your Main Character learns a valuable lesson
- Your Main Character has a funny or unique experience

Every story you hear a person tell is a variation on one of these three pieces of action. When you come up with your own stories, make sure at least one of these actions is present to keep things interesting.

These actions can be expressed numerous ways. For instance:

1. You want a pet so you go to the pet store
2. You didn't think it was possible to fall in love until you met this one girl...
3. You went skydiving last weekend
4. A friend of yours had cancer and you were by his side at his deathbed
5. You had the best steak of your life at a restaurant in the most unlikely place

It doesn't matter what it is, as long as your main character did or experienced something that is worth listening to, or you have a point to make by telling the story.

Always know what you are trying to communicate with your story, and that will help you determine how the action is drives the story forward.

Details

The devil is in the details. When you tell a story, you are creating a world within the imaginations of your audience. The best way to create worlds in people's minds is to share specific details with them to help fill out the pictures they're creating in their minds. The more detailed you can be, the better.

For instance, let's say you're telling a story about a cat.

“I bought a cat today.”

Ask yourself, what kind of cat is it?

“I bought a Siamese cat today.”

What kind of Siamese cat?

“I bought a black and silver Siamese cat today.”

How would you describe the cat?

“I bought the most beautiful black and silver Siamese cat today.”

See the difference details make? When you do this within your stories, you can paint vivid pictures in your audience's mind that will help them get sucked into the story you're telling.

Just be careful you don't get too wrapped up in details. After all, too much of a good thing can spoil what you're trying to create! For instance, you wouldn't want to say something like:

“I just paid \$1200 at a pet store called “Cuddles” on 35th and Vine that took me an hour to drive to for the most beautiful, cute, and cuddly black and silver Siamese cat with long whiskers, yellow eyes, and flowing snow-tipped tail that I named Fluffy.”

That falls under the category of “too much information.” Just give people what they need to create the picture you want them to see. If they want more information, they'll ask you for it in the form of a question. That's where you can fill in more details.

Obstacles

Never make anything easy for your characters. The best stories always have obstacles that the main character must overcome to get what he wants. Your stories should be no different.

If you're telling a true story, try to think about all the obstacles that kept you from getting what you wanted.

For instance, let's say you had to get to the video store before it closed to return a movie that you didn't want to pay a late fee on. Here are some obstacles that might have hindered you from achieving your goal:

- You couldn't find the video in your house
- It wasn't rewind all the way
- Your watch was wrong, so you actually had less time than you thought
- You didn't have enough gas in your car to drive to the video store
- There was a traffic jam on your way there
- They were getting ready to close the store just as you drove up

People love to hear about how others overcome obstacles. That's what determines who is a hero and who isn't. The hero's of old overcame great obstacles, like monsters, natural disasters, and evil villains. In each case, it seemed like the obstacles were insurmountable! But somehow, the hero found a way to overcome them.

By the same token, you can seem like a hero too if what you faced on your way to the video store seemed impossible to overcome. It might not be on the same epic scale as the heroes of old, but that doesn't mean people won't see you as a man of action!

When crafting your own stories, always be sure to include as many obstacles as you can in them. Nothing gets people more excited than when a main character seems to do the impossible.

Speak In Generalizations

Stories are meant to be larger than life. Though they may have really happened, you should always change a story in favor of dramatic effect. If you're the main character, try to make you seem like an important figure in the world you're looking to create.

A great way to do this is to speak in generalizations that help make your main character seem more important.

For instance, let's say you have a story about how you hit your first home run in little league. Maybe in real life, your parents were the only ones who jumped to their feet and started clapping, but in your story EVERYONE jumped to their feet and started clapping and cheering.

If you have a story about how you just bought a new suit and you look really good in it, maybe in real life no one noticed it was a new suit, but in your story, you should make it a point to say how EVERYONE was checking you out, and you had guys asking who your tailor was, and women asking you out on dates.

See how this works? You're basically building social proof into the stories you tell. Obviously, there's never a moment in time where EVERYONE does the exact same thing, but realize – stories aren't about facts. They're about *how you see the world*. If you felt like everyone was checking you out, that's how you experienced it (plus, it makes for a better story than just having one or two people notice you!).

Here are a few generalizations to be aware of when telling stories:

- Everyone
- Always
- Everywhere
- All The Time

Use them whenever you feel necessary, and if people call you on it by saying "I'm sure EVERYONE wasn't checking you out," or something like that, stick to your guns and respond with "Yes they were! I'm telling you, EVERYONE was checking me out! It ALWAYS happens EVERYWHERE I go when I'm wearing that suit."

Remember, if you believe it, your audience will too.

Know Your Outcome

Always know how your story ends. A story without an ending isn't a story. If you do everything right then leave your audience hanging, you will garner resentment from them, because they actually invested themselves in what you were telling them, only to be let down.

By the same token, your ending may not be conducive to what you want people to feel when you tell your story. For instance, if you're talking to a woman you want to get all hot and bothered, would you tell a story that had to do with your best friend dying or a girl you know who got raped? Of course not. You'd want to tell stories about whirlwind romances, or love at first sight, or steamy rendezvous.

Knowing your outcome will also keep you on track. Too many times, you'll see people struggle to figure out where they're going with a story, or what the point of what they're saying is. They'll stutter, their tonality will get quieter, their eyes will dart around nervously as they try to think of something to say next...

All those actions will help lose your audience.

Simply by knowing what the point of your story is and how it will end will do wonders for your ability to tell it.

How To Tell A Story

The most important thing to remember about telling a good story is that it's not so much about what you say, rather, it's about how you say it.

When told right, the most boring, pointless story can be entertaining. When told wrong, the most interesting and well structured story can feel like a complete waste of time.

No matter what story you're telling, remember to tell it with these three elements:

- Confidence
- Conviction
- Energy

When you tell stories using these three things, you'll notice people watching you with rapt attention, hanging on your every word!

Let's go into detail.

Confidence: What I mean by confidence in this respect is different from what we talked about in the chapter The Art Of Confidence. When you tell a story with confidence, you tell it in such a way as to communicate you know exactly where it's going. There's a point to the story, and you know what it is, and you're in the process of communicating that point to others. You're not speaking in a wishy-washy, scared way, and you're not meandering as you tell the story, getting side-tracked by irrelevant storylines. You're telling your story in such a way where it moves forward smoothly in a strong direction.

When stories are told with confidence, people will sit back and go along with it. When you do not know where you're going with a story, you will lose your audience.

Conviction: This is where you communicate to your audience that you believe your story. Often times, people may find what you're telling them hard to believe. They'll often ask questions because they're either genuinely interested in what you're talking about, or they're testing to see if what you're telling them really happened. When you speak with conviction, you know your story backwards and forwards. You know the answers to any question that may arise. You know every little detail there is, so that when you tell your story, those listening to it will believe in what you're saying just as much as you do!

Energy: Energy is about how you tell your story. It's the energy in your voice, it's how your eyes light up at certain points, it's when you pause for dramatic effect, it's your

facial expressions, your arm gestures, it's about how much you get wrapped up in your own story and what energy you communicate to other people. A story told with little or no energy is boring to listen to, because it lacks any sense of excitement, humor, or purpose. A story told with a great deal of energy is easy to get wrapped up in and can capture the imagination of anyone who's listening to it.

When you combine these three elements, you are able to tell powerful, exciting stories no matter what they're about. When a person displays these three elements when they're speaking, some people call it "charisma."

Look at films of some of the most charismatic world leaders, and you'll always see these three elements present when they address their audience. When President Kennedy gave a speech, he spoke with confidence. When President Reagan gave a speech, he spoke with conviction. When Hitler gave a speech, he spoke with energy. You'll see all three elements in the speeches of these men, and when you do, you'll understand how they were able to lead and influence so many people.

Here's a little exercise for you to try out. Think of the most boring and mundane story you can, and then practice it in front of a mirror. Incorporate these three elements into how you tell the story and look at the difference. You may find yourself adding more and more details to the story to help you find how to place these elements into your technique, and that's okay. When it's all over, you'll see the difference.

Example: I woke up this morning and ate a bowl of cereal.

Boring story, huh? Now try telling it with Confidence, Conviction, and Energy, and see what happens.

Example: Man, I woke up this morning soooooo hungry! My alarm clock didn't go off, so I must have slept until noon, which is really, really late for me, but I was up all night watching a James Bond Marathon on TBS. So when I went to get something to eat, I found out my roommate had eaten all the cereal, and there was nothing left to eat in my place because we only have week-old Chinese food leftovers in the fridge (don't ask me why). So I went to my neighbor next door, and I guess she likes to sleep in late too because when she opened the door she was wearing this really skimpy nightgown! When I asked her if I could borrow some cereal, she totally thought it was a lame pick-up line or something and started coming onto me! Now, usually I'd be into it because my neighbor is an incredibly beautiful woman, but the thing is, I was so hungry I couldn't think straight! So here's this beautiful, scantily clad woman coming onto me, and all I can think about is Captain Crunch! Unbelievable, right? The thing is, though, she has a boyfriend and I don't mess around with girls who are in relationships, so I told her "No, I really just want some cereal. I'm really hungry!" So she invites me in to have breakfast with her, so we're sitting there, eating cereal, laughing about how she thought I came over to hit on her, when her boyfriend walks in and sees us sitting in our pajamas eating breakfast! He thinks we spent the night together and were having an affair! So we try to explain what happened and he looks like he's going to rip my throat out, so I go back to

my apartment next door freaking out this guy's going to come by with a gun or something. But it turns out my neighbor explained everything to him and we laugh about it all the time now, so everything's cool. But that's why I always keep extra cereal in my bedroom!

Hell of a difference, right?

Storytelling Mannerisms

Storytelling Mannerisms are about how you use your body language and voice when telling a story. This goes hand-in-hand with the Confidence, Conviction, and Energy I talked about earlier.

If you look at the best storytellers out there, they will use their entire body to tell a story. Their actions and their voice communicate action, emotion, and feeling that has a definite effect on their audience.

For instance, when it comes to your voice, be sure to speak clearly and loud enough for your audience to hear you. Remember, if your audience can't hear your story, they're not going to get caught-up in it!

If you can, use different voices while you're telling your tale to really drive home the visceral aspect of your story. If there's a stupid character, talk in a stupid voice. If there's a female character, talk in a high-pitched voice. If a character gets mad, talk angrily. If a character is breathlessly in love, talk that way too.

Remember, the way you communicate with others will determine how they feel.

By the same token, your eyes should be complimenting your voice. Keep eye contact with the person you're telling the story to. Let your eyes grow wide with surprise when a sudden twist in your story takes place. Have your eyes narrow when one of your characters becomes suspicious. Leer at your target seductively when one of your characters is trying to seduce someone.

Use your hands and your body to accentuate your words. If there's a car crash in your story, slap your hands together when you say "BOOM!" If a character receives a standing ovation in your story, clap. If a character is antsy or flipping out, jump up and down in your seat.

What I'm trying to communicate to you is this: *You must become an actor when telling your story.*

Using mannerisms such as facial expressions and gestures help suck people into your story because you, yourself, are getting sucked into your story as you act it out. Nothing can be more intoxicating when you see someone fall into their own story so deep, that they actually become the characters they're talking about.

Constructing Your Own Stories

Eventually, you'll want to create stories of your own to tell to other people after you start interacting with them. It's through these stories that the people you talk to will get to know what kind of a person you are. It is also how they will determine if they have a good time with you or not.

Usually, you will want stories that cater to a specific outcome. For instance:

1. Stories that are funny and entertaining
2. Stories that are romantic
3. Stories that are seductive
4. Stories that are exciting

The best is when you have a story that relates to something you're talking to the other person about. For example, let's say you're talking to another man about the stock market, and you have a story about how you made a crazy investment, against the advice of all your friends and experts, that paid off really well. Something like that can communicate to the man you're talking to that you're a risk taker, you stick to your guns, believe in yourself, and are successful.

I recommend using as many "real life" stories as you can as opposed to making things up. You can get away with embellishing a little bit, but don't blow it out of proportion. The more stories you can tell someone about yourself, the more insight they get into you, and the more they want to share their own stories in return.

Here's the breakdown on how to construct your own story:

1. Figure out what you want to communicate
2. Choose your main character
3. Determine the main character's action
4. Plot out the details of your story
5. Know what obstacles the main character will face and how he overcomes them
6. Know how your story ends

Once you've figured out all these elements, you have your story! The only thing left to do is figure out how to properly tell it.

Practicing Your Story

Let's face it. If you want to get good at something, you'll have to practice it. Just like an actor learning his lines, you'll have to learn your story.

The best example of this is in the movie "Reservoir Dogs" when Tim Roth's character, an undercover policeman, must learn to tell a story to win over the gangsters he's trying to infiltrate. Just like him, you will need to learn how to tell your stories the best.

Some people think that the ability to tell a good story has to come naturally, which is absolutely untrue. Everything worthwhile takes practice and storytelling is no different.

If you look at men who are naturals with women, pay attention to how they tell their stories. They will often tell the same stories, again and again, to every woman they meet. Every time they tell the story, it will get better and better until they've perfected the telling of it.

You can do things the same way, or you can prepare before you go out. I recommend this because it helps to practice in private before opening up your story to the scrutiny of others.

When you've created a story, you need to memorize it. It will take a few hours spread over time. I recommend you write out the story first. Then, read it silently and try to see the story in your mind's eye by visualizing it as a series of pictures.

Next, learn it by reading it aloud repeatedly, enjoying the words and the sound of the phrases.

Think about words that may be new or unfamiliar to your audience and incorporate their meanings into the story so that you won't need to interrupt it during the telling to explain.

Time yourself when you read the story aloud. After you have memorized it, time yourself again. If you use less time, you are either telling it too fast or skipping parts. If it takes much longer, you are telling the story too slowly.

Tell your story to anyone who will listen. Before going to bed, read it aloud again. If you can, tape or videotape yourself telling the story.

Once you've memorized the story, you are ready to tell it. Be sure of your sequence of events and practice out loud, in front of a mirror if possible, until you are used to the sound of your own voice and gestures. Watching yourself in the mirror as you tell your

story is a great way to work out your facial expressions and gestures. Try to devote some time to it.

THE ART OF BEING SOCIAL

Life does not happen in a vacuum. Humans are social creatures and are therefore meant to interact with other humans. If we cut ourselves off from others, we can get depressed, lonely, and live in a general state of unhappiness.

The trick to avoiding that pitfall is to get an active and healthy social life. It's easy to stay at home all the time and never talk to anyone, busying yourself with work or watching TV to pass the time.

We've all been there before.

However, this does not mean you should not have a good network of friends to hang out with. Friends are what make life worth living. They help to teach you, share with you, and experience life with you. Only through our interactions with others are we able to truly experience the world around us.

Remember: ***The more social you are, the more women you'll meet, and the more fun you'll have.***

The Basics Of Being Social

When you think of people who are social, what comes to mind? Is it the cool and popular people who everyone enjoys hanging out with and having a good time? Are they incredibly good looking, rich, and successful?

Don't fool yourself. Anyone can be social, even you! Too often, people will trick themselves into thinking that you have to be a certain "type" of person to be that way. You have to be extroverted, confident, outgoing, knowledgeable, a party animal, etc.

This is a myth we make up to justify not being more active socially.

It's easier to say "I'm an introvert" or "I'm shy" than do the work to meet other people. But as long as you're somewhat friendly and not too uptight, you can befriend other people quite easily. They may not be the type of people you'll be best friends with until the day you die, but they will enable you to meet others and give you the opportunity to make good friends with people you never even dreamed of meeting.

But despite being friendly and relaxed, you're going to want to have a firm grasp on a few interpersonal skills that will come in handy when expanding your social life.

Attitude

A good attitude goes a long way in meeting people and getting them to like you. Remember that positive emotions attract people, and negative ones scare them away. The best thing you can do for your social life is to project a fun, friendly attitude.

Greet people. Shake their hand, say hi, ask them their name, etc. People like to be greeted and welcomed, no matter where they are, because it signals that there's acceptance and support available to them.

Don't be afraid to smile and laugh. These two simple things go a long way into raising the energy level of an interaction. Plus, it's contagious. If you smile and laugh, others will usually do the same thing. And if they're smiling and laughing, they're having a good time! And everyone loves a good time.

Look people in the eye when you talk to them. Don't look around, scanning the room. We all like to have attention paid to us, so make the person you're talking to feel like you think they're important and worth your time.

Avoid being rude or bitter, not just with the person you're talking to, but to others around you. These are negative emotions that drag energy down, no matter where they're directed. Always be nice and polite to others.

Looks & Hygiene

By this, I don't mean you need to be good looking. But you do need to take hygiene matters into account when you're trying to be social. If you're dressed like a bum and smell bad and have stuff growing on your teeth, few (if any) people will want to be around you.

Remember, your friends are a reflection of who you are! What does it say about someone who is friends with a greasy slob who stinks to high heaven? By the same token, what does it say about someone who is friends with a happy and fun person who smells nice and looks good?

Shower, bathe, use deodorant, brush your teeth, comb your hair, and wear decent clothes. You want to project the right image and make it easy for yourself to meet others.

Conversation Skills

We all talk to other people, unless there's a physical reason we can't, and even then we find ways to communicate. But the basics of being a good conversationalist are important when being able to chat people up.

For instance, knowing how to keep a conversation going. This requires switching topics from time to time once a conversation has run its course. After all, there's only so long you can talk about baseball until it gets boring, right? So have a wealth of things to talk about and throw them out to see what the other person responds to.

Don't dwell on boring topics. If someone is talking about something you find uninteresting, or vice-versa, change the subject to one that is interesting, or funny, or exciting to both of you.

Stay away from negative topics. Don't get wrapped up in rape and murder, or the crap you're going through in your personal life, or anything like that. Don't bother with controversial topics like politics or religion (save that for when you get to know someone better). Stay positive and keep your energy up when you're talking.

Don't just focus on things you want to talk about. Ask questions, and find something interesting about the person you're talking to, and explore who they are. Remember, when all else fails, people (especially women) love to talk about themselves!

Confidence And The Willingness To Work

We've already covered confidence in detail, but to reiterate, you need to have the courage to meet new people if you want a healthy social life. More importantly, you have to be able and willing to do the work necessary to incorporate yourself into someone else's life. This means calling people up, meeting up with others, and going to events when invited. It means being able to chat with strangers at a party, being able to speak up in a group, being able to face rejection and awkward moments.

Laziness is death to a good social life. It's easy to be lazy. Nothing good ever happens without hard work. You have to be willing to keep in touch with others, via phone, email, text messaging, whatever! Otherwise, you'll fall by the wayside.

The fact is: ***you don't need to be incredibly skilled in social interactions to make friends in this world.*** But the better your social skills are to begin with, the easier this will all be. More people will like you and they'll be much more likely to want to hang out with you. Just making an effort to be friendly will usually be enough.

Tips For An Active Social Life

Now that we've covered the basics, let's go into specifics.

Tip 1: Be Positive – Look at each person you meet as an opportunity to make a new friend, and assume the person you want to meet will like you and want to be your friend! Positivity is attractive, and you will have people gravitate towards you when you project it.

Tip 2: Don't be clingy – Part of having a good social life is having options. Don't smother someone with your friendship. Sometimes you have to take breaks from people in order to keep a friendship going. Part of having lots of friends is that you aren't desperate for companionship. People like other people who don't really need them, because it offers a sense of freedom and casualness in every interaction.

Tip 3: Keep in touch – It's foolish to wait around for other people to call you. If you want to keep friendships alive and healthy, communication is vital! Call people up, email them, send them letters, do whatever it takes to keep lines of communication open. Otherwise, you run the risk of being forgotten about.

Tip 4: Keep informed – Be a hub of information. Know what fun events, such as parties or gatherings, are taking place. Know what your friends are up to on the weekend or a certain night. Call them up or email them to find out. Keep tabs on everyone's schedules. Not only does this help you to know who to hang out with and when, but other people will call you to find out what's going on as well.

Tip 5: Be a planner – The best outings are the ones with lots of people. Take the initiative to introduce your friends to each other and strengthen your social circle. This is important because the more people you introduce your friends to, the more people they'll want to introduce you to. Planning outings can take some work, what with having to call people up, figure out where to go, what time to meet, etc., but it can be incredibly rewarding.

Tip 6: Invite others out – Too many people just wait around for the phone to ring. There's no shame in taking action and calling people up to see if others want to hang out with you. If you have something planned, even better! Most people are lazy, and if offered an opportunity to do something fun that requires little planning on their part, they'll do it.

Tip 7: Invite yourself – If a friend of yours has something going on, ask them if you can come along. Nine times out of ten they will say "yes." This isn't rude, just ask "Mind if

I tag along?” After all, if your friend enjoys hanging out with you, it shouldn’t be a problem.

Tip 8: Be shameless – Don’t worry about being selective. Invite as many people to hang out with you as you can. Be a true “social whore.” You like being around people and should do it as much as you can.

Tip 9: Don’t be picky – Agree to meet and hang out with anyone, at least initially. Sometimes it’s easy to get an ego and start being selective about who you hang out with, but resist this. Give everyone at least one shot to be your friend, and then decide whether or not you want this person in your life. You never know who might surprise you.

Tip 10: Never turn down an invitation – If a friend calls you up and invites you to do something, unless you have prior commitments or other circumstances that prohibit you from going, take them up on it! Especially if it’s the first time they’re inviting you out with them. It’s not only important to establish you’re open to their invitations, but you now have the opportunity to meet other people in their social circle. And if you can’t accept their invitation, offer a counter-invitation to meet up some other time.

How To Make Friends

Now that you got the basics and the details, it's time to make some friends! I go into detail on how to meet people in the "Art Of Approaching" chapter. But to expand a bit further, once you meet someone, get their contact information (phone number or email) and then invite them to do something with you.

Tell them you'll call them or email them about the details later, but at least offer the olive branch. Then, based on the first get together, you can see if you want to continue to meet and hang out later.

Remember to never let someone go without getting their contact information. And don't be afraid to ask for their home phone or cell phone if they give you a business card. Getting someone's cell phone number is always preferable to any other information they give you, because nowadays, it's the best way to get in touch with people.

Don't waste time contacting them or getting together either. Call them up the next day for a meet. Chat with them on the phone for a bit. Meet for dinner a few times. Friendships can develop really quickly, you don't need to wait three days or something like that waiting for them to form. Literally, some friendships take a matter of seconds to form a bond. Don't put off calling someone because you want to "give it time."

Also, don't do something that's going to put your prospective friend out of his or her way. For instance, if you want to meet up, don't pick a place that's far for them to get to. If that means you have to drive a bit further to meet them, do it. You want to make it convenient for others, at least in the beginning. Then later you can meet someplace closer to you. Also, don't ask them to do a big event, like a trip to Europe for your first outing. Going out for drinks or food will suffice.

And remember to be patient. Building up a good, healthy social life takes time. Sometimes people can't meet up right away. That's cool. Keep in touch and keep offering the invite. Do the work to stay in touch and coordinate outings. Don't be afraid to be bored or lonely while you're building up this network.

Once you've made friends, ask them to introduce you to other friends. Usually, they'll have talked about other friends of theirs, and all you have to do is say "Oh, I'd like to meet him/her!" And boom, it'll be arranged. Meeting people through people you're already friends with is the best way to make new friends.

Just remember that your developing social life will be unpredictable (after all, you never know who you're going to meet!). You might end up with a crew of friends who all know

each other. You might end up with several individual friends. The guy you get along with today might not work out in a few weeks. The person you only sort of like may turn out to be cooler than you thought. Go with the flow and see what happens.

Don't expect your friends to be perfect. They'll all have quirks that you may not like. Just learn to accept them. Part of being friends with someone is the fact that you accept them for who they are, faults and all. And just because you have a fight or argument doesn't mean you still can't be friends. Disagreeing with people is part of life. Just learn to agree to disagree and not let bad blood come between you.

Women And Social Circles

I'll be the first to admit it. I'm a nerd.

I like to watch TV, go to movies, read books, play on my computer, and even partake in the occasional MMORPG.

But when I'm not waxing philosophical about who could kick who's ass -- Kirk or Han Solo -- I'm out trying to pick up chicks.

The thing is, what I do is cold approaches. Cold Approaches are basically approaches where you approach a woman you do not know in the hopes of attracting her so you can lay her.

Without a doubt, this is probably the hardest form of Pick-Up there is.

Why?

Well, for one thing, the Fear Factor on cold approaches is the highest. They don't know you, you don't know them, and the risk of getting rejected is high. This is one of the reasons many people cannot do cold approaches. It is just much too scary.

But the reason I do them is because I currently have no better option available to me. If I don't cold approach a girl, I won't meet any.

But a funny thing happens if you cold approach enough girls. *You become friends with them!*

As strange as it sounds, it is true. Though the average guy is not looking to make friends with the girls he approaches, odds are if they like you enough to sleep with you, you *will* eventually end up becoming friends. And even if they don't want to sleep with you, the least they are willing to become is a friend because they enjoy your company enough.

This is a funny little side effect to meeting women, and because of it, my eyes were opened to something. It's a dirty little secret, yet one that is so obvious I am surprised that I did not see it before.

Are you ready?

Okay, here it is:

Most people get laid from their *social circles*.

This is a fact, my friends.

Sure, cold approaching can lead to the occasional one night stand, or even a same day lay that blossoms into a relationship. But very rarely does this happen. In fact, it happens so rarely, that I really rate my approach success based on the quality of numbers I get.

I say *quality* because anyone can get a number. But a number from a girl who actually gives you her REAL number and will actually RETURN your phone call is so much more important than the quantity of numbers one receives.

But of all the guys I hang around with who get laid, the ones who do so with the most frequency are those with large social circles that include women in them.

For instance, I have a friend who is going to college. He belongs to a number of groups: Martial Arts, Role Playing, Historical Reenactment, etc. And he gets laid.

He gets laid a LOT.

Probably more than most guys, and DEFINITELY more than me. The funny thing is, this guy DOES NOT APPROACH! In fact, he's deathly afraid of it!

When I noticed this, I took a good look at the guys I know who are getting laid frequently, and sure enough, there was the proof. They were all getting laid from either girls they already knew, or met through friends, family, or some type of hobby.

This is an incredible revelation for me because social circles have always been the primary dipping source for men I knew were getting laid.

Back in my formative days, I'd only hang out with my guy friends, who weren't getting laid either. I'd do solitary activities, like play on the computer, and take part in social activities that were typically heavily attended by males.

In short, my social circle did not include women, and because of that, I did not get laid.

As my awareness of women grew, I realized that cultivating a social circle conducive to interacting with women ON A DAILY BASIS is absolutely IMPARATIVE to getting laid regularly.

Most of the men I have met who are not getting laid or who are struggling to get laid are the ones who's social circles are almost completely empty of women, and the women who do encompass their social circles do not interact with them regularly.

A scary truth about guys not getting laid is that they are not comfortable talking to women, and this can show in your interactions with them.

I am willing to bet that most guys who cannot talk to or approach women do not have many female friends in their social circles. And if they do, the girls are friends they would like to have sex with. They do not know what it is like to truly be friends with a girl they do not want to sex up, and because of that, there is always a feeling of comfortableness just below the surface of their interaction with girls, which the girls can pick up on and which completely throws off the guy's state.

So the trick is to expand your social circle so it becomes something that is conducive to getting you laid.

The fact is, a female friend is the most powerful tool you have in your seduction arsenal, especially if she is attractive.

Approaching other women with another woman who can social proof you and talk you up is probably the single most invaluable trick there is to meeting them. When you have a female with you who is actively working to HELP you get laid, chances are it will happen, and more quickly than if you were acting on your own.

Not only that, but the girl will also have friends that she will try to hook you up with if you demonstrate you're cool enough to be her friend. Through these girls, you will find your comfort around women increase, along with your success rate.

So how do you do this? Well, the first step is *to befriend a girl*.

How is this done?

Most guys have had a lot of experience with the "Let's Just Be Friends" area of life. But this is not the same thing. The fact is, with the "Let's Just Be Friends" stigma, you are not really the girl's friend because you still want to have sex with her and she knows it.

The best way I know how to expand your social circle is to befriend other GUYS who are good with women. Not the type of guys who use women and throw them away, but the type of guys who are fun and always surrounded by girls. You befriend this guy, and he will introduce you to the girls who surround them.

You can meet these guys anywhere, and it's much easier to approach and make friends with men because there is no sexual tension there. You guys can connect on basic male subjects such as sports, women, business, etc. If nothing else, you may make a new valuable male friend out of the deal.

You can meet these guys anywhere you go, be it a club, bar, museum, concert, etc. It doesn't matter. You will meet them doing stuff you like to do. Most guys will go for the girls right away, but if you befriend the guy who is IN with the girls, he will help you to get them.

Once you're in with the guys, its time to move onto the girls. Have him introduce you. Tell the girls how good of a friend he is. Show them that you're a cool guy. Become their friends. The cooler the guy you befriend, the hotter the women he knows. The hotter the women he knows, the better quality of women they will introduce you to.

The next step will take a bit of willpower on your part, but you want to actually BEFRIEND the girl with the knowledge that you are not going to sleep with her. No matter how hot she is, you must take her out of the "I wanna BONE!" category. This is crucial because if you go after her for the full monty (sex), you could screw up the friendship.

But once she's your friend, you can practice on her. Talk to her, call her up and bullshit, go out with her, let her feel safe and comfortable around you.

Once she's your buddy, get her to introduce you to her friends. Those are the ones you game on. This is because you'll be at an advantage with them. Not only will you have a girl who is their friend hyping you up, but you'll also be social proofed by the guy you befriended, who has also probably met the girl you're being introduced to. Right there is instant social proof that you're cool enough to hang with them. Then its time to game the girl, which should be easier than cold approaching because the meeting is inherent.

But when it comes to cold approaching, the women you befriend become even more powerful. This is where the real fun can happen.

You can use your female friends to approach other groups of people.

You can introduce her to the men while she does the same for you with the women. Not only that, its natural social proof when you're with a girl, and you feel more comfortable talking to women, which makes you more attractive.

In fact, this is so powerful that I know men who's entire game is based on Social Circles.

A woman you use to help you get laid is often referred to as a "Pivot" or a "Pawn." They are used as pieces on a chessboard to break down defenses and open doorways to score checkmate.

One guy I know is SO effective with the girls in his social circle, that if there is a guy trying to get with a female friend of his, he will actually get the guy to pull him other women before he social proofs the guy with his friend.

This is another great tactic, especially if you're lazy about approaching.

In this situation, not only are his pivots pulling other girls for him, but the guys after his pivots are as well. And in the end, all you're getting is a bigger social circle which will make it easier to get laid.

It is very easy to befriend women, because when you make it clear you do not want to have sex with them, they can feel safe with you and allow you to “mess up” around them in practicing your dating skills. Not only that, but being around women will teach you SO MUCH about how to pick them up, your game will rapidly increase.

If you want to get good at picking-up women, surround yourself by five beautiful women who are good at getting guys.

This is important, because all the best ladies men just act like really beautiful women. They steal the chick frame that gets guys all into them and turn it around on the girls. The more you hang out with women, the more you will begin to incorporate this mindset into your seduction repertoire.

I recommend you go out there and start getting to know more girls in a non-sexual way. They will help you a great deal in adding some notches to your belt. I hope to expand my social circle massively in the coming future, so that I may also reap the benefits of having many lady friends.

Afterward

I can remember what it was like when it was impossible for me to approach women.

It was the source of many, many hours of depression and anxiety – to think of all the missed opportunities I had to find the woman of my dreams, only to let it pass me by because I didn't know how to talk to them.

I wish back when I was having trouble, there had been a resource such as this one to help me through the tough times.

By reading this book, you have taken that first step to overcoming all those fears and anxieties, and opening up your life to endless possibilities for interactions with women.

If you put in the time and effort that is required to meet women, you **will** see results.

The examples and concepts I've listed in this book have worked for me, but as you get more experienced, you'll be able to start zeroing in on what works for YOU!

And once you figure that out, your successes will skyrocket.

I hope you have learned a lot from this text, and that you will apply it in your daily life.

Good Luck!

Thundercat

Bibliography

If you want to learn more about Approaching, Dating, and Seduction, be sure to visit these following online resources.

SeductionLair.com

www.seductionlair.com

If you liked what you found in this book, we're only scratching the surface compared to what's available on SeductionLair.com. SeductionLair.com is a private, members only website where I share all my advice on dating and seduction, and also get some of the world's best ladies men to share their secrets as well. Members have access to tons of high quality audio interviews, special ebooks and reports, message boards, and much more. If you want to find out if you qualify for membership, click the link above now.

Thundercat's Seduction Lair

www.thundercatseductionlair.com

This is my personal website. It's an online dating and seduction resource that brings you the latest news, rumors, tips, tricks, and advice when it comes to picking-up and seducing women.

It's 100% free, and updated regularly.

Double Your Dating

www.doubleyourdating.com

The online website for David DeAngelo's excellent ebook that teaches you how to be the kind of cocky & funny guy women love.

His ebook is an excellent resource for men looking to dramatically increase their social life.

Mystery Method

www.mysterymethod.com

This is the official website for world renown Pick-Up Artist and Illusionist Erik von Markovik, (a.k.a. Mystery), who teaches his unique system for meeting and seducing women.

He offers excellent seminars and is the world leader on in-field workshops where he personally coaches men on how to approach women.

HIGHLY RECOMMENDED!

BadBoy Workshops

www.playboy lifestyle.net

BadBoy is a well respected Pick-Up Artist based out of Croatia in Eastern Europe.

BadBoy has his own unique style of meeting women, and focuses mostly on fixing internal confidence issues through in-field coaching.

Swingcat's Guide to Real World Seduction

www.realworldseduction.com

This is the online website for Swingcat and his excellent ebook "Real World Seduction."

Swingcat's advanced theories and tactics on the art of seducing women in the real world are some of the best out there, and will help skyrocket your abilities to meet and seduce women to the next level.

Fast-Seduction

www.fastseduction.com

This is the most comprehensive site on the internet in dealing with Dating and Seduction.

It's Lay Guide is a great resource for expanding on what to do after you Open a woman, and it's active message boards are a great resource to learn stories to engage women.

Be sure to check it out if you haven't already!