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The **DOUBLE  
YOUR  
DATING** Series

# **MASTERY**

**With Women & Dating**

**Workbook**

**David DeAngelo**

# MASTERY WITH WOMEN AND DATING

DVD TRACK LISTINGS

page 1

## Disc 1 Tracks

Intro to Mastery  
Attraction is Still Not A Choice  
Transition Vulnerability  
Development Detour  
Five Steps to Personal Evolution  
Masters  
Two Ways of Winning  
Flow  
Journey to Mastery  
Facing Ultimate Fear  
Power of the Center  
Mental Centering  
Center of Her Universe  
Introduction to Your Dark Side  
The Dark Side  
Finding Your Own Gold  
Projection  
Unconscious Blind Spots  
Self - Deception  
Avoidance and Self - Medication

Emotional Reframing  
Objectifying Demons

## Disc 3 Tracks

Objectifying Demon (cont.)  
Shifting Locus of Control  
Encouraging Independence  
Weapons of Influence  
Commitment and Consistency  
Instant Gratification  
Shifting Time Frames  
Cognitive Dissonance  
Path or Purpose  
Big Questions  
Security or Risk  
Play Small or Play Big  
Honesty or Dishonesty  
Reference Group  
Back to the Path  
Gratitude and Appreciation  
David X

## Disc 2 Tracks

Addiction  
Think Big  
Hubris  
Getting it in Your Head  
Psychology of the Wussie  
Types of Wussies  
Getting Leverage  
Logical Levels  
Johari Window  
Hopeless  
Pessimistic  
Optimistic  
The Being Stage  
Maximizing Levels  
Exercise in Beliefs  
Tyler's Beliefs  
Self - Programming  
Mastering Emotions  
Cultivating the Pause

## Disc 4 Tracks

Center of the Universe  
Bad Beliefs  
Real Man  
Attractive Women vs. Real Men  
Time Travel  
Status and Weakness  
Status Hierarchy  
Impact of Status  
Seeing Status  
Two Approaches to Status  
Status Ranges  
Stay on Your Course  
Masculine and Feminine Polarity  
Masculine Context  
Myers Briggs  
Four Temperaments  
Using Personality Types  
Meta Programs

# MASTERY WITH WOMEN AND DATING

DVD TRACK LISTINGS

page 2

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Honest Signals  
Tell Tale Givaways  
Ineffective Approaches  
Looking Prevents Seeing  
Bad Logic  
Evolutionary Psychology  
Meta - Communication  
Content  
Reverse Reporte  
For You Or For Her  
Tari  
Your Qualities  
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Questions  
Amber

## Disc 6 Tracks

One Big Organism Fallacy  
Risk, Probability, Expectancy  
Crunching Numbers  
Sexual Communications  
Mystery

## Disc 7 Tracks

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Opening  
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Practicing  
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Hooks  
A Fun Game  
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## Disc 8 Tracks

Rick H  
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## Disc 9 Tracks

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# Double Your Dating

## MASTERY Program Workbook

David DeAngelo

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**The Big Questions**

- By consciously facing the following questions or life choices, and then acting on them, you will gain a clarity and focus that will instantly energize you and make you more attractive - really
- Write down "I choose..." or "I believe..." and then your choice - and the follow it with your answer Review the list often
- If you really want to change fast, rewrite the list daily

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**My Path For Myself, Other's Path For Me?**

- To be or not to be?
- Is the universe a friendly place?
- Scarcity or abundance?
- Am I at cause or effect?
- Fear or Love?
- Internal or external frame of reference?
- Pessimism or optimism?
- Stay still or evolve consciously?
- Instant gratification or long-term success?
- Security or Risk?
- Closed to change or open to change?
- Comfort zone or uncertainty?

More →



**My Path For Myself, Other's Path For Me?**

- Reject and move further from yourself or know and accept yourself?
- Change others or Change myself?
- Fear, resist, fight... accept, integrate, transcend?
- Mediocrity or excellence?
- Hold on to what I have or let it go to make room for the new?
- Play small or play big?
- Cling to a polarity or enjoy paradox?
- Fail or learn?
- Spend or invest?
- Fulfillment or medication?
- Keep my secrets or give my gifts away?



[Continued]

More →



**My Path For Myself, Other's Path For Me?**

- Demand fairness and justice for myself or let others get the "better end of the deal"?
- Be understood or understand?
- Take first or give first?
- Honesty or dishonesty?
- Personal or inauthentic person?
- Learn only for personal gain or learn to teach and mentor?
- Success through own individual work or by helping others to become successful?
- Reference group (surround yourself with) success or failure?
- Do it "your way" or do it the best way?
- System or technique?
- Take first or give first?



[Continued]



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 **Center Yourself** 

- Stand up straight, balancing perfectly on your spine
- Three deep breaths, slowly taking control of your body and life
- Relax your shoulders, stomach, jaw, and forehead as you exhale each time
- Look up and to the center, open and notice the edges of your peripheral vision
- Inhale slowly, and notice both the feeling of air rushing into your nose, and your stomach expanding and contracting at the same time
- Pay attention to your vision, the air rushing into your nose, and your stomach moving at the same time... maintain that attention to quiet your mind
- As you exhale, release emotional tension, anxiety, pressure, and ill feelings toward yourself or others
- In your Imagination, open up your chest and your heart, allow that opening to envelop everything and everyone around you

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## The Center Of The Universe Misconception



- Until Copernicus came along in the late 1400s/early 1500s, the common belief was that the Earth was at the center of the universe, and that the Sun and everything else revolved around it
- When Copernicus challenged this idea, he wasn't just challenging an astronomical belief
- At that time, many different beliefs, from how Heaven and Hell were structured, to Aristotle's Physics, to the basic concept of egocentric self importance were all based on this model of the universe
- The Devil was at the center of the Earth in Hell, stones fell because the place for heavy bodies was at the center of the universe, and we were the important rulers of the physical world

**MORE** --->




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## The Center Of The Universe Misconception [continued]




- The idea that the Earth revolved around the sun not only required a person to realize that they weren't very so important in the big scheme of things and change their views of reality, but more importantly it was publicly seen as a blasphemy against God, literally punishable by death and eternal damnation
- To accept that the Earth was not at the center of the universe basically meant that one would have to change their view of how REALITY worked, and accept the possibility of being killed and going to Hell
- Explained differently, if you lived 500 years ago, then you were raised with the idea that the Earth was at the center of the universe, and everything from your view of God and religion to your view of physics and the nature of reality was based on that belief. To even entertain the idea that this wasn't true was unacceptable and scary






## Women Aren't The Center Of The Universe

- In modern times, men carry around a view that is hauntingly similar to the Center Of The Universe Misconception
- Most men have a program that is part genetic and part learned that goes something like this: "An attractive woman is a rare and valuable thing. It's worth putting aside my self respect, honesty, and personal needs and wants, and gambling my time, money, effort, and energy for even a CHANCE at getting love, approval, affection and sex from her."
- Most men walk around as if attractive women were the center of the universe
- Many of their beliefs, thoughts, actions, and communications clearly demonstrate this... in fact, it's actually wired into our western culture in a thousand little ways


**MORE** --->


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## Women Aren't The Center Of The Universe. [continued]

- Men are expected to approach women, pursue women, compliment them, buy them gifts and food, be "nice" and respectful, and even get down on one knee in a submissive posture and offer a diamond worth several months of hard work when requesting a woman's hand in marriage.
- In fact, many of us have been raised by our mothers and programmed with these ideas ALL OUR LIVES.
- Here are a few of the other beliefs and behaviors that flow from this key fallacy:
  - I need to approach and pursue women
  - I need to convince women that I'm worthy of their approval
  - I shouldn't upset a woman
  - I'd better not mess this up, because I have a lot to lose
  - If she rejects me, it will be an important event and have a lot of meaning
  - I had better impress her as often as I can
  - I should let women be in control
  - If attractive women aren't interested in me, then I must be the problem
  - "Nice" guys finish first, and I had better be "Nice" to women


**MORE** --->


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# Seminar Slides

# Day Two

# Seminar Notes

**A Real Man**

"What do women mean when they say "I want a REAL MAN"?... A REAL MAN is a universal desire among women. Women all over the world, across all ages and incomes are looking for the same thing, and they describe it in basically the same way. But what exactly is a REAL man? And why do they use these words and describe him this way? What do they NOT want? Well, to begin with, I believe that they DON'T want a WUSSY. Women, and especially attractive, desirable women who have choices are used to men chasing after them, kissing up to them, and demonstrating that they believe the woman is a rare and valuable prize. When a guy calls too often, shares his

feelings too soon or too much, tries to "buy" a woman's attention and affection with gifts, dinners, and favors, and generally puts his own life, self-respect, and needs aside for a woman, he is a WUSSY. This is the opposite of a REAL MAN. A REAL MAN has his own life. He has his act together. Sure, he'd LIKE to find a beautiful, intelligent woman to enjoy time with, but he doesn't NEED it. And when he meets and interacts with attractive women, he demonstrates in every little way that he's COMFORTABLE with himself, and he's comfortable with women. He holds and carries himself like he owns the entire city he lives in. When he makes eye contact with a woman

**MORE --->**

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**A Real Man [cont.]**

he doesn't look away instantly out of nervous self-consciousness... Instead he keeps looking, as if to say "I see something that might interest me... let me take a moment to consider it". He is cool and calm at all times, and his movements are just a little slower than those of other men. Everything about him suggests that he doesn't need to hurry, because things are going to work out the way he wants in the end anyway. A REAL MAN communicates with attractive women in a way that confuses and excites them at the same time. Because he is so un-self conscious and he's NOT looking for a woman's approval, he says things that are totally unexpected. A REAL MAN isn't afraid to say what's on his mind, or to even

make fun of a woman... just because he feels like it. It's obvious that he's being who he is, and this easy grace and lack of insecurities about himself are magnetic. He's respectful - yet brutally honest. He's not apologetic or overly eager to say he's sorry (especially because he knows how to handle his life in such a way that he doesn't CREATE problems by being immature, late, dishonest or otherwise flaky) He is spontaneous - yet responsible. He isn't afraid to speak his mind or have an opinion. He doesn't live his life to please anyone - parents, friends, and especially women. He never acts like or communicates that he's a VICTIM. A REAL MAN is what every woman wants, but he's so rare that many women doubt that they'll ever find him."

-David DeAngelo



### What If You Could Time Travel?

- Scenario: What if it were 100,000 years ago, and you were walking through a beautiful rain forest... and you came upon a beautiful waterfall, with a beautiful, exotic woman bathing in the waterfall and the pool below it... and just as you reached the edge of the pool, she turned and saw you
- Considering the fact that she didn't speak your language, and the fact that she didn't know you... would you know how to make this woman feel **ATTRACTION** for you? And would you know how to start an interaction with her, make her feel attraction for you, and eventually take things to a physical level with her? This is an interesting thought
- I realize that women today aren't exactly the same as women 100,000 years ago. We now grow up in a semi-civilized culture, have language, and get all kinds of programming from birth. But the reality is that the process of that women 100,000 years ago feeling **ATTRACTION** for you... in other words, those deeper mechanisms, are still there. And they're **MORE** important than the cultural influences and programming she's gotten from birth
- If you want to succeed with women, you must learn how to communicate with the 100,000 year old part of the woman you're interested in. And you can't do it by being a "nice guy" or a **WUSSY**

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### Does This Picture Require Interpretation?

No, and women don't require time to "interpret" how "attractive" you are, either

Photo by James White

**The Two Fundamental Paradigms**

<p>She's what you want</p> <p style="text-align: center;">↓</p> <p>You pursue her</p> <p style="text-align: center;">↓</p> <p>She runs away</p> <p style="text-align: center;">↓</p> <p>You want her more</p>	<p>Be what she wants</p> <p style="text-align: center;">↓</p> <p>She pursues you</p> <p style="text-align: center;">↓</p> <p>You run away</p> <p style="text-align: center;">↓</p> <p>She wants you more</p>
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**Status And Weakness**

- What does everyone strive for over all else? Status. Why? Because higher status ultimately leads to access to better mating options... and thus better opportunities to pass on genes to offspring that will give them a better chance of surviving. For a woman, her ultimate "tool" to get status is the possibility of a man having access to her sexually. One of the most powerful things you can do with a woman is communicate to her early on that:
  - It's not in your model of the world to chase her in hopes that she'll approve of you
  - You could care less if she "puts out"
  - You have other options anytime, anywhere
- A man's Achilles' Heel is a woman's sexuality. Its power is inescapable for most men. Step one is to get over your need to have a woman sexually, and become indifferent. Realize that you can please yourself if you're horny. Don't NEED her. When you take away this powerful leverage point that attractive women have, you level the playing field, and you can now start to make progress. A woman can instantly tell if she's dealing with one of these "different" men, and she behaves differently

## The Secret Of Creating And Maintaining Attraction: Status

- Most mammals organize themselves naturally into what are called "status hierarchies" or "pecking orders"
- The higher status members of the group usually eat and drink first, they dominate the other members of the group, and they have access to far more mating options
- If you don't know what I'm talking about, you need to watch the Discovery Channel more
- "Civilized Humans" tend to channel status into SOCIAL situations
- The term "social status" is used commonly to describe a particular persons "rank" or "popularity" or "control" of their particular group
- We humans tend to gravitate toward others we perceive to have higher status
- "Status Symbols" are the outward displays of status
- "Conspicuous Consumption", fancy cars, and fancy jewelry are all things that say "Look at me, I have high social status"
- Other things, like fame, money, power, and even height convey status as well


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## Status And Attraction

- Status and Attraction are as connected as oxygen and life
- There are many logical reasons why women would be attracted to "High Status" men, but the fact is that it's TRUE, and it's not going to CHANGE anytime soon
- If a woman perceives you as being higher status than her, you instantly qualify for the "I'll consider it" group in her mind
- If a woman perceives you as having lower status than her, she will instantly and unconsciously put you in the "not a chance" mental category
- If you communicate your status in just the right way, you can trigger a powerful instant attraction inside of a woman that will be palpable – it will be impossible for her to ignore
- Remember, if you want to spark sexual tension, chemistry, and ATTRACTION with a woman, you must communicate HIGHER STATUS



## Status, Leadership, Dominance

- People think of themselves as somewhere on the high/low status continuum
- When a person walks into a room filled with others, they are either unconsciously looking for a leader to follow and get approval from or they are assuming that they are the leader and are expecting others to follow.
- They are unconsciously asking either "Who's the leader to follow?" or "What am I here to do?"
- Men often feel an unconscious aversion to asserting their status, because they're secretly afraid of confrontation with other men
- The irony is that a TRUE high status man usually has very little drama and confrontation in his life, because everyone just accepts and appreciates his status



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## Are You Unconsciously "High Status" Or "Low Status"?

- Most guys take a "low status" self-image
- They walk into a room and look around, trying to figure out who's in control so they can follow that person's cues
- Some men think of themselves as "high status" no matter what situation they are in
- These are the guys who are standing upright, shoulders back, often in the middle or corner of the room with people (especially women) all around them
- They make themselves the center of the action by being the "High Status" guy



**Where Status Comes From**

- When most men first hear this idea, they respond with something along the lines of "Yes, but I'm not rich or famous... I don't have high status... so how is this going to help me?"
- The amazing thing about status is that it is mostly about your **SELF** image
- If you believe that you have higher status, then behave as if you do, then you will have it
- If you treat another man or a beautiful woman as if they have higher status, they won't argue with you
- No one is every going to come over to you and say "Hey there, quit acting like you have low status man... you have all kinds of high status!" – never happen

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**Where Status Comes From**

- If you want to have high status – and women feeling attraction for you – then you must learn how to **PROJECT** it
- If you're a man who is dating a woman that is older, richer, and more influential than you, you must behave as if you are the **DOMINANT** one in the relationship **ANYWAY** if you hope to maintain the attraction
- Status comes primarily from the **INSIDE**, not the outside
- If you want to cultivate an inner "High Status" attitude, start by eliminating your insecurities – security is the foundation for a high status attitude

**Seeing Status**

- By paying attention, you can get to the point where you can literally "feel" status at an unconscious level
- You can start by seeing obvious signals... then getting to the point where you can subtly feel the shifts back and forth in situations

Areas To Look For Status

- Body Language... orientation, following, posture, movements
- Eye Contact... who's trying to get the eye contact (attention) of the other more
- Voice Tone/Words... seeking approval, apologizing, laughing too much
- Leadership... who's leading, who's following

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**How Men Communicate Lower Status**

Here are a few common ways men communicate lower status:

- Justifying
- Defending
- Explaining
- Rationalizing
- Seeking Approval
- Allowing Things To Affect Them Emotionally

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## Stay On Your Course

- Women test men from first meeting all the way to the grave
- Some tests are subtle, and some are overt
- It's important to remember that a woman **MUST** test you to find out not only what kind of man you are, but also if she can trust you
- She'll continue to test you forever, because she needs to be sure that nothing is changed, and you have maintained your integrity always
- If you allow a woman's energy, emotions, unpredictable behavior or communications take you off course (your path or purpose), distract you, or upset you, then you have failed the test, and her attraction to you will diminish

## A Principle To Guide All Your Communication And Actions

- Never Communicate Lower Status
- There's a clear way to know how to behave in any situation without being a "Wussy"... in other words, you can say anything, including "I like you" or "I want to be with you" without being a Wuss
- The key is not communicating lower STATUS
- When you communicate lower status, including insecurity, feeling clingy or needy, that you want approval, etc. that kills attraction

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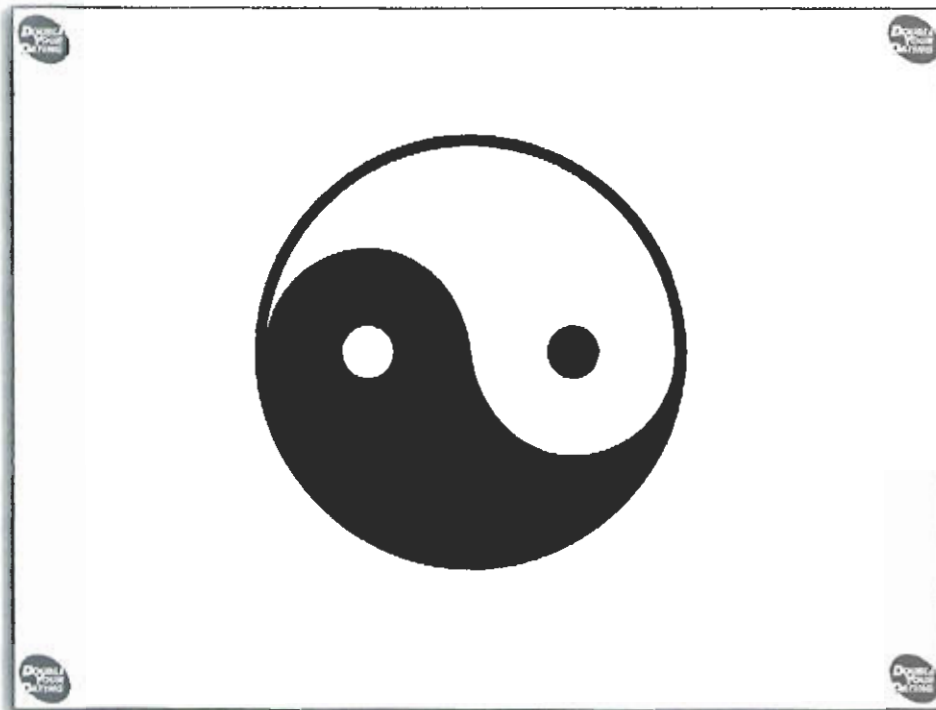
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**Feminine Assessment**

- Women aren't "attracted" to feminine qualities in men- they're attracted to masculine qualities
- In any situation, you can observe distinctly masculine and distinctly feminine qualities in men, women, and even inanimate objects
- Most men don't take the time to think about the "energy" that they're projecting, or about the choices they make in life that communicate either masculine or feminine images
- Just like whining, complaining, looking for approval, trying to get a woman to lead, etc. communicate feminine energy, everything from your body language to your car to your choices of furniture do the same
- Do a "feminine/masculine analysis" on yourself
- If you're projecting too much feminine energy, then the answer is add some masculine
- Visual examples of masculine and feminine...

	<u>Feminine</u>	<u>Masculine</u>
<b>Color</b>	Pink	Blue
<b>Size</b>	Small	Large
<b>Activity</b>	Gardening	Football
<b>Car</b>	VW Cabrio	Truck
<b>Shape</b>	Round	Angular
<b>Expression</b>	Giggly	Serious
<b>Gestures</b>	Fast/Exaggerated	Slow/Confident
<b>Voice Tone</b>	Soft, High-Pitched	Deep, Strong, Resonant
<b>Smell</b>	Flowery/Sweet	Musk
<b>Attitude</b>	Submissive	Dominant
<b>Sexy</b>	Body, Face, Style	Challenge, Mystery, Anticipation
<b>Location</b>	Bathtub	Garage
<b>Gift</b>	Perfume	Tools
<b>Vacation</b>	Spa Retreat	Camping
<b>Work</b>	Hairstylist	Mechanic
<b>Book</b>	Romance Novel	Do It Yourself
<b>Music</b>	Opera	Rock
<b>Hobby</b>	Shopping	Mountain Biking
<b>Drink</b>	Shirly Temple	Beer
<b>Food</b>	Fondue	Meat And Potatoes
<b>Decorating</b>	Curves, Flowers, Colors	Angles, Edges, Black/White/Grey, Chrome
<b>Clothing</b>	Pastels, Flowing Fabrics	Dark Solid Colors, Heavy Fabrics
<b>Shoes</b>	Dainty, Open Toes	Square, Heavy
<b>Movies</b>	Romantic Comedy	Shoot Em Up
<b>Watch</b>	Small	Large
<b>Brand</b>	Special K Cereal	Harley Davidson
<b>Texture</b>	Soft And Silky	Hard And Rough

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## The Masculine Transformation

- Masculine Distinction (Awareness of it)
- Masculine Vision (See it)
- Masculine Preference (Choose it)
- Masculine Communication (Communicate it)
- Masculine Behavior (Do it)
- Masculine Meta-Patterns (Understand/Master it)
- Masculine Self Image (Be it)

Seminar Slides



# Day Two

Seminar Notes



## Masculinity Exercise

- Make a list of 5 masculine traits you'd like to develop. Then list 3 ways you can start working IMMEDIATELY to enhance these areas. Important areas to focus on include:
  - Confident posture (lift chest) and slow, deliberate, gestures, eliminate nervous ticks, etc.
  - Dealing with your insecurities so you communicate confidently
  - Taking charge of situations and making decisions
  - Not accepting 2nd class behavior or treatment from others
  - Being picky about what's good enough for your life



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## The Myers Briggs Type Indicator

- A mother/daughter team took the theories of Carl Jung and created a system to make these theories practical and useful to a wide range of people
- The foundation of the system is a set of four pairs of "preferences"
- These four pairs of preferences are used to describe how individuals prefer to perceive, process, and interact with the world around them
- This particular system has been one of the most useful tools I have ever learned
- It adds a perspective to human interactions that is profound
- By understanding it, you'll have a tremendous advantage in business and personal situations



**The Four Pairs Of Preferences**

Introvert	Extrovert
Sensing	Intuitive
Thinking	Feeling
Judgment	Perception

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**About The Preferences**

- The pairs exist on a continuum
- No person is 100% to one side of the other (although some seem like it)
- As people become more mature, better educated, and more evolved their type often becomes more difficult to determine (because they become more balanced)
- Relationships tend to be most compatible when two or three preferences are matched, and tend to be most incompatible when one or four preferences are matched

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## There Are Four “Temperaments” And Then Four Variations Of Each Temperament

- SJ (Sensing Judgers) – The Traditionalists
- SP (Sensing Perceivers) – The Artisans/Adventurers
- NF (Intuitive Feelers) – The Idealists
- NT (Intuitive Perceivers) – The Rationalists
- By staring with a person’s temperament, you can usually figure out their type rather quickly
- Examples of different types, communication styles, interactions, and cues for spotting them




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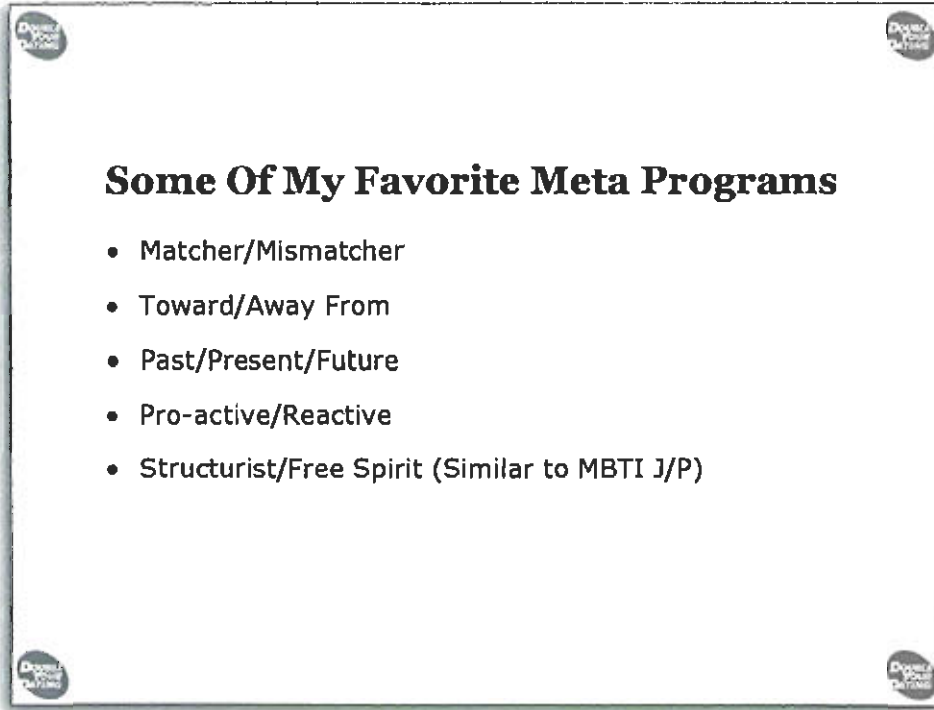
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## Meta Programs

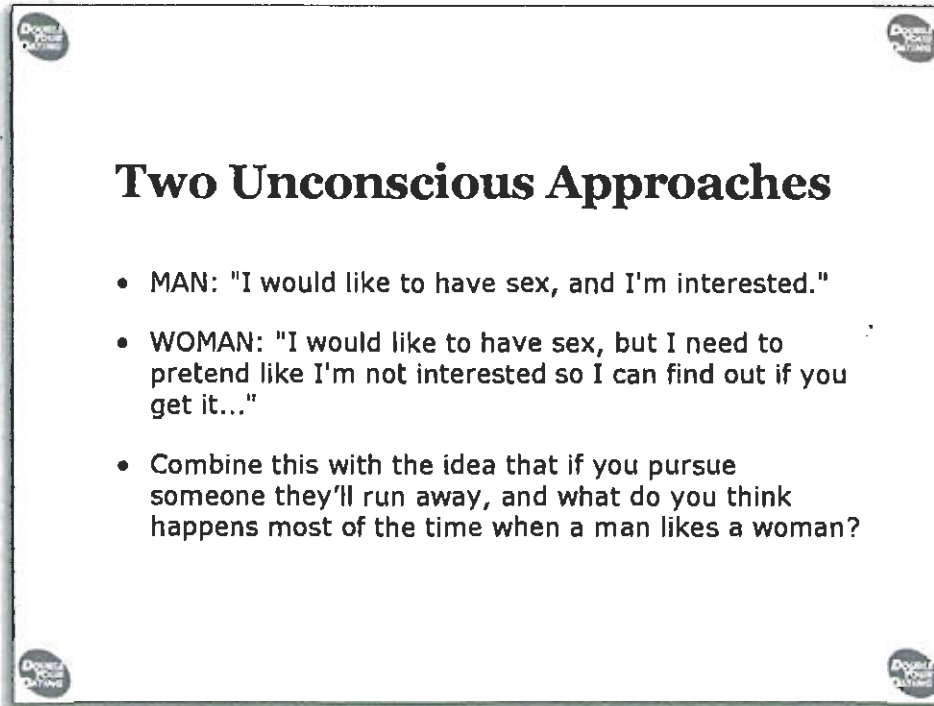
- Meta Programs are the systems that we use to perceive, analyze, decide upon, communicate in response to, and act upon incoming information with
- An example of a Meta Program is the “Sameness/Difference” Meta Program
- Sameness people first see how things are similar
- Difference people first see how things are different
- You can put a bar stool next to a high-chair and a Sameness person will say “Oh, two chairs” while the Difference person doesn’t even THINK of them both as chairs
- To the Sameness person they’re the same, to the Difference person they’re different
- The Myers-Briggs Preferences can be thought of as Meta Programs





**Some Of My Favorite Meta Programs**

- Matcher/Mismatcher
- Toward/Away From
- Past/Present/Future
- Pro-active/Reactive
- Structurist/Free Spirit (Similar to MBTI J/P)



**Two Unconscious Approaches**

- MAN: "I would like to have sex, and I'm interested."
- WOMAN: "I would like to have sex, but I need to pretend like I'm not interested so I can find out if you get it..."
- Combine this with the idea that if you pursue someone they'll run away, and what do you think happens most of the time when a man likes a woman?

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## The Psyche Of A Woman

"Look, I like you. Of all the guys I have to choose from, you interest me right now. But that doesn't mean that it's going to stay this way. Every few minutes my mood and feeling toward you is going to change. This feeling could range from "I hate you" to "I love you" to "I'm bored" to "I want to have sex with you" and anywhere in between, and it won't necessarily make any sense how it changes. As long as you can keep me wanting more, and keep me guessing, and keep my emotions and body interested, I'm yours. As soon as I feel like "I've figured you out" or I feel like you're becoming predictable... or you become a clingy Wussy... or you lose your status in front of me, my inner magnetism toward you will switch off, all by itself. There will be nothing I'll be able to do about this, so DON'T SCREW THIS UP."

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## Sexual Currency



- At some point in an attractive woman's life – usually before she's an adult – she realizes that she has a certain power over men
- Attractive women often become so good at using this power, offering it and withholding it, and getting things they want with it that it can be accurately described as "Sexual Currency"
- If you think about it for a moment, you'll realize that this alternate form of currency is far more powerful than most forms of currency, and if you go further and apply standard economic principles to the situation, you'll realize that since this currency is in high demand, it's value or price is very high
- I've seen young, attractive women who were broke college students that didn't have a penny to their names trade their time and company for everything from money to jewelry to thousand dollar meals
- Sexual Currency is as real as money

Seminar Slides



Day Two

Seminar Notes

## Counteracting Sexual Currency And Taking Control

- The most effective way to deal with this situation is to communicate that you have **MORE VALUE** and **HIGHER STATUS** than the attractive woman you're dealing with
- It is **THE** way to turn the tables around and minimize the imaginary power that she has in the situation
- In fact, when you communicate that you have **MORE VALUE** and **HIGHER STATUS**, you will see unbelievably attractive and desirable women lose all of their composure and actually begin acting like **WUSSIES**

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## The Difference Between What She Wants And What She Wants When She's With YOU



The "General" Female Priority List

- Status
- Physical Attractiveness
- Height
- Age

The Female Priority List For An Individual She's Interacting With

- Status
- Sexual Communication
- Confidence (Lack Of Insecurity)
- Sense Of Humor

- Remember: It's all very different when you're actually there, one-on-one with a woman
- Learn How To Consciously See Status Instantly – Develop Status Radar
- STATUS: If you don't know how to tell which guy is in control, and you don't know how to BE that guy that's in control, then you don't get it. The importance of understanding and recognizing social status as it happens

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## The Secret Formula For Devaluing Yourself Instantly

- Humans have a "hard-wired" system for assigning value in our heads that goes like this: Easy To Get = Not Valuable
- On the other side of the coin, there's another hard-wired formula: Rare And Hard To Get = Very Valuable
- If you want to drop your value to zero instantly, all you have to do is make yourself easy to get a hold of, readily available, and obviously very interested
- On the other hand, if you want to INCREASE your value EXPONENTIALLY, do the opposite...
- Make yourself BUSY so you're DIFFICULT to get a hold of, when you do talk to a woman get off the phone and go do something interesting that you tell her about right before saying "Gotta go, bye!", and make sure you have all kinds of other options going in your life so you CAN'T become "too interested"
- The secret formula for dropping your value to zero instantly is to make yourself easy to get, and therefore valueless
- Remember, this is a HARD-WIRED process inside the head of every woman you meet


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## The Timeless Common Themes Of Male Frustration

- You meet a woman - "connect" too fast - get into relationship too fast - bad things happen - you stay because you're in a "relationship" - things get worse - disaster. Moral: Most people don't take the time to get to know someone before getting into a "long-term relationship", then when things start to feel "wrong", they stick around because they're "together" and afraid they might not find someone else, don't want to lose what they have, etc. Getting into a relationship too fast is a bad idea... describe this one more. (Commitment and consistency)
- Idealize a woman (usually projection, and describe projection) - believe she is a goddess with super-human powers, give her power in the relationship - don't see reality of problems - wake up one day in hell. (Halo Effect)
- See a woman getting attention ,calls, etc. from other men - influence factors (social proof) influence you - put a higher value on her than you would if this wasn't happening - pursue and want her more than you would - don't see her "negative" traits or incompatibility with yourself because you're blinded - wake up in hell. (Social Proof)


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Seminar Slides

Day Two

Seminar Notes

**The Timeless Common Themes Of Male Frustration**

- You're with a desirable girl - everything is going well (she's into you) - you see her getting attention from other men, calls, etc. - you become insecure - you start acting jealous, depressed, sad, insecure - she finds you uninteresting to be with - she leaves - you think it was her fault. (Self Deception)
- She's fun to be with, but her life is a disaster, disorganized, etc. You wake up one day totally fucked up, and needing to leave because you can't take it. (Liking)
- Relationship by accident. She just "happens" to like you... your only option (Scarcity)
- Learn to spot these stories while they're still in the "writing the screenplay" stage - before the actual filming starts... cut them off before they have the chance to screw up your life

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**Why She Stays And Why She Goes**

Why women spend time with men:



- physical attraction
- sexual attraction
- likes being around you
- gets things from you
- is comfortable with you
- is friends with you
- doesn't want to make you feel bad

Why women leave or avoid men:

- feels trapped
- doesn't like you as a person
- feels no attraction for you
- gets nothing from the relationship
- has better options
- sees you as too available
- sees you as a Wussy







## **Friendship: The Ultimate “Friend” And The Ultimate “Enemy”**

- Most men make a critical error when interacting with attractive, interesting women
- In their minds, they think thoughts that can roughly be characterized by the following phrase: “I don’t want to just be this girl’s friend”
- In my original book “Double Your Dating” I remarked that it’s good to tell women that they sound like they’re going to make interesting FRIENDS
- Well, as you can imagine, I have gotten A TON of feedback about this particular issue... and most of it is argumentative
- Guys write me to say “But I don’t just want to be FRIENDS with her” and “But isn’t that killing my chances of being MORE than friends if I say that?”
- These guys are missing the point ENTIRELY...


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## **The Difference Between “Friends” and “Just Friends”**

- If a woman uses the term “friend” to describe a man she knows, this typically means that they actually have a friendship
- If, on the other hand, that same woman puts the word “just” in the sentence (as in “just friends”), what she typically means that the man is not only NOT a friend, but he’s also a guy who is interested in her... and he doesn’t stand a snowball’s chance in hell of ever having a romantic relationship with her – and even the THOUGHT of being with him creeps her out and makes her want to projectile vomit
- Further, if you are talking to a woman, and you’ve sparked the chemistry and sexual tension... and then you say “You know, I think you’re going to make an interesting friend” it DOES NOT hurt your chances with the woman you’re talking to


More → 







## The Difference Between “Friends” and “Just Friends”

- Telling a woman that she’s going to make an interesting friend DOES NOT press a secret button inside of her that causes her to eliminate the idea of you and her being together from her mind
- What it actually does is sets up a challenge and causes her to be MORE LIKELY to want be with you in a romantic way
- But there’s a side to being “friends” with a woman that most men have never even considered...



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## Why Attractive Female Friends Are The Ultimate Friends To Help You Meet Women

- Have you ever been out at a bar or club and seen a beautiful woman that you’d like to meet, only to feel discouraged because she’s with a big group of people... and you don’t want to deal with the embarrassment of interrupting them?
- Well, aside from the fact that there are great ways to start conversations with them anyway, there’s an even better ways to get “inside” with those beautiful girls...
- It’s to be one of the guys that’s in the group in the first place!
- Let me ask you a question: If you’re going out on a Saturday night with the intention of meeting attractive women, is it better to be rolling out with two guy friends who are horny, or is it better to be rolling out with two attractive female friends who love you?
- Time’s up. Answer the question





[More →](#)



### **Why Attractive Female Friends Are The Ultimate Friends To Help You Meet Women**

- Right, it's better to be with the hot female friends!
- Not only will those two women get you into every club without having to wait in line (and often without paying cover), but they'll also get you tons of attention, introduce you to all kinds of other women, and probably get you free drinks all night as well
- There are very few strategies for consistently meeting interesting, attractive, available women without having to deal with ANY kind of anxiety or approaching women than to make friends with several attractive women
- And I mean ACTUALLY MAKING FRIENDS with them
- As a side benefit (and there are many), you will get free fashion advice, free insight into the female mind, and a free sales force to talk you up and give you all kinds of credibility

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### **Make Friends With At Least Three Very Attractive Women**

- When I use the term "attractive" here, I mean "attractive to YOU"
- You need to take the time, effort, and energy (and personal discipline) to actually do what it takes to make REAL FRIENDS with three women that you find fantastically attractive
- It's fine to flirt, tease, and have fun with them... but these are going to be your friends... and it's best to keep your grubby mits off of them
- When you decide that a woman is ACTUALLY GOING TO BE A FRIEND AND NOTHING MORE, something magical happens...
- She will be very surprised, and value your friendship TREMENDOUSLY

More → 

**Make Friends With At Least Three Very Attractive Women**

- But you must be mentally and emotionally prepared – you’re going to need to be ready to talk to her about the men she’s dating, the sex she’s having with a guy other than you, and all kinds of other things you’re probably not expecting
- And remember this tip: When you do something nice for one of your female FRIENDS, it’s a GOOD THING
- Not only do you get to do a good thing for someone and make them feel good, she’ll also tell every woman she talks to about what a great guy you are
- Just don’t overdo it... like anything else, it can become a very bad thing if it’s done too much
- Small, classy, thoughtful touches are the best

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**The Structure Of Friendship**

- At a deep, primal, unconscious level we all want to be included in the group
- It’s a drive that is almost as strong as the drive to mate, because in evolutionary terms, if you stray from the group you lose the protection and safety that the group offers
- When you make friends with someone there’s a very natural, unconscious understanding that there will be no "payment" for it – that you’re both there because you enjoy each other’s company
- The "vibe" is very different from a business relationship or romantic relationship
- A woman can tell INSTANTLY if you are "just pretending" to be interested in a friendship with her because you’re secretly "interested" – and it creeps her out

More →



## Things That Create That “Inner Bond” That Can’t Be Explained

(With Female Friends And Romantic Prospects As Well)

- We have a common oppressor
- We've been through something important together
- We have something unusual in common
- You know a secret about me
- You can make me laugh when I don't want to
- You antagonize me but I still like being around you

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## Making Friends Guys Who Are “Masters”

- I have said many times that the best way to improve with women is to make friends with several guys who are good with women, and learn from them directly
- Here are a few tips that can help you:
- Secret: Make their lives easy
- Pay for drinks
- Start conversations and introduce him
- Play it cool and watch
- Jump on the grenade as often as you have to
- Put your own needs completely aside, and you’ll wind up a huge winner
- Become the ULTIMATE “wingman” for a guy who’s great with women



## The Common Denominators Of Disaster

- Behaving like it's not supposed to happen
- Acting like they don't deserve it
- Acting like they're surprised by it
- Feeling the need to talk about it, discuss it as it's happening
- Not knowing what to do from one step to the next
- Maintain The Balance:
- Two steps forward, one step back
- Effortlessly dealing with tests
- Leading physically from one step to the next
- Maintaining higher status always
- Remaining indifferent
- Being cool and communicating that you're perfectly comfortable



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## Attraction And Honest Signals

- Evolutionary psychologists and biologists have theorized that certain traits have evolved in various species as "signaling mechanisms"
- To be RELIABLE, a trait must be both easy to see, but difficult to have or demonstrate
- For instance, the gigantic feathers on a male peacock's tail require not only physical health, lack of disease, and good genes... but they also require strength and cunning to escape from predators – those tail feathers are a HUGE disadvantage when trying to get away
- Another example are the giant antlers that some deer and moose species carry... these structures require massive amounts of nutrient-rich food, and they aren't exactly easy to carry around



More →







## Telltale Giveaways



- Just like there are Honest Signals that are simple but not easy to fake which tell a woman that you're a man that merits a second look, there are also "Telltale Giveaways" that reveal your Inner Wussy and scare women off faster than you can say "I touch myself"
- A few of these include:
  - Clingy behavior
  - Kissing up to her and acting like a complete WussBag
  - Communicating low status
  - Calling too often
  - Acting overly nervous or self-conscious around her
  - The result of these "Telltale Giveaways" is an emotional response that I call "The Instant Ewwws"...



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## The Instant Ewwws



- Imagine this: You've been drinking a bottle of water. At about half way through you put the bottle down just long enough to look over and see a big, sweaty, masculine guy you don't know pick up your bottle of water and take a big swig from it, then put it back down... and walk away. Or imagine going to buy a sandwich, and seeing the person making it start coughing into both hands loudly, then sneeze into their hands, and wipe their nose at the end... then go back to making your sandwich. How would you FEEL about taking another drink from your bottle of water or about eating that sandwich?
- Now imagine that you're an attractive woman, and you have this same type of gut level physical and emotional response to MEN - ALL DAY LONG
- A lot of guys ask me how they can change how a woman feels about them... and get her to feel differently by doing some magic technique



More →



## The Instant Ewwws



- Of course, it's usually a guy who's hung up on a particular girl and who has given her the Instant Ewws so many times that she doesn't even need to see him... the mere THOUGHT of him triggers the response...
- But let me ask you – what would have to happen so you felt good about taking a good swig off of the water bottle that the sweaty guy just drank from... or what would have to happen so you just **COULDN'T WAIT** to eat that sandwich that was made with hands that were coughed into, sneezed into, and nose wiped onto?
- Do yourself a huge favor... learn to send **Honest Signals**, and eliminate the behaviors that give women the Instant Ewwws
- For extra credit, stop trying to get women that you've programmed to feel the Ewwws for you to fall in love with you – move on and save yourself and her the pain



[Continued]




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## Key Mistakes Men Make With Women



### Ineffective Approaches

- Trying to get approval by giving it
- Calling, visiting, writing often to prevent the woman from seeing other men
- Giving too much, creating the imbalance
- Selling too far in advance
- Looking (prevents seeing)



### Emotional Dangers

- Become jealous and afraid of losing a woman that they don't even have
- "Sharing feelings" too early
- Allowing the emotional infatuation to trigger obsessive behaviors and communications



More →







## Key Mistakes Men Make With Women

**Bad Logic**

- Thinking only in terms of marriage material
- Thinking that you're 'obligated' if they ask a woman out
- Supersized Friendship process



[Continued]

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## Is She Or Isn't She?

- Cultivate the ability to be able to interpret and spot whether or not a woman is single or not, and then whether or not she's happy or not about it
- When you become good at inferring the correct combinations with women you meet, you will begin to respond and behave in ways that are MUCH more effective
- One of the most important benefits of learning to perceive a woman's "availability status" and "satisfaction status" is that you will save a lot of time and hassle - you won't waste time talking to women who aren't what you're looking for, and you'll know how to interact with women who are available
- You'll also stop taking it personally and getting hung up on women who seem cold to you... because you'll have some insight into WHY they seem "occupied"
- Hints: If an attractive woman seems unhappy, it's often connected to her relationship... if an attractive woman continues to spar with you when you're teasing her, it's usually a big signal that she's both happy and available
- Practice guessing if a woman is happy or unhappy, and if she's single or available until you can guess very quickly and accurately



Seminar Slides

## Day Two

Seminar Notes

**Social Skills/Attraction Continuum**

No Social Skills — Unrefined — Smooth — Slick — Cheesy

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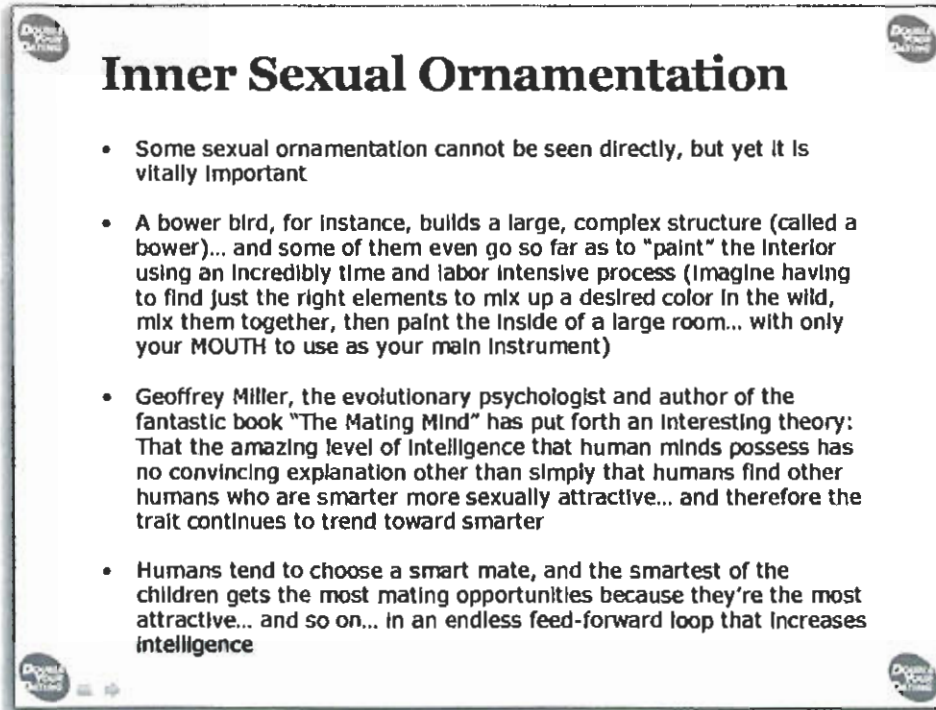
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**Sexual Ornamentation**

- The fields of evolutionary biology and evolutionary psychology have brought us some interesting theories
- One of these theories involves what is referred to as “Sexual Ornamentation”
- Certain features, such as a peacock’s tail feathers, an elk’s antlers, or a frog’s croak have all evolved as “sexual ornaments” that have intense implications
- Females use these sexual ornaments to quickly judge the “would he make a good father for my kids” potential
- “Expensive” sexual ornaments are often given great weight by females, because they can’t be easily faked



## Inner Sexual Ornamentation

- Some sexual ornamentation cannot be seen directly, but yet it is vitally important
- A bower bird, for instance, builds a large, complex structure (called a bower)... and some of them even go so far as to "paint" the interior using an incredibly time and labor intensive process (Imagine having to find just the right elements to mix up a desired color in the wild, mix them together, then paint the inside of a large room... with only your MOUTH to use as your main instrument)
- Geoffrey Miller, the evolutionary psychologist and author of the fantastic book "The Mating Mind" has put forth an interesting theory: That the amazing level of intelligence that human minds possess has no convincing explanation other than simply that humans find other humans who are smarter more sexually attractive... and therefore the trait continues to trend toward smarter
- Humans tend to choose a smart mate, and the smartest of the children gets the most mating opportunities because they're the most attractive... and so on... in an endless feed-forward loop that increases intelligence



## The Five Foundations Of Success

- Language
- Communication
- Sales
- Marketing
- Public Speaking

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## Seminar Slides

# Day Two

## Seminar Notes

**Communication And Meta-Communication**

Communication (Simple)

- Eye Contact
- Body Language
- Voice Tone
- Words

Meta-Communication (Complex)

- Status
- Sexual Tension
- Two Steps Forward, One Step Back
- Anticipation

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**Master The Simple Levels Before Moving To The Complex Levels**

- Becoming a master of Meta-Communication requires a level of Mastery over the simple communication channels.
- You don't "luck" into creating Sexual Tension, and hope you just happened to use the correct eye contact
- Women will know INSTANTLY
- It's as obvious as a man who's trying to look cool by wearing a belt, but he doesn't realize that the belt doesn't match his shoes
- If you want to become a master of creating attraction, you must first master the simple levels of communication... then move on to the more subtle, complex levels
- Many guys never "get this", and keep trying to use advanced concepts before they've even become competent with the basics

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## The Story Of Content

- The content of something is the surface. It's what you see when you first look, or hear when you first listen. It's the superficial.
- Content is VERY distracting. Most people are totally distracted by the content of situations... to the point where they never evolve or improve because they just can't get out of trance long enough to consciously change things.
- Content is addictive. Humans love new information, details, facts, and updates. The problem is that in this day and age, we have exponentially more content available around us than we had as we evolved. Our minds are going crazy from so much content... but still we want more. Content is just like a drug. The more we get, the more we want, and the more we feel insecure and physically uncomfortable when we're not getting it.




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## Four Levels Of Communication

- Content
- Communication
- Meta-Communication
- Context or Frame
  - Content is the specific message
  - Communication is the underlying meaning of the message
  - Meta-Communication is the set of assumptions, status hierarchy, beliefs, values that one must make to accept the content and the communication
  - Context or Frame is the reality or paradigm that is being allowed to control the situation and the meaning of the rest of these levels










## Master The Simple Levels Before Moving To The Complex Levels

- Becoming a master of Meta-Communication requires a level of Mastery over the simple communication channels.
- You don't "luck" into creating Sexual Tension, and hope you just happened to use the correct eye contact.
- Women will know INSTANTLY.
- It's as obvious as a man who's trying to look cool by wearing a belt, but he doesn't realize that the belt doesn't match his shoes
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## Comments On Content

- Example: Let's say you're watching the evening news. The reporter comes on and says "Today we had a hot one. It was ninety degrees, a new record. After two weeks of this record hot weather, the community is beginning to fear a drought, which could be disastrous for farmers in the region, who rely on rain to raise their crops. Stay tuned in the future for more reports on this looming drought"
- Content: It was ninety degrees, which is a record. There have been two weeks of hot weather, and some people fear a drought. A drought could hurt crops, which would hurt farmers who rely on rain. Keep watching our station in the future for more news
- Communication: The heat is causing fear and anxiety in the people in the area. Meta-Communication: We're the authority, and we're telling you that others are feeling anxiety, and you should be feeling anxiety too. We are in a time when you should be afraid, vigilant, and attentive. If you don't know what's happening with this weather, then you might have something bad happen to you

More → 



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### Comments On Content Cont.

- Context or Frame: Assumptions, beliefs, and reality or paradigm include the news as the ultimate authority, the watcher of the show as less than or unequal to the show, the watcher as dependent on the show for information that will increase or decrease anxiety, comfort, and ultimately satisfaction with life
- The content is usually conscious. It's typically easy to understand. It's also typically very distracting
- The Communication, the Meta-Communication, and the Context or Frame are usually unconscious. Most people aren't usually aware of their existence. The closest that most people come to awareness of these levels is the twinges of anxiety and pleasure that they get from most interactions. They know something is or isn't right, but they have no idea how to actually tell what that thing is



[Continued]



### Being Distracted With Content

- Almost every kind of "communication" that we learned in school was basically a DISTRACTION
- It was all about the surface world, the persona, things that are happening superficially, the things going on in the thinking part of our mind, etc.
- If you think about it, your teacher was probably a lot more interested in getting you to conform and do things his or her way than "teaching" you anything
- When you first start talking to a woman she's using a way of interpreting what you say and a decision making process that doesn't rely on words very much at all



More →



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## Being Distracted With Content

- It's not your words that are going to attract her, it's the **WAY** that you communicate and the **HOW** that triggers her attraction
- Do not allow yourself to be distracted by the **CONTENT** of what's going on, even if it's a topic that's "interesting" to you
- Pay careful attention to the underlying meanings and contexts, and communicate on that level only
- Only after you've trained yourself to understand the deeper levels of communication can you start paying attention to the content again

**[Continued]**

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## Become A Master Of Content

- Once you understand that content is simply the surface, and that the **real power** is in understanding what's happening "behind" the content, you can begin using content as a tool – you can master it
- One great way to use content with women is to understand the types of content and the ways of communicating the content that trigger **EMOTIONAL** responses in women
- You've probably heard me say that women love to discuss drama, scandal, and relationships – especially if it relates to someone famous
- You can start conversations with women using "naturally interesting" content that **INSTANTLY DISTRACTS THEM** (because that's what content does)... which, of course, creates the opportunity for you to communicate on more subtle levels that create **ATTRACTION**

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## Reverse Rapport

- Reverse Rapport is when you literally say and do the opposite of what someone might do who's trying to make someone like them... but all in a sarcastic, overly-serious way that actually assumes deep rapport
- I use the term "Reverse Rapport" because it's important to remember that the objective here is NOT to try to be sweet and wonderful and nice in order to win her approval
- Using a sarcastic comment that's the opposite of what a woman wants to hear to create a deep, polarity-charged connection with her
- Another technique: Answering a question a woman asks you with an answer that's the opposite of what she expects, all in a very sarcastic tone that implies that you're making fun of her

## More Reverse Rapport

- Responding to her like a Wussy, but over-exaggerating it so she's annoyed and entertained at the same time
- Making fun of things with a serious tone that you CAN'T be serious about. Example: If she's a thin girl, saying "You really need to watch your weight" or shaking your head at her if she eats fries or chips
- Practice saying the EXTREME OPPOSITE of what a woman expects to hear, all with a totally serious face


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### Is She Saying It For You Or For Her?



- I met a woman awhile back who emailed me after our first meeting. She emailed me her number and told me to call her. We played phone tag, then eventually talked maybe a week or two later (keep in mind, this woman is a successful, working high-fashion model). We were flirting a lot on the phone, and at one point she said "I have to tell you something... I'm seeing someone". Now, of course I teased her and said something like "Yea, congratulations... And you know, you're pretty assumptive thinking that I was trying to pursue you... you're the one who emailed me". Of course, she didn't know what to say... so she laughed a little
- Now, what happened there?
- The reality is that she was interested in me, and I could tell. She had probably dated someone a few times between when I met her and when we finally talked... and she was starting to get freaked out because she was feeling attraction for me right there during the phone conversation... and she needed to do something to put on the brakes so she didn't feel like a promiscuous girl
- I KNEW that she was saying "I'm seeing someone" more for HERSELF than for me. And I just rolled with it, reframed it, and made into a joke on her

More →



### Is She Saying It For You Or For Her?




- You must always pay careful attention so you can detect when a woman is saying something to you... and when she's saying something to HERSELF
- When a woman is feeling attraction for you, but she's also feeling a conflict of self image, what others might think, etc. her communications will SOUND like they're legitimate concerns - but they'll also have a slight twinge of either flirting, wanting, or conflicted emotions
- About a week later that girl called me up and said "Hey, I think we should get together soon". I said "I thought you were occupied". She said "Well, things change you know". End of story
- Note: She almost CERTAINLY wouldn't have called me back a week later if I had tried to talk her into seeing me the week before. The tension and status position that I set up in the conversation pushed a button inside her that could only be "un-pushed" by talking to me again and then seeing me

[Continued]








## Getting Laid

- I'm not that fascinated by the concept of "getting laid". When I first started learning all of this stuff, it was a lot more interesting to me than it is now... because I thought that if you could learn how to "get laid", then you'd naturally be able to have any other kind of success you wanted with women... Makes sense, right?
- Well, many of the guys I've met who are GREAT at "getting laid" turned out to be sleazy and manipulative (not all, of course)... and, importantly, they don't have any idea how to find a high-quality woman to have a great relationship with... and when they do find one, they have no idea how to keep her around
- I think it's much more interesting and useful to learn about how and why women become attracted to men... and why they STAY attracted. This way, you will be able to keep that fantastic woman in your life once you find her
- There's nothing wrong with "getting laid", but it's only a tiny piece of the puzzle... and one that, alone, isn't going to lead you to happiness and satisfaction in life



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## The AttractionCentric Model



There are two basic models for how men approach meeting women:

- The CourtshipCentric Model
- The AttractionCentric Model

We men have been living in a dream that can roughly be described as something similar to the simulated reality in the movie The Matrix. The false reality that we live in is based on our biological and culturally programmed responses, combined with "common sense" and "what our mom's taught us". Most men approach the topic of meeting women in a way that I call the "CourtshipCentric Model". I'd like to describe this model, and then I'd like to propose a new model to you that I call the "AttractionCentric Model"



[More →](#)





## The AttractionCentric Model

- You know that feeling you get inside when you see a beautiful woman that you'd like to meet?
- You know the feeling when you've met a girl that you really like, and you realize that you're responding physically and emotionally to her... and it's happening TO you? In other words... it's out of your control? All you know is that you want her...
- We can describe that feeling as **ATTRACTION**. It's a combination of emotional and physical responses that make you **WANT** a particular woman. For men, it's usually based more on looks
- Well, women have this same type of mechanism inside of them. They feel that powerful physical/emotional response called **ATTRACTION** as well. The difference is that women feel it for very different reasons from men

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## The AttractionCentric Model

- If you base your approach with women on **ATTRACTION**, you'll get a very different response from **COURTING** them
- When you **COURT** a woman, her **NATURAL** response is to run... which makes you want her more, and her run more. You stand a small chance of catching her using this model
- When you **ATTRACT** a woman, her natural response is to chase **YOU**. This subtle difference makes all the difference

 [Continued] 





## Comparing CourtshipCentric And AttractionCentric



- CourtshipCentric is based on what you DO, what you OFFER, what you GIVE... and is largely based on gifts, dinners, flowers, compliments, etc.
- AttractionCentric is based on how you communicate, who you are, and your masculine polarity
- CourtshipCentric is directed at her LOGICAL mind. It's trying to CONVINCe her
- AttractionCentric is directed at her emotional and physical responses. It's making her magnetically interested in you
- CourtshipCentric focuses on techniques
- AttractionCentric focuses on mindset, beliefs, and identity



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## Comparing CourtshipCentric And AttractionCentric



- CourtshipCentric is using the "make friends" model, and "super-sizing" it. It's being as nice as possible in order to make someone else like you
- AttractionCentric is not concerned with "liking", it's only concerned with ATTRACTION. A woman doesn't need to like you in order to feel attracted to you
- CourtshipCentric is based in a scarcity mentality
- AttractionCentric is based on an abundance mentality
- CourtshipCentric is facing the challenge
- AttractionCentric is being the challenge
- CourtshipCentric is giving power away



[Continued]

More →





## Add To Your Life

- Three attractive female friends who have large social networks and massive charisma
- Three guys who are fantastic with women (be a great wingman)
- Three people who are "connected" to the social scene – such as bar tenders, doormen, and promoters
- Regular travel to vacation destinations
- Culture, music, food experiences

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## Incorporate the following into your daily and weekly routine:

- A large gym
- A coffee shop near a busy shopping or business district
- A college campus cafeteria or coffee shop
- A restaurant that hires a lot of attractive women and has a lot of turnover
- Happy hour on Friday afternoon near the trendy business district
- Yoga, dance, art classes
- Art openings, museum events, charity functions
- Continuing education – especially physical ed, art appreciation, and "women's studies"
- A hair salon that both employs and attracts beautiful women
- A trendy shopping mall
- A health-focused supermarket

**Get At Least One Professional...**

- Manicure
- Massage
- Scalp massage
- Facial
- Fashion Consult
- Haircut
- Session With A Decorator
- Yoga Lesson

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**Polarities, Context, And Meaning**

- In any situation, there are always polarities
- Male/Female, High Status/Low Status, Give/Take, Easy/Difficult, Leader/Follower
- One of the polarities is always the CONTEXT for the other
- And the context always determines the MEANING
- This distinction is CRITICAL when approaching situations with women
- If you're going to do something that is "lower status", it MUST be done in a CONTEXT of higher status. If you're going to do something that is "romantic" such as buying flowers for a woman (a very feminine thing to do), it MUST be done in a CONTEXT of masculinity or strength
- When you combine various elements together, and combine the respective meanings of them, this concept becomes VERY powerful... such as the combination of Cockiness and Comedy. If you're overly cocky, you'll come off as Insecure. If you're overly Insecure, you'll come off as weak. If you're overly funny, you'll come off as goofy and childish, if you're not funny at all, you'll be BORING. But when you combine Cocky & Funny together, you get a magical combination that produces amazing results

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**Emotional vs. Logical "Thinking"**

- Emotional decisions are instant and considered 100% true by the person, because they're based in an area of the brain that's focused on things like survival and avoiding pain
- The problem is that emotional decisions without a strong foundation of knowledge almost can't lead to progress
- Examples of emotional decisions men make: Saying things that are Wuss, buying her things, calling too much, being paranoid, needy
- Acting based on rational thinking leads to realizing that there's a totally different world out there, and possibilities that were previously never even considered
- The polar bear in the temporary cage... and asking for a woman's email right after you meet her

**Risk, Probability, and Expectancy**

- Risk is what's at stake
- Probability is the likelihood of a particular outcome happening or not happening
- Expectancy is the combined result of all actions considered as a group
- Logically think these issues through in order to plan out and improve your success with women

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## Archetypal Trigger Buttons

- There are specific situations and triggers that cause the body to hijack the brain for it's own purpose
- These situations and trigger deep, archetypal structures in the mind that are basically hard-wired
- The body can take over the mind, use the mind to rationalize, internal conflicts, not recognizing or not wanting to acknowledge internal drives - mixed with repressing desires, thoughts, behaviors, etc.
- How can you trigger those things in a woman that cause her to feel ATTRACTIION?

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## Always Be Mentally Prepared To Meet Women

- After you've created a life that automatically puts many attractive women in your path, you need to actually go and talk to these women
- Most guys don't walk out the door of their house and think "I wonder what kind of beautiful women I'm going to meet today" -- so they don't walk out the door **READY** to meet a beautiful woman
- It's a convenient self-sabotage story - "I didn't look good, so I didn't talk to her" or "I wasn't really prepared to start a conversation"
- Be ready always
- Take the extra few minutes a day it takes to always look sharp
- You have no idea when an attractive woman is going to cross your path, so don't waste the chance just because you didn't mentally prepare



## Overcoming Self-Consciousness Of Going Out Alone

- Most guys feel like fools if they go out to meet women alone
- They don't like going to bars or clubs alone because they have the irrational thought that women will think they're losers because they're not there with someone – and they feel like everyone is watching them and judging them for being alone
- Many of the guys I know who are the MOST successful with women PREFER to go out alone
- Exercise: Going out alone just to watch and notice that no one cares about you at ALL



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## Sexual Communication:

- A PRIMAL way of communicating, using body language, voice tone, and abstract patterns of behavior. It triggers strong physical and emotional responses directly, without the use of logic or reasoning

Elements:

- Honest Signals: Simple cues that aren't easy to "fake" that tell a woman whether or not you're a "Real man"
- Status: Communicate higher status always.
- Liking: Not important for ATTRACTION
- "Super-sized Friendship" strategy won't work here
- Logic and reasoning are the ENEMY, it hurts you if you try to engage logic and reasoning



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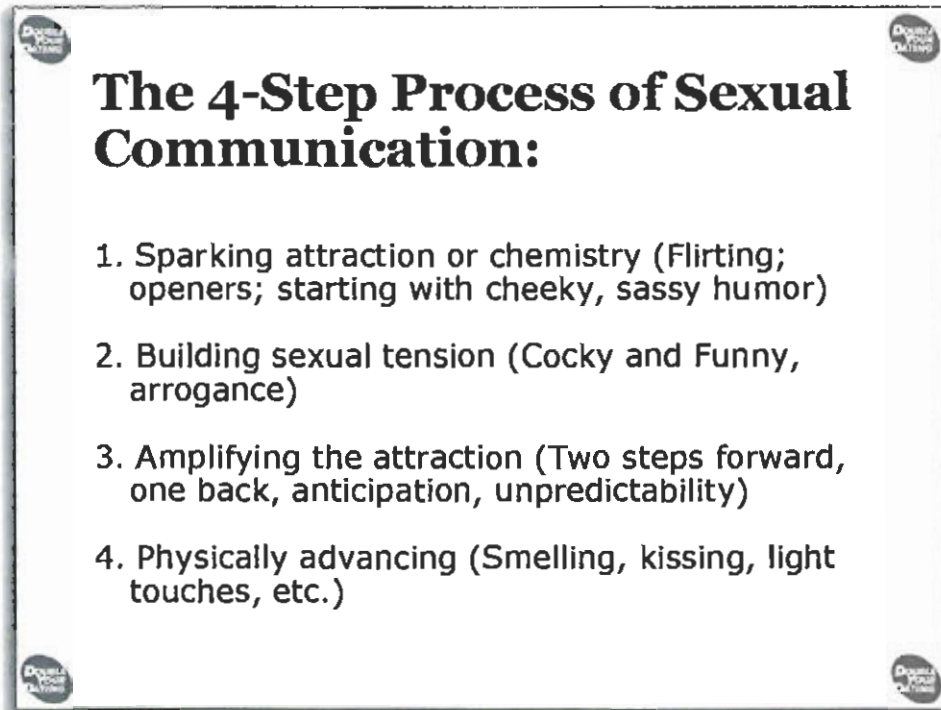
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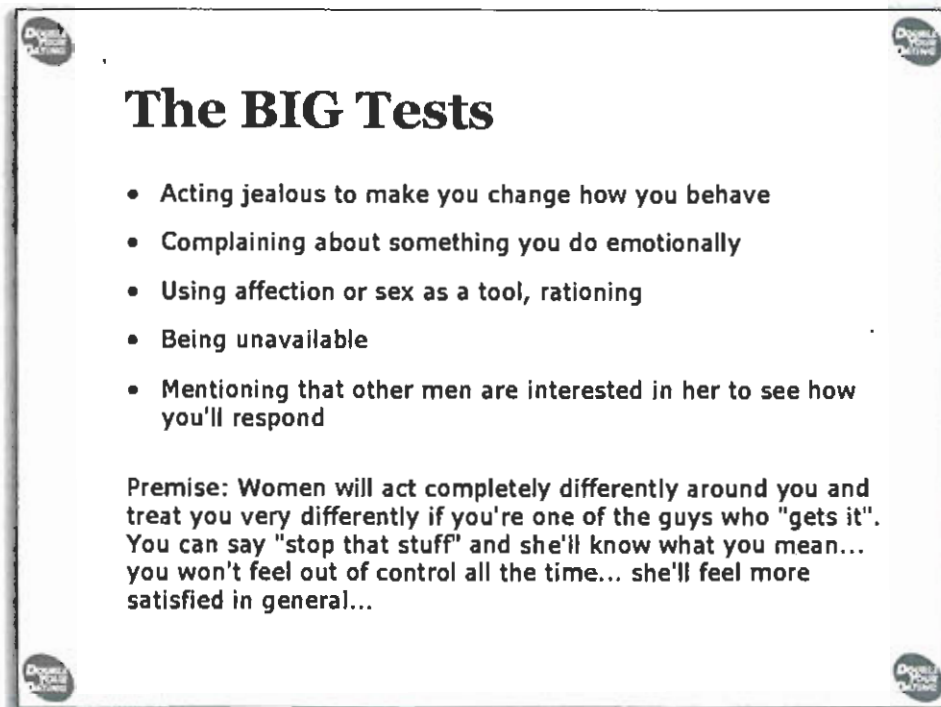
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**The 4-Step Process of Sexual Communication:**

1. Sparking attraction or chemistry (Flirting; openers; starting with cheeky, sassy humor)
2. Building sexual tension (Cocky and Funny, arrogance)
3. Amplifying the attraction (Two steps forward, one back, anticipation, unpredictability)
4. Physically advancing (Smelling, kissing, light touches, etc.)



**The BIG Tests**

- Acting jealous to make you change how you behave
- Complaining about something you do emotionally
- Using affection or sex as a tool, rationing
- Being unavailable
- Mentioning that other men are interested in her to see how you'll respond

Premise: Women will act completely differently around you and treat you very differently if you're one of the guys who "gets it". You can say "stop that stuff" and she'll know what you mean... you won't feel out of control all the time... she'll feel more satisfied in general...

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## Universals For Guys

- Anxiety approaching women, fear of rejection
- Fear an attractive woman won't like me
- Performance anxiety
- Fear of making a physical advance
- Nervousness first talking or first date
- Common Denominator:
  - Putting too much importance on one specific situation or outcome, rather than placing the importance on getting your bigger picture
  - General outcome of success- it's almost as if we have a blind "imperative response" that destabilizes and leads to obstacles and rejection
- Remember, these things are universal. Almost all men experience them in one way or another. You need to realize that THIS STUFF IS NATURAL, AND YOU CAN OVERCOME IT IF YOU WANT. The first step is to stop putting too much importance on any one situation, and start thinking long term; about learning the SKILL


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## The "Little Biology Thing"

- We all have situations that can trigger anxiety, nervousness, and hesitation
- We have the amazing ability to respond and react to things without even having to think about them (the limbic system and the neural back alley)
- When one of these "automatic states" comes up for you, just realize that it's your biology doing it's little thing to benefit you, and relax about it
- You need to learn to act in the presence of "The Little Biology Thing"

**Don't Change Your Approach Because Of One Failure**

- Don't change your approach or abandon a technique because it doesn't work for you once
- And don't change your approach or abandon a technique because it doesn't work a few times for you
- Instead, think through the other things you're doing, and try to find the **BIGGER REASON** why you're not getting the result you're looking for
- The reality is that the things you're learning will work if you have the bigger picture together
- If something isn't working, it's probably a mistake you're making in a different area or mis-execution of the technique due to not understanding it well or using it in the wrong context, and not the technique itself

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**Reverse Emperor's New Clothes**

- In the children's story "The Emperor's New Clothes" everyone imagined or pretended to imagine fantastic new clothes that weren't there
- For some reason, this particular story is very memorable and interesting – I think it's because we can all identify with the idea of going along with a crowd and seeing things that really aren't there
- When a man sees an attractive woman (especially a **VERY** attractive woman), he can tend to mentally dress her (or undress her, as the case may be) in imaginary clothing of honesty, intelligence, and virtue
- Every man sees every woman slightly differently – a woman who is a "drop dead beautiful model-gorgeous 10" to you is just another "yea, she's pretty" woman to another guy

More →

## Reverse Emperor's New Clothes

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## "You Can't Get There From Here"

- I once asked someone for directions, and they said "You can't get there from here". I thought that was pretty profound when I heard it. "If I can't get there from here, then where can I get there FROM?" I thought...
- Sometimes you have to go places that are a bit "out of the way" to get where you ultimately want to go
- When I first started learning how to meet women, it seemed like somehow I could always tell that when I met a new woman that "it wasn't going to work out"
- Somehow I always knew that my chances of getting past the "friend" zone with any particular woman I'd just met were approximately ZERO
- But now, several years later, it's the opposite. If I meet a woman, get her email and number, and meet her for a cup of coffee... it's basically "over". The relationship will go as far as I'd like it to, in whatever direction I'd like it to go
- In fact, I no longer see any risk at all when taking things from one step to the next, because I KNOW HOW TO DO IT. In fact, I move confidently from one step to the next knowing that I almost cannot fail
- The point is that once you learn how to go smoothly from one step to the next, and you become comfortable doing it, the entire situation reverses itself. You go from knowing that you WON'T succeed to knowing that you almost CAN'T NOT succeed
- But it requires personal commitment, experience, and most of all, a willingness to make mistakes and not be attached to the outcome in the short term in exchange for learning LESSONS and SKILLS in the long term

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### Starting Conversations With Women



About four or five years ago I stumbled upon an interesting way to start conversations with women - I was out one night at what was then the hottest nightclub in Hollywood. I had gone to this club a few times before, and it was always filled with more super-model quality beautiful women than anywhere I'd ever been in my life, period. The problem was that even though there were literally dozens of the most beautiful single women in the world all around me, I never left with even so much as a phone number from one of them in the few times I'd been there. I couldn't figure out what was going on, but it was frustrating. I walked away from my friends, and sat on a couch alone to figure out what was going on. I quickly realized that I was treating these women like they were goddesses, and like I was lucky to be meeting them. My overall "vibe" was that of a guy who couldn't believe he was fortunate enough to even be talking to each of the woman I approached. After thinking it through, I came up with a new concept. I decided right then that it was time to start treating the women in this club like they were just some people who happened to be where I was, and I wanted to chat with them. I started approaching women and starting conversations with them by asking them for opinions on things. To make a long story short, I left that night with five phone numbers from some of the hottest women I'd ever met. And I learned a valuable lesson as well. In my original book "Double Your Dating" I discuss the technique of starting conversations with women by asking their opinion on controversial topics. It works as well today as it did then, and it's one of the lowest risk, best ways to start a conversation with a woman

More →



### Starting Conversations With Women



- "OK, my friends and I are having a conversation, and I think we need a woman's opinion here..."
- The Scottsdale story combining controversial questions with multiple groups of women
- Sex
- Sex: Sex is the ultimate equalizer. It's the level playing field every time. It's the place where you bring no advantage, and you get to put all of the advantages and disadvantages you and the woman you're with have in the world... and you get to create and enjoy an experience that can outshine all other factors in the relationship. This is where all the clothes and makeup, all the outward status differences, and all the social preconceptions are wiped away... and a completely new way of seeing things takes over. It's your chance.

[Continued]

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## The Most Common Initial Games


- I'm hot, you're hot
- You're a brat, I'm fake exasperated
- I'm classy, you're classy
- Let's see who can act the least interested
- Hard to get, you love me
- Major sexual energy
- I'm an interesting story teller, you're interested in hearing them



## Examples Of Testing




- Acting jealous to make you change how you behave
- Complaining about something you do
- Using affection or sex as a tool, rationing
- Being unavailable
- Mentioning that other men are interested in her to see how you'll respond





## Stay On Your Own Course

- Men often try to follow a woman who doesn't want to lead, and when she doesn't lead, the man tries to convince her to lead with questions and body language that seeks approval
- Most men orient themselves by, follow, and seek approval of the woman. She leads, they follow... in fact, she isn't even leading, but they TRY to follow. They try to make her lead. This is a horrible mistake.
- Diagram Of The Arrows
- This is a very simple testing system that guarantees a woman almost perfectly accurate results - any guy can luck through or fake his way past one test, but just like your chances of flipping a coin and having it come up heads 10 times in a row are pretty close to 0%, so are your chances of passing 10 test by a woman in an evening or even over weeks or months
- Stay on your course, even though she is all over the map
- Let her reorient her body, behavior, moods, responses, communication to yours
- Don't back pedal, change, explain, or try to get her to lead

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## Set A Boundary With Her As Soon As Possible

- Setting boundaries with women (when it's used correctly) establishes leadership, status, and masculinity
- Set boundaries in a playful, fun way, but also set them when it comes to serious issues as well... don't hesitate to set a boundary if a woman is playing games
- Say "no" to something she wants
- Push her away when she's trying to hug you









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## Never Backpedal Or Explain Yourself

- If you say or do something that seems to upset her, don't try to explain your way out of it, or do something to "make her feel better". Don't act like you screwed up, or show her that you're nervous because she's acting upset.
- Just move on, as if nothing happened. Get right on to the next topic or story.
- If she stays on it, whines, or complains, just say "get over it, it was a joke... quit being a pain"... and then get on to the next topic again.
- If you try to backpedal or explain yourself, or in any way hint that you think you're "screwed up", you're DEAD MEAT.
- If you say something and she doesn't like it, that's not YOUR problem.


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## Two Levels Of Interpretation

- Men take things literally. Women are always trying to figure out what "You really mean"
- Right now when you say or do something, women are most likely thinking that it means something else
- You must learn a new way of communicating with women. You must learn to say things but have them mean something else
- Rarely be explicit
- Say things without words.... Use only body language
- Say the opposite of what you mean
- Answer direct questions with opposite answers
- Tease
- Be overly confident. If she says that she's busy, say "Well cancel, I'm more interesting"



## Appealing to Her Weird Side

- Every woman has a "weird", dorky, off-beat side
- Most men don't get to see / interact with that side for a long time
- Key is talking to it, drawing it out, knowing it's there - teasing, latching on when you see it, etc.
- This is part of the key to "I feel so comfortable with you" and that feeling like you've known someone a long time
- Call her "dork" and "spaz" and "brat"




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## Hinting That You're Normal

- Tell women that you're busy
- Get off the phone without asking her to meet or for a date
- Make fun of dumb-ass behavior... other guys who act like wussies
- Accuse women of being late all the time, and exaggerate "You're probably never on time... common, admit it". Tell them that they call you 20 times a day. If she calls but doesn't leave a message, accuse her of being a stalker, and tell her that normal people leave messages
- Chase women out of your house. Say "get out" over and over if she's kissing you. Tell her that she's going to need to leave immediately if she keeps kissing you
- Tell her that she can't go into your bedroom, then yell at her for it... but wind up on your bed
- Tell her "this is all your fault" as you get more and more involved. Say "I knew you were trouble", etc. Say "Dammit!" in a disapproving way as things progress... as if she's forcing you





# Flirting



- First I want to talk about the concept of "flirting", and why it's SO important that you understand exactly what it is and how to do it with women.
- To begin with, women know what flirting is, and they respond VERY differently to flirting communication than they do to typical social communication.
- Again, if you understand flirting and sexual tension, you can begin conversations with women and have them INSTANTLY feeling ATTRACTION for you.
- If you DON'T understand how flirting and sexual tension work, then you're either going to have to become famous or make a LOT of money to be successful with women.
- I'm going to suggest that you learn how to flirt well, then do it RIGHT FROM THE BEGINNING in your interactions with women to SET THE RIGHT TONE.

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# Flirting [continued]



Think of flirting like playing.

Remember when you were a kid and you used to "play fight" with your friends?

What's the difference between "play" wrestling and "real" wrestling?

And how do you know the difference when it's happening... when your friend runs up and pushes you down, then jumps on you and tries to pin you?

The answer is YOU JUST KNOW. It's obvious to humans (and other animals, by the way) when someone is "playing" and when they're serious.

Flirting is similar.

If you start talking to a woman and say "Hi, you're very pretty. You probably have a boyfriend, right?" in a normal tone of voice, you're NOT flirting.

On the other hand, if you say "Hi, I realize that you're probably shy because

you get no attention from men... so I thought I'd come over here and pay attention to you..." it's OBVIOUS that you're not being serious. This is flirting.

By the way, flirting IS NOT simply telling jokes, or trying to be "cute".

One of the concepts that I teach is called "Cocky & Funny."

Cocky & Funny is simply a powerful, concentrated way of flirting and creating sexual tension with a specific kind of humor.


It's so funny to me how some guys write in because they "can't see themselves being Cocky & Funny around women" because they don't want to come across as jerks.

This really cracks me up... because it's obvious to me that these guys JUST DON'T GET IT.

So let me explain this whole thing a different way...

More →





## **Flirting** [continued]

If you know how to communicate... the right way, women will respond to you **RIGHT FROM THE BEGINNING** with a **HIGH LEVEL** of sexual interest and **ATTRACTION**.

When you know how to incorporate flirting in a **Cocky & Funny** way, which is really a form of "adult verbal play", you tune in to a certain frequency in a woman's mind, and cause her to go into a very special kind of emotional state. I'll talk more about Cocky & Funny and the specifics of how it works in a bit.

One of the keys to effective flirting is to "get it". In other words, you have to actually get out there and practice so you get a "feel" for how it works.

I think a lot of guys give up when they try a cute line or technique and a woman responds by saying "You're a loser." Instead of just realizing that they need more practice or that the woman might have just been in a bad mood or even one of those horrible "I don't have a sense of humor" cases, they take it personally and


decide to just have it mean that they're a failure.

But take my word for it... once you learn how to flirt effectively and communicate in the language of "adult play" you **WILL SIMPLY NOT BELIEVE** how women will respond to you.

Here's an example of some of one of my favorite topics to "riff on" when flirting... the topic of getting married and us being in a relationship... and I'll give it to you in the form of a sample dialogue. Keep in mind, I might have a conversation like this one with a woman that I just met five minutes earlier...

Her: "I have a good job, and I make good money"

Me: "Nice. I like that in a woman. Want to get married? We could leave for Vegas right now and be married in about 4 or 5 hours. I need a woman with money."

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## **Flirting** [continued]

Her: <Laughter> "OK, that sounds like a plan"

Me: "But wait a minute... do you think you can support the both of us on your income? I really want to be a stay at home husband... you know, keep an eye on the TV and such."

Her: "Oh, no... I won't support you."

Me: "Well, then I'm breaking up with you. It's over between us. I was going to marry you, then divorce you a week later and take half your money."

Her: <Laughter> "You can't break up with me! I'm not even your girlfriend."

Me: "That's all the more reason."

...do you get what's going on here?

I'm taking a normal conversation topic (her job and income) and redirecting the conversation in a flirtatious, Cocky &


Funny way to create a fun mood and sexual tension (by suggesting marriage, divorce, and breaking up over her not supporting me, etc.).

If the above example doesn't make any sense to you, then take that as a sign that you need to get out and practice more. Try it on a waitress or two.

When you ask for something and she says "I'm sorry, we don't have that", just say "OK, this relationship isn't working out... I'm going to have to break up with you."

In fact, you can say this in just about ANY situation with ANY woman where she's saying something that you don't like, and it's funny.

When you communicate like this, you're **FLIRTING**, you're **TEASING**, and you're initiating a **DIFFERENT KIND OF COMMUNICATION** than most men initiate.

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**Flirting** [continued]

And as soon as the woman you're talking to "engages" you in this kind of dialogue, **THE GAME IS ON.**

There are a LOT of ways you can flirt, and a lot of ways you can be Cocky & Funny that **DON'T REQUIRE WORDS.**

If a woman looks at you and raises one eyebrow, look back at her and do the same... only exaggerate it.

If a woman puts her hand on your arm, look down at it, then look up at her in a surprised way, then raise your eyebrows as if you just had a major "ah ha!" realization... then start smiling and nodding your head as if you just realized that she wants you. This is a powerful combination because it's funny, and it exaggerates the meaning in her touching you.

There are a MILLION ways to flirt like this, but the point that I'm trying to make is that you **NEED TO START DOING IT RIGHT FROM THE BEGINNING OF YOUR INTERACTIONS WITH WOMEN.**

**Physical Flirting**

- Knee squeeze
- Tickle rib squeeze
- Thumb wrestling (bets)
- Dollar Bill / credit card takeaway flirt
- Pull her hair
- Point and steal her food, then let her "catch" you
- When walking push her into things gently

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## Five Ways To Spark The Chemistry By Flirting

- Giving her a hard time about something in a flirty way. In person, responding to her personal ad, etc.
- Mentioning how the relationship just doesn't seem to be working.
- Faking despair at something she's doing... shaking head and exhaling.
- Overly dramatic complaints about her job performance, behavior, difficultness, etc.
- Behaving like you could take her or leave her... and like she's just a good friend (too comfortable)... unlike all the other men who communicate that they're awed and in wussville because they're INTERESTED.
- ...a universal way to open by flirting is to say "You know what they say about women who..." and then DON'T TELL THEM. Just look at them in a knowing way.

## Cocky Comedy

- You either get what's going on between men and women, or you don't
- If you think that the way to make a woman feel attracted to you is to worship her, become nervous in her presence, and be your average, humble, wussy, then YOU DON'T GET IT
- If you realize that women feel attraction for specific REASONS, and you know what those reasons are and how to create them, then you DO GET IT
- Once you get it, then you have to actually work on your execution, practice your skills, and improve your real-world abilities until you experience success
- If you don't GET IT to begin with, then there's almost nothing you can do. You'll beat your head against the wall forever
- No magic techniques will work consistently if you don't get it, and any technique will work if you do get it

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**Cocky Comedy**

Now I'm going to talk about what might be called "EXTREME FLIRTING"... it's my concept of "Cocky Comedy", and it's one of the things that almost EVERY "naturally successful" guy does to attract women.

Now, it just doesn't make sense to some guys that teasing women, busting their balls, being slightly arrogant, not kissing up to them, etc. could or should make them feel attraction.

I can understand this, because I was exactly the same way the first few times I heard it and saw it.

I kept thinking to myself "If I do this Cocky Comedy thing, I'm only going to come across as arrogant... And that can't make women like me more."

Well, was I ever wrong.

You must always remember that **ATTRACTION** isn't logical. It doesn't follow the rules that it "should" follow. **ATTRACTION** is a very powerful emotion that has reasons and triggers that don't make any sense at first glance...

I'm sure you've seen many attractive women with guys who mistreated them, abused them, and were exactly the opposite of what you'd expect a woman to accept.

**Why?**

**ATTRACTION.** In the beginning she felt attraction, and as bad as it may sound, almost no amount of being "bad", abusive, or jerk-ish can convince a woman feeling a strong attraction to leave.

So let me take the opportunity to talk a bit about the Cocky Comedy attitude, why it works, and how to use it to attract women (without having to be an abusive jerk).

More →

**Cocky Comedy**

First of all, you have to remember that the formula is **Cocky+Comedy**. Always both.

If you act too cocky, you'll come off as arrogant and insecure only.

If you're just funny, always telling jokes, and making people laugh, you will probably come across as "too goofy."

But if you use BOTH together, you will create magic. Cocky Comedy is like sparring... it's sport... it's fun... it's challenging... it's interesting when used with skill.

So let's get clear about what "Cocky Comedy" is.

Here's a cocky statement:  
"Her dress makes her look fat."

Here's a Cocky Comedy statement:  
"If she doesn't find a dress that fits better, the fashion police are going to send in the SWAT team for her ass."

Get it?  
Start with arrogance, then add humor.  
So why does it work to attract women?  
Well, the short answer is:  
**COCKY COMEDY ATTRACTS WOMEN BECAUSE IT QUICKLY AND DIRECTLY SAYS ALL THE RIGHT THINGS ABOUT YOU.**

Women are attracted to "alpha male" types. We all know that. Women are attracted to a sense of humor. We all know that one too.

Women **AREN'T** attracted to men who give away their power, kiss up to them, smother them with attention, act like whipped...

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# Cocky Comedy

puppies, and get nervous just being in the same room.

If you meet an attractive women, and IMMEDIATELY start giving her a hard time about something, busting on her, and have fun, it basically says:

"You are interesting enough to talk to, but you're going to have to do a lot more than just look good to impress me. Your beauty doesn't make me nervous in the slightest, I'm perfectly calm, and in fact, I'm so comfortable that I just noticed something about you that I'm going to make fun of..."

There is no faster way on earth to communicate all the right attitudes, beliefs, self-image, comfort, confidence, and power than to use Cocky Comedy.

(Except maybe to put on a perfect Brad Pitt costume.)

[Continued]



Once you start using this attitude, you will be totally astounded at the results.

Here's a low-risk example:

Next time you're at the grocery store in the checkout line paying for your groceries, say:

"So how much of this cash do you get to keep?" (as you hand her the money)

She'll probably laugh and say: "None... I wish."

To which you can respond with:

"Oh, I figured you were pocketing 10 or 20%... I assumed you were rich and could support me. But now I'm not interested... I want a rich girl." (Turn up your nose)

This is a great one. It's always fun to ask a woman if she's rich or famous, then when she says that she's not, tell her that it

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More →







## Cocky Comedy

messed up her chances with you, and that you're not interested anymore.

One of the keys to the Cocky Comedy attitude is to never "crack." If she opens her mouth and gives you the "I can't believe you just said that" look, you need to turn it up a notch...

Most guys will crack and say "Oh, I was just kidding."

**DON'T DO THAT!** It makes you look like a WUSSY.

In the example above, if the checker looks at you and gives you the open mouthed "I can't believe you said that" look, and says "Hey! I may not be rich, but I'm nice!", you just look at her and say "Nice isn't good enough, I need RICH AND nice."

Your goal is not to upset a woman, but to get under her skin enough by teasing, busting on her, and using Cocky Comedy that it ignites the magical challenge/attraction mechanism.



[Continued]



Lined area for seminar notes.



## Cocky Comedy Standards

- Every time she points out one of her positive traits, Interpret it as the over-expression negative opposite of it. Then, for added drame, fake exasperation and make a comment related to someone famous who's notorious for having that negative trait. If she says "I work out six days a week" say "Wow, I love obsessive women". If she says "I graduated with a 4.0" say "So you're subtly trying to tell me that you're a geek and have no life or personality?".
- When a woman shares her ethnicity/nationality or combination, misinterpret as the negatives of that nationality... If she says "I'm Italian and Irish" shoot back "Great, so you're a heavy drinker with an anger management problem". If she says "I'm Black and Mexican" say "Whoaaaa, I always love a woman with a ghetto booty driving a Chevy Impala lowrider... that's tight!".
- If a woman gives you a compliment, accuse her of having ulterior motives, trying to seduce you, and using cheap pick up lines on you. If she says "Wow, that's a great shirt" say "I'm not that easy, those smooth lines aren't going to work on me". If she says "Wow, you have a nice voice" say "Look, if you keep talking that way I'm going to have to charge you \$5 a minute for this... don't even go there".
- Turn things she says around as her looking for your approval - answer condescending "self-deprecating comments to gain my approval" comments with "You're right" and "I didn't want to say anything"



More →



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## Cocky Comedy Standards

- As soon as you hear a woman complain about something or being dramatic, make a reference to a stereotypical drama icon, such as a TV show, famous person, or character. If she says "I'm so upset! I just found out that one of my friends is talking to my ex boyfriend!" say "Wow, have you ever thought of going on Ricki Lake with that?". If she says "I'm sorry I'm late... my best friend called and I had to talk to her because she was really upset... she lost her job and then broke up with her boyfriend" say "Wow, I didn't know I was going to be the special guest on Malrose Place tonight...".
- Act suspicious of everything she says and does, in an overly-dramatic way. Look at her funny while agreeing with her. Winkle your eyebrows while she's talking. Turn your head and look at her sideways with squinted eyes
- When a woman makes a comment to shock you, always turn it around and interpret it as something that she never imagined...
- Reversing gender stereotypes, playing the victim of discrimination, saying "I'm not easy" and "And don't try some typical trick... just because you buy me a drink doesn't mean I'm going home with you" etc.
- Everything that is a problem... that people fight over in relationships is GREAT to do, exaggerate, and make fun of, role play, etc. when you first meet a woman. Joking about it, teasing her about it, making fun of her, etc. says "I'm smart, funny, know the neurotic issues that most people have, and since I do I'm not crazy like them" while STILL busting her balls and giving her a hard time.

**[Continued]** More →





## Cocky Comedy Standards

- Guess
- Why doesn't that surprise me?
- That's not what I asked you / said
- Don't tell me what to do
- I don't think this is going to work
- We fight all the time
- You would
- Look of exasperation (shake head, roll eyes)
- Cummon
- Gimmie a break

More →


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**Cocky Comedy Standards**

- You know what they say about girls who...
- Any other random comments about / for me?
- What kind of trouble have you been getting into?
- What's with you? / wrong with you?
- What part of \_\_\_\_\_ don't you understand?
- Are you always this difficult?
- Are you retarded?
- Do speak English?
- Don't touch me
- Look at her touching you, lean away, suspicious look at her

[Continued]

**More Cocky Comedy Brain Food**

- When she criticizes herself: "I wasn't going to say anything... but"
- Point and steal food
- If she fumbles or trips say "You are spastic"
- Exaggerate her age, height, weight, looks the **WRONG** way "girl years"
- Get in her body space to **ANNOY** her
- When she trips over her words, says something stupid, drops something, etc. say "You are functionally retarded"
- Make sure she knows that you honestly think she's the **biggest DORK** you've ever met... or probably ever will meet in your entire life

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### More Cocky Comedy Brain Food

An extreme of anything goes over the edge and means its opposite... you can use this when communicating with women. Too nice means pussy. Too ball busting means charming, etc.

Extreme opposite of what she expects comments. If she's saying she wants to leave, say "Great, get out" in an overly-cold way. Then when she says something, say "I thought you were leaving"...

"Never criticize, condemn, or complain." In this case, always do these... but sarcastically.

She says "I like those shoes" you say "you would" or (sarcastic tone) "why doesn't that surprise me?"

"That's what I'd expect from a girl like you..."

When given a compliment, say "Is that the best pickup line you can think of?" or "That was a pretty original line... but I'm not that easy"



[Continued]



Lined area for seminar notes.



### More Fun Random Tips

- Never admit to not having a life... when a woman asks what you're doing, say "I'm getting ready to bungee jump... just connected the cable" if she insists, say "I'm busy, get lost"
- Pick her up, spin her and shake her when you first see her
- Remember that if a woman whines, it's like a kid falling and looking to you to see if you'll freak out - don't... you can switch to whatever you want, and if you do it congruently she'll follow
- Always have a better answer



[Continued]



**More Fun Random Tips**

- Pretend that you and she have an unbreakable bond, and test it
- Be blatantly unfair – take the much bigger piece for yourself “this one is obviously mine”, make her rub your shoulders ten times, and tell her she owes you because she stopped in the middle, and generally torture her with the concept
- Make it look like you're doing one thing, then stopping at the end (like feeding her something, then putting it in your mouth, etc.) – build tension by getting right up to something, then stopping... then BLAME HER for it

Double Your Dating [Continued] More → Double Your Dating

**More Fun Fandom Tips**

- Interpret her communications and actions as either Hubris or Blind Self-Indulgent Humility, exaggerate exasperation and judgment, and reframe as some extreme... even personify and idealize as a character, etc.
- Say “Your little” about things in a sarcastic voice
- Say “No whining”, even when she's just BARELY whining
- When a woman admits any type of chick thinking or game, bust her balls on it
- Watch carefully for “Bad Means Good” communications – she does the jaw drop, tells you that you're a jerk while laughing... or you snap at her with something – and then respond with “You love me” often

Double Your Dating More → Double Your Dating

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**Fast Progress Exercises**

- Talk on IM and make every comment suggest that you have higher status
- When you first make eye contact with women, don't look away until they do
- Self Image exercises
- Flirting with waitresses, sales girls, hostesses, etc.
- Approaching women just to make them smile
- Imagining what it's like to be a hot woman
- Answering questions with opposite of truth or evasive answers

**Reframing**

- Reframing, what it is, how it works, how to do it...
- Reframing negative beliefs and imprints
- Reframing negative emotions (timeline reframe to clear anxiety)
- Reframing your role with a woman in the moment
- Reframing and it's use in humor, gender stereotypes
- Reframing things she says, turning them around...

Examples:

- She brings up sex = she's frustrated, taking it out on you
- She mentions ex = problems
- She mentions problems = therapy = charge her
- She mentions marriage = slow down!
- You feel afraid = important situation
- Exercises

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**You Create Your Own Resistance With Ignorance**

- Most men approach sex with women in a way that makes women resist, protest, and often ultimately decide against ANY kind of future physical relationship with the man.
- This is characterized by trying to touch her before she's ready, immediately groping a woman after kissing her, and generally not understanding at all the process by which a woman gets sexually aroused.
- The answer is to approach physical advances with a woman from a different perspective.
- In sales, it's best to always focus on the needs of the buyer by demonstrating how the product or service will solve a problem, etc. and never the needs of the seller. With sex, it's about demonstrating:
  1. That you understand the process and exactly what's happening.
  2. That you have control of yourself and the situation.
  3. The ability to turn her on without any overtly sexual touching or language.

More →

**You Create Your Own Resistance With Ignorance**

- When she becomes turned on, she'll perceive sex as her idea, and she'll initiate the sexual gestures... grinding, touching, or talk. You will then have very little to no resistance. If, on the other hand, she doesn't become turned on and you're trying to progress, you will meet only resistance.
- You must demonstrate skill and confidence, and a comfortable ability to transition from one step to the next - this shows that you understand what's going on, and that you "get it".
- Two forward and one back demonstrates that you have control of yourself and the situation... also use teases and even outright takeaways sometimes... make her say please. (The mindset of "I could, but I won't")
- Remember the power of the light, slow touch in the beginning, contrasted later with pulling, grabbing, and passionate physical displays.

[Continued]

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## Preheating The Oven

- Stop and lean back, maybe take a break to use the restroom, get water, etc.
- Light some candles, put on some music, etc. if you have some
- Start kissing again, this time move her into different sexual positions
- When she's on her stomach, pull her hair while kissing her
- When she's completely hot and bothered, test to see if she's comfortable being touched between the legs by putting your hand NEAR her crotch, but not on it for a few minutes, then taking it away. Repeat. Touch her breasts through her clothes, and pinch nips gently
- If she's very turned on, run your hand from her upper leg up to her crotch as you're kissing her and rub her there for just a moment and make a deep "Mmmm" sound. If she enjoys this, then stop it... kiss, smell and make out for awhile

[Continued] More → 

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## Preheating The Oven

- Reach down, and unbutton her top pants button, and put your fingers down the front of her panties... touch her down there, and then put your finger in both of your mouths as you're kissing.
- If she enjoys this, then take off her pants, and have sex. Tease her with your mouth or sexual tool. Keep building anticipation, all the way to the end.
- You can naturally transition to all positions now, because you did while kissing her.
- Always use protection, and use safe sex precautions!
- After, if you really want to make the experience wonderful, feed her some chilled fruit, like strawberries... share a bath, etc.
- Resistance and Persistence... The "token no" that happens up to 40% of the time.

[Continued] 





### What To Do When You're Successful

- Dating more than one woman at a time
- Controlling the "relationship emotions" by how much time you spend with her
- Transitioning into a relationship
- Keeping a relationship good
- Not changing what worked in the beginning




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### The Top 12 Things To Implement NOW!

- Live In Your Own Reality
- Always Communicate Higher Status
- Dominant Posture, Raise The Chest
- Eliminate Nervous Ticks, Gestures, Habits
- Slow, Controlled, Calm Movements
- Speak Slowly, Deeply, And From The Stomach
- Maintain Initial Eye Contact
- Stop Seeking Approval, Acting Apologetic, And Trying To Impress
- Understand Fashion, Style, Cologne, What Accentuates Your Strong Points Visually
- Expect Women To Always Respect You And Never Settle For Second Class Behavior
- Seek Novelty, Adventure, And New Sensations
- Create A Sense Of Unexpected Adventure And Anticipation Always



**Key Traits And How To Communicate Them**

- **High Status**
  - Posture
  - Slow gestures
  - Eye contact
  - Voice tone, pauses
- **Sexual Awareness**
  - Teasing
  - Light, slow touch
  - Smelling
  - Preheating the oven
- **Lack Of Insecurity**
  - No apologies
  - No approval seeking
  - Comfortable demeanor

More →

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**Key Traits And How To Communicate Them**

- **Leadership**
  - Self appointment
  - Decision leadership
  - Assuming she'll love whatever you do
  - Physical leading
- **Humor/Confidence**
  - Cocky Comedy
  - Speaking your mind
  - Unselfconscious behaviors
- **Understanding Of Attraction**
  - Restraint, two forward/one back
  - Teasing
  - Interpreting resistance correctly
  - Knowing the signs to look for
- **Dominant Reality**
  - Judging without judgements affecting you
  - Territorial behaviors

[Continued]



## Plan, Design, And Create A Life Full Of...

- Peak Experiences
- Flow States
- Adventures
- Positive Emotions
- Energizing Physical Moments
- Mentally Challenging
- Fantastic, Positive, Successful People
- Conscious Improvement And Evolution




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**David X**

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**Be Relentless**    [www.be-relentless.com](http://www.be-relentless.com)

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**Tari**

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**Mystery**  
**Mystery Method** [www.mysterymethod.com](http://www.mysterymethod.com)

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[herbal@mysterymethod.com](mailto:herbal@mysterymethod.com)

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Seminar Slides

# Day Four

Seminar Notes



A rectangular slide with a white background and a thin black border. It features four small circular logos in the corners, each containing the text "Double Your Dating". The slide contains the following text: a large bold title "Marie Forleo" followed by a horizontal line, the name "Marie Forleo" and the website "www.marieforleo.com", and a "Contact:" section with the email "Marie@marieforleo.com".

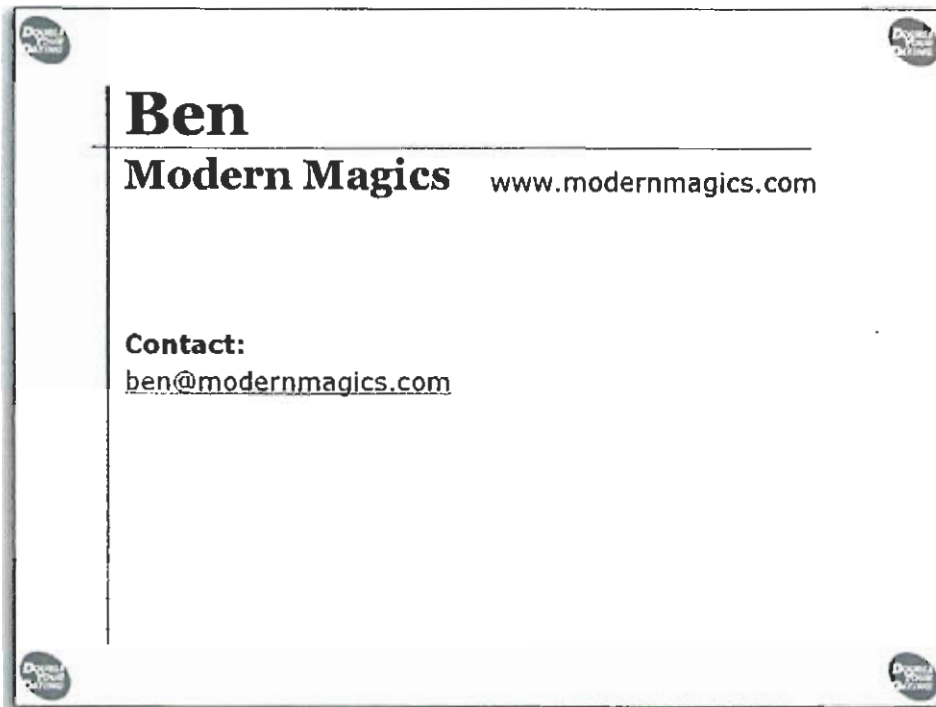
**Marie Forleo**

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**Marie Forleo**      [www.marieforleo.com](http://www.marieforleo.com)

**Contact:**  
[Marie@marieforleo.com](mailto:Marie@marieforleo.com)

Lined area for taking seminar notes, consisting of 20 horizontal lines.



A rectangular slide with a white background and a thin black border. It features four small circular logos in the corners, each containing the text "Double Your Dating". The slide contains the following text: a large bold title "Ben" followed by a horizontal line, the name "Modern Magics" and the website "www.modernmagics.com", and a "Contact:" section with the email "ben@modernmagics.com".

**Ben**

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**Modern Magics**      [www.modernmagics.com](http://www.modernmagics.com)

**Contact:**  
[ben@modernmagics.com](mailto:ben@modernmagics.com)



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Seminar Slides

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# Swingcat



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## Real World Seduction



[www.realworldseduction.com](http://www.realworldseduction.com)

**Contact:**  
[www.realworldseduction.com](http://www.realworldseduction.com)



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# Eric



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## Hypnotica

[www.hypnotica.org](http://www.hypnotica.org)

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## Suggested Reading List

*"Dragon Slaying"* by Michael Hall  
*"Thinking In The Shadow Of Feelings"* by Bar-Levav  
*"Archetypes"* by Anthony Stevens  
*"Who's Pulling Your Strings"* by Dr. Harriet B. Braiker  
*"Mastery"* by George Leonard  
*"Meeting The Shadow"* by Connie Zweig And Jeremiah Abrams  
*"Romancing The Shadow"* by Connie Zweig And Jeremiah Abrams  
*"The Art Of Speed Reading People"* by Paul Tieger  
*"Why Men Love Bitches"* by Sherry Argov  
*"The Passion Paradox"* by Dean C. Delis  
*"Awareness"* by Anthony DeMello  
*"The Way Of The Superior Man"* by David Deida  
*"The Shallow Man"* by Coerta VW Felske  
*"Unlimited Power"* by Anthony Robbins  
*"Beliefs"* by Robert W. Dilts

## Movies To Watch:

*Whipped*  
*Roger Dodger*  
*Gone With The Wind*  
*Adaptation*  
*Erin Brockovich*  
*Cocktail*  
Any *James Bond* Movie