Red Pill Theory

ARCHIVE

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ABOUT THIS ARCHIVE

An archive of the blog **Red Pill Theory**, as held by TheRedArchive: 193 posts published between June 2015 and July 2020.

About Red Pill Theory. A pickup and seduction blog written by "Avery." It offers practical, tactical advice on meeting and attracting women — covering night game, approaching, building attraction, and sex — aimed at helping inexperienced men improve their dating lives.

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Best regards,

/u/dream-hunter

Founder of TheRedArchive
July 28, 2026

The 2 Keys To Improve With Women

Avery · 14 June 2015 · Archived copy · Original

Reality Check: Less than 1% of the guys who I've gone out with are getting the results they want. Few get any tangible results, and those who do are pulling mediocre girls.

To be an exception to this trend you must understand the two major requirements to make steady progress in any skill.

1: Consistently practice the skill in a way that risks failure.

2: Learn from your mistakes effectively.

If you don't master both of these principles, your efforts to improve your dating life will be in vain. But if you do, your results will skyrocket and you will get to be among the 1% of guys who get impressive results from cold approach pickup.

Risking Failure

"Failure is simply the opportunity to begin again, this time more intelligently"- Henry Ford

The faster and harder you fail the more opportunities to learn you'll have. Unless you're actually getting rejected, any pickup advice is entirely theoretical.

Baron de Montesquieu put it like this, "A really intelligent man feels what other men only know." Each rejection you get teaches you a visceral, real, lesson, and if you want to get amazing results in pickup, you should strive to fail more than anyone else.

On a basic level, failure in pickup means getting rejected by a woman, but there's an important distinction that needs to be made. If you are ejecting from sets when you are uncomfortable, or when an interaction is not going particularly, well, you're severely limiting what you could be learning.

The most educational failure in pickup occurs when you stay in an interaction until a girl leaves. I see it every night, guys who reject themselves by ejecting from interactions that were going perfectly fine. If you really want to make progress; fail harder, be persistent, don't eject from any interactions, and stay until she leaves. (Important note, if you don't like the girl, then obviously, you should be the one to eject.)

Learn from Your Failures

Any given night I may get as many as 10 rejections. Most guys would see this as a soul crushing defeat. But it's not, because each night I write a field report in which I analyze those failures, I write about why I got those rejections.

I start to notice patterns, for example at one point I was great at sparking attraction with girls but I was afraid to move things forward. After about five minutes the interactions would fizzle out, and I would be pissed off because a girl who liked me at first would end up saying, "Have a nice night," while patting my shoulder.

I noticed this in my field reports, and adjusted course. After I built the initial spark of attraction, I started inviting girls to dance or to meet my friends. This helped build forward momentum in interactions that would have previously petered out because of my hesitance. My results improved dramatically because of this simple adjustment.

If you're not getting the results you want; you are making a lot of mistakes, and that's fine. Everyone makes a lot of mistakes, but what people rarely do is objectively analyze those mistakes and take responsibility for them.

Maybe you're too needy in your interactions and you need to learn to make women chase, maybe you need to learn

to deal with logistics more proactively, or maybe you need to split up from your friends and do more approaches.

You're not going to be able to think about these lessons while you're out, you have too much else to focus on. To learn these lessons, you must write a field report to reflect on what happened on a given night and analyze your mistakes objectively.

As you become aware of the mistakes you're making, you will be able to adjust course.

In the cities I've gone out in, most of the guys I've met are beating their heads against a wall. They repeat the same patterns again and again month after month. One guy I know only pulls unattractive women, another reeks of desperation in every interaction, a third is always in such a serious mood that it consistently turns off girls.

They've been making these mistakes for months and in some cases years.

I can't speak for the people you go out with, but this is a pattern that's shockingly consistent among the men I've winged with.

These men could have corrected these deficiencies in a matter of days with proper objective self-analysis, but instead they're running on a progress treadmill; they take action, but they keep taking the same actions and making the same mistakes.

Be an exception to this trend. Push yourself to fail hard and fail often. Then, learn from those failures by objectively analyzing yourself with field reports.

How To Calibrate When You Approach Women

Avery · 25 August 2015 · Archived copy · Original

At least 90% of your approaches should 'open', meaning the girl you introduce yourself is happy to talk to you for at least a couple minutes. I know one guy who gets about 10% of girls to open, and he makes the same obvious mistake on every approach he does.

If most girls aren't responding well to you when they first meet you, it's possible you have a blindspot to a similar mistake. Girls give some very clear signs as to what mistake you're making, we're going take a look at what those signs are and how to adjust course if your opens aren't getting the kinds of responses you want.

Too Safe

If women ignore you, don't notice you until you've been talking for a couple sentences, or in any way don't pay complete attention to you, you're playing it too safe. Playing it safe is often a defense mechanism, by being unassertive it's less hurtful when you get 'rejected', because she never really met you in the first place.

When you're playing it safe, women who do notice you will likely feel an immediate gut-level impatience towards you. They will feel like you're trying to get something from them, like you're a beggar on the street saying, "Change?" In essence, you're apologizing for the fact that your approaching her, and ironically, this overly nice attitude will make her feel like she shouldn't be interested in talking to you. When you approach too safely, you're focusing on not getting rejected, rather than focusing on her.

Meekness is apparent in both your voice and your body language. If at a club, women often don't notice you, it has nothing to do with the music being too loud or the venue being too hectic. I used to use this excuse myself, but I've found that even in the loudest Vegas nightclubs, if I am purposeful enough in my approach, the girls will notice me every time. To combat any tendency towards playing it safe, try this, just for one night out. Begin conversations twice as loud as your instincts tell you to. Notice if the women seem offended by how loud you are or if they simply pay you more attention. There's a good chance you will notice that talking at twice the volume you want too, isn't too loud at all.

When playing it too safe, your body language will be small and closed. You can combat this by heading to a club's dance floor during your night's out. Don't dance with the same half-assed head bobbing of most club members, dance with the heart of a champion. Dance as overzealously as you possibly can, totally let loose. Doing this loosens you up, and gets you comfortable in your own body, and afterwards you will find your body language is naturally more dominant.

This may seem counterintuitive, but I've made a point to loosen up this way for years at clubs. One of the compliments I get a lot, is that my body language is very good (which is a mildly strange thing to hear), my body language is good because I've gotten comfortable in my own skin in social environments by letting loose on the dance floor habitually. The third technique for combating playing it safe is the strangest, but it's also very powerful. It's called Osho's dynamic meditation, and it requires you to get comfortable using both your voice in an exaggerated, and assertive way. (Link to Osho youtube demonstration/his website)

If you play it safe with your approaches, this needs to be rooted out immediately, because if you're too meek you are massively limiting your results, if you play it safe women will talk to you out of pity, if at all.

Too Aggressive

An overly aggressive approach will certainly get a woman's attention, but it's also going to make her uncomfortable. An overly aggressive approach is worst during the day because just the fact that you're opening puts a lot of pressure on a girl, and an aggressive approach can easily make her pretty nervous.

A man who aggressively approaches a woman will generally take up a lot of space and get very close to her, his voice will be loud, sometimes even invasively so, but the aggressiveness is mostly expressed physically and in your overall demeanor. The easiest way to notice that your approaches are too aggressive is by observing a woman's overall body language. If you're too aggressive women will pull back away from you(sometimes subtly), and they might even literally take a step back.

It can be difficult to notice that your approaches are too aggressive, because aggressiveness works a decent amount of the time. It's easy to think that when your approaches go poorly it has nothing to do with you, and that it's some factor about the girl (she has a boyfriend, for example).

If the large majority of girls aren't initially responding to you positively, you're doing something wrong. And if you're playing it too safe, you're probably being too aggressive. Although assertiveness can be sexually attractive, it can be intimidating, if a woman doesn't trust you aggressiveness can make her uncomfortable.

This doesn't mean you should eliminate aggressiveness and physicality in your approaches, because for women who are open to it, it can be a very effective, no bullshit strategy. An overly aggressive approach is almost certainly going to be man-to-woman, your intentions are being made very clear. To make this work consistently, you must develop your ability to notice signs of discomfort. Whenever a woman steps back from you or averts your gaze nervously after you've approached her, you need to calibrate your approach and take a step back as well.

And I mean that literally, consciously make a point to take a step back from any girl who gets a bit nervous after you approach her, make this a habit. Doing this shows her that you're socially aware and that you respect her boundaries. This sign of social intelligence is very attractive, and oftentimes, taking a step too far, but then taking a step back will build sexual tension.

Whenever a girl is uncomfortable with your approach, you can also say, "I'm Sorry if I came on too strong, I'm just too outgoing sometimes." She'll appreciate that you were considerate enough to acknowledge her feelings, and she will feel flattered and more comfortable around you afterwards. Aggressiveness is sexually attractive because it is a demonstration of masculinity and sexual intent, however, it's important to understand how women feel, to show some compassion, and be aware enough to take a step back in response to her discomfort.

30 Easy-To-Use Motivation Hacks You Can Use Today

Avery · 14 September 2015 · Archived copy · Original

ometimes you just need a quick motivational boost to kick-start an upward spiral of productivity. Here's 30 practical methods you can use to motivate yourself right now:

1. Write down a list of all the reasons you want to accomplish your goal. Reminding yourself of the big picture makes it easier to buckle down today.
2. Eat some sugary food. Psychologist Roy Baumeister found that ingesting glucose increases willpower, what better excuse to indulge?
3. Do 10 minutes of yoga. This will revitalize your body and mind giving you the energy boost you need.
4. Embrace failure. Remember, failure is part of the process towards success. Every day you don't risk failure, you also don't risk success.
5. Eliminate distractions. Turn off your phone's notifications to keep focused. You can even take this further with apps like Cold Turkey which can block any distracting apps or websites on your computer.
6. Ask a higher power for the motivation to accomplish your goals. If you're not religious you can ask the universe, sometimes all you need to do is ask.
7. Drink a cup of coffee. If you need an energy boost right now, don't hesitate to drink some coffee for an easy spark of motivation.
8. Write down any excuses that go through your head. When you see them on paper, they won't look so convincing.
9. Listen to motivational music. Positive music can make you feel like you can conquer the world.
10. Make a commitment. The website Stickk.com lets you put money on the line for any goal you have, putting skin in the game is a powerful motivator.
11. Talk to someone you trust about how you feel. If you're feeling lazy or down, sometimes expressing yourself with a friend can relieve stress and stoke the flames of motivation.
12. Ask yourself, "What's the smallest step I can take towards accomplishing my goal?" For example, if your goal is to go to the gym, just put on some gym clothes. You might be surprised by what taking one small step sets into motion.
13. Write a list of 20 things you're grateful for in your life. This can help you shift your mindset towards the positive, and therefore, revitalize you.
14. Share your goal on social media. This creates a sense of accountability with your friends to complete your goal.
15. Visualize enjoying the task. Psychologists have found the mind can't distinguish between mental images and actual events. Imagine yourself enjoying accomplishing your goal, and you actually will.
16. Find an accountability buddy. Have a friend who wants to improve their life too? Agree to hold each other accountable to motivate each other.
17. Read some motivational quotes. Take in the positive mindset of people who've already become successful.
18. Break your goal down into smaller parts with a checklist. Breaking down the goal into steps makes it less intimidating, plus checking off boxes creates a rewarding sense of accomplishment!
19. Do some sprints. Sometimes the best way to energize your mind is to move your body.
20. Create a goal using the SMART goal system. A SMART goal is Specific, Measurable, Actionable, Realistic, and Time-based.
21. Make your goal Specific: a vague goal like, "I want to start an online business" isn't as motivating as a specific goal like, "I will create an online fitness program that helps 10,000 people lose weight."
22. Make your goal Measurable: Telling yourself, "I want to write a book" isn't as motivating as telling yourself, "I

will write 5 pages of my book per day."

23. Make your goal Actionable: If your goal is to be more confident, make sure to think of an action you can take to reach your goal like, "I will meet one new person every day."
24. Make your goal Realistic: sometimes a goal that isn't realistic can be too intimidating, if you want to get in better shape you don't have to start with an hour a day at the gym, you can start with ten minutes per day and build it up over time.
25. Make your goal Time-based: If your goal has a due date it's much harder to tell yourself, "I'll just do it tomorrow."
26. Get out of your room. For many of us, our room is the place where we relax, motivate yourself by changing locations to somewhere more energizing like a coffee shop.
27. Excite yourself with a reward. When you finish your task, reward yourself with a bite of chocolate or an episode of your favorite show.
28. Create a daily notification on your phone to take action. You can do this through Google calendar with its goals feature. Many other apps have similar functionality.
29. Download the app Thirty and create a challenge, Thirty is like Facebook but designed specifically for personal achievement, you will join a community of like-minded individuals who motivate each other and challenge each other to complete their goals.
30. Give yourself a time-limit. If you have an essay to finish, for example, set a timer for an hour and try to beat the clock! This makes accomplishing your goal more fun because you are turning it into a game.

These Three Words May or May Not Be Ruining Your Social Life

Avery · 3 October 2015 · Archived copy · Original

“Just be myself? Okay. I’ll just keep playing World of Warcraft in my mom’s basement.”-Me, five years ago upon reading that I should just be myself.

We admire genuineness and detest fakeness. If you’re a genuine loser, and you take to heart the advice that you should ‘just be yourself’, something expected will happen. You will continue to be a genuine loser. The true meaning of being yourself is subtle, it’s nuanced, and if you take this concept at face value, it can do more harm than good.

But, if you put in the effort to understand what ‘just being yourself’ really means, then the phrase goes from being an excuse to cling onto a negative self-identity the way a fly clings onto shit, to becoming a piece of sage fucking wisdom. Genuineness has nothing to do with the mask your wearing, and it has everything to do with how well you’re wearing it. Look at great acting. Is Marlon Brando really Vito Corleone in The Godfather? Hell no, but he is 100% genuine when he plays the role on screen. At his core, was Heath Ledger the maniacal, psychopathic, clown prince of crime that he portrayed in The Dark Knight? Probably not. But he was terrifyingly real when he played that role. How is it that great actors strike us as more genuine than our real-life friends even though these actors are literally playing a fake role? Because, genuineness isn’t about taking off your mask, it’s about being in alignment with it.

Alignment

Alignment means that the thoughts running through your head are in sync with your words and actions. When you’re in alignment you don’t give a damn about what other people think of you, and that anxious voice in your head that’s normally yapping at you with the desperate enthusiasm of a chihuahua goes dead silent.

The particular mask you’re wearing is irrelevant. When you’re being genuine, you’re still playing a role, you’re just playing it well. If you want to improve your social skills, ignore advice that says, “Just be yourself.” Instead, play whatever role you want to play, just do so with alignment.

That sounds great! But how the fuck do I do that? After years of trying dozens of different methods, I’ve found one strategy to be the most effective. It’s not easy, but it works. Do the opposite of what feels comfortable in social interactions. For example, if you’re boring and you want to become more engaging, interact with people as if you’re on stage playing Shakespeare, attempt to infuse every word with an exaggerated emotional impact.

This may feel strange, but it is necessary, because our upbringing taught us to be social zombies. We were trained to value fitting in more than genuine self-expression. Throughout our formative years, we learned to constantly monitor ourselves, to judge whether our behavior was appropriate, and to filter it out if it was not. We learned to reject anything unusual about ourselves (even if it was unusual in a good way). Guess what? The best parts of your personality are the same parts that you were taught to hide from others. To change this, you must behave in ways that you’ve learned are inappropriate, you must exaggerate your personality until your most genuine self is set free.

Change is Hard

I’ll tell you what Tony Robbins won’t: change can only occur if you endure extensive discomfort. And if your social skills are on the wrong side of average, you’ll have to repeatedly make yourself uncomfortable to change that. The reality is that the above strategy of infusing your personality with exaggerated emotional expression and theatricality will probably make you more anxious and more self-conscious before you get any positive results from the practice. At first, speaking with the fervent passion of a Shakespearian actor will feel unnatural. You’ll fantasize

about being judged or even humiliated by those you interact with. That yapping chihuahua in your head will get louder and louder, trying to convince you to stop attempting something so awkward and abnormal. But, if you face this internal resistance head on, and persist through it despite your negative inner-dialogue, something fascinating will happen. As you exaggerate your personality, your emotional resistance will build up, the uncomfortable tension increasing further and further, until it reaches a fever pitch. And then, silence. You will enter a state in which you no longer care what people think, that obnoxious voice in your head that usually holds you back will be gone. You will experience total alignment, a state in which you are free from all insecurities and self-doubt.

Keep in mind, this isn't a one-time process, states of alignment aren't permanent. But once you've experienced alignment, you'll get hooked on it. You'll feel compelled to do whatever it takes to get back to this state again and again, until eventually, it becomes your default.

A Contradiction

It's a paradox, to be perceived as more genuine, the best strategy is to intentionally exaggerate your natural personality. It might not fully make sense until you've experimented with this in your own life, but if the classic advice of 'just being yourself' hasn't gotten you the social life you desire, it might be a good idea to try being someone different, someone free of unnecessary limitations.

Zero Fucks Given

Avery · 4 December 2015 · Archived copy · Original

The guy who gives zero fucks is the guy other men want to be and women want to be with. Everything he does disproportionately draws the attention of others. People imitate him not because he's perfect, but because he's comfortable with his imperfection.

Women want to be with him not because he's unusually attractive but because he does not care whether women find him attractive. Others believe in him because he believes in himself. Other people call him confident, charismatic, and charming, not because he has some measurable quality that others don't, but because everything he does reflects how little he worries about others 'opinions. Some people hate him, but he doesn't waste his time, energy, or emotion on those people.

He is free in all the ways everyone else isn't, and we all envy what we falsely assume is his innate social superiority to most others.

If there is one thing that weighs us down in our social (and professional) lives, it is caring what other people think, and it has so much power over us because we're afraid to admit how neurotic and obsessive we look to others for our own self-worth. Nearly everyone cares way too much, and it's easy to see in other people.

You can see that your friend cares so much about whether his crush likes him back that he won't ask her out. You can tell that your other friend is afraid to be free-spirited, and puts on a serious front because he's afraid that people won't approve of his genuine, goofy personality. It's easy to see that your parents try to control you because they define their self-worth on your success (a success that they define).

We can tell that many people are so afraid of their faults that they won't admit they exist, but can we see these kinds of behaviors in ourselves? Is it possible that we have a blindspot to accurately seeing our own flaws, that we have trouble admitting our own obsessive need to be approved by others? Might we be blind to our own blindness?

I think there's strong evidence that most of us are, and that until we become aware of this, our efforts to improve our social lives are being built on a house of cards, we can't become more socially confident until we accept the beliefs we don't know we have that are making us act and feel so insecure. The aim of this article is to prove this.

I'm Jack's Need to Belong

Tyler Durden from Fight Club is the cultural icon for giving zero fucks. He genuinely did not care what anyone else thought, and because of this he had no desire to be nice, appropriate, or agreeable.

He laughed at what most people feared and he was so unafraid of social rejection and so at ease with his own imperfections that people admired him, even worshiped him.

Even though he is a fictional character that ran underground fight clubs (sorry for talking about it, but to be fair, everyone breaks the first rule), his character was so magnetically appealing that people in the real world started actual fight clubs based on the movie. Eight years after the movie's release a fight club got started at my high school due to my best friend's admiration for Tyler Durden and what he represented.

And what did this sociopathic cult-leader who didn't care about anything, including himself represent? He put it best himself, when speaking to the narrator of the movie he said, "All the ways you wish you could be, that's me. I am smart, capable, and most importantly, I am free in all the ways you are not."

Tyler Durden became a cultural icon because he represented total social and personal freedom, a freedom most of us envy, because deep down, we know we don't have it. We care too fucking much about the opinion of others.

We've all been fed more than a decade's worth of bullshit beliefs and values about what's important and how we should act. Because we were fed these beliefs in our formative years, we've accepted these beliefs as our own because not to do so would put us at war with ourselves. Let's expose that bullshit which is unconsciously choking our ability to interact with others as our most genuine and charismatic selves.

We've all known a few of those guys who just don't care what other people think, and secretly or not, we wish we had what they have (and many people pretend to not care to show that they do have this). There's nothing terribly special about these guys that are envied, they just have a mindset that allows them to have deep confidence in themselves.

The Power of Mindset

Most self-improvement advice focus on the external, this makes sense because all we can observe is the external. If you want to be more charismatic, a book might teach you how to make good eye contact, that tone of voice to speak with, or how to power-pose to exude confidence.

There is some truth to this flavor of advice, strong eye contact and open body language do show confidence. But, having put years and thousands of hours of conscious effort into a medley of these techniques and 'tricks' to build confidence, I can say they're not very effective, and even miss the point entirely.

There are a few problems with this kind of practical advice, firstly, to make a change like this stick, you have to practice long enough to make it into an automatic habit, and in most cases, that just isn't going to happen. Recent research has shown that it takes 66 days of conscious effort to make a new habit. Are you going to consciously practice a new type of body language for 66 days? Does anyone actually do this? It's extremely unlikely, it takes too much faith and discipline.

Even worse, in the process of learning this technique, you're going to appear and even feel less confident before you reap its social benefits. The act of monitoring your body language is bringing your attention to the fact that you don't like your body language, and that you need to fix it to come across the way you want to come across.

But there's an even worse limitation to this kind of advice. We attribute charisma and confidence to the external symptoms, things we can see, like someone's body language, how a person talks, how they listen, and their eye contact. But what really makes them different isn't something you can see, it's something that is completely invisible, it's their mindset.

The lens someone with deep confidence see the world through is qualitatively different than the lens most people see the world through. It's because of that lens that these people naturally act in more visibly confident ways. External traits like word choice, body language, and the quality of your voice are the tip of the iceberg, they're the 1% of confidence that you can see with your eyes, but the vast majority of what makes people who are deeply self-confident different is what lay beneath the surface. The external attributes are the symptoms of confidence, the mindset is the cause.

Do you think people who are extremely self-confident, who don't give a fuck what anyone else thinks are worried about their body language or the tone of the voice? No, they don't even consider things like this worthy of their attention. They are so confident BECAUSE they don't monitor themselves, because they don't feel their external behaviors are lacking in any way. They believe they're already good enough, and because of this, they act in ways that appear confident.

Scientific research on mindsets has found that a simple mindset intervention can make changes that last a lifetime. In one study, psychologist Jeremy Jamieson tested the power of mindset. He split students into two groups (which were randomly assigned/controlled for GPA and SAT scores) and gave the first group a mindset intervention to change their minds about test anxiety before having them take a practice standardized test.

The intervention was a simple lecture in which Jamieson showed the students evidence that test anxiety wasn't a bad thing. And that in fact, research has shown high stress-levels can improve performance, therefore you shouldn't resist test anxiety, but embrace it, it can actually help you.

Jamieson hoped that this message would boost students' performance, and it worked, students in the mindset intervention group performed significantly better on the test than did the other students who received no lecture.

Over the next several months, the students took the GRE and sent their scores to Jamieson's team, not only did students who received the mindset intervention do better than those who did not, the difference in scores was larger than it had been with the practice test. Implying that the effect had grown stronger over time.

I know this sounds too good to be true, I thought the same thing when I first learned about mindset interventions, but that study is one of hundreds of studies that have shown the uncanny power of mindset, and that have shown they can easily be changed.

In a 1998 study, 30,000 American adults were asked how much stress they experienced the past year and whether they believed stress was harmful. Those who had a high amount of stress over the past year and believed that stress

was harmful had a 43% higher of dying than those who didn't believe stress was harmful. Even more shockingly, those who had high levels of stress, but believed stress was not harmful were less likely to die over the next eight years than those who had relatively low levels of stress, but believed that stress was harmful. In short, your mindset about stress affects the physical impact that stress has on you, to the point where it significantly affects your chance of dying over the next eight years.

In another study, researcher Alia Crum found that simply being told that housework is a good form of exercise reduced maids' body fat percentage and blood pressure significantly compared to maids that were not told this.

This is just scratching the surface of mindset research, but what it's found is that meaningful, lasting change can be facilitated through a simple mindset intervention that takes as few as five minutes to complete. Psychologists have found, time and time again, that our real-world outcomes are determined by unconscious mindsets, beliefs that in many cases we aren't even aware we have.

Most people have mindsets that cause them to act in unconfident and often neurotic ways. You're not afraid to approach a girl because you didn't do a power pose to boost your confidence, you're afraid to approach a girl because of beliefs you have about yourself that feel real because you've had them for years.

Change your belief systems, and the rest will take care of itself over time. This doesn't mean change is easy, it takes a lot of honest self-reflection and requires you to develop an ability to question your most deeply rooted assumptions about yourself.

The Three Pillars of Life Satisfaction

Avery · 10 January 2016 · Archived copy · Original

As a human, you are host to a problem-solving supercomputer. In fact, when you're not daydreaming about having an affair with a celebrity or reaching max-level in your favorite pay-to-win smartphone game; you're probably thinking about your day-to-day real life problems.

Why?

To solve them, of course.

You might think about how you would feel better if you got in shape. Or you might think, "If I quit my job and stop working for that asshat, things will get better." Your brain has a fantastic ability to imagine future scenarios and to think up schemes intended to improve your life.

But there's a small problem…

We think we know what makes us feel good, both short-term and long term (i.e. sex/a good job). Surprisingly, though, psychologists have found that we are essentially clueless about what makes us happy. We are more or less emotionally blind to ourselves. Not only that, we're blind to our emotional blindness.

We feel like we know what will make us happy and what will stress us out, but have you ever questioned this assumption?

Have you considered that the problems we spend hours thinking about each day might lead us on fruitless Don Quixote-esque pursuits? Maybe we're chasing ghosts. Maybe we're chasing the dragon.

All of your mind's self-improvement schemes might be helpful, but what if the thing that's really damaging your well-being is something you're not even aware of?

We all have blindspots, no one is perfectly self-aware, but what if you're blind to the thing in your life that is having the largest negative impact on your well-being?

Take me, for example…

I've always devalued money, I've thought of it as a nasty thing and I wanted nothing to do with it. I spent my money carelessly and put little thought into improving my financial situation. I didn't think about money, I didn't worry about money. I told myself I had other more important and 'elevated concerns', yet despite my blindness to its importance, money still mattered. Despite my blindness to money, my lack of an income was still causing me stress. Despite my blindness to it, money was still a 1000-pound gorilla on my back.

My relationship with money was causing me constant stress, but I wasn't consciously aware my relationship with money was problematic- I was blind to my blindness. Unfortunately, it's easy to be unaware of the real causes of your stress and to spend energy on smaller problems. There's a good chance you're doing this as well, but of course, you don't know this.

Is there a solution?

Yes, you must take a step back from the voice in your head and look at more objective measures for your happiness.
The Three Pillars

There are three pillars of life satisfaction. If you aren't satisfying one of these needs adequately, it can cause suffocating levels of psychological stress.

Take a moment to evaluate yourself on these three pillars, because no matter how much you improve the other areas of your life, if one of these pillars isn't up to par with the others, you must focus on improving that area to

significantly improve your well-being.

Look at it this way, imagine you want to compete in a triathlon, your running ability is amazing, you'd rate yourself a 9/10. Your cycling is also very good, you'd rate yourself an 8/10.

But…

Your swimming is terrible, you barely ever swim, and have never developed the skill, you'd rate yourself a 2/10.

How would you train for the triathlon? Spending time on running or cycling wouldn't be of much value to you until you got your swimming up to par. You could train to be the best runner in the world, but you still wouldn't win if you didn't improve your swimming ability.

It's easy to fall into this same situation in real life, and not even be aware of it.

Take a moment to measure your performance in the three pillars of life-satisfaction and you may find that you've had a huge blindspot that's been limiting your well-being.

Monetary Wealth

Research has found that money does correlate with happiness, up to about the 75,000 dollar a year mark (which so happens to be the amount of money necessary to take care of your basic needs), past that, money has almost no effect on your emotional well-being.

Money is always going to be a source of stress, but if you make less than the amount necessary to take care of your basic needs, it can be debilitating.

But just making $75,000/year isn't enough, if you make your money from a career that feels meaningless, you've got a better problem, but still a substantial one. Working a corporate job for a company you're ambivalent towards and for a boss you hate is a steady drain on your psyche. It's not so immediately painful as making too little money, but if you don't feel like you're accomplishing something meaningful with your time, your life won't feel very satisfying.

Fortunately, if you need to change your career, time you spend towards finding something better will be enjoyable, you will be focused and determined. Once you accept that this area of your life isn't being properly managed, and you hone in on the value you want to strive for, your efforts towards solving the problem will be stress-relieving; because that stress you felt existed because your previous career didn't satisfy your most important psychological needs.

Relationships

Relationships are, of course, the most important area of most people's lives, they're also one of the biggest sources of stress and frustration. Human relationships always have and always will involve a certain level of compromise, your values will never perfectly align with someone else's.

When a relationship is toxic and destructive, it can poison the rest of your life, whether it be a close friendship, a family member, or a lover, if your thoughts often turn to how someone is frustrating you, you must address this.

In some cases, the only solution is to extricate yourself from the toxic relationship, if your girlfriend cheated on you, and you resent them for it, staying in that relationship might be easier than being alone and having to find someone else. But it also might be the only option that can lead to your long-term well-being.

I've literally 'broken up' with friends before, this might seem extreme, but if you and someone you know are having a consistently negative impact on each other, it's worth ending that relationship for both of your sakes. Remember, you are the average of the 5 people you're around the most.

In other cases, your relationships are not so toxic that they are dragging your life down, but you may have trouble expressing yourself and asserting yourself in a healthy way. We live in a generation where we are trained to be people-pleasers, unfortunately, people pleasers sacrifice their own well-being for the sake of 'niceness', if this is

you, you must learn to disagree with other people, and to be okay with being vulnerable by being genuine.

If you're having trouble relating with people in a healthy (and mostly positive), way, it doesn't matter how much money you have, you can't expect to feel truly content and fulfilled.

Physical Health

We take our health for granted until we lose it. If your physical health is not up to par with the other areas of your life, prioritize it. Of course, the most common health problem in America is weight control.

For most people, being overweight is a huge blow to their self-esteem. When you're overweight you may not feel like you're in control of yourself, and you can easily feel inferior and judged. You could tell yourself that you shouldn't feel this way, but this is more likely to bring attention to the issue than fix it (I am happy with my body, I am happy with my body, I am happy with my body… fuck)

Being fat sucks, and it's frustrating, and you're probably not okay with it. The only way to properly address it is to get in shape, we all have a million excuses, but this can be a constant source of stress until you die, or it can be transformed into a source of pride because you overcame it.

If you prefer to be fat, or it doesn't bother you at all, it's still a health issue, and the major health issues being overweight can cause are also huge sources of distress.

If you're overweight and you're not happy, don't expect a trip to the Bahamas or a promotion to make you feel better, body image is such an integral part of our self-esteem that it can't be ignored (by the way I'm not saying that it should be this way, just that it is).

Find Your Blindspots

Those are the three most important areas of your life that can suck. If any of them do suck, you can't expect to feel good about yourself until you make them better. The human brain doesn't do a good job at sorting out issues and stressors by their importance, whatever issue you focus on will feel like the most important thing you can do, whether it be getting to a higher rank in league of legends or getting a raise (even if you already make 6 figures).

Make sure you don't have a blindspot that's getting in the way of your well-being. Measure where you're at in each of the three pillars areas, and find the weakest link. That's your main source of stress. That's what's getting in the way of your well-being, more than anything else.

Psychologists have found that the best route to improving your well-being isn't to improve your life by adding more good things, but to take away things that are negatively impacting us. This is because we have an inherent negativity bias, and this bias makes it so that negative emotions are weighed about 3 times as heavily as positive emotions by your brain.

Getting more money when you already have enough won't make you much happier, trying to gain 20 pounds of muscle when you're already in above-average shape won't make you much happier. But if you're in poverty, money is a source of stress, so getting out of poverty will have a big impact on your well-being. If you're obese, that obesity causes a lot of stress, so losing weight until you're in the healthy range, will improve your well-being.

Rate yourself on the three pillars write down what goal you would need to meet to reach a point where that area of your life isn't holding you back from well-being. Focus on that, and as you make progress notice how your life satisfaction improves, notice how your stress levels decrease.

The first step to high life-satisfaction is to be aware of the problem, and it's shocking how easy it is for us to be blind to what's really holding us back. When we can take a step back, and humbly evaluate ourselves, we can get a more objective, third-person view of what's affecting us, and then the path towards an even better life becomes clear.

[image]

I've written an ebook, The Art and Science of Goal Completion. In it you will find easy-to-use, scientifically proven

steps to successfull accomplish any goal you may have.
Click Me! to receive a 100% free copy right now

How Do You Stumble On Happiness?

Avery · 14 February 2016 · Archived copy · Original

Every philosopher, prophet, and cult-leader has published a book about happiness. At this point there are literally thousands of these books, many of which promise to act as a cure-all for your woes through some spiritual insight or new scientific breakthrough (for example, 'the scientific' strategy of tapping your face with your index and middle finger to gain happiness from the emotional freedom technique). Daniel Gilbert's entry for the suspiciously flourishing happiness genre (it's odd that there are so many books that reveal 'the secret' of happiness), does the opposite.

[image]

Stumbling on Happiness won't teach you five simple steps to become happy, it won't show you how to materialize a yacht using the law of attraction, and it won't tell you that understanding an ancient alien civilization can lead to your future well-being (unlike Scientology)[1]

[image]

Stumbling on Happiness' existence is an insult to most books about happiness. Instead of helping you seek happiness, Daniel Gilbert illuminates the reasons our attempts at earning happiness tend not to end in success. In fact, he suggests that our ability to predict what will make ourselves happy in the future is questionable at best. As a result, all those happiness books might be resting on a faulty premise.

[image]

Daniel Gilbert asks us to doubt deeply entrenched assumptions about happiness, and he backs up his extreme claims with well-designed scientific studies. In this article, I'm going to show you that our future happiness isn't what we think it is.

Daniel Gilbert compares our attitude towards our future happiness with our attitude towards our children. We spend countless hours and dollars building what we hope will be a good future for our children. We treat our future selves similarly, spending most of the hours of most of our days constructing a tomorrow that we hope will make them happy, Gilbert writes, "Just about any time we want something-a promotion, a marriage, an automobile, a cheeseburger- we are expecting that if we get it, then the person who has our fingerprints a second, minute, day, or decade from now will enjoy the world they inherit from us, honoring our sacrifices as they reap the harvest of our shrewd investment decisions and dietary forbearance." Yet, years later our future selves often resent our hard work more than they appreciate it, "We toil and sweat to give them just what they think they will like, and they quit their jobs, grow their hair, move to or from San Francisco, and wonder how we could ever have been stupid enough to think they'd like *that.*"- *Stumbling on Happiness.*

[image]

We feel like we know what will make us happy, we have an idea of the X that marks the spot for our future well-being, but oftentimes in our quest for happiness, instead of treasure, we find fool's gold.

We have distorted opinions about how future events will affect our happiness. In *Stumbling On Happiness,* Daniel Gilbert mentions a study whose participants were students at the University of Virginia. They were asked to imagine how happy they would be several days after their team won or lost a game of football. The students claimed the game would have a notable impact on their well-being even several days after the victory or defeat. But they were wrong, it didn't.

Yes, you might be ecstatic when your team wins a football game, but that ecstasy will vanish when you wake up with a hangover the next morning. If your team loses, you might be right to think this will be upsetting, but after the

loss you might go to the local pub, and five drinks in, the feeling of loss will fade away.

[image]

A football win might feel good, and a loss might feel bad, but when we imagine the future our mind has an extremely limited perspective. You can't simultaneously imagine all the many other life-events that are going to happen in those three days, events that are going to have an impact on your emotions.

We are not only inaccurate at predicting our emotional reactions to small events, but to major life events too. When we imagine how winning the lottery will make us feel, we tend to think it will have a long-term positive impact on our well-being. When we lose a family member, we imagine we will never feel good again. But in both cases, we are wrong. Research has found that even life-changing events don't permanently affect our well-being, after some months pass by, research has shown that we consistently bounce back to the same happiness level we were at before the event.

Zen and The Art of Picking Up Chicks

Avery · 14 February 2016 · Archived copy · Original

It's very easy to make dating advice look stupid. Its most famous figure seems like more of a cartoon than a master of seduction; he introduces himself as Mystery, wears Harry-potter quidditch goggles, a Lincoln top-hat, and asks women what they think of his painted nails (before making them jump through his compliance loops and negging them to lower their relative value).

[image]

Totally natural, probably didn't even know he was having his photo taken

But Mystery isn't the pickup industry's only oddball. Ross Jeffries created Speed Seduction which teaches you how to hypnotize women to become sexually attracted to you (this could make for a great how I met your mother story, "Well kids, I used a hypnotic pattern to make her feel submissive towards me…) More recently, the Real Social Dynamics instructor Jeff Allen (known on Okcupid as Captain Derp) got into a minor media scandal for pulling his (apparently small) dick out in his painted 'rape' van.



Not to be outdone, his coworker, Julien Blanc earned the title 'most hated man in the world' and was banned from multiple countries including England and Australia. Why? He gave a speech in which he said picking up girls in Japan is easy, and that you can get away with anything, he suggested that you could grab women by the throat or even better, pull their heads towards your crotch while yelling, "Pikachu!" And he recorded footage of himself

doing just that (in his defense, this was all a desperate plea for attention in the form of shock humor, not genuine advice).

The pickup artistry's list of colorful characters is long, Dapper Laughs aired a television show that ironically made fun of misogyny, but was caught up in a scandal with the U.K. after a rape joke of his was poorly received.

From the outside looking in, the pickup community looks like a breeding ground for misogyny, douchebaggery, and a dose of asshattedness. To anyone who's never heard of pickup, men involved in the community look like immature adults who never grew up and developed real values or any respect for the fairer sex. It would be easy to think that they were probably hurt by some hottie high school, and have become obsessed with accruing one-night-stands to prove to themselves as worthy. It would seem that Julien Blanc, Mystery, and Dapper Laughs are teaching men how to manipulate and take advantage of innocent women for their own petty desires.

The Surprising Truth

From the inside, it's a very different picture. There are some 'sharks' in the pickup community, guys with a classic case of Don Juanism (a compulsive desire to collect notches on their belt). But a recent trend towards self-improvement reveals what pickup is really about at its core. It's a path towards self-acceptance, personal growth, and psychological freedom. The most popular pickup instructors today are teaching pickup as a pathway towards self-empowerment.

It may seem odd that pursuing a goal that is ultimately just pumping some white, viscous fluid into a woman's body might be representative of psychological growth, but that's what the community is focused on at this point.

And although it's odd that modern pickup instructors give speeches about meditation, eastern philosophy, and the law of attraction, there is something valuable to take from this new era of dating advice.

As exciting as the idea of notches on your belt may be, and as fun as it may be to brag to your friends that you just banged an hb9, it's valuable to ask yourself what your deepest motivation is to go on this (easily-parodied) journey towards self-improvement.

Ultimately, the purpose for pursuing pickup is the same as any self-improvement journey whether it be sought through the means of money, fitness, or fame.

Fuck Bitches, Acquire Deep Inner Fulfillment



We pursue these paths to feel better. Specifically, to feel better about ourselves. And although busting a nut into a hot girl will make you feel better about yourself for a few hours, it's facing your fears and overcoming your insecurities that provides you with the true reward.

Men who are intrigued by the dating advice industry (almost) always have insecurities towards the opposite sex, it's the reason the community is so appealing. If you were totally secure and confident in your interactions with women,

it would be unlikely that the dating advice community would interest you, because men who are confident with the opposite sex have no trouble hooking up with women.

These insecurities are the source for some of our deepest emotional pain. Being unable to connect with women not only feels disempowering, but emasculating. Feeling sexually unviable (whether you think it's due to your physical attractiveness or your lack of confidence) is incredibly painful. It's a feeling that we are willing to do anything to overcome.

Sure, pickup is about having sex with women and forming relationships, but beneath that, it's about freeing yourself from a type of mental imprisonment, freeing yourself from feeling helpless because you're too afraid to ask your crush on a date or to lean in for a kiss. Freeing yourself from a fear of rejection that seems like it is controlling your life, and sabotaging your actions. Pickup is about letting go of a tremendous source of pain that has been building up from years of internal struggle.

Yes, if you follow the blueprint for success Master the Game lays out for you, you will get laid, but the real reward is overcoming your insecurities, feeling free from that petrified and cowardly voice in your head that prevents you from taking risks or being vulnerable with women. Nothing is more empowering than transforming from someone who spends his days fantasizing about the adventures and relationships he could have into someone who actually takes the actions necessary to bring his fantasies into reality.

Relationships and sex are fun, but if you focus too narrowly on that aspect of your journey, your motivation will wane over time, because sex isn't going to make you feel good about yourself. You will feel good about yourself when you stop needing sex and emotional validation from women. And approaching women and facing rejection head on again and again is the most powerful and thrilling way to become someone who doesn't rely on others' approval for their own happiness.

If you focus on that as your goal, you will not only become more attractive to women and more capable at building sexual relationships with them. But your relationships won't be focused on emotional validation, but on human connection, which is more enjoyable on every level.

But, if you focus on collecting notches on your belt, you will come to the realization that you still feel empty and unworthy on some deep level, you'll realize pickup isn't working. I've done this, and I've seen a lot of other guys do the same. Dating advice can easily become a bandaid for what is a gaping wound. But pickup can also be something far more empowering when you see it a process of letting go of your self-image, as a process of killing parts of your identity that aren't serving you. Then, and only then, pickup becomes a path towards self-transcendence, a way to free yourself from the emotional treadmill that life can so easily become.

Psychologists Find The Difference Between Effective and Ineffective Goals

Avery · 14 May 2016 · Archived copy · Original

Are goals a magic pill? A famous, frequently cited study found that the 3% of Harvard students who wrote down their life goals would go on to make 10 times as much money as the other 97% of students who didn't write down their goals.

Sound too good to be true? You're right, that study is just a frequently cited urban legend, it never really happened.1 But even though that study is an exaggeration, you probably still think that goals help people succeed. Yet, in reality, goals are only useful if you are aware of an important, and rarely talked about nuance. Without this knowledge, goal setting will prepare you for stress instead of happiness, and for failure instead of success.

In psychology, there is an important distinction made between want-to and have-to motivation (sometimes referred to as autonomous and controlled motivation). The often-subtle differences between these two motivational fuels is to blame for the failure of many self-improvement endeavors2.

Have-to motivation is the fuel that persuades millions of Americans to wake up early in the morning to get ready for their 9-5. It is the force at work whenever you feel an obligation to do something, whether it be homework, housework, or a blind-date set up by your parents. Have-to motivation causes stress, but we put up with it because, well, we have to.

Want-to motivation on the other hand, is the fuel that leads us to take actions that are inherently enjoyable. Want-to motivation gets us to eat ice-cream, play Mario Kart, and watch Virtual Reality porn. Want-to motivation pulls you towards a behavior, whereas have-to motivation aggressively pushes you into a behavior.

Have-to motivation is effective when the stakes are high (for example, you have to work to avoid homelessness). For personal goals, however, have-to motivation often does more harm than good3. Unfortunately, we often unintentionally use have-to motivation to accomplish personal goals.

Your brain was designed by evolution to conserve energy whenever possible,4 therefore any attempt to change your behavior is going to cause a small degree of stress. This stress is made far worse by the way we approach goal setting. We set goals that are exciting: to create a business, to have six-pack abs, or to publish a poem about the flying spaghetti monster. To reach these lofty goals, we commit to a specific daily routine, for example, to get six-pack abs you might commit to an hour of cardio each day.

An hour of cardio is a lot. And that's a problem. Acclaimed psychologist Roy Baumeister succinctly explains why in his book, Willpower, "One of the most common reasons for the self-control problem is overconfidence in willpower." We set goals that we know are difficult, but we trust ourselves to push through the challenge, and to later emerge a changed person.

When you set a specific target for your daily routine, say, an hour a day, you have to meet that goal to succeed. You've effectively turned your self-improvement goal into a stressful have-to goal.

We give up on goals because they are too stressful, even though we aren't likely to admit that to ourselves, because, as Harvard psychologist Daniel Gilbert writes, "Research suggests that people are typically unaware of the reasons why they are doing what they are doing, but when asked for a reason, they readily supply one." When we quit a goal, we tell ourselves it's because the goal, "Isn't a priority right now," or, "I don't have time for this anymore." Because we make these rationalizations, we keep making the same mistakes each time we set a new goal. Fortunately, the real reason we fail to complete goals is something we can easily control when we are aware of it.

In short, we set daily goals that are too ambitious, and thus they become stressful have to-goals. Then, we eventually

succumb to the distress the have-to goal is causing, and without knowing the real reason why, we give up on the goal.

The solution is frustratingly simple. To break this pattern, choose a long-term goal, like getting six-pack abs. Then, like usual, determine the daily activity that will lead you to accomplish that goal (say, cardio). But don't require yourself to do any specific amount of exercise per day, you don't have to work out for an hour, you simply have to work out. If you do a hundred laps around your neighborhood, great. If after fifty feet, you don't want to run anymore, great. You engage in the goal-directed activity until it starts to feel psychologically stressful. Then you stop.

Although you are still creating an obligation, the scale of the obligation is much smaller, and therefore much less stressful (getting off your ass is less stressful than getting off your ass and then running for an hour). I understand that this might sound too simple, and it likely sounds like it would also hold you back. If you only do the amount of work you want to, how are you going to make real progress?

lazy-treadmill

I've had the same thoughts, but interestingly, not setting a specific daily goal leads to more progress. When you don't feel like you have to do something, you're going to push yourself harder because you're engaging in the routine for its own enjoyment. When you feel like you have to do it, you will drain your willpower5, and will eventually give up on your pursuit.6

I have made the mistake of setting goals that relied on have-to motivation countless times. Each time, I ended up humbling myself. By making the simple shift I've outlined in this article, not only will you accomplish far more, but you will enjoy the time you spend pursuing your goals considerably more as well.

[image]

I've written an ebook, The Art and Science of Goal Completion. In it you will find easy-to-use, scientifically proven steps to successfull accomplish any goal you may have.
Click Me! to receive a 100% free copy right now

The Inception Effect (The Secret to Lasting Self-Improvement)

Avery · 14 August 2016 · Archived copy · Original

I was desperate, insecure, and willing to do anything to change my life in my teen years. Additionally, my income was completely disposable, so dropping a few hundred dollars for a video course once every few months wasn't problematic. In other words, I was the perfect self-help prospect.

I genuinely believed that I sucked (at life), but that I could change that with enough time, effort, and learning. Years later, after consuming dozens of self-help and psychology books and hundreds of hours of videos, I've been able to make the changes to my behavior and thinking that I wanted to. But, the changes didn't come the way I expected them to. There wasn't some magic-pill exercise or practical tip that helped me make a radical shift.

Honestly, I've been making this crucial mistake with my own content, I've focused on practical advice, especially exercises. But if I look back to how the self-help and psychological content I've consumed helped me improve, it wasn't exercises or tactics that catalyzed long-term change.

What really helped me make the changes I wanted to make were ideas that challenged my assumptions and opened my mind to the possibility of living by improved values and with a more effective mindset. A great self-improvement or psychology book will alter the lens through which you see the world, and as a result, you will start making better decisions. This is how self-help content can really change us, not through the techniques and exercises that we rarely, if ever, make into daily habits, but through introducing us to new modes of thinking. When our thinking changes, our emotions follow suit (sometimes subtly), and when our emotions change our behavior changes naturally, without conscious effort.

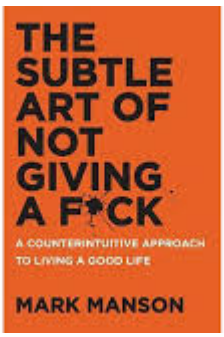
A great book plants new ideas in your mind like seeds. These ideas take root in your mind like an inception, and the idea grows over time, leading you to make better choices in your day-to-day life without conscious awareness or effort.

It's not like one day you have a conversation with someone and you notice that you were more empathetic to their perspective than usual, and you tell yourself, "You know what, today I really embodied the concept from *The Seven Habits of Highly Effective People* to seek first to understand, then to be understood. Really glad I bought that book, it's changing my behavior!" Even if sometimes you do notice how the ideas in a book are impacting your behavior, most of this happens totally outside of conscious awareness.

When asked how to become more motivated and make positive change in your life, Neuroscientist Moran Cerf said the best strategy is to surround yourself with people who are already doing what you want to do. He then said that the best way to accomplish this is usually by reading high-quality books and watching videos of these people because we are sponges for the world around us. What you let in is what you put out. Make sure to let in the best ideas you possibly can.

Here are three of the self-help books that have most dramatically shifted my own perspective:

*The Subtle Art of Not Giving a F*ck* by Mark Manson:



This book is everything that most self-help books aren't, it's extremely entertaining and written with a humorous and impactful voice. Perhaps even more importantly, the book is about harsh truths (hence the chapter titled *The Misadventures of Disappointment Panda*), questioning your deepest values, and a counterintuitive definition of happiness.

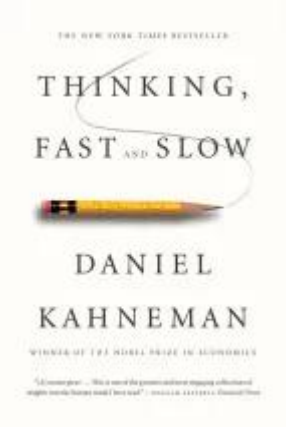
Reading this book will show you the incredible power of the values that you choose and it will make you see life's problems in a totally new light.

The biggest flaw of The Subtle Art is that it mentions a decent amount of scientific research but doesn't provide references. However, this flaw would only ruin the book for the most diehard scientific reader as it's more a philosophy book than a psychological trade book.

If you've found most self-help wanting, do yourself a favor and buy Mark Manson's book.

Amazon Link: *The Subtle Art of Not Giving A Fuck*

Thinking, Fast and Slow by Daniel Kahneman:



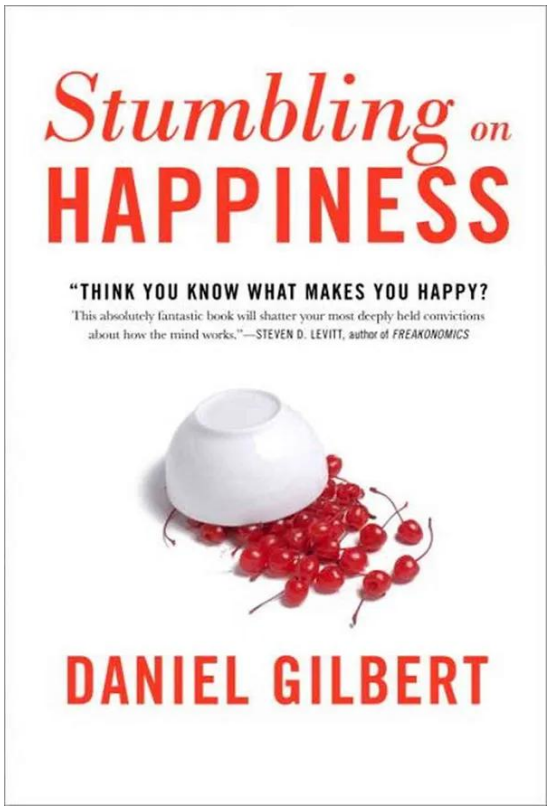
Written by a Nobel Prize winning economist, most of the chapters here are brutal mindfucks. If you read this book with an open mind, by the end you will not only question your thinking, but your ability to think logically. You will be shown (not just told) time and time again that your brain is subject to cognitive biases that effect how you see the world and how you make decisions in ways that are often not to your benefit.

And that's a good thing, because the best way to get better at thinking is to learn about those cognitive biases, you can't learn from mistakes that you don't know you're making. As the book reminds us, what you see is all there is, and Thinking, Fast and Slow will allow you to see how the brain works in new and fascinating ways.

The book uses exceptionally well-done research and covers a variety of fascinating topics. The writing isn't particularly enthralling (but by no means bad), it's fairly matter-of-fact- but the ideas the writing conveys will capture your imagination and make you ask questions you never thought you would ask.

Amazon Link: *Thinking, Fast and Slow*

Stumbling on Happiness Daniel Gilbert:



Written by Harvard Psychologist Daniel Gilbert, Stumbling on Happiness sets itself apart from the many other books on happiness in drastic fashion. This book isn't about how to get more happiness, it's about questioning your ability to create happiness in your future. In it, Daniel Gilbert mentions that we treat ourselves like our children. We spend our efforts today to create a better tomorrow for our future selves. But maybe it isn't the best strategy, Daniel Gillbert writes, "Like the fruits of our loins, our temporal progeny are often thankless. We toil and sweat to give them just what they think they will like, and they quit their jobs, grow their hair, move to or from San Francisco, and wonder how we could ever have been stupid enough to think they'd like *that*. We fail to achieve the accolated and rewards that we consider crucial to their well-being, and they end up thanking God that things didn't work out according to our shortsighted, misguided plan. They will inevitably whine to their therapists about how our best just wasn't good enough for them."

Reading stumbling happiness will not only make you question what happiness is, but whether your efforts towards getting it have any hope of working. With these doubts, you might find that happiness is something that you don't earn, it's something you stumble on.

Amazon Link: *Stumbling on Happiness*

Conclusion

Of the many self-help and psychology books I've read, the above have had a particularly profound impact on my thinking and my view of the world. Read these books, read other great books, it's the single most powerful habit you can build to change. Read books that challenge you to expand your world view to change your thinking, and therefore, change how you feel and how you behave. This isn't to say books focused on practical advice are bad, but seriously, when's the last time you did an exercise form a book for more than a week? (If you can think of an example of a helpful exercise you've made into a habit, comment about it below)

Let books like those I mentioned get under your skin. Who I am today compared to who I was a year ago is

monumentally different, not because of the practical advice I read, but because of the books I read that challenged my thinking.

Click Me! to receive a free copy of the eBook *The Art and Science of Goal Completion* right now.

How To Fail Spectacularly At Anything (Step-by-step Guide)

Avery · 10 December 2016 · Archived copy · Original

Failure is a skill that takes years to develop. Fortunately, I spent the first 19 years of my life (well over 10,000 hours) mastering that skill. I thought I'd take a moment to share what I've learned, because, for some reason, even though countless people have written about how to succeed, no one's taken the time to lay out a blueprint for failure.

Avoid Negative Feedback

Negative feedback sucks. I once approached a girl and she said, "Look, I'm sorry, but you have the body of a twelve-year-old and a woman will never love you. GO away." Yeah, that hurt.

Negative feedback hurts your ego, and you want to protect your ego at all costs. Don't do anything that risks negative feedback. For example, if you're a guy and you want to get a date, when you go to a bar, wait for girls to come to you, if you approach women, most of them will reject you, and this is quite painful.

If you want to be an artist of some kind, like a writer, wait until several people tell you that you're a bonafide genius and that you need to get your work published immediately. Until this happens, you'd be taking a huge risk to share your work, and you're best off keeping your art entirely to yourself.

If you can't avoid negative feedback, make sure to take it personally. If you see it as constructive criticism, then you have to take responsibility, and that might mean you will have to change your behavior. Change is hard, and should be avoided at all costs.

Blame others

If you get bad grades, it's because your teacher is an asshole or because you're just not cut out for school. If you're poor, it's because of the bad economy or job market. If you don't have a girlfriend, it's because the women in your town are too stuck-up.
This mindset is very helpful, it allows you to stave off all self-criticism, by blaming everyone else, your problems are never your fault. If you thought that your life sucked because of your own thinking and decisions, your life would be full of challenges that you shouldn't have to deal with. Forget that, if you want to successfully fail, always blame everyone but yourself.

Take Things Personally

You're at the center of it all. Make sure to remember that. It's useful to think that people are constantly thinking about you and judging you, this will help you to keep your guard up. If you don't think everything is about you, how will you create exciting drama in your life? You won't!

Keep the drama going, if your boss is upset, obsess over the possible reasons they're mad at you (and make sure to fantasize about getting fired: this will keep you on your toes). When I was 16, a crush of mine told me that I was barely even a man. I made sure to take this super personally, I imagined myself dying alone with a tombstone that said, "Here lies Avery, he had the body of a twelve-year old, a woman never loved him, and he died alone." I took that comment so personally that I carved out my identity based on it for years! This was extremely helpful.

Think in black and white

People like to say that truth is relative. But it's a lot of work to see the world that way. Thinking of nuance, subtlety, perspective… it's a huge chore. Do this instead: If someone has a different opinion from you, don't try to understand their point of view, righteously tell them all the reasons you know that they're wrong. Not only is it easier, but it feels good! Feeling like you know the objective truth about an issue allows you to avoid the hard work of questioning your assumptions.

Doubting yourself creates internal friction, and this is stressful! If people don't agree with you, get rid of them. Make sure your social-circle and media influences are a verifiable vacuum chamber. The human mind has a bias towards confirming previously held beliefs, fighting against your biases is a real struggle, I recommend you avoid this at all costs.

Life is Serious

If you take nothing else from this article, know this: Life is a serious ordeal, and no one gets out alive. Even the Buddha understood this, that's why he said, "Life is suffering." The best way to deal with this is to complain constantly.

Complaining is helpful because it lets you focus on your problems rather than what's going well, and the more you do this, the better. Every time you complain, you remind yourself that life is difficult, plus, the mind works in a really cool way, the more you think about something, the more you believe it. So, the more you complain, the more difficult life actually becomes! Also, don't just complain to others, complain to yourself all the time. Do this enough and your results are guaranteed.

Abuse Escapism

In the modern world, we have an unlimited supply of distractions that can help us escape ourselves. Don't just use these occasionally, addict yourself to these stimuli. See, the internet, video games, chocolate, gambling, etc., are all excellent sources of the neurochemical called dopamine. Dopamine gives you a temporary sense of release from your real-life stress, and what's great is that it's extremely addictive. It's very easy to become dependent on dopamine release!

Whenever you're feeling tired, stressed, or frustrated, let out those frustrations with hours of distraction. TV was my favorite escape, in my teens I watched several hours of tv a day, I even re-watched every episode of How I Met Your Mother at least ten times.

And it really worked, as I watched television, I was able to sweep my problems under the rug. While I was staring at

the screens my bad grades and lackluster social life were easy to forget!

But remember, the trick is to addict yourself to the stimulus, whenever you feel stressed, don't deal with the root issue, use your preferred coping mechanism. Eventually, because of the miracle of dopamine, you will get a strong desire to use this coping mechanism all the time. You might even spend most of your waking hours with it!

In Conclusion

If you do some of these well, I can absolutely guarantee your results. Again, I have years of experience at failing spectacularly, and I'm not just boasting here. But don't take my word for it, try these techniques yourself and see what happens.

How To Conquer Social Anxiety

Avery · 20 March 2017 · Archived copy · Original

[image]

Think you've tried everything?

Does it feel like you're going to be stuck with social anxiety forever?

I know I felt that way, medications didn't work, therapy didn't work, the books didn't work.

I was a nineteen year old who was so socially anxious I had never even kissed a girl…

And sometimes I just wanted to give up… and accept my fate as a lonely loser.

Until one day, I had a realization…

And that realization led me on a transformational journey in which I overcame my social fears.

This book will give you the step-by-step blueprint that transformed me from incredibly anxious to highly confident.

A blueprint that can be copy/paste applied to your own life, with the same results.

I'm not offering a magic pill, you will have to overcome challenges, but I promise you, the results are well worth it.

I have to ask you just one question…

Are you ready to do what it takes to conquer your social anxiety?

If the answer is yes, click the link right here: How to Conquer Social Anxiety

How To Be More Charming

Avery · 23 March 2017 · Archived copy · Original

It's a problem.

Dating advice neglects one of the most attractive qualities a man can have. Charm. Charm goes against so many of the values pickup artists teach, because charm is a quality of agreeableness and even niceness.

Being challenging and creating sexual tension can work, but there's an easier and more effective way to win women over. Learn to charm her, to make her feel good about herself. Women don't care how cool you are, or how cocky your comedy is, they care about how you make them feel; and that's exactly what a charmer focuses on.

Being charming isn't exactly the same as being nice, charm goes further, charm is about more than just niceness, it's about validation. And when combined with enough confidence, charm will make your personality addictive like a drug.

To be charming is to make people feel better about themselves for having met you. A woman who had dinner with the English politicians Benjamin Disraeli and William Gladstone captured the essence of charm when she said, "When I left the dining room after sitting next to Gladstone, I thought he was the cleverest man in England. But when I sat next to Disraeli I left feeling that I was the cleverest woman."

We all have a divide between who we are and who we want to be, to be charmed is to be made to feel that you already are who you want to be. What could be more powerful than that?

The Power of Listening



We all make this mistake. And it kills any chance you have at being charming. You're having a conversation with someone, they're droning on about themselves, and you start thinking about what you're going to say next. This is because you've lost interest in what they have to say and you're turning your attention to something more compelling, yourself.

We all do it, and it's completely natural to do this. But the rare person who turns this dynamic on its head will have a magnetic effect on everyone they interact with because it's so rare to feel like someone actually cares about what you have to say.

It's hard to market good listening, you're never going to see a video product that teaches you how to 'make her drip with desire using your listening skills', but listening is one of the most powerful tools there is.

Bill Clinton's a great example, he's known for being extremely charismatic, and although he is a good public speaker, what people noticed most about him was how he gave them his undivided attention. Simply giving a woman your undivided attention and being genuinely interested in what she has to say will make you stand out from most other guys who are trying to show her how cool they are. Instead, make her feel like she's interesting, show her that what she has to say matters to you, and she will be charmed.

What goes into good listening? First, make a point to make strong eye contact while someone else is talking, don't look at your phone, don't look at the surrounding area, make eye contact, this helps you to focus your attention on the other person and prevents your attention from flitting from thought to thought.

Second, develop patience. Our natural tendency is to think of the next thing we're going to say while someone else is talking, we use their jabbering as an opportunity to set up our next interesting comment. If you kept track of how often you interrupt a person between sentences even though they're not really done talking, you'd probably be surprised. Instead, make a habit of intentionally pausing for a moment before you speak. This forces you to develop patience, to learn to take your foot off the gas and take a moment to absorb what your conversational partner has to say. It will also make the women you interact with feel listened to, because they can tell you're not just waiting for your turn to speak, you're actually listening.

In conversation, take the mindset that you don't matter, your whole goal in the conversation is to make the person you're talking to feel good. When she finishes speaking, ask follow up questions, if you can't think of anything, you can always use the classic, "Tell me more." Don't relate what they're saying back to you, keep the focus of the conversation on what it means about them and their life.

Effective Validation

[image]

She already knows she's beautiful, tell her something she doesn't hear every five minutes.

Charm is more than listening skills though, it also means giving people the feedback they want to hear but haven't been given. Tell a model-looking girl that she's stunningly beautiful and she will be flattered, but tell her that you admire her intelligence or creativity, and that you want to know more of her ideas, and she will be charmed.

Validate women on what they aren't confident about. Imagine how you would feel if a woman told you (in a non-sarcastic tone), "Wow, you have a really attractive personality, you have this animal magnetism. I bet you have to fight the girls off! How could possibly be single? You're probably the most attractive guy in this whole club!"

Even if she wasn't particularly attractive, you would feel amazing after hearing this feedback, and even though you might not want to sleep with her, you'd be a lot more likely to want to keep her around.

A very charming way to compliment a beautiful woman is to say something like, “You’re kinda funny looking, I bet you don’t get hit on a lot, but I bet when guys start to talk to you, they become really interested in you, and probably end up asking you out because you have such an intriguing personality.” (To be clear, if you say this to a woman who isn’t confident in her physical attractiveness, it won’t have the effect you want it to.) But if she is, she is being complimented on what she really cares about, who she is as a person, not what she looks like.

Imagine being a beautiful woman and every one seeing you as having value for something that was largely a genetic lottery, something you didn’t choose. It would feel somewhat dehumanizing at times, and you would put a lot of effort into showing the world that you have value to offer beyond your physical beauty.

Unfortunately, most men would focus on and give attention to you just for you beauty. But the rare man who dismisses your beauty, and is interested in your personality would have a powerful effect on you. They would be offering you something that you deserve, but rarely get; recognition as an interesting and unique human being, not just some kind of work of art to be gawked at.

To make your compliments doubly effective, paint a picture. For example, if I told you, “Wow, you’re really charismatic.” That would be validating certainly, but imagine if I said, “Wow, you’re really charismatic, you should consider public speaking as a career, I could definitely imagine you giving Ted Talks.” This would be far more powerful, when I tell you this you actually imagine yourself as a public speaker, it lets you fantasize about the picture I’ve painted.

You can create a scenario for most compliments, if she’s funny, tell her she could be a standup comedian. If she’s passionate about something and hard-working, tell her she should start a company. We all love to fantasize, use this human tendency to make your compliments extremely charming.

If you want to develop your charm rapidly, make a point to give a genuine compliment in every interaction you have. It doesn’t have to be good, the point is to start focusing on what makes people you meet interesting and unique. This positive focus will help you to break the habit of thinking about yourself while interacting with someone else.

Perhaps more than anyone I know, I’ve put effort into being more confident, charismatic, and interesting. And this effort is reflective of why charm is so powerful. Why did I want to be more confident and charismatic? So, people would notice and react positively to me, so I would feel validated.

Everyone wants to be liked, to feel appreciated, and they go to great lengths to get this validation, the charmer knows this, and they’re wise enough to reverse this dynamic and focus on making other people feel good about themselves. You want people to like you more? Make people feel charismatic and intriguing, no one but yourself really cares about how charismatic you are, but they definitely care about how charismatic they are.

The Secret Foundation of Infinite Motivation

Avery · 27 March 2017 · Archived copy · Original

“Where is the center for what appears to be a person’s soul? The Brain. And what is created there, Jilly? That’s right–dopamine. What does dopamine do? Creates feelings of love and euphoria. How do we get our brains to create more? Drugs, massage, and/or sex. Boil it down and it’s all just dopamine.”- Kaya McLaren

What’s the secret to unlimited motivation? You might be surprised to know it’s already subtly influencing your behavior every single day. It’s what motivates you to binge on Netflix, to make regular visits to unhealthy fast food restaurants, and to zombie out on Facebook for two hours straight.

The secret to motivation is the neurotransmitter dopamine, but instead of using it to enhance our lives, most of us let it control us. In this article, I’m going to show you how to flip this dynamic so that dopamine literally addicts you to accomplishment and hard work.

Dopamine is widely known as the reward molecule. Its function is to make you desire rewards (chocolate, sex, six-pack abs). The popular media has misrepresented dopamine by suggesting that it makes you feel good. But that’s not its primary function.

Dopamine pulls you towards rewarding behavior like a magnet. You’re under the influence of dopamine release when you reach for your phone to check if your crush liked that classy mirror selfie you posted. You’re under the influence of dopamine when you tell yourself, “Just one more episode, then I’ll get to work.” You’re under the influence of dopamine when you say, “One cigarette won’t kill me.” Dopamine doesn’t make you feel good, it drives you to do something that might get you a reward.
Image result for mirror selfie bad
This pic will win her over…

The products you love are so compelling because they cause dopamine release. For example, research has found that video games cause dopamine spikes as extreme as snorting cocaine. Social media, advertisements, fast food; it all motivates (you might even say, controls) your behavior with the sweet siren call of dopamine.

In short, if you don’t learn to use dopamine for your own ends, it will use you.

I’m going to share with you two practical and easy-to-implement strategies to leverage the power of dopamine as a catalyst for personal success.

Dopamine is released in anticipation of a reward, that anticipation of reward makes you take action to get it. Short-circuit this dynamic by rewarding yourself for any progress you make towards your goals. Here’s how I do this: whenever I finish a session of productive work (writing, exercising, etc.) I set aside a predetermined amount of money for a future indulgence. Right now, the money’s going towards trip to Europe. The knowledge that I get to set aside money for my trip once I finish my task is a motivating dopamine-releasing reward.

Image result for hardwiring happiness

If that doesn’t give you a motivational boner, this might; it’s called taking in the good. This technique is the flagship concept from Rick Hansen’s fantastic book, Hardwiring Happiness (he uses the technique to be happy, but that’s not our goal, I bastardized it for you so you can use it to get more shit done). The overarching concept of his technique is to look for good facts, and turn them into good experiences. The first step is to “Really enjoy the experience” So, to use taking in the good as a dopamine-releasing reward, do this: once you complete a goal oriented task (like going to the gym), take a moment to notice any sense of accomplishment you feel. Find the positive emotions associated with the fact that you just did something productive.

Next, take a conscious pause for 20-30 seconds, during this time, make a conscious effort to sense that the good experience of accomplishment is sinking into you. I do this by visualizing the good feeling turning into a warm,

white light that spreads throughout my entire body. You can do this however you want; the key is to have the intention of letting the positive feelings get deeply absorbed into your present moment experience.

In essence, you are conditioning yourself to anticipate this rewarding feeling you get at the end of the activity. Thus, in the future, your body will release dopamine to motivate you to engage in the activity again. I've found this technique to be particularly powerful, of hundreds of self-help techniques I've tried, this is one of the few that I'm confident has a tangible and substantial impact on motivation and productivity.

These techniques will help you create sustainable, long-term motivation for any goal you might be pursuing, I use this every single day, and I couldn't be happier with the results.

If you liked this article, share it on social media, the two seconds it takes might help someone you know.

Click Me! to receive a free copy of the eBook *The Art and Science of Goal Completion* right now.

Living In The Era of Disconnection

Avery · 1 May 2017 · Archived copy · Original

“The intuitive mind is a sacred gift and the rational mind is a faithful servant, we live in a society that honors the servant and has forgotten the gift.” -Einstein

Sixty plus years after Einstein’s death, the intuitive, experience driven mind has been abandoned completely. Today, most of our attention goes to what you might call informational noise. Likes, follows, and messages have become the psychological drug of choice.
flower violet petal bloom garden plant nature autumn fall macro close up
Attention: sudden and close

The human brain can experience the world through a majestic lens. Darwin wrote, “Attention, if sudden and close, graduates into surprise, and this into astonishment; and this into stupefied amazement.” Darwin is describing the simple experience of mindfulness, an experience that opens the door to a world of boundless awe and wonder. When we truly pay attention to the outside world, we enter a state of immersion that journalist Jamie Wheal calls, “The deep now.”

But, for most of us, mindfulness is a foreign concept because the tendrils of technology pull our attention in a dozen different directions at all times. We have more distractions to drown our attention with than ever, but what if our many options have ironically robbed us of our ability to choose the best experience?



A hundred years ago, a farmer would engage all his attention on the task at hand (he didn’t have access to modern distractions). He would be focused, and because of this, his chance of entering what psychologists describe as a flow state, a state of total absorption in which an individual performs their best and feels their best, was high.

Today, in contrast, we are barraged with compelling distractions (like smartphone notifications). We are in a state of constant anticipation of the next ‘hit’, and because of this, focus is killed. Research has shown that having a smartphone in arm’s reach reduces productivity by 26%. What if our technology, for all of its benefits, is affecting our day-to-day experience in a profoundly negative way?

Imagine you’re teaching your son to drive, he’s sixteen, and unfortunately for you, your car has a manual transmission. The sounds the car makes as he repeatedly tries to start the car and pull it out of your driveway are

almost sickening. Eventually he succeeds, but soon, you reach a stop sign. He hits the breaks, and moments later, when he tries to start the car again, there are multiple false starts. This happens again and again throughout the trip, making for a ride that's not only damaging to your car, but anxiety provoking for both of you.

I think our smartphone driven world is analogous to that car ride from hell. We are like that car that can't smoothly transition from one state to another. We start working, but then an Instagram like catches our attention, and we're lurched out of the moment. We start walking to class, but Facebook might have something interesting in store, so we dive into our phone and ignore the world around us.

We are addicted to information, whether it be delivered through words, pictures, or videos. What if we're immersing ourselves in a technological world of noise, when there's an experiential world of music right in front of our faces?

Am I saying you should ditch the smartphone for a culty meditation group and some heart-opening yoga? Maybe. If you look at the data, the happiest people aren't the wealthiest, they are the most mindful. When measured scientifically, the happiest man on earth is a Buddhist monk2, and, according to the world mental health survey, the most anxiety and stress ridden people are those living in the information driven culture of the United States.

Perhaps our lives would be more engaging and full if we let go of our digital distractions and made a conscious choice to stay engaged with this world except when our mobile technology is genuinely needed. If we did that, we might find that we are no longer on a stressful ride full of false starts, but on a steady journey filled with intuition and awe.

Click Me! to receive a free copy of the eBook *The Art and Science of Goal Completion* right now.

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On Surrender (How To Free Yourself From Emotional Pain)

Avery · 1 May 2017 · Archived copy · Original

Any state of discomfort, whether it be anxiety, stress, or frustration, is a state of resistance. Negative emotions are so uncomfortable because they make you feel like you're not in control. When in such a state, you want to regain power over your emotions.

Struggling against these feelings only gives them more charge. The act of fighting your emotions is what gives them so much power over you. This is a totally normal response, but it doesn't work. The solution to discomfort is extremely counterintuitive. Surrender to it.

The process is similar to exercise. At first, exercise is extremely uncomfortable, you are intentionally putting yourself through physical pain to grow stronger. When new to working out, you will feel an emotional resistance to going to the gym. The pain of working out is something you'll have a desire to avoid. But continuously lean into the pain on purpose, and your response to that pain changes.

Eventually, the pain and discomfort transforms into something that is enjoyable for its own sake. These feelings were subjective, and by consistently going to the gym you were training your brain to want to lean into the pain of exercise, and eventually you began to gain pleasure from it.

We have a habit of avoiding discomfort. It is like pulling on a rubber band, the harder you pull the more tension you create (until eventually it's too much and you snap by having a panic attack or emotional outburst). Instead, intentionally trying to intensify that discomfort diffuses the emotional tension. Once you embrace discomfort, it stops being uncomfortable. Whenever I feel social discomfort, I intentionally intensify it.

Lean In

How do you do this? Through your conscious intention. Conscious intention sounds very woo-woo but it's actually well-grounded in experience. To understand what a conscious intention is, try to make your hands experience a tingling sensation (or to make them feel colder, or hotter). If you do this with focus, you will notice the sensations in your hand do indeed change in the way you intended them to.

That's all conscious intention is; it is your mental desire to feel something. When you feel social discomfort (uncomfortable emotions or physical sensations), intend to make that discomfort more intense. You will find that the intensity does in fact increase. At first, this will be challenging.

This practice is sending your brain the message that whatever emotion or sensation it is you are intensifying is not a bad emotion. It is not an emotion that you need to avoid, and therefore that feeling stops being stressful. You will still experience similar feelings in the future, but they will stop triggering psychological resistance.

We all develop our own responses to discomfort, the emotions and sensations you will experience are unique to you. Simply begin to focus on them, intensify them, and they will, over time, have less and less power over you.

I've made this into a meditative practice. The most well-known meditation in the west, mindfulness meditation, is a practice of bringing awareness to your thoughts. Instead, this is a pain meditation. I focus on my negative sensations and emotions, and intentionally intensify them.

I sit down for ten minutes, scan my body, and wherever I feel discomfort (emotion or sensation), I focus on that discomfort and use my conscious intention to magnify that feeling. This retrains my body to embrace difficult emotions the same way exercise retrains the body to embrace physical pain.

You won't stop having negative emotions through doing this, but your relationship with those negative emotions will qualitatively change. They will no longer have power over you, they will still affect you, but they won't have a negative charge.

Your discomfort exists for a reason, and once you stop resisting it, discomfort can serve its real purpose, which is to guide you towards actions you ought to take. When you feel butterflies in your stomach, instead of fighting the discomfort, you will see it as a sign that you need to talk to that girl.

When you feel afraid to speak up, you'll see that fear as a call to action, not something to struggle against. When you feel uncomfortable at the thought of going out, you will no longer cope with that discomfort by numbing yourself with social media; instead you will feel compelled to leave your cave and meet people in the real world.

What Sexual Intent Really Is, Why It's So Powerful, and How To Use It Effectively

Avery · 14 May 2017 · Archived copy · Original

Decoding what women really want can seem like trying to solve a Rubik's cube in which each square is a different color.

In many ways, what turns a woman on is fundamentally different from what turns a man on. Research has found that one of (if not the biggest) turn on for women is their desire to be desired.

Evolutionary psychologists believe women desire to be desired because intense desire from a man signals his faithfulness. Evolutionary psychologist David Buss explains this through an unlikely source, romance novels, "Readers identify with the heroine as a powerful and compelling object of male sexual desire. The heroine has sexual control because the hero's overwhelming passion for her ensures his sexual fidelity to her. In essence, the hero becomes dependent on the sexually powerful heroine."

Women have an unconscious desire for a man who is so sexually attracted to her that he loses control of himself. This signals to her that when she mates with him, he won't abandon ship and leave her to take care of a helpless child alone. This explains why rape fantasies are so common among women. It's not because rape is intrinsically sexy, it's because for a man to rape a woman, he must be so desirous of her that he would risk everything, his entire life, just to have her.

What triggers a woman's desire to be desire is what is sometimes called sexual intent. I've seen time and time again, that strong intent, by itself, is a huge turn on for a woman. She can feel it in her bones when you have a genuine, confident desire for her, and it makes her feel the same towards you.

It's the most powerful trigger for sexual attraction there is, and when you feel a strong sexual intent, you will be shocked at the ways women respond to you. They'll start saying things like, "We shouldn't be left alone in a room together" or, "I haven't felt butterflies like that in years." Intent is what sweeps a woman off her feet.

Intent can seem like a woo-woo concept, but it's well grounded in experience. To understand what intent means, consciously think of a sexy naked chick. You will (hopefully) feel turned on when you do this. That's using intent. Intent is simply your desire to project a certain feeling, whether it be a tingling sensation to your hand, or a feeling of sexual desire to a woman. No, you're not sending her magical seductive laser beams, you're simply projecting your desire for her, and she can feel it. Just like you can feel when someone's angry at you, you can feel when someone desires you sexually. Intent isn't a Jedi mind trick, it's an extension of your state of mind. If you're feeling anxious and unentitled, women will feel that off of you, and no matter how much you affirm to yourself, "I am projecting a strong sexual intent," it's not going to work unless you feel that way internally.

Intent is a consequence of the actions you take. If you spend your night out approaching women and putting on a pickup shtick or being an entertainer, you're walling yourself out from projecting any genuine emotion to the people you interact with.

Intent requires a lot of vulnerability. To start projecting your intent, what you need to do is to start making yourself more vulnerable. I do this by making a very direct statement of intent even when I'm uncomfortable doing so. If I'm talking to a girl, and I'm feeling defensive and nervous, I will say something like, "Sorry I'm being kidna weird, honestly I'm just feeling nervous because you're intimidatingly attractive."

As soon as I say this, I feel the weight that was previously making me defensive and anxious lift off my shoulders. By making myself vulnerable I free myself to feel genuine intent. Oftentimes, the interaction with the girl who I am vulnerable with turns around, too. Sometimes it doesn't, but either way, my night is always better for it because I get over my fear of letting women know I'm attracted to them, and in so doing I let myself feel attracted to them emotionally.

Tl;dr- intent is simply your emotional desire for a specific outcome (with a woman). We don't show intent because we're afraid of getting rejected if we make ourselves vulnerable. To change this, make vulnerable statements of intent, tell a girl she is so attractive that she's making you feel nervous.

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Is Desire The Root of All Suffering?

Avery · 5 June 2017 · Archived copy · Original

One of the core ideas of Buddhism is that desire is a primary cause of our suffering. When I first learned this I quickly filed it away under, "Things that sound cool but don't actually mean anything." That was a mistake. Looking back, that statement it one of the most life-altering sentences a person can hear: but only if they truly understand what it means.

Desire is an emotional experience that vocalized, sounds something like, "I'll be happy when x is different." X can be anything, it could be your crappy relationship, your mediocre job, or your chronic pain.

You can desire to eliminate a source of pain in your life or to add a new source of pleasure. Both cause suffering. All desires imply that your life is missing a piece of the happiness puzzle. Whether it is less pain, more pleasure; the problem is wanting change of any kind.

This idea rubs people from western cultures the wrong way. It used to aggravate me, "If I don't desire anything, how am I supposed to improve my life? If I didn't desire anything, why wouldn't I just stop working and become homeless?"

Desire and Intention

There's a subtle different between desire and intention. Desire is emotional, intention is not. The tricky concept to understand here is that you can intend for something to change without attaching your emotional well-being to a successful outcome.

"Why would I want something if I don't think it'll make me feel better?"

You don't 'want' it, you have decided to pursue it because it's a change that aligns with your values. When you have a goal, achieving the goal is winning, and failing to achieve the goal is losing. Values are very different from goals. You don't achieve values, you head in a valued direction. You don't win or lose a value, you pursue it indefinitely.

At this point you might be thinking, "Fuck off, I have a goal of leaving this page, let's see if I pass or fail." I get it. But this kind of material should piss you off, it's implying that everything you structure your life around is wrong. It's implying that most of your conscious thoughts are actually causing you suffering. Of course, you don't want to hear that.

If you're conscious decisions aren't causing your suffering, what is? Is it the objective situation? Is pain objectively bad? Is the fame you want objectively good? Do you think anyone has achieved long-lasting happiness through the relentless pursuit of their desires?

Find me an example. What I see are celebrities who are just as broken as cashiers and people with great life-situations who have turned their first-world problems into stressful nightmares.

Desire means to want something to be different. If you watched the thoughts in your head you'd fine that most of them are desirous thoughts. The person you want to sleep with, the stress you want to get rid of, the promotion you want to get. How many of your thoughts are focused on what is already good in your life? Almost none.

Maybe the thought that your life can be made better through change is a delusion that we invest most of our lives in reinforcing. It's not easy to be open to this possibility. I don't expect you to accept that this idea is accurate. Just ask yourself, what if?

Think of this, has any desire you fulfilled ever made you happy? How long did that car make you feel content? How long did that girlfriend make you feel completely at peace?

Maybe the Western strategy doesn't work because it can't work. There's always more, but there's never enough.

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How to Make Women Like You

Avery · 9 June 2017 · Archived copy · Original

Liking

Unsurprisingly, the more someone likes you, the more influence you will have over them. What is surprising, however, is how ineffective most men are at using this principle in their favor. You can make women consistently like you more with simple strategies that take little effort to perfect. If a woman likes you, she will trust your intentions for her are positive and thus be more open to being lead in the direction of your choosing. There are two easy-to-use strategies to create liking we'll go over, similarity and compliments.

Similarity

In Influence, Cialdini writes, "We like people who are similar to us (Byrne, 1971). This fact seems to hold true whether the similarity is in the area of opinions, personality traits, background, or lifestyle. Consequently, those who want us to like them so that we will comply with them can accomplish that purpose by appearing similar to us in a wide variety of ways."

Extensive research has found that liking is powerful. For example, one researcher found that customers were more likely to buy from insurance representatives how had similarities in age, political affiliation, and religion. You might be thinking, " That's cool, but these basic club girls have nothing in common with me." You can create a sense of similarity with anyone, you just have to dig for commonalities.

Although generally frowned upon, interview-style questions are very useful if you use them properly. These questions can be an engine for finding similarities, and thus creating a sense of mutual liking and trust.

Have you ever been in a foreign country and found that a stranger was from the same city as you, and suddenly, you were comfortable with each other and felt like friends? This is the basic effect you are aiming to create.

Simple questions such as, "Where are you from?" "What do you do for a living?" and "What are you passionate about?" are goldmines for creating a sense of similarity. For example, if a girl says she's a marketer, and you binge watched Gary Vaynerchuck videos last night, you now can create a conversational thread that will induce a feeling of similarity (additionally, this opens the door for a conversation about a topic she's personally invested in, which will be especially interesting to her). If she's from California and you visit there every year because it's your favorite state, and you plan on moving there some day, talking about this will help create a sense of connection.

If you can't find any commonalities in your background, you can find cultural similarities. I can honestly say that Game of Thrones has helped me get laid. The similarity can be as simple as bingeing on the same television show or having read the same book. Ask about her interests, and you should easily be able to find commonalities.

Finding similarities creates a feeling of connection, a feeling that you and she are not 'other', and the more commonalities you find (and the deeper you delve into any particular one) the more powerful this effect becomes. It's like crafting a web, and once you've found enough commonalities you will feel like old friends who've known each other for years.

Similarities that are banal (like Game of Thrones) are effective for creating a sense of similarity, but the more emotional the topic, the more powerful the connection you will create. If you can make her feel connected to you

through your shared values and desires, the effect will be intoxicating for her. Taking your conversations (yes, even at a club) towards topics like your life goals, frustrations, and values; and finding where you and her overlap in this regard will create a profound emotional connection for a woman that will vastly increase the influence you have with her.

Compliments

Most men are very stubborn when it comes to giving out compliments, yet their power (when done well) is profound. Research has shown that compliments are a powerful force for creating liking and influence (Drachman, deCarufel, & Insko). Just as importantly, studies have found that we tend to believe compliments even when they're untrue (Byrne, Rasche, and Kelley).

I tend to avoid telling girls how beautiful and attractive they are because this puts a lot of pressure on a girl and makes me seem too available (we'll go over scarcity soon). Instead, I compliment a woman's personality. Beautiful women get plenty of attention for their looks, and this can lead them to feel that the only value people see in them is that of their good genes. Because of this, compliments about who an attractive woman is as a person are especially effective. To work, your compliment doesn't have to be elaborate, it can be as simple as, "I like you, you're actually cool." In fact, I have a friend who uses this compliment in all of his interactions to great effect.

Of course, the more specific and personal the compliment, the more effective it will be. If you compliment a girl on her intelligence because of a clever reference she made, it will feel more meaningful to her than a generic compliment.

Now, you might think you shouldn't give a compliment to someone unless you like them. Personally, I know that by giving compliments out generously (and for the most part, honestly), the person will like me more as a result, and then they will become more likeable (this is known as the Pygmalion effect in psychology).

Many men who learn about dating advice avoid giving women compliments like the plague because they don't want to let girls know they're attracted to them. This reasoning has some validity, but there's an important nuance. You shouldn't be too obvious that you are interested in a girl sexually, but you should be obvious that you like her as a person. Think of someone who doesn't like you who you really enjoy being around. Can't think of anyone? Exactly.

Create a sense of similarity and positivity (through compliments) in your interactions with women and they will enjoy your company more, they will feel magnetically drawn to you. We all like people who make us feel likeable and interesting. This doesn't mean you shouldn't be challenging, but it does mean you shouldn't always be challenging. The baseline for your interaction should be positive to create a since of liking and rapport, then, to increase sexual tension, you can be challenging or create a sense of scarcity.

The Unexpected Cause of All Your Insecurities

Avery · 9 June 2017 · Archived copy · Original

It's not your flaws that you are aware of that cause insecurity and self-esteem issues. It's the flaws you're not aware of, the self-defeating beliefs you don't even know you have.

Nobel Prize winning psychologist Daniel Kahneman explains this problem brilliantly, "We're blind to our blindness. We have very little idea of how little we know. We're not designed to know how little we know."

Your analysis of what's causing you social problems is inaccurate, limited, and completely biased. If you want to change, you must first learn the true cause of your social problems.This fundamental understanding is the foundation for all social self-improvement.

Self-confidence and charisma (or the lack of them) are largely the results of a self-fulfilling prophecy. Psychologists have found that social expectations become social outcomes. Research on the powerful psychological force known as the Pygmalion Effect has shown this time and again.

Imagine a friend warns a babybsitter that the kid she's going to babysit is impatient, annoying, and arrogant. He's a real shithead. After hearing this, the babysitter becomes anxious about meeting this kid. When she finally meets him, just as expected, he's horrible. This kid won't listen to her, he has a short temper, and he treats her with total contempt.

There's something the babysitter was totally blind to. The kid she babysat wasn't usually a shithead, he was usually a perfectly normal kid. He acted like a shithead because she expected him to act like a shithead. Psychologists believe this happens because when we expect people to act a certain way, we treat them differently (often without our awareness). The person that's a total asshole around you might be a saint around someone else.

Common sense matches this. If you're a Trump supporter and you met Hillary Clinton, you'd probably treat her very differently than a supporter of hers would, and she would probably treat you differently than she would treat a supporter of hers.

We don't just cause people to treat us differently based on our expectations of them. Our negative beliefs about ourselves cause other people to treat us differently too. If you don't respect yourself, your behavior will reflect this (and people will treat you with less respect.

Someone who is self-pitying gets pity, not respect. If you believe you're a weird who doesn't deserve to be liked, you're going to act uncomfortable around people. You will be shy and closed off. This behavior will repel people, and as you notice that people don't seem to like you, you're going to build even more evidence that you're a weirdo who doesn't deserve to be liked.

Then you're going to act even more shy and closed-off around others, and this pattern repeats itself ad naseum. If you were aware this was happening, it would be easy enough to deal with, but we don't notice this happening. We only live in our own mind which can easily become a vacuum chamber of negative, self-defeating beliefs.

We can't understand how a better mindset would change our life for a similar reason that a deaf person can't really understand how hearing would change their life.

We don't have the proper context to understand what our mindset is doing to us until we become aware that our mindset is damaging us and is negative in ways that it doesn't need to be. Lack of this awareness is why you don't think it's your behavior that's repelling people, but that it's the 'fact' that you're a weirdo that's repelling people.

Without knowing it, we become our own worst enemy. We might believe people are assholes, but we don't realize they're just reflecting our own beliefs back at us. We might believe we're not worthy of affection, but we don't

realize that we wall ourselves from vulnerability and make it impossible to receive affection.

We might believe we don't deserve a girlfriend, but we don't realize that we could easily get a girlfriend if we just took the right actions. In countless ways, we fuck ourselves, and because our brain is constantly looking for an explanation for our problems, we blame those problems on something we don't think we can control to free ourselves of responsibility.

We do this because it's easy. Our brain was designed to take the easy route. Facing insecurities is never easy. The truth is that you are in control of (and therefore responsible) for all your social shortcomings, but it's intrinsically difficult to notice the damage you're doing to yourself.

Changing yourself isn't hard because it takes so much willpower or hard work, change is hard because it requires openminded introspection and honest questioning of your own thoughts, behaviors, and values.

Case Study: A Man Who Fucked Himself Over Without Knowing it

I had a friend, Nick, who was an interesting case, he was good looking by societal standards, 6'2, blonde hair blue eyes, athletic build. He generally seemed socially confident, you would never guess that he had a crippling anxiety towards meeting women.

He hooked up with some women by getting wasted and trolling the bars, but they were rarely the kind of women he wanted in his life. He would date the first girl who would sleep with him. Once he dated a girl he wasn't physically attracted to for an entire year.

After a few years of drunken debauchery, he met a girl who actually met his standards, she was athletic, ambitious, confident, caring, everyone loved her.He was super nervous when he met her, but with some nudging from his friends he managed to go on a few dates with her. After they started dating, he began acting incredibly neurotic.

Because of his nerves about this girl, he decided he needed to meet other women. He found a girl on tinder, slept with her, then on the same day (while the tinder girl was still at our house), he invited his crush to come by.

His dream girl came over, and the situation quickly deteriorated into sitcom-level awkwardness as Nick told his dream girl that he had slept with this other girl. Unsurprisingly, this turned his dream girl off, and they stopped dating.

A couple months later, Nick met his dream girl again, he was afraid to approach her, but another friend and I convinced him to do it. Surprisingly, she was happy to see him and they made plans to hang out again. Nick never followed through with these plans.

Nick hasn't slept with another girl in six months since this happened. He will declare that he needs to start meeting women again, and he'll go out once or twice (for 30 minutes before he drives back home), and then he'll say he needs to focus on his career right now.

Recently he decided this dream girl of his fucked him up. He said he doesn't go out anymore because she scarred him.

The Downward Spiral

From the outside looking in, his behavior is clearly neurotic. But to him, it all made logical sense. That's the real problem, it's so obvious how other people unnecessarily fuck themselves over, but we all have a bias to be blind to our own similar behavior.

It's easy to notice when someone else is falling into a neurotic, self-destructive pattern, but it's incredibly difficult to admit this to yourself.Nick's mindset has a foundational issue that's preventing him from growing. He is dealing with his relationship problems using what psychologists call a static mindset.

A static mindset is a belief that people don't change, that we are the victim to external circumstances. A static mindset is a ruthless self-fulfilling prophecy.

For example, you can have a static belief that you aren't intelligent.Maybe you didn't excel in school early on and you got negative feedback that made you believe school just wasn't for you. This calcifies into a static mindset that you are not smart, that you, as a person, aren't able to be a good student. This mindset becomes self-reinforcing.

When you are assigned homework, you tell yourself that you're not a good student, so you avoid the homework or approach it halfheartedly. When you read for class you don't pay attention, because, what's the point? You're not going to get anything out of it anyway, school's just a waste of time for a dumb kid.

Then the grades come in, your parents are disappointed, and the negative feedback is stressful. The easiest way to interpret this feedback is to blame your failure on something outside of your control. Something essential to who you are, like your lack of intelligence.

By doing this, you relieve yourself from the pain of knowing that your own decisions are causing you to fail. By doing this, it's not your fault. Instead, it's like a disease, something you don't have to blame yourself for, something that you're a victim to.

This is a negative self-belief that can only lead to negative feelings about yourself. Sure, you alleviate yourself from responsibility for your problems, but you accomplished this through negative self-evaluation. This frees you from one source of stress, and traps you in another, far more damning stress- the feeling of helplessness. You paralyze yourself and make action impossible, because your mindset says action is pointless, that you're not good enough, no matter what you do.

Victims to Ourselves

Nick believes that he doesn't deserve a healthy relationship based on mutual respect. So, he makes it impossible for himself to get in this kind of relationship. He avoids meeting women unless he gets wasted, and when he does meet a woman he really likes, he self-sabotages the relationship so that it's doomed to end before it ever really begins.

He tells himself a story about why this is happening, a story about who he is- a person that is fundamentally damaged, wounded, a victim. And through making himself a victim, he entitles himself to continue acting in self-destructive ways, sabotaging his relationships with ridiculous decisions like inviting a second girl on a date with the girl he really likes.

And those self-destructive behaviors reinforce his static, negative self-beliefs. He must be damaged or he wouldn't keep acting in such self-harming ways. If he weren't a victim, then why does he keep making the same mistakes without ever escaping the cycle?

Most people do this, the differentiator between those who change and those who don't is how effective you are at becoming aware of the damage you're doing to yourself.

Every time you catch yourself falling into a self-destructive social pattern, you are opening yourself up to change. This is the only way to make real, substantial growth. Ask yourself how you might be doing this to yourself right now. It may be mild, it may be extreme, but self-destructive patterns are there, no one's mindset is perfectly enlightened. We all have negative beliefs about ourselves.

The path towards deep confidence is a path of building awareness of the ways in which your mindset is damaging

yourself, and then finally being free to let go of them and disprove them.

Don't think of your mindset as something you need to 'fix', in a paradoxical way, this gives that mindset more charge, more power. What you resist, persists. Actively fighting against a mindset is emotionally acknowledging that mindset as valid. Conscious rebellion doesn't work, the path towards true change is counter-intuitive, it is surrender.

By accepting you do have negative self-beliefs, by surrendering to the fact that these mindsets are affecting you, they lose their emotional power over you. This is the path to freeing yourself from your self-imposed limitations.

This article is a segment from Zero Fucks Given: The 21st Century Man's Guide To Deep Self-Confidence

Finding Meaning In A World Without Values

Avery · 16 June 2017 · Archived copy · Original

How To Suffer Less and Live More (A Practical, Science-Based Approach)

Avery · 18 June 2017 · Archived copy · Original

It is well-known that thoughts create emotions. But the full consequences of this fact are largely misunderstood.

Thoughts create emotions, those emotions guide our behavior. For example, the thought "I'm never going to succeed at school, why should I even study?" creates emotional distress. That emotional distress can easily trigger coping behaviors like binge watching House of Cards or mindlessly refreshing Instagram every five seconds.

That's just the beginning of the spiral, though. After you've been binge watching TV or staring at your cell phone for an hour, you're going to have a new thought, "Damn, I shouldn't have wasted an hour on my phone, I'm so stupid, I'll never pass that class." This thought creates more emotional distress, which leads to more coping behavior, "I'll watch just one more episode" or, "I'll click just one more link on Facebook".

But wait a minute! Shouldn't the thought "I shouldn't have wasted an hour on my phone, I'm so stupid, I'll never pass that class," help motivate you to study? Isn't calling yourself out in an honest way helpful? Don't you have to fight your way out of stress? If we were completely logical creatures, you'd be right.

Our thoughts don't directly lead to behaviors, they create emotions which lead to behaviors. This creates a trap that is exceedingly easy for us to fall into. The first step in this example is the thought, "I should be studying right now." This creates the sense that we aren't being productive enough, that we are screwing up; and the emotion we feel because of this thought isn't motivation, but distress. What do humans do when they feel distressed? Cope. What are the most common coping behaviors used in 21st century life? Electronic media, food, and drugs.

This is a counterintuitive idea, but it has very important implications. In her best-selling book, *The Upside of Stress*, psychologist Kelly McGonigal writes: "When I speak with physicians, I sometimes ask them to predict the effects of showing smokers graphic warnings on cigarette packs. In general, they believe that the images will decrease smokers' desire for a cigarette and motivate them to quit. But studies show that the warnings often have the reverse effect.

The most threatening images (say, a lung cancer patient dying in a hospital bed) actually increase smokers' positive attitudes toward smoking. The reason? The images trigger fear, and what better way to calm down than to smoke a cigarette? The doctors assumed that the fear would inspire behavior change, but instead it just motivates a desire to escape feeling bad."

This pattern is a lot like psychological quicksand. As soon as we have a negative thought (like I should be studying or I shouldn't be eating this pint of delicious Cherry Garcia Ice Cream), our instinct to fight it gives that negative thought more emotional charge. That emotional charge is expressed as an increased feeling of distress, which makes us think even more negatively, and before long, our head is beneath the sand and we're suffocating from what was originally just a relatively benign negative thought.

Break Free



So, negative thoughts create negative emotions, which lead to negative behaviors, which create negative ("I should be doing something else") thoughts, which create more negative emotions, and so on.

This is an extremely frustrating pattern that can easily determine our behaviors and the quality of our emotional life. The solution isn't to learn how to think more positively, nor is it to learn how to control your emotions. The solution is much more obvious than the traditional approaches, yet it is also more elusive.

To escape the vicious cycle of negative thought, you must accept the negative thought *as it is.* In quicksand, to stop sinking, you must stop fighting it and be still with the quicksand. Similarly, with negative thoughts, you must learn to compassionately accept them as they are.

Once you learn to accomplish this effectively, you will still have negative thoughts, but they will drift away like clouds on a gentle breeze instead of darkening into a storm of emotional suffering.

The root of our suffering is our belief that we can (or even should) eliminate negative thoughts and emotional pain. The thought that suffering is 'bad' or 'negative' is itself a negative thought. This way of thinking makes stress a trigger for more stress.

To escape this spiral of stress and suffering that we get trapped in, we must learn to relate to our thoughts differently. Modern psychologists have developed effective strategies to accomplish this. In Acceptance and Commitment Therapy, cognitive fusion is a state in which we become entangled with our thoughts and we lose the ability to distinguish between thoughts and objective reality. Author Russ Harris says, ""In a state of fusion a thought can seem like: 1. the absolute truth 2. a command you have to obey or a rule you have to follow."

The solution to cognitive fusion is learning cognitive defusion, "This is where we can observe our thoughts and see them for what they are – just products of our busy minds."

There are numerous strategies that help us achieve cognitive defusion. Here I'm going to focus on one that is both easy-to-use and highly effective.

Labeling is a mindfulness technique that allows us to defuse from our thoughts, it helps us identify our thoughts as

subjective opinions instead of objective facts. I recommend practicing labeling as a dedicated daily meditation practice (5-15 minutes to start), this will help you build it into a natural thought habit.

How to practice labeling



Either during a sitting meditation or any time throughout the day, notice your thoughts. For example, you might notice you have the thought, “I don’t want to be meditating right now, I have more important things to do,” to label this thought simply tell yourself, “I am having the thought that I don’t want to be meditating right now.”

If you are having the thought, “I am too tired to work right now,” label it by telling yourself, “I am having the thought that I am too tired to work right now.”

Labeling also works with sensations and emotions, for example, “I am having the sensation of tightness in my neck,” or “I am having the feeling of anxiety.”

The practice is fairly uncomplicated, and making it into a thought habit won’t take long (of course the more you practice this during dedicated meditation, the more you will naturally label your thoughts in your day-to-day life).

Labeling won’t eliminate your negative thoughts or emotional pain, nor should it. The point of labeling is learning to become aware of your thoughts so that pain does not need to become suffering.

Have your efforts to eliminate negative thoughts or emotional pain ever panned out? After years of struggling against pain has it become clear that the traditional approach of coping through escapism or self-punishment doesn’t work? Maybe fighting pain just creates more pain.

Experiment with this technique and notice if it affects how you relate to your thoughts. Do they become louder or quieter, more invasive or easier to manage? You may find that once you start to create distance from your thoughts

(without trying to change them), that they affect you less.

You may notice that you still have the thought, “I’m never going to succeed in school, there’s no point in studying,” and that thought may still be painful, but now the thought isn’t you; it’s just a thought, and the pain is just pain.

You may notice that you are now able to accept stress as something that happens, and now you can experience it without needing to avoid it through coping. You may notice that now your thoughts and pain no longer spiral into stress and suffering. As a result, the quicksand doesn’t suck you in, you’re able to surrender to it, and you can finally be free.

Click Me! to receive a free copy of the eBook *The Art and Science of Goal Completion* right now.

On The Present Moment

Avery · 19 June 2017 · Archived copy · Original

And those who were dancing were thought to be insane by those who could not hear the music."- Nietzsche

The tiger doesn't wonder whether Sarah really likes him for who he is. The snake doesn't imagine a better future driving a Lamborghini. The raccoon doesn't lament that life, "is a tale. Told by an idiot, full of sound and fury, signifying nothing."



"To be or not to be, that is the question."

We humans are uniquely gifted with the ability to plan the future and learn from the past. We can decide to pursue a high-paying career to someday enjoy the benefits of material wealth. We can imagine ourselves five years from now driving a Lamborghini, model in tow, with a satisfied grin on our face. We can prepare ourselves for a better, brighter future. But how often do we appreciate the present?

Shouldn't we be stricken with awe every time we see the sunset? Shouldn't we lose ourselves in bliss every time we look into our lover's eyes? Hell, why isn't driving a Honda Accord a transcendent experience?

Why does it seem so absurd that a daily commute in a low-end car could be a portal to the sublime? Because, when we drive our Accord, we know it's just a Honda Accord (definitely not a Lamborghini).

Yet, if your brain weren't comparing everything that is to everything that could be, you might just slip away into rapture every day on your way to work (yes, even if you drive a crappy Honda).



If it weren't for noisy thoughts of the future, you would be captivated by the music in the present: the pale sky, the sprawling city, the cool air. You could spend your days marveling in wonder at the tapestry of present-moment sensations.

Why does this thought experiment register as satirical? Why does it seem so false?

Because we spend all our time in the past and the future. We are constantly rear-ended by negative thoughts. We constantly wonder, "Would I be happier if my girlfriend was a model?" "Will I ever get that promotion?" "Why does Sam drive a Lamborghini while I'm stuck in this shitty Accord?"

These thoughts are well-intentioned. It makes logical sense that thinking about a promotion, a new lover, or a better car would help us get those things, and by extension, make us happier. Our brain is a problem-solving supercomputer. It is unrivaled in its ability to solve problems.

With enough time and thought you may date that model, get that promotion, or drive that Lamborghini. Unfortunately, although your brain is a talented problem-solver, it has one fatal flaw. It can solve a million problems, but most of those problems aren't worth solving. You won't be happy until you ask the right questions.

Your thinking is limited by your context. We live in a society that has a profit motive to inundate you with the idea that happiness lies around the corner. Supercomputer that it is, your brain is constantly learning how to navigate around that corner to find the promised happiness.

Unfortunately, your mind doesn't know that it's in a rat race. It doesn't understand that although you might find your way around that corner, you won't find happiness. You'll only find a piece of cheese: a temporary, unsatisfying reward for your efforts. Besides, once you're done nibbling on it, there's another piece of cheese for you to scurry towards.
Our society's values (money, achievement, sex) are the maze leading us towards the next dopamine-releasing chunk of cheese.



It does look good though….
You can't expect a rat to leap out of its maze. It doesn't understand that freedom exists outside those thin walls. Similarly, you can't expect your brain to look for salvation outside the value systems that it has been conditioned to believe are objective reality.

That's why the thought of experiencing transcendence while driving a Honda Accord seems satirical. That thought exists outside the maze that is society's values.

Yet, if you acknowledge the possibility that your mind is being limited by society's rat race, something changes. You are left to wonder, what if there's something better than this exhausting struggle for scraps of future pleasure? What would happen if I decided to play a different game? What if looked for a way over these walls?

The thought would be terrifying. And liberating.

This Forgotten Technique From Ancient Greece Helps You Succeed With Women

Avery · 26 July 2017 · Archived copy · Original

"We suffer more often in imagination than in reality"– Seneca

Fear setting is a technique entrepreneur Tim Ferris adopted from the stoics. It's an exceptionally pragmatic way to set goals; instead of focusing on what you want and why you want it, you're focusing on what can go wrong.

This counterintuitive approach is effective because, whether we realize it or not, we are more motivated to avoid pain than to seek pleasure. Traditional goal setting focuses on everything you have to gain, but what really drives us is what we want to avoid. Fear Setting frames your goals in a way that respects this psychological reality, and in doing so, prepares you for long-term success.

Fear setting has three major steps:

1. Prepare for the Worst:

For this process, start by choosing a goal or important decision you want to focus on with this exercise. For our purposes, we might select: "Practice cold-approach pickup regularly so I can get a high-quality girlfriend."

Once you have your goal, list all the things that you think could go wrong under the label 'worst case'. For our goal, it might look something like this:

Step 1. Worst Case Scenario:

1. Every girl I talk to rejects me.
2. I get a bad reputation as a 'player.'
3. It turns out I'm just not good looking enough.
4. I have too much anxiety to approach any girls.
5. I'll meet a girl I really like and start dating her, but she'll break my heart.
6. I won't have enough motivation to do this long enough to get good results.

Next, you list ways in which you might be able to repair the worst-case scenarios if they happen. For our example, it might look like this:

Repair: (Every girl I talk to rejects me)

1. Don't be too aggressive when I'm new to this, start with an intention of making new friends.
2. Learn from each rejection what I could do better.
3. Don't give up until I've gotten at least 1000 rejections.
4. Practice techniques to create attraction.

Repair: (I get a bad reputation as a 'player')

1. Explain to whoever calls me a player that I've been approaching people because I have social anxiety.
2. Disassociate with anyone who judges me for living my life how I want to.
3. If my parents hear about this, be honest with them, they will understand.
4. If worst comes to worst, I can always change cities.

(PS: It's extremely unlikely you will get a bad reputation, but if you do, you are prepared for it.)

Repair: (It turns out I'm just not good looking enough)

1. If I keep getting rejected because of my looks, I can improve my appearance by going to the gym, getting nice clothes, getting a nice haircut, etc.) (I should do these things regardless).
2. Don't assume I'm not good looking enough until I've gotten at least 1000 rejections.
3. If I'm having trouble because of my looks, get ten times better than good looking guys at everything else (humor, charisma, etc.).

Repair: (I have too much anxiety to approach girls)

1. Don't give up, go out every day until I finally do start approaching girls.
2. Take baby steps, start with something easy like smiling at girls as they walk by and build up from there.
3. Look up strategies to beat approach anxiety.
4. If nothing else is working, I can see a therapist to help me with social anxiety.
5. Find wingmen who already approach to inspire me.

Repair: (I'll meet a girl I really like and start dating her, but she'll break my heart)

1. If I got one girl I really like, I have the necessary skills to meet another.
2. Don't get in a relationship until I've really got this skillset down.
3. Understand that getting heart-broken is a learning experience and that although it hurts, it's ultimately good for me.

Repair: (I won't have enough motivation to get long-term results)

1. Read some success stories to remind myself that this is possible.
2. Visualize, every day, how good it will feel once I accomplish my goals.
3. Stop masturbating, if I can't watch porn I'll be more motivated to meet women in real life.
4. Find like-minded individuals to go out with to help motivate me.

2: The Benefits of Failure:

The second step for fear setting is to answer the question, "What might be the benefits of an attempt/partial success?" This is important, because when we look at our goals from a binary succeed/fail perspective, the consequences of failure can seem severe. Looking at the value of an attempt or partial success makes the risk seem

less damning because we're reminding ourselves that attempting a goal has its own value. For our goal, here's what this second step might look like:

Step 2: What Might the Benefits Be of An Attempt/Partial Success?

1. Even if I don't get a girlfriend, I'll meet a lot of cool new people, and probably make some new friends.
2. I will get to feel a sense of accomplishment every time I face my fears by approaching a girl or asking a girl on a date.
3. I will develop my social confidence.
4. I won't have to spend my life wondering what could have been if I just stepped up and tried to get my dating life handled.
5. I'll be getting out of my house more which is good for the spirit (compared to playing video games/Netflix bingeing).

3: If You Don't Try:

The third and final step of fear setting is to write down the costs of not attempting to accomplish your goal. Remember, we are more motivated to avoid pain than to seek pleasure. Writing out the consequences of not accomplishing your goal will allow you to use your powerful desire to avoid pain in a productive way.

Do this third step to specify the consequences of failure 6 months from now, 1 year from now, and 3 years from now. Here, I'll write out an example of what this might look like for 6 months from now:

Step 3. The Cost of Inaction

6 months:

I'll be six months older, yet still without a great woman to share my life with. I'll have spent my time interacting with video game characters instead of people in real life. I will have missed many opportunities to have fun adventures and exciting experiences.

My frustration with my inability to freely express myself with others will have built up that much more, and I'll know I could have done something about it.

I will continue to have a lot of negative limiting beliefs that hamper the quality of my life.

In Summation:

That's the process of fear setting. It's much more pragmatic, and in my opinion, useful, than traditional goal setting. If you go through this process and come to the conclusion that your worst-case scenario is something you're not willing to risk, email me at aghayden@email.arizona.edu and I can help you decide whether the risk is likely and if so, if it's really something not worth facing.

Check out our new Snapchat: redpilltheory

Facebook group: Red Pill Theory

Twitter: Red_Pill_Theory

PS: This was a segment from my new book, *The 23 Laws of Seduction.*

How To Change Her Mind: Overcome any Objection She Throws At You

Avery · 1 August 2017 · Archived copy · Original

This article is for you if:

- Girl's have rejected your attempt to kiss them.
- Girl's at clubs say, "I have to go to the bathroom."
- Girls say, "You're too fat/skinny/old/young" to you.
- You want to be able to turn a girl's no into a yes.

How To Change Her Mind:

Overcome Any Objection She Throws At You

Objections usually imply that you either haven't shown a woman that you can offer her value, or that you haven't made her comfortable enough with you.

So, to overcome objections, you must understand why she's 'rejecting you' so that you can take the necessary steps to change her current impression of you.

Attempting to overcome objections is an important skill work on, it's the most effective way to develop what's known as a 'killer instinct'. Having a killer instinct means being unphased by turbulence so that you never reject yourself.

A killer instinct is one of the big differentiators between guys who get occasional results with women, and those who can consistently make things happen, because although we all get rejected by women, we also reject ourselves far more often than we'd like to think about. Guys with a 'killer instinct' will do everything they can to achieve their desired outcome, and so, if a girl likes them, chances are, these guys will make something happen.

The following section will not only help you overcome the specific objections mentioned, but it will also help you develop a general 'killer instinct' so that you make the most of your interactions with women in general.

(note: some of these don't apply to daygame, use common sense.)

She rejects your escalation attempt

[image]

If a girl rejects your attempt to escalate (lead her to the dance floor, make out, etc.) it is because she isn't sexually attracted to you yet/comfortable with you yet. How do you change her mind?

Brush the rejection off and continue the conversation where you left off. After a minute or so, disqualify her, you can say something like, "It's so rare I meet a girl I feel like I can actually just talk to and be friends with."

A disqualifier is especially powerful after a girl has rejected you, because it's extremely unexpected, it shows a lot of confidence, and a lack of neediness on your part, which are both attractive qualities.

Make sure the conversation has a flirtatious vibe by making strong eye contact and by creating emotional tension.

Create a sense of connectedness with her by finding commonalities you share and by showing interest in how she

feels.

If you implement these steps effectively, you should be able to move things forward after a bit more conversation with her. If you get rejected again, there's a good chance she's simply unavailable or doesn't have natural chemistry with you, if this is the case, it's best to move on.

She says she needs to use the bathroom

[image]

Usually, when a girl says she needs to use the bathroom, she doesn't actually have to go to the bathroom, she's saying this because she's labeled you as another loser guy at the club.

You're going to have to change her impression of you, fast. Your best bet is to say something like, "Sorry, give me a second chance, like in the movies when the guy doesn't make a good first impression, but he makes up for it by being vulnerable and real afterwards. Just give me one minute, then you can go to the bathroom."

This serves a few purposes. Firstly, you are using a cultural norm to your advantage, we've all been taught that we should give people second chances and by calling this to her attention, she will likely comply because that's what she's learned she's supposed to do.

Secondly, by asking for just a minute, you're showing her that you're willing to leave, that you're not a stalker, and this gives her more reason to agree to your request.

Thirdly, you are being vulnerable in a confident way, which is attractive to women. If you can make her feel that you're being a human and not just a guy trying to bang her, she will see that you're not just another club douchebag.

To build on this effect, after she agrees to stay for a minute, you can ask her what it's like being a girl in a club dealing with creepy guys all night. This shows that you care about her perspective and that you are socially intelligent. Beyond that, it gives her incentive to talk in a way that is real, thus she can drop the superficial club mask and build a real connection with you.

She says she has a boyfriend

[image]

If a girl says she has a boyfriend, there's a good chance she's lying. Your goal here is to find out the truth as quickly as possible. As soon as she mentions that she has a boyfriend say, "Does he let you have friends?"

She will, almost assuredly, say yes. Now you can banter with her for a bit. From here you want to make strong eye contact, disqualify her, create some emotional tension, and show interest in her.

If you are on point, she will likely start to become attracted to you.

Your next step, then, is to lead the interaction forward. Now that you've overcome her initial resistance, you can find out if she really has a boyfriend by attempting to lead the interaction.

For example, you can ask her to dance. Since she likes you now, if she doesn't have a boyfriend, she's unlikely to object, if she still objects, she probably has a real boyfriend, and there's not much cause to press the issue any further. Move on to the next girl.

She disqualifies you

[image]
“You’re too old…”

Example disqualifiers: “You’re too old.” “You’re too fat.” “You’re not my type.” Whenever a woman disqualifies you, it’s easy to get discouraged, but if you respond effectively, the disqualifier will lose its power and meaning, and even help you build attraction.

The adage, “Change her mood, not her mind” applies here, she might logically think you’re not her type for X reason, but if you respond to her disqualifier like a champ, that logical reason won’t matter, her emotional attraction will take precedence.

There are two effective ways to respond to disqualifiers: 1. Exaggerate it 2. Reverse it on her

By exaggerating a disqualifier, you are showing her that you don’t care, and that you have high self-esteem; which is in itself, attractive.

If she says you’re too fat say something like, “Yeah, I eat McDonald’s every day, I’m such a slob.” If she says you’re not her type you can say, “Yeah, I’m actually no one’s type, that’s why I’m an involuntary celibate. It’s okay though, I’ve learned to accept my condition.”

I want to point out an important caveat, you must say these things in a humorous tone. If you actually sound like you’re an involuntary celibate, you will seem self-pitying instead of charming.

You can also reverse a disqualifier onto her to turn it into flirting. If she says you’re too fat, tell her, “You’re too skinny. I like a girl with some real meat on her bones.” If she says you’re too old say, “You’re too young, barely even an adult. Do your parents still pay for your bills?”

If you sound serious, you’ll just start an argument. However, if you say these lines humorously, you are flipping the disqualifier back on her, and thus have turned it into a flirtation.

When a woman says a disqualifier, she often means it. Fortunately, her logical disinterest in you doesn’t matter, because as you know, attraction isn’t a choice. If you are playful with her disqualifier, it can actually help you as opposed to being an obstacle.

She says she needs to meet her friends

[image]

Usually when a girl says she has to meet her friends, it means you haven’t hooked her yet, and she wants to leave the interaction

You need to change the frame of the interaction, if you show you’re willing to ‘fight for her’ in a confident, non-needy, way, you can easily change how she feels about you.

To accomplish this, first, misinterpret the meaning of her statement by saying, “Okay, yeah, let’s go find them, what area of the club are they in?” Nine times out of ten, she will tell you where they are, now lead her to that area of the club.

This serves multiple purposes, by leading her to her friends instead of reacting to her, she is now reacting to you (in your frame).

Also, by doing this, when she finds her friends it will look like she must like you, why else would she go with you to meet them? This helps make the group dynamics work in your favor. Now, when you meet her friends, don’t be

flirtatious, just be positive and fun with the entire group.

When the group starts to like you, the girl you like will change her mind and be glad she met you, and see you as a source of value. After a few minutes of interacting, turn your attention back to her, and the dynamic will be different, with her wanting to keep you with her, as opposed to wanting you to leave.

She says she is lesbian



One night at Surrender in Vegas, I wanted to see what would happen if opened with, “Hey, wanna get out of here?” Some girls, of course, said no. But one girl said, “Sorry, I’m a Lesbian.”

Here’s how I responded, I said, “That’s okay, I’m basically a woman myself.”

She said, “You’re not really though.”

I went on to say, “Well, I have a tiny dick, and I am very in touch with my feminine side. I love chick flicks and stuff. I’m technically a guy, but I have a so many feminine qualities that meeting me could be an opportunity to try something new.”

She said that I had a good point and started aggressively flirting with me. (All I’ll say is that it turned out she wasn’t as much a lesbian as she had implied.)

Instead of giving up or arguing with her if she says you’re a lesbian, pitch yourself in a way that creates a narrative in which it makes sense that you should be there, even though she’s a lesbian.

You can say you’re very feminine (it doesn’t have to be true) and make up a ridiculous story about why that’s the case, and she will more often than not totally change her opinion of you, and she’ll want to get to know you more.

Sometimes a girl who says she is a lesbian really is one, sometimes they just say that to get rid of lame guys who approach them, sometimes they’re bi. But a lot of times, this objection can be overcome.

She doesn't give you anything to work with

[image]

If a girl is responding to you, but she's very," meh" (gives short responses, acts unengaged), her initial impression of you is that you don't have much value to offer. Physically attractive women do this especially often, because if they didn't, they would be spending their whole night at a club dealing with desperate, lame, club douchebags.

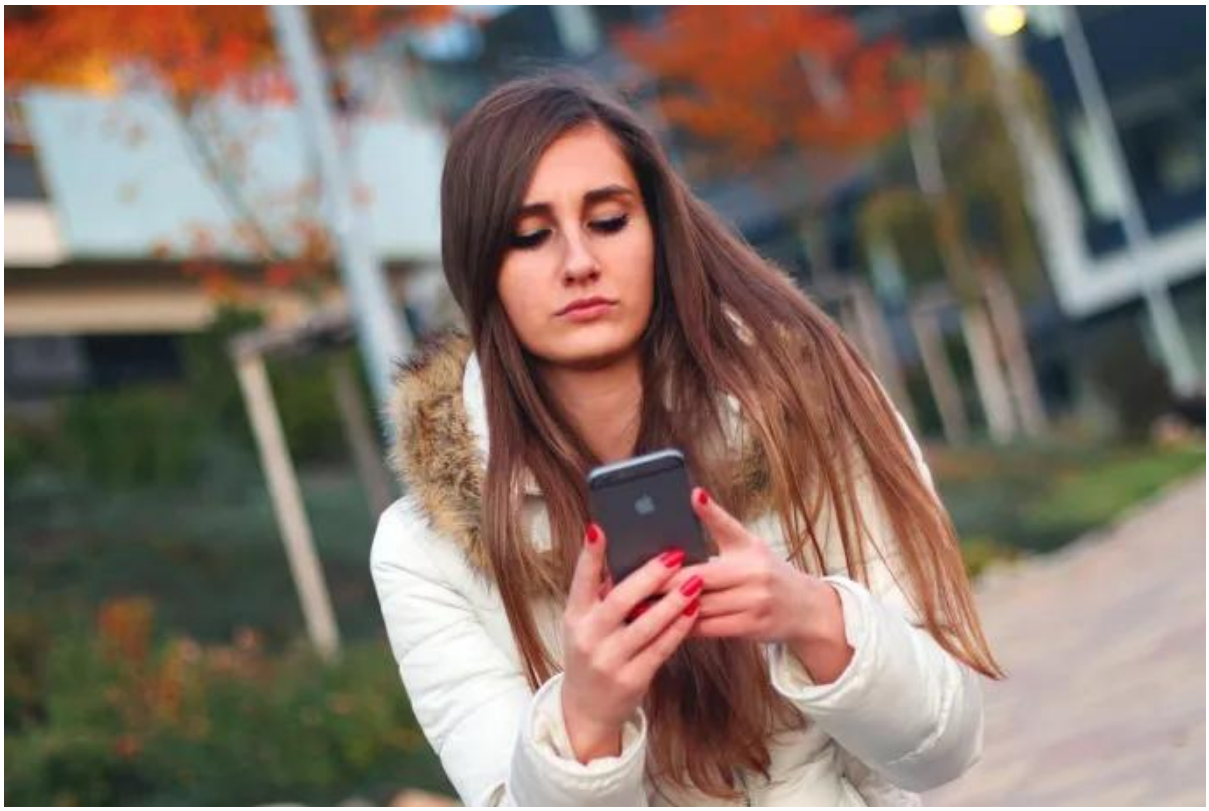
To get past this, you can give her a real mindfuck. Say in a humorous tone, "Here he is, another desperate club douchebag. How do I get rid of him?" She might say, "Wait, what?" Say, "nothing, anyway…" and continue your conversation normally, you'll likely have piqued her interest, and she should open up to having a real interaction with you now.

If not, you can say, "He's still here? I wonder if I can get him to buy me a drink. Wait, is he trying to voice my internal thoughts?"

If she asks what you're doing, just act like you have no idea what's she's talking about, now you've turned this interaction into a game, and you're almost certainly going to throw her off balance, giving you the opportunity to set the pace of the interaction in a way that is beneficial to you.

After you've got her to react to you, be fun and flirtatious and you will be able to move the interaction forward however you prefer to.

You ask for her number and she says no



This has only happened to me when I try to get a number too quickly, before a girl has a real impression of who I am. This is feedback that you need to take a step back and have a real interaction with her.

Act like the rejection never happened and continue your conversation. Let her get to know you more as a person because, up to this point, she still thinks of you as some random guy she just met. Show interest in who she is as a person beyond a surface level, talk about her passions and beliefs, connect with her on topics she really cares about,

and she will start to care about you.

Again, it would be good to disqualify her at some point, because this changes the dynamic of the interaction in your favor. Whenever a girl rejects you it's good to make it clear that you are perfectly comfortable with rejecting her as well.

After you have connected on a human level, say, "You're fun to talk to, we should be friends, let's get coffee sometime."

She will most likely agree to this request now that she knows you better.

She says, "I'm not going to have sex with you"

[image]

Last time I got this objection, the girl who said it mentioned this three times during our interaction. But, later, on my couch, she said, "Please fuck me already."

Why? Because when a girl says she isn't going to have sex with you, this almost always means that emotionally, she wants to, but that to do so would make her feel like she's too 'easy'. By saying she won't sleep with you, she can reinforce the narrative that she's a classy girl who doesn't have one night stands (because she's let herself believe that how long you take to have sex with someone is important due to cultural norms).

When she says she isn't going to have sex with you, say something like the following, "Aww, what made you think I want to?" Even if she does try to come up with a logical reason, you can easily disprove it, for example, if she says, "Well, we were making out on the dance floor." You can say, "Do you sleep with everyone you make out with?"

Obviously, she will have to say no. As soon as she does, change the topic, and go back to vibing with her. There you go, done. Now you've flipped the dynamic so that she is no longer confident she can sleep with you. The fact that she thinks she has to win you over will make her emotional desire to sleep with you even stronger, thus increasing the chances it's going to happen if you lead the interaction forward.

Conclusion

Objections can't be overcome 100% of the time, but if you approach them with the right mindset and strategy, they can be overcome often enough that you'd be shooting yourself in the foot not to try.

Besides, learning to face objections head on is one of the best ways to improve your game, it forces you to learn to handle social pressure well, to be unreactive, and to create your own positive emotions. Either you overcome her objection, or you learn a valuable lesson.

Check out the new Red Pill Theory social media:

Snapchat: redpilltheory

Facebook group: Red Pill Theory

Twitter: Red_Pill_Theory

PS: This was a segment from my new book, *The 23 Laws of Seduction.*

How To Make Her Want You Sexually

Avery · 12 August 2017 · Archived copy · Original

This article will be useful to you if:

- You want to know what women really want and how to give it to them.
- You're good at interacting with women as friends, but there isn't always strong sexual tension.
- You've wondered why women like 'assholes' (and how you can have the same effect on women without being an asshole)

How To Make Her Want You Sexually



You can make nearly any woman want you, feel a magnetic attraction for you, and even experience a deeply erotic desire to be with you. But to harness this seductive power in your own life, you must first understand that most of what we learn about women and sexual desire is misleading, if not flat out wrong.

Let's Just Be Friends

In my junior year of high school, my crush handed me a drawing and said, "Let this be a token of our friendship. You're a really good friend and I value our time together."

All I heard was, "Let this be a token of your place in the friend zone. You're really fun to get validation from but

you're a little bitch who will never, ever have sex with me."

Why did my high school crush make a point to put me in the friend zone? Because I didn't understand that sexual attraction is a scientific process; I thought it was something mysterious, almost magical. I thought destiny would bring me a romantic connection when the time was right.

I wasn't alone in my deluded, mystical thinking; most men never receive a proper education about female sexuality. And as a result, we learn about dating from Disney movies and empty colloquialisms like, "Just be yourself."

The Truth is Politically Incorrect

Until you understand the secret truth about female sexuality, you will make the same dating mistakes repeatedly, and like a hamster stuck in a wheel, you will exhaust yourself without making any real progress.

Through Disney movies, Romantic Comedies, Valentine's Day, Marriage, and other cultural norms, modern society has created a narrative that sex and romance is not only beautiful, but it's something that 'just happens'.

That couldn't be further from the truth, sexual attraction is actually quite mechanical. Women are biological creatures with predictable sexual drives. The truth isn't pretty or poetic, but it is liberating. Understanding it will allow you to leverage it for you own gain. Then, if you press the right buttons, you can trigger sexual desire in nearly any woman.

Two of these buttons are particularly powerful, and if you press them, you will make her want you, no matter who she is.

Be a Source of Value



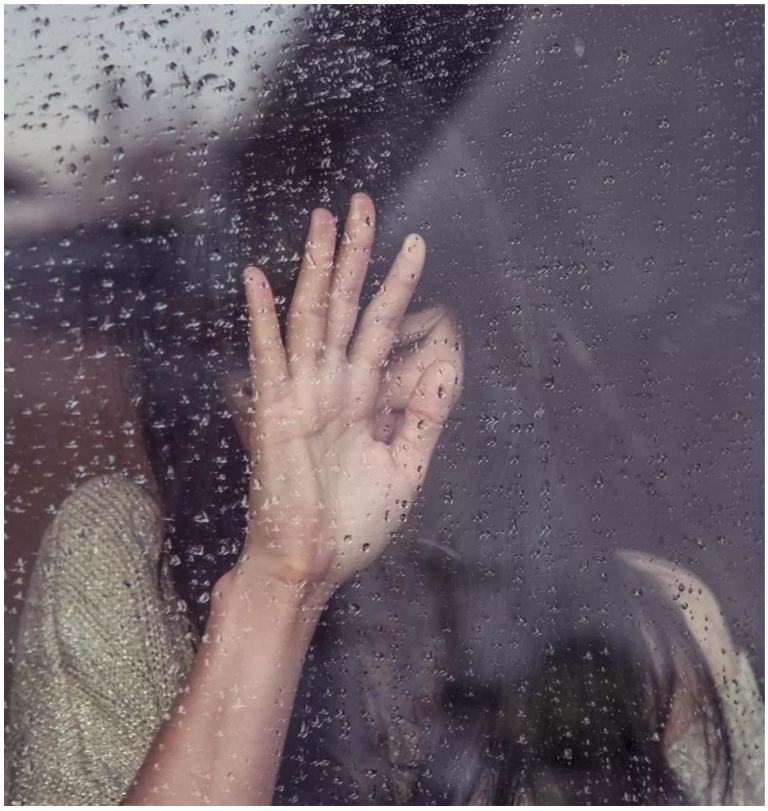
Sure, you can represent a source of value to a woman by the traditional means of being physically attractive or

having high-social status. However, even if you don't have these external advantages, you can still be a source of value. All you must do is make her feel strong emotions when she's around you.

To accomplish this, change the focus in your conversations with women from the logical content of what you're saying (which is what men tend to focus on), to the emotional effect your words are having.1

When most guys interact with girls, they're just exchanging information. When attractive guys interact with girls, they're exchanging emotions. Information turns women as effectively as algebraic equations, strong emotions on the other hand, are as addictive to women as crack cocaine.

How to Make Women Feel Strong Emotions



You can learn to shift your focus to the emotional content of interactions with women by throwing the following two phrases into your conversations, "I hate," and, "I love".

For example, if she says she's from L.A., you can say, "You're from L.A.? I hate L.A., you're not one of those fake L.A. girls, are you?" conversely, you could say, "You're from L.A.! I love L.A., this place must seem like a shithole in comparison."

Either of these responses has polarized emotional content, positive or negative. Either phrase would help take your conversation from a logical exchange of ideas to an intuitive exchange of emotions.

Now, you might think that you should avoid negative emotions in your interactions with women, but there's an important nuance to understand here. Women are intrigued by feeling a variety of strong emotions, if your conversations just hit one note, even if it's a good note, it will get boring. Your interactions will be far more interesting for women if you hit a variety of notes, it makes you seem mysterious and unpredictable. It makes you a source of emotional value.

(Now, to be clear, you don't want to be mean or antagonistic, anything you say that is 'negative', should be said with a smile on your face. You're teasing her, flirting with her. There's a difference in being challenging and in being

cruel.)

To illustrate this point, think of movies. If an entire film were fun and positive, the movie would be terribly boring. But, when a movie has an unpredictable mixture of conflicts and resolutions, ups and downs, you become intrigued and get invested in the story.

The same concept applies to your conversations with women. Interactions with you should feel like an emotional roller coaster, like a good movie. This will cause her to see you as a source of emotional value.

Start focusing on how what you say makes women feel, and evoke strong emotions in her. By making her feel a variety of powerful emotions, she will get hooked to the feelings you give her, just like she gets hooked to an addictive Netflix series.

Make Yourself Scarce



In psychology, there's a powerful principle called scarcity. Put simply, it means that the less available something is, the more value it has.

Think of water, for example. In the first world, water is readily available, and therefore, has little value. However, imagine that your city suddenly ran out of water. As soon as this happened, water would become a precious resource, blue gold. People would do literally anything to get access to some water if it became scarce enough (think *Mad Max Fury Road*).

Scarcity applies to anything of value, and dating is no exception. If a girl is confident that she can have you whenever she wants, she will take you for granted. This is why nice guys are so unattractive to women, they make themselves 100% available, and do everything in their power to make that as obvious as possible.

What 'Assholes' Do Right



If you make yourself scarce, women will perceive you as having higher value. It's a quirk of human psychology, a button you can press.

Why do you think 'assholes' are so attractive to women? Because they don't make themselves too available. 'Assholes' don't care if women like them or not, and they're willing to walk away from a girl at any point. Women can sense this, and it makes them chase these guys, and even obsess over them.

Here's a few ways you can make yourself scarce:

1. If you get caught up on a girl who you have a crush on, make a point to get ten other girls' phone numbers. You may be surprised to find that as soon as you start considering other options, the dynamic will shift and your crush will start chasing you.
2. Flip the script, tell her that you value *her* Or, tell her she's like the sister you never had. Make her doubt your attraction for her, and she will start to want sexual validation *from you.*
3. Set boundaries. If she says something annoying, tell her she said something annoying. If she complains and you don't want to hear it, tell her you're not interested in her complaints.

This is extremely powerful, because most guys accept what a woman they like does and says unconditionally (especially if she's hot).

If you give her the sense that if she doesn't act according to your standards, you might walk away, she will start trying to impress you. She will seek your validation, because unlike other guys, you don't give her unconditional acceptance just because she looks pretty.

An important caveat: making yourself scarce is a very powerful volume knob to increase your perceived value, but it doesn't work unless you have some value to her in the first place. If she just thinks of you as a random guy, or doesn't care about you whatsoever, scarcity won't be effective. If scarcity isn't working for you, focus on making girls perceive you as a source of value, first.

Wrapping Up How To Make Her Want You Sexually

Creating sexual attraction isn't complicated, and it isn't mysterious. It's a matter of pressing the right psychological buttons, and although not every man can offer a woman superior genetics and wealth, any man can create attraction by becoming a powerful source of emotional value to a woman.

I know this as well as any man, because until I turned nineteen, every girl I liked relegated me to the friend zone. Since then, I learned that sexual attraction is triggered by repeatable behaviors, and that by exploiting those behaviors, I could make nearly any woman want me.

Of course, this isn't a skill that can be mastered overnight, but it is a skill, and it can be mastered.

PS: If you really want to get your dating life handled, you can check out the complete guide to transform your dating life: *The Trial: Transform Your Dating Life In Eight Weeks.*

How To Stay Motivated: A Detailed Guide To Cultivating Your Purpose

Avery · 19 August 2017 · Archived copy · Original

In this article you will learn:

- Why a strong purpose is the ultimate motivation.
- How to distill your purpose into an emotionally charged anthem.
- How to cultivate your purpose so that it acts as a constant source of motivational fuel.

The Power of Purpose



Authors of *Peak Performance* Brad Stulberg and Steve Magness write, “For a recent study published in the Proceedings of the National Academy of Sciences, researchers used fMRI scans to examine what happens inside the brain when people are presented with threatening messages. Individuals who were asked to reflect deeply on their core values prior to receiving a threatening message showed heightened neural activity in a part of the brain associated with “positive valuation.”

This positive valuation meant that people who reflected on their core values felt a desire to approach threatening situations as a challenge. In contrast, the participants who didn’t reflect on their core values felt threatened and avoidant of the same stimulus.

This is an important discovery that gives scientific credence to the common-sense wisdom that purpose is a powerful motivator.

Nietzsche said it best, “If you know the why, you can bear almost any how.” Imagine you decided to run a marathon two months from now. Your motivation is to win a $2,000 cash prize. There’s nothing wrong with this motivation, but compare it to this hypothetical scenario: For whatever absurd reason, your family has been kidnapped, and if you finish the marathon, your family will be freed. if you fail, they will be killed.

Obviously, this example is extremely hyperbolic, but it illustrates an important principle. Anyone would run a marathon to save the lives of their family, and while many would attempt to do so to earn a cash prize, not everyone would succeed, that motivation doesn't have the same visceral power.

In an interview with Julien Blanc, best-selling author Robert Green said that hustlers (he uses 50 Cent as an example) have so much motivation because their backs are against the wall. These people have little hope for a bright future, so they are willing to do whatever it takes to get rich enough to change their destiny.

When you come from a hopeless background, it's natural to do whatever it takes to succeed. Many of us don't have our backs against the wall. We are guaranteed a relatively comfortable life in which we don't have to worry about becoming homeless or getting arrested. Although this is obviously an advantage, there is a downside: it's easy to be lazy when you don't have to work hard to avoid a terrible fate.

Because of this, purpose is especially important to cultivate in the modern first world. We live in relative comfort: we have access not only the necessities like food, clean water, and a safe environment, but we also have access to an infinite amount of distraction, varying from easily obtainable drugs to Netflix shows.



The human brain developed over millions of years of evolution. Your brain works essentially the same way as a caveman's did a hundred thousand years ago; this means the supercomputer between your ears was designed to function in a very different environment from the one we live in today.

The environment our caveman ancestors lived in was incredibly dangerous. Death lurked at every corner. Food was scarce, disease was common, and predators abounded.

Because your brain evolved to survive in a dangerous environment, as far as your brain is concerned, if you are well fed, safe, and reproducing, you're nailing it. Of course, in first world countries today, we have our survival needs taken care of, and our goals are no longer limited to meeting those basic needs. Yet, our brain isn't designed to spend energy on pursuing self-improvement, it's designed to conserve energy and to stay alive.

This means that by default, you are going to feel a lot of emotional resistance to pursuing substantial goals because your brain doesn't think the exertion is necessary to your survival. Purpose is the counter to this resistance. With a strong enough purpose: a sense that your goal must be pursued at any cost, you can override your brain's inherent

bias to conserve energy. A powerful purpose will essentially tell your brain that your goal is as essential to your survival as food or safety are.

Cultivate It



In superhero origin stories, the purpose behind the actions of both heroes and villains is often driven by some traumatic event. Batman, for example, witnessed the death of his parents. This event motivated him to center his life around vigilante crime fighting.

Unfortunately, you're not Batman. Most real people don't have a traumatic origin story guiding us towards our goals. For us, our purpose must be developed and reinforced through a constant cultivation of the values that matter most us.

Our purpose is derived from the values we choose to live by. These values are infinitely variable and completely unique to each individual. To develop the strength of your purpose, the first step is to identify the values that you want to guide your life.

Here are some examples of powerful values:

-Community

-Honesty

-Courage

-Optimism

-Freedom

-Helping others

-Artistic expression

For more, there's a good list of values on this page: https://scottjeffrey.com/core-values-list/

Now, you're not choosing these values so much as you're identifying them. You're selecting the values that matter most to you so you can bring clarity to your purpose.

The next step for cultivating your purpose is to write a purpose statement. The authors *of Peak Performance* describe it like this, "Your purpose statement should reflect your customized core values and should be anywhere from one to three sentences.

Here are a few examples:

- Help people discover how they can get the most out of themselves in a healthy and sustainable way, and prevent the next case of burnout, dissatisfaction, and unhappiness.
- Be ready for someone when they need me—because I've had so much help and love from other people when I needed them!
- Give the children in my school a clean building.
- Study and understand nature, then give this knowledge to others.
- Be more engaged with my partner.
- Be the best athlete that I can be so that others are inspired to push their own limits.
- Make beautiful art that makes people smile, cry, connect to one another, and connect to the earth.

Your purpose statement is something you can expect to reiterate upon over time, what's important is that you put something down now that you can work with and improve.

Simply having a purpose statement written down isn't enough for it to have a consistent impact on your life. Brad Stulberg and Steve Magness made a few useful suggestions for how to remind yourself of your purpose to cultivate it over time.

First, they suggest that you write your purpose on paper and put it in places you will regularly see. This could be on your laptop, on your bathroom mirror, your refrigerator, etc.

Second, they suggest turning your purpose into a mantra, a phrase that you repeat to yourself silently. This habit will help reinforce the importance of your purpose statement over time.

Third, they suggest reflecting on your purpose every night through journaling. Simply write down your purpose statement and reflect on how well you lived up to your purpose each day. The authors also suggest rating yourself on a scale of 1-10 so that you get a sense of progress and competition with yourself throughout this process of journaling.

Using these strategies will help you become increasingly aware of your purpose, this awareness in itself will be motivating. As you routinely remind yourself why you're pursuing your path, you will develop an emotional charge that will magnetically pull you towards your goal.

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How to Develop Self Awareness- Three Books That Will Change Your Life

Avery · 8 September 2017 · Archived copy · Original

[image]

Self-awareness isn't a sexy concept. Six-pack abs, a six-figure income: these are the ideas that get us drooling in anticipation. In comparison, learning about self-awareness is about as exciting as watching grass grow.

And that's too bad. Self-awareness is the most powerful tool anyone can use to become more successful, happier, and more fulfilled in life. This is a problem, because most of us severely lack self-awareness, and we don't even know we lack it.

In fact, psychological research has found that most people think they are better than average at most things. Above average intelligence, above average looks, above average kindness. And best of all, most of us think we are less biased than average. We can see that other people lack self-awareness, but we don't see our own lack of self-awareness.

Nobel Prize winning psychologist Daniel Kahneman wrote, "We're blind to our blindness. We have very little idea of how little we know. We're not designed to know how little we know."

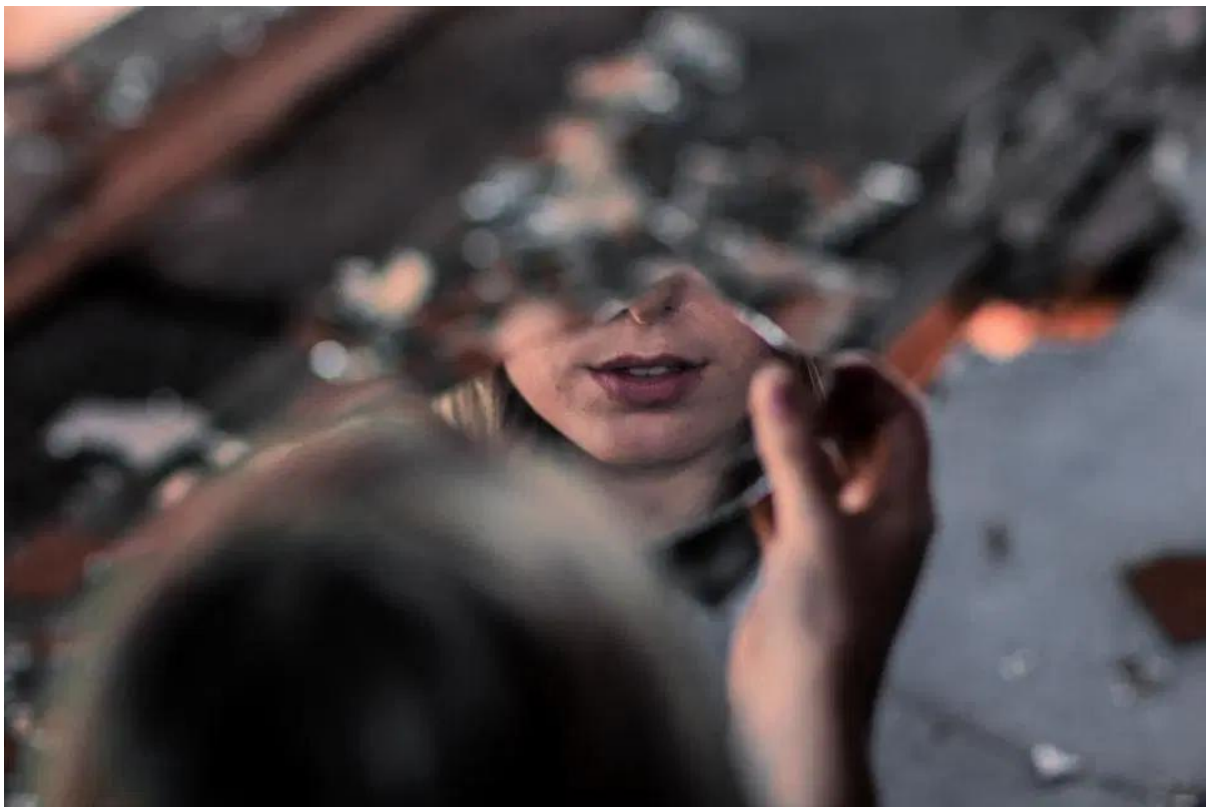
It's a pernicious trap. It's very challenging to improve our self-awareness, because we don't know we lack it.

A lack of self-awareness is, in many ways, a *psychological parallel to cancer*. Cancer isn't a foreign invader, it's our own body destroying itself.

If your body produces cancer cells, and it knows those cells are cancerous, the cancer will never spread. It will be swiftly eliminated. But, if your body doesn't notice cancer cells multiplying, they will replicate until they destroy the body that created them. A self-awareness deficit plays out similarly, without knowing it, you get in your own way.

Here's how a lack of self-awareness plays out in real life:

Imagine there's a high-school student, Lance, who wants to get good grades so he can earn scholarships, go to a high quality college, and eventually, earn a prestigious career. There's a problem, though. Lance believes he is dumb. His friends always teased him about being stupid, his grades in elementary and middle school were always poor, and no one saw him as a promising student. As much as he wants to get good grades, he doesn't try; because he doesn't see the point in trying.



He's stupid, right? So why waste his time studying and writing and doing homework? All that effort would be a waste, because John just isn't a smart kid- he lacks talent- so he doesn't try to get good grades.

But Lance is wrong about himself. He's not inherently stupid, he's just not trying hard enough. He's behind other kids his age, so it would be more difficult for him to get good grades than for his peers at first, but if he worked hard enough, he could excel and get into a good college.

Unfortunately, Lance lacks self-awareness. If he knew it was his belief that he was stupid that was holding him back (as opposed to actual stupidity), then he wouldn't have an excuse to avoid trying. As soon as he knew he could control his fate, he would take control of it.

If Lance were self-aware, he wouldn't destroy himself without knowing it, just like how cancer cells wouldn't spread, if the host identified them as cancer cells.

Similarly, when you lack self-awareness, you can limit yourself without even knowing it. In fact, it's often not a lack of willpower, confidence, or ambition that prevent us from living the life we want, but a lack of self-awareness.

[image]

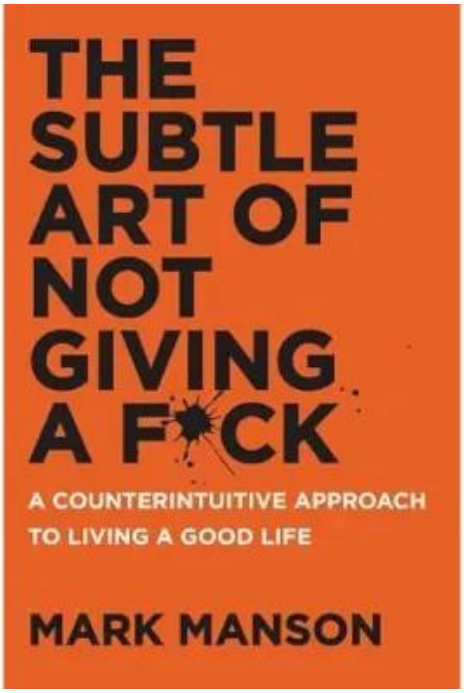
Developing self-awareness isn't easy; how can you possibly learn that your own beliefs are wrong? We use our beliefs to understand the world and to navigate through it, asking yourself to abandon some of those beliefs is liking asking an explorer to abandon their map and compass. Our beliefs are what give us bearing, they ground us in reality. Yet, many of those beliefs are wrong. What our compass tells us is north, may be south.

There is no magic pill for becoming self-aware. Yet, self-awareness can be developed. There is an ancient ritual that used to be quite popular that can radically change how you see yourself and the world around you. Reading.

Specifically, reading non-fiction books written to challenge your assumptions and beliefs. If you start reading these books, you won't be able to help but to become more self-aware, intelligent, and in many ways, free. There are numerous books that can help you develop your self-awareness, but here I'm going to focus on three of the most powerful I've ever read.

The Subtle Art of Not Giving A Fuck

By Mark Manson



The *Subtle Art* is the antithesis of a self-help book. Where self-help tells you what you want to hear, *The Subtle Art* tells you what you don't want to hear. Where self-help teaches you how to become more successful, Mark Manson teaches you that pursuing success is often misguided, and even toxic. Where self-help teaches you to care more about the future, *The Subtle Art* teaches you to stop obsessing over the future.

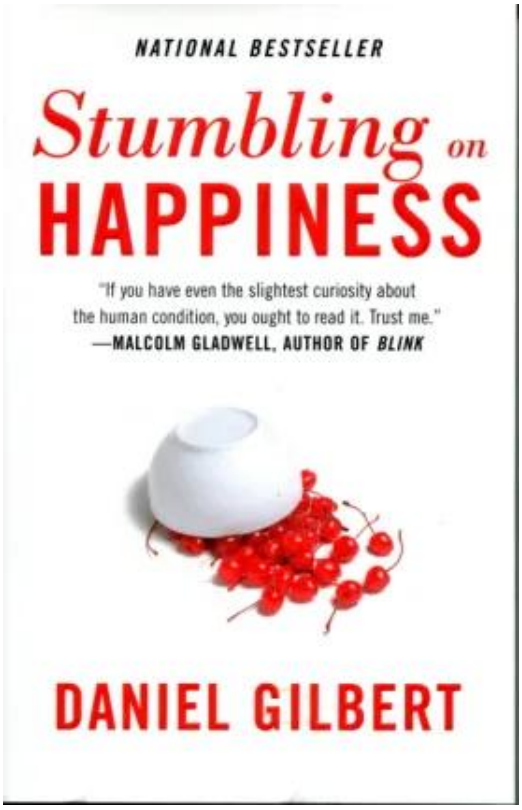
This book is successfully iconoclastic, and stands out not only because it's well-written, but also because it is chock-full of controversial concepts that you probably haven't heard before. Reading Manson's book will make you question your values, your goals, and your self-concept. It is painful to read, and that's a good thing.

Frankly, I disagree with many of *The Subtle Art's* concepts. Despite this, I appreciated all the ideas because they challenged my thinking, and made me question what I know.

Amazon link: *The Subtle Art of Not Giving A Fuck*

Stumbling On Happiness

by Daniel Gilbert



Written by Harvard psychologist Daniel Gilbert, *Stumbling On Happines*s is a bonafide odyssey of the mind. Gilbert asserts that humans are the only animals that can contemplate the future. This gives us a set of unique advantages, but it also comes with a litany of negative consequences.

Because we can contemplate our future, we can also plan out how to make ourselves happier in the future. Unfortunately, we are overconfident in the accuracy of our predictions. We think that a certain spouse, career, or house will make us happy; but we're often wrong.

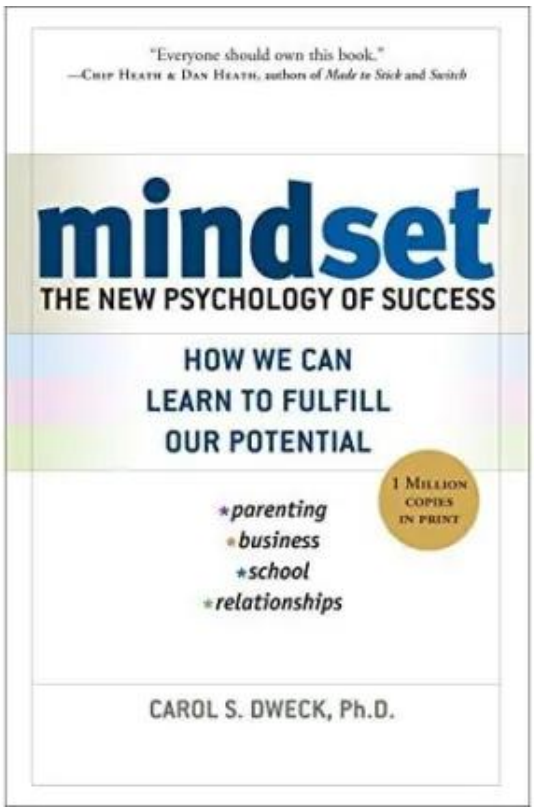
For example, we might think being a lawyer will make us happy, because of our imagination. Perhaps we saw *Law and Order*, thought it was cool, and wanted to say cool phrases like, "Objection," in court. But the reality of being a lawyer is mostly reading and writing in an office, not high-octane in court arguments. After a couple years of being a Lawyer, we may realize that we had no idea why we wanted to be a lawyer in the first place, and we set our sites elsewhere.

That's an oversimplification, yet, if you look at the rate at which adults leave careers they spent years of college to obtain, it does make you wonder if those decisions were well thought-out.

Stumbling on Happiness shows us that our ability to predict our future happiness is questionable, perhaps even nonexistent. We all pursue happiness, but reading Gilbert's book will make you question whether you really know what happiness is, and whether your beliefs about your happiness- in the present and the future- are misguided.

Amazon Link: *Stumbling On Happiness*

Mindset: The New Psychology of Success by Carol Dweck



Psychologist Carol Dweck shows us that what determines personal success might have a lot to do with something that most of us have never considered. Dweck argues that what whether we have one of two mindsets- static or growth- is the secret driver of success (or failure).

If you have a static mindset, you believe that your degree of success is a product of innate characteristics. Your intelligence, creativity, etc. are traits you were born with. If you fail at school, it's because you're not smart. If you fail in your pursuit to become a musician, it's because your tone deaf.

If you have a growth mindset, however, you believe that your degree of success is determined through a process of continually learning from past experiences and failures. If you're not doing well in school, you decide to devote more hours to studying. If you didn't make it into your school's band, you find an instructor.

Dweck gives scientific evidence that a growth mindset predicts much greater levels of success than a static mindset. It's not your inherent limitations that prevent you from succeeding, but the fact that you believe you have inherent limitations.

Reading *Mindset* won't necessarily make you believe that your mindset quietly determines whether you fail or succeed in your pursuits, but it will make you question how you think about yourself. When you fail, you'll start to wonder whether that failure is saying something about who you are, or just giving you feedback about your approach.

Read Mindset if you want to challenge your assumptions about what makes people succeed or fail (yourself included).

Amazon Link: *Mindset: The New Psychology of Success*

Reading these books won't change your life over night. But it will lead you to start questioning your values and beliefs. This process of questioning can plant a seed that eventually grows into deep personal change. Reading books that make you think about your thinking can broaden your self-awareness. As you become more aware, the limiting beliefs you didn't know you had will lose their power over you.

PS: If you don't want to miss future articles, fill out the subscribe form below, and you'll get notified each time a new article is released.

How To Change Your Environmental Influences To Change Your Life

Avery · 11 September 2017 · Archived copy · Original

The Power of Environment

Famed psychologist Albert Bandura made an important, even disturbing discovery about why we behave the way we do.

In his famous bobo doll experiments, Bandura would instruct an adult to aggressively assault a bobo doll. A young child was watching this take place in a nearby room. After the adult was finished giving the doll a beating, the child who had just witnessed this would be instructed to play with the bobo doll. The child would mirror the adult's behavior by aggressively attacking the doll.

The important implication of this study is that we determine what behavior is acceptable by observing the actions of those around us. We are sponges for our environment. We model the behaviors of those around us to far greater an extent than we'd like to admit (even to ourselves).

In fact, Bandura's theory has been reinforced by a variety of recent scientific findings. One particularly chilling set of studies found that if one of your friends becomes obese, you are 57 percent more likely to become obese as well.

Social influence like in the above examples happens completely outside our conscious awareness. We don't think, "Damn, John's been gaining some weight, I better be careful to avoid modeling that behavior and gaining weight myself." No, our mind picks up John's behavior unconsciously.

As social animals, we are naturally inclined to adapt to the social habits of the people in our social environment. The degree to which this influences us is tremendous, whether we're aware that it's happening or not.

This can seem very disempowering. It apparently implies that we are largely the product of our social environment, and that we don't have nearly as much control over our actions as we'd like to think we do.

I see it differently. Understanding the vast influence that our social group has on us means that we have a powerful point of leverage to use to our favor. If we change this one variable, we can markedly change our lives for the better. There are two practical strategies I recommend using to accomplish this.

Find Exceptional People

Jim Rohn famously said that you are the average of the five people you interact with the most. As we've seen, the science backs up this statement, meaning there is tremendous value in seeking out new friends who will have a positive influence on you.

Furthermore, if you currently have friends who are negatively influencing you, the best way to eliminate that negative influence, as cutthroat as this may sound, is to replace those old friends with new people who will influence you more positively.

In the past, finding exceptional people would have been quite challenging, but today, with the power of the internet, it is actually quite simple. If you want to improve your fitness, seek out a fitness group on meetup.com. You can then go to a hiking event (or something similar) with people from the group, and you can make friends with anyone

there who you connect with.

You can also meet exceptional people by joining a variety of local classes. For fitness, you can go to classes at a gym or join some yoga classes. If you want to take up meditation, you can find local meditation studios that offer free guided meditations. If you want to improve your social skills you can join a local Toastmasters group.

Whatever it is you want to pursue, you can easily find people who are already following that path. Then, by meeting these people and starting to form relationships with them, you will shape your social circle in a way that is going to positively influence your behavior. The average of the 5 people you spend time with the most will be elevated, and thus, you will be too.

Indirect Mentorship

Having a real-life social circle full of passionate people who share your values is the most powerful form of social influence you can leverage in your favor. However, it's not the only effective strategy, you can also be influenced by people who you don't even interact with in person.

In an interview with Tom Bilyeu, Neuroscientist David Eagleman said that if you want to improve your behavior, you should read books by people who have already accomplished things similar to what you want to accomplish. And you should also watch videos of people who represent peak performers in the field you are pursuing yourself. To do this, consider replacing some of the time you spend being entertained, with time educating yourself.

The five people who influence you most can include digital mentors, people whose content you follow and learn from. With the scope of resources available, there is no limit to the value you can draw from online mentors, whether it be in video, audio, or written form.

Invest Your Time Carefully

Laugh track sitcoms, social media, and video games can all be entertaining, and there is intrinsic value to that. However, it is worth bearing in mind that the time you spend consuming electronic media is a substantial investment, and one that you have control over.

When deciding whether to watch tv or play video games, ask yourself if the time you're about to spend is taking more from you than it's giving. As a former World of Warcraft addict, I can say that video games can be a fun way to immerse yourself in another world, but they don't always give something positive back to your real life. In fact, the time I spent playing that game was taking from my actual life. The more accolades and accomplishments I achieved with my virtual avatar, the worse my real life got.

I'm not suggesting you abandon all video games and all television watching. However, for many of us, these behaviors become addictions. At that point, they become detrimental to our life. According to ratings company Nielson, the average American watches five hours of television per day. Even more shocking, the average American spends over 10 hours a day consuming digital media (video games, tv, social media, etc).

Let's say you spend only half as much time consuming digital media as the average American: five hours a day. Five hours a day adds up fast. If you're spending five hours a day consuming media, that means you're spending 140 hours consuming it per month. The amount that can be accomplished in 140 hours is astonishing. I did some number crunching, and for me, that would be enough time to write a 200-page novel, revise it several times, then

publish it.

Of course, it's not realistic to give up all media consumption, nor would that be beneficial. Yet, it is worth considering if there are better uses for some of that time investment.

Think in terms of investment, what are you getting back from the time you're putting into Netflix or the video games you play? At what point, for you, does that investment become unhealthy or detrimental? If you are exceeding that point, then it will be to your advantage to trade off some of that time you're spending being educated by people who you admire.

Now, this is easier said than done. Many of us (myself included), have become addicted to our digital media influences. I have been addicted to both television and video games to the point where I was spending most of my free time on those mediums. If you're situation is similar, you can use applications designed to make reducing the time you spend on these mediums more realistic.

Personally, I use the application *Cold Turkey*. It allows you to block any distracting websites or applications that you add to a list, and it even allows you to schedule time segments in which those applications are blocked (e.g. from 8am to 9pm) Furthermore, it allows you to lock in the schedule you set until a date that you predetermine, which means you cannot deactivate the software once you've set it in motion. This application is particularly effective because it's nearly impossible to remove or deactivate. (I use a similar application for my Android smartphone called *Offtime*. *Moment* is an alternative for iPhone.)

If you want to reach a high level of success, the cast of *Friends* or *How I Met Your Mother* probably shouldn't be your primary digital mentors. Ross and Ted Mosby aren't going to be great candidates for the five people you surround yourself with the most. Instead, consider setting aside some of the time you currently dedicate to entertainment to education, and you will immerse yourself in an environment conducive to personal growth.

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How To Attract Women With Dominance (Pt: 1)

Avery · 17 September 2017 · Archived copy · Original

"I believe that present day civilized man suffers from insufficient discharge of his aggressive drive." –Konrad Lorenz

[image]

Traits like authoritativeness and aggression are looked at as things to be ashamed of and to avoid at all costs. This isn't arbitrary, traditionally masculine traits can be damaging in certain contexts. Unfortunately, cultural values don't appreciate nuance, and while in some contexts authoritativeness and aggression are damaging, in others, they are beneficial, even essential. In male to female sexual interactions, for example, sexual attraction is often sparked through a man's aggressiveness and assertiveness.

This is problematic, we are taught our entire lives to be people pleasers, to be nice, to be agreeable, and to wait for permission. But this attitude kills sexual attraction. There's no better way to kill sexual tension then to ask a woman for permission to kiss her or to ask to take off her clothes.



One of women's biggest turn-ons (in general) is to be swept off their feet, ravished, taken: by a man who loses control of himself because of his desire for her [Meston, Cindy M.; Buss, David *Why Women Have Sex: Understanding Sexual Motivations from Adventure to Revenge (and Everything in Between*)(pg. 208.)]. This man is, by definition, acting aggressively. He doesn't wait for permission, he assumes it.

Navigating this can be tricky because it is possible to be a creep. It is totally possible to go over the line by not respecting a woman's desires.

The best solution to this conundrum is to assume the answer is yes until you get some indication that it is not. If a girl says 'no' or shows any sign of discomfort, take a step back and show her that you respect how she feels. But don't avoid making a move because she might say no, make the move and take a step back if you get a no.

This attitude allows you to act in a dominant way without risking doing anything out of line. It allows you to act dominantly in a way that is a turn-on for women, without being a creep.

Additionally, acknowledging a girl's discomfort can build attraction. It shows that you are empathetic to her needs and helps her be comfortable with you sexually. Understand that for women, comfort is hugely important in a sexual interaction because men are generally physically stronger: for a woman, sex is dangerous in a way that it isn't for men. So, while taking a step back when a girl feels uncomfortable might seem like a rejection, it's often the very thing that helps make her comfortable enough to trust you enough to have sex with you after that 'rejection'.

Dominance does mean making bold sexual moves, but it also includes several other important components. Dominance in your interactions means you must lead interactions with women on several levels: 1. Conversationally 2. In terms of location and 3. By making the interaction man-to-woman.

Part 2 of the series can be found: here.

How to Attract Women With Dominance Pt. 2- Conversational Leading

Avery · 20 September 2017 · Archived copy · Original

"*A leader is one who knows the way, goes the way, and shows the way."* –John Maxwell

[image]

"Men especially like women who are receptive to their humor in sexual relationships. Women, in contrast, are attracted to men who produce humor, and that's true for all types of relationships, from one-night stands to lifelong matings." [*Meston, Cindy M.; Buss, David Why Women Have Sex: Understanding Sexual Motivations from Adventure to Revenge (and Everything in Between)* (pg 21.)] This dynamic is reflective of an important and pervasive element to male-female sexual dynamics: the man is (largely) the doer, the woman is the receiver.

This dynamic is apparent in many areas of an interaction: the man approaches the woman, the man generally must lead things forward physically (e.g. initiate the kiss), the man penetrates the woman in sex, and the man generally needs to lead the conversation.

There are exceptions, some women like to be the aggressor in an interaction. However, expecting this to happen, or waiting to meet women who prefer to take this role will severely limit your results. Most women expect the man to take the responsibility in sexual interactions, and this just is what it is.

Leading a conversation doesn't mean you must be domineering, it just means that it's your responsibility to make sure the conversation hits the notes you want it to hit.

You must give your conversations with women proper direction. Treat a conversation with a woman like a dance: if you don't take the initiative and lead it effectively, it won't go anywhere meaningful.

In interactions with women, it's your responsibility to build a sense of comfort, to avoid boring topics, to create an emotional charge, and to lead the interaction deeper to create emotional vulnerability. Conversation is an incredibly powerful tool, and with it, you can change how a woman feels about you, you can make her feel a deep connection with you, and you can make her sexually desire you.

[image]

If you don't take the conversational initiative, chances are, the conversation won't go anywhere interesting or impactful. It will be a normal, surface-level exchange.

Because of this, it is important that you change the topic if she goes down a conversational thread that isn't useful to your goals. For example, if she starts complaining about her job or her ex-boyfriends, cut her off, change the topic.

Generally, you can do this with a light touch and simply say something like, "Oh yeah, that's cool. Anyway, (then switch the topic to something more useful)." Just change the topic and move on without paying it any mind.

If a girl is insistent on talking about something that offers no value to a conversation, you may need to be more assertive and say something along the lines of, "I'm sorry, I'm just not interested in talking about work drama. I'm hanging out with you to have fun, and that kind of stuff isn't fun for me."

Doing this is not only powerful because it helps set the tone of the interaction in a way that's useful to you, but also because it's attractive when a man sets boundaries. As long as you do this without being bitter, it adds to the sexual tension.

Sexual tension is created when people clash with and challenge each other; the sense of conflict adds a charge to an interaction whereas a purely nice and agreeable exchange is pleasant, but boring.

For more about creating sexual tension, you can read this article:
https://redpilltheory.com/2017/08/12/how-to-make-her-want-you/

PS:

This article was a segment of the Seduction Blueprint-to see part three of this series now, you can find the full book here.

Part 3 will also eventually be released on the site.You can subscribe newsletter by filling out the form below to get part 3 sent directly to your inbox once it's released here.

What Is Wrong With Our Society Today?

Avery · 21 September 2017 · Archived copy · Original

[image]

The difference between technology and slavery is that slaves are fully aware that they are not free" – Nassim Taleb.

A bit extreme, but he has a point. My 19 year old brother lives with a friend, and they play this smartphone game called Clash Royale for most of the day. While they're playing it they put Netflix shows in the background. They're obviously not fully paying attention to the show, yet it still makes them feel some kind of comfort.

A good friend of mine is a very capable musician (he was offered a well paying touring gig at one point)- yet he works at a low-end job he has no passion for and spends his nights playing video games on his computer with his girlfriend. All night, every night.

It wouldn't even be that difficult for him to escape the 9–5 and become a full-time, musician. But his current lifestyle doesn't allow it.

During my teenage years I played World of Warcraft for four hours or more per day. I didn't really enjoy it for the most part, but it was a distraction from my pain.

And that's what I think it is. The internet, social media, Netflix Bingeing, Video Games, they all give us an escape into another world. A virtual reality where our problems aren't problems.

But, when we spend too much time in those virtual realities, our real-life problems only get worse. We make a habit of avoiding our very real pain, but the more we avoid our pain, the worse it gets.

The more my friend plays video games, the more it weighs on him that he's working a crappy job and not even trying to go for the life he wants. The more my brother plays video games the more it weighs on him that he's lacking genuine human connection in his life.

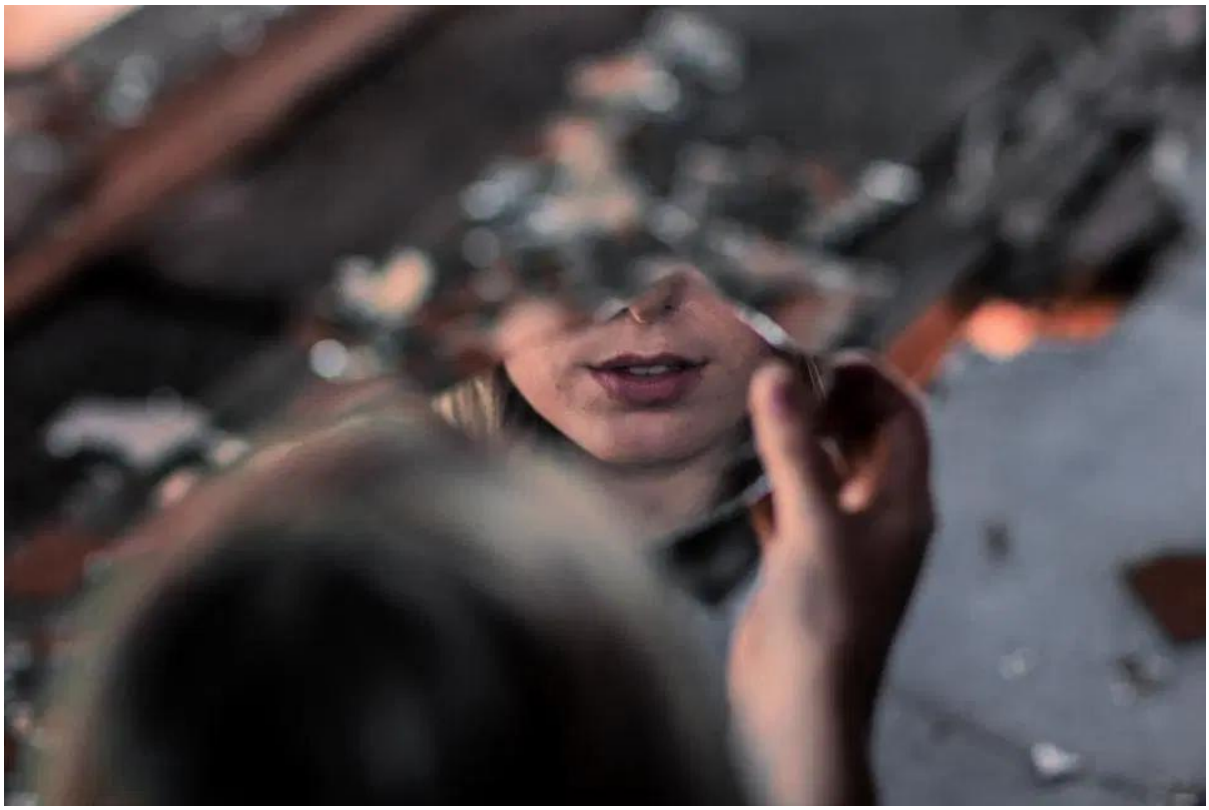
The problem with our society today is that we've normalized a lifestyle in which we avoid reality.

If this resonates with you, and you want a guide to getting out of your house and into the real world, you might want to check out: The Trial.

For more on this topic, check out the article: *Living In the Era of Disconnection*

What I Learned From The Sudden Death of My Father

Avery · 21 September 2017 · Archived copy · Original



I was eighteen and my mom got a call. She was crying profusely, I thought her current boyfriend, who had cancer, had died. I held her to console her. I was shocked what came next. It turned out my father had died. Suddenly. He was 39. He seemed to be in relatively good health, but he was found dead on his couch.

My first reaction was shock. For several months I went completely numb. Of course, this couldn't last. One day, while I was playing drums, I started to feel a strange sensation in my left arm. I shrugged it off and returned to my playing. But there was more. I started to feel dizzy, lightheaded, and I had a sense that something terrible was about to happen to me.

It dawned on me that numbness in the left arm was a warning sign for a heart attack. My other symptoms were so intense that I started to wonder if I was about to have a heart attack. I knew that sounded ridiculous, I was 18, in good health, and I had no reason to believe I could have a heart attack.

But I couldn't fight the feeling anymore, I left the drums and walked towards my computer. The dizziness became so intense that I started to hold the wall for balance. I thought at any second I might pass out, and never wake up.

I looked up the symptoms, and sure enough, I had all the symptoms of a heart attack.

My panic escalated, I ended up in an emergency room. I got numerous tests and strangely, they all came back negative. My EKG was fine, my bloodwork was fine, my vitals were fine. Everything was… fine.

But it wasn't. I had my first panic attack. If you haven't had a panic attack, it can be hard to relate to, but if you have, you know it's the most intense experience you can have.

Imagine how you would feel if you dove underwater, but before you came up, you felt a hand holding you down. You would try to come up for air, but no matter what you do, you're still being held underwater.

That's roughly what a panic attack feels like.

After my first panic attack, I developed panic disorder. This led me to try a variety of medications, see a several therapists, psychiatrist, and to read self-improvement books about anxiety.

None of it cured me, some things helped, but not much.

For a couple years, my life was mostly defined by my anxiety. I was living in a nearly constant state of terror, fixating on when I was going to have another attack.

The rest of my energy went towards finding a way to get better. I was willing to do anything to overcome this unnecessary suffering.

I took up exercise, read countless books, started studying Psychology, and became obsessed with self-improvement- all because of my anxiety, because of what the shock of my father's death had done to my emotional health.

Over the course of many years, that paid off. I became a different person. Whereas before I was passive and meek, I had become assertive and courageous. Whereas before I was a follower, I had become a leader.

The death of my father, although horrible, was also a blessing in a very real way. It made my pain so severe that I could no longer tolerate it.

Before I was anxious, I was unhappy, I was not living up to my own expectations; but my pain was in the background. It was there, but it wasn't so intense that it consumed me.

It was the worst thing that ever happened to me, and it was also the best thing that ever happened to me. It taught me to take responsibility for my life, because I had no other choice.

PS:

What I learned from this journey inspired me to write this book: Zero F*cks Given: The 21st Century Man's Guide to Deep Self-Confidence 2, Avery Hayden – Amazon.com

Three Interesting Psychological Facts Most People Don't Know

Avery · 24 September 2017 · Archived copy · Original

One:

Willpower is more important for success than intelligence. The famous Marshmallow experiment challenge a group of young children to resist the temptation to eat a marshmallow. The kids were told that if they were able to avoid eating a marshmallow in front of them for some time, they would get two marshmallows.

(Here's some extremely entertaining footage of the experiment):

The kids were tracked down later in life, and the researchers found something extremely surprising. The kids that resisted the temptation to eat the one marshmallow to get two later, were substantially more successful in life educationally and financially. In fact, the correlation between the marshmallow test and success was stronger than the correlation between IQ scores and success.

Now, this is just one study, but the incredible power of self-control has been researched in great detail by psychologists. If you want to learn more I recommend the book, Willpower by Roy Baumeister.

Two:

We have no idea what will make us happy.

[image]
Psychologist have found time and again that we are terrible at predicting what will make us happy in the future. In fact, Harvard psychologist Daniel Gilbert made an entire book about the topic called, *Stumbling on Happiness.*

One of many examples he gives is from a study about a college football game. Students of a college were asked how they would feel the next day after their team won or lost the game. Students said they would feel elated if the team won, and upset if the team lost.

It turned out, the game had no significant effect on the students' emotions the next day. Sure, the moment after the game they felt good about the win or bad about the loss, but two hours later and they had an exam to worry about, or they were to drunk to remember the game. When we think about how something will make us feel, our brain just pictures ourselves and that event- it has trouble seeing the bigger picture.

This is troublesome because it doesn't just effect us in regards to small things like Football games, it affects our major life decisions. We imagine that we will be happy in a certain marriage, or a certain country, or with a certain job, but our brain is basing this thought on a very slim amount of information. Research has shown that when people actually get the job, the marriage, etc. That they thought would make them happier, they tend to be no less or more happy than before.

Simply put, we don't know what will make us happier, but that's okay, maybe we should focus more on being happy now instead of hoping some accomplishment or change will make us happy.

Three:

[image]
We are not as rational as we think we are. It's easy to see how people are irrational if you watch their behavior.

We can watch other people's decisions and wonder why they act so strangely. But here's what we don't do, we have trouble seeing how our own decisions are so irrational too. This is because we have something called a bias blindspot, it means that most people think they are less biased and irrational than average.

We can easily see irrationality in others, but it's much more difficult to see it in ourselves. Psychologist Daniel Kahneman put it well, "We're blind to our blindness. We have very little idea of how little we know. We're not designed to know how little we know."

Because of this, I always question whether my beliefs are as rational as I think they are, and I've realized that many of the beliefs that I had that limited me, were in fact arbitrary and irrational.

Attract Women With Dominance Part 3- How To Be Man To Woman

Avery · 28 September 2017 · Archived copy · Original

"*Be yourself and be upfront about your expectations and desires.*"- Mike Posner

The difference between a man-to-woman interaction and a friend-to-friend interaction can be felt in terms of how much tension is in the interaction.

Tension is created through factors like strong eye contact, physicality, and sexual intent.

Note that too much tension can make a girl uncomfortable, but too little can make her comfortable to the point of boredom (leading to the friend-zone). You'll want to hit the sweet spot where the interaction is exciting for the girl, but not so tense that it's uncomfortable.

Some guys do create too much tension, but most don't create nearly enough, and this is what gets them a pleasant, "nice to meet you," followed by a pat on the back. In this article, you're going to learn how to implement three simple (but powerful), techniques to add tension to your interactions with women.

Eye Contact

"There is no moment that exceeds in beauty that moment when one looks at a woman and finds that she is looking at you in the same way that you are looking at her."– Eric Kripke

[image]

If a guy and girl are just friends, sure, they'll make eye contact. But it's going to be polite, friendly, eye contact. A simple way to create tension is to make strong, persistent eye contact.

The power of eye contact cannot be overstated. In fact, Famed evolutionary psychologist David Buss writes in his book, Why Women Have Sex, "In one study, forty-eight women and men came to a lab and were asked to stare into each other's eyes while talking. The effect of mutual gaze proved powerful. Many reported that deep eye contact with an opposite-sex stranger created feelings of intense love. Another study had strangers to stare into each other's eyes for four minutes— without breaking eye contact or making any conversation. Participants again reported deep attraction to their study partners. Two of these total strangers even ended up getting married!"

To make strong eye contact without being creepy, you can look into a girl's eyes until she looks away. Once she looks away, look away yourself. To be clear, this isn't a hard rule, for example, if a girl makes nervous, darty, eye contact, it doesn't mean you should do the same. However, in general, the above strategy a good way to make sure your eye contact isn't too 'safe', and to ensure that you're creating some tension with your eye contact.

If you notice your eye contact isn't as strong as you'd like it to be, you can use a simple exercise that helped me improve the consistency of my own eye contact. It may feel awkward to do, but it works.

Get in front of a mirror and stare at yourself for two minutes without pause. I get it, it's weird, but it's a great way for you to build your 'eye contact muscle'. As you practice this, you'll become increasingly comfortable with holding persistent eye contact.

You can also improve your eye contact in your day-to-day life. Any time you're in public, practice your eye contact by attempting to meet the gaze of any women in the area. Look towards their eyes until they look back, and hold eye contact with them until they look away. Make sure to do so with a slight smile, and if a woman doesn't return your gaze after a few seconds, look away (don't stare at her).

Over the course of a few weeks, you will automatically make notably stronger eye contact with women than before practicing these exercises.

Introduce Physicality

[image]

"*Sometimes, reaching out and taking someone's hand is the beginning of a journey.*"-Vera Nazarian

Obviously, an interaction with a woman can't lead to sex without physicality. Unless you know how to have psychic sex, you're going to have to touch her eventually. Touch creates sexual tension, and is something that a guy who's falsely presenting himself as a friend will be very hesitant with.

Context is important regarding physicality. If you're in a mall during the day, walking up to a girl and grabbing her to dance with her could be perceived as assault, whereas the same action in a nightclub would be totally normal. You should be able to navigate what's appropriate using basic common sense.

Generally, your physicality should be relatively mild and non-invasive at first, and overtime it can become increasingly intimate. The best place to touch a girl at first is anywhere between her wrist and shoulder.

Your main goal when initiating physicality shouldn't be to 'execute' it perfectly, but just to be physical at all. Learning specific methods for how to be physical is useless, you can only learn this from real-life feedback. Effective physicality will come naturally to you as you practice it and is based on an intuitive understanding, not logical rules.

You will be able to feel when a girl is uncomfortable with your touch, and you will be able to feel when a girl is receptive to your touch. As you get both of these types of feedback, you will develop a sense of how to touch a girl and when to do so. This is something you will learn over time, and yes, it will probably be awkward at first if you're not used to initiating physicality with girls you've just met. This awkwardness can't be avoided, it's a necessary part of the learning process.

As you practice this, you'll find that a lot of girls are receptive to your touch when you thought they wouldn't be. You may learn that you were missing a lot of opportunities with girls because you were being too hesitant with physicality. The only way you're going to find out if a girl wants to escalate things physically with you is to initiate physicality.

Chances are, you're playing it too safe with physicality, especially if you ever find that your interactions peter out or feel like they are friend-to-friend.

Make Statements of Intent

[image]

I practiced making statements of intent as training wheels to get comfortable with letting girls know I was interested in them. I had a fear that women would make fun of me or tease me for letting them know I was attracted to them.

(This one of those fears guys don't admit to themselves they have, you can find out whether you're affected by this by challenging yourself to make some statements of intent. If it's easy for you, you're good to go. If not, this is an area that you may need to work on.)

Women have a desire to be desired, and can, in fact, get turned on when a guy shows sexual interest in them. Conversely, when a guy hides the fact that he's interested, he makes himself uncomfortable because of what's known as persona fatigue (he's putting on the persona of a friend), and thus she becomes uncomfortable too.

(Emotions spread between people, psychologists call this emotional contagion).

Statements of intent are a great way to make it clear that you're sexually interested in a girl. You can use these statements as a training wheel to get comfortable showing sexual intent, which is incredibly important.

Statements of intent are phrases that directly indicate your sexual interest in a woman. They can be as simple as, "You know, you're really cute." You can make bolder statements, but the principle is the same with any statement of intent.

These statements can be effective on their own because they create tension and make your intentions clear. However, sometimes they can create too much tension. If you notice a girl gets uncomfortable after a statement of intent, that's fine. Remember, you learn most by going too far, it's like practicing shooting in basketball. If your shots are consistently too long, you take note and adjust appropriately. In dating, if you make girls uncomfortable by pushing too much, you learn to adjust and tone it back.

Importantly, making a girl a bit uncomfortable doesn't mean the interaction is over, it just means you need to pull back and reduce the tension. I often do this by literally creating a bit more physical space between me and the girl (I take a step back). This shows her that I'm not a sociopath with no empathy, and that although I'm interested in her, I can take no for an answer without getting butthurt.

I don't use statements of intent often anymore, they were training wheels that helped me get comfortable with showing sexual interest. Now that I've practiced statements of intent enough, I can show intent without having to say anything- this is the ultimate goal, and using 'lines' are just a way to reach a point where you naturally show intent.

Conclusion

Practicing these three simple techniques will teach you how to be man-to-woman so that your interactions consistently have an element of sexual tension to them. These are all subtle ways to show assertiveness, even dominance, without needing to be an asshole.

Truthfully, as you become better at adding sexual tension to your interactions, you might get rejected more often- some girls just won't be interested in you sexually. This might seem like a bad thing, but it's better to get rejected than to never know what might have happened. I don't regret the times when I got rejected, I only regret the times when I didn't have the balls to put myself out there and risk rejection.

This article was a segment from the full-length book, *The Seduction Blueprint.*

The Psychology of Seduction Part 1: Scarcity

Avery · 1 October 2017 · Archived copy · Original

[image]

"If somebody never gets enough of you, they will always want more." -Ashly Lorenzana

Anything that is totally abundant has minimal value. Water is a fantastic example of this. To you, water has little value: you're not likely to weep with joy when water pours from your sink or showerhead. You have unlimited access to water at a low cost. Yet, for the billion impoverished people who have limited access to clean water, it is a precious resource. For them, water is blue gold.

Imagine water suddenly became unavailable where you lived. Suddenly, water would be a scarce resource. Within several days there would be riots on the streets, people would do anything for water, they would kill for it. Water would be the single most valuable resource in the world.



Scarcity is like a volume knob for value. The less available something becomes, the more value it gains. Scarcity applies not only to products, but to people as well. In dating, you are the resource. You are a potential source of value; you can provide a woman with value through positive emotions, validation, sexual pleasure, friendship, laughter, etc.

The more value you represent to a girl, the more interested she will be in your company (not just sexually, but in general). If the value you offer a woman becomes a scarce resource, the volume knob turns up, and your value is magnified.

To be clear, scarcity doesn't give you value, it only increases or decreases the value you already have (if you have no value in the first place, scarcity won't help you. In this case, you must focus on reciprocation and liking before creating scarcity).

However, once a girl feels that you have some value to offer, you can use scarcity in your favor. Making her doubt that you are interested in her company (socially or sexually) will increase your value (from her perspective).

Simply, the positive feelings you offer a girl are worth more if she thinks she might lose access to them.

Flip The Script

By default, scarcity works in a woman's favor, men chase her, not the other way around. Yet, if you use the principle effectively, you are flipping the dynamic on its head.

Once you've established that you represent a source of value to a girl, a simple way to leverage the scarcity principle is to retract that value by letting a lull in the conversation hang. After a conversational thread wraps up, resist the urge to start a new topic, let the silence persist (while holding eye contact). She will feel an emotional urge to get back the good emotions that your conversation was providing her. She will restart the conversation herself within a few seconds, only now, she will have a sense that you might not be as interested in her as she previously thought.

[image]

In fact, a lot of 'game' tactics are only effective because they use the scarcity principle. For example, disqualifying yourself by telling a girl something like, "You're like the sister I never had, it's so adorable!" will make her doubt if you are sexually available to her. If you had any sexual value in her eyes, this will increase her interest.

To be clear, creating value with scarcity isn't as easy as using a couple techniques. The above strategies are useful because they help you emotionally understand how scarcity works in dating, but, ultimately, scarcity is created through the overall impression you make. To get the most from this principle, you'll have to actually be willing to leave a woman to your interacting with. She will be able to sense this (through your subcommunications) and it will make her doubt whether you're interested in her.

This will take time to develop. But, if you make a habit of using techniques like those I mentioned above in all your interactions, you will start to get an emotional feel for how scarcity plays out. You'll start to notice that when you pull back, she starts to feel a need to pursue you (because your value has increased). Over time, you'll understand on an intuitive level how to make a girl feel a sense of doubt about your interest in her without needing to use specific techniques. This intuitive understanding will dramatically shift the dynamic of your interactions with women- in your favor.

The Field Report Manifesto- How To Make A Powerful Field Report

Avery · 6 October 2017 · Archived copy · Original

The first section explains why field reports are so powerful and provides a general outline for what you should try to accomplish with yours.

The second section provides you a useful field report template.

The third section goes over an example field report so you can get a clear idea of what an effective critical self-evaluation looks like.

One of the biggest differentiators between those who achieve success with women and those who don't is the effective use of field reports. Men who write effective field reports consistently make significantly faster progress than those who don't.

Interestingly, few men involved with the seduction community write field reports at all. There are two major reasons for this: 1. It's not clear why field reports are so powerful and 2. It's not clear how to write a good field report.

Part 1: Why Field Reports Are So Powerful

Field reports provide you with the opportunity to analyze your days or nights out from a perspective that's normally unavailable to you. When you go out and get rejected in the moment, your emotions can be overwhelming, and those emotions will cloud your sense of judgment, causing you to rationalize your mistakes.

While you're out standing with your group of friends who aren't approaching (sometimes called the chode circle), you'll come up with reasons not to approach. You might see a girl and tell yourself, "She's too attractive," "She's not attractive enough," "She's too busy," "She's with a guy who must be her boyfriend," "She looks too slutty," etc.

These rationalizations give you a logical excuse to avoid approaching women and to stay inert in your chode circle. Rationalizations are very difficult to step out of, and none of us are immune to them. Rationalizations might cause you trouble with approaching, getting a girl's number, being physical, inviting girls to your place, or anything else.

We make countless decisions when we go out, and many of these decisions aren't the decisions that, in retrospect, we know we should make. Hindsight is 20/20. This fact has a lot to do with the power of field reports.

Most of your decision-making power resides in your unconscious mind, which you normally don't have access to. Your unconscious mind is biased towards conserving energy and avoiding risks because, in the environment we evolved in, those needs were far more important than our ability to leave our comfort zones for personal growth.

Our brain evolved in a dangerous environment in which any risk could easily lead to our death, and thus, your unconscious mind is strong biased to prevent you from taking any risks, and your unconscious mind creates negative emotions that get rationalized to accomplish that mission.

But when you write a good field report, you are able to change this dynamic for two reasons: 1. You have access to your logical brain. While writing you're no longer being flooded with strong emotions (so you can show yourself that your rationalizations were untrue) and 2. You can build awareness and make the unconscious, conscious. Once you're at home on your computer, the part of your brain that wants to make positive change will be predominant again, your rationalizations and negative emotions won't have so much influence over you anymore.

Now, you'll be able to go over the decisions you made throughout the night much more objectively. When you write about why you didn't approach that girl you'll be able to analyze what happened and realize you were making an excuse, falling prey to a rationalization, and that you should have just approached her.

While writing your field report, you have a bird eye's view of your decisions making and you can realize how silly and unnecessary the mistakes you made were.

Re-Write Your Story



Additionally, we're all the protagonists of our own story. When you're writing a field report, you gain the power to edit that story, to interpret the meaning of what's happened so far. You can realize that the rejection that hurt in the moment and lead you to leave the club early was actually a moment of learning and that you gained a lot from that rejection. You can realize that you were taking yourself far too seriously and you can see your ego for what it is.

By bringing awareness to all of your rationalizations and negative thinking through your field reports, thoughts and emotions that normally hinder you (without your conscious awareness of them) become much more conscious.

Now that you've labeled them for what they are, the next time you start feeling nervous and rationalizations run through your head that say things like, "She's too busy," you'll know what's really going on. You'll still get hit with emotional turbulence, and you'll start to make excuses, but now you'll be able to identify them for what they are, and as a result, you'll be freed to make a better decision.

As you continuously write field reports, you will become aware of more and more self-defeating thoughts, more and more of your ego, more and more of the mistakes you're making; and you will be able to make increasingly better decisions.

If you don't write field reports, it's extremely easy, and even natural, to keep repeating the same patterns. To continuously make the same mistakes again and again despite your conscious intention to make progress.

Part 2: The Template

The template I've found to be most effective for field reports is fairly straightforward, it looks something like this:

Date:

Summary of the night:

Three things I did well: 1. 2. 3.

Three things to improve on: 1. 2. 3.

This structure is effective because it forces you to focus on two important things, what you did well and what you need to improve on.

Focusing on what you did well is useful because a lot of guys have difficulty seeing the positive in their nights out. They see everything through a negative lens, and because of this, they lose motivation over time. It's valuable to acknowledge what you're doing right, even if it seems insubstantial. This will help shape your attitude to appreciate the positives and to notice progress you've made which will help motivate you to stick to the process over time.

Focusing on what you need to improve on is important because it allows you to call yourself out on your mistakes and, as I mentioned earlier, build awareness of your rationalizations so that you can overcome them. The summary is useful because while writing it you can relive your night out and analyze what happened from an emotionally distant perspective.

The more you focus on why you're making specific mistakes, the more value you'll get out of your field reports. Just writing what you did wrong isn't particularly useful, your field reports will be much more effective if you focus on why you made the mistakes you made.

Part 3: Case Study



Example Field Report: Date: Summary:

Two wings and I went to Light, a hip-hop club in Vegas. As I walked in, I didn't waste any time, I immediately approached the first girls I saw. I did this because I've learned the longer I wait to take action, the easier it is to start making excuses. The interaction didn't go well, I wasn't in a good mood and I noticed she felt uncomfortable talking to me. She was giving me one word responses, so I left.

If I'm being totally honest, I felt somewhat bitter about this interaction after it happened. I felt like I deserved good reactions from girls and when I didn't get a good reaction, I got upset. This is a sign that I was trying to take something in the interaction, I wasn't offering value. In the future, I should remember that if I get upset by a bad reaction it's not the girls fault, but my own for trying too hard to get validation from the interaction.

After this rejection, I felt hesitant to approach more women. I walked through the club and made excuses to avoid taking action. After a few minutes, I caught myself, and approached a girl on the dance floor. She was an attractive Asian girl, and although I wasn't in the best mood, she responded well to my approach. I instinctively brought myself closer to her and started dancing with her, within a few minutes we were grinding. A few minutes later we were making out.

This was going well, but I noticed one of her friends was dancing alone and looked a bit left out. I saw one of my friends and told him to go dance with the girl who was alone. He did so, and for the next 15 minutes or so we had fun on the dance floor.

At this point, I said we should go to the main area of the club to talk, the four of us walked over. This was a good move on my part, there are so many times I've missed opportunities in the past because I just didn't lead the interaction forward.

We talked for a bit at the main area of the club, we joked around and had a good time. I suggested we get drinks at my hotel. When I said this, the girls whispered something to each other and said they had to go to the bathroom.

My friend and I waited for them to come back, but unsurprisingly, they never did. Looking back, I realize I jumped the gun and was too direct too soon in a way the girls couldn't relate to. It wasn't a huge mistake to go for the pull, but I should have calibrated after the fact and said something like, "You know what, nevermind, let's go to (another

area in the club)."

These girls saw us as random fun emotions in the club and felt no connection with us which they needed in order to go home with us. I could have taken a step back, built a connection, and then moved things forward again later. As the night continued I approached quite a few women, most of these approaches didn't go anywhere. For the most part, I introduced myself, made some chit-chat, then moved on to the next girl.

I gave up on my interactions easily because the girls were mostly indifferent to my approaches, they weren't rejecting me, but they also weren't giving me any indication that they were into me either. Again, the fact that I gave up so easily implies that I was taking value, I was talking to girls to get a good reaction more than I was talking to girls to express my personality.

At about 1:30 AM I was starting to feel tired and I had a strong desire to leave the club. I told myself I had done enough approaches and I needed rest so I could be at 100% the next day. Even though I felt this way, I was aware that these were all just excuses, so I persisted despite how I felt.

I ran into my friends and they said they were heading back to the hotel. I wanted to go back with them, but surprisingly I told them I was going to stay. I stayed because I knew that I wanted to push myself harder and recently, I've been catching myself on my frequent excuses to leave the clubs before they close.

I made a couple rounds through the club without approaching. Excuses were running through my head to avoid taking action again, "She's with guys," "She's not my type," etc.

Eventually, I saw a girl who caught my eye, a tall, athletic, olive skinned girl talking with a guy who it looked like she just met (because he was standing a few feet away from her and didn't look totally comfortable).

I stood, frozen, for a few seconds deciding whether to approach or not. I eventually told myself, "Fuck it," and walked in.

I introduced myself and correctly guessed that she was Brazilian. She asked me how I knew and I joked that I was psychic. She asked me to tell more about her so I made up some ridiculous facts about how she wanted to be an actor but decided to pursue a more realistic career so she started raising cats for a living instead.

Surprisingly, my mood quickly shifted talking to this girl. We had natural chemistry and immediately got along. I never introduced myself to the guy she was talking to, I just kept talking to her, after a few minutes, he stumbled away. This is a good reminder that a lot of the time, other guys are just randoms who just met the girl you want to talk to.

We vibed for a while and danced for a few minutes. I asked who she was with and it turned out she was with one female friend who was talking to a guy. I thought this was perfect and said we should all go back to my hotel to get a drink. She agreed and told her friend who was also down. As we left the club, the other guy tried to pull his girl to his hotel but she refused. He pleaded, but she denied him again and so he left on his own. This was a good example of what not to do: argue and try to logically convince a girl to change her mind.

While we walked through the casino, I texted my friends to leave the hotel. This was an important step because with my friends in the hotel things could have easily turned awkward.

My girl's friend drove us to my hotel. Once we arrived, my girl changed her mind, as I left the car she said, "Good night. I have to stay with my friend."

In the past, I would have given up at this point, but I had learned from my mistakes. I told her, "No, come with me, just for a minute, we'll have one quick shot. I'll take you back to your hotel right after."

She hesitated, but I said, "Come on, it'll be fun. Your friend can take a picture of my ID to make sure you're safe." With that, she agreed to come.

This had a few important lessons, it really is important for a girl to feel safe to go home with you, she doesn't know

you and for all she knows you could be a murderer. Offering a picture of your ID shows that you're trustworthy and empathetic to her concerns.

Beyond that, there's value in persistence. I could have easily seen this as a rejection, but I knew this girl was attracted to me so I persisted, and as a result, she came home with me. We got into the hotel, did a couple shots, and from that point things progressed naturally.

Three things I did well:

1. There were several instances in which I wanted to give up, but I persisted. I wanted to leave the club early, but I decided to stay. When my friends left, I wanted to leave with them, but I decided not to. When I saw the Brazilian girl, I didn't want to approach her, but I did. When the girl said she needed to leave with her friends I convinced her to come to my hotel room. I made these good decisions because I've been making the mistake of giving up too easily again and again. Tonight, I finally said, "Fuck it," and pushed through my mental barriers.
2. I approached at least 20 girls even though I wasn't 'in state'. It would have been easy to spend most of the night hesitating because I wasn't in a good mood, but I managed to approach quite a few girls because I knew that I would get more out of my night out for each approach I did, and that I would learn even more because I wasn't in a good mood.
3. I was confident with physicality throughout the night. I wasn't hesitant to escalate physically (with the Asian girl on the dance floor and with the Brazilian girl). This has been a sticking point for a long time, and last night I didn't have to use any conscious effort to be physical, it happened automatically. This is probably because I've been focusing on improving this lately and because momentum is working in my favor.

Three things to improve on:

1. I want to get better at offering value. I was expecting too much from the women I interacted with last night. As a result, when I didn't get good reactions, it got to me. This happened because I still have a big ego, one of my biggest drives to doing game is a competitive drive. I want to prove myself as capable and 'successful' by getting success with women. Because of this, when girls don't react well to me, it hits my ego and I get frustrated. It's not that I want to get rid of my ego, but I do want to learn to think about how I can make a girl's night better by talking her more than I focus on how she can make my night better by giving me validation.
2. I ejected from many interactions prematurely. There were a number of girls I talked to and had decent conversations with, but I told them I had to go a few minutes into the interaction because I wasn't doing 'well enough'. I was telling myself that a girl had to show me very obvious signs of interest to keep interacting with her. This shows that my criteria for success were too high. It's fine to have an interaction that is relatively neutral, I don't need to 'put on a show' and make a girl laugh hysterically to have a good interaction with her.
3. I spent a lot of time walking around the club between interactions. I wasn't in a great mood for most of the night and I made a lot of rationalizations to avoid approaching girls. At some points, I went for a good 10 minutes without talking to anyone. This means I was letting my emotions dictate my actions and that I wasn't aware that I could act in spite of my resistance. Of course, I could have acted, there were several other instances last night in which I felt resistance, but acted anyway, and I could have done so more consistently.

Conclusion

Your field reports will look a lot different, but the underlying principles of an effective field report will be the same. You'll notice that throughout the field report I was analyzing why I made the decisions I did, good or bad. Through this I was able to become more aware of my rationalizations so that I would be less likely to make the same mistakes the next night I went out.

Your particular sticking points could be any variety of things, and you'll learn about the most important sticking points throughout this book.

Keep in mind that no matter how good you get, you can always get better. If you can't think of any mistakes you made throughout the night, you're not being totally honest with yourself, and this is a sign that you urgently need to work on your self-awareness with field reports.

As you write field reports you will become increasingly effective at calling yourself out on your own B.S. and you'll overcome one sticking point after the other. Few guys consistently write effective field reports, but those who do make rapid progress.

If you want to see more example field reports specifically designed to help you improve as quickly as possible when you go out, check out: The Trial- Transform Your Dating Life In Eight Weeks

Why Awkward Guys Get Laid

Avery · 6 October 2017 · Archived copy · Original

The Awkward Aggressive

[image]

Recently, I've become aware of an archetype of men who regularly hook up with attractive women. Shockingly, these men don't have 'game', they aren't cool, charismatic, or more physically attractive than most guys. If anything, they are awkward and antimagnetic.

At first, I assumed the success I was seeing these men get was based on luck. However, after seeing the pattern repeat itself time and again, I realized they weren't lucky, they shared one quality that is disproportionately valuable in dating.

Let's call this call this archetype of man the awkward aggressive, he has a couple standout traits. First, he's socially uncalibrated: he's not a social butterfly by traditional standards. Second, he's aggressive with women, he lives and breathes the Glengarry Glen Ross mindset, "Always Be Closing." If you're in the same group as him interacting with women, sometimes you'll cringe. He'll invite the girls to an 'afterparty' out of the blue, make the women uncomfortable, and keep persisting despite their obvious discomfort.

Before I noticed the results they were getting, I avoided awkward aggressives, and I certainly didn't think of them as role models or potential mentors in any way. But I kept noticing the same pattern play out, again and again. A pattern that bothered me to my core.

These awkward aggressive guys pulled slept with beautiful women Not only that, they were among the guys who got the most impressive results of any 'pick up' guys I had met. I had put years of effort into learning to be more socially intelligent, charismatic, and vulnerable, yet these guys, who were anti-charismatic, were getting similar results to me. Was I going about dating all wrong?

Yes and no. Learning to be more emotionally attractive certainly helps (a lot), not only will women be more attracted to you, but your social interactions will be more enjoyable in general. However, success with women isn't just about developing a winning personality, it's about something awkward aggressive guys intuitively understand, and it's something most guys don't pay nearly enough attention to.

Dating is a numbers game, and anyone who says it isn't, is flat out wrong. Now, the number in question isn't how many approaches you do. It's more of a formula involving your attractiveness and how many women you attempt to close, it looks like this A x .03C= R

A= Overall Attractiveness (looks, status, confidence, game, etc) (Rated as a 1-10)

C= Number of attempted closes

R=Results (The numbers are estimations, what they represent is most important)

6 x .03(5) = R

If your attractiveness is below average, say a 6. And you attempt 5 closes in one weekend. The 'math' would look like this, 6 x .03(5) =R This becomes: R=.9 meaning you'll sleep with nine/tenths of a girl (she's missing a hand, perhaps).

Okay, I was kidding about the hand. Now, obviously, this is far from an exact science, however, these variables are what determine results. Now, to clarify, what I mean by attempted closes, is how many times you try to bring a girl

somewhere sex can happen. Getting a number doesn't count as an attempted close.

There's a couple valuable takeaways from looking at game this way. One is that, sure, attractiveness matters a lot, but if you're highly attractive you won't get any results without real attempts at closing.

And, although that may seem obvious, that's the mistake I see. I know several highly attractive guys, who just don't pull the trigger. I have a friend who's a 6'3 Olympian swimmer, and he gets lots of opportunities, but he doesn't attempt the close, and women fuck some other guy who's willing to do so.

Another guy I know is extremely attractive, but he's terrified of getting rejected. On the rare occasion he does go out, he ejects from interactions with women who clearly like him because he gets nervous.

On the other hand, an unattractive awkward aggressive will get rejected all the time, and most women won't like him. But the formula works in his favor, relatively few girls will sleep with him, but he tries to close every girl he has a substantial interaction with, and some of them are up for it.

Awkward aggressive shouldn't be getting more results than most other guys, but they do. This reveals a truth about guys who try to improve their dating life. Most of them rarely attempt to close a girl, they might get phone numbers or makeouts, etc. But few guys take the necessary steps to lead an interaction towards sex. Because of this, guys who are awkward often get better results than the guys who actually have the qualities most women want.

If you're socially awkward, yet relatively attractive, and you learn to genuinely attempt to lead interactions towards sex, you can get results. If you are traditionally attractive, this means that the results you could get are incredible, but you must radically change your strategy if you're not getting those results now.

Women have just as much of an emotional desire for sex as men do, and a good percentage of women are open to having casual sex with some guy they just met at a club. But women, almost always, will only go home with a man who takes the responsibility of the interaction. He has to lead it towards sex, because culturally, women feel ashamed to do so. Often times, the only men who will take the necessary responsibility are men who are fairly awkward, but if she wants dick, oftentimes that's enough for her.

This article is a segment from The Seduction Blueprint

The Four Fundamentals of Game (Part 1: Leading/Overcoming Rationalization)

Avery · 6 October 2017 · Archived copy · Original



If you want a better dating life, you probably don't need to master the apocalypse opener, the October sequence, or perfect the subtleties of the 'cube'. Instead, if you want to get results, improve on the fundamentals. The basic skills that matter most.

But, how do you do this?

Most mistakes in game come down to a lack of awareness of the four fundamentals of game:

-You might be unaware of what the girl is feeling, and why she's feeling that way.

-You might be unaware of the fact that you're falling for terrible rationalizations.

-You might be unaware that the girl liked you, but she lost interest because you failed to lead.

-You might be unaware that you are too pushy and you scare girls off.

The most important skill to develop in game is **self-awareness**. Awareness isn't built through some pickup trick, it's built through honest, shameless self-inquiry. To become more self-aware, you must start to ask yourself the right questions. As you do this, you'll start to become conscious of mistakes you were previously blind too, with awareness, your blindspots will be easy to overcome.

In this article, I'm going to outline the most useful questions to ask yourself when you're out so you can master the four fundamentals of game by developing your self-awareness.

One

Am I Leading My Interactions Enough?



One of the most common mistakes men make when interaction with women is they don't lead their interactions forward. They approach a girl, she's receptive, they chat, and chat, and chat… until, eventually, the interaction starts to feel like it's going nowhere and the girl says, "Well, I have to go find my friends, it was nice to meet you."

When a girl is receptive it's very tempting to keep doing what's working. Men tend to avoid taking risks that might "rock the boat" when they're in an interaction that's going well. They hesitate to go for the kiss, lead her to another area, or sexualize the interaction. This is attraction suicide.

Here's the harsh truth: guys who lead effectively get the best results. Hell, I've seen guys who aren't charismatic or charming at all pull extremely attractive girls because they *lead hard*. In many cases, leading will get you more results than 'good game' will.

So, what exactly do I mean by leading? *Leading is anything that moves an interaction towards sex*. In many cases leading is as simple as moving the girl to another area. For example, if you're in a club you might invite her to get some fresh air or to join you at the dance for. If you're doing daygame, you might invite her to get some coffee with you for an instant date.

Leading also includes physical escalation (touching her, holding hands, kissing, etc.), either way, leading is what gives an interaction forward momentum. It prevents the girl from feeling awkward after chatting with you in the same place for fifteen minutes.

Ask yourself if you're leading your interactions enough. Are you suggesting moving to another area? Are you being physical? Or are your interactions stagnating because you can't transition out of nice small talk?

If you find that you're not leading enough, a simple solution is to make a habit of attempting to lead every interaction in one of two ways.

Either:

1. Try to physically move the girl in each interaction, “Let’s get some fresh air/coffee/etc,” or
2. Try to initiate physicality in each interaction by touching the girl’s shoulder/dancing with her/etc.”

This is such a common mistake, and if you don’t overcome it, you’re not going to get the results you want. Women are very rarely going to lead an interaction for you, if you have trouble leading interactions, dozens of girls might like you, but nothing’s going to happen with any of them. Start leading and your results will dramatically improve.

Two

What Rationalizations Am I falling for?



You see her walking by, she’s gorgeous. You feel an uncomfortable combination of anxiety and excitement as you decide whether to approach her. You see that she’s walking quite briskly and you think, “Well, she’s in too much of a hurry, I don’t want to bother her.” You decide not to approach her; you’re not the kind of guy that *bothers* people in a hurry.

We rationalize when we feel a negative emotion and make up a *seemingly* logical explanation for that negative emotion. In the above example, you don’t really care that she’s walking briskly, you’re just feeling approach anxiety and your brain is coming up with an excuse to avoid facing your fear. The fact that she seems busy registers in your mind as a logical enough excuse, so you buy into it.

Ultimately, rationalizations are one of the biggest mistakes **we all make** that prevent us from getting the results with women we want. We all do it, and we all do it often:

“She’s too hot,”

“She’s not hot enough,” “

“She’s with a guy, it’s probably her boyfriend who will beat me up,”

“She looks like she’s in a deep conversation,”

“I shouldn’t kiss her right now, I need to wait for *the signal*.”

“I’m not going to pull this girl tonight, she’s not that kind of girl, she’s special- I’ll go on a few dates with her first.”

Whenever you hesitate with a girl, whether it is to approach her, kiss her, pull her, etc., ask yourself, “Was that a rationalization?” There’s a good chance you’ll find that the answer is yes. After you catch a rationalization in that way, the next time the same rationalization comes into your mind, you’re less likely to fall for it. Then, because you know your excuse is bullshit, you’ll have no excuse but to suck it up and do the approach, lean in for the kiss, etc.

If you want a more extensive guide for how to catch your own rationalizations, check out the: ultimate guide to writing field reports.

Also, if you don’t want to miss parts 2 and 3 of The Four Fundamentals of Game, fill out the form below and you’ll get them emailed to you later this week when they’re released. Plus, you’ll get the eBook, *The Psychology of Seduction* (for free).

The Four Fundamentals of Game (Part 2: Emotional Calibration)

Avery · 7 October 2017 · Archived copy · Original

This is part 2 of a 3 part series, for part 1, click here.

Am I Calibrating Effectively?



So much of game is understanding what the girl is feeling, and responding appropriately. If a girl is uncomfortable because you're coming on too strong, you need to pull back and take the pressure off. If a girl is bored because you're not engaging her emotionally enough, you need to spike her emotions to provoke her engagement.

Whether you're coming on too strong or not strong enough, you can fix this with proper calibration. But you have to know which mistake you're making.

Ask yourself if the girls you talk to seem bored: are they polite but not adding much too the interaction? Not enough engagement.

Do they seem like they're backing away when you talk to them? Are they nervous? Do they frequently mention that they have a boyfriend? Too much pressure.

If you find that you're not engaging enough, learn to use some emotional spikes (link to article) to make her engage. Here's an example from the book, *The Seduction Blueprint*:

"The easiest strategy to build a habit of adding strong emotions into your interactions with women is to use the words, 'I hate,' and 'I love.' When you meet a girl, throw out these two phrases regularly to spike her emotions and keep the conversation from being too polite and stale.

For example, if a girl says she's from California, you might say, 'California? I hate California.' Or you can say, 'California? I love California!'

It doesn't matter at all whether the statement is true, the point is simply to learn to get comfortable with being polarizing.

Don't expect to get dramatic reactions from this, women aren't going to drop their panties because you injected some emotion into your phrasing. However, adding 'I hate' and 'I love' is a powerful learning tool. If you say, 'You like Twilight? I hate Twilight' And the girl gets offended or upset, you probably weren't saying it in a fun way. You were being judgmental or negative.

Injecting strong emotions is important, but they can't be entirely negative, you don't want to be purely insulting. Instead, you're teasing her, challenging her, it's like a playful poke. If women aren't responding well to your negative "I hate you" emotional spikes you can use this feedback to adjust your delivery until you start getting good reactions consistently from your use of the phrase.

You can respond to just about anything with, "I love" or, "I hate," you can use it in response to her name, her favorite TV shows, her profession, even the color of her shirt.

Expect it to take some time to master the skill of adding emotional spikes to your interactions effectively. This isn't an exercise you can practice for a couple days and then abandon. It will take several weeks to make this into a genuine habit, and although this may seem like a lot of effort, the results will be worth it."

Too Pushy

If, however, you find that you're too pushy, you must learn to show understanding. To do this, start by giving the girl physical space. If you're standing, you can literally take a step back. This shows that you understand that you're putting on too much pressure and that you respect her enough to give her more physical space. Afterwards, make a statement of empathy like, "Oh, I'm sorry, I know I'm pretty out there sometimes," or, "I know I can be kind of awkward, sorry about that," afterwards, change the topic and continue the conversation like normal.

You're not apologizing because you regret what you did, you're apologizing to show her that you understand you were making her feel uncomfortable. If you come off as guilty when you say it, it can backfire- the key is to say it with confidence. This will communicate that you know you made her feel uncomfortable, and you can respect her boundaries, but you're not afraid or guilty about what you did.

Once you learn to calibrate your interactions effectively, you will find yourself able to flip a lot of 'maybe' girls into 'yes' girls. Girls that were on the fence will appreciate your social savvy, and many times, change their mind about you because of your calibration.

(In general, if you're making girl's uncomfortable, by putting too much pressure you may want to learn to give the girl space to invest by using scarcity- here's a detailed article for how to do so-)

Also, if you don't want to miss part 3 of The Four Fundamentals of Game, fill out the form below and you'll get them emailed to you later this week when they're released. Plus, you'll get the eBook, *The Psychology of Seduction* (for free).

The Four Fundamentals of Game (Part 3: Offering Value Vs. Taking Value)

Avery · 8 October 2017 · Archived copy · Original

This is part 3 of a series, for part 1, click here.

[image]

Am I taking value or offering value?

So many guys who go out to meet women give off a grimy, salesman vibe: they clearly want something from the girls' they're talking to. You know how you feel when a homeless person asks you for money? That's how these guys are making girls feel. Not good.

This 'vibe' is what it means to be taking value. Of course, these guys aren't aware that they are coming off this way, if they were, they wouldn't keep doing something so counterproductive.

The opposite of taking value is offering value. When a guy is offering value, it looks like his only agenda when interacting with a woman is to make her feel better for having met him. Offering value is powerful because it triggers what psychologists call reciprocity.

Jack Schaffer, psychologist and author of *The Like Switch*, writes, "The principle of reciprocity is triggered when people become aware that someone else likes them, they find that person more attractive. People tend to reciprocate the same feelings others extend to them."

So, if you offer value, girls will offer value back (i.e. respond to you positively). If you take value, they will take value back (i.e. respond to you negatively).

This dynamic is one of the *underlying fundamentals of pickup*, and if you get it wrong it will make everything difficult.

It's important to ask yourself whether you're taking or offering value. After some of your interactions with girls, ask yourself honestly, "What was my goal was when I was interacting with that girl?" Were you hoping to make her day better without wanting anything in return; or, did you have an agenda?

Read the Signs



Girls will give you clues as to whether you're coming from a frame of offering value or taking value. If you're offering value, they will smile, make eye contact, and invest in the conversation. If you're taking value, they will avert your gaze, give short responses, and look a bit uncomfortable.

Obviously, these are generalizations, some girls might give you good reactions when you're taking value and vice versa, but once you look for it, the pattern will become clear. There have been nights when I was very much coming from a taking value frame in which **every single girl** gave me a negative reaction; and nights when I was offering value in which every single girl gave me a positive reaction.

If you do find that you are often 'taking value' in your interactions, there's a couple strategies I've found useful to change this.

1. You can make a point to only interact with women you don't find attractive on a night out. This will help force you to learn how to have fun even when you're talking to girls who you don't want to 'take' sex from. Once you can have fun with the less attractive girls, you'll have a good idea of how to offer value in your interactions.
2. You can make a rule to yourself that you're not allowed to 'close' any girls on a particular night. You can approach as many women as you want, but no numbers, makeouts, etc. This will help you learn to interact with women for its own sake, even when you don't have anything to gain from it.

Now, you might think, "Fuck that, why would I waste my time interacting with girls if I can't fuck them?" Offering value is actually extremely pragmatic, you offer value because you know that you're going to get something in return: you're giving to get. The first step to getting what you want from people is learning to give them something they want first, and good emotions is something anyone can offer.

Conclusion

Those are four questions you can ask yourself when you go out to develop your awareness of the four fundamentals of game. If you find you're fucking up one (or more) of these things, that might be frustrating at first, but it's actually a good thing. You can't fix a mistake you're making until you're aware that you're making it.

The hardest part about getting better at game isn't learning how to trigger attraction or how to make her invest or

something like that, it's learning how to notice the mistakes you're making, accept them, and learn from them. Once you master that skill, nothing is impossible.

Found this series useful? You can check out the full-length book, *The Seduction Blueprint* here. This book dives deep into how to develop your self-awareness and take more action.

How to Outsmart Your Excuses to Become More Productive

Avery · 16 October 2017 · Archived copy · Original

I open my laptop and tell myself, "Time to write that new rationalization article." Before I open Word, I notice the Netflix icon on my desktop and I think, "Well, it's been a long day, I've earned a quick break, it's important to rest." So... I start the first episode of *House of Cards*.

As the episode nears its end, I say, "Okay, but this is the only episode, after this, I'll get back to work." The credits roll, and I tell myself, "Just one more episode." This pattern repeats itself for a good four hours until eventually I tell myself, "I'll write the rationalization article tomorrow."

Rationalization

Behold the power of rationalization. Rationalization has two steps:

1. We feel a negative emotion: stress, resistance, fear, etc…
2. We Make up a *seemingly* logical explanation for that negative emotion.

In the above example, I felt stressed about working, so I rationalized that I deserved to take a break by watching some Netflix before getting to work.

We all rationalize. Emotions are the most powerful driver of human behavior, and our emotions often don't align with our long-term goals. Intellectually, we may want to lose 20 pounds, but emotionally, our brain would much prefer to sit on the couch and eat Cheetos. Intellectually, we may want to be a standup comedian, but emotionally, we're terrified of risking social humiliation. Intellectually, we may want to start a business, but emotionally, we don't want to risk failure.

Emotions Trump Logic

The intellectual center of your brain (generally speaking, the neo-cortex), is the part of your brain that sets goals, thinks about the future, and uses a certain degree of logic in its decision making. But that part of your brain isn't nearly as powerful as the more ancient emotional centers in your brain.

Neurologically, emotions specifically exist to guide your behavior. For example, it isn't a coincidence that sex feels good, that feeling is your brain's way to convince you to have as much sex as possible.

Many of our decisions are guided by emotions and make no logical sense. Logically, smoking, quitting the gym, or ordering a 2,000 calorie meal at Taco Bell are all uniformly bad decisions. Yet, they feel good (if for only a moment), so your brain invents rationalizations to make those decisions seem logically sound.

Rationalization can be dangerous because it causes us to lose perspective. When we rationalize we do what feels good in the moment- which often contradicts decisions that will help us progress towards our long-term goals.

Many of our long-term goals are worth pursuing, yet, we will never accomplish them if we buy into our rationalizations every time we experience some emotional resistance.

This creates a conundrum because any worthwhile long-term goal will bring about emotional resistance. If you want to get in better shape, at some point you're going to feel an emotional desire to quit. If you want to build a business, at some point you're going to want to give in to your fear of failure and quit.

So, how do we overcome rationalization (well, some of it) so that we can more effectively accomplish our long-term goals?

Awareness is the Key

Awareness is the key to outsmarting rationalizations. Rationalizations are only effective because they seem to make logical sense. If you feel stressed, it makes sense that you might think, “I deserve a cheat meal,” but if you notice that your inner dialogue is just a rationalization, you can choose to act against that rationalization.

As soon as you tell yourself, “Yeah, but today isn’t my cheat day, I just want to eat fast food to cope with my stress,” you can will yourself to overcome the rationalization.

Of course, this is easier said than done. The first step to becoming aware of your rationalizations is to understand that wherever there is emotional resistance, there is rationalization. This means that whenever you feel uncomfortable, stressed, or fearful, you should be skeptical of the voice in your head.

Whenever you feel strong emotions, the intellectual center in your brain is taking a backseat to the emotional center: your long-term goals are no longer being prioritized, and your mind will try to convince you to take the easy way out.

When you notice you are rationalizing, don’t fight against yourself, this will just cause you more distress. Instead, ask yourself questions, challenge your thinking. For example, you might ask:

“Am I rationalizing right now?”

“Am I really too tired to work?”

“Will I regret this decision tomorrow?”

“Is there another way to think about this?”

“Why do I feel so much resistance, should I avoid it, or face it head on?”

When you engage in this kind of self-inquiry, you will sometimes realize that you are in fact falling for an emotional rationalization, and once you are aware of this fact, you will be free to make the decision the rationalization is attempting to prevent you from making.

This isn’t a quick fix, it’s a long-term process. You won’t always catch your rationalizations, and sometimes even when you do, you’ll still listen to them. But, at other times you will outsmart your rationalizations and act in spite of them. Over time, through asking yourself questions like the above, you can limit the power rationalization has over your life, and take more conscious control of your decisions instead of being constantly swayed by the emotions of the moment.

The Definitive Guide to Scarcity and Abundance in Dating

Avery · 23 October 2017 · Archived copy · Original

Most of the pain men experience in their dating lives comes from one pernicious source: a scarcity mindset. This is problematic because most of us don't even know what a scarcity mindset is; we wouldn't even know if we did have one.

That's where this article comes in. I'm going to explain why scarcity is the source of so much pain and frustration with women, show you the common signs of a scarcity mindset (so you can know if this is affecting you), and provide an outline for how to break out of scarcity if you are in it. Let's start by looking at the scarcity mindset in a nutshell:

Sex and Scarcity



What does scarcity have to do with dating? Like it or not, it's not inaccurate to look at people as a sexual resource. If you have an abundance of options with women, then you won't really care if you can have sex with any particular woman. You have plenty of options. There's no reason to fret over Suzie, you've still got Amanda, Sarah, and Jessica.

On the other hand, if you have a scarcity of options with women, you can very easily start to think obsessively and neurotically about one particular girl you like. This is a pattern most modern man fall into at one point or another, and although the emotions scarcity creates are real, they're really nothing more than a trick of the mind that can lead to endless frustration (and an unfulfilling dating life).

Read this article to learn:

1. How men get into a scarcity mindset with women.

2. How to determine if you are in scarcity yourself.
3. How to replace a scarcity mindset with an abundance mindset.

How Scarcity Acts as A Psychological Trap

In reality, women are an abundant resource in the modern world. In every major city there are thousands (if not millions) of women, many of which are attractive and available. But men still get into a scarcity mindset with women because of their mindset and their social environment.

Let's say you work with a cute girl (we'll call her Tatianna). You see her every day, she's the prettiest girl at work, and so, naturally, you develop a crush on her. What could possibly be bad about that? Well, assuming you don't photograph models for a living, there's probably not a lot of attractive girls at your job, only a few. Tatianna's your number one choice among these few attractive girls.

Guess what, there's a lot of pressure. If you fuck it up with Tatianna, you just lost your chance with the hottest girl who is a regular part of your day-to-day life. Sure, there are thousands of hot girls in your city, but how often do you interact with them? For most men the answer is rarely, if not never.

Even though there's technically a limitless number of options, there's only one girl you both really like and actually interact with. So, naturally, you're going to put her on a pedestal. You're going to fantasize about dating her. You're going to wait for the "perfect opportunity" to make a move. You're going to talk to your friends about her. All this because she represents a scarce resource to you: attractive women. She's the most attractive girl that you actually interact with.

So, now, your mind's going to play tricks on you. You're going to think Tatianna's "special", that she's "Not like these other girls". You'll think things like, "I should take it slow with her, and get to know her first because I really like this girl" Bullshit thoughts like these are going to trick you into playing it safe.

Scarcity Is A Mindset

Scarcity isn't based on objective reality (it can be, but unless you live in a small town, women are abundant), it's based on a mindset. It's not that there aren't many women available, it's that there aren't many women you think you can get.

If you don't interact with a lot of attractive women, and/or you don't think you're the kind of guy attractive women like, you're going to get wrapped up in negative thinking like, "I'm just not attractive enough," "I need to get a better job before I get a girlfriend," etc. Additionally, because you're in scarcity, as soon as you do get positive attention from a girl, you're going to desperately latch on to her.

The girl who gives you attention might be attracted to you, she might just be friendly, but either way, her positive response to you is going to make you think, "Maybe she likes me, maybe I have a chance to get her!" Because this is such a rare opportunity for you, you're going to go all in. Unfortunately, she's going to sense your desperation, which is the biggest turn off for women in existence.

So, the scarcity mindset is a self-fulfilling prophecy. You rarely get opportunities with women, and when you do, you act desperate and neurotic, so you don't get the girl. Then, you get more deeply entrenched in your scarcity mindset because you didn't get yet another girl, and this goes on and on in a downward spiral until you end up

settling for an equally desperate girl (or buy a sex doll).

Abundance Mentality



You meet Tatianna, the cutest girl you work with. You think, “She’s cool, she’s attractive, I should ask her out,” so you invite her to get coffee with you. She says no. You think, “Too bad, but it’s no big deal.” And that ends there. You don’t keep thinking about her, you don’t worry about what the rejection means about you, you don’t use it as an excuse to avoid putting yourself out there again. You’re in abundance.

When you’re in abundance, asking a particular girl out or making a bold move isn’t scary. You know that even if this particular girl rejects you, you won’t have trouble meeting and attracting another girl later that night.

If you go out regularly, meet a lot of women, get some phone numbers, go on some dates, and have sex with women on a regular basis, any particular girl isn’t going to have a huge emotional impact on you. You’re not going to get neurotic, overthink, or shoot yourself in the foot with a woman. You’ll just think a girl is attractive and make a move. You know you might get rejected but you genuinely don’t care because you know some other girl is not going to reject you in the near future.

Tatianna was a big deal for the guy in scarcity, so he had absolutely no chance with her (a girl can smell desperation like a police dog can smell drugs). That guy may waste weeks or even months obsessing over her and imagining the life he and her could have together.

The guy in abundance will, instead, spend that same time sleeping with and dating other attractive women. Tatianna may be a cool girl, but there’s plenty of fish in the sea, and he doesn’t give a fuck about his ability to sleep with any particular girl.

Second level scarcity



There's an important nuance to mention in regards scarcity and abundance. It is possible to be in abundance with some women, but not others. If you've had success with women who are attractive, but not your version of a "9" or "10," then you might be in abundance with all girls except those that are particularly attractive to you. As soon as you see one of those girls, you'll start thinking, "Shit, I need to get this girl," then when you meet her, you'll probably shoot yourself in the foot by putting her on a pedestal and acting desperate.

The Way to Abundance

If you see yourself in the above examples of a scarcity mindset with women, the first step towards change is awareness. If you realize that the only reason you're obsessing over one particular girl is the fact that you're in scarcity, then you free yourself to take the necessary steps to break out of scarcity and into abundance.

But if you don't recognize that thinking as scarcity thinking, you're going to think, "This girl really is special," and you're going to keep investing your time, emotions, and energy into a cause that isn't going to go anywhere.

As soon as you realize you're in scarcity, the way out is to interact with a lot of women. To go out, approach girls, and start to teach your brain that there are many options.

The second step towards abundance is to start asking attractive girls out. You'll get rejected a lot, but if you learn from your mistakes and keep putting yourself out there you'll start to build self-confidence and you'll eventually get dates with attractive girls.

Your mindset will start to change from the toxic scarcity mindset, into a liberating abundance mindset.

Now, this is a very simple outline of how to do this, if you want a step-by-step guide, check out, The Trial: Transform Your Dating Life In Eight weeks.

The underlying purpose of "PUA" content, is to take you from a scarcity mindset into an abundance mindset with women. Once this happens you'll have a lot more success with women, but you'll also be able to think more

clearheadedly about sex and dating too, you won't get neurotic or emotional in very self-defeating ways. For a lot of modern men, dating isn't fun, as soon as you make the shift from a scarcity to an abundance mindset with women, that will change.

Does Pickup Really Work? Not If You Make These Five Deadly Mistakes

Avery · 3 November 2017 · Archived copy · Original

Harsh Truth: 90% of guys who learn about pickup don't get the results they really want. After observing 100's of guys fail to succeed with women, I've learned the top 5 reasons why seduction advice rarely leads to real life results.



Tl;dr- Infographic

1: They Wait For the "Right Moment" To Start Meeting Women

To succeed with women you have to meet living, breathing women… in person. Yet a surprising **majority** of guys trying to learn to get better with girls rarely leave their mancaves- its as if they believe they will manifest pussy from their computer screens once they've watched enough infield videos.

Guys tell themselves that they're not ready to start approaching women. There's four common reasons:

1. I haven't learned enough game.
2. I'm not in good enough shape yet.
3. I need to get their business life handled first.
4. I don't have enough time right now.

Learning game, getting in shape, and getting your business life handled are all great things to do, but waiting for any of these things to start approaching women in earnest is really just a clever form of procrastination.

Look, going out and approaching women isn't easy, it involves a lot of stress and frustration. It's only natural to look for ways to avoid that stress- that's why we tell ourselves we'll start going out once we've watched enough videos or have washboard abs- but the truth is, you can't avoid that stress, it's a necessary part of the process.

No matter how rich you or how many videos you've watched, girls are still going to reject you. You're going to have

to endure a lot of discomfort and awkwardness if you want real success with women, there's no way around it. And although it might be easier if you're in good shape or your rich, you're still going to have to develop your social skills through a trial by fire.

Not having enough time is a common excuse, but I've yet to met someone who genuinely doesn't have enough time to go out for 30 minutes a day.

However, I have met a lot of people who don't want results enough to invest that much time into meeting girls, and if that's you, that's fine, pickup isn't for you right now.

Honestly, though I've met a lot more guys who tell themselves they don't have enough time as a bullshit excuse when they're really just afraid to go through the learning process that game entails.

If you really want it, you can learn game while also getting in better shape and building your business, others have done it, you can too- it's not easy, but time is a very dangerous excuse.

2. They Don't Take Enough Action

[image]

Social skills take a lot of time and effort to develop. So many guys claim to be learning how to pickup girls but they spend most of their time in clubs talking to their friends *about* girls instead of actually talking to them.

Most of your time while you're out should be spent with girls. Ask yourself if when you go out you're spending most of your night in set or if you're just chilling with your friends.

Look, there's nothing wrong with hanging out with your friends, but if you're out to meet girls, bring girls to meet your friends- don't just talk to the boys about the girls you want to bang- go meet actual fucking girls.

I know this sounds so obvious that it doesn't need to be said, but a *vast majority* of guys who I've met on pickup groups make this mistake- hell I've made it a lot of times myself.

There's another version of this. Many other guys only go out once or twice a week- it takes a lot more effort than that to get real results.

You get out of this what you put into it, and if you just want to hang out with some friends on the weekend at clubs, that's cool, but if you want a great dating life with high quality women, it's going to take a real concerted effort to make that happen.

Most guys have a lifetime of bad habits they've developed with women, and you can't relearn better habits by going out a couple times a week.

3. They Don't Risk Real Rejection

[image]

Asking a woman out can be awkward and embarrassing, especially when you're new to it. That awkwardness is a necessary part of the process – it's where personal growth happens.

Getting rejected thickens your skin. Each time you get rejected, you will become a little bit more comfortable with rejection. The more comfortable you are with rejection, the more socially confident you will become. The more confident you become, the more attractive you will be to women.

Without exception, anyone who is confident in their abilities has failed many times.

For example, when you watch a professional athlete, you're seeing someone who is extremely confident in their abilities. What you *don't* see, however, are the hundreds of hours in which they ran basic drills and failed again and again.

It's those nearly countless failures that developed their confidence. Once you're comfortable with failure, you will be comfortable with success. Michael Jordan famously said, "I've failed over and over again in my life. And that is why I succeed."

Each time you ask a girl on a date and she says no, you're proving to yourself that rejection is not that big of a deal. You're trading a moment of discomfort for long-term self-confidence. It's a good trade.

Make sure to define rejection specifically. Many men don't learn because they consider standing in the corner of a bar with a drink in their hand sufficient for making progress.

Personally, I define rejection as **hearing a no**. When I ask a girl for her number and she says, "no", that's a rejection. Contrarily, when I approach a girl and leave after five minutes because I'm nervous, I'm only rejecting myself.

This doesn't mean you need to ask every girl you talk to on a date, but if you're not asking any girls out, you're not risking failure. And therefore, *you're also not risking success.*

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4. They Don't Develop Empathy



Game isn't just about you, it's about learning to understand women's emotions and to respond appropriately. When most "PUA" guys interact with women they focus on themselves:

- "Am I doing this right,"
- "Should I be more physical?"
- "Should I say that or is it too out there?"

Instead, learn to focus on the women you're interacting with:

- “What is she feeling right now?”
- “Does the fact that she’s looking away mean she’s bored, is this conversation too logical?”
- “She’s leaning away from me, does that mean I’m putting on too much pressure?”

Game is **all about effective calibration** and learning how your actions cause a women’s reactions. By focusing on what the girl is feeling and why she’s feeling that you can learn- over time- how to create the effect you want to make.

You will learn how to take the pressure off when you’re coming on too strong, how to create more sexual tension when she sees you as a friend, and you’ll learn when she’s ready to be kissed, pulled etc.

But most guys never learn these things because they’re much too focused on themselves to adjust the way they interact with women based on the reactions they get. Believe it or not, *empathy will get you laid, a lot.*

5.They Don’t Use Systems

If you want to get in shape, you don’t just go to the gym randomly and see what happens- you use a system, whether it’s p90x, a routine, or a trainer.

The same applies to dating, you need to make specific goals and plan your actions if you want to get results. Haphazardly going out and throwing yourself out there is better than staying at home, but it’s not enough; if you do that, you will most likely spin your wheels, and eventually, burn out.

To avoid this you need to create a specific plan of action:

- What are your goals? To get a girlfriend? To have sex with a lot of hot girls? To build a harem?
- When do you want to accomplish those goals by?
- To accomplish your goals what specific actions do you need to take?
- How often will you need to go out?
- How many approaches will you have to do?
- How many rejections will you have to face?
- How are you going to learn from your mistakes and do better each time you go out?

Doing this doesn’t take more than 15 minutes, but it’s extremely valuable. Look, your plan of action might not be 100% perfect, but it will give you guidelines to follow and a system that will help lead you towards success (that you can improve over time).

Of course, you can make the process easier on yourself by getting affordable coaching or by getting a book that provides a system for you like *The Trial: Transform Your Dating Life In Eight Weeks* (which is something like a P90x for your dating life).

Either way, it’s essential that you make a plan, your plan is like your map and compass- it lets you know where you want to go, and whether or not your headed in the right direction.

Those are the five most common mistakes that prevent guys from getting the results they want from pickup content. I’ve made all these mistakes at one point myself, these are all very easy mistakes to make.

The key to overcoming them is self-awareness, once you know what mistakes you’re making and why you’re making them, it’s much harder to rationalize and make excuses, and much easier to take action and make change happen.

The Power of Words- 5 Key Flirting Tips for Men

Avery · 9 November 2017 · Archived copy · Original

The Power of Words- 5 Key Flirting Tips For Men

The words you use matter. Words can have a deep emotional impact on women, consider the fact that romance is the best-selling genre of books by far ($1.44billion/year). These books use the power of words to get women to obsess over men they cannot see, hear, or touch. Words are to women what a Playboy centerfold is to men.



To be clear, if you don't have a certain level of confidence, you can't just change your word choice and expect to suddenly become a total pimp- if you're nervous, your biting verbal wit or assertive language will come off as awkward and forced.

(If you're not relatively confidence with women, you should throw yourself in the fire to develop your confidence before using the strategies outlined in this article.)

But, if you are relatively confident, the right use of language can take your game to the next level. The right words act as a sort of emotional foreplay for a woman that will get her yearning for a physical connection with you.

In this article, I'm going to share with you flirting tips in the form of power words and phrases you can use in your interactions with women that will have an emotional impact (to set the stage for you to have a physical impact …)

The Flirting Tips and How To Use Them



Actually

This one's subtle. You can throw in the word actually before you say anything complimentary to a girl. "You're actually really smart!" "You're actually interesting!" "You're actually funny!" This accomplishes two things,

1. It makes the compliment backhanded in a very harmless way. Compliments can easily backfire because they come off too try hard, adding "actually' beforehand prevents this from happening because now your compliment is also a subtle insult.
2. It makes her wonder why it's a surprise that she has this good quality. "I'm actually smart? Why would he assume I'm not smart?"

This will get her in her head a bit, and make her emotionally reactive to you. -an important component of any seduction.

Now, you don't want to give her the opportunity to say, "What do you mean *actually*?" Change the subject immediately after saying actually so that it affects her unconsciously, but she doesn't have the opportunity to consciously react to it.

If she does still bring it up, "What do you mean I'm actually smart? I don't look smart?" You can just say, "I don't know if you noticed, but most people aren't very smart." This way you're not backing down, but you're also not creating a logical discussion or argument.

Are you adventurous?



When you ask a girl, “Are you adventurous?” You’re using something psychologist Robert Cialdini calls “pre-suasion”. This quote from The Seduction Blueprint explains the power of asking a girl if she’s adventurous,

“Researchers wanted to see if simply stating you are adventurous makes you more likely to agree to try something new. Research assistants stopped people who were shopping and asked if they would provide their email address to receive instructions on how to get a free sample of a new soda. Only 33% of people stopped agreed to give their contact information.

Another group of people were also stopped, but they were initially asked, “Do you consider yourself to be somebody who is adventurous and likes to try new things?” Almost everyone agreed that they were, and a total of 75% of people approached gave their email addresses; more than twice the percentage of the first group. (Bolkan and Anderson 2009).”

When you ask a girl if she’s adventurous, there’s a very good chance she’ll say yes, most people want to identify as adventurous, it’s a positive trait. But people have an interesting psychological quirk, when we say we have a certain trait, we’re more likely to act as if we have that trait when an opportunity to do so comes up in the near future.

So, this question can be used to make a girl more likely to agree to do something adventurous with you. For example, let’s say you meet a girl, it’s going well, and you want to invite her to your place, this technique will help tip the odds in your favor that she will agree to come with you. Simple as that.

You don’t need to be nervous

This is a great example of framing the interaction in a way that benefits you. At any point in your interaction you can say, “You don’t need to be nervous.” This implies that she is acting nervous. She doesn’t actually have to be nervous when you say this, the purpose of this is to get her to wonder if she’s acting the way she’s acting because she’s nervous.

She'll start analyzing herself and think, "Why do I seem nervous? Am I nervous?" The beauty here is that getting her to wonder if she's nervous, can actually make her a bit nervous.

Nervousness and attraction go hand-in-hand, and due to something called the misattribution of arousal, her nervousness can actually make her more attracted to you.

By the way, you can see an example of this technique used by Russel Brand in this interview.

My eyes are up here



Whenever a girl looks away, you can say, "My eyes are up here." It doesn't matter if she's looking at your body or looking away from you, you are intentionally misinterpreting what her eyes are doing.

Doing this insinuates that she's checking you out, without directly saying it. She can't say, "I'm not checking you out," because you're not actually saying she is, but you are implying it.

This will make her wonder why you said that, she might think, "Have I been checking him out?" This is getting her reacting to you, while also making her think about the interaction within a sexual frame, which is obviously to your benefit.

But there's another purpose to this line that's even more insidious. You're telling her that she's not making good eye contact without saying it as a complaint or defensively, once you say this, she's going to feel like she needs to make stronger eye contact with you.

Eye contact is extremely powerful (check out this article for more), and getting a girl to make strong eye contact with you can be a great way to increase her sexual arousal towards you.

I wish we were in Vegas right now



I actually got this one from a model I met at a club. While we were dancing, she said, “I wish we were in Vegas right now.”

I asked, “Why?”

She replied, “Oh, I don’t know, it was fun there, different, you know?” Of course, I wondered what this meant, and I figured she was saying she wanted to have sex with me, but she felt like she couldn’t because she would only do something like that in Vegas. This intrigued me, but it also made me doubt whether I could get her.

Use this when an interaction is going well, when you’re vibing with a girl. Saying, “I wish we were in Vegas right now.” (Or anything else that implies you like her, but it can’t happen because of the situation) is powerful because it implies you’re attracted to her while simultaneously implying nothing can happen between the two of you.

This lets you sexualize the interaction without the risk of it making her feel defensive, after all, you’ve implied that nothing can happen. This will increase the sexual tension and get her wondering what exactly you mean, and her desire to solve the mystery may help lead her to your bedroom, (even though you’re not in Vegas).

Wrapping Up The Power of Words- 5 Flirting Tips For Men

These five words and phrases will help you add some intrigue into your interactions. To be clear, this is the icing on the cake, you don’t *need* to use lines like these, but they’re fun to use and experiment with.

Like I said, a line isn’t going to make you attractive, if you’re not confident, no line is going to trick a girl into thinking you are. But, using the right words can turn a good interaction into a great interaction, so enjoy trying these.

Happy hunting.

Connor McGregor Motivation: How “The Notorious” Succeeded Where Others Failed

Avery · 10 November 2017 · Archived copy · Original

Just four years ago, Connor McGregor was picking up weekly $215 unemployment checks. Times have changed, his most recent fight against Floyd Mayweather on August 26 earned him over one hundred million dollars. How did a nobody who was often called a “waster” end up earning more money in one night than 99% of people earn in their entire lives? That’s the question I hope to answer in this article.

Learning what set Connor McGregor apart from the competition can help you understand the kind of thinking and action taking that will help you take your own success to the next level.

Defy Expectations- Create Your Own Footsteps



Between the ages of 17 and 18, McGregor worked as a plumber. He would wake up at 5 in the morning, work hard for 14 hours, and return home depleted. By all accounts he seemed destined to live an average life.

When Connor turned his attention to fighting, few people saw any real potential in him; there was no reason to think McGregor would be a success. And that’s why the first key to McGregor’s success was to defy expectations.

McGregor didn’t need a logical reason to believe that he could make a living as a fighter, let alone become one of the world’s highest paid athletes. Connor said, “I couldn’t look and say, hey this Irishman did it, I’m going to follow in his footsteps, there were no footsteps. I had to create my own footsteps and follow them.”

Naturally, most people take the beaten path. It’s much safer, anyone can take a safe corporate job and make ends meet. Most of us settle for a 9-5, we follow the footsteps of those who came before us and take a safe corporate job. But, as McGregor might say, “That is a very limited way of thinking.” True success starts with the belief that with enough hard work you can achieve any goal.

In an interview, McGregor was asked, “When you first started, if somebody said to you you’ll be as successful as you are now, what would you have said back then?”

McGregor’s answer? “I believe you.”

McGregor didn’t have his parent’s approval for his chosen path, few people he knew believed he could be successful, and no other Irishman had been a successful UFC fighter before him. But McGregor didn’t rely on the belief of others. In fact, he thrived on the fact that people didn’t believe in him.

Connor said, “I’ve been listening to them laugh my whole career. They’ve been laughing,

‘An Irishman winning a fight in the UFC? Hell no.’

‘Okay, he got a win, but now he wants to win a world title? Hell no. He’s all talk. He’s a joke.’

Then the joker goes and wins a world title, and he wants to win a second title? More laughter.

Listen, the sounds of laughter and the sound of doubt motivate me. I enjoy that. I seek it. It drives me to go to the gym and put in the work.”

For many of us doubt is an enemy, it paralyzes us. We keep the safe job and stay on the beaten path because to do otherwise would mean facing the unknown.

Perhaps though, the few people who succeed think like Connor McGregor. Perhaps they feed off doubt and choose to see the risk as something to overcome, an opportunity to disprove the doubters, and to conquer their own doubt as well.

Redefine Hard Work



Connor McGregor largely attributes his success to hard work; not just in the gym, but outside it too. Like his former opponent Floyd Mayweather said, “McGregor is a businessman.”

McGregor said, “Hard work pays, I put in a hell of a lot of work throughout the buildup for this fight. I pumped out more content than anybody, more than Fox, more than ESPN. Daily movies I was releasing, nobody’s doing that. I’m very proud of it, hard work pays. I put in the work and that’s why I’m sitting at the top.”

I know a lot of people who are starting their own business, trying to make a living with their band, or attempting to make a career out of an artistic pursuit. Many people have ambitions, few end up realizing those ambitions. Connor McGregor has shown us the difference in mindset between a successful person and one who ultimately fails: the successful person treats their passion like a business, they see themselves as a professional.

McGregor aggressively marketed himself to become the biggest name in the UFC. Yes, he worked hard in the gym, but unlike most of his competition, he didn't leave it at that. He worked just as hard outside the gym as inside of it.

Artists who starve don't market themselves effectively, they don't see what they're doing as a business. They expect that somehow, they'll get "discovered." If they want to succeed, they must promote their work aggressively, put out content regularly, build a platform, and collaborate with people who already have a platform.

McGregor is among the many successful people who believe hard work caused their success. And although I know many people who have a "side-hustle," I don't know many who are putting in an impressive number of hours into their passion projects. They treat their band or online business like a hobby, putting in a few hours in here and there. They don't put in multiple hours a day, every day, like professionals do, like McGregor did.

Wrapping Up Connor McGregor Motivation

When asked if his obsessive lifestyle was unhealthy, McGregor said, "Do I look unhealthy? I'm in phenomenal shape, both in body and mind. To me what's unhealthy is going through the same day every day of your life 9-5 in an office, that's unhealthy, that beats your mind. I don't work, I love what I do. That's why it's become a career for me, because I love it. I don't think it's unhealthy. I feel good in my mind, I'm living my life."

Where others saw a lazy kid wasting his time with amateur fights, McGregor saw his future dynasty. We can all learn from his boldness- a quality that propelled him to become one of the most recognized athletes in the world. McGregor shows us what is possible when you stop looking for footsteps to follow, and decide instead to make your own footsteps.

How To Get Laid On The First Date- The Complete Step-By-Step Guide To First Date Sex

Avery · 15 November 2017 · Archived copy · Original

How To Get Laid On The First Date

Dates are the ideal situation for any man who hopes to have casual sex. Most- but not all- girls who go on a date with a guy in the 21st century are open to the possibility of getting sexual (oftentimes, they're even disappointed if the guy doesn't make a move).

There's a few reasons for this. Firstly, we don't live in the Victorian Era: the modern culture is getting progressively more sex-positive. Casual sex is a big part of today's cultural narrative- you'll see random hookups being promoted in everything from pop music to family-friendly sitcoms

Dates are much better than clubs for a hookup because despite the sex-positive cultural swing, girls still go out in groups, and they want to protect each other from getting axe murdered by some random guy in a club.

Additionally, the logistical situation is far more complicated in a club. The girl you're talking to might be responsible for someone else's ride, she may have work in a few hours, or she may be sleeping a hotel with several other girls. There's a litany of complications that make pulling more difficult.

Now, this isn't to say that you can't pull from clubs or bars, you certainly can, but it's much easier to pull on dates- if you have a plan.

Many guys go on dates and "wing it," they just hope for the best and see what happens. They might get a kiss goodbye, but rarely more. Leading dates towards sex isn't hard, but there are a few steps you should take to be able to consistently get the results you want.

A. The Mindset

She Wants to Fuck Me Until Proven Otherwise



Assume she wants to fuck you. No woman is oblivious to the fact that dating, and sex go hand in hand. If a girl agrees to go on a date with you, she's probably open to the possibility of having sex with you. (read this article for more on developing this mindset)

Understand, though, that she isn't going to make it too obvious that she wants to fuck you. We men would love it if girls just made it clear, by saying "Want to come over to my place and fuck?" But that's just not how girls act.

If you rely on obvious signs that a girl wants to fuck you, you're going to miss out on most of your opportunities.

The Best Indicator of Interest is That She's on A Date with You

As a man, as soon as you see a hot girl, you're ready to fuck. Girls are very different, they're in a perpetual 'maybe' state about sleeping with a particular guy. Most women will never risk rejection with a guy they like by making a bold move (it's so much less risky to wait for the guy to make a move). That's why most girls will do no more than make it easy for you to lead the interaction towards sex.

You have to assume the burden of the interaction. If you confidently lead the date towards sex, the girl will make it easy for you if she's interested.

You can overanalyze all the little signs she's giving you that she's interested or not- her eye contact, body language, if she's touching you etc.- or you can assume that she's interested because she's on a date with you, and lead the interaction forward until she shows hesitance.

If you assume interest, you might get rejected, but you won't reject yourself. Truthfully, men reject themselves far more than women reject them (think about all the opportunities you've had where a girl liked you, but you didn't pull the trigger). Pick your poison: assume women are interested and risk an awkward moment, or wait for proof that women are interested, and go without knowing what could have happened if you took a risk.

B. Preparation For The Date

Once you've got the mindset down, your next step is to have a specific logistical plan for how you're going to lead your dates forward.

Have an excuse to pull

Generally, when you pull, you'll make an excuse like, "Let's watch a movie," or, "Let's grab a drink," have this excuse prepared in advance. Have a bottle of wine ready at your place, have food ready to cook (it can be as simple as a frozen pizza), have a movie downloaded on your computer, or even have a checkers board ready to go. The excuse to pull doesn't have to be anything elaborate, but plan for it in advance, otherwise you'll have to think about how you're going to pull her while you're on the date, and this can easily backfire.

Choose a favorable location

Generally, I have dates about a mile from my place. There's no reason to create difficulty for yourself by planning the date somewhere out of the way. Now, if you can't pull to your place because you live with your parents, you're homeless, or whatever, then find out what area she lives in and plan the date somewhere close to her place.

I avoid dinner and movies because it feels too formal, and this can make the girl feel pressured. Instead, my go to is coffee. It's a public place so she doesn't have to worry about getting murdered (compared to inviting her to a hike or straight to your place), and it's a very casual social environment where it's easy to have conversation.

Before The Date



I always confirm my dates a couple hours before the planned meeting time. This massively reduces the risk of getting stood up. I simply text, “See you at Epic in 2hrs ” or something along those lines. Nine times out of ten, she’ll respond confirming or flaking.

If she doesn’t respond, I just stay at home. Then, if she does go, she’ll text me when she gets there, and I’ll just say I’m running a few minutes late and head out then.

If You’re There Before Her

If I get to the date before her, I like to call a friend and just chat. If I just sit there and wait, it’s very easy for me to get stuck in my head, but by talking to a friend I’m able to be social, have fun, and not overthink. Plus, when she sees me, there’s no chance it’ll look like I’ve been anxiously waiting for her.\

C. The Beginning Of The Date



I've noticed a lot of girls are nervous at the beginning of a first date. If she's nervous, I make a point to have a very relaxed, normal conversation at first. I don't try to spike her emotions or be provocative, I just have a very unexciting conversation about her day, movies/TV, her friends and family, stuff like that.

I do this until she seems comfortable. You can (generally) tell she's getting comfortable by the fact that her body language will loosen up, she'll talk in longer sentences, and she'll make stronger eye contact.

Once she's comfortable, then I shift my focus to getting her aroused. Put simply, this means I'm going to create more tension (for a complete guide for how to do this, click here).

A lot of guys seem to think the best way to get a girl emotionally aroused is to compliment her. Compliments have their place, but they can raise a girl's defenses- she knows that people flatter her when they want something from her.

To be honest, I rarely compliment girls- I prefer it when women don't explicitly know what I think of them, because that leaves room for doubt and mystery. Girls can feel that you like her when you make strong eye contact and act with intent (link to intent article), it's actually against your best interested to logically tell her what you feel.

Think about it, what makes us binge on Netflix? The fact that we don't know what's going to happen next, it's the cliffhanger at the end of the episode, the unanswered question keeps us hooked. The same applies to dating. It's why mysteriousness is such an attractive trait, and a bit part of mystery is keeping your intentions somewhat concealed.

This is also where disqualification and teasing come in, these techniques help to create a sense of mystery for the girl, "Does he like me? Does he think I'm not sexually attractive?" and the doubt that these techniques create- when done well- will make her chase you. (Read this article for an in-depth guide on disqualification and teasing)

For the most part the girl should feel that it's on simply because you're there and you're making strong eye contact. Occasionally, I make sure to give her some reason to doubt whether I like her, this is how you create the "Will they, won't they" sexual tension that women can't resist.

D. Get Vulnerable



Vulnerability is a huge turn-on for women. One study found that emotionally vulnerable conversation combined with strong eye contact was able to make complete strangers experience feelings of deep love within 30 minutes of meeting each other.

Vulnerability doesn't mean being weak or getting emotionally overwhelmed, it means getting her to trust you because you're sharing something real with her that you normally wouldn't tell someone you just met (and you're getting her to do the same).

To create vulnerability, you might talk about one of your memories that had a big impact on who you are. For example, I talk about how the unexpected death of my father motivated me to make something of my life.

To be clear, I wouldn't bring this up if it still made me emotional (that could easily come off as weak). Instead, I'm talking about what I learned from something that genuinely changed my life, it's not uncomfortable for me, but it is still vulnerable- and thus, it helps the girl trust me, understand me, and feel a human connection with me.

Although you might not care at all if you feel a human connection with a girl before fucking her, girls care a lot. For women, sex is a much bigger commitment then it is for men (since she's risking pregnancy or being physically hurt), so (in most cases) she needs to trust you on a deep level before she will fuck your brains out and gargle your cock. Fortunately, if you say the right words in the right way you can make a girl deeply trust you in the course of one interaction.

You don't have to genuinely open up to create vulnerability, you just have to give her the impression that you're opening up by talking about topics that are more emotional and meaningful than the usual surface level topics of school, jobs, pop-culture etc.

When you bring up vulnerable topics, she'll naturally reciprocate by being vulnerable with you. When you talk about your passions, she'll talk about her passions. When you talk about how you get frustrated with yourself for making dumb decisions, she'll talk about how she gets frustrated with herself when she does the same, etc. etc.

Vulnerable topics include-

-Any memory that changed your life.

-Your passions

-Your fears (so long as you can do it without sounding butthurt or negative)

-The meaning of life (Do you think life has any meaning?)

-Anything that has emotional relevance to you or her.

E. Moving the date forward

How To Embrace Your Flaws

Avery · 17 November 2017 · Archived copy · Original

How To Embrace Your Flaws

Acting like you don't care what people think is a symptom of caring way too much. Listening to criticism and social feedback, and thinking about it objectively, on the other hand, is a symptom of deep self-confidence.

This kind of honest scrutiny is difficult because it's when we feel the most fragile parts of our self-image are under attack that we get emotionally reactive. Those fragile points of vulnerability are the parts of our identity we defend most vigorously. The flaws you need to become aware of most are those that are the hardest to accept because they don't fit into your self-concept. Accomplishing this is fundamentally challenging, but extremely powerful.

Not too long ago, my friends started to call me overly competitive. Instead of saying, "What makes you think that?" I would reply with an offhanded (and intentionally cocky) response like, "A god does not compete with mortals." I was sarcastic so I could avoid confronting the issue. I didn't respond with an open mind when I got called out on a bad social habit, that deep down, I knew I needed to change. I dealt with my exposed insecurity by brushing it under the rug with sarcasm. Addressing this issue with an open mind was the only way to overcome my biggest insecurities, but I blinded myself to the possibility that it was even an issue.

Months after I had begun getting called out on my hyper-competitiveness, I finally saw my insecurities rear their ugly head. I was in a small college writing class, and one student was answering most of the discussion questions. His answers were well thought-out and added substantial value to the discussion. But I got frustrated, I told myself he was an attention whore and that he should let other people contribute more.

In reality, he wasn't an attention whore. Most of the other students didn't even have something to contribute. I wasn't frustrated because he was hungry for attention, I was frustrated because I was hungry for attention. I saw the class as a social competition, and he was winning. I had an emotional need to be the 'main guy' in the class. I was jealous that someone else was charismatic, engaging, and intelligent. I was butthurt by the fact that he was offering more to the discussion than I was.

Until I realized what I was doing in that class, all the emotions I felt and decisions I made because of my machismo-infused competitiveness went completely unnoticed by me.

Beforehand, when people complained that I was too competitive, I consciously assumed they were jealous of me in some way (the irony is that even my thinking about my competitiveness was competitive without my awareness). Blindspots to our own flaws are completely natural, and you can't expect to be so perfectly aware that you have a totally accurate self-image. However, it is possible to become more aware of your flaws and bad social habits, but it requires a counterintuitive approach. Remember that when you feel uncomfortable, the dialogue you tell yourself cannot be trusted because criticism and self-doubt put your ego on defense. Unfortunately, the voice in your head prioritizes the protection of your current self-image over open-minded self-reflection.

Instead, listen to your emotions. Whatever makes you emotionally reactive can become a goldmine for personal growth. When an interaction makes you angry, anxious, jealous, etc., that's when you can be sure you have insecure self-beliefs that you are not consciously aware of. Listen to your emotions much more closely than to the voice in your head.

Admit to yourself that the fact you are upset is telling you something that you probably don't want to hear. Once you come from this vulnerable, open-minded starting point, then and only then, you can start to accurately analyze what is causing you to feel emotional discomfort.

This process is difficult in a culture that teaches people to place blame on everyone but themselves. However, when you start assuming responsibility for your emotional reactions to people, situations, and criticism, you can accurately root out the instances when you are (at least partially) at fault. There are instances in which your emotional reactivity is warranted, but usually, emotional discomfort is indicative of something you should be working on internally.

What frustrates us about others tends to be what we're afraid of in ourselves. If you hate men who regularly sleep with girls on the first date, most likely you're either secretly jealous and unable to admit this to yourself, or you think that what he's doing is disrespectful and you're afraid that you're capable of acting the same way if you're not careful. Either way, this is saying a lot about your values and your insecurities, and very little about the other person.

I have a friend who is extremely uncomfortable around anyone who's a bit socially awkward. He will complain about how weird some guys are and treat them like shit. In his mind, this treatment is fair; these socially awkward people deserve to be treated poorly because they're awkward. But what he doesn't admit to himself is that he is terrified of being socially awkward himself. These people 'trigger' him not because they're socially awkward, but because he's afraid of the possibility that he might be socially awkward too.

This is an example of what famed psychologist Carl Jung calls the shadow. The shadow is all of the pieces of our identity (or ego) that we keep hidden from ourselves. My friend is so terrified of being awkward, that he will not do anything that makes him feel vulnerable. In fact, he will regularly dare me to pull unusual stunts in public when we go out, like approaching a girl with an awkward pickup line (Is it hot in here? Or is that just the holy spirit burning inside of you?).
Numerous times after completing my challenge, I gave him a similar task and he always became visibly nervous and refuses to do it. To this day, he hasn't done a single thing that he thought was socially uncalibrated, even when offered money to do so as a bet.

His fear of being socially awkward is understandable (yet irrational), but what makes it so powerful is that he won't admit to himself that he has this fear. The only way he can come to terms with his own insecurities is by assuming that his emotional discomfort is reflective of his own flaws instead of placing the blame on others.

Realizations likes this catalyze significant change, yet this is always emotionally challenging. It requires a mindset shift towards your own negative emotions. You must realize that emotional resistance isn't something to avoid, but something to lean into and learn from. Negative emotions aren't bad, they're revealing a point of vulnerability in your own self-concept.

Negative emotions are signposts for your own neurotic and insecure beliefs, and they're screaming at you to become aware of this to make a change. As soon as you see these emotions as signals, as opportunities for growth, they transform from something to be avoided, to something to be sought out purposefully.

How To Have A Mysterious Personality- 4 Key Tips

Avery · 20 November 2017 · Archived copy · Original

How To Have A Mysterious Personality

To be mysterious is to have a magnetic aura that draws attention: It makes people curious about you, it makes them talk about you, and it even makes them envy you. Mystery is one of the most powerful social qualities anyone can develop. Unfortunately, most advice on how to be mysterious is either shallow or misleading. Read this article to learn 4 effective strategies to become more mysterious.

1. Be Excellent



The classic advice for being mysterious is to be quiet and to let people come to you. There is some truth to this, but only if something about you will make people want to come to you. The awkward, shy, introvert isn't mysterious, he's off-putting.

On the other hand, if you are quiet, but also excellent: at a sport, an art form, at keeping your body in peak physical shape, or anything of value, then people will be drawn towards you. They will wonder what makes you so talented, so special. They will envy your skills, and think they have something to gain from getting to know you.

The most mysterious guy I knew in college, Atish, wasn't particularly talkative- in fact he rarely spoke to me- but he was excellent. He was a straight A student, he went to the gym four hours a day, became a semi-pro MMA fighter after only a year of training, and he was a highly skilled guitarist. Atish was mysterious because he made life

look easy, he seemed to have a gift that others (like myself) weren't lucky enough to have.

Excellence is the foundation of being mysterious. To be clear, you don't have to be excellent at a hard skill like guitar, you can also have an excellent personality. For example, if you're a man who is always seen around beautiful women, that will create mystery just as much as being a successful entrepreneur or artist.

2. Don't Talk About Yourself- Focus Outwardly



Most people focus on themselves when interacting with others. This is a natural habit, but it kills any sense of mystery you otherwise might have. Truthfully, no one cares about you nearly as much as they care about themselves. When you talk to someone about yourself, often, they will lose interest (the notable exception is when telling a story that is funny or exciting), and go back to thinking about something more interesting: themselves, while they wait their turn to talk.

If you're the rare person who doesn't constantly talk about yourself, you will create an aura of mystery. When someone constantly talks about themselves, we lose interest, but when someone rarely talks about themselves, we actually want to know more about them, we become curious.

Break the habit of making everything about you. Instead, direct conversations towards the person you're talking with. Sure, if someone asks you a question, answer it, but don't go on a rant about your problems or frustrations. Benjamin Disraeli put it best, "Talk to a man about himself and he will listen for hours."

This might sound obvious, but if you look for it, you'll notice people constantly complain about their problems. Make a point to look for any complaining or unnecessary selfishness in your conversations, once you're aware of what you're doing, it will be easy to break the habit, and in so doing, you will become far more intriguing.

3. You Put Out What You Take In



The more interesting and unique your conversations are, the more mysterious people will perceive you to be. There isn't a trick to making yourself a more interesting conversationalist, you must become more interesting in general: then your conversations will naturally follow suit.

What you let in is what you put out. If you watch laugh track sitcoms, don't read, and have no ambitions beyond a 9-5 corporate job, then your conversations aren't going to be fascinating, because you don't take in fascinating content.

On the other hand, if you read interesting books, pursue cool hobbies, and follow your passions in your free time, your conversations will be imbued with more depth, intrigue, and energy. *What you let in is what you put out.*

If you want to become more mysterious, make a list of topics you're curious about (for example: philosophy, American comedy, futurism, and Eastern religion), and read a book about each of these topics. You'll notice that as you start to take in information that is based on your passions, your conversations start to reflect that. You can't expect to be particularly mysterious if you aren't filling your head with creative and interesting ideas.

4. Speak With Intent

[image]

Many people speak to get across information. These people neglect the most powerful component of human communication: the transfer of emotions. The way you talk is just as (if not more) important as what you say.

If you have a habit of speaking in a monotone voice, you talk so fast that you sound nervous, or so slow that people tune you out, then people won't find you mysterious, they'll find you boring, or even annoying.

Here's the problem, most people who have bad speaking habits aren't aware of it. There are two ways you can find out about this, either A. Ask your friends/family if you speak too slowly/quickly etc. or B. Record yourself speaking and listen for any of these habits. Once you hear your own bad speaking habits, it will be easy to correct them.

Take this to the next level by paying attention to your use of pauses and the tonality you speak with. Experiment with this, add in more pauses, speak with different tones, try to inject more emotion into your words- you can even

record yourself doing so to get an idea of the effect it has.

The more effort you put into improving your sub-communications (tone, pauses, etc.), the more emotionally impactful your speaking will be, and the more curious people will be about who you are and why you're so interesting.

Wrapping up How To Have A Mysterious Personality

To be mysterious is to be different. The more inexplicable qualities you cultivate, the more mysterious you will be to others. By developing your skills, focusing on others instead of yourself, taking in high quality ideas, and speaking with intent, you will be hard to explain- an anomaly- and people will be magnetically drawn to you because they need to know more.

If you want to do a deep dive into this topic, you can learn exactly how to develop a deep self-confidence that will magnetically attract people to you with *Zero F*cks Given*:

The Mindset Manifesto- Change Your Thinking to Succeed with Women

Avery · 17 December 2017 · Archived copy · Original

Game is a self-fulfilling prophecy: whether you think you will succeed or fail, you're probably right.

Imagine a guy read The Game and thought, "Well, this shit's pretty cool, but it won't work for me, I'm just not good looking enough." After reading The Game, he wouldn't start cold approaching women because he wouldn't see the point. This guy might never get a substantial level of success with women, simply because he created a reality in which success wasn't possible.

This isn't an arbitrary example, I've had numerous guys message me saying things like, "Yeah, but my situation *is different*, I'm bald/short/Asian/etc. Game really won't work for me." As long as they think that way, they will be correct: your thoughts create emotions which then create actions.

For example, let's say you think that you're destined to get this success with women thing handled, you're going to feel driven to take action, you'll go out, you'll take risks, you'll get rejected, and you'll learn from those rejections, make adjustments and develop a skillset over time. The chances you will get the results you wanted are obviously much higher than a guy who believes he can't succeed, and therefore, never really tries.

In this article, you're going to learn the 2 key beliefs I cultivated to make success with women in my life an inevitability: a self-fulfilling prophecy.

1. There's Always Something I Can Do Better That's Within My Control



There are numerous factors that will determine if a woman is sexually attracted to you: your physical appearance, your body language, the emotions you project, your eye-contact, etc. etc. Unfortunately, the human brain has a bad

habit of oversimplifying cause and effect, as a result, it tends to fixate on thing.

For example, if a girl rejects us, we might think, “It’s because I’m ugly, no girl will ever like me, this isn’t fair,” there may be truth to the thought (or it might be completely wrong), but even if it really did have to do with your looks, when you fixate on that one factor, you disempower yourself.

Although there may be several factors that are outside of your control when it comes to attracting a woman (your facial structure, height, current income, etc.) there are also dozens of factors that are inside your control. The chode focuses on the factors outside of his control, the pimp focuses on the factors inside his control.

If a girl rejects me, I might jump to the conclusion that it was my looks, but then I *take a deep breath and think*, “Did I do everything that’s in my control as well as I possible could? Was I funny? Was I carefree? Was I confident? Did I lead the interaction forward? Did I show sexual intent? Did I calibrate effectively?”

I may have done some of those things effectively, but there’s no way I was 100% on point with every component of attraction that is under my control. Maybe I didn’t lead, maybe I was nervous, maybe I wasn’t relatable as I could have been, or maybe I didn’t make her comfortable enough.

Yes, maybe I would have ended up sleeping with that girl if I was male-model good looking, but I also might have slept with her if my game was amazing. I can fixate on the thing outside of my control and be a victim, or I can focus on the things under my control and get better.

Don’t assume you aren’t succeeding with women because of some external factor like your looks until you’ve mastered the factors that are under your control.

Once your charisma, your humor, body, language, etc. are all 10/10- and you’re still getting constantly rejected, then you can start moping about like a *Twilight Vampire,* until then, man the fuck up and get all the factors that are under your control handled.

2. As Soon As I Get Into My Body and Out Of My Mind I Am Free



There’s a part of your brain that exists to protect you from danger. It’s the little voice in your head that says things like, “She looks busy,” “She looks bitchy,” “She’s too hot,” etc. This voice exists to keep you safe from danger.

On a deeply unconscious level, we all fear strangers and rejection because in the environment our caveman ancestors evolved in, rejection could literally mean death. For instance, if you propositioned the wrong woman, an alpha male could bash your skull in.

Because evolution is a process that takes tens of thousands of years, your brain spends a lot of energy protecting you from threats that don't exist in the modern world. If you don't learn how to manage this properly, it can make game emotionally draining.

When we feel emotional resistance, approach anxiety, or hesitation, our default response is to try to think our way out of the problem. We try to use the same part of our brain- the little voice in our head- that causes our anxiety, to combat our anxiety. This doesn't work because it can't work. You can't outsmart your excuses with the same part of your brain that generates those excuses.

The more you act, the less you can think. With enough action, you can overwhelm and shut off the part of your brain that makes you hesitate and feel anxious. Your brain simply cannot think and take action simultaneously.

Don't trust the voice in your head when it comes to game, if you do, you'll get in your own way and prevent yourself from having fun or getting results. The key here is to notice the voice in your head for what it is (this is known as meta-cognition).

When you're out (or even when you're at home deciding whether or not to go out), be aware of the voice in your head and **call it out on its bullshit**, for example:

"She's too hot, I need to warm up with a more approachable girl… Wait, hold on, I can't trust the little voice in my head, what am I supposed to do when I hear that voice? Act."

Afterwards, of course, you approach a girl.

If you want, you can even throw in a cool technique from author Mel Robbins called the five second rule: as soon as you notice the voice in your head is making excuses, count from 5 to 1, once you reach 1 you have to act. It's a simple psychological hack that can help you outsmart your excuses.

This is easier said than done. Sometimes you'll catch the voice in your head, but you'll just be too anxious to convince yourself to approach. This happens to everyone, and that's okay. The best thing you can do in this situation is take a small step towards approaching the girl, just move your feet.

Sometimes when you do this, you'll find yourself approaching the girl, and if not, that's okay. Each time you catch yourself making an excuse, you're developing your self-awareness, and over time you'll be able to leverage your self-awareness to get out of your mind, and into your body.

The key to getting into your body is to take so much action that your mind shuts off. For different guys this will mean very different things. Some guys are naturally quite confident, and as soon as they talk to a girl, they're in the zone. I'm naturally very anxious, so it takes me a few back to back approaches to get to a point where I'm out of my head and in my body.

Be honest with yourself, if you're naturally anxious, you might need to warm up with a number of approaches before you shut off that little voice in your head. The cool thing though, is that if you're naturally stuck in your head, when you do get out of your head it will be an extremely liberating experience.

Conclusion

By being aware that 1. There's always something I can do better that's within my control, and 2. As soon as I get into my body and out of my mind I am free, I have made stacked the deck in my favor.

Knowing there's always something I can do better that's within my control empowers me to always improve and take responsibility for the results I get.

Knowing that the voice in my head is often nothing more than my unconscious mind's attempt at protecting me from a threat that doesn't exist- and that I can shut that voice off by taking enough action- helps me to get out of my own way.

By themselves, these two mindsets will exponentially increase the potential you have to get the success with women you've always wanted.

Happy pimping

The Meta-Game (The Little-Known Secret To Success With Women)

Avery · 5 January 2018 · Archived copy · Original

The Game, by Neil Strauss sparked an underground cultural revolution. Since it's release, millions of men have turned to the internet to learn "game" so that they could get the kind of Rockstar sex life that Neil Strauss talked about in his best-selling novel.

The YouTube channels of numerous self-described dating coaches and pickup artists have reached an unprecedented level of popularity, with Simple Pickup reaching well over two million subscribers, and numerous others exceeding a hundred thousand subscribers. What began as a small, cult-like group of nerdy men has become a nearly mainstream phenomenon.

Back in 2005, game was a collection of tactics -loosely based on evolutionary psychology- that men used to attract women and sleep with them in as short a time as possible. Understandably, men who learned about game either loved it or hated it: some guys loved the idea of having a step-by-step method for sexual success, others considered the whole idea mechanical and sleazy.

Because the popular Mystery Method style of game was so divisive, different styles of game have gained popularity in recent years, and today, the most commonly taught style of game is what is usually referred to as "natural game".

Natural game is best defined as a method of attracting women without using specific canned lines or tactics, instead it is a strategy focused on learning the general principles and mindsets that make a man attractive.

Whereas the Mystery Method taught men how to demonstrate value with storytelling and how to lower a girl's perceived value using "negs", natural game teaches men how to develop "freedom from outcome," while simultaneously being "clear in your intentions." Today, there are numerous different styles of natural game with different teachers emphasizing different aspects of seduction. Some focus on the importance of developing a social circle to get better access to beautiful women, others focus on the values that an attractive man lives by- like having strong boundaries.

Among this new wave of men teaching a natural style of game, there is one essential aspect of game that is not emphasized nearly enough, and it causes a very easily missed, but systematic problem within the pickup (or seduction, or dating coach) industry as a whole.

Game is a specific skillset that is learned through interactions with living, breathing women. This might sound so obvious that it doesn't need to be stated, but unfortunately, it absolutely does. There are thousands of videos and articles that can teach you the nuances of attracting women, you can learn everything from how to "be at the cause, not the effect" and how to "attract women with vulnerability," but there is very little information out there about the process of learning game itself.

The harsh truth about the pickup community is that the vast majority of its members are not going out and approaching women regularly. For some context, in my city we have an inner circle group of people who want to learn game. There are over 200 members in that group, in the last 6 months, less than 15 of those members have left their houses to actually meet women in person. Of the 15 that have gone out, only about 10 go out semi-regularly, that is, more than once a month. Of the 10 that go out once a month, only 6 go out on a weekly basis. Of those 6, only 2 go out more than three times a week and approach women.

Let's be generous and assume 100 of the members of the group are now in a long-term relationship or have left the city, that would mean that only 6% of the group goes out relatively frequently, and only 2% goes out 3 times a week or more.

We'll go more into why later, but only the guys who have gone out three times a week or more have gotten any

results from game that are worth writing home about. This shouldn't be a huge surprise, the more time you invest into this, the more you'll get out of it- just like any skill.

This pattern repeated itself in every city I've lived in, only a few guys went out regularly and actually approached women.

Pickup coaches focus on techniques to create attraction and how to build a social circle, but there is an overabundance of this kind of information; there are literally thousands of hours of videos explaining how to be more effective at attracting women, while the equally important meta-game is almost entirely ignored.

What is The Meta-Game?

The meta-game is the game outside of game, the meta-game isn't about what you say or do while interacting with a woman, it's about the process of learning success with women itself.

Meta-game is just as important- if not more so- as any other aspect of the game. The fact that it isn't taught (at least not effectively) is the underlying reason that the pickup community is so unsuccessful at getting men the results they want. The act of watching pickup coaches' videos doesn't usually lead to men taking a substantial amount of action (in the real world), it just leads them to watching more videos to learn more about game.

The culture of the "PUA" community has become one of arm-chair theorizing. Want proof? I just pulled up a popular pickup forum, and here's a few of the titles of posts on the front page:

"I think 'game' might not be real…"

"Pickup is stupid as shit if your looks are in the bottom 25-30%"

"Girls are SHALLOW, even more shallow than guys"

Here's some titles from the popular seduction subreddit:

"How does one practice (pickup) without danger of being accused of 'sexual harassment' and treated like a predator?"

"Do I really need to get fit?"

"How can I get talking to a girl with a higher SMV than me?"

"Starting to hate myself because women think I'm creepy."

Now, not only are the forums full of complaining, but that complaining is largely unsubstantiated with evidence accrued through real-life experience. You might think the above posters came to their conclusions from approaching many women and getting consistently negative responses, but you'd be wrong, they came to these conclusions do to arbitrary anecdotes. For example, the guy who wrote the post, "Starting to hate myself because women think I'm creepy." Literally said that people walk faster when he's near them at the grocery store because he creeps them out, and came to the conclusion that this means women loathe him.

So, the pickup community as a whole is pretty toxic, and the instructors focus on techniques that are only helpful if you are already taking a lot of action consistently (i.e. approaching women). No wonder such a small percentage of guys who learn pickup get the sexual relationships they joined the community to get. The deck is stacked against people who learn about pickup because the community isn't focused on the underlying fundamental to success in

this area: knowing how to learn game (and in some cases, learning that success with women is something that *can* be learned in the first place).

How To Learn Meta-Game



It's a dating article, therefore images of attractive women need to be everywhere.
We're left with an important question, how do you go about learning the meta-game? There's two fundamentals to doing so:

1. Taking massive action, and

2. Learning from what happens when you take action

To accomplish this, you can take on challenge-based programs like The Rules of The Game, or The Trial: Transform Your Dating Life In Eight Weeks (are the best books for this), or for a video course, I recommend Todd V's Winner Game (which has a set of challenges for how to start learning game in the field and goes into how to learn game in depth).

The core of learning the meta-game comes down to learning about your own blind-spots through action taking and self-reflection. Skype coaching can be extremely useful for this (if you find a good coach*) because your coach will challenge your excuses and self-defeating beliefs while also providing you with accountability to take more action.

If you can't afford coaching, the best way to go about this is to go out, approach women, and write good field reports that force you to learn from what happened when you were out.

Remember that yes, the content that dating coaches teach is helpful, but only if you're on the path towards success with women in the first place- if you're not going out regularly, or you find yourself repeatedly making the same mistakes, it's more important that you learn how to learn game then it is for you to learn the kind of stuff that most pickup videos teach (like how to use push-pull).

*I recommend the following Skype coaches:

Todd Vandahey: To inquire about Skype coaching, email him at: email todd@toddvdating.com

Austen Summers: Go to https://www.austensummers.com/skype

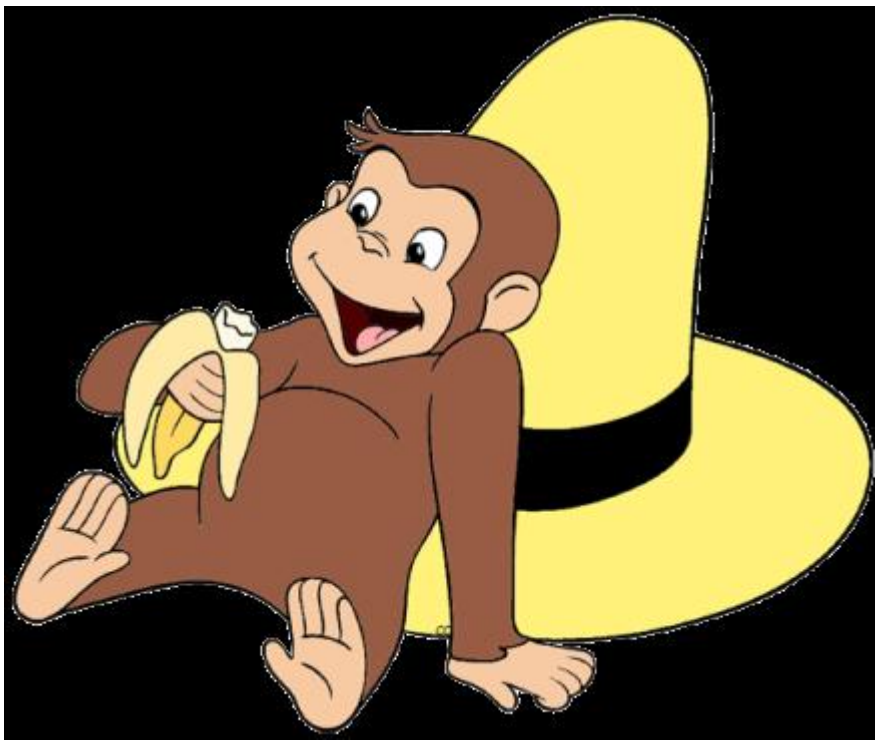
I also recommend myself, but I wanted to provide other options since I don't expect you to trust such obvious self-promotion.

(If you know a coach that you think is particularly good and should be mentioned on this list, PM their website and I'll take a look.)

How to Be More Attractive to Women

Avery · 12 January 2018 · Archived copy · Original

In this article, you're going to learn what attraction is (and what it isn't), and how any man can leverage the power of attraction to have greater success with women, whether he looks like George Clooney or Curious George.



Attraction often gets confused with arousal, but they are two completely different things. Arousal is an immediate sexual desire to sleep with someone, it's being turned on, it's yearning for sex. Attraction, however, is simply the feeling that you'd rather have a particular person around than not around. Simply put, if a girl's mood would go down after you stopped interacting with her, she is attracted to you.

Attraction doesn't imply arousal, instead, it facilitates it. When a girl is attracted to you, she is more open to being aroused by you: she's more likely to hold strong eye contact with you, or to touch you (or let you touch her), because she feels positively towards you, she's more open to your influence.

What Causes Attraction?

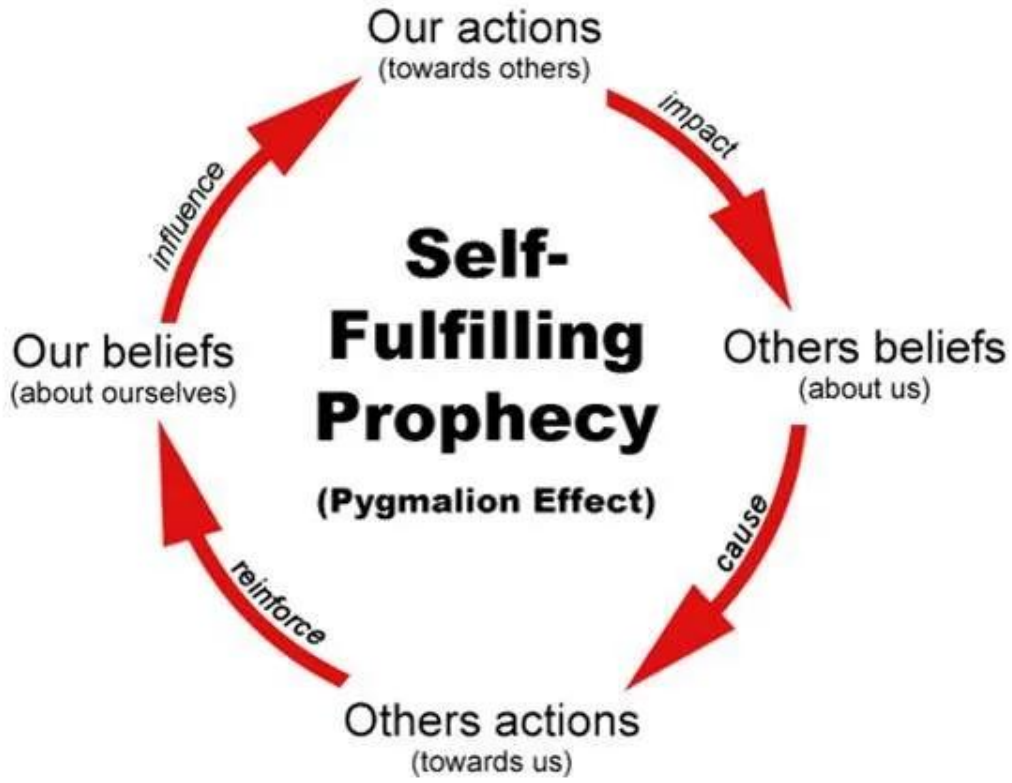
Attraction is driven by emotions: anything that makes a girl feel good (or that she *thinks* will make her feel good) can trigger attraction.

For example, if you're rich, and she thinks having more access to your wallet will make her feel better, then your money will drive attraction. Or, if she thinks you have high social status (because of how you're dressed, who you're with, or the simple fact that you're having fun in the social environment), then that will likely drive attraction because associating with you would benefit.

Attraction is completely selfish, it's not about you, it's about how you make her feel. Now, it's certainly easier to make a girl attracted to you if you're tall, handsome, and rich.

But don't use that as an excuse. Even if a girl initially thinks you're unattractive (based on your appearance), if you can make her feel good when she interacts with you, that will change. If you're hilarious, charismatic, confident, etc. than a woman is going to want to see more of you, regardless of how you look.

Looks Aren't an Excuse, They're a Self-Fulfilling Prophecy



It is true, that in most cases, guys who aren't good looking tend to be less attractive to women. But it's mostly because they're insecure and don't feel like they have a chance with beautiful women, so when they interact with a hot girl, the girl can feel their desperation/negativity and she feels worse around the guy than when he's not there*. Then, the guy assumes the girl thought he wasn't good looking enough, and gets more insecure and thus becomes even more repellent to beautiful women.

But, if a guy who isn't particularly good-looking shifts his focus onto how he makes women feel, he can become attractive to them. You could call the Tyrion Lannister effect, the guy may not be the most classically beautiful, but he absolutely is attractive, he's carefree, clever, and charismatic.

If you're thinking, "Bullshit! I'm fundamentally unattractive because of how I look!" Then, I have a couple questions for you:

How funny are you when interacting with beautiful women?

How confident are you when interacting with beautiful women?

How positive are you when interacting with beautiful women?

I can almost guarantee that you're not conveying the traits that would make women feel good when interacting with you (at least not at a high level), and that's the real crux of why you're not attracting women.

How to Become More Attractive



To create more attraction, your best bet is to learn how to spark positive emotions in women. Here's a few ways you can accomplish this:

Watch standup comedy

Watching standup can help you understand how humor works. Analyze what it is about the comedian's stories that's getting a positive reaction.

A lot of people think humor is something you're born with (or not) but this is nothing more than an excuse that humorless people make to feel okay about how boring they are. You can learn how to be funny, and the most efficient way to do is to learn from those who have boiled it down to a science. Watch comedians, think about what it is that's working so well for them, and experiment with what you've learned in your own life.

Practice classic PUA tactics (I.E. push/pulls and disqualification.)

Pickup tactics can be overly mechanical, but the cool think about them is that they're specifically designed to elicit an emotional response in a girl

Practicing complimenting a girl only to disqualify her a moment later can help you get a feel for how what you say can affect how a girl feels. The better you understand this, the more consistently you'll be able to spark attraction.

Use classic PUA tactics to learn how your words affect a girl's emotions. An easy one you can use to start is to throw in the phrases, "I hate that, "and "I love that" into your conversations. When a girl says something like, "I'm from California," you can say, "I hate California."

This comment should get an emotional response, and by playing around with "I hate" and "I love" you can get a better understanding of how to create the kinds of emotional spikes you want girls to experience (obviously, at first this might be a bit awkward, it takes practice to do this in a way that is charming).

Make fun of yourself

One of the biggest reasons PUA guys tend to have trouble attracting women is that they take themselves WAY too seriously. If you fall into this category, it can be helpful to make a point to make fun of yourself- doing so forces you to let go a little and be more carefree.

You can do this in any number of ways: by telling girls you're a virgin, that you live with your mom, or whatever else you can come up with. The point is to say something that someone who is trying to come off as "cool" would never say. Once you can let go of your need to make a certain impression, you won't filter your personality and you'll be more fun and carefree.

Another way you can practice this is to do something awkward on purpose, like laugh obnoxiously every time a girl speaks (I've had a lot of fun with this exercise). Doing something that you would never do if you were trying to get a good reaction can help you let loose.

To be clear, I'm not saying that these exercises will attract the girls you use them on, but they can help you shift gears to get into a social mood in which you're not stiff or try-hard.

It definitely works for me, because I'm naturally VERY try-hard, but as soon as I do something stupid I'm able to shift into a more carefree mindset.

Wrapping up How to be More Attractive to Women

There you have it, how to be more attractive to women. Yes, it does help to be good looking and rich, but if you're fun to be around you can be attractive no matter what you look like.

Remember though, attraction isn't arousal. Being attractive doesn't necessarily mean a woman will sleep with you, but it will make her more open to the possibility.

If a girl likes you as a person, it'll be much easier to get her aroused. (I'll make another post on arousal in the near future, but if there's one simple thing that can help with arousal it's making strong eye contact. If your eye-contact isn't good you should work on that before anything else.)

(* This is also part of the reason why girls tend to have a less positive first impression of guys who aren't good looking- most unattractive guys are annoying and needy, so it's safe for a girl to assume that new unattractive guys she meets will also be annoying and needy.)

How To Be More Charismatic

Avery · 13 January 2018 · Archived copy · Original

How To Be More Charismatic

[image]
Love him or hate him, can't deny he's charismatic.

Charisma is the most appealing quality an individual can have.

Charisma results from a blend of self-confidence and positive emotion. Tapping into charisma will lead you to have more positive relationships with friends, make you more attractive to the opposite sex, and (perhaps even more than skill or talent), help you succeed in your business ventures.

You probably don't need to be sold on the value of charisma. However, the obtainability of the quality is a different story. Charisma is elusive. Generally, it is considered be something that you either have or you don't.

Charisma can be developed, but it requires an unconventional approach. There's a catch-22 involved in any attempt to develop your personal magnetism; the harder you try to be charismatic, the less charismatic you will be.

How To Be More Charismatic Pt. 2:

The Charisma Trap

I've read dozens of books and watched hundreds of videos purportedly teaching how to become more charismatic, magnetic, and confident. I've tried everything from visualization techniques, to hypnosis, to NLP in my (desperate) attempts to become more socially appealing.

None of these methods worked. Pithy self-improvement advice that teaches you what to do, what to say, or how to say it is (unintentionally) missing the point of what charisma is and how it functions.

The charisma trap arises from the fact that the more effort you put into coming across as charismatic, the less charismatic you become.

It is true that being a better listener will make you more charismatic, but trying to force yourself to be a good listener will make you less charismatic. The act of putting conscious effort into making a good impression is itself bringing attention to the self-evaluation that you're not good enough as it is.

Trying to be charismatic is in itself an insecure thing to do. If you were already charismatic, you wouldn't feel any need to judge whether your tone of voice is silky enough or whether you're being positive enough or whether your eye contact is strong enough.

Why? Charisma results from not being self-conscious, from not using your attention to monitor yourself. Someone who is charismatic is by definition, not worrying about the impression they are making. This is a lesson that has been difficult for me to learn. In fact, it's taken years.

And there's a reason why it's taken me years. The part of my mind that wants to be more charismatic is not the

same part of my mind that is capable of being charismatic. Your interest in improving yourself is a logical, self-aware desire. Yet, the logical, self-aware part of your brain literally shuts off when you are at your most charismatic. How's that for a catch-22?

Charisma is strongly related to what's known as social flow. If you've ever lost track of time because you were enjoying a social interaction so much, you've experienced this state. When you were in this state, you were charismatic, confident, charming, etc. Unfortunately, this state is elusive to most people.

Flow states are a scientifically well-documented experience in which you feel your best and perform your best. In this state your sense of time dissipates and you are totally immersed in whatever you're doing (in this case, social interaction).

Most importantly, in a social flow state, the part of your brain that flow researcher Jamie Kotler refers to as your, "Inner Woody Allen" goes silent (the scientific term for this is transient hypofrontality: meaning the prefrontal cortex shuts down).



Your "Inner Woody Allen" is the self-critical part of your brain, the part that is monitoring how people are reacting to you. It is the part of your brain that triggers insecurity and defensiveness.

When you're in a social flow state, this part of your brain (the prefrontal cortex) goes silent. This just so happens to be the same part of your brain that exerts conscious effort into becoming more charismatic, i.e. part of your brain that thinks, "Did I say that a little awkwardly? I should speak with a more assertive tone to be more charismatic."

When you're in a social flow state you won't judge yourself, you'll feel like everything you say and do is the best option, and because you feel so confident in your actions and words, those actions and words will come across more charismatically.

A certain tone of voice or choice of words might be more charismatic than another, but these details are

insignificant when compared to the underlying fundamental of being in a charismatic state versus a self-critical, defensive state.

There's a concept in psychology called emotional contagion. It means that emotional states are contagious the same way that yawning is contagious: if you feel good interacting with someone, they will feel good interacting with you. When you are in a social flow state, you will feel your best, and so you will come across as highly charismatic.

Details like eye contact, vocal tonality, and body language are insignificant when compared to the power of your emotional state. Even if focusing on those things didn't trigger insecurity, it would be still be far more effective to learn to enter social flow states because that's the primary source of charisma, that's the 'it factor' that charismatic people effectively tap into.

How To Be More Charismatic Part 3:

States Become Traits

[image]

We tend to make a fundamental assumption about charisma that makes our efforts to build it unnecessarily difficult. We think charisma is a trait, but it is in fact, a state. Those who are generally charismatic are very skilled at accessing this state (of social flow) whereas for others it is a very rare occurrence.

This understanding completely alters the approach you should take to becoming more charismatic. Your goal changes from altering your traits like the type of body language you use or the tone of voice you speak in, to learning to effectively enter a social flow state.

You've almost certainly been in social flow states before, even if only very rarely. In his best-selling book, The Art of Seduction, Robert Greene Writes, "We may also experience this in a social or work setting— one day we are in an elevated mood and people seem more responsive, more charmed by us. These moments of power are fleeting, but they resonate in the memory with great intensity. We want them back."

Of course, once we experience this, we develop a sense of frustration because we cannot normally access this state. We then try to replicate the experience without knowing that the effort we're exerting (like trying to force humor) is a doomed strategy.

There are effective methods to building charisma, but they have nothing to do with thinking about your eye contact or your body language.

How To Become More Charismatic Pt. 4:

An Outward Gaze

[image]

The less you focus on yourself, the more charismatic you will become. People in a charismatic state are not in their own heads during a social interaction. They are focusing their gaze outwards, on the people they are interacting with. Most people have a habit of relating everything that happens in a social interaction back to themselves. This is a form of defensiveness that kills charisma.

When in a social interaction, change the focus of your thoughts to the other people you are interacting with. Instead of thinking about what their actions and words are saying about you, think about what they're saying about them. There's an important nuance here, you're not judging others, you're curious about them.

Wonder why people are saying what they're saying, wonder why their body language is the way it is, wonder why they do what they do. The trick to leverage this technique so that it brings you into a social flow state (and therefore triggers charisma), is that you aren't consciously trying to answer these questions, you're only asking them.

If you try to answer the question, you are accessing the judgmental part of your brain that easily becomes insecure and defensive. If you are only curious about what people's actions might mean, you will trigger a flow state. You will be shutting of your self-consciousness and changing your focus outward. This outward focus is a fundamental element of charisma.

How To Be More Charismatic Pt. 5:

Take Social Risks



The more socially confident you become, the easier it will be to access a social flow state. It's much easier to feel positive and confident in social interactions when you know that nothing bad can happen. To prove this to yourself, the most effective strategy is to take social actions that you're afraid will lead to negative consequences. This practice will powerfully develop your social confidence.

What is Confidence, Really?

Confidence is simply a self-evaluation of your ability to successfully engage in a particular activity. Take driving, for example:

Hopefully, you are fairly confident driving your car at this point in your life. When you first started, however, you were anything but. Your first attempts at driving can be exceptionally nerve wracking, there's 2000 pound machines only a few feet away from you and if you make one wrong move, YOU DIE.

Fortunately, each time you drove and you came out of the

ordeal okay, your confidence in your abilities increased. What was initially terrifying eventually became totally mundane. In fact, most drivers build so much confidence in their abilities that they believe it's safe to text while

driving, even though statistically it's as dangerous as driving drunk. They've accumulated so much evidence that nothing bad will happen when they drive, that they start to neglect even real dangers inherent to the task.

"But driving's not the same as social confidence!" Of course not, but social confidence is built through the same process as any other type of confidence. When you are in a social situation, there are a variety of options of what you can do or say at any given moment. Similar to how in chess you have a variety of potential moves.

If you are not confident, many of these options will seem dangerous. For example, you might imagine that leaning in to kiss the girl will result in a humiliating rejection or that saying the joke that came to your mind will make you look stupid.

When you are socially confident, social risks will seem unimportant. You've already faced these risks enough that they no longer provoke much anxiety or trepidation. This is just like the fact that once you've driven enough hours the inherent risks to the task no longer have an emotional effect on you.

To become more charismatic, you must build you social confidence because if you are worried about the negative consequences of your actions it will be nearly impossible to enter social flow.

How to Build Your Social Confidence

To build your social confidence you must go out into the real world and face your insecurities. Fear of social tension, rejection, and awkwardness are almost universal (although many individuals wouldn't admit they have them). The following exercises will force you to face and overcome these fears.

Get A Free Item

To overcome your fears of social tension and rejection, go to a store and pick out any item. Bring that item to the cashier, and try to convince them to let you have it for free. You can use whatever strategy you want, what matters is that you ask to for a freebie. For most people, this is rather uncomfortable because it can create social tension, something almost everyone avoids.

When you try this, you will find that nothing bad happens. At worst, you'll have a slightly tense interaction. At best, you'll get the item for free. Facing the perceived risk of social tension and rejection will build your confidence. You will learn that the actual experience of rejection wasn't nearly as bad as the negative emotions you felt anticipating that rejection.

To get the maximum effect, do this every day for at least a week. The more stores you attempt this with each day, the more confidence you will build. I recommend doing this until you are totally comfortable with it and it is no longer a source of social unease.

If you get upset when you are rejected, you are taking yourself too seriously. You should be able to laugh at yourself immediately after this exercise. Until you get to a point where you have a lighthearted attitude towards it, you still have much to gain from this practice.

Ask a stranger on a date

[image]

Asking a stranger on a date has a similar purpose as the previous exercise, but is particularly valuable if you don't

have the kind of romantic relationships that you want in your life.

The purpose of this exercise isn't to successfully get dates, it's simply to face your fear of romantic rejection. Whether or not you get rejected is irrelevant. You're going to be so direct that there is a very good chance you will be rejected. (However, you might be surprised and end up with a date or two.)

Walk up to strangers at a mall, a bar, or your college campus and simply say, "Hi, I thought you were cute and I was wondering if you'd like to go on a date sometime."

Doing this may be extremely anxiety provoking. Don't set yourself unrealistic expectations. If you go out and are unable to approach a stranger because you're too anxious, that's okay, just stay out for at least 30 minutes and try again the next day.

The first time I successfully approached a stranger like this it took me over two weeks to do so. I walked around (without approaching anyone) feeling like an idiot again and again. Eventually, the frustration of not approaching a stranger become more painful than my anxiety of being rejected: and I stepped up and did it.

It might take a while for this shift to take place, but it's worth it. You must force yourself to leave your house and enter a venue with people to approach every day until you just can't take the frustration anymore and you actually approach a stranger. After this, don't 'stop. Keep going until you are comfortable meeting people. This is a process that may take weeks, but you will get a drastic increase in self-confidence from doing so, and you might even get a date.

Awkwardness

With the following exercises, you will intentionally risk being perceived as awkward. The nearly universal fear of being embarrassed, humiliated, or laughed at is a major source of our insecurities and defensiveness.

When we overcome our fear being judged by other people for our awkwardness, we free ourselves to take off our social masks and to interact with people in a more genuine, charismatic way.

Your first challenge is to lie on a busy sidewalk for a minute. Simply lay down as strangers pass by. You may get a couple of looks, and it's even possible someone will ask if you're okay, but that's all that will happen. You might feel like people will judge you and laugh at you, but you'll find that nothing of the sort happens. No one cares. This exercise will experientially show you this nearly universal truth. People are far too interested in themselves to care about someone lying on the sidewalk; noticing that people don't care is very freeing.

Practice this daily until you are comfortable with the exercise.

Dance in Public

This is using the same concept, but it takes it up a notch. Dance in public, you can dance in whatever way you want, the key is to let loose. The more flamboyant your dance, the better. It may seem like dancing in public would be social suicide. You might think your reputation will be ruined. Your mind will likely come up with a litany of excuses to avoid doing this exercise; but once you do this, you will find (again) that no one cares much. At most, people will find it funny or give you a bit of an awkward look: but nothing damning or noteworthy will happen.

Your goal should be to do this for at least a minute every day until you're comfortable with the exercise.

If you do the exercises above until you are comfortable with them, you will notice that you will become much more at ease in social situations. You will have faced your insecurities head on, and your social confidence will greatly

increase as a result.

The point isn't to learn how to be awkward, it's to learn to be comfortable with awkwardness and social-pressure. Facing these uncomfortable emotions head on will force you to let go of your defensiveness and increase your confidence. As a result, it will be much easier for you to access a social flow state and therefore, you will be perceived as charismatic.

Wrapping Up How To Be More Charismatic

With what you've learned in article, you will be able to enter a social flow state more easily, and therefore you will have more access to your most charismatic self. Learning to focus your attention outward and making a habit of facing your insecurities head on will notably change how you relate to others; and therefore, how they respond to you.

As with anything worthwhile, this is not an easy process. These exercises won't work miracles. To get the results you want, you must practice them repeatedly until they become comfortable for you.

How To Become An Alpha Male

Avery · 13 January 2018 · Archived copy · Original

How to Become an Alpha-Male



“Beta-male” is one of the terms in that’s been so overused in the seduction community that it’s lost meaning. There’s a general understanding that a beta-male is weak, submissive, and sexually unappealing, whereas an alpha-male is strong, dominant, and sexually attractive, but is there a clear, differentiating factor between “betas” and “alphas”?

Yes. The difference can be summed up as follows:

A beta-male is a man who lets the external world dictate his sense of reality (he believes the world is in control of him).

An alpha-male is a man who dictates his own sense of reality (he believes he is in control of his world).

- A beta-male is willing to fall in line with the expectations and rules that others say he must follow. For example, when he is told that to attract women he must be good-looking or high-status, he’s willing to accept that (and if he doesn’t consider himself good looking or high-status he won’t bother trying to attract women).
- When a beta-male is told that he’s not talented or destined for success, he’s willing to accept that (and he’ll get a safe, low-risk job).
- And, when a beta-male gets rejected by a woman, he accepts that he just wasn’t attractive to her.



Let's ground this with an example. Elon Musk is many things, among them, he's definitely an Alpha-male. While in college, Elon asked a girl on a date to get ice cream with him. She agreed, but before their planned meeting, she said she was too busy with studying to make it to their date (she flaked on Elon Musk…).

Instead of assuming her rejection meant that she didn't like him, Musk asked a friend of the girl who flaked on him what his almost date's dorm number was and what her favor of ice cream was.

Then Elon Musk went directly to this girl's dorm, with her favorite ice cream in hand. Afterwards, Elon and that girl ended up in a long-term relationship.



A beta-male would have accepted that the girl rejected him, and that the situation was out of his control, but Elon Musk assumed that he had control over the situation, and made something happen.

> **Put simply, beta-males are delusionally unentitled, whereas alpha-males are delusionally entitled[1].**

This extends to all areas of life, in business, for example, alpha-males are more likely to rise to the top because they're willing to assert themselves and take risks. The alpha-male will do what it takes to get what he wants, because he believes that nothing can stop him from getting it.

The beta-male doesn't take risks, he plays by society's rules, and according to the rules, you have to wait your turn, be mild-mannered, and agreeable- and if you do, things will work out in the end.

It's not that alpha-males are good, and beta-males are bad. But alpha-males create opportunities in life, whereas beta-males don't. Elon Musk created a relationship from rejection and a business empire without being born particularly wealthy. Beta-males just accept their circumstances, it's the difference between being a sheep and being a wolf.

How to Become an Alpha-Male

If you're a beta-male, then you have a certain set of beliefs about yourself and the world around you, and you have a set of behaviors that result from those beliefs.

Beliefs aren't easy to change, we develop our beliefs throughout our entire life, and over-time they become deeply entrenched in our psyche.

To change your beliefs, you must start by changing your actions. If you act in a way that a beta-male would never act, your brain will slowly rewire itself and you'll start thinking and feeling like an alpha-male.

You're going to face emotional resistance if you want to start acting as an alpha-male acts, your brain is going to look for excuses to avoid doing anything that a beta-male wouldn't do.

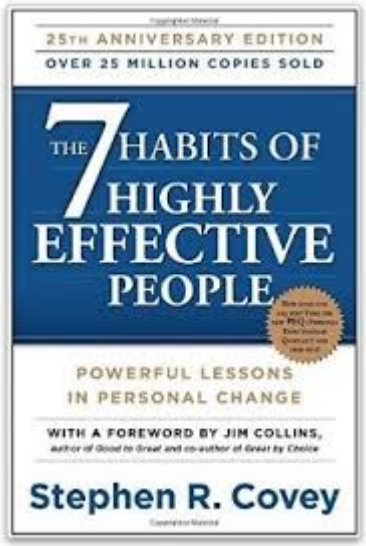
The trick to overcoming this obstacle is to start small and then build momentum over-time, otherwise you'll probably burn out.

So, what actions can you take to become an alpha-male?

Take social risks.

The 7 Habits Of Highly Effective Players

Avery · 14 January 2018 · Archived copy · Original



Stephen Covey's book, The Seven Habits of Highly Effective People, is widely considered the greatest self-improvement work of all time, and for good reason.

Covey's book stands out because it doesn't teach tactics like, "Smile more," and, "Listen well," instead, the seven habits are about the underlying principles of success. If you understand -and live by- these principles, success will naturally follow.

While reading Covey's book, I noticed the principles apply just as much to game as they do anything else. So, I took the liberty of transcribing the Seven Habits of Highly Effective People into the Seven Habits of Highly Effective Players(1).

In this article you're going to learn the underlying principles for success with women: whether you're looking for a girlfriend or a string of one-night stands, if you live by these 7 habits, your success is all but guaranteed.

1. Be Proactive:

[image]

Most people are incredibly reactive when it comes to dating, this is because the entire cultural narrative about love and dating teaches us NOT to be proactive. Love, romance, and sex are supposed to "just happen." The very idea of a soulmate implies that you are destined to meet this one person who is a perfect match for you. In most cultures, love is something that is considered to be almost magical, even spiritual.

As a result, we are led to think that being proactive about finding and creating sexual relationships is mechanical and gross. According to our culture, love isn't something you can create through your actions, it's something that you have to let happen to you.

The whole concept of cold approach pickup is considered mechanical, slimy, and even creepy because it spits in the face of the notion that love is something that just happens.

Going out of your way to approach women (or men) to find relationships is unmagical, it's making something spiritual into something scientific, cold, hard. But, to get the dating success you want, you must treat dating like a skill: something you can learn and practice. Being proactive means thinking less, and acting more. Thinking less

about whether your looks, race, etc. matter, and spending more time interacting with women, going on dates, and getting rejected.

From Stephencovey.com, “Proactive people recognize that they are ‘response-able.’ They don’t blame genetics, circumstances, conditions, or conditioning for their behavior (or the results they get).” The truth is, looks do matter- but they’re not relevant. Nothing that is outside your control is relevant, all that can be gained from thinking about those things is self-pity and passivity.

Maybe your situation does limit your potential to bang supermodels, maybe the world isn’t fair when you aren’t a 6’4 male model. But, what does thinking about this accomplish? It gives you an excuse to be reactive: to let your external circumstances drown you(2).

If you want a better dating life, the first step is to be proactive. This means that you do what you can with what you have, now. You don’t wait for the perfect situation (I.E. when you have a high-paying career), you don’t think about your disadvantageous, you just throw yourself in the fire and try to make things happen.

This is how any real learning or improvement happens, but it’s hard, because being proactive can be terrifying. You have to face your fear of the unknown, you have to face your fear of rejection, you have to face your ego head on, and you have to face a lot of failure.

It’s much easier to be reactive, there’s a lot of comfort in it. But, if you want results, you must learn to give up that comfort and replace it with action(3).

2. Begin with The End in Mind

[image]
See what I did there?

“Begin with the end in mind is based on imagination–the ability to envision in your mind what you cannot at present see with your eyes. It is based on the principle that all things are created twice. There is a mental (first) creation, and a physical (second) creation. The physical creation follows the mental, just as a building follows a blueprint. If you don’t make a conscious effort to visualize who you are and what you want in life, then you empower other people and circumstances to shape you and your life by default.(4)”

Not having an idea of what you want is like traveling without a map or a compass5: it’s pointless meandering, and you might just go in circles only to end up where you started. This applies to game as much as anything else, you should have a clear idea what it is you want to get out of your efforts.

Do you want a girlfriend? A harem? Do you want to travel to different countries having flings with women from around the world? What kind of girls do you want in your life? Is it mostly about physical attractiveness or is it mostly about an emotional connection for you?

The whole idea of The Secret [the law of attraction(6)] is hokey- visualizing a Ferrari isn’t going to manifest a luxury car into your life through the power of some magical force in the universe.

But visualization6 is actually a useful practice, not because of some spiritual law, but because thinking about what you want can help clarify what actions you need to take to get it.

Visualizing what you want is like marking an X on a map. By knowing where you want to go, you empower yourself to use all your faculties to figure out how to get there. There are different ways to practice beginning with the end in mind, you could make a habit of visualizing the dating life you want, you could write out your goals,7 or you could simply write a detailed description of your dream girl, what matters is that you have a clear vision of what you want.

Most people are extremely wishy-washy about what they want out of their lives, and that's a big part of the reason they don't accomplish much or have an exciting, adventurous life.

Beginning with the end in mind is about becoming certain about what exactly you want, so that you might actually get it.

(PS: In the footnotes, I lay out some more details about the practical side of beginning with the end in mind.)

End of Part 1

In part 2, I'll go over the habits, "Put first things first" and "Think Win/Win."

If there's one thing the seduction community does especially poorly, it's that they do not put first things first.

And, if there's one thing that stops most guys from attracting women, it's that they think Win/Lose (without knowing they're doing it).

Part 2 will be up soon, until then.

References and Footnotes:

1- I chose the world players simply because it makes for a good sounding title, if the word has negative connotations for you, ignore it, this content applies to having a successful dating life regardless of your goals and intentions.

2- (https://www.youtube.com/watch?v=CjBQe90V_-U) Robert Green, author of the 48 laws of power was asked how he would define power, he said, "Most of the things that happen in life you don't have control over, you don't control your parents, where you're born, when you're born, what schools you go to, and then beyond that things happen to you, and the way I look at it, maybe 95, 96 percent of what happens you have no control over. It's just circumstances coming at you.

But you have a little margin of control. And power is the ability to increase that tiny little margin to 5,6 percent."

3- If you're wondering what action means, specifically, it depends on who you are, where you live, and what your goals are, but it definitely means interacting with women. It can be online, through cold-approach, through your social-circle, etc., what matters is that you are meeting women and getting out of your comfort zone by taking social risks.

4- https://www.stephencovey.com/7habits/7habits-habit2.php

5- You know, back in the day when smartphones didn't exist.

6- https://www.psychologytoday.com/blog/the-blame-game/201609/the-truth-about-the-law-attraction

7- Visualization can be done in any number of ways. For one example, if you want a girlfriend, you could imagine what she's like- what does she look like, what does she act like, what do you have in common, what makes her really stand out from most people. If what you want from game is more general, say you just want to be confident around people and to have better social skills, you could imagine what that would look like, and the more detailed, the better. The point isn't that imagining what you want will magically give it to you, but it will give you a sense of direction it's only once you know exactly what you want, that you can start taking concrete steps towards getting there.

8- If you choose to write out your goals, I recommend following the system known as SMART goals, which means you make your goals Specific, Measurable, Actionable, Realistic, and Time Based. There's a big difference in having a goal, "To get a girlfriend," and, "Go on a date with a girl who I consider to be a 10 in the next month."

Whatever goal you make, I would also write down the action steps, if your girl were to go on a date with a "10", I would estimate say, how many girls you'd need to approach to get there starting today. Your goals don't need to be perfect, they just need to give you a sense of direction and clear action steps.

Best Way To Start A Conversation With A Girl

Avery · 15 January 2018 · Archived copy · Original

Best Way To Start A Conversation With A Girl

[image]

You know that moment when you see her? You're out in public and a girl walks by who's so beautiful that time slows down. At first, you're excited, perhaps even a little aroused, but then you start to feel anxious, thoughts start running through your mind:

"Wow, she's hot."

"Yeah, too hot, way out of my league."

"I should talk to her, there's a chance she'll like me."

"Yeah, but what would I even say? I don't want to creep her out by being too direct, and I don't want to creep her out by saying something random, and I definitely don't want to creep her out by saying a cheesy pickup line. Fuck it, I'll talk to her next time I see her."

Of course, you never see her again. When it comes to success with women, the first thing you need to learn is how to open a conversation up with a girl- whether she's a complete stranger or someone you have a class with/work with/etc.

In this article, I'm going to give you a few guidelines that will help you start conversations with women in a way that is both:

1. not creepy and
2. might lead towards something more than a platonic friendship.

Something Is Better Than Nothing

[image]
At some point this started with a simple "hello"

Some advice will tell you to say to approach a girl with something innocuous like, "Hey, where's somewhere good to eat around here?" You should only ever do this if it makes it easier for you to approach the girl.

What I mean is, if it's less nerve-wracking to ask a girl for directions than it is to say something more direct, then go for it, it's not a great way to start a conversation, but if it's the only way you can get words out of your mouth, it's better than saying nothing at all.

A lot of guys get approach anxiety, meaning it can feel extremely nerve wracking to go up to a girl and start a conversation, and if you're one of those guys, you can get comfortable talking to strangers by asking for directions.

But, in terms of actual effectiveness, the best way to start a conversation with a girl is with something much more direct.

My personal favorite 'line' to approach with is as follows, "Hey, I saw you and I wanted to tell you I like your style, and I had to meet you really quick ."

Here's what's good about the line:

–It's clear why you're starting a conversation with her, she made a good first impression and you're interested in meeting her.

-It's starting the conversation on a positive note which will most likely make her glad you took a second to talk to her.

-You're giving her a compliment, but not a sexual compliment. The problem with giving a sexual compliment is it can make a girl feel pressured, thus making her defensive.

-The last two words "real quick" are optional, but they're a good way to let the girl know that she doesn't have to worry about you staying past your welcome, this can help her feel more comfortable to talk to you (I'd say the more experienced you are, the less you need to throw in "real quick".)

There Isn't One Right Line

[image]

I've used hundreds of different opening lines to talk to girls, and truthfully, just about anything can work if your delivery is confident and friendly.

Once I approached a girl at a nightclub by saying

Me: Are you from Tennessee?

Her: No, why, because I'm the only ten you see?

Me: Haha, no, because you look like a child of incest.

She recoiled, and shortly after, burst out in laughter. I got her number a couple minutes later. That line is by no means a good line, but because I said it in a carefree way, it was good enough.

The point of having a line in your back-pocket isn't that the line itself is going to do anything magical, it's mostly just so you have one less excuse not to approach a girl you like.

What do I mean? Well, if you see a cute girl, but you don't have any idea what to say, it's very easy to rationalize that you shouldn't approach her.

Having a go-to line gets rid of that excuse. The line I shared above isn't magical, it isn't going to make a girl instantly attracted to you, but it's a solid way to start a conversation, and it works for most situations (in a club, your college campus, a mall, etc.).

What To Say After The First Line

[image]

Once you've opened your mouth, and started talking to an attractive girl, how do you turn that into a real conversation?

This is a problem a lot of guys have, I know I used to. In fact, I was so obsessed with this that I memorized numerous canned routines and made up stories that I could tell a girl after I approached her.

That was mostly silly and unnecessary. The easiest way to turn an opener into a real conversation is just to have a few questions you can ask her.

Here's four I use often:

-"Are you from here?"

– "What do you do?"

-"Where are you from?"

-"What are you passionate about."

Again, there's nothing magical about those questions, but they can open up a conversation. Once she says what she says what she's passionate about, you can start talking about that passion in more depth.

For example, a conversation might look like:

You: Hey, I saw you and I wanted to say I like your style and I had to meet your really quick.

Her: Really? Thanks.

You: Yeah, anyway, are you from here?

Her: Nope, I'm from California.

You: Whereabouts?

Her: San Diego

You: Oh, that's awesome, I actually went there for Comic Con a couple years back, I'm kind of a nerd, it's a great city though. The people were friendly, the weather was amazing, and it was just a cool place. What brought you here?

[image]

When the girl answers your "basic interview question" you can start to find commonalities and talk about something interesting about her answer.

The above example isn't anything flashy, but it doesn't need to be, it's a normal conversation where you're starting to get to know a girl, and that's a good place to start your interaction.

And for most guys, that's a really good place to start. Yes, once you get more experienced you can learn how to make an unforgettable first impression on a girl, how to create a sense of deep emotional connection in minutes, and how to make a conversation fun and sexual. But the first step is to be able to have a normal, comfortable conversation with a girl you havne't met before, and once you've mastered that, then you can worry about the flashier stuff.

So, to wrap up, starting a conversation with a girl is much simpler than you might think. You can use any line and make it work, but it's good to have a line in your back-pocket (like the one I provided earlier) so that you don't freeze because you don't know what to say.

Once you've got the first line out of the way, the easiest way to start a conversation is simply to ask normal

biographical questions and then to dive deeper into those topics and connect over them.

And that’s the best way to start a conversation with a girl, simple as that.

How To Touch A Woman (Without Being Creepy)

Avery · 16 January 2018 · Archived copy · Original

How to Touch a Woman

[image]

The most obvious difference between a guy who gets friend-zoned and a guy who gets laid is the use of physical touch. Guys who end up in the friend-zone are rarely physical with a girl they're interested in.

I know this because I spent most of my life being the guy who gets friend-zoned. Every girl I liked would end up saying something along the lines of, "You're a good friend." Or, "You're like the brother I never had." (Ouch)

If I knew how to touch a woman, I would've had a much better dating life because physical touch opens up a lot of doors. Simply put, if a girl does like you, physical touch is the necessary first step towards anything intimate. If you can't initiate touch, you can't expect anything sexual to happen.

What holds us guys back from touching a girl is the fear that we will creep her out. If your touch is jarring or overt, then yes, you could creep the girl out. However, if you keep the guidelines I'm about to share with you in mind, you can touch a woman without much risk of her getting uncomfortable because (in many cases, your touch will actually her more comfortable with you).

Where

The first time you touch a girl, it should be on her shoulder (in most cases). This is because most platonic physical touch is on the shoulder. We experience being touched on the shoulder on a daily basis and most people are generally comfortable with it.

If you grab a girl by the waist, the back of her head, or something along those lines, the touch is extremely intimate and could make her very uncomfortable. But touching someone's shoulder is normal, so it won't be jarring or creepy.

When

The most natural time to touch a girl's shoulder is when she says something you like: it could be something that makes you laugh, smile, etc.- touching her at this point is a way to build a sense of rapport and trust with the girl.

You can touch a girl at other points, too, but if you're not sure when you should be touching a woman, use the above guideline as a rule of thumb.

How

The most common mistake guys make with physicality is being too "jumpy", they move their hands erratically

which makes the girl think he's about to hit her or something.

Obviously, this is very uncomfortable. When you touch a girl, you want to the motion to be relatively slow, simply so the touch doesn't seem overly aggressive.

Why

Of course, touch is a bridge you have to cross if you want something sexual to happen with a girl, but that's not the only reason why you should get comfortable with touching a woman.

Physical touch is a powerful way to get a sense of where the girl is at in terms of her comfort/interest in you. The way a girl responds to your touch can help you get an understanding of whether she's interested or not.

There are three basic responses to physical touch:

Green Light:

[image]

A green light response is a positive response. If you touch a girl and she touches you back or leans towards you, this is a green light.

It means she's comfortable being touched by you and is a good sign that she may be interested in you sexually (obviously, it doesn't necessarily mean she's attracted to you that way, but it is definitely a positive indicator).

If a girl gives a positive response to your touch, it would be sensible for you to keep being physical, and to at some point take it further by, for example, holding her hand or asking her to dance (if you're in a club).

Yellow Light:

[image]

A yellow light is a neutral response. If you touch a girl but she doesn't react to it at all, (she just lets it happen) it's an indication that the touch isn't offensive, but she isn't totally comfortable with it, either.

A lot of the time, this means that the girl doesn't really trust you yet. The best response to a yellow light is to pull back for now. By pulling back you are showing the girl that you care about how she feels, and that you can respect her boundaries.

In many cases, showing a girl that you are capable of taking a step back will make her more comfortable with you, and then there's a better chance she will respond positively to your touch in the future because of this.

Sometimes a girl who gives you a yellow light just isn't interested in you, but not always. Your best bet is to wait a while and get to know her better before touching her again (in a non-aggressive way), to see if she responds differently once she's more comfortable with you.

Red Light

[image]

If you touch a girl and she steps back, moves your hand away, or tells you stop: that's a red light. This is unlikely to happen when you're just touching a girl's shoulder, and it usually indicates that something you were doing was too aggressive or sudden.

If you got a red light, it's usually because of one of the following:

-The touch was too intimate (You touched her waist, you held her too tightly).

-You scared her because you were too jerky with your movements.

-She dislikes you.

[image]

Sometimes, though, a red light just means that this particular girl just doesn't like being touched by someone who she doesn't know well-enough (you're going to have to use your best-judgement to determine whether it's because you're doing something wrong or if it's just because of the girl's personality).

When you get a red light, take a step back, just like with the yellow light. Depending on the severity of the red light, you may also want to quickly apologize to show her that you respect her boundaries. "Sorry about that. Anyway, like I was saying. . . "

In most cases, you'll be able to get back to what you were talking about previously. When you get a red light, there's a good chance that the girl just isn't interested in you. However, sometimes it just means she isn't comfortable with you yet

If you think you have chemistry with the girl, wait some time before touching her again, and when you do touch her again, make sure it's not anything that a platonic friend wouldn't do (i.e. a light touch on the shoulder). Then, if she responds positively, you can proceed from there.

Wrapping Up How To Touch A Woman

How to touch a woman:

1. It's generally best to start with a light touch on the shoulder.
2. The most natural way to touch a girl at first is to touch her when she says something you like.
3. Touch is a good way to gauge a girl's comfort/interest, if you get a green light it's a good sign, if you get a yellow or red light it means take a step back and show that you respect her boundaries.

If you want something to happen with a girl, you'll have to touch her eventually. Fortunately, you can do this without being creepy or aggressive, and touching a woman will give you a good sense as to whether or not she might be interested in you.

If you never touch a girl, nothing sexual will ever happen, it's a first step that has to be taken.

Signs A Woman Is Attracted To You Sexually

Avery · 17 January 2018 · Archived copy · Original

Signs A Woman Is Attracted To You Sexually

[image]
If she's on top of you in her underwear, that's definitely a good sign- women are usually a bit more subtle, though.

(This article is available above as a video with real-life examples.)

As men, when we're interested in a girl, we have to wonder, "If I make a move on her is it going to creep her out?"

I used to be terrified that if I showed a girl that I was interested, she would be offended and terminate our friendship completely.

If anything, the past few months of sexual misconduct allegations made against men in power have made this worse.

We've seen numerous cases in which a man didn't understand that a woman wasn't interested, and that man ended up publicly shamed, and in some cases even lost his career (I.E. Al Franken).

But none of those allegations would have happened if the men involved had a basic understanding of empathy, if they noticed the women were uncomfortable and responded appropriately, there would have been no allegations.

When it comes to sexuality, men like to communicate their interest directly, but women usually don't. Women communicate their interest much more subtly.

To notice the signs a woman is attracted to you sexually, you're mostly going to want to be aware of her nonverbal communication.

The following signs a woman is attracted to you sexually are the most common ways for a woman to show interest. If you notice some of them, there's a good chance she's attracted to you.

Of course, none of these mean 100% that the girl is attracted to you, everyone is different, and sometimes a woman who's extroverted and friendly may give a lot of these signs just because it's part of her personality.

Escalate Gradually



If you get some of these signs, it doesn't mean you should go straight "in for the kill". Instead, escalate gradually: hold the girl's hand before kissing her, kiss her before getting sexual, etc.

By escalating gradually, you can see how the girl responds to your physical moves (like holding hands), and if she responds well you can take it a step further. This way, you can always take a step back if she gets uncomfortable.

Seduction is a dance, it's something you and a girl share, the reason powerful men have been getting allegations made against them lately, is that they haven't been treating it like a dance, they bluntly make an obtrusively sexual move, and it's jarring and awkward for the girl.

1: She Holds Eye Contact With You

[image]

If a woman holds strong eye contact with you, it's definitely a good sign. It shows that she's interested in the conversation you and her are having, and that she's comfortable with you.

Strong eye contact doesn't necessarily imply sexual attraction, but the stronger the eye contact, the more likely it is due to sexual interest.

Of course, this is a sign a lot of guys miss because they don't make strong eye contact themselves. If your eye contact is darty, you're not going to notice when a woman is trying to hold strong eye contact with you.

So, if you want to notice this sign, you should make strong eye contact with women you're interested in. (As an added bonus, strong eye contact can be a turn-on, so making strong eye contact will also make you more attractive.)

2: She Fills Conversational Gaps By Asking You Questions

[image]

It's a good sign if you meet a girl, you chat for a bit, and as soon as there's a moment of silence, she fills it with questions like:

"So, where are you from?"

"What do you do for a living?"

"Do you come here often?"

When a girl isn't at all interested in you, she'll either leave the silence blank or use it as an excuse to end the interaction. When a girl fills the silence with questions, it means she wants to keep talking to her.

Obviously, this doesn't always mean she's sexually interested, but it at least means she likes having you around so far.

3: She Touches You

[image]

For most women, touching a guy is the most obvious indicator of interest she'll show. If a girl finds excuses to touch your shoulder or arm, it's a great sign.

The reason this is so important is that when a girl touches you, it generally invites you to reciprocate (it implies that

she'd be okay with a similar type of touch from you).

See, when women are uninterested in a guy, they often make sure to avoid physical contact to not lead him on.

As an important disclaimer, understand that you can't expect every woman who likes you to proactively touch you, a lot of girls just won't do this. So, although it's a great sign when a girl touches you, don't take it as a bad sign if she doesn't.

4: She Gives A "Green Light" When You Touch Her

[image]

This is my favorite way to get a sense of whether a girl is attracted to me. If you touch a girl, say on the shoulder, and she responds by touching you back or by leaning into you, she's giving you a "green light", it means she likes being touched by you.

This is a strong indication that a girl is interested in you, and because most women wait for the man to make the first move sexually, it's the sign that I rely on the most.

5: She Laughs A Lot

When we're attracted to someone, we tend to exaggerate how interesting they are to show them that we like them. Oftentimes, this manifests in a woman laughing a lot when talking to you (even if you're not that funny).

Basically, if a girl is laughing it's a good sign. It means she's enjoying talking to you and has a good sense of rapport with you.

However, if she laughs even when what you said wasn't actually that funny, it's an even better sign.

6: She Plays With Her Hair

[image]

When a woman plays with her hair, it can mean that subconsciously she's either:

1. Trying to make herself look as good as possible so that you notice how pretty she is.
2. Feeling self-conscious about her appearance because she's interested in you.

On the other hand, sometimes when a woman plays with her hair, she's just playing with her hair, but this is still a good sign.

Wrapping Up Signs A Woman Is Attracted To You Sexually



I could list a hundred more signs that a woman is interested in you sexually. But the above are the most common, and therefore the most important.

I want to emphasize that the most important of these signs is that she gives you a green light when you're physical with her.

I used to rely on seeing a bunch of signs of interest before even touching a girl on the shoulder, and I missed a lot of opportunities because some girls just don't go out of their way to make their attraction for you obvious.

But, if a girl responds positively to your touch, then that's a great sign, and it's fairly universal, if a girl likes you, she's probably going to respond positively to touch.

Looking for signs that a girl is interested is useful (especially when you're less romantically), and it's definitely important to be aware how a girl is feeling, but the only one of these signs that you should rely on heavily is whether she gives a green light when you initiate physicality.

PS: If you want to 10x your dating confidence so you can have great relationships with the highest quality women, check out: *Irresistible: How To Attract Women With Ease.*

Read next:

9 Easy Tricks To Make A Girl Horny Fast

How To Win At Day Game – 3 Keys For Attracting Women During The Day

The Three Best First Date Ideas (That Will Help Get You Laid)

How To Overcome Approach Anxiety Once And For All

Avery · 17 January 2018 · Archived copy · Original

“Anxiety is the dizziness of freedom.”- Soren Kierkegaard

[image]
Alcohol is one way around approach anxiety, but there’s better strategies.

In this article, you will learn three effective strategies to overcome approach anxiety:

1. Understand that fear is excitement.
2. Take one step at a time, and
3. Use the power of persistence.

1. Understand That Fear Is Excitement



“Your emotions are the slaves to your thoughts, and you are the slave to your emotions.”- Elizabeth Gilbert

Research has found that anxiety can be mistaken for sexual attraction. In the famous bridge study, male participants crossed a rickety bridge with a drop of over 200 feet. As the men crossed the bridge, they became highly anxious. On the other end of the bridge, a female lab assistant administered the participants a survey. After the survey, the lab assistant gave participants her phone number to call if they had any further questions. Half of the men called the assistant, and several even asked her out on a date.

This is in stark contrast to participants in the control group who crossed a much safer bridge that didn’t cause anxiety: none of them followed up with the assistant, and none of them asked her on a date.

The men who were anxious after crossing the rickety bridge experienced what psychologists call misattribution of arousal. They were brought into a state of psychological arousal from crossing the bridge, and when the female lab

assistant gave them her number, they mistook their anxiety from crossing the bridge as attraction for the lab assistant.

This may seem strange at first glance, but when you compare the symptoms of anxiety and sexual attraction it makes perfect sense that these two states could be confused. The symptoms of anxiety include:

- Sweaty palms
- Increased heart-rate
- Heavy breathing
- Dilated pupils
- Intensified emotions

What else causes all these symptoms? Sexual attraction.

The fact that participants of the bridge study asked the female lab assistant on a date has an important implication: anxiety is a subjective experience. When men interpret anxiety as a sign that they're sexually attracted to someone because of the misattribution of arousal, it becomes a good thing, a reason to ask a woman on a date.

Anxiety and excitement are two sides of the same coin. For one person, skydiving is the most thrilling experience imaginable, for another it's the most frightening. Similarly, approaching women can either be exciting or anxiety provoking, it's completely subjective.

How To Turn Approach Anxiety into Approach Excitement



Harvard scientists ran a study in which they made participants give a speech in front of an audience to induce social anxiety. The first group of participants wasn't given any special instructions for giving their speech, and unsurprisingly, their levels of social anxiety were high. Resultantly, their performances suffered.

A second group of participants was given a very simple exercise to practice before and during their speech. They were instructed to reinterpret anxiety as excitement. Whenever they felt nervous, they were to tell themselves, "I

feel excited." Participants in this second group not only felt more calm and confident, but also performed significantly better.

When you see a girl who you want to approach, don't try to deny any anxiety you feel. Instead of fighting it, reinterpret it. Tell yourself that you are excited. Consciously think this, and each time you do this, you will start to change the meaning of approach anxiety. You can't get rid of approach anxiety, but you can transform it into a positive experience.

2. Take One Step at a Time



"When it is obvious that the goals cannot be reached, don't adjust the goals, adjust the action steps."- Confucius

One of the most effective ways to approach if you're feeling hesitant is to ask yourself a simple question, "What's the smallest step I can take towards approaching a girl right now?"

The answer is usually going to be: "Start moving."

One of the most common mistakes guys make when going out to meet women is that they just stand in a circle with their friends (this is sometimes called a chode circle) and don't move anywhere. Standing still creates a sort of psychological inertia (inertia is the law of physics that states objects at rest stay at rest and those in motion stay in motion). The longer you hesitate, the more resistance you build to taking action.

Simply moving around the venue you're in is an important step towards approaching women. Each small step you take builds forward momentum.

Once you've started moving around the environment, you can ask yourself the question again, "What's the smallest step I can take towards approaching a girl right now?"

The answer to this is often to move towards a girl. It's so simple it sounds stupid, but it works. You're not thinking

about what to say, you're focused on the very next step towards approaching, which is to move towards a girl you see.

Now if you find yourself hesitating at this point (I.e. you walk towards her but then you change course before actually approaching her), ask yourself, "What's the smallest step I can towards approaching a girl right now?"

At this point, the answer might be to wave at the girl or to say hi as you walk by. If that's all you can do, that's fine, just push yourself as close to approaching women as you can. If you can only wave at girls and say hi as they pass by, then do this until you build enough momentum that you can approach a girl wholeheartedly.

This technique is sometimes called chunking, you're breaking down a difficult task into smaller, less threatening chunks so that you can make progress more effectively. You can do this for approaching women in whatever way works for you, but the above outline gives you a general blueprint for how this process works.

3. Use the Power of Persistence

"Change happens when the pain of staying the same is greater than the pain of change."- Tony Robbins



Although the above strategies can usually help manage approach anxiety, sometimes the anxiety can be so overwhelming that it feels paralyzing. Sometimes, no matter what you do, you just won't be able to trick yourself into approaching a certain girl, or even approaching at all on a certain day out.

If you're having trouble getting yourself to approach women, it's okay. This just means that you need to create more emotional leverage to force you to approach.

Sometimes the best way to accomplish this is simply to keep going out. Tony Robbins said, "Change happens when the pain of staying the same is greater than the pain of change." The more you go out, but don't approach, the more painful not approaching becomes. Each day, your hesitance will become increasingly frustrating.

Eventually, the pain of hesitating will become more severe than the pain of approaching, and you will snap to action.

Go out for at least 15 minute every day. Each consecutive day you go out, you will get more frustrated by your approach anxiety, until eventually you break through it. Once you do this, momentum will start to work in your

favor, and approaching women will become increasingly effortless.

When I was nineteen, I had severe approach anxiety. One day, I went to my college campus to approach women. I spent hours coming up with excuses not to approach each girl I saw. By the end of the day, I still couldn't approach a girl. But I went out the next day, and the next, until eventually the frustration of not approaching became so severe that I was able to push through my anxiety and introduce myself to women I didn't know.

Going out every day may seem extreme, but it works. Besides, it doesn't require a major time commitment, you can go out for just 15 minutes a day and reap the benefits of going out consistently. If you really want success with women, you'll find the time.

This principle applies to any sticking point. If you're able to approach consistently, but you have trouble getting girls' numbers, each time you go out but don't get a girl's number, the more frustrating this sticking point will become. Until eventually, the pain of staying the same will become more painful than the pain of change, and you will break through that sticking point.

Approach anxiety doesn't always have an easy solution, but if you face your fear and remember that eventually you will overcome the anxiety, then your fears won't be able to stop you.

You might not be able to approach a girl the next time you go out. If that happens, go out the next day, and then the next, until the pain of staying the same becomes greater than the pain of changing.

This article is a section from The Seduction Blueprint

The Seven Habits Of Highly Effective Players Part 2

Avery · 19 January 2018 · Archived copy · Original

(If you already read part 1, you can skip the intro.)

Stephen Covey's book, *The Seven Habits of Highly Effective People*, is widely considered the greatest self-improvement work of all time, and for good reason.

Covey's book stands out because it doesn't teach tactics like, "Smile more," and, "Listen well," instead, the seven habits are about the *underlying principles* of success. If you understand -and live by- these principles, success will naturally follow.

While reading Covey's book, I noticed the principles apply just as much to game as they do anything else. So, I took the liberty of transcribing the *Seven Habits of Highly Effective People* into the *Seven Habits of Highly Effective* Players.

In this article you're going to learn the underlying principles for success with women: whether you're looking for a girlfriend or a string of one-night stands, if you live by these 7 habits, your success is all but guaranteed.

3. Put first things first.



To put first things first means to prioritize effectively. The importance of this habit can't be overemphasized. In fact, I failed so impressively at implementing this habit that I'm a great example of why this principle is so important.

I read the book, *The Game*, ten years ago when I was just sixteen. I thought the book was fascinating, and I started practicing the techniques I learned in the book on my classmates.

I started "negging" my friends, I made a point to "demonstrate higher value" with made up stories, and I made a point to act cocky and aloof. Guess what? It didn't work. My new persona just came off as standoffish and try-hard,

I didn't attract women, I alienated them.

I thought the most important thing *The Game* had to teach me was that I could use specific techniques to attract women. I was missing the point entirely. What *The Game* can teach us is that we can treat dating like a skill, and we can improve improve that skill through approaching women, facing rejection, and learning from our experiences.

I didn't put the first things first. If I wanted to learn game, I should have focused on taking social risks, not on trying to create a false persona. The truth was that I was afraid to approach a girl or to ask someone on a date, so instead, I focused on something that was easier- Mystery Method style pickup techniques.

The PUA community as a whole has a problem with putting first things first. Most comments on the forums, the Facebook groups, and the Subreddits are clearly made by guys who don't approach women (at least not regularly).

Most guys I've met who are involved in the community spend a lot of time consuming content, and very little time meeting women in the real world.

Content can be useful, sure, but it's a complement to going out and practicing the skill-set. This is similar to the relationship between exercise and supplementation: if you aren't exercising, those expensive workout supplements aren't going to accomplish anything, it's just mental masturbation at that point.

The same goes for pickup, there's a lot of great content out there, but it's worthless unless you're taking more action than you are spending time consuming that content.

The most common excuse guys make for not approaching women is that it's not a high enough priority(1).

This often takes the shape of an either/or fallacy:

I want to do game, but I'm focused on school.
I want to do game, but I need to get my business running first.
I want to do game, but not until I reach X% body-fat.

The notion that we can't do game because it's not a high enough priority could be legitimate. But I'm confident that in many cases, it's nothing more than a rationalization.

For example, when I learned about game, I told myself that I needed to learn more material before I did any approaches. In my mind, I wasn't ready, I was too awkward, it was only once I learned enough lines and techniques that I could start approaching women with a solid foundation.

That was complete bullshit, I was lying to myself because I was afraid to approach women. It was so much easier to tell myself that I couldn't approach yet than it was too actually risk rejection.

For a lot of guys, their excuses for putting off approaching women are similar. They seem to make logical sense, but they're really nothing more than an emotion-based excuse.

Let's be real, game can be hard, and the fear of rejection is something most of us share. We don't want to get rejected, and it's so easy to come up with an excuse to avoid that rejection.

Maybe if you're Gary Vaynerchuck, then you legitimately don't have time to go out and meet women because you're too busy. But in 99% of cases, you do have 30 minutes a day you could dedicate to this, you would just have to give up some Netflix/Facebook/Reddit.

Most guys don't put first things first when it comes to dating, because the first thing in question is something we're afraid of.

This is why we convince ourselves that we're "just going to focus on social circle game" or "stop doing game for a while because I have too much on my plate"- it's not because game really isn't a priority, it's because it's hard.

If you doubt that the best way to improve your dating life is through cold approach, that's fine. Come up with another solution, but make sure it's a real solution based on getting results, not an excuse to procrastinate.

4. Think Win/Win

[image]
Looks like a win/win.

For a lot of guys, dating is a competition. In this mindset, sex is something to be “taken” from a girl. Men who think this way focus on what they want to the exclusion of what’s good for the women they interact with.

This way of thinking is fundamentally flawed because one of the most useful skills one can develop for dating success is emotional intelligence: the ability to understand and respond to others’ feelings.

When guys who see dating as a competition get rejected, they get hurt and blame the girl for being a bitch.

When guys who see dating as win/win get rejected, they think about what they could have done differently:

-Why did she feel that way?

-What was it I said or did that she didn’t like?

When you focus on what a woman is feeling, you can change the dynamic of an interaction for the better. If she isn’t responding to your humor, you can tone it down a notch. If she seems bored, you can make a point to change the topic to something she’ll be more interested in.

Thinking win/win is about focusing on what you can offer the person you’re interacting with. Few guys get this, they think that catering to a girl’s feelings is “not having a strong frame”.

They don’t understand that the best way to get what you want is to offer value, first. In psychology, this is called the principle of reciprocation, when people make us feel good, we feel obliged to return the favor.

When it comes to making girls (or anyone) like you, understanding the mindset of win/win is necessary.

Game at the most advanced level is learning what a particular girl’s wants and needs are in life, and then becoming a source of fulfillment of those wants and needs.

For example, if a girl is physically beautiful, and constantly gets told that, she doesn’t need or want more flattery about her looks, and complementing her on her appearance isn’t offering her much value.

However, if you have a conversation with her and make her feel that her mind is more fascinating than her physical appearance, then you are offering a lot of value(2), and this will make her more attracted to you.

In game, change your focus from what you can get from a girl, to how you can make her day better. Once you make her day better, then she will be much more likely to give you what it is that you want.

You already know what a win for you is in an interaction with a woman you’re attracted to (sex, at least for most guys), your job is to find out what win you can give her, and, ultimately, how you can make sex with you a win for her, too.

Footnotes:

1. (BTW, if you spend a couple hours a week consuming pickup content, but don’t actually go out, then this excuse is complete bullshit, going out should be a higher priority than consuming content.)

2. This is because she probably isn’t made to feel that she’s intellectually interesting all that often, everyone is too focused on her looks.

How To Make Anyone Like You

Avery · 20 January 2018 · Archived copy · Original

It's very difficult to be objective about your own personality traits. In psychology, there's a bias known as the *better than average effect.* Put simply, it means most people think they're better than average in most ways: we think we're smarter than average, we think we're better looking than average, we think we're more likeable than average, and of course, we think we're less susceptible to biased thinking than average.

This isn't necessarily a bad thing, it feels good to think we're better than average. But, this type of thinking comes at a cost. When there's a difference between what we think our personality is like, and what it's actually like, it's very easy to make the same mistakes over and over again, without knowing we're making those mistakes.

Learning to be likeable shouldn't be hard, the steps involved are quite simple: listen well, show interest, find commonalities, be positive, and be honest. If you did all those things, you'd be one of the most likeable people in any room, and there's nothing intrinsically challenging about doing any of those things.

Self-Awareness



But, learning to likeable IS hard. Not because the steps to become likeable are complicated, but because we don't know what it is about us that isn't likeable. Truthfully, most of us think we're good listeners, we tend to think we're positive, and we tend to think we're charming as hell- even if we're not.

If people don't respond to you as positively as you like, if they don't seem to be charmed by you as you'd hope, it's probably not for the reasons you think it is. It's probably something you're not aware of, but that is obvious to others. Maybe you don't listen well, maybe you make everything in a conversation all about you, or maybe you take things to a negative place too often.

But it would be hard to admit that you do any of those things. It's not easy to be aware of our own negative personality traits, our ego is way too involved when it comes to our own likeability.

So, I could tell you the steps to becoming a good listener, I could tell you how to be positive, etc. but none of that advice would make much of a difference, because the underlying problem is that you don't know what it is that prevents you from being incredibly likeable.

Once you know what it is that's holding you back, it's not that hard to change, but when you're not aware of your own bad habits, it's impossible to change.

Painfully Obvious

I went to my college campus with a friend to meet women and hopefully find a date. I noticed that every time he talked to a girl, she would look pretty uncomfortable. I couldn't tell what he was doing wrong from a distance, and he wasn't normally a creepy guy, so I decided to go up to a girl with him- to hear what he was doing that was so off-putting.

He introduced himself and shook hands with the girl (normal enough), but shortly afterwards, he said, "Are you 18 or above?"

She said, "Um, yeah," and immediately looked uncomfortable.

He followed with, "That's perfect, so would you like to see me some time to go on a date?"

Of course, she said no.

Now, from an outsider perspective, that's obviously pretty weird. But he's from a different country, and legitimately didn't know that he was doing something so uncomfortable.

Since then, he's learned the culture better, and his interactions with women are much less awkward. But if someone didn't tell him that he was talking in a way that isn't relatable, who knows how long have would have kept making that same mistake.

You might not be making a social mistake as obvious as the above example, but chances are, you're bad social habits are pretty obvious to the people you interact with.

For most of us, there are some very simple changes we could make to become exponentially more likeable, but it's not easy to find out what it is we need to change, we are limited by our perspective.

What's the solution? It's something a bit unusual, but wickedly effective.

How To Make Anyone Like You: The Technique

When I started recording videos for YouTube, I was full of nerves. It was extremely stressful to talk in front of a camera, and editing the videos made me cringe with discomfort. I noticed all my little bad habits: I would swallow when I was nervous, I would nervously look away from the camera again and again, and my tone sounded very forced.

Although it was uncomfortable watching myself, it was also an amazing education. I noticed countless mistakes I was making, and because I noticed them, I was able to correct them over time. Watching my own YouTube videos let me see myself from the perspective that other people see me from.

And although it was very uncomfortable to watch myself in the third person, it turned out to be the most useful strategy I've ever found for making changes to how I present myself to others.

Recording yourself is perhaps a bit strange, but it's a powerful tool. Recording yourself on video is great, but it's even better to record audio of yourself interacting with people in real life.[1]

Look, I'm not saying you need to do this every day, but just recording yourself a few times and then analyzing the audio can give you a lot of invaluable insights about your personality that you never would have noticed otherwise.

You might notice that you interject too much when someone else is talking, you might notice that you take a lot of opportunities to brag, and you might even notice that you sound arrogant. These are all things that I noticed in my recordings, and *I had no idea about them* before I listened to a recording of myself interacting with people.

If you want, you could let people know you're recording the conversation, but personally I just use some headphones with a mic and leave the earbuds on the outside of my shirt (like people often do after working out).



You might think people would notice, but I've never had that happen, and if it did, I would just say I'm doing a social experiment or explain what I'm doing, no big deal.

I get that this may sound eccentric, but I'm sharing it anyway because I've found it to be one of the most useful self-development tools I've stumbled on.

Wrapping Up How To Make Anyone Like You

[image]

When it comes to being likeable, it's a lack of self-awareness that gets in our way and causes us to keep repeating the same bad habits day in and day out.

Taking just a couple hours to look at yourself objectively can give you invaluable information that may, at first, be a little embarrassing to notice, but can ultimately pave the way to real improvements. After trying this exercise, you might be surprised to find that becoming more likeable is much easier than you ever previously imagined.

Footnotes:

1. Recording yourself on video can be useful, but how you interact with a camera is very different than how you interact with other people in real life. If you want to improve your presentation skills, watching your own videos is probably the best method. But if you want to improve your social skills in general, listening to recordings of yourself is probably the best method.

Can Meditation Get You Laid?

Avery · 21 January 2018 · Archived copy · Original

You might have heard of bestselling author of *The Power of Now,* Eckhart Tolle. He's known for being a mild-mannered guy who's found the peaceful bliss of enlightenment. What you probably don't know about Tolle is that he is a fucking pimp.



Every night, Tolle brings a new woman back to his bedroom, talks to her about the importance of living in the moment, and then fucks her brains out. See, meditation didn't just make Eckhart Tolle into an enlightened being, it also made him into a stone-cold player.

Just kidding. Eckhart Tolle might not be a hardcore pickup artist, but it is true that a popular idea in the PUA community these days is that meditation is one of the best practices you can take up to improve your game.

That's right, it's a common belief that sitting down and paying attention to your breathing can help you get laid. But, is that as ridiculous as it sounds?

Well, scientific research has shown that meditation has some pretty fascinating benefits: it reduces anxiety, improves focus, and generally improves well-being.

As a long-time meditator myself, I can say that yes, meditation has had some substantial benefits. It's helped me become a happier person in general.

But can I say it's helped me succeed with women?

Not really.

The Problem with Meditating to Get Laid



Yes, being a generally happier person has probably helped me make a better impression on the women I meet, but meditation is a very small piece of the puzzle when it comes to success with women.

And that's the problem with meditating to improve your game, a lot of guys get fixated on the idea that they need to be "present to the moment" or "in the zone" to approach women. As soon as you start thinking this way, you've shot yourself in the foot.

If you think that you need to be present to approach a girl, you're giving yourself an excuse to only approach a girl when you're in a particular emotional state.

Meditation helps improve your emotional state, and that's good for every area of your life, *but* as soon as you start thinking you need to be in a good emotional state to succeed with women, you're just getting in your own way.

This doesn't mean you shouldn't meditate, but it does mean if you think meditation is going to be the secret sauce that takes your game to the next level, I hate to break it to you, but it's nothing revolutionary.

Meditation can help, just like watching videos or reading articles can help, but it doesn't make THAT big of a difference.

The human brain is designed to look for the easiest way to get what it wants. When it comes to dating, this means the brain looks for anything that can make the path much easier.

When someone releases a product claiming that it will teach you "social circle game" a style of game that will get you easy access to 9's and 10's, that product does well because it's claiming to make getting laid much easier.

Similarly, there's popular videos on YouTube that claim to help you overcome approach anxiety and become more seductive simply by listening to affirmations on repeat.

I'll be honest, I used to watch these kinds of videos and listen to self-hypnosis all the time, but no, it didn't help. Watching a YouTube video never actually helped me overcome my approach anxiety, just like meditation didn't help me overcome my approach anxiety.

What helped me overcome my approach anxiety was going out and facing my fears in the field.

I listened to those affirmation videos because I thought it would make game easier, I also meditated every day because I thought it would make game easier.

But it didn't work.

Missing the Point



Meditating to improve your game is problematic because if you're doing it to make game easier, you're missing the point of game.

In game, looking for the easy way out doesn't work. Game is extremely hard, and it requires you to go through a lot of rejection and to face your anxieties head on. There's no easy way out, no quick fix, no magic pill, none of that.

And looking for a way to make game easier (like meditation) is not a winning mindset. If you want to win at game, you have to learn to stop looking for the easy way out, and to face challenges head on.

So, it's not that meditation isn't useful, but the reason a lot of guys in the PUA community do it is because they think it will make game easier: they think it'll reduce their approach anxiety, it'll make them feel more confident, etc.

Truth is, it won't really help with that, and the mindset that underpins trying to avoid negative emotions like approach anxiety, is the reason most guys never get good at game. They spend so much energy looking for the easy way to success, that they avoid taking the actions that will get them actual results.

I still meditate every day, and I recommend everyone at least try it, but I don't do it because it helps me with game, I do it because it's a useful habit in general. No, meditation isn't going to be the solution to your struggles in game, nor will anything else with one exception: taking massive action.

How To Make New Friends In The Digital Age

Avery · 23 January 2018 · Archived copy · Original

Every year, our lives become increasingly digital. In 2017, the average American spent over 12 hours per day consuming digital media (this includes TV, internet use, smartphone use, etc.). That's not a made-up number, and although there are many benefits to being able to connect digitally, there are also some important drawbacks.

The more we interact with people over Facebook, the more alien the concept of going out into the real world and meeting new people becomes. The more people rely on Tinder, the less people throw themselves into the dating world at parties, clubs, etc.

[image]

I'm not arguing that online social interaction is bad, and in-person social interaction is good, but many of us have become overly reliant on the internet as a social platform, and as a result, our social lives aren't as rich as they could be.

Your friends are one of the pillars of an enjoyable life, yet many of us spend four hours a day playing Candy Crush or gathering Instagram likes, and 0 hours a day interacting with other people (when it isn't required by our job). Fortunately, although meeting new people who we get along with may seem like an alien concept, it's actually quite simple to do, even in the digital era.

Ironically, the easiest way to make new real-life friends is through online platforms. Meetup.com is my preferred choice because it's popular, and it allows you to meet people who share common interests with you.

On meetup.com, if you're a hiker, you can meet other hikers, if you are an atheist you can meet other atheists, if you're a writer, you can meet other writers. One of the most difficult facets of meeting new people is meeting people who you have commonalities with- and meetup.com takes care of this obstacle for you.

[image]

The idea of meeting strangers from the internet might seem a bit intimidating, but the hardest part of it is actually leaving your house and getting over your initial hesitance. Once you're with the group, it's quite natural to socialize, and even if you're shy, people will usually make an effort to get to know you.

Certainly, there are alternatives to meetup.com, my personal favorite place to meet people is popular clubs. You might be thinking, "It's not worth it meeting people at clubs because it doesn't attract the best type of people." That is simply untrue, all kinds of people go to clubs, everyone from grocery store clerks to doctors and lawyers.

And that's what's so great about clubs, you can meet people from all walks of life. You might find that you click with people who you never would have expected to interact with otherwise.

Of course, clubs get bonus points if you're single, if you're interested in finding someone to date, they're a great environment for throwing yourself out there.

You can also meet people at concerts, events, dance classes, yoga classes, and really anywhere that people gather in large numbers- there are different pros and cons to each, personally I prefer meetup.com and clubs to anywhere else because it's expected that you're going to meet new people in those contexts.

I do want to emphasize that the hardest part of making new friends is getting over any shyness or anxiety you feel. You can read this article to find some exercises specifically designed to help you tackle those obstacles.

What holds people back from meeting new people is the feeling that doing so is going to be awkward or uncomfortable. Once we get that feeling, we rationalize that we'd be better of just staying at home.

Ultimately, it's up to you to decide whether its more important to have a great social life, or to avoid the potential awkwardness of meeting new people.

Most people are open to new friends, you don't have to worry about what to say or how to act too much, the hard part is saying hi. Once you get used to overcoming that initial anxiety of meeting people, making friends will become natural and enjoyable.

Tao of the Hustler

Avery · 24 January 2018 · Archived copy · Original

Your success is not guaranteed.

On some level, don't you disagree with the above statement? Don't you kind of think that whatever your goals are in life, you're going to accomplish them – maybe not soon – but eventually?

I've always known I would get a *perfect physique.*

I've always known I would earn *six figures* (if not more).

I've always known I would become a *best-selling author*.

But guess what, none of those things have happened. No matter how hard I believed my *success is guaranteed*, I haven't achieved my goals just because I expected to.



We believe that our success is guaranteed for the same reason that we believe everything happens for a reason: it makes us comfortable.

I always believed that all my mistakes were a good thing because they got me to where I am today.

But the truth is, I would be somewhere much better if I hadn't made some of those mistakes.

Look, I'm not saying that you should regret the past, I'm saying you should be realistic about it. It's hard to take responsibility for the fact that if we had made different decisions up to now, we would have accomplished our most ambitious goals.

It's comforting to think that everything we've done *happened for a reason,* that our mistakes weren't mistakes- because they paved the path to get where we are today.

But you could be somewhere better today. That's just the truth.

If I had gone to the gym consistently and taken my diet seriously, I'd have that physique I always wanted.

If I had worked with more discipline, I'd have that six-figure salary I always wanted.

If I had spent the last 4 years writing, instead of dabbling in college as a psychology student, I might have become a best-selling author by now.

Truth is, if I continue making the same mistakes I've made up to now, I won't ever reach my goals, because my success isn't guaranteed.

To change, I have to own up to my mistakes, see them for what they are, and change course.

Negativity Isn't Always a Bad Thing



I know this all seems very negative. In our culture, we have made a point to avoid negative emotion at all costs. Sometimes, though, negativity is healthy.

If we accept the negative as real, we can learn from it and use it to change. Just like touching a hot stove teaches us not to put our hands in a fire, being honest about our own mistakes and shortcomings teaches us to learn from our past.

Tao of the Hustler



The hustler works so much harder than anyone else because they know that failure is the default. They know if they don't give everything they have to reaching their goals, they won't ever achieve them- and this simply isn't an acceptable option.

The hustler isn't satisfied with their past, and they don't let it define their future.

The hustler doesn't accept themselves unconditionally, they get frustrated when they don't push themselves hard enough, and they use that frustration as fuel to push themselves harder.

The hustler knows their mindset is extreme, but they also know that to get extreme results necessitates an extreme mindset.

The hustler sees how addicted most people are to comfort, how addicted most people are to the status quo, and they know that by sacrificing these addictions they can break through and accomplish *anything*.

Conclusion

Don't assume you will succeed, assume you won't succeed and do whatever it takes to defy that assumption.

Don't take your past decisions for granted, look for your past mistakes, so that you don't repeat them for the rest of your life.

Don't get sucked into our cultural addiction to positive thinking, embrace your negative thoughts and emotions so you can learn from them.

The Tao of the Hustler isn't about acceptance, it's about defiance. It's not an easy path, but it is the only path that leads to true success.

What Women Really Want

Avery · 25 January 2018 · Archived copy · Original

> "Everything is about sex, except sex, sex is about power." – Oscar Wilde

A woman might sleep with you because she's physically attracted to you, she might sleep with you because she was recently broken up with, and she might sleep with you simply because she's bored. There are countless reasons women choose to sleep with men, but most of them aren't under your control.

Fortunately, one irresistible motivation for a woman to sleep with you is *something you can control*. Nothing is more intoxicating than power, and when a woman feels that sleeping with you will net her an increase in power, it will be nearly impossible for her to fight the temptation to be with you.

Sex and Power

[image]

Think about it this way: why is it that men are so obsessed with sleeping with beautiful women? Is it because the sheer physical pleasure of the experience? Hardly, if it was about pleasure, we'd all be lining up to get fellatio from even the least attractive women around.

If it's not about sexual pleasure for us guys, what is it about?

Power- sleeping with a beautiful woman means an increase in power. It's all about ego, if you "get" a beautiful girl, you'll want to show her off to your friends, you'll be proud of yourself, and you'll have a sense that you've accomplished something.

Our society teaches us that the ultimate accomplishment as a man is sleeping with a "perfect ten". Our sense of our power is deeply tied in with our ability to attract beautiful women.

Women are taught something very different- it isn't about getting a hot guy, it's about getting a successful, high-status guy.

If a woman perceives you to be high-status, then having sex with you will mean an increase in power for her. If a woman perceives you to be low-status, then having sex with you will mean a decrease in power for her.

The Status Delusion

[image]

Unfortunately, most men totally misunderstand what status really is. Yes, wearing a Rolex and driving a Lamborghini are the trappings of success, and if a woman sees you have these things, it will work in your favor.

But, the external signs of success aren't all that matter, what matters most are the emotional signs of success. If you can make a woman feel that you are high-status – whether or not you are financially successful – then she will feel that you are powerful and will in turn, feel attracted to you.

This concept can be difficult to grasp because we have been taught our whole lives that status is best defined by a salary, a big house, or something else external. Yet, there's a confusion of cause and effect going on here.

People who have an impressive income, an expensive house, or any other form of external status tend to be very self-confident socially, either because they were raised to feel entitled, or because they were driven to succeed.

We assume it's the money that attracts women, and although that plays a role, it's mostly the personality traits that high-status people share – confidence and assertiveness – that attracts them.

High-Status Behavior

[image]

This is because the human brain didn't evolve in modern society, it evolved over hundreds of thousands of years: there were no fancy cars or expensive watches in the environment that the human brain developed in.

Females couldn't determine who was an alpha-male based on his possessions, they had to rely on the currency of the time: men's behavior.

So, if a man acted like he was powerful, as far as a woman was concerned, he must actually be powerful. If a woman gets the emotional impression that you are high-status/an alpha-male, she will feel sexually attracted to you, simple as that.

Our brains haven't changed much since our tribal past, so the female brain still responds to a male's behavior more powerfully than his possessions.

And although you can't quickly change your level of material success, you can quickly change your behavior.

What women really want is power, and if sleeping with you represents a net gain in power, she will feel attraction for you. To represent a gain in power, you must make her feel that you are high/status/an alpha male, and that boils down to your confidence and assertiveness.

Most men think that to attract a beautiful woman they must make her *like* them. There's nothing wrong with being likeable, but the way most guys go about it gives away their power as a man.

A man is powerful when he lives according to his own values and goes for what he wants without apologizing for it.

Most men interact with women thinking that the way to get her is to be her emotional tampon, to befriend her until she really trusts him, then can finally make a move.

This is the mindset of someone who doesn't see themselves as high-status, it's the mindset of a citizen trying to get a favor from the king.

Instead, act like a king interacting with a citizen. Make it clear what you want and expect that you will get it. If you act like you have power, she will feel like you have power, and thus she will feel attracted to you.

Signs of Power

[image]

Here I'm going to break down some specific examples of what it looks like to come from a place of power when interacting with a woman:

If you're attracted to a woman, and she thinks you're just a friend after you've known her for several hours, you're not coming from a place of power.

If you're attracted to a woman, and you break eye contact before she does, you're not coming from a place of

power.

If you're attracted to a woman, and you laugh when she says something that isn't actually funny, you're not coming from a place of power.

If you're attracted to a woman, and you decide not to make a move because "she's not that kind of girl," you're not coming from a place of power.

If you're attracted to a woman, and you wait to be physical in any way until she's touched you first, you're not coming from a place of power.

Conclusion: What women really want

What women really want is a man who is powerful. Don't oversimplify this and take it to mean that other factors don't play a role, they do. But power is the most powerful quality that anyone can cultivate to attract women.

If you're wondering, "How do I actually gain more power?" The simple answer is to put yourself out there and face rejection. Ask women out, go on dates, take risks: as you do so, you will stop trying so hard to please everyone you talk to because you'll have become numb to rejection. Then, you'll be able to operate from a place of power when interacting with women.

You can keep saving up for that Rolex to attract the occasional low self-esteem gold digger, or you can develop your personal power to attract nearly every woman you meet- the choice is yours.

The Two Greatest Pickup Concepts Of All Time

Avery · 26 January 2018 · Archived copy · Original

The pickup community has spawned some ridiculous ideas: peacocking, the apocalypse opener, and DHV storytelling, to name a few. If anything, many of the concepts pickup coaches have taught do more harm than good.

[image]
He totally got her by using the apocalypse opener.

However, the community has also brought us some brilliant, life-changing ideas. Some of these concepts are so powerful that if you truly let them sink in – and embody them – they can completely alter the course of your dating life.

I've read all the books and watched all the videos within my 10-year tenure in the PUA community. Here are, in my opinion, the top 2 best pickup concepts of all time.

Attraction Is Not a Choice (David DeAngelo)-

[image]

This simple phrase has so much power in it. Once you really understand it's implications, it can change how you think about attraction.

First, this phrase flies in the face of the strategy most men use to attract women. Guys usually try to win a girl over by logically convincing her she should like him. These guys are friendly, agreeable, and always available.

But what girls logically should like is not what they emotionally respond to. Girls don't choose to be attracted to a guy because he's a *nice guy*– the kind of guy she's been told she should date.

No, a woman experiences attraction when a guy displays certain qualities. She can't help it, she doesn't want to feel attraction, she just feels it. If you can make a girl feel attraction for you, the rest of the game gets a whole lot easier.

Unfortunately, most guys just don't get this concept, and they fail to learn how to turn women on.

There's a deeper implication of attraction is not a choice, though. It means that no matter what you look like, you can make women feel sexually attracted to you.

Of course, being good looking greases the wheels, but even if you're a relatively unattractive guy, certain things you do can trigger attraction in women, whether she wants to feel attracted to you or not.

If you make strong eye-contact, are self-confident, charismatic, funny, etc. women will get attracted to you, even if you're not her "type."

Although some causes of sexual attraction are outside of your control, many of them are within your control, and you can use that to your advantage.

Deep down, most guys in the PUA community don't believe they could make a hot girl want them sexually. They have bought in to negative self-beliefs and elaborate rationalizations about what women want.

It's too bad, because if they understood that attraction isn't a choice, and many of the causes of attraction are under their control, they would be able to change their lives.

Offer Value(RSD)



The importance of offering value can't be underestimated. Especially since most guys are so absorbed in what they want from a girl, that they don't consider that her wants might be worth considering as well.

If you can offer women value, you will stand out from all the thirsty guys who just want to "get" sex from girls.

Value is anything that makes your life better. As a man, there are many ways you can make a woman's life better. Sure, sexual pleasure is one form of value, but simply making her laugh is value, making her feel validated is value, and having an interesting conversation is value.

Once you offer a girl value, she will want to offer value you back- it's human nature (this is called reciprocation in psychology). Think about it, if someone makes you feel good when you're around them, you're going to want to make them feel good, too.

This is a very basic principle of human psychology, but it's something most of us pay no attention to. If you focus on how you can offer value to the women you interact with: how you can make their day better for having met you, it will make your dating life so much easier.

Offering value isn't really about sexual attraction, it's about getting women to like you (you know, as a person). And believe it or not, if you can make women like you, it's going to be much easier to attract them sexually.

It's so easy to think about what we can take from others, but as soon as we make the shift to think about what we can give them first, then we stack the deck in our favor to ultimately get whatever it is we want.

Conclusion

When I was sixteen, I read the Mystery Method and learned a bunch of elaborate techniques to “trick” women into liking me*. Big shock: it didn’t work. What I really needed to learn wasn’t PUA tactics, I needed to learn empowering concepts like attraction is not a choice and how to offer value.

When you truly believe that attraction isn’t a choice, nothing can stop you anymore. All your excuses and limiting beliefs stop mattering, and you can take responsibility for the dating life you want to have.

Similarly, when you understand the profound power in offering value (with women and people in general), you will make your interactions so much more positive and enjoyable- and of course, it will be much easier to get your desired result.

*I’m not saying the Mystery Method is bad or wrong, it has some interesting ideas that can be fun to play with if you’re already highly confident with women.

The 7 Habits Of Highly Effective Players (Part 3)

Avery · 27 January 2018 · Archived copy · Original

Habit 5: Play to Win*

When it comes to dating, most guys play not to lose: they focus their attention on what might go wrong instead of on what might go right. Because these men worry so much about the possibility that a woman might reject them, they never take the risks necessary to succeed with her in the first place.

Most men don't realize that they're losing the game because they're not actually playing the game. They might befriend a woman, but they won't do anything that takes that friendship to a sexual place (whether that be asking her on a date or leaning in for a kiss).

Men play not to lose because it **seems** safer than playing to win. But that's actually an illusion. It's true that every time you don't approach a girl you're attracted to you avoid the risk of rejection. But by not playing, you're automatically losing.

It's important to understand that even if you choose not to act, you're still playing the game, you're just losing by default. Unfortunately, we think we will regret the times when we take a risk with a girl and it goes badly.

But it's quite the opposite, we regret when we don't even try. I've been rejected countless times, and sure, it hurt sometimes, but not nearly as much as hurt when I didn't even muster up the courage to take a risk.

Playing not to lose is losing. Playing to win doesn't guarantee success, but a real rejection feels much better than a passive rejection.

Playing to win means that you are actively taking steps towards reaching your goals. It differs for each person, but generally it means that you're interacting with women on a regular basis, and that you show sexual intent (meaning you don't act like a platonic friend if that's not what you're looking for).

Habit 6: Embrace Discomfort

[image]

The human brain is wired to avoid discomfort at all costs. The notion of approaching women and taking social risks that could potentially lead to humiliation is something your brain is going to want to prevent you from doing.

Although the conscious part of your brain might think, "I should approach women to develop my social skills and get a better dating life," the emotional part of your brain thinks, "FUCK THAT."

Different parts of the human brain have their own unique motivations and goals. Sadly, logic usually takes a backseat to emotion in regard to decision making.

So, although you might logically want to learn game by taking massive action, emotionally, you're going to experience a lot of resistance to this (unless you're a sociopath).

It's important to understand that this resistance is an illusion, that your emotions aren't based on anything real, they're just your brain's attempt to get you to avoid risk-taking.

Have you ever noticed that the anxiety you experience before approaching a girl is much worse than the anxiety you

experience after you start talking to her?

It's your brain thinking that approaching a girl could have terrible consequences (like getting your head beat in by a nearby guy or getting ostracized from your social group), so your brain floods your body with negative emotions to get you to avoid taking that risk.

But it's all an illusion based on our evolutionary heritage. Your brain evolved in an environment where talking to a stranger could get you killed (stranger danger was a lethal threat in caveman times).

Yet, that danger no longer exists. Today, the worst thing that's going to happen when you talk to a stranger is an awkward moment- it's totally inconsequential.

You can't avoid these negative emotions- they're going to come up when you put yourself at a risk of rejection. However, you can desensitize yourself to these negative emotions.

How? By acting in spite of them. Every time you approach a girl even though you experienced approach anxiety beforehand, you'll come out of the experience unscathed, and your brain will start to realize that approaching a stranger might not be such a terrible risk.

The more you lean in to the negative emotions that you feel towards game by doing things like going out when you don't want to, asking women on dates, etc. the less intense those negative emotions will become. And eventually, social risk will go from terrifying, to becoming thrilling.

But, getting to that point isn't easy, it does require that you take action at points when you don't feel like doing so.

The ability to embrace discomfort is essential for learning game. It's very easy to avoid negative emotions (it's our natural response). But, if you can will yourself to lean into that discomfort, your negative emotions will stop controlling you.

This is easier said than done, but the first step to doing so is understanding that 1. no, you can't avoid your negative emotions, and 2. yes, you can take action no matter how much your emotions try to convince you otherwise.

Habit 7: Sharpen The Saw

[image]

Habit 7 is about living a balanced life. According to Stephen Covey, there are four key areas of your life:

-The physical (eating well, exercising, etc.).

-The Social (making meaningful connections with others).

-The Mental (learning now things, teaching).

-The Spiritual (meditation, greater purpose, etc.)

It's important to consistently work on all these areas of your life, not just one or the other. Mastering one area of your life while neglecting another is like mastering shooting in basketball but being unable to pass the ball.

When it comes to game, some guys focus on getting laid and neglect every other area of their life. Of course, this is unhealthy.

First, getting laid can be fun, but it probably won't feel like you're making meaningful connections with other people if it's just about sex. And second, if you're having lots of sex but your health is declining, and you feel

spiritually empty, it's not going to bring you much happiness.

On the flip side of that coin, many guys tell themselves that they'll wait to do game until they've mastered the other areas of their life. This, too, is unhealthy because having relationships with others is always an important part of your life- and if you put it off until you've got the perfect career or the perfect body, the road to the top is going to be lonely.

Don't think that you can't work on all these areas of your life simultaneously, it is absolutely possible if you take a balanced approach.

Personally, I make a point to exercise, interact with strangers, learn something new, and meditate every day. Your personal strategy for sharpening the saw may be completely different, but even if you live a busy life, you can find time to put just a little effort into each of these areas- and your increased well-being will be worth the effort.

Mastering game does have the potential to make your life more enjoyable, but not if it comes at the cost of your spiritual or physical health, and not if it's only about sex, and not also about connecting with others in a meaningful way.

Conclusion

[image]

There you have it, the Seven Habits of Highly Effective Players. If you adopt these habits of thinking and acting, you will put yourself in the driver's seat of your romantic life; you will be able to choose exactly what kind of women you want to have relationships with instead of settling for someone who is "good enough".

Footnotes:

*You might have noticed that the last three habits, are different from the 7 habits of highly effective people. This is because habit 5: Seek first to understand, then to be understood is definitely important for picking up women, but it overlaps with habit 4 (Think Win/Win), so there's no need to go over it.

Habit 6: Synergize, isn't particularly important when it comes to game- certainly not as important as embracing discomfort.

How To Kiss A Girl For The First Time

Avery · 30 January 2018 · Archived copy · Original

How To Kiss A Girl For The First Time

The most anticipated -and intimidating- moment in any newly unfolding relationship is the first kiss. As the big moment approaches, thoughts start flooding your mind:

- “What if she rejects my kiss?”
- “What if it’s such a bad kiss that she doesn’t want to see me again?”

I get it, man. Hell, I didn’t kiss a girl until I was 18 years old, and it wasn’t because I didn’t have opportunities, it was because I was terrified that something would go wrong.

I literally worried that I would lean in for the kiss, and then I would miss the girl’s lips entirely- resulting in a humiliating rejection.

It turned out that most of my fear was made up in my mind. It’s true that there’s a difference between a bad kiss and a good kiss. And yes, it’s totally possible to get rejected for a kiss. BUT, even if those things happen, it’s not actually that big of a deal.

I’ll go into the specifics of how to kiss a girl for the first time shortly, but the most important thing to keep in mind is that it’s not that big of a deal. The more you think about your first kiss with a girl, and the more you blow it up in your mind, the easier it’ll be to get in your own way.

When kissing a girl for the first time becomes so important to you that you analyze every potential detail, you turn kissing her into something mechanical, not romantic.

It’s okay if the kiss isn’t perfect, it’s even okay if you get rejected. In either of those cases you’ll learn from the experience. The only real mistake you can make is not trying. If you don’t try, you’ll just be left wondering what might have happened if you took that risk.

You Lose If You Don’t Try

[image]
Can’t get to this point without taking an initial risk.

When learning how to kiss a girl for the first time, first, you need to know when to actually lean in for the kiss. I’d say this is the hardest part of the whole ordeal because it can feel like a lot is at stake.

This girl might be your friend, and if you lean in for the kiss, but she rejects it, you probably think you risk losing the friendship.

Even if there were a risk of losing (or at least, damaging) the friendship when you lean in for a kiss, so what? What’s the alternative? To wonder what could have been if you had the courage to go for it?

Regret is more painful than rejection. Wondering what could have happened is much worse than trying and failing. If you like her, you’re not going to stop liking her and just want to be friends at some point. Be honest with yourself, don’t tell yourself you’re not interested in her just to give yourself an excuse to avoid doing something that

scares you (kissing her).

Signs She Wants You To Kiss Her

[image]

There are a few common signs that girl wants you to kiss her:

- She might hold eye contact with you even after conversation has died down.
- She might compliment you in a way that indicates interest, “You have beautiful eyes” is the most common one I’ve heard.
- She might touch you in a way that seems to be more than platonic.

All these signs are great, but you have to be careful with relying on them. Not every girl is the same, some will give you all the above signs, and others will give you none.

Also, these signs are easy to misinterpret, how do you define exactly when her eye contact means she wants to kiss you?

The problem with this is that it’s easy to make negative assumptions, “She’s just touching me to be friendly, she’s holding eye contact but it’s not strong enough to be ‘the sign’ that she wants me to kiss her.”

I used to rely on waiting for indicators that a girl wanted me to kiss her way too much. I would go on dates and I would never go for the kiss because I assumed that she hadn’t given me enough signs.

It’s good to be aware of these signs, but it would be better to trust your gut instinct over anything else. The trick here is to ask yourself, “Does some part of me feel that she wants me to kiss her?”

You might feel anxious, and doubtful, but if some part of you feels that she wants you to kiss her, you’re probably right.

Kissing is about picking up how she feels, the signs that she is interested are subtle, and they’re not easy to pick up on a conscious level- because of this, you have to learn to trust your gut instinct.

And yeah, a part of you is still going to doubt yourself and feel nervous. But that’s fine, if some part of you is telling you that yes, she is interested, trust that part.

Remember, even if it turns out you’re wrong, and she’s not interested in you in that way, it’s better to try and fail than not try at all.

Leaning in for a kiss and getting rejected is awkward, but honestly, it still gets the weight of wondering whether she is interested off your shoulders.

Just be respectful of her decision, if she isn’t interested, take a step back, apologize for misreading the situation and get back to talking, just be cool about it and she’ll probably be cool about it, too. If you act resentful or butthurt, then she’ll probably get upset, too.

Going In For The Kiss



When I was learning about how to kiss a girl, I read lots of techniques and strategies. One piece of advice said I should say, “I really want to kiss you right now.” Before going in for the kiss, so that I could gauge her interest. Another piece of advice suggested first kissing her neck before kissing her lips.

This advice didn’t turn out to be helpful. I was looking for a way to avoid the anxiety I felt about going in for the kiss. I thought it would be easier to kiss a girl if I used these techniques, but it didn’t matter- the only way to get over my anxiety was to face it head on.

And yeah, it was hard. I went 18 years without kissing a girl, and in that time, I built up a lot of anxiety about it. But there was no technique or strategy that was going to make it easier, I just had to take a leap of faith.

When you go in for the kiss, just lean in towards the girl’s lips. If she’s interested, she’ll meet you half way and you can proceed from there.

There’s nothing complicated about it, just move your lips towards hers. Don’t wait for a “special moment”, just trust your gut instinct. If any part of you is saying she wants to be kissed, trust that part, and go for it.

Being A Good Kisser

[image]

As far as kissing technique goes, the best way to learn is through practice. There’s no one universal best way to kiss: different women like different things. I could tell you to be gentle, or not, I could tell you how much tongue to use, etc. but context is key, it depends on the woman.

Although you don’t want to get too bogged down in technique, there are two useful general guidelines to follow for being a better kisser:

1. Pay attention to what she does. Chances are, she’s going to do things that she would like you to do to her. So, if she uses a certain amount of intensity, a certain amount of tongue, likes playful biting, etc. then take that as a sign that you should do the same to her.

2. Use your body. You have two hands, use them. Hold her body, move your hand up and down her neck, gently touch her face. The more of your body you use in a kiss, the more intimate that kiss will be.

Get Constructive Criticism

You can also ask a girl for feedback after you've kissed her. Ask her questions like,

"How do you like to be kissed?"

"What could have made that kiss even better?"

"What was the best kiss you ever had like?"

These questions might be uncomfortable, but the feedback you'll get is invaluable. If you ask her straight up what she wants, she'll probably tell you.

Be sure not to ask the question in a way that sounds insecure, like, "Was that kiss okay?" Because if you do, she'll probably tell you something reassuring as opposed to the complete truth.

Your first kiss with a girl will rarely be 10/10, just like with sex, it'll get better as you get more familiar with each other's likes and dislikes. Don't expect perfection, just do your best to read the signs she gives you and to improve through practice.

Conclusion: How to Kiss a Girl for The First Time

[image]

I was as terrified of kissing a girl for the first time as anyone. I looked up advice for how to kiss a girl without facing my fear, but that advice was all misleading- the only way out is through. When you're new to kissing, it's going to be anxiety provoking, but instead of avoiding that anxiety, lean into it.

You're anxious because you care, and no matter how much it feels like you couldn't possibly act in spite of your fears, you are in control. It's ultimately up to you to accept the anxiety and take action anyway. No words or advice can ever get rid of your anxiety, only your own actions can.

Is Pickup Just A Numbers Game?

Avery · 31 January 2018 · Archived copy · Original

One of the common complaints about the seduction community is that pickup is just a numbers game; meaning that pickup isn't about developing a skillset, it's about playing a game of roulette.

What would it mean if pickup were a numbers game? Basically, if you were to ask 100 girls out, a few would say yes, but not because of your "game," it was simply because you ran volume.

Some girls are going to be attracted to you, and if you play the numbers, you're going to run into those girls occasionally.

That's the basic gist of the idea that pickup is just a numbers game, and although it's an oversimplification, there's actually a lot of wisdom to the idea.

Understanding the implications of the idea that pickup is a numbers game can help you get better results with women in your own life.

Running Volume



If pickup were nothing more than a numbers game, it would be quite easy to succeed. If each time you ask a girl on a date you're rolling the dice, then just roll the dice so much that you're bound to get some wins.

Let's be conservative and say that 1 out of every 50 girls you approach is a "yes girl," meaning she's very open to sleeping with you so long as you move things forward.

That may seem like a discouraging number (1 out of 50) but I've seen numerous guys do over 20 approaches per night. If you did that many approaches, you'd hook up with a girl almost every other night out (it'd be a 40% chance

per night) .

That's not bad. If we're being honest, that's much better than most guys do.

Obviously, the numbers are made up, but you get the idea. If pickup was a numbers game, you could play the numbers to your advantage.

With this strategy of running volume, no you're not going to pull a "perfect 10" regularly, but you could pull hot girls (8s/9s) on a weekly basis.

Why Don't Guys Play the Numbers Game to Their Advantage?

[image]

As you can see, even if pickup were a numbers game, it wouldn't be such a bad thing.

Truthfully, at its highest level, pickup *isn't* a numbers game, but guys who are new to this should learn to play the numbers to their advantage.

Basically, even when you're new and your pickup skillset is questionable, if you just try to move things forward with the girls you approach, you can still get decent results.

Most guys give up on their interactions way too soon, they don't go for the number, they don't try to lead, and they end the interaction as soon as they feel uncomfortable.

When you give up too soon, you aren't playing the numbers game to your favor. If you don't try to close, you aren't really rolling the dice at all.

To play the numbers game, you need to do more than just approach women, you have to go for the close in some form or another.

This might mean you get her number, it might mean you invite her to your place, etc. but the point is that the numbers game only works in your favor when you go for the close.

I've seen awkward, below-average looking guys pull very attractive girls simply because they were persistent, and they went for it.

I've also seen guys who are extremely charismatic and good-looking fail to close girls who were basically begging to be pulled, simply because they didn't try.

Advanced Game

[image]

"Advanced" game is about stacking the numbers in your favor. Whereas an intermediate guy might only pull "yes" girls, an advanced guy will also turn around interactions with "maybe" girls, and even "no" girls and end up pulling them as well.

It's still a numbers game in the sense that no matter who you are, 100% of the girls you approach aren't going to sleep with you. But, you can drastically increase the percentage with good game.

I think guys are skeptical that you can actually spark attraction or create investment through game because they

haven't ever really done game.

That might sound harsh, but until you've actually changed a girl from initially being uninterested in you, to later wanting to sleep with you, it's hard to believe that you can use words and sub-communications to attract women.

And I get it, I was a skeptic about game when I was new, it seemed too good to be true. But here's the kicker- it doesn't matter.

Even if you don't believe that you can attract women with your game, you can still win the numbers game. Take massive action and even if you're not the reincarnation of Casanova, you'll be able to get good results. Roll the dice enough times and you'll get the result you're looking for.

If it's just a numbers game, so what? Then win the numbers game.

Conclusion – Is Pickup Just a Numbers Game?

[image]

Ultimately, the notion that "it's just a numbers game" is similar to other ideas, like, "it's all about looks:" it's an excuse disguised as good logic.

It's much easier to dismiss game than to actually do it.

Truth be told, game can be really, really hard. To learn it you have to make yourself vulnerable, face rejection, and take a massive dump on your ego- again and again.

We tell ourselves things like, "It's just a numbers game, so why even try?" To give ourselves an excuse to avoid facing all the emotional resistance we have towards approaching women.

To that, all I can say is, what better option do you have? If what you've been doing hasn't gotten you the kind of sex life you want, then what are you going to do, just wait for life to throw you a bone?

If not playing the numbers game hasn't worked for you, then give the alternative a shot.

I've seen so many guys waste months of their life on one girl who they don't have a chance with.

And it's sad, all they would have to do is start asking other women out and they would easily find another girl of the same – if not higher – quality.

Feel free to assume that "it's just a numbers game", just don't use that as an excuse not to play the game, and ultimately, win the game.

What Is A Bitch Shield And How Do You Dismantle It?

Avery · 1 February 2018 · Archived copy · Original

No, the term bitch shield isn't from some weird Star Trek porn. It's a term that nerdy guys learning how to pick up chicks use to describe attractive women's initial resistance to interacting with them – especially in nightclubs.

The most beautiful women at clubs tend to have full-strength bitch shields when aspiring Casanovas approach them. So, it's important to learn exactly what a bitch shield is and how to dismantle one if you want to get results with these beautiful women.

Why Women Have Bitch Shields

[image]

A bitch shield is a defense-mechanism. Imagine what it would be like if every time you walked down the street, homeless people constantly harassed you asking for money. And, worse, if you were polite to these homeless people, they wouldn't leave you alone, they'd just follow you around desperate for some of your money.

That would suck, right?

Well, what would you do to minimize this harassment? You would be a dick whenever one of these homeless people approached you. You would make it clear that you're not interested in talking to them.

That's how a hot woman feels in a nightclub. She's constantly approached by these needy guys who want something from her.

So, attractive women learn to detract these needy guys with an automated firewall response. They make it clear they're not interested in being hit on by another loser guy.

For the most part, this is an effective strategy. The only problem with it is that when you approach a hot girl, she's going to assume you're just another loser from the club, even if you're not.

That hot girl doesn't know how cool you are, she doesn't know that you're not just another desperate, annoying club guy. So, she's going to treat you like crap when you first meet her.

Don't assume that just because a girl is standoffish at first, that she's always that way or that she's just a bad person. She's acting that way to protect herself from getting stalked by some creepy dude- she doesn't know how awesome you are until you prove it.

To a hot club girl, you're a creepy douchebag until proven otherwise.

Prove Her Wrong

[image]

Most guys respond to a bitch shield by getting butt-hurt. They take it personally and either walk away or say something mean to the girl like, "You're such a bitch."

Not an effective strategy. If you want to 'dismantle' a bitch shield, your best bet is to kill it with kindness. *If you're*

positive, fun, and carefree even when she's giving you nothing to work with, it will show her that you're not like the rest of the club douchebags.

Assume that her initially negative response to you is her automatic reaction to being approached in general: it has nothing to do with you specifically. Give her a couple minutes to warm up to you, give her the chance to see that you're an awesome, charismatic guy who she'd want to have a real interaction with.

I need to be clear that this doesn't mean you can't take a rejection maturely. Sometimes a girl just won't want to have anything to do with you, and you should respect that.

At the same time, don't take her initially negative response to you too seriously, give her a bigger sample of your personality so she can make an informed decision.

To know when to persist and when to back off, as a rule of thumb: if a girl asks you to leave or leaves herself, then respect that. But, if she's just being standoffish and not giving you much to work with, you can often still turn it around.

In my personal experience, I've found that, more often than not, you can get past a bitch shield and have a friendly conversation with the girl. No, you can't sleep with every girl who has a bitch shield, but you can almost always break through it and reach the point where she's happy to talk to you for a few minutes.

Valuable Feedback

Although bitch shields can be annoying, they're actually a great test of your game. How you react to bitch shields can give you a good sense of what you need to work on.

1.You Take Yourself Too Seriously [image]

If after you interact with a girl who has her bitch shield up, you feel upset at her (or yourself). it's a sign that you take yourself too seriously, and you need to work on being more carefree/lighthearted.

If this is you, I'd recommend working on self-amusement. To do so, do things that someone who took themselves seriously would never do.

For example, you can do the awkward laugh exercise. When you interact with a girl, laugh whenever she finishes speaking in a completely exaggerated way.

Another great self-amusement exercise is to use pickup lingo when talking to girls, for example, "Hey, I just wanted to demonstrate higher value by negging you."

You can also practice self-amusement by using awkward pickup lines, my personal favorite is, "Is it hot in here, or is that the holy spirit burning inside of you?"

You can also come up with your own exercises, the gist is simply to do something that is awkward on purpose so that you stop trying so hard to come off as a 'cool guy'.

I know you might be thinking, "Yeah, but the girl I use the awkward laugh on is going to think I'm weird, she won't like me." Well, that's kind of the point, you're not trying to make her like you, you're interacting with her for your own fun, not to get something from her.

The self-amusement exercise isn't about getting the girl, it's about learning to let go of your ego so that you can

become more attractive in general.

2. You're Taking Value

[image]

If you have trouble breaking through bitch shields, it's a sign that you're taking value instead of offering value.

Basically, you're reliant on her good reaction to feel good about yourself. If you weren't taking value at all, you would feel good no matter how she reacted.

Usually this happens when you're not putting yourself in a vulnerable position enough. If you don't regularly take risks that lead to rejection, then whenever a girl gives you a bad reaction, it'll hit your ego hard.

If when you go out, you genuinely risk rejection (by asking women on dates, expressing your interest, etc.), you'll stop caring about bad reactions because you'll become numb to them.

If a girl giving you a bad initial reaction, it's telling you that you're not facing rejection enough, the solution is obvious, you'll want to start putting your ego on the line by risking rejection more often when you go out.

Conclusion- What Is a Bitch Shield and How Do You Dismantle It?

Don't blame women for having bitch-shields, it's something you can't fully understand as a man because you don't have creepy guys approaching you all night and trying to fuck you.

Fortunately, because a bitch shield is just an automatic response, it can be 'dismantled.' Show her that you aren't like the other guys by being positive and lighthearted despite her standoffishness, and she'll let her guard down and have a real conversation with you.

If bitch shields are causing you trouble, don't blame women for being bitches, take responsibility and think about what this is saying about you. Are you taking value? Are you taking yourself too seriously? Once you know what's causing the difficulty, you'll be able to proactively solve the problem by changing your behavior.

Cocky Funny (What It Is and How to Attract Women with It)

Avery · 2 February 2018 · Archived copy · Original

“Kill yourself. Get the fuck out of here. My girlfriend has bigger boobs than you. A deadbeat white trash whore, that’s all you are.” -Julien Blanc

Former pickup artist (currently self-help cult leader) Julien Blanc, took the concept of cocky funny to it’s extreme. He berated women by calling them dogs, telling them things like, “How does it feel to know you’re a horrible kisser?” and of course, he eventually invented the “choke opener,” before becoming the most hated man in the world.

Being cocky funny is a powerful technique, but it’s not for everyone, and when executed poorly, it’s counterproductive

I’ve seen plenty of Julien fanboys try to be provocative only to come across as awkward and antagonistic. Below is a text example of what attempting to be cocky funny looks like when done wrong:

[image]

As you can see, trying to be cocky funny can backfire. You have to understand the nuances of the technique to get any value from it.

What exactly is cocky funny?

[image]

The Cocky funny technique popularized by David DeAngelo works because it’s provocative. It gets a girl’s attention and it gets her emotionally engaged. But to use it successfully, you have to balance the two components: cocky *and* funny.

Just being cocky can come across as offensive and even antagonistic. I remember when I learned about the concept of cocky funny I insulted girls in an attempt to attract them. I said things like, “Oh, you’re a model? Pretty pointless job isn’t it?”

Of course, this came across as combative, it hurt my interactions more than helping them.

This is a common mistake. Guys make it because they don’t understand the subtleties of cocky and funny. You’re not being cocky to show off how cool you are, *you’re being cocky to show that you don’t take things too seriously.*

Cocky funny isn’t about being arrogant, it’s actually the opposite. When you say something outrageously self-aggrandizing or something that makes fun of the girl you’re talking about, it’s not supposed to seem like a true statement, it should be tongue-in-cheek, slightly ironic, even mischievous.

I remember I heard a guy tell a girl, “Why do you like me so much?” and it worked great, so I decided I’d try the same line myself.

But when I used it, it came off as try-hard and weird. I wasn’t being cocky funny for the fun of it, I was doing it to get a reaction from the girl. I wanted the technique to make her like me more.

Women can sense when a guy is trying to get something from them, they can smell an agenda like a shark can smell blood. So, when you try to use cocky funny as a method of impressing a girl, it doesn’t work, its off-putting.

You can say the best cocky funny lines ever concocted, but if you say them for the wrong reasons, if it’s not coming from a place of offering value and lightheartedness, it will make women less attracted to you, not more.

Who Should Use Cocky Funny

[image]

Cocky funny is a useful tool if you're sticking point is that you have boring conversations with women that go nowhere.

Using cocky funny will help you bring some emotion into your interactions. You'll be able to engage women more intensely.

This can be useful to practice, but keep in mind one important truth about practicing any specific technique.

It will make you worse before it makes you better.

At first, being cocky funny will be outside of your comfort zone, and because of this, when you try to use it, it'll be a bit stilted and incongruent.

Your first attempts at being cocky funny aren't going to help you attract women at all.

However, if you stick through the initial pain period, eventually it will become comfortable for you (it will feel natural), and cocky funny will help you attract women.

I think part of the reason the seduction community has gotten more and more focused on natural game is because doing anything tactical (like cocky funny) is uncomfortable at first.

Guys try to use lines or techniques, they find that they don't work (on their first attempts), and so they decide that lines and techniques are a bad idea in general.

But techniques are a great way to do things you would never try otherwise, if you're naturally unengaging, practicing techniques like cocky funny can help you change that.

Think of standup comedians, they say basically the same material night after night, but they're so comfortable with it after all their practice that it comes across as totally natural.

You could argue that what they're doing is scripted, it's canned, but it doesn't feel scripted when it's done well, because practice can make anything feel natural.

How to Be Cocky Funny

[image]

So, if cocky funny is something you want to try out, there's one important question to answer, how do you actually do it?

Cocky funny is about being outrageously self-assured. Now, you don't have to say, "A deadbeat white trash whore, that's all you are." But that's a good example of what cocky funny looks like on the extreme end.

A simple way to practice cocky funny is to use the phrase, "You're too _____" fill in the blank with anything you want.

Examples:

-You're too short.

-You're too poor.

-You're too nice.

-You're too white.

It doesn't even have to make sense. The point is that you're judging her as 'unworthy' because of some trait she has. It's cocky because it's obnoxious, and it's funny because it's ridiculous.

Another great cocky funny line is to answer questions with absurdly positive made up answers. If a girl says, "What do you do for a living?" You could respond with one of the following:

"I'm a male model."

"I'm a rocket scientist."

"I'm an enlightened being."

Get the idea? You're exaggerating yourself so much that it's silly.

The trick to make lines like the above work is that you have to *sell it.* You want her to think, "He's not serious. . . is he?" If part of her believes what you said, you're on the money.

The above examples encapsulate the two basic types of cocky funny lines 1. Teasing the girl and 2. Complimenting yourself.

There's an infinite number of cocky funny lines you could say. You can use the examples I gave you or you can create your own lines. Personally, I think it's better to create your own cocky funny lines using the basic template above (because then it's something you yourself made up).

Conclusion: Cocky Funny (What It Is and How to Attract Women with It)

[image]

If you decide to use cocky funny as part of your game repertoire, don't expect great results at first. It'll probably be uncalibrated until you get used to it.

It's cool to experiment with techniques like cocky funny, though. You will see how the line affects the girl. You'll see her either get offended or more interested depending on your delivery.

That's really useful, because one of the biggest sticking points guys have in the community is that they don't think they can attract women with their 'game'. They believe that a girl's either interested or not- and that it's decided immediately when you meet her.

When you successfully change how a girl responds to you with a technique, it's proof that 'game' works. It's great to get references of your experimentations paying off.

If you say a cocky funny line but it offends the girl, just take a step back and apologize. "Sorry, that was too far, I'm a dork." Then continue the conversation as before.

It should be fine unless you said something truly obnoxious- don't try to be Julien Blanc.

Cocky funny is a powerful technique, and for the many guys who have trouble getting girls emotionally engaged, it would be a very good idea to practice it.

If that's you, best of luck. Just remember, that it will take some time to get mileage out of the technique, your first attempts will be a bit awkward, and that's okay, that just means that you've stepped outside of your comfort zone. Which is where all change happens.

Beta-Male Shaming

Avery · 3 February 2018 · Archived copy · Original

When a famous rapper writes lyrics about fucking a new girl every night, no one bats an eyelash. In fact, in many cases women are these rappers' biggest fans. Why is it then, that when a scientist wears a mildly provocative shirt, he gets lambasted by the media as a creepy misogynist?

[image]
This is the "offensive" shirt Matt Taylor wore. This shirt literally created an internet controversy- because a beta-male wore it.

When Aziz Ansari was mildly pushy on a date, society decried him as a sexual deviant who should face sexual assault charges. Yet, that same society has no problem giving Floyd Mayweather a multi-hundred-million-dollar payday, even though he's been convicted of assaulting his wife in the past.



Mayweather, who owns a strip club and lives a frat boy lifestyle well into his 40s, is deified, while Ansari is demonized (even though he did nothing illegal).

Why is it that society has such a double-standard? Why do we treat certain men as gods, no matter what they do, but we treat other men as the scum of the earth when they do something mildly offensive? Because of beta male shaming.

Beta Male Shaming

[image]

Beta male shaming is a gut instinct that causes us to treat men completely differently when we categorize them as alpha males versus when we categorize them as beta males.

When Trump brags, "Grab 'em right by the pussy," he gets elected president a few weeks later, but when Al Franken simply kisses a woman in a way that made her uncomfortable, he ends up losing his job.

Trump is an alpha male, Franken is a beta male. The categorization is unconscious and obvious, we all instinctually know that Mayweather is an alpha male, and Ansari is a beta male. We all know that rapper G-Eazy is an alpha male, and the “shameful” shirt wearing scientist, Matt Taylor, is a beta male. And we treat these men completely differently because of their categorization as alpha or beta.

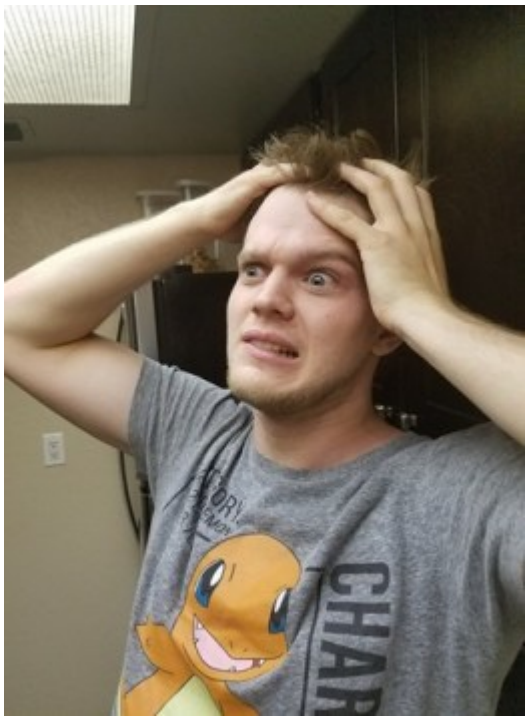
Although this beta male shaming instinct has interesting implications for celebrities, it has much more concerning implications for us as individuals.

Most of us guys have been categorized as beta males throughout our lives, and thus we’ve been subjected to the same shame that Aziz Ansari and Al Franken recently faced.

The consequences of this are vast. In fact, beta male shaming is a major factor in most men’s struggles with attracting women.

Understanding how beta male shaming has affected you personally can help you realize that many of your beliefs and feelings about sexuality are based on beta male shaming and aren’t a genuine part of who you are.

Me, The Beta Male



Me, as a beta male

When I was sixteen, I was at a new year’s party sitting next to my high school crush, Cindy. Cindy was a tall, slender, red headed model, I was a shy, awkward nerdy kid.

When she leaned in to give me a new year’s kiss, I didn’t know how to process what was happening. So, I acted on instinct. By that, I mean I turned away from Cindy and literally ran out of the party.

I avoided Cindy for weeks after that incident. I didn’t really believe she wanted to kiss me, I figured that it was a prank of some kind. I didn’t see myself as sexually desirable in any way, so when a girl leaned in to kiss me, I panicked.

When I was in my teens, I got uncomfortable whenever my friends talked about sex, I felt guilty about watching porn, and I was afraid that if I made a move on a girl I liked, it would offend her more than excite her.

I wasn’t ashamed about sex because I was religious- my family was atheistic. And I also wasn’t ashamed about sex

because of some traumatic experience I had. No, I was ashamed about sex simply because I was a beta male, and people had the same gut reaction towards me that they had towards Aziz Ansari and Al Franken.

An Unconscious Bias



Unconsciously, I learned to be ashamed of my sexuality, and to fear facing consequences if I were to do anything bold or assertive with a woman. Beta male shaming helped shape my behavior to be in line with what is expected of a beta male. I was timid and afraid of sex.

We evolved to shame beta males because as a species, we survive best when alpha males pass on their genes and beta males don't. Although our society is vastly different than it was hundreds of thousands of years ago when our brains evolved, that unconscious bias against beta males doing anything sexual (outside of a long-term relationship) persists.

If you are a beta male, people treat you differently; women treat you differently. You learn to be afraid of rejection, you learn to keep your sexual desires to yourself, and you learn that your best chance for sexual success is by getting in a long-term relationship with a girl in your social circle.

The way you think about sex and the way you act around both men and women is molded by this label of alpha or beta that is prescribed to you.

The determinants for being labeled as alpha or beta are complicated: your upbringing, your genetics, and a variety of environmental factors all play a role.

You probably know which of those categories (alpha or beta) you belonged to growing up, and which you belong to now. It should be obvious based on your life experiences.

The Power to Change



There is a bright side to this phenomenon. As humans, our status is flexible, so even if you've spent your entire life labeled a beta-male, you can still change and become an alpha male.

Research has shown that when men get a promotion, their serotonin levels also increase. This shows that status is something that is deeply flexible.

I've experienced this in my own life. When I learned game, I started as a guy who was definitively identified as a beta male.

It was a struggle at first, I got labeled a creep. Hell, I even got 86'd from a bar just for making a sexual comment about a girl.

But, over time, by approaching women, learning to assert myself, and becoming increasingly confident, people began to make different assumptions about who I was, and women started treating me vastly differently.

Just last night I was out at a club and an attractive girl approached me, started asking me questions, and within about ten minutes leaned in to make out with me before she led me out the back door of the bar to the alleyway for some more "intimacy".

Things like that didn't use to happen to me, and now they happen quite frequently. Now, women treat me like a sex object, whereas before they treated me like a harmless little boy.

(You might be thinking that I've gotten better looking and this is why I get better responses, but if anything, my level of physical attractiveness has gone downhill. Back when I was scared to kiss a girl I was in athletic shape, now I'm about 20-pounds overweight.)

Women treat me differently because they can sense that I'm an alpha male, they can just feel it, the same way that you can feel when a woman wants you to kiss her.

Conclusion- Beta-male shaming

Beta-male shaming is a big part of the reason that game is so hard to learn. In my teens, I was ashamed that I was even learning game. I thought learning how to have sex with women was immoral and wrong (because I was a beta male).

When you've lived your life as a beta male, it feels like learning game is pointless, you're just not attractive to women, so why even try? It feels like game is creepy, "Who would put effort into learning to sleep with girls, that's fucking weird." And it feels like approaching women is doing them a disservice, "I don't want to bother her."

Here's the important question: Are all these beliefs about sex and game that we have the result of some genuine value we share, or are they because we have been subject to beta-male shaming?

Maybe when we think we're unattractive, it's because of beta-male shaming. Maybe when we think it's creepy to learn game, it's because of beta-male shaming. And maybe, we're afraid that approaching a woman will bother her because of beta male shaming.

If that's the case, wouldn't we be doing ourselves a disservice to let a label – beta male – determine the quality of our sex life? Wouldn't it make sense to defy the loser identity that society wants us to accept?

Just some food for thought.

How To Attract Women With Charisma

Avery · 6 February 2018 · Archived copy · Original

Charisma makes everything easier. Especially attracting women. Charisma is the *it* factor that draws women to you like moths to a flame. With it every woman you meet will want to see you again, people will hang onto every word you say, and women will fall in love with you in a *matter of hours*.

The common myth about charisma is that you either have it, or you don't. This myth isn't based on sound reasoning, but on laziness.

It's much easier to believe that charisma is a mythical quality just outside your reach than to believe that through honest self-reflection and hard work, you too, can become intoxicatingly charismatic.

Charisma is an amalgam of several personal qualities that when blended together make an individual absolutely magnetic. Each quality is in itself powerful, but it is the combination of these qualities that makes someone truly irresistible.

1. A Charismatic Lives in His Own Reality



Perhaps the most important component of charisma is not giving a fuck what other people think. A charismatic lives in a reality of his own creation, with his own rules.

Steve Jobs' colleagues often said that Jobs had a, "Reality distortion field," meaning that his belief in himself was so powerful, that you couldn't help but be influenced by it.

Most people adapt to the rules that society imposes on them. Men learn to become people pleasers, they learn not to make bold moves with women they're attracted to, and they learn to adapt to the trends and beliefs of others. They dress like other people dress, they talk like other people talk, and they even think like other people think.

Charismatics are the exception to this. They choose their own values instead of accepting the values that others impose upon them. They tend to be less agreeable than most men, but they garner more respect from others because they stay true to their beliefs.

Russel Brand is a fantastic example of this aspect of charisma. In an interview with MSNBC's Morning Joe, Brand is flummoxed by how incompetent the anchors interviewing him are being, so he says, "Is this what you all do for a

living? Okay, well let me help you, these people I'm sure are typically very good at their job."

Brand continued, "You convey news to the people of America? People of America, we're going to be okay, these are your trusted anchors. Give me the papers, I'll shuffle them for ya'. Okay, thank you very much, we're going to be talking about Edward Snowden, this whistleblower. Is it good what he's done for America, or our secrets being jeopardized by his intentions?" Brand goes on to literally do the anchors' jobs for them as a way of mocking how ridiculous they were being.

Most men in that situation would have been uncomfortable and reserved- they would have politely put up with the awkwardness.

But when Russel Brand saw the cast of Morning Joe making fools of themselves he called them out on it because he doesn't give a fuck about being agreeable: he lives in his own reality.

There's an easy way to find out if you live in your own reality, or not. *Do women get nervous interacting with you?* If the answer is no, then you're probably too focused on being agreeable and fitting in.

No, I'm not saying every woman you talk to should get uncomfortable, and I'm certainly not saying they should dislike you, but their should be some tension in your interactions and women should sometimes get a little nervous in your presence.

By nervous, I don't mean afraid for their lives, I mean they feel like they're on the spot. In Russel Brand's interview with Morning Joe, one of the co-hosts, Mika was so uncomfortable she started fumbling her words. Brand wasn't being antagonistic, he was just being authentic, and sometimes authenticity will cause tension.

People pleasers avoid this tension at all costs, and although no one dislikes them, no one truly likes them either. When you live in your own reality, you will butt heads with people sometimes, but this will also cause people to respect you, and even admire you for your authenticity.

2. A Charismatic Is Decisive



You're on a date with a girl. You think it's going well, she's laughing, she's touching you from time to time, but you're not 100% sure what she's feeling. Your internal dialogue looks something like this:

Voice 1: "She likes you, man. Go for it, kiss her."

Voice 2: "Maybe she does, maybe she doesn't. I'm going to wait for her to give me 'the signal'".

Voice 1: "The signal? Just go for it, don't wait for the stars to align."

Voice 2: "You're making good points, but I'm not sure yet, I need to be completely sure it'll work before I make a move."

We've all been there. A girl clearly liked us, and we wanted to make a move, but we hesitated because we wanted to be 100% sure that she was interested, first. We kept putting off making a move further and further. Until the opportunity passed us by completely.

People, in general, like strong leadership. We're drawn to people who know what they want and go for it without hesitation.

Ironically, waiting to make a move on a girl will actually make her more uncomfortable than just going for it. The longer you wait, the more she's left to wonder, "What's going on here, what's the point of this?"

If you're decisive and just make the move, she's going to appreciate your candor much more than pussyfooting around.

Plus, decisiveness is in itself attractive. Decisiveness shows that you see yourself as someone of value, that you are someone who should be followed, and people assume that there must be good reason for that positive self-belief, so they accept it as true.

Decisiveness doesn't mean you try to control other people, it simply means that you don't hesitate to go for what you want.

Decisiveness is something guys in the seduction community (in general) desperately need more of. These guys spend so much time reading about how to be more attractive because they're in a state of indecision. Part of them wants to approach women and take control of their dating life, but another part of them wants to avoid rejection and the stress that goes along with taking action.

As a result, they spend their time reading about how to attract women without actually doing it. It's so much easier to procrastinate than to make a solid decision to take control of your life.

This isn't to say that information isn't valuable, but if you're reading about pickup more than actually doing pickup, it's a reflection of your general indecisiveness. You need to make the choice to approach women, or not, instead of just dipping your toes in the water by learning about it.

Decisiveness isn't something that you can trick yourself into developing. You must start to act more decisively. This might mean you start going out and approaching women, it might mean you start asking women for their numbers instead of just being friendly, and it might mean you actually make that website you've been thinking about making instead of talking to your friends about how awesome it's going to be.

An indecisive person is obsessed with avoiding mistakes. They overthink things (like whether to kiss a girl) because they're focused on the consequences of failure. A decisive person focuses on the possible rewards of taking action. They take risks because in their world-view, failure isn't a catastrophic event, it's just something that happens, and it's okay when it does.

3. A Charismatic Is Fun

[image]

The secret sauce of charisma is being incontrovertibly fun. Fun is the one thing everyone wants more of. Therefore, if you are a source of fun, people will want more of you.

What differentiates someone who's fun from someone who's not? You could judge it by external qualities: someone who is fun smiles and laughs more than someone else. But it's much more helpful to boil fun down to its internal cause: someone who is fun doesn't take themselves, or those around them, seriously.

It's the attitude that nothing is a big deal that allows you to be fun. To deconstruct this a step further, *you will be fun when you're not reliant on a certain outcome to feel happy.*

For example, a guy might feel that he needs a girl to like him to feel happy. Because of this, he filters himself and puts on an overly polite mask to make sure he doesn't offend her. But, at the same time he prevents himself from letting loose and having fun with her, because to do so would risk him failing his 'objective'.

We can't be fun when we're trying to get a specific result. The very nature of fun is that it is spontaneous and natural. But, when you focus on getting something – say, getting a positive reaction from a girl – you can't be truly spontaneous anymore.

As long as you're focused on your objective, you will monitor whether your actions are helping you get that objective or not. This monitoring of your behavior ends up filtering out everything that's most fun about you.

What happens when someone tells you, "Make me laugh?" You're put on the spot. Now that making this person laugh is a success, and not making them laugh is a failure, it's going to be very difficult to make them laugh. The pressure of needing a certain outcome has made it nearly impossible to be funny.

This same phenomenon plays out in your interactions with girls. The more you feel that making the girl like you is a win, and anything else is a loss, the more you're going to suffocate your own natural, carefree, and fun personality.

To be fun, you must be okay with the possibility that what you say may cause tension, and that any particular girl may not like you. Ironically, the more you're okay with the possibility that people might not like you, the more likeable you will become.

Conclusion- How To Attract Women With Charisma

[image]

Cultivate the above three qualities, and you will become irresistibly charismatic. Living in your own reality, being decisive, and being fun are the fundamentals to being magnetic- not just sexually – but as a person in general.

Change stems from your mindset. So, to implement the lessons in this article, think about these qualities, and in what ways you could develop them further.

For example, you might ask yourself, "Do I take myself too seriously? Why? What is this doing for me?"

By questioning yourself, you pave the way for new insights, and those insights pave the way for new behaviors.

As soon as you become aware what it is that you can change to become more charismatic, you will be liberated to change your behavior in a positive way.

If you'd like to dive deeper into the subject, you can read Zero F*cks Give, The 21st Century Man's Guide To Deep Self Confidence. This book will guide you through the process of becoming extremely confident and charismatic- every step of the way.

In *Zero F*cks Given*, you will learn:

-How to overcome the insecurities you don't know you have.
-How to stop caring too much about the opinion of others.
-The reason most men's dating lives suck, and how you can be the exception.
-The counterintuitive practice that will free you from emotional suffering.

How To Demonstrate Higher Value (Without Looking Like A Tool)

Avery · 7 February 2018 · Archived copy · Original

How To Demonstrate Higher Value (Without Looking Like A Tool)

> "Then she told me she was a Victoria's Secret angel! I knew she was a ten, but I didn't know I had just banged a supermodel. Anyway, I felt really good on my ride home in my Lamborghini that day. What did you say your name was, again?"
>
> "Julie."
>
> "Nice to meet you Julie, anyway, you know what I care about more than material things? Knowledge. That's why I read a book a day when I'm not running one of my 25 businesses."

What Is A DHV?

DHV (Demonstration of Higher Value) storytelling is an old-school pickup concept popularized by Mystery.

[image]
Mystery is the one in the middle.

The idea behind DHV storytelling is that you share an anecdote (like the one above) to convey that you have a lot of value to offer. You talk about the fact that you know hot girls, how you have a cool life, and maybe even casually throw in how successful you are.

Obviously, the example I gave is a parody of DHV storytelling. If you were to talk like that, you'd just look like an idiot.

My old roommate would always bring up the fact that he was a Raytheon engineer within the first two minutes of approaching a girl.

On the surface, it makes sense why this would help him get laid. He's directly telling the girl that he is wealthy, which is certainly a plus.

But here's the problem. She has no way to know that he's telling the truth. He could just be lying to get in her pants. Demonstrating higher value through what you say rarely works because it's hard to trust someone's intentions when they're doing it.

DHV storytelling is a method that appeals to a woman's logical side, it's a way of submitting your resume to a girl.

Girls don't want you to give her a resume, they want you to give her a feeling.

Yes, it is important that a girl believes you have high value. If you don't seem like you represent the warm end of the pool, why would she sleep with you?

However, you can't just tell her you have high value, you'll just make yourself look like a tool. Instead, you must show her that you have high value.

The following X2strategies will demonstrate your value to a girl, without coming off as try-hard.

1. Demonstrate Higher Value with Leadership

[image]

Have you ever worked at a restaurant where the fat, slobby manager slept with all the hot waitresses?

This happens because women are attracted to leadership. The fact that this manager was telling other people what to do made the female employees unconsciously feel that he was a high-quality mate.

Now, it might seem that it was the man's title of manager that made him attractive, but that's inaccurate: it was how he behaved *because he was manager* that made him attractive.

The manager has a lot of power and makes a lot of decisions. This is what's attractive about him. This is what acts as a DHV for him.

Even if you're not a manager, you can demonstrate high value by acting as a leader. The simplest way to accomplish this is to call the shots.

If you're interacting with a girl, make decisions, if you met her during the day, ask her to join you for a cup of coffee. If you met her during the night, ask her to join you outside for a breath of fresh air.

The more you call the shots, the more the girl will realize that you have high value as a leader.

It's important that you don't ask for permission, "Would you like to join me for a cup of coffee, perhaps?" Is much less attractive then, "Let's go get a cup of coffee." You don't need to be domineering but do make sure to be decisive in your leading.

2. Demonstrate Higher Value by Showing Sexual Intent

[image]

Showing sexual intent is a DHV because of what it implies. If you're talking to an attractive girl, and you make it clear that you're sexually interested in her, it implies that you must have been with other attractive women.

If you hadn't, you wouldn't be able to confidently show your interest (guys who don't get hot girls don't show intent).

It's a self-fulfilling prophecy, showing sexual interest actually implies that you're a good sexual option.

At this point, I mostly show sexual intent with my eye contact. By holding strong, confident eye contact, I am creating sexual tension while also showing strong intent.

I rarely show intent by complimenting a girl on how sexy she looks. To do so takes away some of the mystery for the girl, it's giving away my hand, so to speak.

However, when I was newer to the game, I did make a point to use direct openers/lines as a way of practicing showing intent. I would tell a girl something like, "I saw you across the room and thought you were stunning, so I had to introduce myself."

This helped me get comfortable with showing sexual intent. Once I got comfortable with saying such direct lines, I dropped the training wheels and started showing intent non-verbally.

So, if the idea of telling a girl something like, "You're beautiful," is nerve-wracking to you, then I suggest practicing doing so until it's comfortable for you.

Practicing showing sexual intent in that way will help you get over your internal resistance to showing sexual intent. Once you've done that, you'll be able to show sexual intent through nonverbal cues like your eye-contact.

An inability to show sexual intent is one of the most common sticking points guys have. There are so many guys who can talk to a girl, but are terrified of sexualizing the interaction in any real way, because to do so risks getting rejected as a potential suitor (which would be a blow to their ego).

I get it. Not being able to show sexual intent was a big problem for me, but once I got over it, I got so much more effective at attracting women.

Showing sexual intent is a powerful DHV, and it's something that once you master, will transform your dating life.

Conclusion- How to Demonstrate Higher Value Without Looking Like A Tool

The two above behaviors are the most effective ways to demonstrate higher value.

There are other strategies: having fun (because only a person who has high value can let loose enough to have fun in a social interaction) and using preselection (being surrounded by other attractive women shows that you must be desirable), are a couple examples.

However, showing sexual intent and taking a leadership role are the most consistent ways to DHV yourself. This is because although you can't always be surrounded by attractive women, and you won't always be in a fun mood, you can always lead an interaction forward and show sexual intent.

It may be hard to believe if you haven't experienced it first hand, but if you behave in a way that shows a girl you're a high value guy who sleeps with attractive women, then women will assume you really are that guy.

And, as a result, they will categorize you as a sex-worthy guy who they want to let loose with.

How to Make Girls Chase You (With the Art of Hot and Cold)

Avery · 8 February 2018 · Archived copy · Original

How to Make Girls Chase *You* (With the Art of Hot and Cold)

When you're chasing a girl, the dynamic is roughly equivalent to that of a kiosk salesman trying to sell their wares to strangers passing by.

When a girl is chasing you, the dynamic is roughly equivalent to that of her going to pick up the newest book by her favorite author.

The kiosk salesmen will get sales, but he will get rejected far more often than not.

[image]

The girl buying the new book by her favorite author is going to get the book no matter what because she's already decided she wants it.

People are infinitely more bought into their own ideas than the ideas that someone tries to force onto them.

A kiosk salesman is like a pushy guy who chases a girl. He's trying to force an idea onto someone- and that's going to be met with resistance.

When you learn to make girls chase *you*, however, there will be no resistance. And the process of seduction will unfold completely naturally. Read this article to learn how to stop being a guy who tries to *force* women to like him and become a guy who *lets* women seduce him.

How I Learned to Make Women Chase Me

About two years ago, I realized that I didn't need to 'close' women anymore because they were closing me.

Girls started telling me things like:

- "Would you like to get a drink at my place?"
- "We probably shouldn't be left in a room together, should we?
- "Come meet me in the alley behind the bar, I want to show you something. . ."

This was happening because I had figured out how to reverse the traditional roles in dating. Beautiful women are used to being pursued by men, but I flipped the dynamic on its head.

How to Make Girls Chase You



When you approach a girl, you are technically chasing her. However, you can easily change this dynamic as the interaction begins to unfold.

When getting a girl to chase you, the key is to create a sense of mystery about whether you're interested in her. Send mixed signals – yes and no, hot and cold, push and pull – to make her wonder what you're really thinking.

Lots of guys who learn pickup are good at one of these or the other.

I've met plenty of guys who are good at sending 'yes' signals. They'll tell the girl she's beautiful, be very physical, and give her constant positive reinforcement.

This is flattering for the girl, and it can even arouse her if done well, but it also makes her just a bit defensive.

You're making it clear that you want to sleep with her, and this makes her think things like:

- "He just wants to fuck me and never talk to me again."
- "He just likes me for my looks, he doesn't care about who I am as a person."

Although she's turned on by your confidence and directness, she's likely to feel like you're a player who just wants her for sex.

I've also met plenty of guys who are good at sending 'no' signals. These guys will tease girls and challenge them constantly.

This is worse than only sending 'yes' signals, because being challenging without giving the girl any positive validation just makes her think you're a dick.

She might think you're funny for a bit, but if you're constantly being cold, the girl won't feel good around you, so she'll lose interest in you.

It's the balance of hot and cold – yes and no – that makes a girl start to chase you.

Hot and Cold

[image]

The key to hot and cold is that it should be done subtly. She shouldn't be able to tell that you're doing something out of the ordinary.

A typical PUA in training learning hot and cold will say things like, "I love you," followed shortly by, "I hate you." This is too extreme to be truly effective*.

Effective use of hot and cold doesn't require you to say anything at all. You don't have to say she's beautiful, and you also don't have to "neg" her.

(In fact, it's generally best to avoid direct compliments about a girl's beauty because that makes it too obvious that you're sexually interested in the girl. It's better to compliment things like her style or her personality because those things will validate her without making her question your intentions.)

To use hot and cold, vary your own levels of investment in your interaction with a girl. One moment you seem very interested and bought in, the next you're aloof and perhaps even a little unengaged.

When she tells you about her favorite book, you're engaged. You ask further questions and you compliment her on her taste.

Then, when she tells you about her job, you're not so interested. You ask her why she choose that job? You don't ask so many questions, and you change the subject to something more interesting.

One minute, you're making strong eye contact with her and holding her waist. The next, you take a step back and break physical contact with her while looking around at the people in the club, and you even make a point to comment on how one of the girls is wearing a great outfit.

Do this well, and whenever you're 'hot' (investing in the interaction) the girl will build rapport with you, and each time you're cold (taking away investment), she'll start to chase you- because she wants the validation she was getting from you, back.

It's important that the underlying frame when using hot and cold is playfulness. You're not doing it to be mean, you're not even doing it to make her like you, you're doing it because it's fun. It's called "game" for a reason, after all.

Hot and cold creates a sense of intrigue for the girl. By being unpredictable, you're giving the girl an opportunity to chase you. One moment she thinks you like her, the next, she's not so sure.

This allows her to buy into the idea that she wants you, and the dynamic shifts from you being like a kiosk salesman begging for a sale to that of you being like the best-selling author who's fan is clamoring to buy his newest book.

Hot and cold takes practice. When you first start using the technique, you might do too much of one and not enough the other. This is okay, it's part of the learning process, and the ultimate results are worth it.

You can judge how well you're implementing hot and cold by the reactions girls' give you. If, for example, they get offended, that's a sign your using too much cold. If , on the other hand, they respond positively initially, but you have to chase them to keep the interaction going, you're probably using too much hot.

You'll know you're doing well with hot and cold when girls start doing things like:

- Ask you for your number.
- Hint at the idea of you and her spending time somewhere in private.
- Make blatant sexual comments about you.
- Ditch their friends for you.
- Make excuses to keep hanging out with you.
- Proactively hit you up to hang out over text.
- Etc.

[image]

Conclusion- How to Make Girls Chase You



Hot and cold may sound too good to be true, but it really does work. It's not a magic pill, though. It does take practice to get it down to the point where you're getting girls to chase you tenaciously.

If you feel like you have to do all the work in your dating life, hot and cold is an incredible tool to change this so that girls start actively seducing you.

If you enjoyed this crash course on how to make girls chase you, then you'll definitely appreciate a *master class* for how to attract women.

And this master class starts by showing you how a goldfish can help you get laid. I'm serious. Check out the video, here: Effortlessly Attract Women

Footnotes:

1. It's an okay way to practice at first, because you can learn what hot and cold feels like with such a method, but you don't want to rely on such a blunt technique for long.

Oneitis- What It Is And How To Cure It

Avery · 10 February 2018 · Archived copy · Original

She was my perfect 10. She looked like Mila Kunis but taller, and with a body that was the perfect mix of athletic and curvy. The sex was good, but if I'm being honest, the ego trip was better. I felt like I had finally made it, all this effort had got me the kind of girl I had always wanted.



She looked something like this.

But I wanted her too much. I was desperate to keep her. And naturally, she grew distant, and eventually stopped returning my texts.

I had oneitis for this girl. Oneitis is an unhealthy attachment to one particular 'special' girl. You've decided this is the girl you want, and all other girl's pale in comparison. She's your angel, your queen, and you'll do whatever it takes to get her and keep her.

We all get oneitis when we meet a girl who's more beautiful, more interesting, and more confident than most other girls we've met.

Unfortunately, oneitis is a disease that causes us to waste large amounts of time, energy and emotion on a girl we *can never have.*

Unless you learn how to treat your oneitis, it can drive you into a scarcity mindset that will **ruin** your dating life for months (or in some cases, even years).

The Diagnosis

[image]

How do you know you have oneitis? If one girl occupies your thoughts on a daily basis, but she isn't your girlfriend, you've got it.

If you think things like:

- "I normally wouldn't spend so much time on a girl, but she's different."
- "I usually sleep with a girl sooner, but she's not that type of girl."
- "I want to establish trust and connection via friendship before I take things sexual with this girl."
- "She might be the one."

Then congratulations, you have oneitis.

The best part about oneitis is that you won't want to admit you have it. You'll think, "Yeah, but this girl actually is different. My girl is the exception."

Sorry man, there are no exceptions. *If you regularly think about a girl you like – who you aren't actively dating – it's oneitis.*

There's about a 5% chance you'll ever end up sleeping with this girl, and even if you do, you'll scare her off real quick.

Nothing is a bigger turn-off to women than neediness. And oneitis is the ultimate form of neediness.

She will feel that you really, really want her, that you're attached to the idea of getting her, and this will push her away.

When you have oneitis, pickup tactics won't work. You can try to tease her or to act like your disinterested, but it's just so obvious to her how attached you are that you can't trick her.

I've seen oneitis play out a hundred times, in my life and in the lives of other guys. It always ends badly.

Of course, the guy always thinks he has a chance and that he *has to* fight for this girl because they have a 'special connection'.

The Treatment for Oneitis

[image]

There's only one cure for oneitis: fuck ten other girls.

When a guy gets oneitis, he usually stops sleeping with other women as a way to 'show his devotion' to her.

Unfortunately, the longer he goes without sex, the more desperate he becomes to get this one special girl.

It's similar to what happens in gambling when you start losing money. You bet more and more money to recover your losses, but you only end up losing so much more money because you did so.

The more you invest in one girl, the worse your chances of ever getting her ever become.

Fucking ten other girls is your only chance of getting the girl you have oneitis for.

Once you sleep with other girls, you won't be so attached to your oneitis, and then you might actually have a chance at making something happen.

Or, more likely, you'll realize that she wasn't nearly as special as you thought, and you'll keep meeting new women.

That may be hard to believe, but try it for yourself. *Especially* if you can't admit that you have oneitis, and you think this girl really is worth all the effort.

You're not going to get her by pining over her more, you can only get her if you get into an abundance mindset and draw her in with it.

How I Hooked Up with My Oneitis



I had oneitis for a model who I was friends with in high-school. I was so nervous that when she tried to kiss me at a New Year's party, I turned my face away before literally running away from her.

I avoided her for weeks after that embarrassing incident. Obviously, nothing was going to happen with my crush.

Years later, I ran into her at a club. The dynamic was completely different. Within a few hours we ended up in my bed.

After I slept with her, I realized that my crush on her was never anything special. She was attractive, but we didn't have amazing chemistry and she wasn't someone who I would seriously date.

It was all an illusion caused by my desperation. Now that I wasn't obsessed with her, I could see through the mirage.

I get it, your oneitis is *different*, she's *actually special*, she's *really* a perfect 10 in every way.

Fine, let's assume that's true.

Has your current approach worked? No.

Try something different, actively pursue other girls so that you stop being so obsessed with this one and see if the dynamic changes with your crush.

See if you're able to interact with her more confidently. See if you're able to finally make the move you've been hesitating to make for so long.

Want To Attract More Women? Be the Buyer, Not the Seller

Avery · 24 February 2018 · Archived copy · Original

A kiosk salesman desperately waves down people walking through the mall to make a sale. When he stops someone, he puts on a show and does whatever it takes to close. He assumes (correctly) that if he doesn't chase down sales, he's going to underproduce and end up losing his job.

[image]

If you're walking through a mall and a kiosk salesman waves you down, you might give them a moment of your time, but you won't really care if you leave the kiosk emptyhanded. You're not invested in any particular outcome, so whether or not you buy something, you'll be perfectly fine with the outcome of the interaction.

That's the difference between the buyer and seller mentality: the seller is invested in a particular outcome. If he makes the sale, he wins, if he doesn't make the sale, he loses.

Most guys try to attract women with a mindset similar to that of a kiosk salesman. However, there's a much more effective strategy- become the buyer. It's counterintuitive and subtle, but if you adopt the buyer's mentality when attracting women, you're results will exponentially improve.

What The Seller Does Wrong

[image]

The seller mentality starts with a fundamental assumption that goes something like this, "By default, women are not attracted to me, so I have to sell myself to a girl to convince her to like me."

Guys have a variety of different methods to sell themselves to a girl, some guys try to show off the fact that they're wealthy and high status, "I'm a Raytheon engineer, it's no big deal, but it's nice to have a job that makes me a six-figure income." (I knew someone who told this to every girl he met.)

Or a guy might try to convince a girl that he has an interesting personality by using pickup techniques like negging, "Ew, your dress is a little too yellow." Other guys try to impress women by complimenting them on their beauty.

None of these things are attractive to women because guys do them *in an attempt to* impress a girl. They're like the kiosk salesmen trying to stop passerby. Nothing you do to 'make a girl like you' will work.

Girls can feel that you're trying to get something from them, they can detect the subtle differences in your tone, your eye contact, and even your pauses that indicate you are acting from the seller mentality.

That isn't to say that negs are always bad, or that compliments are always unattractive, but the act of using them as a *technique* to *convince* a girl to like you is coming from an unattractive mindset.

And nothing you do from that mindset (I need this girl to like me) is going to help you succeed.

Sure, you can still hook up with a girl while operating from the seller mentality if a girl is desperate for validation or if you have great natural chemistry. But until you eradicate this mindset from your psyche, it's going to hurt your results a lot.

For example, one of the hottest girls I slept with asked, "Are you okay?" while we were having sex. Why? Because I felt I had to bring my a-game to satisfy her (because she was so hot). She noticed that something was off. She could tell I was trying to hard. And this immediately turned her off.

I never did see that girl again, and it was just one of the many times that my need to prove myself to a girl turned her off.

Everyone falls into the seller mentality occasionally, but for most guys, it's the **default**. And throughout the course of their lives, this mentality has probably cost them countless opportunities with attractive women.

So, what's the solution? How do you step out of the seller mentality and into the much more attractive buyer's mentality? It starts with understanding an important paradox in game.

The Paradox

[image]

Consciously or unconsciously, we measure our interactions with women according to some goal we have. That goal might be to make the girl laugh, to get her number, to sleep with her, etc. Your goal is based on your personal expectations of what kind of result you should strive for with a particular girl.

We fall into the seller mentality to reach our goal. We assume that, by default, the girl won't give us her number, but if we try hard enough we can *mak*e her give us her number.

We try to sell the girl on the idea that she should give us her number the same way a kiosk salesman sells people on overpriced hand lotion.

Take away the goal, and you take away the seller mentality. Imagine if a kiosk salesman's agenda were simply to make people who crossed his path happier for having met him. He would smile, say hello to people, and start friendly conversations – all for the sake of sharing positivity.

In so doing, the kiosk salesman would be much more likeable and charming, but of course, he wouldn't make as many sales.

The same dilemma exists in game, getting rid of your agenda would help you make a better impression on girls, but because, in most cases women won't lead an interaction in a sexual direction, to do so would prevent you from getting results.

It's a paradox. You do need to lead your interactions in a sexual direction if you expect anything to happen, but if your goal is to get a certain outcome with a girl, it's very easy to come across as needy or desperate.

Solving the Paradox

[image]

The solution for this paradox comes in understanding an important nuance: wanting something to happen isn't the same as expecting it to happen. If you want a girl to like you, you'll do whatever it takes to get her to like you. But if you *expect* a girl to like you, you'll express yourself freely and genuinely, and she'll probably like you for who you are.

As you get more experienced with women, you'll start to expect women to like you, and you'll be able to lead interactions towards sex without ever coming off as needy.

But, getting to the point where you expect women to like you can be tough. That's why it can be helpful to change your goal: your criteria for success when interacting with women.

If you generally don't expect women to like you (because you're operating from the seller mentality), your goal should be to simply make girls' days better for having met you.

That's it. Your criteria for success is that the interaction was enjoyable for her. Your goal isn't to fuck her, or to get her number, or anything like that, it's just to make her day better for having met you.

Operating through this goal, you'll let go of any neediness in your interactions with women, you'll be more lighthearted and fun. As a result, you'll get increasingly positive reactions from the women you meet.

Once you get to a point where you expect women to enjoy talking with you, then (and only then) you can change your goal to something like setting up a date with the girls you like.

Conclusion

[image]

By changing your agenda, your expectations will start to change. Instead of expecting women to dismiss you or reject you, you'll start to expect them to enjoy interacting with you and to be glad to have met you.

From this point, you'll have developed an understanding of what it means to interact with women from the buyer mentality.

At first, it might still be rocky or uncomfortable when you "go for the close," but this will dissipate with experience (plus the fact that you've learned to operate from the buyer mentality in general will make more women receptive to your advances).

Then, your expectations will shift to become even more positive, and your results with women will improve even further.

It's an upward spiral, and it all starts by changing your agenda to simply, "Make her day better for having met me."

Once you get comfortable with interacting with women without needing to get something from them, you'll be able to make everything else fall into place much more easily.

How to Arouse a Girl (Before You're Even in the Bedroom)

Avery · 27 February 2018 · Archived copy · Original

If you can arouse a woman, she will be overwhelmed by a primal desire to sleep with you. Master the art of arousing women with your behavior, and you will become irresistibly seductive.



Unfortunately, most men act as if arousal is something that only happens to a woman when she's naked in your bed.

This couldn't be further from the truth. In fact, if you don't learn how to arouse a woman in casual conversation, you're probably not going to get her into your bed.

But when you do learn how to arouse a girl in conversation, she won't be able to resist her longing to be with you. Read this article to learn how to arouse a girl anytime, anywhere.

How To Arouse A Girl Part 1:

Eye contact



Psychologists have conducted multiple studies[1] in which they found that when opposite-sex strangers hold strong eye contact with each other, they experience deep feelings of arousal -and even love- for each other(1).

In one such study, not only did participants experience feelings of arousal for each other, but two of the participants (who were complete strangers) ended up getting married after the study.

The power of eye contact is subtle, yet far-reaching. Good eye contact will make women not only perceive you as more confident, but it can even cause them to experience sexual arousal for you.

Good eye contact cannot be faked. You can try to force yourself to hold eye-contact with a girl, but if doing so makes you uncomfortable, she'll notice the tension around your eyes (and your eye contact won't be a turn-on).

There's no easy solution, you're going to have to fake it 'till you make it. The easiest way to practice making strong eye-contact is through a simple exercise I developed:

Exercise- How to Make Stronger Eye Contact



Whenever you're in a public area with a lot of women, do this: make eye contact with women as they cross your path. Count to three in your head, if she doesn't look back at you in that time, look away (so as to avoid staring). If she does look back at you, hold eye-contact until just after she looks away.

BTW: Make sure to have a slight smile while practicing holding eye contact with women (otherwise you can look intimidating).

Once you get comfortable practicing your eye contact with passerby, you can start to practice with women you approach and have conversations with. Just remember, as a guideline, when she looks away, you should look away too.

At first, this might be a bit uncomfortable. That's okay, your discomfort will fade with practice. The end result is worth it. Once you get used to holding strong eye contact with women, they will feel a deep arousal for you – regardless of what you say.

(Btw, In *The Trial* you can find a third exercise for practicing eye contact that you can do from the comfort of your home.)

How To Arouse A Girl Part 2:

Physicality



Unsurprisingly, physical touch can trigger sexual arousal in a woman. But there is an important caveat, it's only touch *that she's comfortable with* that will arouse her.

The more attracted a girl is to you, the more likely she is to be comfortable with your physicality. Beyond that, if you want your touch to arouse a girl, escalate your physicality *gradually*.

The first place you can use physicality to your advantage is when you shake hands with a girl. Hold her hand a bit longer than usual to create some sexual tension (while simultaneously making her comfortable with your touch).

Then, you can touch her shoulder when she says something you like.

So long as she is comfortable with that, you can escalate further by holding her hand when you move from one place to the next.

As you escalate your physicality, she will become increasingly aroused by your touch.

But there is one nuance to touching a girl I want to share with you that makes all the difference:

Be the first to touch her, but also be the first to step back.

Say you're making out with a girl in a club. You think it's on, so you keep making out as long as possible, because the more you make out with her, the more turned on she'll be, right?

Wrong.

Physical touch can arouse a girl, but if the guy never takes a step back, it can turn her off.

Women don't want a guy who's too easy to get, they want a guy they have to work for – someone who's higher status than she is.

The best way to arouse a girl with touch is to not only initiate physicality, but also to withdraw it.

This indicates that you are a high-status guy who isn't desperate for the girl, you're in control, you don't need to chase her because you know she's going to chase you.

Sure, make out with her, but make sure that you're the one who backs off first. Sure, hold her, but take a step back

first, give her a reason to chase you.

Doing this will make you the rare guy who truly arouses women with physical touch, even outside of the bedroom.

How To Arouse A Girl Part 3:

Dominance



Dominance, in all its forms, causes women to experience psychological arousal.

When a man has enough self-confidence to behave dominantly, women can't help but feel that he is an alpha-male.

Women experience this unconsciously because our brain evolved over millions of years of evolution.

The modern woman still has a brain that developed eons ago, when we lived in small tribes of 50-150 people.

And guess what, women couldn't help but want to fuck alpha-males. Women want to have children whose genes would help them survive in a dangerous environment. Who had the best genes for that purpose? Alpha-males.

Women **still** want to fuck alpha-males, and the biggest differentiator between an alpha-male and a beta-male is his level of dominance.

In our evolutionary past, a beta-male would never take a leadership role or assert himself in any way. Because if he did, the alpha-males of the tribe would bash his skull in.

Fortunately, you can take advantage of this evolutionary program that still exists in the brains of modern women. Put simply, act dominantly, and a woman will *feel* that you are an alpha-male.

In today's culture, acting dominant won't get you killed, so you can use dominance to make women unconsciously assume that you must be an alpha-male (and therefore feel arousal for you).

The simplest way to use dominance in your favor is through leading. For example, if you meet a girl at a bar, after you've talked with her for a few minutes, lead her outdoors for a breath of fresh air.

Once you've spoken with her outdoors for a bit, lead her to the dance floor. Then, take her to a nearby bar. Continue this pattern – until you finally lead her to your place.

When moving her to another location, phrase it something like this, "Hey, let's get some fresh air." Or, "Let's check out the dance floor." Essentially, you're being dominant without being forceful.

The simple fact that you're assertive enough to move her from one location to another is showing the girl that you are dominant, that you are a leader. As a result, she will unconsciously feel that you must be an alpha-male.

Dominant Conversation

Dominance takes other forms, too. You can show dominance in conversation by being willing to disagree with a girl.

If a girl's attractive, most guys will meekly agree with anything she says. Guys do this because they don't want to create tension with the girl. Ironically, a willingness to create tension is actually an arousal trigger for women.

If a man disagrees with a woman, he's showing that he values his own opinions enough to stand up for himself. In other words, he's showing that he's not a submissive beta-male.

So, when a girl starts complaining about her co-workers, or states an opinion that you disagree with, or does anything that you don't like: express your disagreement freely. Tell her that you think she's wrong or that you don't like what she's saying.

Counterintuitively, this can arouse her because it shows that you aren't a pushover beta-male that has no authority.

Wrapping Up How To Arouse A Girl



Strong eye-contact, physical touch, and dominance will all help spark sexual arousal in the women you meet.

Most guys fail to implement any one of these three techniques. If you consistently use all three, you will be one of

the few guys who women can't control themselves around.

Remember though, if you want to arouse a girl, the first step is to make her comfortable around you. If she can't trust you, she'll put up a wall.

This is because women are physically weaker than men. If women hooked up with every guy that made strong eye-contact with them, they'd be constantly exposing themselves to physical danger.

If you want a complete guide to making women feel a deep sense of connection with you, check out The Seduction Blueprint.

Once you've established comfort, the arousal triggers you've learned about in this article will make seduction easy. Because she will want you so badly that *she* will seduce *you*.

References:

1. Mutual gaze and attraction: attraction: Huston, T. L., and Levinger, G. (1978). "Interpersonal Attraction and Relationships," Annual Review of Psychology 29:115–56.

How To Fuck A Girl So Well She'll Beg For More

Avery · 3 March 2018 · Archived copy · Original

How To Fuck A Girl So Well She'll Beg For More

(This article is about how to satisfy a woman in bed, if you want to learn how to get a woman into your bed in the first place, check out this article: How To Pull A Girl Back To Your Place.)

A beautiful woman is in your bed. She invitingly slides off her dress. She whispers in your ear, "I want you to fuck me like you've never fucked before. Can you do that for me?"

If you know what I know, you'd fuck the girl from the above scenario so well that she would become addicted to you like a drug. This beautiful woman would want you to fulfill all her wildest fantasies – repeatedly.



In the last several years, every girl I've fucked has become obsessed with me. I've had women beg me to visit them thousands of miles away. Others, who I only knew for a single night, have made up excuses to travel to my city, so they could get another "hit".

But I wasn't always good in bed. In fact, I used to be so bad that women categorized me as nothing more than a one-night-stand.

I made a lot of mistakes in the bedroom. Through years of trial-and-error, I learned from those mistakes and went from giving the sexual performance of a donkey, to that of a stallion.

With what you're about to learn, you can skip much of the awkward learning phase I had to go through – and quickly become a source of irresistible pleasure to every woman you sleep with.

Use the four keys to killer sex I'm about to share with you to learn how to fuck a girl so well she'll beg for more.

Key 1: Dominate Her



In his book, *Why Women Have Sex,* Evolutionary psychologist David Buss writes, “Sexual submission is a popular sexual fantasy among women. A study of 141 married women discovered that the fantasy ‘I imagine that I am being overpowered and forced to surrender’ was the second most common fantasy out of the list of fifteen.”

For many women, the idea of being desirable to a man is in itself is a turn-on. For women, one of the greatest sexual experiences imaginable is that of being so attractive to a man that he can’t help but dominate her.

This fantasy, counterintuitively, is about power and control. The woman is powerful because her appeal is so overwhelming to a man that he can no longer control himself, he *must* ravish her.

I have to make very clear that you have to be careful when interpreting this. Obviously, women don’t want to be forced to have sex against their will. But, the idea of being so appealing to man that he becomes overwhelmed with desire is a huge turn-on.

If a woman is giving you any form of resistance or says no, you need to stop what you’re doing.

However, the more you can make a woman feel that you are overwhelmed with a deep-seated desire to dominate her, the better.

What does this look like? When making out with a girl, you might want to slam her against the wall (obviously gently enough that it doesn’t actually hurt her).

Or, if you’re on the couch with a girl, and things start to get heated, you can pick her up, carry her to the bed, and throw her on the bed before getting on top of her.

Dominance generally means taking the lead and asserting yourself. You want to take on the spirit of being a wild animal who’s completely lost in the act. Essentially, you are *possessed* by your desire to have this woman.

(I have to say – because someone could misinterpret the nuance of this- during all of this, you still need to be aware if she gives any sign of hesitance or disinterest, and if she does, stop what you’re doing.)

Verbal Dominance

Dominance can be verbal, too. Just before sex is the best time to compliment a girl on her appearance. This is because a. It makes her feel desirable which is a turn-on. and b. Sex is a vulnerable act, and many women have insecurities about their appearance.

By complimenting her on how good she looks as the layers of clothes come off, you can help her feel sexy. You can compliment her however you like, call her sexy, beautiful, etc. What matters is that you get across the idea that she is irresistibly attractive and desirable.

You can also tell her what to do. Make commands like:

“I want you to go down on me.”

“Close your eyes.”

And “That’s perfect, keep doing that.”

Ushering commands can help her fulfill her submissive fantasies by giving her the feeling that she is under your control.

Not all women like to be dominated. Some are more neutral, and some prefer to be dominant themselves. Make sure to pay attention to how she responds to your dominant behavior, if it doesn’t seem to get her excited or to turn her on, you may want to use less dominance.

Every woman is different, and your ability to respond to a particular girl’s desires is an important aspect of fucking a girl well (we’ll dive deeper into this concept soon.)

Key 2: Tease Her



When learning how to fuck a girl well, teasing is powerful because it acts as a pattern interrupt. Usually, when a guy starts making out with a girl, he does everything he can to escalate towards sex. He pushes, further and further.

There's nothing inherently wrong with that. But, when a guy teases a girl by taking a step back or withdrawing a bit, it will take the girl off guard.

She thought she was about to experience pleasure, and you've just taken that away from her.

She'll be desperate to get the good feeling she lost back, and this will make her start to sexually chase you.

Here are a few examples of how you can use teasing in the bedroom:

- You can kiss her down her stomach, and just as she thinks you're going to go *there*, go back upwards.
- If you're fingering her, just as she's getting extremely aroused, you can stop and go back to just making out.
- While making out, you can withdraw to make her have to come to you to reinitiate.

Teasing may seem to contradict being dominant. But they actually compliment each other by accentuating each other.

Dominance is hot, teasing is cold. After you withdraw by teasing, using dominance again will have double the effect (and vice versa).

Teasing makes you a challenge, it makes her feel like she has to work for you.

With it, you can make her doubt whether you're going to fuck her, and then ravish her. The unpredictability of the experience will make it all the more seductive to her.

Key 3: Escalate Gradually

Men are often so focused on their end goal of sex, that they fail to enjoy the process leading up to it. For women, sex is only as good as the foreplay that came before.

She should already be on the brink of orgasm when you enter her. Afterwards, anything you do will bring her over the edge – not just once or twice, but many times.

There's no one right way to do foreplay, but I almost always use both my fingers and my tongue.

Fingering

It's all about tempo. Start slowly and gently with your fingers, and as she gets wetter, intensify the stimulation. Once she's lost in her arousal, you can enter her with one or two fingers. Again, start slowly, and intensify the pace.

This is a great place to use some teasing. You can intentionally reduce the stimulation or even remove it completely to make her want you that much more.

Cunnilingus

Don't worry about the specific techniques you use with your tongue. Instead, focus on variety. Try different things: the tip of your tongue versus the top of it, an up and down motion versus side-to-side, gentle stimulation versus more forceful.

Notice how she responds to each variation. If she seems to particularly like something (you should be able to tell), double down on that.

In general, you want to use variety. But once you think she's close to orgasm, you want to continuously use one type of stimulation to get her over the edge.

You can tell she's close by the fact that she'll get extremely wet, her muscles will start to stiffen, and she will seem

to start to lose control of herself. It's not an exact science, you'll have to develop your awareness of this through practice, but your intuition will usually be right.

Key 4 Communicate



You can use dirty talk during sex if you want. It can be fun, but it's certainly not necessary for mind-blowing sex.

Talking after sex, though, is essential.

Candidly discussing sex with a girl will help make her more comfortable with you. Many women have insecurities about sex, having a real conversation with you about it can help her let go of those insecurities when she's with you.

Furthermore, discussing sex can help you understand what she likes so that you can give her more of it.

When talking about sex, it's imperative that you don't sound insecure. Questions like, "Did you like that?" or, "Was that good for you?" are counterproductive because they make you sound unsure of yourself.

Sounding insecure is in itself a turn-off. Plus, you're not going to get honest answers to those questions because she's not going to want to hurt your feelings.

Frame questions positively. Instead of asking, "Did you like that?" Ask, "What did you like most about that?" Instead of asking, "Did you orgasm?" ask, "What was the strongest orgasm you ever had, and what caused it?"

Ask about what she likes, what she wants more of, and definitely ask her what sexual fantasies she has. You may not be able to help her live out her exact fantasy, but you might be able to do something similar.

For example, if the theme of her fantasy is being dominated, you can use that knowledge as an indication that you should use more dominance. If her fantasy involves being dominant, you could give her an opportunity to live that fantasy out, too.

Get creative with how you discuss sex. The above should give you some starting points, but the conversation should be organic overall, not completely scripted.

Conclusion- How To Fuck A Girl So Well She'll Beg For More



Using the four keys to mind-blowing sex you just learned, you'll be able to give any woman an unforgettable experience.

With practice, you'll even be able to give women who've never had an orgasm their first climax, and you'll give other girls multiple orgasms like they never imagined possible.

Of course, being able to fuck a girl well is important, but it doesn't matter unless you know how to attract high-quality women in the first place. That's why I created The Five Pillars of Success With Women.

There are thousands of hours of videos you can watch on YouTube and countless articles you can read about getting more dates. But how much of that content translates to real world results?

Not much.

After reading this article, you can tell I'm dedicated to giving you practical, step-by-step advice that works. This isn't fluffy self-help designed to give you a temporary dopamine spike, this is real strategy designed to help you get measurable results.

And if you really want success with women, the best way to achieve it is with a focused, comprehensive guide that will take you from A-Z.

That's exactly what the Five PIllars of Success With Women is.

The Paradox of Game – Comfort Vs. Attraction

Avery · 12 March 2018 · Archived copy · Original

Every seduction has an element of danger to it, that's what makes it exciting. If the thought of sleeping with you feels completely safe, then it's also boring. In fact, it's a lack of dangerousness that lands many men in the friend zone.

At the same time, too much danger will make a girl uncomfortable. If you seem genuinely threatening or lacking in empathy, that will turn a girl off. Therefore, for a seduction to be successful, you must make a girl feel comfortable with the idea of being alone with you.

[image]

This is one of the great paradoxes in men's dating advice – comfort vs. raw sexual attraction. Most of the advice that we learn from popular culture teaches us how to make women comfortable. We're taught to befriend a woman, to give her time, attention, and praise, until she is so charmed by us that she decides to date us.

There is truth to this advice, but it's only half the puzzle. In fact, it's so incomplete that frustrated men created an entire community of Pickup Artists to teach men the other half of the game. PUA's teach men how to be exciting, challenging, and yes, even dangerous.

Unfortunately, PUA's focus so much on teaching men how to be intriguing, that they neglect the other side of the coin. Rarely do these men teach aspiring Casanovas how to make a woman feel special and how to make her trust you – both emotionally and physically.

Generally, the behaviors that make a woman feel sexual attraction for you, make her a bit less comfortable with you, and the behaviors that make a woman feel comfortable with you, make her less attracted to you.

In this article, we're going to solve this paradox so that you are able to simultaneously make women feel a powerful sexual attraction for you **and** comfortable enough with you to be happy to express that sexual attraction for you in a bedroom.

First, we must explain exactly what makes a woman feel comfortable with you, and what makes her feel sexual attraction for you – and how to successfully intertwine both.

The Importance of Comfort

[image]

Nice guys are masters of making women feel comfortable. They never do anything that might cross her boundaries. These guys avoid sexualizing their interactions: they don't touch the girl they like, they don't talk about sexual topics, and they give the girl every impression that he likes her as a friend.

Of course, nice guys are too safe. They don't represent a "sexual threat" in any shape or form. If a girl were alone in a bedroom with a nice guy, he probably wouldn't do anything more than cuddle with her (I know because I've been in this situation in the past).

Although the PUA community generally belittles nice guys, comfort is vitally important to women, for a couple reasons:

-First, if a woman doesn't trust you, she's not going to want to be alone in a room with a man who's probably twice her size and totally capable of harming her. This is a danger that women are acutely aware of. If a girl doesn't trust

you, she's not going to put herself in a physically vulnerable position with you.

-Second, if a woman doesn't trust you, she's going to think you're a player who is only interested in fucking her and then never talking to her again. Now, women aren't necessarily opposed to having a one-night-stand, but for them, seduction is far more emotional than it is physical. She needs to feel like you care about her as a person, instead of just seeing her as a sex object to be disposed of.

You're rarely going to hear a pickup artist talking about how to be a good listener, how to make a girl feel good about herself, and how to have meaningful, emotionally vulnerable conversations. Yet, these are all important seduction skills you should have at your disposal.

When you create comfort, you're basically showing a girl that you care about her. This is important, because when we think someone cares about us, we don't think they will do anything to intentionally hurt us.

Of course, comfort by itself, is boring, unstimulating, and stale. Therefore, there must be an element of danger as well to spark raw sexual attraction.

Sparking Sexual Attraction

[image]

I've had many former students completely neglect the importance of comfort. They will walk up to a girl and immediately try to create sexual tension by being confrontational. They will tease the girl, disqualify themselves, and generally make themselves seem uninterested in her.

An element of challenge is fine, even desirable, but too much is completely unrelatable for a girl. If she thinks you don't like her as a person, why is she going to *like you* as a person? She won't.

These "challenging" guys tend to have short interactions that usually end in groups of girls saying, "We need to use the bathroom."

The fundamental problem with PUA advice is that it conveys the message that you shouldn't show a girl you like her. It's true that you can show too much interest, but it's equally true that you can show too little interest.

If a girl doesn't think you like her as a person, then there's no comfort and she's eventually going to lose interest in talking to you even if she's sexually attracted to you.

If you make it too obvious you want to sleep with her, you can come across as either unempathetic or desperate. Both of which are, of course, unattractive.

For example, teasing is a great way to create sexual attraction (because it shows that you're not afraid of her rejecting you which implies you must be high value). But too much teasing will start to feel like bullying.

If too much of what you do is geared towards showing that you are sexually attractive, you can make it so the girl doesn't trust you.

The Paradox Solved

[image]

To make a girl comfortable with you, while also showing her that you sexually attractive, you must first diagnose your weakness.

Chances are, you're good at either creating sexual attraction or comfort, but not both. Answer the following questions to know which area you need to work on:

- Do I regularly end up in the friend zone?

- Do girls tell me I'm nice?
- Do I often hesitate to make a move on a girl I like?
- Does the idea of directly complimenting a girl on her looks cause me to feel resistance?

The more of those questions you answered yes to, the more likely you are great at making women comfortable, but not at making them feel sexual attraction for you.

Now, answer the below questions:

- Do I get harsh rejections from girls regularly?
- Do I get labeled as a "player" by the girls I meet?
- Do I make out with girls, but then never see them again?
- Do women frequently give me last minute resistance?

The more of those questions you answered yes to, the better you are at creating sexual interest, but without creating enough comfort.

Chances are, you are better at one of the two above skillsets than the other. If you're a guy who makes women feel comfortable with you, but doesn't sexualize interactions enough, then you should work on your attraction game:

Practice making stronger eye contact, play around with push-pull, and show more sexual intent.

If you're a guy who has no problem creating sexual attraction, but doesn't make women feel comfortable, then you should work on your comfort game:

Practice being a good listener, being charming, and calibrating effectively.

[image]

The solution to the paradox is in balancing the two sides of it. Too much comfort is boring, too much sexual attraction is discomforting. Improve upon the skillset that you're lacking in, until you hit the sweet spot.

You'll be able to judge the progress you're making by the way women respond to you.

Notice the patterns. Are you getting too many harsh rejections and numbers that don't respond? Not enough comfort. Are girls happy to talk to you for an hour, but it never leads anywhere sexual? Not enough sexuality.

This is a learning process that doesn't happen overnight. You must be willing to analyze yourself honestly so that you can find out what women aren't getting enough of from you – comfort or sexual attraction.

Men have so much difficulty understanding what women really want because women want two contradictory things: comfort and raw, dangerous sexuality. To seduce a woman, you must give her both things simultaneously.

Make strong eye contact, but also show interest in her stories. Be mysterious, but also be trustworthy. Intrigue her with your charisma, but also make her feel like she's charismatic.

This is all paradoxical, but that's what makes it so exciting. If the formula were easy to break down and master, seduction would be too predictable and mechanical to be any fun.

Put simply, the solution to the paradox is to acknowledge that it exists, discover your current weakness, and then experiment until you find a good balance between comfort and raw sexuality.

How to Seduce Her

Avery · 13 March 2018 · Archived copy · Original

Seduction is an emotional process in which your words and actions fan the fires of sexual desire in a woman. Seduction is not simply picking a girl up, it's making her lust for you.

Most dating advice teaches men how to chase women. That's what picking up a girl is to the majority of men, impressing her, trying to get her, and generally convincing her that she should date you.

Seduction is the opposite, it is making a girl want you so badly that *she starts to chase you*.

When we think of seduction, we usually think of something that takes place in the bedroom. This couldn't be further from the truth. Seduction doesn't happen in the bedroom, what happens in the bedroom is an extension of a successful seduction.

[image]

The moment a girl consciously wants to sleep with you, she has been seduced. This rarely takes place in the bedroom, it happens when she realizes that you are a source of incredible sexual value.

Seduction isn't so much something you do as it is *something you are.* When you are seductive, women will be seduced by your personality naturally.

This isn't to say you should never use a particular strategy or technique, but who you are is much more powerful than any specific thing you do.

[image]

It's important to understand that a woman will rarely initiate sex, even if she is completely enamored with you. Women fear rejection just as much as men, if she really likes you, making a move on you represents a risk of getting hurt.

This creates a catch-22, how can you make a girl chase you when you have to make the first move?

A woman's way of making a move isn't leaning in to kiss you, it's removing obstacles to sex.

For example, she might mention that she's not doing anything the next day. Or, she may casually point out that she has a bottle of wine she's been wanting to break open. Other will be more direct and point-blank compliment you on your attractiveness.

Each woman is different, but you'll know a woman is being seduced by you when she makes it easy for you to sleep with her.

You will still have to make the move, but if you have seduced her, she will be excited when you finally do make that move (as opposed to hesitant).

What Makes A Man Seductive?

If you want to know how to seduce her, you must know how to be a source of value to her. We only chase that which has value to us.

To an extent, what has value is personal. Every woman wants different things. To a traditional, conservative girl,

stability has a lot of value. To a more adventurous, liberal girl, spontaneity will have much more value than stability.

Although each woman is different, there are some traits that are almost universally attractive. It will benefit any man to cultivate these traits in their own life.

Fun

[image]

Fun is a drug everyone wants more of.

Why do people go to clubs? To have fun. Why do people go to concerts? To have fun. Why do people play video games? To have fun. And the list goes on and on.

Pretty much everything we do voluntarily, we do for the sake of fun.

If being around you is fun, then your personality will be seductive.

At its core, fun is about not taking things seriously. Most men take dating very seriously. If they end up sleeping with the girl they like, they've "won," and if they don't, they've "lost".

Guys often see dating as a chore as opposed to something that should be done for its own enjoyment.

Men try to act suave and cool around women. Little do they know women are most attracted to the guys that don't give a shit about whether they seem cool.

Everyone has a fun side. You have a fun side. As soon as you stop caring whether a girl likes you, and you just interact with her because you enjoy it, you'll be able to have fun with her.

You don't have to try to be fun, you will be fun when you stop trying to make a certain impression. Fun is natural, children have tons of fun interacting with each other, but when they grow up they stop expressing themselves naturally.

If fun is particular challenge for you, try making fun of yourself. Tell embarrassing stories that you think people will judge you for. Even better, go to a club and dance like a moron on purpose.

For some guys, their fun side is deeply buried, and in that case the best way to bring it out is to intentionally make a fool of yourself. Doing so will force you to let go for a moment which will help you realize that what people think about you doesn't matter.

Realness

[image]

Most social interactions are very surface level. When someone is real – when someone isn't wearing a mask – we can feel it, and we are attracted to that realness.

What makes someone fake? The desire to be perceived in a certain way.

Total realness means total acceptance of what people think about you: it means letting the chips fall where they may.

We're fake when we focus on the outcome we want. I remember consciously trying to talk in a deeper voice because I wanted people to think I was cool, that was me being fake. I remember bragging about my sexual experiences to seem attractive, that was me being fake.

How do you become more real? By accepting your quirks. The things that you think are embarrassing or unattractive about yourself are probably the parts of you that are the most human and relatable.

I used to think my nerdiness would turn girls off. I made a point to hide my interest in video games, sci-fi, and the like from women.

Eventually I stopped caring, and I found that talking about these kinds of things would get girls to talk about their own nerdy interests, which would give us something to connect over.

The parts of my personality that I thought would turn girls off, made me more attractive. You may be shocked to find that the same is true for you.

Wrapping Up How to Seduce Her

When you embody the traits I outlined in this article, seduction will occur naturally. You will still need to lean in to kiss her at some point, but she will be excited for that to happen. She will make it as easy as possible to sleep with her.

Learning how to seduce her is about becoming seductive. And yes, getting in better shape, improving your style, etc. will all help – but the most seductive quality a person can have is a fun, real personality.

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How To Be An Attractive Man – 4 Key Tips

Avery · 31 March 2018 · Archived copy · Original

After hours of research, I had found what I thought to be the perfect pickup line. I walked up to a beautiful girl and said, "Hey, I thought you were cute, and I had to say hi." She smiled, said thank you, and we talked for a couple minutes until she paused and said, "It was nice to meet you," and walked away. I never saw her again.



I've read dozens of books teaching men how to attract women with lines, tactics, and tricks. But after 10 years in the game, thousands of approaches, and yes, a good number of "lays" – I've found that attracting women isn't something you can force. In fact, the harder you try to get a woman to like you, *the less attractive you will be to her.*

When that girl from the above example rejected me, I could have blamed it on the line I used. But truthfully, no matter what I said, the result would have been the same. This is because attraction isn't something you do, it's something you are.

Of all the times I attracted a woman, not once did I attract her because of some technique I used. Every single time, I attracted her because of who I was.

There's a saying, "The self is always shining through." Basically, no matter how hard you try to "make a girl like you" using some tactic, it won't work because *using a technique to attract a woman is in itself a form of overcompensation.*

We only use techniques because on some level we don't believe we're good enough by default, so we try to make up for our inadequacy with a line or a trick(1).

I can't teach you how attract a specific girl using techniques, but I CAN teach you how to be an attractive man who naturally draws women in.

There's no quick-fix. Becoming the most attractive version of yourself requires that you invest both time and effort

in yourself. But the end result is easily worth it. Over-time – by following the 4 tips in this article – you will become exponentially more appealing to the opposite sex.

How To Be An Attractive Man Key 1:

Develop your Self-Confidence



It's no secret that self-confidence is attractive, but what is it, really?

If asked, most people would say, "Self-confidence is belief in yourself." And that's true, but there's a key component missing in that definition.

Self-confidence isn't just belief in yourself, it's the belief that everything will turn out okay when you attempt something.

Self-confidence doesn't mean you expect every girl to like you, it simply means that you're okay with the consequences of taking a risk, even if the girl doesn't like you.

When we lack self-confidence with women, we think that rejection is the worst thing that could happen to us. That fear causes us to filter ourselves in conversation, to adopt defensive body language, and even to speak with a weaker vocal tonality.

Our inner lack of confidence causes us to behave less attractively. The more confident you become, the more attractive you will be – because you'll stop getting in your own way.

How do you actually do that? Well, how do we become confident in anything? Take driving for example. We become confident drivers by giving our brains proof that when we take the wheel, disaster will not ensue.

Every time we drive – and we live to tell the tale – we become a little more confident in ourselves as a driver. The same applies to dating. Every time you take a social risk, and come out the other side unharmed, you will become a little bit more confident.

For example, the more women you approach, the lower the stakes will feel when you walk up to a girl, because you'll become comfortable with the possibility of getting rejected.

What this means will vary from person to person. For many guys just starting their journey, the first step to developing self-confidence will just be getting out of the house, for others it will be something bolder.

As you develop your self-confidence, you will become more attractive to women. Fortunately, if you utilize tip 4, the process of confidence building will largely take place automatically.

The most important take-aways from this are that you can't fake confidence, and that it will take time to develop – BUT your level of confidence is completely under your control and improving it will make you more attractive.

Further resources on how to become more confident:

- This article titled how to be more charismatic applies just as well to self-confidence and gives you an in-depth how to guide on letting go of your social insecurities.
- The video below goes into detail about the mindset of confidence with women.

How To Be An Attractive Man Key 2:

Develop Standards



The more women you're willing to reject, the more attractive to women you will become. This is counter-intuitive, but it's true.

If there is one thing that turns women off more than anything, it's neediness. A guy acts needy when he is so desperate to be with a girl that no matter what she does or says, he would still sleep with her.

Neediness is suffocating. It shows that you take getting with a girl way too seriously and that you see yourself as incapable of getting another girl of her caliber if you wanted to.

Most of the guys I've met who have trouble attracting women (and there are many) have a problem with neediness. They see girls as a means to an end. They will happily sleep with any girl because that makes them feel like they "won".

Men with this mindset don't meet women to connect with another human being, but to get a sense of accomplishment from sleeping with a girl.

These guys don't have standards for themselves. They see a hot girl as a prize to be won, so they are desperate to get her. Her personality is irrelevant. Her values are irrelevant.

When you see women as mere sex-objects, it's impossible to have a real human interaction with them. And, naturally, a man who sees a woman as a human being is much more likely to attract her than a man who sees her as the fleshy equivalent of a gold coin.

The best way to eliminate this neediness that derives from seeing attractive women as prizes is to develop standards. Instead of being the guy who will do anything to get with the hot girl, you want to be the guy who's interested in the hot girl but hasn't decided if he wants to sleep with her yet.

Just like confidence, this can't be faked. Pretending that you have standards by disqualifying a girl or negging her won't make her see you as a high-status guy. You have to develop actual standards.

A good place to start is to make a clear list of what you won't accept in a woman you're considering dating (in whatever capacity). For reference, here's a few of the things I won't accept in a woman:

-If a girl has any kind of drug addiction, I'm out.

-If she's unhealthily narcissistic, I'm out

-If she has a negative mindset, I'm out.

-If she is uninteresting, I'm out.



When I'm interacting with a woman, I'm screening her for the above traits. She might be a perfect ten in appearance, but if she's narcissistic and uninteresting, I'm not going to sleep with her. To do so would be selling

myself short.

The only reason I would sleep with that girl is because it would give me a sense of ego-gratification. I'd be doing it, so I could tell my friends about, not because to do so would actually be enjoyable.

In my experience, at least, sex is better when you actually like the person. Physical attraction is important, too, sure. But I've been with extremely beautiful women in the past who I didn't have any chemistry with – and it was crappy.

Writing a list of the things you won't tolerate in a potential sexual partner and rejecting women who don't meet those standards is a powerful strategy for becoming more attractive to women. (Btw, it's also useful to write a list of the things you do want in a partner.)

When you're interacting with a beautiful woman and you're willing to reject her depending on what she does and says, the entire dynamic changes. Instead of acting like a guy who would do anything to get laid, you will act like a guy who has an abundance of options.

Your non-neediness will make you infinitely more attractive than all the desperate guys pining after her. But this starts with taking a moment to write out what you want (and don't want) in a girl you're considering having a sexual relationship with.

How To Be An Attractive Man Key 3:

Improve your Appearance



Looks matter. The better looking you are, the higher percentage of women will make it easy for you to pick them up. At the same time, no matter how unattractive you are, some percentage of women will be attracted to you if are confident, non-needy, etc. (and that percentage is probably higher than you think).

There are two important misconceptions about looks that must be cleared up:

1. Waiting to get in shape before meeting women is a silly idea.
2. Your looks matter, but they don't exist in a vacuum.

A lot of guys realize that looks matter, so they decide that once they've got their looks "handled" they'll start approaching women. This is problematic because it can easily turn into a form of procrastination. Your appearance is something that you can constantly improve, but you'll never reach a particular point where you've "made it". Furthermore, improving your looks won't make game easy. I've seen numerous good-looking guys fail at game. These guys expect their looks to do all the work for them, but truth is you still have to be very confident and assertive to succeed with women.

The vast majority of guys don't have the confidence necessary to take a woman home, and that's something you can only develop through practice. Thinking you look good helps, but it's not magically going to make you comfortable with social risk taking –(if only it were that simple).

Improve your appearance while also improving your social skills. It's not one or the other, it's both. Focusing on your looks while neglecting to actually interact with women is a recipe for failure.

Social skills, confidence, and physical attractiveness are all important when it comes to dating, don't sell yourself short by improving one and neglecting the others. To do so would be as silly as learning how to shoot in basketball, but not how to dribble or pass.

That said, you can make a staggering improvement in your appearance in the course of a single day. Get a high-end salon haircut. Buy some clothes that fit well and don't make you look like you live in your mother's basement. Simply dressing better and having a sense of style will make you more substantially more attractive. It's not going to make up for a lack of confidence and experience, but it's a good start. And really, 95% of guys in the seduction community have plenty of room to improve their style.

I'm no expert on fashion, but here are a couple resources you can look at to get started with:

- http://masculine-style.com/rugged-refined-and-rakish/
- https://www.youtube.com/watch?v=FiAubtXLnFs

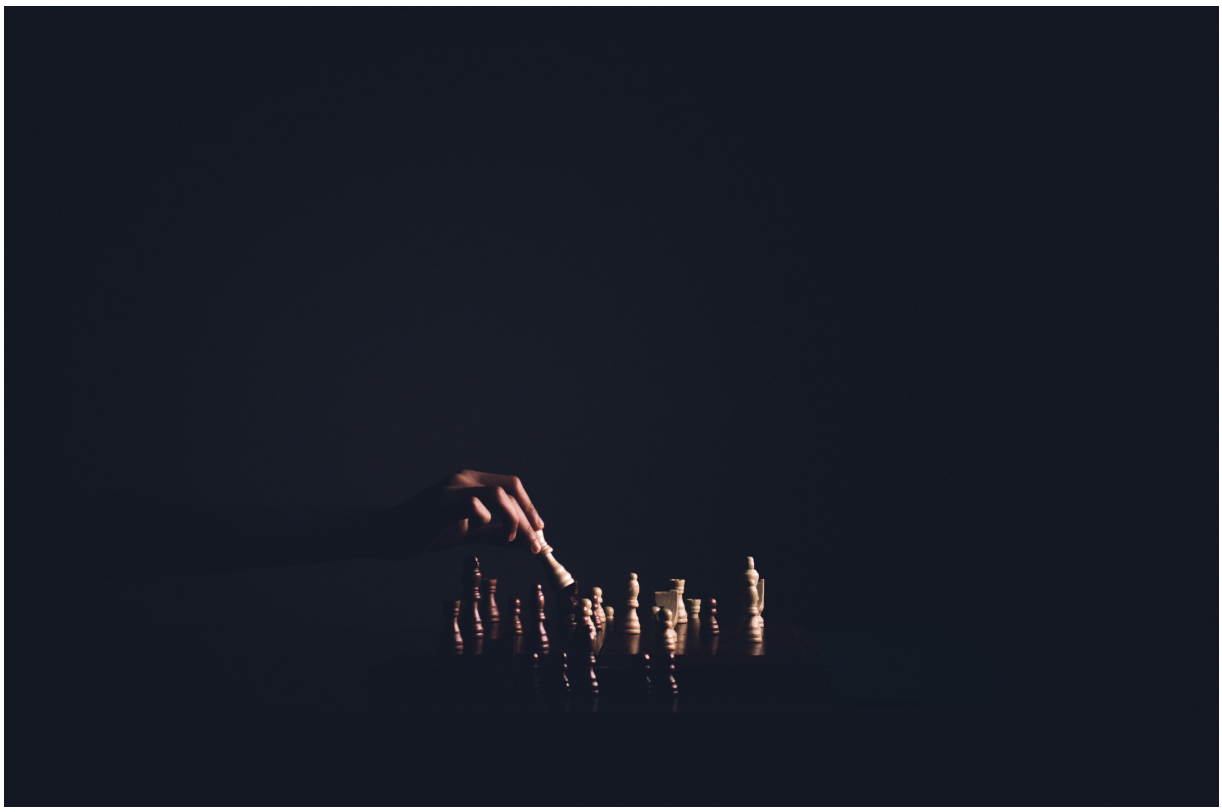
Obviously, when it comes to improving your looks, style is only half the battle. There's no reason not to be in good shape. If you're not already working out regularly, the easiest way to start is to go to the gym with a friend of yours who's already in good shape.

Having a gym buddy will help keep you accountable to working out even when you don't feel motivated. Plus, if your friend is in good shape, they'll be able to help provide you with guidance.

If you don't have a friend who can help you, there's an unlimited number of fitness guides you can download. Find someone you resonate with and trust and follow their plan. If you have trouble being consistent, get a trainer to hold you accountable and provide guidance.

How To Be An Attractive Man Key 4:

Treat Dating Like A Skill



Whatever you want to accomplish in life, there are certain elements that are outside of your control. – If you want to be a doctor, a low IQ is a disadvantage that's outside your control. – If you want to get rich, having a poor family is disadvantage that's outside your control. – If you want to date beautiful women, factors like your height, race, etc. can be disadvantages that are outside your control.

Dating coaches who say factors like your race and height don't matter are lying. Sure, they matter, but they're out of your control: worrying about them is *only going to hurt you.*

When you tell yourself, "Girls don't like Asians," you're going to see your interactions with women through that lens. If you walk up to a girl, and she rejects you, you're going to say, "It's because I'm Asian. If I were white that wouldn't have happened."

This narrative becomes a self-fulfilling prophecy. When you're interacting with a woman, and you expect her not to like you, you'll act different than if you expect her to like you. Your insecurities will show up in your behavior, and when she rejects you, you'll think, "It's because I'm Asian." Then you'll become even more insecure, women will like you even less, and so on.

You can't change your race, but you can change many of the other factors that create sexual attraction. The guy who wants to get rich but has a poor family can work twice as hard as his competition, and within a few years he can get to a point where he's making a six-figure income.

Similarly, a short Asian guy with a below average face can succeed with women IF he works twice as hard as his competition and focuses on the factors that are under his control. His level of self-confidence is under his control, his style and fitness are under his control, and his ability to take social risks is under his control.

Look, with the above example, I said that the guy with a poor family could make six-figures, I didn't say he can become a billionaire. Being a billionaire probably requires a certain amount of luck, the right family, being born in right time and place, the right genetics, etc.

But anyone can make six-figures with enough time and effort. The same is true in dating. If you're naturally a four on a looks scale, I can't promise that you'll be able to date Victoria's Secret models, but you can still bat way out of

your league and hook up with attractive girls.



By treating dating as a skillset, you can date higher quality women than you would otherwise. If you fixate on whether you can get “perfect tens” you’re just going to cause yourself frustration.

We have these fantasies, whether it’s to be a billionaire or to sleep with “10s”. These fantasies stifle us because they’re so far outside of our reality. Worry about pulling “10s” when you can already pull “9s” easily. Treat dating like a skillset by taking it one step at a time. Don’t spend much time learning how to build attraction when you still have crippling approach anxiety.

- I know a guy who’s great at getting women attracted to him, but he always chokes by leaving the interaction before anything sexual can happen. He would massively improve his results if he focused on leading interactions forward by inviting the girl to the dance floor, to another area, etc.
- I know another guy who is great at opening girls, but he’s so quiet they don’t pay attention to him. He would gain so much by working on his volume.
- I know a third guy who is great at dating girls who aren’t particularly attractive. But he won’t even approach girls who he thinks are pretty. He’s unnecessarily limiting himself to only date women that are far worse looking than he is!

I could give countless examples like the above. No, these guys can’t change their race, but they can learn to lead interactions forward, to speak louder, or to approach more attractive women.

In dating, there countless factors that are under your control. Worrying about the things outside your control is silly when there are so many things you can proactively improve on.

Don’t think about your race, think about your confidence. Don’t think about your height, think about your inability to approach attractive women.

Treat dating as a skill, and you can improve your results dramatically. Treat it like something entirely based on your genetics, and you’ll just drown yourself in self-pity.

Skill Only Comes with Practice



The other key to treating dating like a skill, is to practice. If you spent 5 hours a week reading about how to pass a basketball, but never went out and played the game, people would think you're an idiot.

Yet it's common for guys to spend dozens- if not hundreds – of hours learning about how to attract women, without going out into the world and practicing. Intellectual learning is only useful if you're spending most of your time in the real world getting real feedback.

Imagining what a good basketball shot looks like is completely different from taking the actual shot. Similarly, imagining what a good approach looks like is completely different from doing the approach. Information is only helpful to provide some guidance, it can't do the work for you. Only real practice can.

It's a lot easier to read about picking up women than it is to actually do it. I know this as well as anyone. When I first learned about the seduction community, I spent over a year watching videos without doing a single approach. Was it helpful? No. If anything, my social skills got worse because I became so overanalytical. Learning how to attract women without practicing is just as absurd as trying to learn any other skill without practicing.

Treating dating like a skillset is difficult. It takes patience, time, and effort to do so. Here are some resources that can help you if you get stuck:

1. https://www.amazon.com/Trial-Transform-Dating-Eight-Weeks-ebook/dp/B06XV14VDN/ref=sr_1_3?s=digital-text&ie=UTF8&qid=1521851329&sr=1-3&keywords=real+social+dynamics.
2. Skype Coaching. A good coach will help you stay motivated and learn faster than you would otherwise because he has a good sense of how to learn this skillset. A. https://www.toddvdating.com/online-coaching/ Todd is very experienced and a great analytical thinker. With his popularity comes a high price tag, though. B. https://rptheory.lpages.co/transformative-coaching/ First session is free, so you can get a sense of whether it's going to be helpful to you without having to pay anything.

Conclusion: How To Be An Attractive Man



There you have it, how to be an attractive man. Any of the four tips can change your life individually, but master all four and you won't believe the successes you'll have.

Reading is how to do this is the easy part, becoming more attractive to women is a long-term process. Remember, anyone who tells you it's going to be easy – that you can use some "hack" to succeed with women – is more interested in making money than in helping you improve.

Changing your life is hard, but what's the alternative? Approaching women can be painful, but not nearly as painful as it would be to settle for a woman you're not happy with because "she was the best you could get" (which is what the majority of men end up doing).

Fortunately, most of the factors that make a man attractive to women are under your control. If you're willing to treat dating like a skill, you can master it.

References:

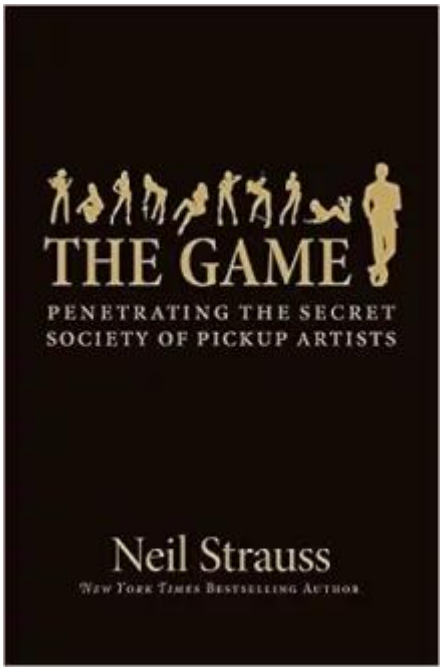
1. This isn't to say you should NEVER use a technique. They can be useful to get a feel for a principle of social dynamics that you don't naturally utilize. For example, if you're a nice guy, it could be useful to practice using some push-pull to get a feel for what being polarizing means and to get comfortable with being less agreeable. The technique isn't going to attract women on its own, but it might help you get over your insecurities/limiting beliefs.

PS: Irresistible: How To Attract Women With Ease is now available for pre-order, follow the link today to get it at a for only .99 (an 80% discount) : https://www.amazon.com/Irresistible-How-Attract-Women-Ease-ebook/dp/B07CVSPDR8/ref=sr_1_7?ie=UTF8&qid=1525717896&sr=8-7&keywords=avery+hayden

The Five Stages of Learning Game: Part 1, The Over-Analyzer

Avery · 2 April 2018 · Archived copy · Original

When I turned the last page, my reality had been shattered. Everything I thought I knew about women and sex had been thoroughly disproven by this revolutionary book.



My mind was racing with possibilities. I spent the next year of my life researching "game". I read articles, watched Youtube videos, and even bought expensive products. I had come across a goldmine of knowledge, and by using it, I would be able to attract women like I never thought possible.

Of course, in that year of research I didn't approach a single girl. I was still learning, I needed to have a sound intellectual understanding of seduction before I actually practiced it: or so I thought.

I had fallen for a common trap. I read *The Game*, and I was inspired to change my life . . . but I was terrified of the idea of cold approaching women. So, I spent a year mentally masturbating by consuming an endless sea of content.

I spent an entire year stuck in the first of the five stages of learning game. If I had known what I was doing is a common mistake that can only lead to frustration, I would have sucked it up and started to meet women in real life much earlier. I would have taken an entire year off my learning curve for game.

The purpose of this series is to help you avoid making the costliest mistakes I've made. In it, I'm providing you with a framework – the five stages – so you can understand where you are in your journey, what roadblocks you're most likely to face, and how you can overcome those obstacles.

I've broken down learning game into five major stages. Identify which of the five stages you are currently in and use the information in this article to "level up" and drastically improve your dating life.

Stage 1: The Over-analyzer

"A really intelligent man feels what other men only know." – Baron de Montesquieu

[image]

Knowledge is power . . . right? The over-analyzer has an overwhelming desire to understand the ins and outs of game: what to say to a girl, how to know if a girl is interested, etc. He thinks of attracting women as a Rubik's Cube to be solved using algorithmic, logical thinking.

The over analyzer learns about how to attract women, but he spends little time interacting with them in the real world. He thinks that if he were to approach a woman or ask his crush on a date, it would most likely lead to humiliating rejection.

In a sense, he's right. It's true that if he were to approach a woman it would most likely lead to an awkward rejection. *But he's wrong in thinking that if he learns game online he can avoid awkward rejection and skip right to the good stuff.*

At least 50% of the seduction community is perpetually stuck in the Over-analyzer stage. It's not because these men are weak, it's because they are too smart for their own good.

The over-analyzer thinks consuming online content is a shortcut to success. He replaces learning through approaching women and dealing with countless rejections with learning through osmosis by watching videos and buying products like RSD Max's Becoming the Natural.

On the surface, this is a brilliant strategy. But it's based on the fallacy that intellectual understanding is strongly correlated with practical understanding.

Truthfully, intellectual understanding and practical understanding are two completely different animals, having one mastered has almost nothing to do with mastering the other.

In fact, if you spent 100 hours learning game online, but didn't approach any women, your game not only wouldn't improve, *but it would get worse.*

If you were to try approaching a woman after all that learning, you would experience information overload. You would have so much to think about that you'd spend your entire interactions with women in your head – you'd be unable to connect with them.

Content only has two important uses:

1. To orient your mindset towards action-taking
2. To help you take the best lessons from your in-field experience.

The purpose of this article is the first, it's designed to dissolve excuses and make it clear that action-taking is the only real option.

The purpose of articles like, "How to arouse a girl," are to help you overcome sticking points. If your sticking point is approach anxiety, there's an article for that, if your sticking point is creating attraction, there's an article for that, etc.

But those articles are only helpful if you're going out, meeting women, and finding out what your weaknesses are. Then, you can use that content to help you overcome those weak points in your game.

But if you read an article or watch a video that explains how to reach the sexual hook point, but you haven't met a new woman in the last month, you're doing it wrong.

Now, you might be thinking, "That's true for a lot of people, but I have a genuine reason not to take action (I need to focus on college/ I live in a small town of only 100,000/I'm overweight and need to lose the extra pounds first, etc. etc.)

There are no exceptions, as soon as you tell yourself that in your situation, you don't need to take action – you've shot yourself in the foot.

How to Get Out of the Over-Analyzer Phase

“Life beings at the end of your comfort-zone” – Neale Donald Walsch

[image]

We over-analyze because we want a better dating life, but we don’t want to experience the negative emotions that come with approaching women.

Getting out of the over-analyzer phase starts with accepting that *there is no way to succeed with women without experiencing negative emotions.*

No product, no video, no piece of content will be able to help you get the results you want without going through emotional turmoil, period.

In fact, trying to avoid negative emotions is the root of the problem. The human brain is designed to seek pleasure and avoid pain. Because of that, we constantly search for ways to avoid pain.

This is why the most effective marketing campaigns are based on making something seem easy, advertisements that promise you can:

-Get abs in just 7 minutes a day

-Make 6 figures in less than 6 months with no risk

-Get a perfect ten girlfriend tonight (without risking rejection)

Advertisements like the above are so common because they prey on the human brain’s desire to avoid pain.

How do you outsmart this universal human bias for pain-avoidance?

Ironically, the solution rests in intellectual understanding.

Once you know that the promise of six-minute abs is nothing but a marketing ploy, you won’t be fooled by it.

Similarly, once you understand that you can’t get good with girls simply by consuming content, you won’t fall into the over-analyzer trap.

As soon as you truly accept that you can only get better with women by putting yourself out there and experiencing rejection, you’ll stop procrastinating and start taking action.

Once you’ve accepted the fact that facing rejection is the only way to get success, the next step is to create a plan of action.

Most over-analyzers have a lot of approach anxiety (I certainly did), the first step is to start going out regularly. For this to work, you need to make it a habit.

[image]

Decide how many times a week you think you need to go out to meet women. For me, it’s 3 times a week. That’s enough to make progress but it’s not so much that I’ll burn out.

Make sure to keep track of your progress. I keep track of my goal to go out 3 times a week using Google calendar. You can also do this with an app or even a simple word document (the advantage to an app is that it can give you notification reminders).

Based on the results you're getting, you may increase or decrease your weekly goal, but it's extremely valuable to set a baseline for how often you want to go out.

If you don't have a goal, it's much easier to rationalize and procrastinate. I.E. "I'll go out next week," or "I'm not feeling today."

Try this right now. Either:

– Go to Google calendar and set up a goal to go out x times per week.

– Use Microsoft Word to create a journal to keep track of your goal (set it up however works best for you)

-Download a goal tracking app and set up a repeating notification on it. Here's a couple apps that can do this: https://play.google.com/store/apps/details?id=com.rstudioz.habits

https://play.google.com/store/apps/details?id=org.isoron.uhabits

(there are similar apps on iOS)

Setting a goal like this makes your commitment real. It's no longer something you're thinking about doing, it's something you've decided to do. This gives you a lot more leverage to take action.

Once you've made a habit going out using this system, you can add on to it. For example, you can make a goal to ask a girl for her number every time you go out.

But take it one step at a time. If you don't regularly approach women, setting a goal to go out is already a big step. Discipline is the key to make a real change here.

You may not even approach a woman the first time you go out. That's okay, if you've spent your whole life without approaching a girl, it may take some time to overcome your initial approach anxiety. Just keep going out and eventually your frustration with the fact that you haven't approached will make you tell yourself, "Fuck it," and you'll overcome the anxiety.

This might happen on the first day, it might take 3 weeks, it's different for everyone. Don't give up just because the first time you go out you get a lot of anxiety or don't make much progress. Trust that if you keep putting yourself out there, you'll start taking action and making a change.

Do this, and you will get out of the first of the five stages of game. The next stage, "The awkward newb" is both a lot of fun and extremely frustrating. We'll dive into what the second stage is, and how to get out of it, in the next article.

The Five Stages of Learning Game: Part 2, The Awkward Newb

Avery · 3 April 2018 · Archived copy · Original

I took a deep breath and approached her,

“Who lies more, men or women?” I said.

“Um, is that supposed to be your pickup line?” She replied in a judgmental tone.

“Oh, sorry for bothering you.” I said, before skittering away with my tail between my legs.

[image]

The above interaction is a sample of my experience in the awkward newb stage of learning pickup. And yeah, it was pretty cringe.

But the awkward newb stage isn’t all bad. During it, every approach is thrilling and every positive response you get from a girl can give you a high that can last for hours.

Unfortunately, many guys give up on game entirely before they can get out of the awkward newb stage.

For example, 7 years ago a friend and I decided to get some girls’ numbers from our college. We were so nervous that we spent hours walking around campus without approaching a single girl.

After four hours of wandering around campus, my friend finally sucked it up and approached a girl. She wasn’t mean to him, but the conversation was pretty awkward and he didn’t walk away with her number.

My friend was so upset with how uncomfortable his interaction was that he decided he was done with game. He didn’t go out to meet women again for six months.

How To Get Out Of The Awkward Newb Stage

[image]

The awkward newb phase is a time of emotional extremes. A good interaction with a girl can make your day, a bad interaction can ruin it. If you’re in the awkward newb phase, the biggest risk is developing a negative mindset.

We all have bad days, we all get hurt by rejection sometimes. The meaning you give to those difficult experiences is going to determine whether you use them as fuel to motivate you or as an excuse to give up on success with women entirely.

If you get rejected by a girl, the voice in your head might start thinking things like:

- “That wouldn’t have happened if I was rich.”
- “That wouldn’t have happened if I was taller.”
- “That wouldn’t have happened if I didn’t have such a shitty upbringing. My subconscious mind will always screw me over.”

We all have these thoughts occasionally, what matters is that you don’t believe them. If you accept the thoughts that say you are inadequate, *you’re going to give yourself a license to fail* (as soon as you believe your failures are because of something you can’t change, you’ve given yourself an excuse to stop trying).

Notice those thoughts and challenge them. If you start thinking that a girl rejected you because you aren’t good looking enough, tell yourself, “To be fair, I was pretty nervous talking to her, and I wasn’t very fun or positive either. What can I do to improve my vibe?”

I've gone out with a lot of guys who fit into the "awkward newb" category. Many of them quit game within a few months of starting. Those who quit all let their mindset become toxic.

[image]

If you want to move past the awkward newb stage, you must take an IRRATIONAL level of responsibility for everything that happens.

Frankly, you'll never know with 100% certainty whether a girl rejected you because of your appearance, status, or because of your personality. But blaming your results on things outside your control will *never help you.*

I've never seen a guy fail with women who also had 10/10 charisma. Sure, I've seen guys with a 6/10 appearance fail with women, but they also had a 6/10 personality (if not worse).

If your personality: your "game" is a 10/10 – then (and only then) you can blame your failures on your looks.

10 years in the game and I have never seen that happen, not once.

[image]

Taking responsibility is hard. It means accepting that your failures are because of your decisions. Responsibility is a bitter pill, but it's the only way to change.

If every time you go out, you think about what you could have done differently, you're giving yourself the opportunity to improve.

Conclusion – Stage 2: The Awkward Newb

As frustrating as this phase can be, it can also be extremely rewarding. The first time you get a girl's number from cold approach, you'll get a powerful high. The first time you kiss a girl from cold approach, you'll be on cloud nine for days.

Additionally, if you get out of the awkward newb stage, you'll be able to look back at how much you've changed and feel a real sense of accomplishment.

Everyone has some rough nights out when they're new to game. What will determine your success or failure is whether you take responsibility for those rough nights and learn from them – or use them as an excuse to give up on yourself. The choice is yours.

How To Get Out of Intermediate Purgatory (The Five Stages of Learning Game Part 3)

Avery · 14 April 2018 · Archived copy · Original

When I opened my eyes, I was shocked to see her next to me. She was my definition of a "perfect 10"- Not only did she have flawless olive skin and a face that belonged on a magazine cover, but she was also extremely smart, acerbic, and confident. This was the kind of girl I had gotten into the game for, and she was lying naked next to me.

After she woke up, we talked for a while before she abruptly said, "I have a lot to do today, I'll call you a cab."

The cab arrived, she said goodbye, and then I never saw her again.

This was the beginning of my time in what's commonly known as intermediate purgatory.

I had gotten the kind of girl I wanted out of game, but I couldn't keep her. I wholeheartedly believed I was batting out of my league.

That's why the morning after we hooked up I was nervous, self-qualifying, and completely un-entitled. This woman realized that I wasn't what she had thought I was the night before (thanks to the liquid courage), and she got rid of me – justifiably.

I was an intermediate in game when I met the girl from the above story. More than anything, what defines an intermediate is inconsistent results.

Sure, I slept with a beautiful girl one night, but I didn't know how I did it, and I wasn't confident that I could do it again. In fact, I didn't sleep with another woman of that caliber for a couple years.

Most guys who go out regularly to meet women get stuck in intermediate purgatory. More than anything, it's because our ego gets in our way.

The Ego and Intermediate Purgatory



I used to frequently go out to meet women with my friend Victor. He was charming, charismatic, and extremely confident with women. He would take a new girl home on a nearly weekly basis.

But the girls he took home were less attractive than he was – *substantially less attractive*. Once he pulled a woman who was in her 50s, another time he took home a girl who weighed well above 200 pounds.

Sometimes I would point out a girl to him, and he'd say, "Yeah man, she's hot."

I'd say, "Let's approach her."

He'd inevitably reply, "Nah man, I'm not feeling it, don't force me to approach, I'll do it when I feel like it."

I would then approach the hot girl and bring her to my friend, and he would literally walk away to avoid talking to her.

This friend of mine had everything he needed to date beautiful women, yet he exclusively approached women who were well below average.

Once every few months he'd end up with a girl who was genuinely attractive, but it was highly inconsistent. He was trapped in intermediate purgatory *because of his ego*. He was unwilling to acknowledge that he was avoiding attractive women.

Intermediate purgatory takes many different forms, but the cause is generally the same.

A guy goes out regularly to meet women and he gets some kind of success. He might get girls' numbers, he might make out with girls in the club, and he might even take some girls home – but, some invisible wall prevents him from taking his results to the next level.

In my friend Victor's case the invisible wall was his unwillingness to approach the hottest girls. In my own intermediate purgatory, my invisible wall was my inability to treat beautiful women like normal human beings (I saw them as a prize to be won).

Intermediate purgatory is frustrating because it can feel like no matter what you do, you end up getting the same results. Victor tried a variety of strategies to attract higher quality women. As one example, he stopped doing cold

approach and tried “social circle game” instead.

Of course, switching to “social circle game” didn’t fix his problem. He was totally unaware of what was really holding him back.

If you asked him, he would say he had no problem approaching high quality women. Why? Because his ego was involved. It would be hard to admit to himself that he only talked to the less attractive girls, so he convinced himself the root of the problem was something it wasn’t.

We get stuck in intermediate purgatory because we develop blind-spots to ourselves. The first step to overcoming this hurdle is to grow your self-awareness.

Once you know exactly what it is that’s holding you back from making progress, you can course correct and beat that particular sticking point.

A simple way to develop this self-awareness is with the following journal exercise:

Exercise – Self-Diagnostic



A sticking point is something that’s holding you back from getting the success with women you want. A sticking point can be anything from approach anxiety to a habit of premature ejectulation.

Rate yourself from 1-100 in the following categories. They cover the most important sticking points that you can have in game. In each category, write a couple sentences analyzing why you gave yourself the score you chose.

Once you’ve done this, you’ll have a roadmap for what you need to focus on to get out of intermediate purgatory.

Before looking at an example, let’s overview the common sticking points and what they mean:

Common Sticking Points

How often do I go out to meet women? (1-100)

I know a lot of guys who will go out a couple times one weekend, but then stay locked away in their room for the next several months. Obviously, you can’t get better with women without interacting with them regularly.

How much should you go out? That's up to you. Personally, I recommend starting by going out 2-4 times a week and adjusting that over time based on your goals.

Rate yourself based on how well you're living up to your own standards. If you think you should be going out four times a week, but you only go out twice a week, you might give yourself a score of 50.

But if you're going out twice a week, and that's your goal, then give yourself 100.

This sticking point is much more common than it should be. A lot of guys get stuck in intermediate purgatory because they don't go out consistently. Game is a skill-set, and you must practice consistently to get better.

Do I approach enough women when I go out? (1-100)

This is the most common sticking point I've seen. About half of the wings I've met will spend four hours in a club without doing a single approach. Other guys will do a few half-assed approaches, but then call it a night.

There isn't one "correct" number of approaches you should do when you go out. It depends on your skill-level, your goals, and a variety of other factors. Doing 30 approaches that only last 5 seconds each is just as useless as doing 2 approaches that last five minutes each.

Again, rate yourself on this based on your own goals. If you're just trying to get over approach anxiety, you might want to shoot for a lot more approaches than if you're working on your ability to pull a girl home.

The question is whether you're taking the right amount of action to get the results you want.

Do I approach the most beautiful women? (1-100)

This is my friend Victor's sticking point. But he's not alone, there are a lot of guys who have no trouble with average girls but get paralyzed by the most beautiful women.

When I go out, I come across an average of 3-5 women who I'd consider "9s" or 10s". I make a point to approach each of these women because these are the girls I'm most interested in.

If you're going out, but you're not approaching a few girls per night that you consider to be "smoke-shows", you're doing it wrong. The only exception is if you live in some Podunk town where there are no beautiful women (in which case you should move).

For most guys, it's easier to approach less attractive women because getting rejected by an average girl isn't nearly as painful as getting rejected by a stunner. This makes sense, but you have to catch yourself doing this if you want to get out of intermediate purgatory.

Many of the guys who complain on the forums that, "It's impossible to get 9's and 10's if you're not extremely good looking," have never so much as approached a 9 or a 10. These guys are terrified of beautiful women.

To be fair, I was afraid of beautiful women myself at one point, I put them on such a high pedestal that I couldn't relate to them. Of course, this fear wasn't based on reality, and it disappeared after I spent enough time interacting with beautiful women.

This isn't to say you'll be pulling 9's and 10's this weekend- you probably won't. But, you should start interacting with those women now. You're probably not in the game for the girls you would have gotten anyway, you're in the game to get women who you previously thought were out of your league.

Do I get to the social hook point regularly? (1-100)

You've reached the social hook point when a girl you've approached wants you to stay. Put simply, if you left, her mood would go down.

If you frequently get rejected within the first couple minutes of an interaction, you need to work on getting to the social hook point.

There are several things guys do that prevent them from getting to the social hook point:

– They're too quiet, girls have to work too hard to hear what they're saying.

– They come across as nervous and awkward, their vibe makes girls uncomfortable.

– They're way too forward in a way that's unrelatable and creepy "You look sexy tonight, what are you doing later?"

– They ask interview questions without taking the conversation anywhere remotely interesting.

If your game is on point, you should be able to get to the social hook point with most women. This doesn't mean girls will want to hang out with you all night, and it doesn't mean that girls want to have sex with you, it just means they're happy to chat with you for 5-10 minutes.

Do I get to the sexual hook point regularly? (1-100)

No matter who you are, you can't get to the sexual hook point with every girl. However, if you're not getting to the sexual hook point with at least a few women each time you go out, you could improve at this.

How do you know if you've reached the sexual hook point? If you and the girl you're talking to were teleported into your bedroom would you rip each other's clothes off? If yes, you've reached the sexual hook point.

If you get friend-zoned frequently or you have long conversations with girls that don't lead to anything sexual there's a good chance this is your sticking point.

When guys have trouble getting to the sexual hook point, it's usually because they play it too safe: they don't do anything that risks a rejection from a girl they're already interacting with.

This can mean the guy won't lean in for a kiss, it can mean he doesn't make strong eye contact, or it can mean he filters himself and keeps the conversation "light".

I'm not saying that you should be hyper-sexual in all of your interactions, but you there should be an element of sexual tension when you're meeting women.

Do I lead interactions [to the dance floor/to an instant date/to other venues] sufficiently? (1-100)

In daygame I'll often see a guy walk up to a girl and have a 30-minute conversation with her – without moving a foot. Eventually, that interaction fizzles out.

Have you ever made out with a girl for hours, but she wouldn't let you get any further? I bet you eventually got bored/frustrated and decided you'd rather leave the girl and rub one out.

The same concept applies to the earlier stages of dating, if there is no forward momentum, the sexual tension will fizzle out. Therefore, you should lead your interactions forward as much as possible.

The single adjustment I made to my game that got me the most results was to just lead sets around. For example, I might say:

“Let’s go get some fresh air.”
“Let’s go dance.”
“Let’s get a cup of coffee real quick.”

Etc. etc.

Some girls will reject those requests, but you’ll be surprised that many others will be happy to go with you from one place to another. Once you take a girl from the bar to the outside area and then to the dance floor, it will only feel natural to take her to your place afterwards.

Not leading girls in this way will cause you to miss countless opportunities. Women will rarely lead you towards sex, when a woman wants to fuck you, she’ll just make it easy for you to pull her.

Ask yourself if your interactions have enough forward momentum to them. Do you lead girls as much as possible, or do you let them fizzle out?

Do I embody the ABC (Always Be Closing) mindset? (1-100)

This sticking point is about being effective as possible. If you like a girl, you should try to take her home that night: you should invite her to your place (to get a drink/for an afterparty/etc.)

To be clear, you should be doing this in a way that doesn’t make you seem like a creep. I’m not suggesting you should try to make out with every single girl you like, but you should be going for the close in a way that’s socially relatable.

Most of the time this just means inviting her to your place, but in other cases it can mean going for the kiss when you think it’s appropriate, or it can simply mean you get the girl’s number (and follow up on it).

If you like a girl and you don’t proactively create a situation where you and she can have sex, don’t be surprised when sex doesn’t happen.

When rating yourself on this, ask yourself, “Am I playing to win, or am I playing not to lose?” Playing to win means that you’ll take risks and get rejected, but it also means you’ll make things happen. Playing not to lose means you don’t face as much rejection, but you also let opportunities pass by.

There are other sticking points, but the above list covers the most common/most important ones. Once you’ve rated yourself on each sticking point, you can decide which you need to focus on first.

If, for example, you’re sticking point is that you don’t approach enough women, you’ll want to prioritize that over anything else. Once you’ve got that sticking point handled, you can choose the next to work on, and so on.

I’ll use a former student as an example for this exercise:

How often do I go out to meet women? (1-100)

85 – I’ve been going out about 3 times a week, which is a really good amount, but I know I have enough time to make it 4 days a week.

Do I approach enough women when I go out? (1-100)

90 – On average, I do between 10 and 20 approaches per night. I like to get in a social mood by meeting everyone earlier in the night, and if I meet a girl I particularly like I’ll take that interaction as far as I can.

Usually, I take enough action, but there are nights when I spend too much time hesitating, so there's some room for improvement.

Do I approach the most beautiful women? (1-100)

60 – I'll go a lot of nights without approaching any girls who I would consider to be stunning. Sometimes there's a valid excuse (like she's arm in arm with a guy), but usually I just hesitate because I'm nervous.

Do I get to the social hook point regularly? (1-100)

70- Most girls I talk to are happy to have a longer conversation with me. Some nights, though, my vibe is off, and I get a lot of bad reactions.

Do I get to the sexual hook point regularly? (1-100)

85 – I'm good at projecting a sexual vibe in my interactions. This does get me rejected sometimes, but for the most part it works in my favor. I could probably learn to calibrate better when a girl isn't comfortable with me yet.

Do I lead interactions [to the dance floor/to an instant date/to other venues] sufficiently? (1-100)

20 – Honestly, I rarely do this. My interactions often end where they start. I rarely take a girl to the dance floor/another area.

Do I lead interactions as far forward as possible? (1-100)

30 – I usually go for the number close even when I think I could go for more. I don't know if I believe it's really possible for me to take a girl home the same night I've met her. There are times when I'll make-out with a girl in the club, but even when I do I don't take that girl home or see her again.

It should be fairly clear what the guy from the above example needs to work on. For the most part, he goes out enough and takes enough action. His biggest sticking points are:

1. He needs to lead his interactions more.
2. He needs to go for the close (by inviting girls to his place/going with them to theirs)
3. He needs to approach the most attractive women he sees more consistently.

You can work on 2-3 sticking points at a time, any more than that and you'll spread yourself too thin.

In my own field reports, I write a section about the two or three sticking points I'm focusing on. For example, I might write a section about taking massive action and another about leading interactions forward.

This helps me keep track of my progress with my sticking points so that I don't forget about or neglect them.

If writing field reports isn't your style, I recommend that after you go out you at least think about how you're doing in terms of your biggest sticking point. Analyze whether you're making progress and if you're not, think of what you can do to change that.

Once you know what your sticking points are, overcoming them is a matter of persistence and self-education.

If you find that your biggest sticking point is approach anxiety, you can look up videos/articles that will teach you how to overcome approach anxiety.

Once you've got some strategies in your back pocket, you can go out and implement them until you find something that works. Analyze what works and what doesn't and keep working on your approach anxiety until you've overcome it.

Then you can do the exercise from this article again to identify the sticking points that you need to work on, and you can repeat the process with those sticking points.

This is how real progress happens. It requires self-awareness and discipline, but the results are worth the effort. Once you make a real change and start reaping the rewards, you'll be amazed at the progress you've made.

The way out of intermediate purgatory can take a long time (depending on your starting point), but anyone can do it if they're proactive and determined.

The Five Stages of Learning Game: Part 4, Above It All

Avery · 16 April 2018 · Archived copy · Original

You've slept with a few beautiful women, and now you think you're Neo after he saw the Matrix.

Once you get to an advanced level of game (meaning you're able to sleep with attractive women fairly consistently), you're at high risk of developing a god complex.

[image]

"Good is the enemy of great" – Jim Collins

You'll watch videos by well-known dating coaches and think, "Pshh, I'm so much better than this clown." You'll watch your friends approach women and tell yourself, "He's so bad. Get on my level." And, most importantly, you'll start to see yourself as above it all.

I remember a couple years back, I would spend most of my nights out coaching my friends instead of interacting with women myself. I told myself I was doing this because I wanted to help my friends, but it was mostly just a way for me to stroke my ego.

Once you start getting good results from game, you can convince yourself that you no longer need to improve. This complacency leads to stagnation.

The Downward Spiral

[image]

Now that you're "advanced", instead of going out four times a week, you might only go out once a month. Instead of approaching ten girls when you go out, you might only approach a few (and spend the rest of your night coaching your friends). Instead of analyzing what you need to do to get to the next level, you might just "wing it".

Most often, when a guy starts to lose passion for the game in this way, he ends up in a long-term relationship with one of the girls he met while out.

This isn't always a bad thing. If your ultimate goal is to start a family, and you find a girl you see long-term potential with, that's great.

Unfortunately, many guys end up dating a girl who's "good enough". If you end up getting in a relationship with a girl who's better than average – but not exceptional – you're selling yourself short.

Men end up settling for one of a few different reasons:

1. -Once you start getting to a point where you consider yourself "advanced", your game is good enough that the women you meet will want to lock you down. Women will start to see you as a prize, and they'll try to convince you to get in a serious relationship with them. It's extremely easy to say yes (even if the girl is unexceptional) because doing so means you don't have to deal with the chaos of going out. You're giving up excitement in the name of comfort.
2. Let's say you usually get "7s" and you end up hooking up with an "8". We tend to get attached to women who are a bit more attractive than we're used to, mostly because it's extremely validating to our ego.
3. Game can start to feel empty and meaningless at a certain point. One-night-stands are fun, but after you've had a good number of them, they also feel pointless. Once you start to think this way, you might convince yourself to

> “pursue something meaningful with one special girl”.

Again, if you end up settling down with a girl who meets your standards, there’s nothing wrong with it. Unfortunately, In the above situations, we often rationalize that a girl lives up to our standards even though she doesn’t.

To avoid this mistake, have a clear idea of what you’re looking for in a serious relationship. What do you want in a girl? What don’t you want in a girl?

You can write this out, take 15-30 minutes to list out the qualities a girl you’re going to date must have (and the red flags that she must not have).

You can start with traits that you want (e.g. Intelligent, beautiful, passionate, open-minded) and then you can define what exactly you mean by those traits.

Deciding to get in a committed relationship is an important decision whose impact will echo through the rest of your life. Don’t take it lightly. I’ve seen friends seriously damage themselves by getting into toxic relationships.

One friend of mine became addicted to drugs and alcohol because he dated a girl who was herself an addict. Another friend of mine went through an identity crisis after he dated a girl who was both depressed and highly manipulative: she would threaten to cut herself or commit suicide if he didn’t do what she wanted him to. It was fucked up.

If you know what you want in a relationship, you’re going to make it much easier to say no to a girl who doesn’t live up to your standards.

Stay Hungry

[image]

Most guys who get to an advanced level of game let their ego get the best of them. You can see this in many of the most famous pickup artist’s and dating coaches.

Mystery is a prime example of this. Not only did he spiral into narcissism and depression, but he also began to see his method as infallible. Once you start to see yourself as god’s gift to women, you’ll have trouble making any further improvements.

Truthfully, you can always get better. Furthermore, if you stop focusing on improvement, you will inevitably get bored with the game – *it is the sense that you’re improving over time that makes game so addictive.*

The first key to avoiding this pitfall is to be aware of it. Accept that you have an ego, and that if you’re not careful, it will trick you into complacency.

Furthermore, repeatedly look at your strengths AND weaknesses. Go back and rate yourself on the list of sticking points from part 3 on a monthly basis (if not in written form, do so mentally at least).

Proactively look for mistakes you might be making. Your ability to identify your weaknesses so that you can improve them is a major key for long-term improvement.

[image]

The Paradox of Self-Improvement and Self-Acceptance

Some guys have trouble looking for their own weaknesses because doing so seemingly implies that you are not accepting yourself as you are. That’s bullshit. Even if you were the best in the world at something, there’d still be

plenty of room for improvement.

Focusing on your weaknesses isn't about beating yourself up. It's about *having high enough self-esteem to acknowledge your faults and work on them*. Self-acceptance doesn't mean thinking of yourself as perfect, it means that you accept both your good qualities *and* your flaws.

Conclusion

[image]

When you're advanced, going out to meet women is a peak experience. You'll still get rejected and have bad nights, but overall this stage of game is where you get to reap the rewards from all the effort you put in.

Not only will you have mind-blowing sex with beautiful women during this stage, but you'll also experience the pure fun of being in a state of total confidence while meeting women. And if you persist through this stage, you can get to mastery.

The Five Stages of Learning Game: Part 5, Mastery

Avery · 21 April 2018 · Archived copy · Original

When you reach mastery, game becomes autotelic (enjoyable for its own sake). It's no longer an *external* goal that drives you (getting laid, pulling a "perfect 10"), it's an *internal* goal that drives you (self-improvement, expanding your comfort zone.)

You know the voice in your head that's constantly analyzing what's happening? When you're out talking to girls this voice might say things like:

"That girl is too hot for you, don't approach her."

"Don't go for the kiss, she'll reject and humiliate you."

"She doesn't like you because you're too short."

For most guys, the voice in their head constantly tries to protect them from pain and rejection. But when you reach mastery, the voice in your head stops seeing risk and only sees opportunity. Instead of thinking about the reasons you'll get rejected, you'll start thinking about all the reasons why you should ask that girl out or lean in for the kiss.

[image]

We've all experienced mastery from time to time, but for most of us, it's inconsistent. One night, we feel unstoppable, but the next night we feel negative and self-defeating.

When you've truly reached mastery, you'll spend most of your time interacting with women in a positive state where your thoughts help you succeed (instead of hindering you).

Mastery comes when you dedicate yourself to the process of learning itself. Every time you go out to meet women, you must have goals that you're working on (I.E.: to be funnier, more assertive, or even to be a better wingman.)

Reaching mastery requires discipline and patience. There are going to be times where going out to meet women doesn't feel good, and it'll be so easy to give up and focus on something else instead (like getting in better shape, getting a better career, etc.).

If you want to reach mastery, you must fight against the current and persist even when your thoughts and emotions both want you to give up.

Mastery isn't for everyone. But if the idea of mastery appeals to you, prepare for a marathon. It's going to take years to master the game.

[image]

The closest thing I know to a 'cheat code' for getting to mastery is the power of momentum. Instead of working on a skill once or twice a week, you'll reach mastery much faster if you practice most days (or even every single day).

The momentum of going out every day will make you learn considerably faster than you would otherwise. I don't recommend this for people who are new to the game, but it is something you should build up to if you want to take this as far as it can go.

I've done several 30-day challenges in which I went out every single day. During those challenges, I made more progress in a month than I would normally make in half a year. The power of momentum is incredible, and if you're hoping to mastery, you shouldn't neglect it.

Conclusion: The Five stages of learning game

Why put so much effort into getting laid? Well, the game isn't just about getting laid, it's about becoming confident in yourself, overcoming your insecurities, and being able to choose the kind of women you want in your life (instead of settling).

Learning to succeed with women is a long-term process, but the rewards easily outweigh the frustrations.

Use this series of articles to identify which of the five stages most accurately describes you. Then, follow the guidelines for getting to the next stage. Once you've successfully done this, you can return to this article and repeat the process until you reach mastery.

Most people believe that success is impossible – this becomes a self-fulfilling prophecy. You can be the exception, I know this because at 19 I was a virgin diagnosed with an anxiety disorder. And today, the women I date assume I've always been a "player".

Change is always uncomfortable, and at times, stressful. The only thing that's worse than the pain of change is the pain of stagnation and regret. I will always choose the months of frustration that comes from taking risks over years of frustration that comes from wondering what could have been.

What will you choose?

Read next:

How To Arouse A Girl – Before You're Even In The Bedroom

How To Be An Attractive Man – 4 Key Tips

How To Approach Women With Confidence

Avery · 23 April 2018 · Archived copy · Original

I walked up to a stunning girl and said, “Are you from Tennessee?”

She smiled wryly and said, “Why, because I’m the only ten you see?”

I shook my head, “No, because you look like a child of incest.”

She cracked up. I mean totally lost it. And five minutes later, *she asked for my number.*

[image]
“No, because you look like a child of incest. . .”

As fun as goofy pickup lines like that can be, the secret to approaching women isn’t about what you say, it’s about *how you make her feel.*

If you’re in a fun, confident mood, you can walk up to a girl, say just about anything, and walk away with her number five minutes later.

But, if you’re feeling anxious, insecure, or uncomfortable, the women you approach will want nothing to do with you.

This creates a dilemma. If you’re naturally an anxious or insecure guy, how are you supposed to get in a fun mood when approaching women?

As someone who was diagnosed with social anxiety and panic disorder, I understand how difficult it can be to approach women. My nerves used to be so bad I would literally tremble at the thought of walking up to a stranger and introducing myself.

Despite my anxiety, I was able to learn how to approach women with confidence and positive energy. And if I could do it, you can learn to do the same.

Step 1. Change Your Mindset

[image]
Insert obligatory picture of attractive woman here

When learning how to approach women you must create a process that will take your mood from shy/anxious/insecure/etc. – to feeling socially confident.

If you’re anything like me, your first approach on any given day is going to be fairly awkward. After approaching thousands of women (and having lots of cool experiences), I still get nervous sometimes when I go out to meet women.

My first approach is rarely smooth, and it usually only lasts about 30 seconds before I tell her, “It was nice meeting you, have a good day.” But I don’t dread that first awkward approach, I look forward to it.

In psychology, there’s a concept known as flow. Flow is peak experience, it’s the feeling you get when you’re completely immersed in whatever you’re doing. The first step to getting into a flow state is to do something outside of your comfort zone.

Basically, doing something that makes you uncomfortable causes your neurochemistry to change. Normally, we think about all the things that could go wrong if we take a risk (thinking about how that girl might reject you, for example), but once you actually take a risk in the real world, your brain stops focusing on what might go wrong, and

it starts focusing on the task at hand.

Now, this isn't something that happens instantly, it's a gradual process. But I know that once I approach that first girl, I've gotten through the hardest part: I've taken that crucial first step towards changing my mood from anxious to extremely confident.

When you're out meeting women, *you can expect each consecutive approach to be a bit easier, smoother, and more successful than the last.*

Don't expect your first approach to be smooth or to lead to anything. Expect it to be a bit choppy, expect to feel uncomfortable, but expect this while also knowing that each approach is going to be better than the last.

One of the biggest reasons guys fail when learning how to approach women is that they have unrealistic expectations of themselves. They think they'll be able to go out for ten minutes, approach a cute girl, grab her number, and then be done with it.

Most guys can't go from 0-100 like that. Worse, when we expect too much of ourselves we're liable to get paralyzed by the pressure that puts on us.

Instead, have low expectations and understand that you can't just expect to approach women confidently unless you follow a process that gets you into a confident state over-time.

You might be thinking, "Okay, that's neat, but how do I actually approach women in the first place. How do I gather the courage to do it? What do I say?"

Fair enough. Now that we've gone over the mindset, let's get into the practical steps you can take to learn how to approach women.

How To Gather The Courage To Approach Women

[image]

When learning how to approach women, the biggest obstacle for most men is what's known as approach anxiety. The first step to overcoming approach anxiety is to lower your expectations of yourself. The second step to overcoming approach anxiety is to take baby-steps when you go out to meet women.

If you decided you wanted to run a marathon – but you've never ran a mile in your life – you wouldn't set a goal to run 26 miles today. Instead, you'd start by setting a goal realistic to your current level of fitness.

Similarly, if you've never approached women before, you should start by setting a realistic goal based on your current level of confidence.

Let's say you've decided to go to your university campus to meet women. If you're new to approaching women, it's a big leap to just walk up to a girl and start a conversation with her. To make it easier on yourself, you can take small steps towards your goal and let the momentum of those steps carry you forward.

For example, instead of walking up to a girl and approaching her directly, you might make a casual remark to a girl who you walk past, (I.E. "I really like your shoes.")

It's much easier to compliment a girl as she walks by then it is to start a real conversation with her. But by making that compliment, you're still getting out of your comfort zone and taking a small risk.

Taking that first small risk will make it much easier to take the next step. After you've gotten comfortable with giving girls compliments as you walk by them, you can take the next step by actually walking up to a girl who's sitting down and giving her a compliment (alternatively, you can walk next to a girl in the same direction as her and give her a compliment).

My personal favorite is the classic line, "Hey, I liked your style and I had to say hi." This is a good introduction

because it's complimentary without being overtly sexual (which can make a girl uncomfortable), while also clarifying that you're talking to her because you wanted to meet her (as opposed to tell her about Jesus or whatever).

Your goal at this point is just to spew out your "opener" and then to walk away and do the same thing again. Telling yourself that you don't have to commit to a long conversation takes some of the pressure off of yourself.

Turning Your Opener into A Real Conversation

[image]

Now, if you can continue the conversation past the opener, do it, but you don't need to force it – if you just want to say, "Have a good day," and walk away, that's fine, too.

After you've approached a few girls with a compliment, you can take it a step further by starting a real conversation. The easiest way to do this is to ask a couple basic questions, like:

- "Are you from here?"
- "What do you do for a living?"
- "What do you do for fun?

No, those aren't the most interesting questions in the world, but they're easy conversation starters. Ideally, when she says where she's from, you'll be able to turn that into a more interesting conversation:

You: Where are you from?

Her: San Diego.

You: Really? I used to visit there all the time, until I almost got eaten by a lion at the zoo.

You can turn basic interview questions into interesting conversation by associating off of her answers. If she says she's from a city that you've visited, you can tell a story or talk about what you think of the city. If she says she's studying to be a doctor, you can talk about how a doctor once made you think you had skin cancer, but it was actually just a scab (this really happened to me).

Sometimes, your questions might not lead to anything interesting. But that's okay, your goal is just to keep the conversation going as long as you can. Once you run out of things to say, you can exit, "Hey, it was nice meeting you, but I gotta go."

Wrapping Up How to Approach Women with Confidence

[image]

Look, if you're a naturally confident extroverted guy, you might not need to follow the above process when learning how to approach women.

But, if you're among the majority of guys who aren't able to approach attractive women with ease, then using a step-by-step system to approach women can make what would be an otherwise impossible task, manageable.

If you want a better dating life, you need to learn how to approach women.

Imagine you approached five women a day for a week, that would amount to 35 approaches. If you were to ask each of those women for their number, at least half would agree (even if your game is mediocre). By approaching

just 5 women a day, you could easily get 17 numbers in a single week(1).

The percentage of those numbers that will lead to dates depends on a number of factors, including:

– How attractive your “vibe” was when you met her.

– Whether you had an interesting conversation with her.

– Whether she invested in the interaction.

-How good looking you are.

-How good your style is.

-Whether you created a sense of rapport with her.

-How long the interaction was.

-Etc.

Even if you are below average at conveying all the above traits, some of your numbers will still lead to dates. I know a guy who’s probably about a 3/10 on the looks scale who went on dates with new girls every week just by approaching a lot of women and asking for their numbers (and yes, he took some of those girls home).

His personality wasn’t appealing, his looks weren’t appealing, but sometimes just the fact that you took a risk and put yourself out there is enough.

In upcoming articles we’ll talk about how to get a higher percentage of the girls you approach to want to hang out with you later. But for now, understand that just going through the process and putting yourself out there is enough to get pretty good results.

Most guys won’t get 17 girls’ numbers in an entire year, but you could do that in just one week if you took persistent action.

I’m not saying it’s easy, it’s not.

At times you’ll be uncomfortable or frustrated with yourself, but if you persist and follow the process I’ve outlined in this article, you will have not only learned how to approach women, but you’ll be able to turn some of those approaches into dates.

1. 50% is a low-ball estimate, girls will often give you their number even if they’re not attracted to you (to be polite). If you didn’t make a good impression on the women you approached, most of those numbers won’t lead to anything, but a small percentage still will – and that small percentage adds up. Of course, as your confidence and understanding of women improves, the percentage of numbers that lead to dates will improve as well.

How To Get A Girl's Phone Number With Ease

Avery · 24 April 2018 · Archived copy · Original

How to Get A Girl's Phone Number With Ease

He knew it was time to go for the close, so he told this beautiful girl he just met, "Hey, would you like to get, um, cake with me sometime?"

"Sure," she said, "I love cake."

"Okay, um, what's your . . ."

The girl interrupted, "Sorry, I'm not giving you my number."

Then, she sauntered off – he would never see her again.

[image]
" Sorry, I'm not giving you my number."

My friend from the above story still has nightmares in which he hears that girl say, "Sorry, I'm not giving you my number."

Just kidding. He brushed off that rejection like a champ and got several more girls to exchange numbers with him only minutes later.

Truth is, learning how to get a girl's phone number is actually easy.

If you know how to approach women with confidence, most women will give you their number if you ask.

Occasionally a girl might reject you, but even if she does, it's not going to be nearly as humiliating as you imagine it.

The worst rejection I've gotten when asking a girl for her number was, "Sorry, I'm not interested in you like that."

That's as bad as it gets. Believe it or not, most girls will give you their number even if they're not that into you.

Learning how to get a girl's phone number is only hard if you think it's hard.

Trust me. I've gone out with some of the most awkward guys you can imagine, and even they could easily get girls to hand over their digits just by approaching and making the ask.

[image]

Okay, it's easy, but what do you actually say to get a girl's number? What's the line?

The most important thing to consider when asking a girl for her number is whether she knows that you want to hang out with her later.

When you ask a girl for her number, clarify your intentions. Let her know why you want her number. That way, when you text her, she'll know that you're not texting her to be her pen pal, you're texting her to set up a date.

To do this, simply say something like:

You: Hey, you're interesting to talk to. We should get coffee sometime.

Her: Yeah, that sounds fun.

You: Cool, what's your number.

That's it. If you want to further solidify your plans, you can say something like, "What are you doing on Thursday at 7 PM" (the specific time is a random example).

Then, if she says she's free, you can follow up with, "Cool, let's get coffee at Starbucks at that time." (or if you're too cool for Starbucks, the hipster coffee joint you prefer)

By making specific plans in person, you're making those plans feel real to her. Going to get coffee with you isn't something hypothetical, it's a specific plan at a particular time and place.

When To Ask For Her Number

So, when do you actually ask for her number?

Any time after you and she have established a good rapport. If you only talk to a girl 30 seconds and ask for her number, it's not very likely to lead to a date. At the same time, if you only have 30 seconds to talk to a girl (because she's in a hurry to get somewhere), it's better to ask for the number than not.

In the past I've talked with a girl for a solid hour and she still ended up flaking on our date. Other times, I've talked with a girl for all of two minutes before getting her number and we ended up going on multiple dates.

Don't worry too much about when you ask for a girl's number. Instead, just make sure that if you like a girl you get her number before she walks away – because when she's gone, you'll probably never see her again.

Wrapping Up How To Get A Girl's Phone Number



If you think learning how to get a girl's phone number is hard, you've probably never approached a woman and asked for her number. Getting numbers is much easier than most guys think.

Even if you're new to approaching women, you can successfully get a Rolodex of girl's numbers in a short amount of time. Most of those numbers probably won't lead to dates, but some will.

Maybe only 10% of your numbers will lead to dates, yet that 10% adds up over time.

Of course, learning the following will help:

–How to make girls chase you,

–How to be more attractive,

– How to make deep connections with the women you meet.

– how to take the lead.

Learning skills like the above will help you increase the ratio of numbers that lead to actual dates (and how often dates lead to sex).

If you want success with women, take it one step at a time. Start approaching women today and start asking those women for their numbers. Your results may not be amazing at first, but they'll still be better than the other 99% of guys who are unwilling to turn off their x-box and go take control of their dating lives.

How To Cure Approach Anxiety In Five Simple Steps

Avery · 1 May 2018 · Archived copy · Original

(This article is an excerpt from my upcoming book, *Irresistible: How To Attract Women With Ease)*

How To Cure Approach Anxiety

[image]

Las Vegas is known to be one of the best cities in the world for learning to attract women. Every week hundreds of thousands of women visit the city to party, flirt with guys, and in many cases, have a casual fling. Because of this, there's an active community of dating coaches and pickup artists in Las Vegas.

Every year, hundreds of hopeful guys fly out to Vegas to get learn how to attract women with their favorite dating coach. Once, I had the opportunity to watch one of these coaches in action. This coach and I were in a packed nightclub with two students.

The coach said, "Okay guys, the first and most important thing to do is to get over your approach anxiety. Does that sound good?" The students nodded enthusiastically.

The coach continued, "Okay, you're both going to approach 50 women tonight, each."

I was shocked, 50? That sounded like a gratuitous number, why would anyone ever need to approach 50 women in a single night?

I later learned that multiple dating coaches in Las Vegas had their students approach 50 women, it was standard practice.

[image]

No, approaching 50 women isn't practical in general, but it's a potent exercise to get over approach anxiety.

Approaching women has momentum to it, each approach makes the next approach substantially easier until you get to a point where approaching is completely effortless.

Making excuses has momentum to it, too. The longer you're in a club thinking, "I should be approaching right now, but I don't see the right girl. . . " the more momentum your excuses build. The more you avoid approaching, the more resistance you'll feel to doing an approach.

Momentum doesn't only affect your anxiety over the course of a single night, but also over a longer period of time. If you go out and approach women three nights in a row, the momentum from those three nights will make it so you experience much less approach anxiety on the fourth night.

I've gone on streaks where I approached women every day for several weeks consecutively. By doing this, I reached a point where I would approach women without even thinking about it. It had become automatic, even effortless.

Hypothetically, the best method for overcoming approach anxiety would be to approach 50 women tonight. Taking that much action would give you so much momentum that approaching would become more fun than anxiety provoking.

Of course, there's a catch-22. Approach anxiety makes it hard to approach, so how can you be expected overcome approach anxiety by approaching?

The solution to this predicament is what psychologists call gradual exposure. One of the most powerful methods therapists use to treat anxiety is what's known as exposure therapy. If you had a fear that you were going to have a heart attack, you might avoid doing anything that causes your heart rate to rise too much (I.E. exercise).

A therapist using exposure might have you do pushups while he watched to the point that your anxiety started to make you fear having a heart attack. Then, he would encourage you to keep going, even when you were sure that you were actively having a heart attack. As you continued doing pushups, you would be forced to realize that you were not having a heart attack, and eventually the anxiety would burn itself out.

The idea behind exposure therapy is that to overcome your anxiety you must expose yourself to the thing that causes it. Doing this forces you to realize that your anxiety is irrational – at that point, the anxiety dissipates.

[image]

The same logic applies to approach anxiety. Only by approaching women and realizing that your anxiety is irrational can you eliminate it.

Of course, it's not fair to expect that you'll be able to force yourself to approach 50 women in one day just using your willpower. (If you can do that, great, go for it it.)Most guys will need to take a more gradual approach to overcoming approach anxiety.

That's where gradual exposure comes in. Gradual exposure is based on the same logic as immediate exposure, but it's a step-by-step process. Instead of going from 0-100 in one day, you go from 0-10, then 10-20, 20-30, and so-on.

This gradual approach is the most effective way for most guys to overcome approach anxiety.

- If approach 50 women in one day is going from 0-100 – what is 0-20?
- 0-20 is simply going out to a location where attractive women congregate.
- What's 20-40? Going out to a location where attractive women congregate and giving women a compliment as they walk by (I.E. I like your style/ I like your shoes / I like your shirt/ etc.)
- What's 40-60? Actually walking up to a girl to give her a compliment Or if she's walking, you would walk next to her to give her the compliment. (The difference between this and the last one is that by walking up to the girl, you're committing more to the interaction than if you say something as she walks by) .
- What's 60-80? Walking up to a girl to give her a compliment, then asking her how her day is going.
- What's 80-100? Walking up to a girl to give her a compliment, asking her how her day is going, then continuing the conversation as long as possible and asking for her number before you leave.

(The numbers between 1-100 aren't meant to be precise, they're just a template to make the point.)

The above progression can be used as a formula for overcoming approach anxiety. Anyone can do the first step. Then, each step is slightly more challenging than the previous one. When using this strategy, the goal is to push yourself outside your comfort zone *gradually.*

(If you find that complimenting women as they walk by is too big a leap, you can take an even smaller step by just clapping loudly a few times as you walk around. Doing this will show you that people don't care what you do, and that there's no negative consequences to attracting the attention of those around you.

I understand this may sound silly, but that's kind of the point, you're doing something a bit unusual to prove to yourself that it's okay to express yourself freely in public.)

Potentially, you could make it through all the above steps in one game session. But if it takes a number of sessions, that's fine too.

For example, the next time you go out, you might only be able to make a few quick compliments to girls as they walk by. Once you get comfortable doing that, you might be able to have some more committed interactions. After you've done that a few times, you might be able to get a girl's number.

But maybe you won't be able to do anything when you go out. You might not be able to give a girl a compliment as you walk by.

That's fine. The next time you go out, you'll try to make it past that resistance again. It'll take as long as it takes.

[image]

You might think it's weird to compliment women as they walk by (by the way, presumably, you're walking too, not just sitting down). That's mostly just your approach anxiety trying to conjure an excuse to avoid taking action. For the most part, you'll get positive reactions to giving women compliments and even approaching them. Some women will react negatively, but so what? Getting comfortable with rejection is an important skill to develop.

Even though I've done thousands of approaches, I still get approach anxiety sometimes. If I haven't gone out to meet women in a while, I tend to get some approach anxiety the time I go out again.

I still use the above process to get over my approach anxiety when necessary. It happens in the course of a few minutes – I give compliments to people as I walk by, then I compliment a woman and stick in the conversation for a few seconds, then I compliment a woman and have a longer interaction. Oftentimes, that first interaction doesn't go anywhere, but the momentum I build helps me go into the next interaction with more confidence – and each interaction is better than the last.

You can't get rid of all approach anxiety forever. If you take a few days off of approaching women, you'll probably get some approach anxiety the next time you go out. But you can get to a point where you can overcome your approach anxiety after a few minutes of warming up, and the rest of the your day or night out is just you having fun confidently meeting new people.

Try the process as I've laid it out, then change it based on what works for you and what doesn't. I highly recommend that you write this out in your smartphone's note taking application so that you can reference the steps when you go out. Doing so will help you stay focused on your goal when you're out.

Using Momentum

[image]

If you want to completely overwhelm your approach anxiety, try this momentum challenge.

You'll only be able to do this when you've warmed up enough that you are able to approach women. (If you spend most of your time while you're out to meet women procrastinating and only approach occasionally, this challenge will help you break through that sticking point.)

The rules are simple, you are only allowed 2 minutes between each approach. AND you are only allowed to stay in one interaction for up to 2 minutes. Do this until you get to at least 20 approaches.

This means after your first interaction ends, you have 2 minutes to do another approach. This is best done using an actual timer to hold yourself accountable.

This exercise will build massive momentum in your favor. By the end of this challenge, approaching will be automatic.

It's important that you only stay in each interaction for two minutes because if you don't set that limitation you'll likely just keep interacting with the first girl you talk to as long as possible (to avoid doing another approach).

It's true that you'll be limiting your ability to bring a girl home with you the night you do this exercise, but the point of this exercise isn't to get laid immediately, it's to get momentum working in your favor.

Do this once and approaching will be much easier for you the next time you go out (so long as you don't take a long break).

You can also realistically use this challenge as an opportunity to get lots of phone numbers. Although each individual number won't be likely to lead to anything, the volume of numbers can work in your favor.

Again, this isn't the ideal way to go out and meet women in terms of getting results on a particular night, but it is an effective way to overcome approach anxiety and get comfortable with taking massive action.

Conclusion

[image]

If approach anxiety were easy to overcome, every guy would be approaching attractive women on a daily basis. The fact that it's difficult works in your favor because you'll be one of the few guys who has the balls to approach.

Everyone experiences negative emotions when we start a new endeavor, few people persist despite those emotions – and succeed.

You might think that it's creepy to approach women, you might think that you couldn't possibly attract women because you're too short or too poor, you might think that you're never going to be able to overcome approach anxiety.

Remember, these thoughts are just your brain attempting to rationalize your negative emotions. When you feel stressed out or anxious, your mind will come up with logical reasons to avoid whatever it is that makes you feel that way.

Make a commitment to persist past the initial pain period. Decide that even though you may want to quit at some points, you won't let your feelings limit your actions.

Read Next:
How To Fuck A Girl So Well She'll Be For More

How To Be An Attractive Man

Top 3 Best Places To Meet Women

Avery · 5 May 2018 · Archived copy · Original

I met my last girlfriend at the post office. I know that sounds weird, but I Googled the best places to meet women, and this fantastic article came up that suggested I meet women at the post office.

So, I took their advice, and every day, at 5pm I walked over to the post office and approached all the women waiting in line. And although security did ask me to leave the premises, I managed to walk away with a girl's number. One thing lead to another, and we ended up in a serious relationship.

I want to thank Complex.com for their wonderful advice, your guidance has truly been helpful to me.
JK, that article is stupid and the idea of meeting women at a post office is absurd. I met my last girlfriend at a club, like a normal person.

The top articles that come up when you search "best place to meet women" are full of ridiculous suggestions. I had to write this article so that there'd be a resource out there for guys who want to know where to meet women that's actually useful.

The best places to meet women have a couple qualities in common:

A. They Have a Lot of Attractive Women



Contrary to popular belief, most abandoned gas stations aren't great places to meet women.

The article I mentioned earlier suggested another of the best places to meet women is at hair salons. Seriously. There's an average of about 5 women in a hair salon at any given time. It's unlikely there will even be a woman you're attracted to in any given salon, and if there is, she's your only option.

The more options a venue has, the better. If you're living in some Hollywood fantasy where you approach the first

attractive girl you see and end up dating her, I hate to break it to you, that's not how real life works.

Chances are, the first girl you talk to is going to reject you. She might have a boyfriend, she might be married, or, she may just not like you. If you really want to meet women, you're going to have to approach a good number of girls to get a date.

Additionally, if you have any standards, chances are you're not going to really like the first girl you talk to. If you're looking for a girl you have real chemistry with, you're going to have to meet a lot of people, and there's no way around that.

Venues like coffee shops are actually shitty places to meet women because there just aren't enough options. Sure, if you're in a coffee shop and you see a girl you're interested in, there's no reason not to talk to her. But going out of your way to meet women in a coffee shop is a waste of your time.

B. You Can Go There Repeatedly

[image]

Concerts are a great place to meet women, as are local events like street fairs, but you can't rely on them. If you can afford to go to three concerts per week to meet women, go for it.

But if you're like most people, and you only go to a concert once every few months, don't depend on them too heavily for meeting women. Instead, choose venues that you can go to on a weekly basis.

The actual best places to meet women

Now that we've established most advice for the best places to meet women is horrible. Let's look at options for meeting women that don't suck:

1. Nightclubs

[image]

I've often heard, "You can't find quality girls at clubs," that statement leads me to wonder what a quality girl is. I've met doctors, lawyers, successful artists – and everything in-between – at clubs. Yeah, clubs have lame people, but they have every other type of person, too. Everyone goes to clubs at some point in their life, not just alcoholics and drug addicts.

Truthfully, there are a lot of things to dislike about nightclubs. They're way too loud, people get too drunk, and the space is often cramped. But I still go to nightclubs to meet women every weekend because they have more attractive women in a smaller area than anywhere else.

There's just no other venue that has as many opportunities as a good club. Sure, it's easy to get rejected at a club. But there are so many attractive women that if you're willing to take a few rejections on the chin, and keep approaching people, you'll almost certainly meet a girl you have natural chemistry with over the course of a night out.

2. University Campus

Obviously, there's an age limit to meeting women at a university campus. But if you're age-appropriate for college girls, there's no better place to approach women in the day.

Campuses have thousands of women walking between classes, eating lunch, and hanging out. Even if you

approached hundreds of girls at a university, you probably wouldn't meet the same one twice.

Also, the women here are – presumably – sober, and they're usually by themselves which means you don't have to deal with the complex group dynamics at play in nightclubs.

3. A Mall/Busy Shopping Center

[image]

If clubs aren't an option for you, and you don't live in a city with a decent sized university, the best place to meet women is at a mall.

Frankly, malls aren't as good as the above two options, but they're a lot better than sitting at home jerking off to porn all day. Malls attract a wide variety of women, many of whom go shopping because they're bored (meaning they'd love a cool guy to add some excitement to their day).

Wrapping Up The Top 3 Best Places To Meet Women

And that's it, those are the best places to meet women. Anywhere else isn't nearly as practical as the above options. Meeting women at the occasional event or concert is great, but they're too infrequent to rely on.

As cool as meeting women somewhere like a bookstore is, there's only about 6 people in a bookstore at any given time – so it's probably going to be a waste of time.

Go somewhere with a high volume of people. Realistically, most of the women you meet aren't going to be a good fit for you, it'll take a good 10 or 20 approaches to find a girl you really click with.

And that's okay, but it means the best place to meet women are nightclubs, university campuses, and malls, because nowhere else has nearly as many attractive women.

PS: *Irresistible: How To Attract Women With Ease* is now available for pre-order, follow the link today to get it at a for only .99 (an 80% discount) : https://www.amazon.com/Irresistible-How-Attract-Women-Ease-ebook/dp/B07CVSPDR8/ref=sr_1_7?ie=UTF8&qid=1525717896&sr=8-7&keywords=avery+hayden

The 3 Best First Date Ideas (That Will Help You Get Laid)

Avery · 8 May 2018 · Archived copy · Original

The 3 Best First Date Ideas (That Will Help You Get Laid)

[image]

As my date and I watched Thor smash aliens with his hammer on the big screen, I wondered whether I should make my move.

I had to make my intentions clear, but what if I creeped her out? I imagined all the possible outcomes if I reached out my hand and put it across her shoulder.

Finally, I took a deep breath and slowly extended my arm around her shoulder. She accepted it. Mission accomplished.

Unfortunately, holding her shoulder was as far as I got on that date. I didn't know it at the time, but going to the movies with a girl is a terrible first date idea.

While you're watching a movie with a girl, talking is awkward, but not talking is also awkward. It's also difficult to get a sense of whether or not you should make some kind of move during a movie. All in all – movie dates suck.

Dinner at a restaurant is also a pretty bad idea. Restaurants are formal by nature, which can make the girl think you're taking the date very seriously. You want a first date to be lighthearted. Dinner at a restaurant can feel more like a business meeting than an opportunity to let loose and have fun.

So, if two of the most popular first dates ideas are best avoided – what's the alternative? In this article, you're going to learn just that: the three best first date ideas that will help you get laid.

1. Coffee

[image]

Unlike dinner and a movie, coffee dates are a classic for good reason. Coffee shops are casual environments where you and your date can have a real conversation.

Coffee shops are public, which means the girl can feel safe (as opposed to going hiking or meeting you directly at to your place).

Wherever you live, there's a coffee shop nearby. This means you can choose a location that's close to your home (if you want to sleep with her).

When I go on a coffee date, I like to talk for roughly 30 minutes at the coffee shop before inviting her to walk around the area. Then, I invite her to watch a TV show at my place (once there, one thing leads to another).

This might sound too simple, but that's the point. A good date has little to do with the activity, it's about giving a girl the chance to enjoy your company (and vice versa).

2. The Park

Going to the park is the best option completely free option for a first date that's completely.

If you want to get fancy you could set up a picnic, but that's not at all necessary. Parks are a good first date because they're a public, but quiet environment where you and a girl can have a fun conversation.

Parks are also useful If you and the girl you're with both live with your parents. You can stay at a park until late

night, and, well, use it as a sort of public bedroom.

3. A Bar

[image]

In our culture, there's a strong association between drinking and sex. Basically, if you've had a couple drinks, it's okay to let loose and have fun.

I don't recommend you get wasted, but having a drink or two with a girl can calm her nerves (and your own).

Like coffee shops, there should be a bar near your home – which makes it easier to transition the date from a public location to a private one.

Bars are generally better than clubs for dates because they're not as overwhelmingly loud, and, in bars, you don't have to pay $500 for a bottle of liquor if you want to sit at a table.

Conclusion – The Three Best First Date Ideas

We men are prone to overthinking when it comes to dating. We want to take girls on the best possible date. We want to show a girl how thoughtful we are and how much we care.

Unfortunately, though our intentions are good, this type of thinking has the opposite of the intended effect. When you take a girl on an expensive or "fancy" date, she's just going to think you're taking her way too seriously, and that you're not dating her to have fun, but to get in a serious relationship.

Even if you do want a serious relationship, putting too much effort into your dates isn't a good strategy. Make a girl feel good in your presence – show her that you're fun, lighthearted, and interesting – and she will want to spend more time with you.

The more effort you put into your dates, the harder it is to come across as fun and lighthearted. This will only backfire by making women feel uncomfortable.

The three best first date ideas are simple, straightforward, and inexpensive. Meet her in a public place where it's quiet enough to have a good conversation, charm her with your personality, and then move thing forward in whatever way you like.

There's no need to overcomplicate things, she'll have fun with you because you're awesome – not because you spent a lot of money on her.

(If you want to know how to lead your first dates to whatever conclusion you desire, check out *Irresistible: How To Attract Women With Ease*. Follow the link today to get it at a for only .99 (an 80% discount)

What Makes A Man Irresistible To Women?

Avery · 17 May 2018 · Archived copy · Original

Question: What makes a man irresistible to women?

Answer:

It's not what most people think it is. Sure, being good-looking is helpful, so is owning a Rolex, but neither of those things get to the core of what women are attracted to on a primal level.

Have you ever met a woman with a strong feminine energy? Everything about her just oozed femininity, the way she carried herself, the tone of her voice, the look in her eyes. (If you've never met a woman like this, watch a movie starring Marilyn Monroe and you'll see what I mean.) Being around that kind of woman turned you on, right?

The same way feminine energy is attractive to men, masculine energy is attractive to women. (If you want a great example of this, watch one of Marlon Brando's earlier movies like a Streetcar Named Desire).

Masculine energy is projected in the way a man walks, the way he moves his body, his eye contact, and in the tone of his voice.

Here's the part that most people don't know. Masculine energy is something we all naturally have access to just by the fact that we're men. But relatively few guys know how to access their inherent masculinity because their insecurities get in the way.

When you worry about whether a girl likes you or not, when you worry about getting rejected if you make a move, when you contemplate what the best thing to say to a girl is – you lose touch with your natural masculine energy.

We live in a generation that has taught us to live our lives in our head, not our body. We think so much that we forget how to *feel*, and when it comes to attracting women it's all about feelings, not about thoughts.

Any man can be attractive, even irresistible, to women if he can get out of his head and into his body. If he can stop thinking while he is interacting with a woman, his demeanor will change. The anxiety and doubt that normally block his masculine energy will disappear, and he can project raw sexuality.

[image]
Nope, it's not a man bun that makes a man irresistible to women.

Question: Okay, but how does a man go about getting out of his head when talking to women?

Answer: He has to change the way he thinks when he's talking to a girl. By default, we think about everything that might go wrong if we approach a woman. You've gotta flip that on its head and see the positive.

This is basically a process of cultivating positive delusions. We normally have negative delusions, we think that we're too short, not good looking enough, not wealthy enough, not cool enough, etc. but that's not based on reality, it's just our frustration taking over.

Instead, cultivate positive delusions. When a girl looks at you, and then immediately looks away, don't think, "Aww, she looked away because I was ugly." Fuck that. Instead, think, "She looked away because she was so attracted to me that it made her feel shy."

Truth is, you don't know which it is, you might feel like the negative interpretation is true, but you can never *really* know. The negative interpretation hurts you, it feeds into this idea that you're not good enough, that you're not irresistible to women. The positive interpretation helps you, it makes you feel more entitled to make bold moves, it

makes you believe in yourself more fully – and the belief that you are attractive is a self-fulfilling prophecy! Confidence is in itself a turn-on, just like self-doubt is in itself a turn-off.

At first, you won't really believe yourself when you look for the positive, but over-time it'll become a habit of thinking, and you'll really start to fall under this spell, this idea that you are attractive, that you are irresistible. Once that happens, women will start to respond to you more positively for real, and that will only increase your confidence *even further*, thus setting off an upward spiral.

Question: Is that all it takes to become more attractive to women?

[image]

It's a key element, but the foundation is that you have to take action, you have to interact with new women on a regular basis, so you can learn from experience. That sounds so obvious that it doesn't need to be said, but a lot of guys just don't go out and meet women in the real world – because, deep down, they don't believe they would succeed if they did.

Our mindset is always the biggest obstacle to our success. We think it's something external (like our appearance or busy schedule), but that's only a half-truth that we convince ourselves is the whole truth. That's why I dedicated a whole section of my new book to teaching you how to get over your mental barriers: so you can eliminate your excuses and take massive action – which is necessary if you want to date the highest quality women.

Being attractive isn't so much about learning to do something new, it's about unlearning bad habits. One guy is too quiet, and women don't even notice him. A second guy is great at making women like him – as friends – but he never makes it sexual. A third guy comes on way too strong and he creeps girls out.

The problem is that none of these guys know what they're doing wrong. They have a blind spot that's holding them back. We all have blind spots, but they can be overcome if you know how to become aware of them.

That's what Irresistible: How to Attract Women with Ease is all about. It shows you how to become aware of your blind spots, and then gives you a step-by-step guide to overcoming them. Whether your problem is that you constantly get friend zoned, or that you get nervous when meeting women, Irresistible teaches you exactly how to quickly overcome it and become exponentially more attractive to the opposite sex.

(The book is on sale for only 99 cents through Saturday)

That Which Does Not Kill You, Makes You Stronger

Avery · 3 June 2018 · Archived copy · Original

Scientists have found that one trait is more important for personal success than even your IQ score. And unlike IQ, this trait is something completely under your control – learn what it is, and how to develop it in this animated video.

Only 8% of People Accomplish Their Goals, Here Are Their Secrets (How To Achieve Your Goals)

Avery · 15 June 2018 · Archived copy · Original

You want to accomplish something. Maybe you want to lose a few pounds, maybe you want to watch all eight Harry Potter movies in one sitting, whatever it is, something needs to get done. Unfortunately, the odds are against you. According to research at the University of Scranton, 92% of people don't succeed to accomplish the goals they set for themselves.

That might sound like a demoralizing statistic, 92% of people fail, but that also means 8% of people succeed – a substantial number. Here's the million-dollar question: What do the 8% of people who accomplish their goals do differently than the 92% who don't?

There are 3 key strategies that those who succeed implement, in this article you're going to learn what those 3 strategies are, and exactly how you can implement them in your own life, so you can accomplish anything you want.

How To Achieve Your Goals Key 1:

Have A Strong Why

[image]

Nietzsche said, "He who has a why to live for can bear almost any how." Your why is that thing that wakes you up in the morning and keeps you up late at night. It's the thing you would do anything to get, the change you want to make in your life (or in the world).

Those who accomplish their goals do so because they want it so badly that they're willing to endure all the pain and setbacks they experience along the way.

You already have an idea of something you want, but do you want it badly enough to do whatever it takes to get it?

For most people, the answer is no. Fortunately, you can strengthen your why over time using a proven technique.

How to Strengthen Your Why

What do Connor McGregor, Arnold Schwarzenegger, Michael Phelps, and Jim Carey all share in common? They all used the power of visualization to strengthen their why.

When he was still a plumber, Connor McGregor visualized himself holding the world championship UFC belt. Before he was famous, Arnold Schwarzenegger visualized himself as the greatest bodybuilder of all time. As part of his training regimen, Michael Phelps visualized himself swimming the perfect race every single day. When he was still living in poverty, Jim Carrey visualized himself one day becoming a successful actor every single night, until eventually, it came true.

Visualizing future success doesn't magically bring success to you, but it does strengthen your why. When you imagine yourself accomplishing your goals and becoming the person you want to be, it makes your future success seem tangible.

Visualization is a technique that helps you want to achieve your goals that much more. That's why it's been a powerful tool for successful actors, athletes, writers, and people in every field.

So, how exactly do we use visualization? Well, if your goal is to lose weight, imagine yourself a year in the future

with your ideal body. You might imagine:

- How good you feel inside your own skin.
- Looking at yourself in the mirror with a sense of awe.
- How people react to you differently.
- All the benefits you'll get from achieving your goal.

Visualize yourself taking massive action and getting rewarded for doing so. Visualize your book becoming a number 1 bestseller, visualize yourself giving a speech to a huge stadium. Whatever your goal is, visualize the outcome you want most in as emotionally impactful a way as possible.

What you visualize is only limited by your creativity. You know you're on the right track if your visualization makes you feel energized and positive, that means your visualization is having a powerful effect.

Visualization isn't a substitute for action taking, it's a tool to inspire you to take more action, and there's a long list of top-level performers who claim this tool has changed their life.

How To Achieve Your Goals Key 2:

Set Challenging, Specific goals

[image]

Researchers Edwin Locke and Gary Latham found that when people set goals that are both challenging and specific, they are significantly more likely to accomplish those goals.

If your goals are too easy, it's hard to get excited about them. If your goals are too vague, you can rationalize yourself out of making progress. Marcel Schwantes of Inc.com writes, "Here's an example: If your goal between now and the end of the year is to, say, lose 20 pounds, that may be challenging, but it's not specific enough.

Eliminate vagueness and make it more achievable by stating it this way: During the month of August, I will lose five pounds by cutting off refined sugar, breads, and all fast food. I will also walk briskly for twenty minutes every day." A goal like this is specific enough that you know exactly how to define success or failure. It's going to be much easier to say no to sweets when you know that eating sugar is breaking your commitment.

It's important that your goals are challenging, but not overly so. We are creatures of habit, and if you try to make a drastic change to your routine, you're going to make working towards your goals too stressful. Success is a marathon, not a sprint.

I lost 15 pounds in the last two months by setting a goal of going to the gym twice a week for at least 30 minutes (and making a few changes to my diet). In the past, I've tried to force myself to go to the gym every day, an hour each time, but I'd inevitably burnout after a couple weeks.

To find what goals are challenging, but not too challenging for you, you might have to try different goals. And the best way to do that is using a data driven approach, which is where the third strategy comes in.

How To Achieve Your Goals Key 3:

Keep Track of YOu Progress

[image]

Peter Drucker said, "That which gets measured, improves." There's a significant difference between feeling like you've been making good progress, and knowing you've been making good progress – because you have data that

proves it.

For two years, I measured my diet using a calorie tracking app, and I also measured my weight on a weekly basis. In that time, I lost 30 pounds and got into the best shape of my life.

More recently, I stopped tracking my calories, and I stopped using a scale to check my weight. Guess what happened after I went a year without measuring my diet or weight? I gained 40 pounds. That's right, 40 pounds. I went from athletic to overweight. I never would have let that happen if I had been keeping track of my progress.

Tracking your progress helps you keep your goals on your mind. The reality is, if we don't measure what we're doing to achieve our goals, it's easy to start to neglect them over time.

I measure my progress using a simple excel sheet. Every day I write down things I want to track like my current weight, how much time I spent writing, how time I spent watching Netflix, and how much I slept.

This helps me in two ways:

First – If I see a trend I don't like, I'm much more likely to make an adjustment. I don't want to write down that I spent 4 hours on Netflix, keeping track of how I spend my time helps me stay accountable.

Second – Keeping track of my progress gives me a score to beat. By seeing what I've done in the past, I am creating a sort of competition with myself.

This is motivating the same way that seeing your weight on a scale after you've lost 5 pounds is motivating. By keeping track of your progress, setting new records and beating your previous numbers becomes addictive.

There are other applications you can use to keep track of your progress. You can use apps like Word, Todoist, Habitica, and Google calendar. The big advantage to excel is that it give you a visual representation of the change you've made over time. You can see what you did 3 months ago compared to what you did today.

Keeping track of your progress will also help you set challenging, but realistic goals. If your goal were to read for 45 minutes per day, and you saw on your goal tracking app that you've been unable to keep up with that commitment,then you can adjust your goal accordingly.

Measuring your progress isn't the sexiest self-improvement tool, but it is one of the most powerful.

Wrapping Up How To Achieve Your Goals

All three strategies have been proven to work by a combination of scientific research and the results I've gotten from them.

To recap, strengthen your why using visualization, set challenging (but realistic) and specific goals, and keep track of your progress. Implement these strategies and your success will be inevitable.

92% of people fail to accomplish their goals. Now you have the tools necessary to make sure you're one of the 8% who succeed.

How To Attract A Beautiful Woman (The Uncensored Truth)

Avery · 21 June 2018 · Archived copy · Original

Moments after you enter the club, you meet eyes with a perfect 10. You approach her with the confidence of a lion stalking a gazelle.

[image]

She loves every word that comes out of your mouth. Your banter is as smooth and seductive as James Bond's. A few minutes into the conversation, you and this smokeshow start making out.

She pulls away for a moment to say, "I haven't been kissed like that in years. Where have you been all my life?" You grin and grab her hand to escort her out of the club.

She's back at your place, hanging on to your every word as you talk about your passions. After she finishes her drink, she asks to use the restroom. As you wait for her to finish up, you're a ball of excitement. This is really happening – and with one of the most beautiful women you've ever laid eyes on.

As the bathroom door opens, you notice she's wearing nothing more than her lingerie. She says, "I wanted to get more comfortable." Then, she slinks into your bedroom as you sit on the couch, dumbfounded.

You get yourself together and follow her into the bedroom. You and this stunner have sex so profound that if it were filmed, the porn industry would go out of business.

[image]

How To Attract A Beautiful Woman Part 1: The Lies We've Been Told

We all have a fantasy of what pickup should look like. We imagine ourselves being smooth as butter and charming as Paul Rudd. We imagine ourselves becoming a sort of vigilante superhero who slays pussy instead of slaying villains.

We have this fantasy because internet marketers sell us this fantasy. When dating coaches upload hidden camera footage of themselves meeting women, they make a point to show the highlights:

- Madison Monroe has a video of himself pulling a model during the day.
- Julien Blanc has a compilation showing him pulling girls and saying outrageous things like, "A white trash whore, that's all you are."
- Prank Invasion has compilations of a dude walking up to girls and hardcore making out with them (these videos are fake, but some people believe them).

The more we learn about pickup from internet gurus who sell $500 products that promise to get us perfect 10s (without getting rejected), the more inflated our expectations of game become.

When part of us thinks we should be able to walk out the door tonight and bring home a model, the messy reality of approaching women and getting rejected countless times becomes unappealing.

Real talk, even the best guys in the game don't pull '10s' consistently – they pull '8s' consistently and occasionally hook up with a '9' or a '10'.

And that's the best of the best. Most guys in the seduction community try their hands at game for about a year, fuck a 7, and make her their girlfriend.

Actually, that's not true. Most guys in the seduction community don't even go out to approach women more than once or twice.

Why do most guys in the men's dating advice community get such lackluster results?

Because the fantasies we get fed by pickup gurus are poisonous (1).

Unless you have thousands of approaches under your belt, you're probably not going to go out this Saturday and bring home a perfect 10 (or an 8 for that matter).

More likely, you're going to go out, get rejected a bunch, then go home alone. Some girls you meet by attracted to you, and you might even get a couple numbers. But bringing home a girl you just met from a club or a bar takes a lot of skill.

Same goes for the next week, and the next week, and the next week. Each time you go out:

- You'll get a little better at dealing with approach anxiety
- You'll get a little better at coming across as cool and confident,
- Your chances of bringing an attractive girl home will get just a little bit higher.

It's healthy to be ambitious, but that ambition needs to be tempered with patience. Whatever your dating goal is, the road there is going to be a long and often stressful.

The Self-Help Trap

[image]

Here's a harsh truth: most self-help content is designed to make us feel good about ourselves for having consumed it. Motivational videos, articles, and books pump us up and gives us something to look forward to. Because this content make us feel good, we go back for more, and more, until we buy a $300 online product.

S*elf-help marketers design content so that the very act of consuming it makes us feel like we're making progress*. At the end of a self-help article or video, you get the same dopamine hit that you get after a good workout at the gym.

Most self-help content is actually a form of escapism. By watching an infield video of a dating coach pick up a beautiful woman, we escape the reality of who we are, and get to temporarily immerse ourselves in the fantasy of who we could be.

Escapism is the enemy of reality. It trains our mind to get the reward for accomplishing our goals, without putting in the work. This isn't to say you should never watch an infield video or read a self-help book. But you should spend roughly 80% of your time taking action in the real world, and only 20% of your time learning at home.

How To Attract A Beautiful Woman Part 2:

The Bitter Pill

[image]

Learning success with women is hard. You're going to get rejected many times, and some of those rejections are going to hurt like a motherfucker. You're going to have some cringey interactions with women. You're going to get caught up in negative thought loops like, "Maybe I'm just not good looking enough," or, "If I were rich, this would be easy, it's not fair."

How do I know this is going to happen?

Because I experienced all these things. I've been rejected countless times, I've made cringey mistakes, and I've bought into my own delusional excuses. And so has everyone else I've met who learned to attract women.

If you're not willing to go through rejection, if you're not willing to go through embarrassment, and if you're not willing to go through an emotional roller-coaster: then game isn't for you.

Success in any endeavor isn't just about how badly you want the end result, it's about how much shit you're willing to wade through to get there.

After you've done thousands of approaches over the course of several years, you will have some pickups that are so smooth they would fit in a James Bond Movie. But for every story like that, you'll have a hundred stories where you fucked up.

When we think about the glory that we see in infield videos, we're all in. But when rubber meets road and we have to face approach anxiety, rejection, and our own ego – most guys give up on learning game.

If you want to date beautiful women, you can get that result – but it's going to take a lot of work and a lot of time.

This isn't to say you won't have a lot of fun going out and meeting women (if you don't have fun you're doing it wrong). However, there are going to be tough nights, and real progress only happens when you make a habit of consistently getting out of your comfort zone (which is stressful by definition).

If you want to feel good about yourself, stay at home on Saturday night and watch infield compilations.

If you want to win, go out several times a week, get rejected, and learn from your mistakes. Keep doing this until you get so fucking exceptional at it that you can bring home beautiful women on a regular basis.

That's the no B.S truth about game. It's not as pretty as the marketing hype would have you believe, but you can date beautiful women if you're willing to put in the work.

1: This isn't the only reason guys get lackluster results, but it is an important once. (other factors include: The fact that it's difficult for most guys to learn from their mistakes. Many guys don't believe they can succeed with women, this mindset gives them an excuse to not even try – why go out and risk rejection if it can't lead to anything?)

Attract Women With The 10% Rule

Avery · 21 June 2018 · Archived copy · Original

Chad Thundercock has it easy. He's 6'4, has Hugh Jackman's muscle definition, and his face looks like it was sculpted by Zeus.

[image]

When Chad goes out, beautiful women regularly approach him. These women pursue Chad with the feverish intensity of cats in heat. Chad doesn't worry about getting rejected, he worries about having to reject another 10 women each night.

Wouldn't it be nice to be Chad Thundercock?

Wouldn't it be nice to have women throw themselves at you just because of your incredible good looks?

Yes, yes it would. But you aren't him. Almost no one is, only about one in ten thousand men are so incredibly good looking that beautiful women regularly and actively pursue them.

I have a friend who's 6'3, jacked, and probably in the top 1% of guys in terms of looks. Is attracting women easier for him because of that? Of course it is.

But you know what, this guy usually ends up hooking up with women who are average looking at best. This guy is physically attractive, and women basically throw themselves at him, but he's not confident enough in himself to pull the trigger.

Good Enough

[image]

Yes, looks help. But you don't need to be the best-looking guy in a club to get a beautiful woman to come home with you.

You don't need to be the most charismatic guy in the club, either. You just need to be 10% better than the average guy.

Women – even beautiful ones – aren't just sleeping with men who fit the societal mold of what perfection is supposed to be. They're sleeping with men who are GOOD ENOUGH.

These are men who have proper hygiene (it's shocking how many guys don't), who are fairly interesting to talk to, who are presentable looking. Women sleep with men that are 10% better than the average douchebag.

You don't need to become the ideal man, become a man who's 10% better than the average guy.

If you think your appearance is below average, get a $50 haircut, get some fitted clothes, and start going to the gym. Most guys can become better than average looking if they put in some effort.

If you think your personality is below average, start going out with a wingman and ask him for feedback.

To get useful feedback, ask questions like:

- "What could I have done better?
- "What would you change about my body language?
- "What do you think my biggest sticking point is?"

(To find a wing, your best bet is the Inner Circle Facebook groups).

Whatever area of your game you want to improve on, don't think you need to become god-tier, you just need to be

10% better than average.

[image]

When you're talking to that stunner, she's not judging whether you're the most attractive guy she's ever met. She's judging whether you're attractive, period.

When you meet a girl, are you deciding whether you want to sleep with her based on whether she's a perfect 10? Or are you deciding based on whether she is attractive, or not?

The threshold to be judged as attractive to a good percentage of women isn't as high as you might think.

Women aren't much different. Sure, they hypothetically want the perfect guy, but in reality, they end up hooking up with perfectly normal, flawed guys who are attractive enough.

If you want to succeed with women, don't aim to be perfect, aim to be 10% better than the average guy.

For a systematic 150-page guide to becoming a guy who naturally attracts women, check out: Irresistible How To Attract Women With Ease:

How To Reach The Sexual Hook Point With A Hot Girl

Avery · 23 June 2018 · Archived copy · Original

To know if you've reached the sexual hook point, ask yourself, "What would happen if she and I were left alone in a room together?" Is the answer, "We'd tear each other's clothes off and have passionate sex." If so, congratulations! You've passed the sexual hook point (Release the confetti and fireworks).[image]

Many guys have trouble reaching the sexual hook point because going up to talk to a girl leaves room for plausible deniability (maybe you just want to make friends). Getting rejected for a kiss, on the other hand, can get you rejected not just personally, but sexually as well.

We avoid risking sexual rejection by playing it safe: we don't initiate physical contact, we don't make strong eye contact, and we avoid saying anything that might be offensive.

If you're not reaching the sexual hook point with women, you're playing not to lose instead of playing to win. Playing not to lose protects you from facing potentially humiliating rejection at the cost of also protecting you from successfully cultivating a sexual relationship. It's the old adage, "You miss every shot you don't take." By passing the ball instead of taking a shot, you relieve yourself of responsibility, but you also prevent yourself form winning.

Diagnosis

You can't get to the sexual hook point with every girl. Sometimes a girl will be in a committed relationship, she'll be a lesbian, or she won't have any natural chemistry with you. If you're playing to win, it's inevitable you'll get rejected sometimes – yet, it's equally inevitable that you'll make things happen with women sometimes, too.

Be honest: how often when you go out do you end up doing something with a girl that is undeniably sexual? This includes things like grinding on the dance floor and making out with a girl.

It's possible that you reached the sexual hook point without doing anything sexual with a girl, but making a move is the only way to know whether she's sexually attracted for sure.

The sexual hook-point is essentially a bridge to sexual escalation (kissing, dancing, etc.), so the best way to find out if you're reaching the sexual hook-point is to escalate physically with a girl.

This isn't to say you should try to kiss every girl you talk to (far from it). But if you're going out regularly, and you don't end up grinding with or making out with any women at all – you're not taking enough risks.

We hesitate to lean in for the kiss or to ask a girl to dance because doing so could get us rejected. Yet, if we never make those moves, *we are getting rejected by default.* The end result is the same, the rejection just hurts our ego more if it results from making a move.

You could ask yourself, "Have I reached the sexual hook point with this girl?" and analyze things like her body language and eye-contact, but doing so would be a waste of time; you're only making a guess.

If you truly want to know if a girl is sexually interested in you, you must take a risk and get your answer based on **whether she accepts or rejects your advances.**

This can be done gradually, you don't have to go from casual conversation directly to leaning in for a make-out, but if you want to succeed with women, you will need to learn to move towards doing something definitively sexual (like making out).

When deciding whether reaching the sexual hook-point is something you need to improve at, don't ask yourself

whether girls find you attractive, ask yourself if you're putting yourself in situations where you can make something sexual happen.

To quantify this, if you're going out to a club, you should be expecting to make-out with, or at least dance with, a girl on a nearly nightly basis.

(If that's not happening, you might not approaching enough women or not approaching women you're attracted to. If that's the case, you'll first want to take care of that sticking point before addressing sexual escalation.)

If you're going out, you're asking girls to join you on the dance floor, and you're attempting to physically escalate – but you're getting rejected – then you know that you're not reaching the sexual hook point consistently. In that case, this is the sticking point you should focus on.

If you're going out and you are frequently physically escalating and making out with girls, then, obviously, you're reaching the sexual hook point at least some of the time. At that point, you'll want to ask yourself sexual escalation is something think you need to get better at.

Ask yourself whether you're regularly missing opportunities with women you're attracted to. When you meet a girl you like, how often do you sell yourself short by not taking the risks that might have lead to a sexual relationship with her? How often are you left wonder, "Did she like me? Could something have happened with her?"

If you're like most guys, the honest answer is "All the time." Sexual escalation is probably the second most common sticking point in this entire book, and for good reason.

The Problem With Investment

[image]

The more you interact with a particular girl, the more you invest in her emotionally. If a girl you've only met 2 minutes ago were to reject you for a kiss, it wouldn't be a big deal – you don't care about her. But if a girl you've been friends with for a year were to reject you for a kiss, that might feel like the end of the world.

Just spending an hour or two interacting with a particular girl can add up to a substantial emotional investment. Once you've already established a good rapport with a girl, the idea of losing that rapport – and losing that girl – by sexually escalating is anxiety provoking.

Not only is escalating frightening because doing so risks the loss of your emotional investment, but escalation also carries with it a potential blow to your ego. We all want to see ourselves as a guy who can get the girl, and getting sexually rejected by a girl represents an attack on that identity.

Fortunately, with the right strategy, sexual escalation can become smooth and instinctive. And you can do this without risking being labeled as a total creep who has no empathy. With that said, let's dive into how to master the art of sexual escalation.

Prescription

The problem with IOI's

An IOI (Indicator of interest) is one of a number of signs a woman might give you that she's attracted to you. Women are rarely overt in showing their interest, they tend to show it more subtly than us men.

Some of the most common indicators of interest include:

- Playing with her hair
- Making strong eye contact with you

- Laughing at your jokes (even if they're not that funny)
- Touching you in any way
- Complimenting you "You're funny/interesting/etc."
- Making an excuse to talk to you I.E. "Do you have a cigarette?"

Dating coaches teach men about indicators of interest because they act as green lights showing that you can move things forward with a girl. It's true that if you could accurately read indicators of interest, you could get a sense of when a girl wants you to sexually escalate. But there's a big problem. We men can't accurately read indicators of interest.

Our ability to understand indicators of interest is corrupted by our emotions. A girl might touch us, laugh at everything we say, hold strong eye contact, and give us numerous compliments, but we might still think, "She just likes me as a friend, I don't feel like she's interested in me sexually, maybe if I get a couple more indicators of interest."

[image]
She probably just took off some clothes to get more comfortable…

There have been numerous times when a girl was throwing herself at me, but I didn't make a move because I wasn't confident that she was actually interested. One girl invited herself to my bedroom and suggested we should give each other massages. She literally sat on top of me and gave me a sensual massage in my bed, and I was thinking, "Well, unless she leans into kiss me, this is probably a friendly massage." I didn't make a move. The morning after, she woke up and said, "Well, that's not what I was expecting to happen." I never saw that girl again.

The above anecdote is just one of hundreds of times in which a girl was giving me obvious signs that she was interested, but I failed to make a move because I didn't *feel* like she was interested. The indicators of interest were clear, but my low self-esteem corrupted my understanding of them. Even though I had all the green lights a guy could ever want, I didn't hook up with those girls.

If looking for indicators of interest is a bad idea, what's the alternative? To simplify the process. Instead of thinking about whether a girl is giving you signs that she's interested, you can find out whether it would be appropriate to escalate by doing what's known as "pinging".

Pinging A Girl's Interest

[image]

To ping a girl's interest, touch her in a non-threatening, platonic way. The most basic version of this is to touch her shoulder. Her response to your touch acts as a ping that tells you whether she likes being physical with you. If she responds negatively by either moving your hand away from her, or by leaning away from you – that's a red light. It means that she's not comfortable being touched by you (at least at that time and place).

Sometimes a girl will give you a red light just because she's shy, other times it's because she's not interested in you. You'll have to use your own judgment when deciding whether to continue an interaction with a girl if she's giving you red lights.

As you get more experienced, you'll develop a better understanding of whether a girl is playing hard to get or if she's really not interested – but when you're relatively new to the game, it won't be easy to tell.

If you get a red light, and you decide to continue the interaction, you should slow things down. Once you sense that the girl is comfortable with you, you can ping physicality once more or simply get her number and make plans to go on a date with her later.

If you touch a girl, and she doesn't respond either positively or negatively, that's a yellow light. This means

escalating further (I.E. going for the make out) isn't the best idea. Now, you'll want to take a step back and give her some time to get more comfortable with you before pinging again.

If you touch a girl, and she responds by touching you back or leaning in towards you, that's a green light. This is the best indicator you'll get that you can escalate further. Of course, just because a girl touches your shoulder doesn't always means she wants to kiss you, but it often does.

Remember, if a girl rejects your kiss, the world won't end. Plus, believe it or not, you'll probably feel better about yourself looking back on the rejection than if you never made a move. Getting rejected is better than wondering what might have happened.

Other than touching a girl's shoulder, you can also ping physicality by leading her to another location and putting out your elbow (for her to lock elbows with you). If you met her in the day, you might say, "Let's go get a quick cup of coffee," and then put out your arm for her. If she locks arms with you, that's a green light. If you met her in the night, you might suggest going outside to get some fresh air or to go to the bar to get a drink.

A third option for physical pinging is to invite a girl to dance with you (obviously this is mostly something you would do at clubs).

If a girl gives you a yellow light when she touches your shoulder, she might still give you a green light when you extend your arm for her to grab or ask her to dance with you.

If a girl gives you a green light, take that to mean that you can go in for the kiss. It doesn't mean you have to do it at that second, but don't worry about getting other I.O.I's because there's too much room for misinterpretation.

It's true that a girl who gave you a green light might not want to kiss you. Unfortunately, there's no way to eliminate uncertainty, you can only reduce it. You could ask, "Can I kiss you now," but doing so often kills the moment and may result in a girl who did want to kiss you changing her mind.

Going For The Kiss

[image]

So, how do you actually go for the kiss once you've gotten a green light? There's no secret to it, just lean in. Ideally, you don't want to lean in too abruptly. Make the motion slow enough that she can get ready to be kissed (or to reject you).

If you've never kissed a girl, you might think that your first kiss will be bad, and the girl will make fun of you as a result. You're right that it probably won't be the best kiss of all time, but you're wrong in thinking the girl will make fun of you.

If your first kiss is awkward, just tell her it was your first kiss. She'll think it's cute that you chose her for your first kiss, and chances are, she'll be happy to give you some hands-on lessons afterwards.

Don't overthink the right moment to go for a kiss. There is no one right moment. What makes a good kiss is the sense that it was spontaneous. It could be while you're dancing with her, but it could also be when you're walking with her.

Once you've gotten a green light from pinging, go for the kiss whenever you want. To be fair, you might get rejected when you lean in for the kiss – but this rejection is useful feedback.

If you get rejected, don't get upset, be respectful and take a step back. She won't be offended unless you don't respect her boundaries. Once she's given you a no (verbally or non-verbally), it's time to apologize and make fun of yourself, "Sorry, that was awkward. I thought we were having a moment, but I guess it was just an awkward moment. Anyway.", and move on.

In some cases, a girl rejecting you for a kiss doesn't mean she will never want to kiss you. If she rejects you for a

kiss but says, “Not yet,” “Not here,” or something similar, than she just wants to know you better or be in private. If she flat out rejects you and doesn’t give you any reason to move on, the best option is to just meet another girl.

Again, going in for the kiss and getting rejected feels a lot better than wondering what would have happened if you tried.

Making out isn’t the only form of sexual escalation, but once you’ve made out with a girl, you’ve pretty clearly established the sexual nature of the interaction.

Conclusion: How To Reach The Sexual Hook Point



This sticking point is extremely common and it’s difficult to overcome for some guys. Persistence is key. Every time you go out and you meet a girl that you like, but you don’t sexually escalate, it’s going to frustrate you. Embrace that frustration, use it as fuel so that the next time you’re talking with a girl you like, you tell yourself, “fuck it” and you go for it.

It might not be poetic, but most of my progress in game came from times of frustration. One time, I went on a date with a girl to a country bar. We were dancing and talking – everything was going well. But another guy came up and approached her. He completely ignored me and asked my date to dance with him. She looked at me as if to give me an opportunity to say, “She’s my date, sorry man.” But I didn’t say anything, and they danced.

After the dance, my date came back to me, but this guy followed soon after and kept talking to her. He invited us to play pool and as we did so he kept flirting with my date. By the end of the night, I wasn’t talking to her anymore, I might as well have not been on a date at all. At the end of the night this guy took my date home with him.

Getting my date “stolen” from me was frustrating. I could have blamed the guy for being a douche, I could have blamed my date for having no respect, but instead I took it as a learning experience. My passivity allowed a random guy to take my date home with him. The next time a guy started talking to the girl I was with, I wasn’t going to let the same thing happen.

Only a couple weeks later, I met an extremely cute girl at a club. We started talking and hit it off, so I invited her to dance with me. She agreed, but as we walked to the dance floor, some guy started talking to her. He was blatantly

flirtatious, so I said, “Sorry man, she and I have to go,” before anything could happen between them. I ended up dancing with this girl, and a couple hours later we were back at my place. If I hadn’t learned from what happened with the guy who stole my date a couple weeks before, I wouldn’t have brought that girl home with me.

Learning to sexually escalate can be a big hurdle, especially if you don’t have much past sexual experience. The only way to overcome this hurdle is to throw yourself into situations where something sexual might happen with a woman.

That’s why it’s a bad idea to spend all your time with one girl – your “crush” – when you put a lot of time into one girl, you’re going to get way too emotionally invested to take any risks with her. As a result, all the time spent with her doesn’t lead to anything. And even if you do confess your feelings for her after months of being friends, by that time she’s almost certainly put you squarely in the friend zone.

Even if you are looking for a girlfriend or to start a family, the most effective way to get to that goal is to approach many different women. Doing so will allow you to become more attractive to women in general. Then, when you do meet that girl who stands heads and shoulders above the rest, you’ll have no problem getting her.

Sexual escalation is a skill that takes practice to master. If you’ve gone years without having the quality or quantity of sexual relationships that you’d like to have, you’re going to have to make up for that lost time with frequent practice!

PS: This post is an excerpt from Irresistible: How To Attract Women With Ease

She Said, “We’re Not Going To Have Sex,”Three Times. You Won’t Believe What Happened Next

Avery · 28 June 2018 · Archived copy · Original

There were hundreds of beautiful women in the Vegas Nightclub, Omnia. I scanned the balcony for potential prospects. I approached an attractive blonde girl in a sun dress standing next to her friends and said, “You don’t really look like you belong here.”

[image]
She roughly looked like this.

She replied, “What do you mean?”

“Well, you don’t look like a party girl. You’re dressed too classy for a Vegas Nightclub.” I continued, “But that’s a good thing. I’m not a party girl, either, so we might just get along.”

She laughed, told me her name was Carly, and started asking me questions about what I do, who I’m with etc. (always a good sign).

As we continued talking, Carly told me she was a published poet and the valedictorian at her high-school (when a girl tries to impress you, it usually means she likes you).

I said, “Who would have thought we’d end up talking about poetry in a nightclub? This has turned out to be interesting.” She agreed, and I continued, “Let’s head to the dance floor for a minute.” I took her hand and brought her to dance with me.

After dancing for about ten minutes, we returned to the balcony and I asked Carly what she was doing later that night. She replied, “Not sure, what about you?” (When a girl says this, it means she wants to hang out with you later.)

After a few more minutes of chatting, I said, “Hey, it’s too loud here, I want to be able to have a real conversation with you. Let’s go back to my hotel and have a drink.” (Credit goes to Russel Brand for this line.)

She replied, “Sure, that sounds like fun. But, I want you to know, we’re not having sex.”

I didn’t acknowledge her comment (because to do so would make it seem like it affected me). I simply said, “Ok, let’s go.”

As we waited for an Uber outside of the club, she said, again, “We’re not having sex tonight.”

I said, “Okay.” and then return the conversation to the previous topic.

We got out of the Uber by my hotel. As we walked towards my room, she said, “We’re not having sex tonight.” I reassured her by saying, “I know,” and we walked into my room.

As I filled my shot glass with Jameson, I said, “You know, I generally don’t like meeting women at clubs because although there’s plenty of beautiful girls there, almost none of them are smart enough to really intrigue me.”
She said, “I totally agree, I’m actually a sapiophile” (Every girl who knows what the word sapiophile means thinks she is one.)

I continued, “Yeah, so I’m really glad I met you, you’re an exception to the rule.”

I paused to give her a chance to make googly eyes at me. Then, I said, “Yeah, you’re the total opposite of most club girls. Very smart. Not the most attractive, but you know, it’s inner-beauty that matters.”

For a moment she looked dejected, then she said, “Screw you, do you want to get slapped?”

I gave her a sarcastic grin before saying, “I’m just kidding, obviously. You’re not just smart, you’re beautiful too. Stunning. You know that, don’t you?”

Then, I leaned in to kiss her. The kiss quickly escalated into making out, and within a few minutes, she exclaimed, “Are you going to fuck me already, or what?”

After saying, “We’re not going to have sex.” three times, she asks whether I’m going fuck her already. Part of me wanted to give her a lecture about boundaries and honest communication, but a bigger part of me (wink, wink), wanted to fuck her brains out. So, I picked her up from the couch, walked her into my bedroom, and threw her on the bed. What happened next, you can probably imagine.

Key Takeaways:

We’re Not Going to Have Sex

[image]

Oftentimes, when a woman says, “We’re not going to have sex,” she’s only saying it because she’s been considering having sex with you. The emotional part of her brain wants a good plowing, but the logical part of her brain is telling her that she shouldn’t have sex with a guy she just met. She verbalizes that she’s not going to sleep with you to relieve herself of cognitive dissonance.

But she wants to fuck you. If she becomes sufficiently aroused (I used all the strategies in this article to arouse her: https://redpilltheory.com/2018/02/27/arouse-girl-youre-even-bedroom/) , her silly logical reason to not have sex with you will fly out the window as quickly as her panties drop to the floor.

On the surface, having a girl tell you, “We’re not going to have sex,” is one of the worst things that she could say (unless you’re a celibate monk, in which case you should probably stop reading this), but in actuality, it’s one of the best things she could say.

Create Sexual Tension with Push-Pull

[image]
“That was a shitty kiss.”

A pull is anything that makes a girl feel validated (I.E. complimenting her, giving her your attention, or buying her a drink).

A push is anything that makes a girl feel invalidated (I.E. making fun of her, taking away your attention, or refusing a request she makes).

Pulls are important because they show a girl that you like her and want to spend more time with her. But too much pull without any push makes a girl feel like you’re putting her on a pedestal to get something from her. If you regularly compliment a girl and agree with everything she says, she’s going to think you’re spineless. And depending on her personality type, she may even take advantage of you (I.E. letting you buy her things even though she has no interest in sleeping with you).

At the same time, if you constantly make fun of a girl, interrupt her, and are generally dismissive of her, she won’t feel that you see her as anything more than a sex object, and that will make her distrust you.

Your interactions with women should have a good mixture of push and pull. You compliment her, but you also tease her. You show interest in what she says, but you’re willing to disagree with her.

The combination of push and pull creates a dynamic where she enjoys being around you, but she’s not completely sure whether you’re interested in her. This doubt creates sexual tension.

With Carly, I created a strong pull when I told her she was much more intelligent than most women who go to clubs. I turned the pull into a push by telling her, “You’re very smart. Not the most attractive, but you know, it’s inner-beauty that matters.” This riled her up because it took away the validation of the previous compliment.

Then, I flipped it again by telling her she really was beautiful. That’s the basic formula for creating sexual tension. A pull makes a girl feel good, but it also gives away your power in the sense that it lets her know she could “get” you. A push replaces that good feeling with doubt and makes her want to get the good feeling you gave her earlier, back.

I know this sounds manipulative when it’s explained so bluntly, but this is the basic dynamic underlying all good flirting: whether or not you’re aware of it. Push pull is what “naturals” (guys who are good with women without needing to learn about it online) do instinctually.

Most guys who aren’t good with women either pull too much (this is the stereotypical nice guy who bends over backwards for a girl he barely knows),or push too much. But a good interaction needs both push and pull, that’s what makes a woman want to start actively pursuing you, instead of just putting up with your advances. An easy way to make sure not to do too much pull is to adhere by commandment v (https://heartiste.wordpress.com/the-sixteen-commandments-of-poon/), only give her 2/3 of what she gives you – let her do most of the investing in the interaction.

Capitalize on Good Logistics

[image]

When a girl goes out to a Vegas nightclub with a group of two other female friends, there’s a very good chance she’s out to flirt with guys. If you ask a girl to dance and she doesn’t object by saying something like, “Okay, but I have to tell my friends,” that’s another good sign.

The less attached a girl is to her group of friends, the more likely it is she’s open to going home with a guy that night. When a group of girls are clingy, it often means they plan on going home with each other, not with guys. A great way to find out if a girl is open to the possibility to going home with you is to ask, “What are you doing later tonight?” If she says she isn’t doing anything or asks what you’re doing, it probably means she’s down to go home with you.

When a girl’s logistics are good, capitalize on them – it definitely makes things easier. However, if a girl has bad logistics, you can still make something happen if she really likes you. Logistics are good to be aware of, but bad logistics can usually be overcome.

Conclusion

[image]

Sometimes when a girl says, “We’re not going to have sex,” what she really means is, “I want to have sex with you, but I don’t want to feel like I’m easy to get into bed.” When it comes to dating, what a woman says, and what she means, are often two very different things.

It can be frustrating when a woman sends mixed signals, but that’s the whole point! If a girl tells you, “We’re not having sex,” and you get visibly upset and reactive, that tells the girl that you’re not very sure of yourself and that you’re not in control of your emotions – which means you’re probably not a guy she should be having sex with. If you understand why women test men, those tests will actually be reassuring to you. When a girl says, “We’re not going to have sex tonight,” you’ll know that in an hour she’ll be saying, “Are you going to fuck me already, or what?”

How To Get Laid In Vegas: The Comprehensive Guide

Avery · 29 June 2018 · Archived copy · Original

How To Get Laid In Vegas: The Comprehensive Guide

[image]

Vegas is the party capital of the United States. There's no better city to visit if you want to have casual sex with beautiful women from around the world. It's so easy to meet women in Vegas that a friend and I were able to pull a different girl to our hotel 9 days in a row (high quality women too, in those 9 days I brought home a PhD candidate, a successful fashion designer, and a doctor.)

Some men find incredible success in Vegas:

- One guy I went clubbing with in the city of sin lost his virginity there.
- Another guy had his first threesome.
- A third guy I know met his long-term girlfriend in Vegas.

Despite the opportunities in Vegas, most guys who go travel there don't hookup with any girls. They go to the clubs and approach a few women, but ultimately go home at night with only their right hand as company. The city of sin is a great place for getting laid, but you need a good plan.

Don't expect a beautiful woman to fall into your lap the moment you arrive in Vegas (unless you pay for it). Although it's easier to meet women in Vegas than most cities, there are a few obstacles you need to overcome. Fortunately, this article will teach you a comprehensive, step-by-step guide for how to get laid in Vegas consistently.

How to Get Laid In Vegas Section 1:

Prepare for Success

[image]

Vegas is a large city, but the best clubs are all in one small area called The Strip. If you want to get laid in Vegas, your hotel needs to be on (or at least close to) this area.

The best club in Vegas on the weekends is XS (It is by far the club with the most beautiful women I've ever been to).

XS is in the Wynn resort. So, naturally that's the best hotel to book – you can bring a girl back to your room from XS without even leaving the building.

If price is an issue, stay at the Hooters Casino Hotel – it's roughly 50-75 dollars a night and the rooms are surprisingly high quality. The hotel isn't on the strip, but it's only a few minutes driving via uber.

Logistical Considerations:

- · If you're going to Vegas by yourself, find some guys to meet women with in advance by joining this group: rsd inner circle Vegas. Once the admins approve your request, simply post on the group that you're looking for wings on the days of your trip.
- If you don't get any responses, you can also message members who post in the group regularly. Just ask them if they'd like to go to the clubs with you while you're in Vegas.

- · If you're going to share a room with a friend, make an agreement with your friend that if one of you pulls, you'll text each other about it so you and the girl can have some privacy.
- · You can buy tickets to any club on their website for $30 (generally), but you can get into many clubs for free by joining the guest list. You can get on the guest list using the website: https://nocovernightclubs.com/nightclubs/. Alternatively, you can just walk around the strip and find a promoter who works for the club you want to get into.

Best Clubs to go to each night of the week:



All clubs are free with guest list unless otherwise specified:

Monday:

Marquee

Tuesday:

Omnia

Wednesday:

Intrigue (requires TAM card to get in free)

Light (Light attracts a Hip Hop crowd, so bear that in mind).

Thursday

Encore Beach Club (require TAM card or equal ratio to get in free.)

Hakkasan

Friday:

Any of the major clubs will be busy. The best clubs are: XS, Omnia, Marquee, and Hakkasan. Omnia is the best club you can get into free with guest list.

Saturday:

Same as Friday.

Sunday:

XS Nightswim during the summer (amazing, requires TAM card to get in free.)

Hakkasan

Dayclubs:
During the summer there are quite a few options for dayclubs. Most of them are free with guest list/TAM card, but you may want to call the club in advance to make sure.

Here's a list of your options: https://nocovernightclubs.com/pool-parties/

How to Get Laid in Vegas Section 2:

What to Do in The Club

Run Volume

[image]

The biggest benefit to meeting women in Vegas is the sheer number of women in any given nightclub. Capitalize on this by taking a shotgun approach: walk up to a girl and quickly get a sense of whether she's down to hook up with you.

If she's giving you green lights, move the interaction forward as efficiently as possible (without being pushy). If, however, she's showing signs of disinterest, don't waste your time, move on to another girl.

If you approach 50 women in a Vegas nightclub, a few of them are bound to like you. If you spend the whole night talking to a girl who isn't showing interest, you're probably going to end up going home alone.

When running volume in Vegas, don't make the classic mistake of being overtly sexual right from the get go. A lot of guys approach girls by forcefully grabbing them, one after the other, until one girl responds positively.

Occasionally, this 'strategy' works because some girls are horny or want to make-out with random guys. But 9 times out of 10, being overly direct just turns women off.

You don't need to walk up to girls and say, "Hey, you're beautiful." You can simply introduce yourself like a normal human being. Once you've started talking with a girl, make strong eye contact, be assertive, and touch her in a non-invasive way (on the shoulder, for example).

If she responds positively to your touch, take that as a sign that you can escalate further by inviting her to the dance floor or going for the make-out (to clarify, a positive reaction to your touch means you can escalate at some point in the near future, you don't need to rush it).

When you approach a girl, you should get a sense of whether she's interested within a few minutes. If you can't tell, ask her to dance with you. If she says no, move on to the next girl.

Running volume is key because your biggest limitation in Las Vegas isn't the number of women you can approach, it's time.

(The above video is an example of me coaching someone to run volume effectively.)

I've seen guys spend a lot of time either talking to a girl who isn't into them, or just staring at their phone in the club– that isn't a winning strategy. As a rule of thumb, if you spend 4 hours in a Vegas club, by the end of the night

you should have either pulled a girl or approached at least 20 women.

Screen Hard

[image]

To some girls, partying in Vegas is about hanging out with friends and dancing. To others it's about meeting guys and having a one-night stand. When you approach a girl in Vegas, it's important that you determine whether she's the kind of girl that is open to possibility of going home with a guy.

Just because a girl is attracted to you doesn't mean she's interested in sleeping with you. By answering the following questions, you'll be able to determine how likely it is you'll be able to bring a girl to your hotel room later.

1 Is she willing to leave her group of friends?

If you ask a girl to dance, and she says, "Is it okay that my friends come?" That's a bad sign. It means that she and her friends want to stay together, and most likely, want to leave the club together.

As a general rule of thumb: the less attached a girl is to her group of friends, the more likely she's open to going home with you.

What is she doing later that night?

One of the best things you can ask a girl is, "What are you doing later tonight?" Her answer will give you a good idea of whether she wants to go home with you. If a girl says, "I'm going to sleep." Or, "I'm going to my hotel with my friends," that's her way of saying she's not planning on sleeping with you.

If, on the other hand, a girl responds by saying something like, "I don't know, what are you going later?" Then there's a very good chance you can make something happen with her.

What is her logistical situation?

These questions allow you to get a sense of how difficult it will be to pull a girl. There are 4 key logistical questions:

- Where are you staying?
- What are you doing tomorrow?
- How did you get here?
- Who are you here with?

Getting answers to these questions will paint a picture of what obstacles you have to overcome to bring a girl home with you. For example, if a girl has a flight at 5am tomorrow, it's going to be difficult to make something happen. Conversely, if you ask her these questions and she says, "I'm staying by myself across the street," that will make things easier.

Even if a girl's situation makes it difficult to bring her home with you, that doesn't mean it's impossible. It's up to you to decide whether you should invest your time in a particular girl.

Generally, if you're relatively inexperienced with women, it's better to move on when a girl's logistics are bad (so that you don't waste time on something that probably won't lead anywhere.) As you get more skilled at meeting women in clubs, you'll be able to bring a girl home regardless of her logistics.

Go For The Pull

[image]

The main reason guys struggle with women is that instead of playing to win, they play not to lose. If you approach a girl, talk to her for a few minutes, and you like her, then you *should do something* about it. You should ask her to dance, get physical with her, and at some point, you should ask her back to your place.

Every time you talk to a girl you like, but you don't attempt to move it forward in some way – you got rejected by default. She didn't reject you, *you rejected yourself*.

It might not be politically correct to say, but most women won't make the first move on a guy. Because of this, if you don't make you intentions clear with a girl, there's a 95% chance nothing's going to happen. Even if she likes you.

Asking a girl to dance or leaning in for a kiss is a risk, but it's a necessary risk. I'm not saying you should try to kiss every girl you meet, but if you like a girl, and you don't do something that could lead in the direction of sex, you've missed an opportunity.

You have to ask yourself, do you care more about getting your ego bruised, or do you care more about getting results? Playing to win means you making your intentions clear. If you get rejected, you get rejected by the girl, not yourself.

The simplest way to implement this strategy is to ask every girl you like to dance at some point in the interaction – dancing is sexual, and most of the time a girl will decline the request unless she's attracted to you.

If you dance with a girl, your goal shifts to inviting her to come home with you at some point (you can simply ask, "Would you like to get a quick drink somewhere that isn't so loud?") by making the attempt, you played to win – you put yourself out there and took a risk. Your results will skyrocket with women if you take this approach.

Conclusion: How to Get Laid in Vegas

[image]

Vegas is among the best cities in the world for meeting women. Unfortunately, many guys seem to think that if they throw themselves into Las Vegas, they'll get laid effortlessly. It's the old adage: failing to plan is planning to fail.

Use everything you've learned in this article to be one of the few guys who is able to give the women in Vegas the adventure they really want.

Of course, the strategy you just learned is specifically designed for success in Las Vegas. What if you want to effortlessly attract women anywhere in the world?

That's why it's essential to know The Five Pillars of Success With Women.

There are thousands of hours of videos you can watch on YouTube and countless articles you can read about getting more dates. But how much of that content translates to real world results?

Not much.

After reading this article, you can tell I'm dedicated to giving you practical, step-by-step advice that works. This isn't fluffy self-help designed to give you a temporary dopamine spike, this is real strategy designed to help you attract women.

And if you really want success with women, the best way to achieve it is with a focused, comprehensive guide that will take you from A-Z.

That's exactly what the Five PIllars of Success With Women is.

Footnotes:

1. The best clubs for Wednesday day and Thurdsay are also in the Wynn (Encore and Intrigue, respectively).

2. You can save money with a Tam Card. Having a TAM card implies that you live in Las Vegas and work in the nightlife industry, which will get you into most clubs for free. (even clubs that don't have a guest list).

To get a TAM card, follow the this link:
https://tlp.tamnevada.com/index.php/tlpview/training-modules/techniques-of-alcohol-management-online.html

Take the test (you can look up the answers online, or you can use these flashcards as a guide. Once you've taken the online test, you go to an office in Las Vegas where you'll take the same test in person. If you passed the test online, it shouldn't be hard to pass it in person.

Once you finish the test, you'll get your TAM card, and you'll be able to enter most Vegas nightclubs free of charge. (it costs $25 but saves you a lot of money if you stay in Vegas more than a couple days.

Does Visualization Work? The Shocking Truth About The Law Of Attraction

Avery · 1 July 2018 · Archived copy · Original

Does Visualization Work? The Uncensored Truth About The Law Of Attraction

[image]

***Books like The* Secret claim that visualization is the secret to success and happiness. The idea is that your thoughts have power, and if you picture yourself getting the things you want, those things will be attracted to you like a magnet.**

However, the notion that you can "manifest" a Ferrari into your garage, simply by thinking about owning one – sounds ridiculous to most scientists.

Yet, many highly successful people – dating as far back as Aristotle – claim that visualization can transform your life for the better. Some scientists couldn't help but wonder if there might be something to the mythical idea that you can visualize your way to success and happiness.

A Scientific Study Answers the Question, "Does Visualization Work?"

A team of researchers split job-seeking adults into two groups. One group was given standard interview training, the other was taught to visualize themselves getting a job.

The goal of the experiment was simple: to discover whether job seekers were more likely to find a job when they used visualization techniques. The results were shocking.

The study participants were tracked for 6 months after they are receiving their training. Only 21% of the people who were given standard interview training found jobs. In comparison, a staggering 66% of the people who were taught visualization techniques found jobs.

How could this be? How could visualizing yourself getting a job triple your chances of getting one? Is it really a spiritual law of the universe in action?

Unlikely. Creative visualization has often been associated with spirituality and new-age thinking, but it doesn't have to be. The power of visualization can be explained by psychology (without the need for anything woo-woo).

The Psychological Mechanism Behind the Power of Visualization

Have you ever been so bored at work that you started fantasizing about what you might eat for lunch? I know I have. Some days I would pass the time imagining myself devouring a pint of Cherry Garcia.

And you know what I did the second I got my lunch break on those days? I bought a $7 pint of ice-cream and ate it in one sitting.

The human mind evolved over the course of hundreds of thousands of years – nothing it does is random or purposeless. Visualization serves a very specific function, otherwise we wouldn't be able to do it.

When we visualize something, we're priming ourselves to take action. We're telling our subconscious mind to figure out how to get the thing we're visualizing. As a result, we feel a pull to obtain the object of our desire.

[image]

On a treasure map, X marks the spot. When you visualize something you want, say to make a 6-figure income, you're marking an X that you want to reach in the future.

Once you've defined the destination you want to reach, the power of your subconscious mind will help you do whatever it takes to get there.

When we don't take the time to repeatedly think about what we want in our lives, we run in circles. One day we want a promotion, the next we want to quit smoking, the next we want to be a musician, and the next day we want to watch every Marvel movie in one sitting (which to be fair, would be impressive).

Without visualization, we're essentially trying to find treasure using a map with 30 different red X's. It's not clear which direction we should head towards, so we don't get very far. We might take steps towards losing weight one week, but the next week we change our minds and focus on learning a language.

When you visualize the things you really want in your life – every single day – you're telling your mind that those specific things are important to you and worth pursuing in the long-term.

Visualization triggers motivation. It mobilizes the unconscious mind to help you accomplish your goals, and it clarifies the direction you want to head in.

Does Visualization Work? Famous Case Studies



It shouldn't be too surprising that a long list of incredibly successful people claim visualization played a major role in their success.

Before he was a successful movie star, Jim Carrey lived in poverty in Los Angeles. As a ritual, he would stop his car by the side of the road every night and visualize himself becoming a big-time actor.

He took it a step further by writing a check for $10,000,000 that said, "For acting services rendered." He wrote that check in 1988. The check was dated for 1994 – the year he got a $10,000,000 check for Dumb and Dumber.

Long before he went on to become the first two-division UFC champion and earned over one-hundred million dollars for his fight against Floyd Mayweather, Connor McGregor was a plumber.

No one saw much potential in McGregor, his destiny was to make ends meet doing something he had no passion for. Yet, McGregor read the book, *The Secret,* and believed that if he visualized the future he wanted to create, he would get it.

So, Connor McGregor imagined himself holding the UFC championship belt. He imagined himself driving a Mercedes Benz and owning a mansion. He imagined himself dominating his opponents in the Octagon.

And in the course of only a few years, all those things happened. Connor McGregor went from poverty to one of the highest paid athletes of all time.

The list of highly successful people who claim visualization has played a role in their success is long. It includes Arnold Schwarzenegger, Oprah, Michael Phelps, Will Smith, Logic, Tiger Woods, and many others.

The evidence that visualization is a powerful tool for personal strength is strong. So, how do you use it to transform your own life?

How To Get The Benefits of Visualization In Your Life

[image]

Visualization is best done as a dedicated practice, like meditation. The basic gist of visualization is to imagine yourself in the future achieving your goals and getting the things you want in life.

Beyond that, there isn't one right way to visualize, you can try different things and see what resonates with you. I'll share some of the things that I do to give you some ideas:

(PS: To get the most benefit from visualization, you'll want to make it a regular habit, I recommend you sit down and visualize for 5-10 minutes 2-4 days per week to start. If you want to learn more about how to make this a habit, check out this video.)

When I sit down to visualize, there are several goals I imagine myself achieving. I see myself in the future having a book on the New York Time's Bestseller list, I see myself looking in the mirror and seeing the body I've always wanted, and I see myself being interviewed by people I admire (Robert Greene, Jason Silva, Tom Bilyeu, among others).

Each time I practice visualization I make a point to come back to the three images above because those are the long-term goals that are most important to me – and that I want to work towards consistently.

When I visualize, I also like to imagine myself going through the process of reaching my goals. I see myself typing away at the computer for hours on end, sending emails to potential business partners, and going to the gym and dieting.

I do this because achieving goals is hard work, and I don't want to fixate on the end result without also acknowledging that getting there is a process.

How to Know Your Visualization Impacted Your Subconscious Mind

If your visualization influences how you feel, you can be confident that it's breaking through to your subconscious mind. If at the end of your session, you feel energized, motivated, and positive, you're definitely on the right track.

Wrapping Up Does Visualization Work?

[image]

Not only has scientific evidence shown that visualization is a powerful tool for self-improvement, but some of the greatest performers in the world claim it was the key to their success.

Visualization is powerful because it's a high-leverage practice. In only 5-10 minutes per day it can radically improve your life.

All of humanity's greatest achievements started as an image in someone's mind. Airplanes, computers, cars – were all the product of visualization. Give your mind the right instructions, and there are few things it can't do.

PS: For The Next 3 Days Only, You Can Get My New Book, The System: How To Achieve Your Goals 100% Of The Time For Free On Amazon.

Is Self-Awareness The Secret To Success?

Avery · 4 July 2018 · Archived copy · Original

If you were to ask your friends to rate themselves on traits like intelligence, kindness, and attractiveness, chances are they'd all rate themselves as above average in most of these categories.

Psychologists call this phenomenon the better-than-average effect. Put simply, we humans have a bias to think we're just a bit more charming, better-looking, and smarter than the average Joe.

Of course, by definition, we can't all be correct in believing we're on the right side of the personality bell curve. Thinking we're better than average at most things is a comforting thought – but it isn't true.

We don't just think we're smarter and better-looking than average, we also think we're less susceptible to biases. Psychologists call this the bias blind spot, meaning we can tell how biased other people are, but we rarely notice our own biases. Just like we all secretly think we're the one person who will never die, we also think we're the one truly logical person in the world.

The first step to greater self-awareness is accepting the possibility that you aren't particularly self-aware. Socrates said it well, "The more I know, the more I realize I know nothing."

Admitting that many of your beliefs about the world, human nature, and most importantly, yourself, may be wrong is . . . uncomfortable. Feeling like we understand ourselves has its benefits, even if that feeling is unwarranted. This begs the question: why read a book that is designed to make us question the beliefs we've used to navigate through life?

Because carrying around beliefs about yourself that are faulty can have severe consequences. For example:

- What if you believed you had to work a 9-5 job to make ends meet because you didn't know that in the 21st century, anyone can make a living doing what they love (if they know the right strategy)?
- What if you believed you were fundamentally unattractive to the opposite sex, but it was actually your lack of self-confidence, not your appearance that has prevented you from having the romantic life you want?
- What if you thought you didn't have enough willpower to follow through on your diet and exercise plan to lose weight, but in reality, you could easily transform your body with an effective goal setting strategy?

What if you learned that the key to living a satisfying life is turned by accepting the possibility that many of your beliefs are wrong?

[image]

The above examples of how false beliefs can hold us back are all from my own life.

I used to work full-time as a cellphone salesmen to pay my bills. I didn't think I could do anything more meaningful without a college degree. But I was wrong. Reading business books taught me that anyone can make a living doing what they love – if they're dedicated and have a good strategy.

It took months of hard work, but I was able to quit my sales job and make a living online by writing about the subjects I'm most passionate about.

[image]

When I was 19, I was so insecure about my attractiveness to the opposite sex, that I still hadn't even kissed a girl. I truly believed I wasn't appealing to women, and that to ask a girl out would only end in humiliation.

Two years later, I met a guy who frequently went out to bars and clubs to meet women. He encouraged me to join

him. I thought it was a stupid idea, but I started to put myself out there, and – although I did get rejected many times – I slowly became more confident in myself, and was able to change from someone who couldn't kiss a girl, to someone with a satisfying dating life.

[image]

After going to the gym nearly every day for 3 months, I decided to give up on weightlifting. Working out was too stressful for me, I had to accept being 20 pounds overweight. I just didn't have the willpower necessary to transform my body.

I didn't realize that it was my poorly designed goals – not my lack of willpower – that was holding me back. Working out for over an hour a day, 5 days a week, wasn't realistic for someone who was used to a sedentary lifestyle.

About a year later, I designed a workout plan that started slow, but built up over time. Following this plan, I only went to the gym twice a week for the first month. The second month, I went to the gym three times. And so on. This plan helped me lose more than 30 pounds in 6 months.

In all the above examples, an increase in self-awareness allowed me to break free from negative patterns that were holding me back. But not until I accepted the possibility that some of my deeply held beliefs might be wrong.

Self-awareness is the great catalyst for personal transformation. We all have blind spots (areas in which our lack of self-awareness prevents us from reaching our goals). Fortunately, becoming aware of these blind spots allows us to finally break free of them, so we can make real changes in our life:

- If you want to get better at following through and achieving your long-term goals, self-awareness is the key.
- If you want to find a sense of peace and contentment in your life, self-awareness is the key.
- If you want to be a better friend, lover, or leader, self-awareness is the key.
- If you want to break free of bad habits or self-destructive behavior patterns, self-awareness is the key.

Self-awareness isn't some panacea that will fix all your problems. It's more like a key that unlocks the door to personal transformation. You'll still have to walk through that door yourself. But without the key, change is impossible. The first step to a better life is increased self-awareness.

That wraps up part one of the four part self-awareness series. In part 2, you're going to learn a practical strategy for bringing more self-awareness into your life.

If you want to do a deep dive into the topic of self-awareness, you can get my new book, *The Power of Self-Awareness*, on Amazon.

How to Increase Your Self-Awareness Through Meditation

Avery · 6 July 2018 · Archived copy · Original

We established that self-awareness is the secret to personal transformation – but how do you *actually* get more of it?

If you want to build self-awareness there are three effective methods:

- Keep a daily journal. (1)
- Discover which of your psychological needs aren't being met and take steps to meet them. (2)
- Meditate.

In this article, you're going to learn how to increase your self-awareness with an unconventional mediation practice. This meditation will help you deprogram the limiting beliefs that, if left unchecked, could prevent you from living up to your full potential.

Meditation And Self-Awareness

[image]

Our mind constantly drifts into the past and the future, we get lost in thoughts like:

- "I worked hard today, I deserve to treat myself to some beer." (future)
- "I wonder what my life would be like now if I never got married." (past)
- "Should I start working on my paper? I'll do it after I finish one more episode of Rick and Morty." (future)

Thoughts like the above never stop running through our mind, it's in our nature. The human brain is a problem-solving machine:

· It analyzes the past to learn from our mistakes (so we won't make them again).

· It thinks of the future to determine how we can get what we want in life.

Thinking about the past or the future isn't inherently bad, it does serve a useful purpose. However, when we get caught up in our thoughts, we enter a state that scientists call cognitive fusion. According to psychologists Russ Harris, "In a state of fusion a thought can seem like

- The absolute truth.
- A command you have to obey."

For most of us, cognitive fusion is our default state. We are so absorbed in our thoughts that there isn't room for anything else. And, most importantly, there isn't room to question whether our thoughts are useful or true.

To become more self-aware, you must gain distance from the stream of thoughts running through your head. That way, when you think something like, "I'm just ugly, I'll never get a girlfriend," you won't accept that thought as fact. You'll realize it's just a thought that wandered through your mind, not an objective truth.

Once you become aware of your thoughts, they won't be able to control you. That's exactly why meditation is so powerful: it teaches you how to gain distance from your thoughts.

As you practice meditation, your ability to distance yourself from your thoughts will improve dramatically, and you

will be able to let go of the limiting beliefs that would have otherwise determined your fate.

The Self-Awareness Meditation

[image]

To cultivate our self-awareness, we're going to use a thought meditation.

To get the full benefits of this self-awareness meditation, you'll need to practice it regularly. Think of meditation as an exercise, but instead of building muscles, you're building your self-awareness. Just like exercise, it takes time and practice to get real results – but those results are transformative

Start by sitting down, you can use a chair or the floor, it doesn't matter. However, it's best to sit up straight, and you definitely don't want to lie down (because you'll likely start to drift off. I speak from experience).

Your first sessions don't need to be long, I recommend 5-10 minutes (you can increase the time as you see fit once meditating becomes an automatic habit). Meditation can be surprisingly challenging at first, shooting for a 20-minute session every day might not be sustainable.

As you sit, take several deep breaths to ease yourself into the meditation. You will notice thoughts start to run through your head. Your goal is to notice these thoughts, to become aware of them.

Importantly, you're not trying to get rid of your thoughts, nor are you trying to control them. You're just noticing them. Think of this like laying down on a field and watching the clouds (thoughts) drift by.

Whenever you notice a thought, tell yourself, "thinking." For example, while you're meditating you might start wandering off, "Who would win in a fight, Thor or Superman? Well, Thor has that new weapon. . . oh crap, thinking."

By labeling your thoughts in this way, you'll be able to gain distance from the constant chattering of the monkey mind.

When you're new to meditation, you might get caught up in your thoughts for several minutes before you're able to notice and label them. That's okay – it's part of the process. The fact that we get lost in thought is the reason meditation is so valuable in the first place (if you had perfect awareness of your thoughts, you'd be giving seminars on the top of a mountain somewhere).

That's the self-awareness meditation: observe your thoughts, get lost in them, and label them (as "thinking") once you notice that you got lost in them.

Conclusion: How to Increase Your Self-Awareness Through Meditation

[image]

As you practice this self-awareness meditation, you'll become incredibly effective at observing your thoughts from a distance, instead of getting caught up in them. As a result, you'll become increasingly able to decide whether a thought is useful and should be accepted, or is harmful and should be rejected.

Make this self-awareness meditation a habit, and the benefits will have a profound impact on your life. We often get so caught up in our thoughts that we don't even realize they're controlling our life. Awareness of your thoughts is essentially a cheat code for taking control of your life.

(PS: If you want to really want to dive in and learn how to transform your life by developing self-awareness, you can get my new book, *The Power of Self-Awareness,* on Amazon.

Footnotes:

- Check out habit 3 in this article to learn how to build self-awareness through journaling.
- The Power of Self-Awareness includes an in-depth guide for how to determine which of your needs aren't being met, and how you can change that.

How To Sweep A Girl Off Her Feet (Without Being A Beta-Male)

Avery · 7 July 2018 · Archived copy · Original

Sasha was way out of my league. She was the kind of girl whose beauty makes everyone's heart skip a beat when she enters a room. I was shocked when Sasha agreed to go on a date with me. Fortunately, I had the perfect plan to sweep her off her feet.

[image]

At the end of our date, I walked Sasha to her door and said, "I had a really great time. I wanted to give you something." I then handed her the bouquet of flowers I had hidden behind my back.

Sasha looked dumbfounded. She paused before saying, "Thanks, you're such a nice guy. Anyway, I have to go." My job was done, this girl was definitely going to be my girlfriend.

Except. . . the next day, Sasha didn't respond to my texts. As the days went by – and she still didn't respond – I grew increasingly frustrated. I sent Sasha several messages, each more desperate than the last.

Eventually, she responded by telling me, "Thanks for the flowers. That was really sweet. But, I think we'd just be better off as friends."

Why did Sasha friend-zone me after I bought her flowers? Because I misunderstood what truly sweeps a girl off her feet. Society taught me that I should try to prove myself to a girl, that I should lavish her with praise and attention.

Little did I know what really impresses women is the exact opposite of what most men think it is.

A lucky few men grow up learning the secret to sweeping women off their feet, while the vast majority of guys are never taught the truth. Over the last 5 years, I've done the excruciatingly hard work of approaching thousands of attractive women to learn what really makes them tick.

What I learned shocked me. I discovered the key to sweeping a girl off her feet. Just having a basic understanding of this strategy will make you stand out to women as one of the few guys who "gets it". And if you master this strategy, women will find you to be irresistible.

How to Sweep A Girl Off Her Feet

[image]

The harder you try to impress a girl, the less impressed by you she will be. Buying a girl gifts, sending her long, thoughtful texts, spending most of your free time with her – these are all great ways to show you care.

But that's the problem. Showing a girl how much you care (unless she's your girlfriend) is going to creep her out. Putting a lot of effort into getting a girl will make her feel like you *want something from her*. Nothing is a bigger turn-off.

In any social interaction, one person cares more about what happens than the other. For example, an employee usually cares more about what his manager thinks about him than vice versa. As a result, the employee will alter his behavior to get his manager to like him:

- The employee will laugh at his manager's jokes, even if they aren't funny.
- The employee will act impressed with his manager's ideas, even if they suck.
- The employee will take pains to avoid saying anything that might offend his manager.

Because an employee has a lot to gain (or lose) from his manager, he puts on an act to impress the manager.

In the workplace, this can be necessary because it shows that you can fit in. But we men often play out the same

dynamic with the women we like – and it backfires.

When most guys like a girl, they do all the same things that an employee does to impress his manager. Guys think they'll win a girl over by:

- Agreeing with everything she says.
- Being careful not to say anything that might offend her.
- Complimenting her, buying her things, and bending over backwards for her.

In reality, all these things make girls feel uncomfortable for the same reason we feel uncomfortable when a salesman knocks on our door (we can tell they want something from us).

Trying to impress a girl makes her feel, on a gut level, that you see her as 'above you'. You're treating her like she's a queen and you're a lowly peasant. Naturally, queens aren't interested in dating peasants.

Women are attracted to men who are of at least equal status to them. A queen doesn't want to date a peasant, she wants to date a king.

The key to impressing a girl is counterintuitive, it's to treat her like she's no more important to you than one of your male friends.

To sweep a girl off her feet, you don't need to treat her like dirt. You just need to treat her like an equal. When you interact with a friend who you're totally comfortable with, what do you do?

Probably the following:

- You make fun of him, and he makes fun of you.
- You're unfiltered, you say whatever is on your mind, even if it's offensive.
- If he tells a joke and it's stupid, you call him out on it.

When we're around someone who we aren't trying to impress, we're at our most charismatic. As a result, we come across as more impressive.

The secret to learning how to impress a girl is to stop trying to impress her: make fun of her, make fun of yourself, and be unfiltered.

This isn't to say you should treat a girl as if she's inferior to you, it's simply to say you shouldn't treat her as your superior. Treat her like a human being with flaws and fears and hopes.

[image]

This might sound obvious, yet I've seen so many guys (including myself) make the mistake of trying too hard to make a girl like them.

Look at it this way, the more effort you put into chasing a girl, the less room she has to chase you. If you're always texting first, if you're buying her things, if you're eager to spend more time with her – then you're not giving her the opportunity to show interest in you.

If you're thinking, "But what if she never texts me first?" "What if I approach a girl and she doesn't add anything to the conversation unless I ask her more questions?" Well, then she's probably not into you, and your best bet is to move on.

If a girl doesn't make herself available to spend time with you or if she doesn't add much to the conversation, more often than not, she just isn't feeling it. Trying to convince her to like you is just going to push her further away.

An attractive man is willing to lose a girl, he knows there are plenty of other great women he can meet. Only a desperate man tries to force a connection with a girl who isn't interested.

Wrapping Up: How to Sweep A Girl Off Her Feet

[image]

The Rom-Com plot-line where a woman isn't interested in a guy, but then he proves his worth to her by showering her with affection is mostly just a Hollywood myth.

Women don't want men to prove themselves, they want to be treated like normal people. It's ironic that the men who are most impressive to women are the men who don't try to be impressive.

That's why women like the archetypal bad boy. Bad boys are flawed, but at least they don't try too hard or put on a show in a misguided attempt to sweep a girl off her feet.

Fortunately, you don't have to be an asshole to have the same effect on women that a bad boy does. The secret is to stop treating women like they're a prize to be won. Treat an attractive woman like you treat your male friends: make fun of her, make fun of yourself, and *don't try to impress her*. Doing this will unleash the naturally charismatic side of your personality. Women will be impressed with your genuine free-spiritedness, and you will have learned how to truly sweep a girl off her feet.

If you want to do a deep dive into this topic, you can get a step-by-step system for effortlessly attracting women, here: *Irresistible*

The Two Traits More Important Than IQ

Avery · 8 July 2018 · Archived copy · Original

It is common knowledge that intelligence is the most important determinant of personal success. It's well known, but it's also untrue. Research has shown that although intelligence is valuable, there are several traits that even more powerfully predict personal success.

Whereas intelligence is – at least partly – an inherited trait, these traits of high achievers are completely learnable.

1. A Growth Mindset

[image]

Henry Ford famously said, ""Whether you think you can, or you think you can't–you're right." Those provocative words have now been validated by a large body of psychological research.

Psychologist Carol Dweck writes, "People with a growth mindset think of talents and abilities as things they can develop – as potentials to come to fruition through effort. In a fixed mindset (people) believe their basic abilities, their intelligence, their talents, are just fixed traits." Research on the growth mindset has shown that success – or failure – is largely a self-fulfilling prophecy. Students with a growth mindset do significantly better in school than those who have a static mindset, this is because a static mindset is a psychological trap.

Let's say you're taking English 101 in college and you get your first paper back – you got a D, and you're both frustrated and disappointed by that. Well, if you have a static mindset, you're going to think something like, "I'm just not good at English."

Or, "My teacher sucks."

Or, "Maybe I'm not smart enough to do well in college."

Those thoughts are harmful enough by themselves, but what's worse is the effect they have on your behavior. Once you've told yourself you're just not good at English, what are you going to do the next time you get assigned an essay, are you going to put in hours of effort just to get another bad grade? Of course not, you're going to play Fortnite for four hours and then write a half-assed essay at the last minute, why try hard when doing so will only end in disappointment?

People with a static mindset see failure as a reflection of who they are. If they get a bad grade, it means they're not smart, if they get rejected for a date, it means they're not attractive – this becomes a pernicious cycle in which a single failure cascades into continual failure. Once you've identified yourself as unintelligent or untalented, there's no reason for you to do the things that could lead to success in the first place.

A growth mindset creates a self-fulfilling prophecy, too, but in the opposite direction. If someone with a growth mindset were to get a D on their first paper, they would think, "I didn't put enough effort into that essay, I'm going to do better next time." Or, "I'm going to ask the teacher what I should focus on to improve my writing." Then, that student would work hard and most likely, they would get a better grade on their next paper. This would reinforce that hard work pays off and will lead the person to believe in their ability to improve their performance even further.

Fortunately, a growth mindset can be learned. The key is to simply to know what a growth mindset is and to understand the impact your mindset has on your performance. Research by Angela Duckworth has shown that students with a growth mindset were more likely to graduate high school, and the effect was even larger than the effect of even intelligence.

Whenever you encounter failure in your life, you have a choice, you can either see that failure as a reflection of

who you are – (I.E. unintelligent or lazy), or you can see that failure as an opportunity to learn, (I.E. What can I do differently to get a better outcome in the future) – and according to research, whichever way you choose to think about failure, you're probably right.

2. A Strong Willpower

[image]

The only thing that I see that is distinctly different about me is I'm not afraid to die on a treadmill. I will not be outworked, period. You might have more talent than me, you might be smarter than me, you might be sexier than me, you might be all of those things — you got it on me in nine categories. But if we get on the treadmill together, there's two things: You're getting off first, or I'm going to die. It's really that simple…" – Will Smith

Walter Mischel's famous Stanford Marshmallow experiment measured the self-control of young children. Mischel kept track of the study's participants over the next 40 years. Fascinatingly, the children who had strong self-control at age 4 had substantially higher SAT scores, were more educated, and were even less likely to be overweight.

Shockingly, the impact of self-control on these children's educational success was larger than the impact of their IQ Scores.

Self-control (AKA willpower) is a measurement of a person's ability to embrace short-term pain for a long-term gain. If you give up sugary foods, you're using willpower. If you lift weights, you're using willpower. If you were to, like me, chose to be celibate until the age of 19, you'd be using your willpower (okay, maybe that's not the best example, I didn't necessarily "choose" to be celibate.)

Research has shown that willpower works a lot like a muscle. When you strain your muscles by exercising them, they grow back stronger. Similarly, when you strain your willpower by exercising it – say by writing, meditating, or working on your side-hustle – your willpower will grow back stronger, too.

To build your willpower, pursue long-term goals – but do it gradually. If you want to get in better shape, start working out a couple times a week or start practicing intermittent fasting. If you want to learn more, make a habit of reading, even if just for 5 minutes a day.

Just like muscle, willpower takes time to build, but the benefits are extraordinary for your long-term success.

Conclusion – The Two Traits More Important Than IQ

We are taught the talent is the key to success. If you're born smart enough or creative enough, you'll go far, but if you're not among those lucky few, greatness just isn't your destiny. Recent psychological research has shown the idea that intrinsic talent is the end-all be-all of success may be a cultural myth. Instead, it's your beliefs about yourself that are most important.

This isn't to say intelligence or talent isn't a factor, but a growing body of evidence shows it may not be as important as we've been lead to believe. Your ability to learn from failure, instead of being discouraged by it, and your ability to take on challenges even when doing so feels uncomfortable, may very well be far more likely to determine your success in all areas of life.

How Cognitive Dissonance Controls Your Life (Unless You Do THIS)

Avery · 13 July 2018 · Archived copy · Original

Sarah, a catholic nun, is thinking pious thoughts while she walks down the street. That is, until Sarah passes by a tall, dark, handsome man bending over to fold some clothes. Suddenly, Sara's thoughts turn sinful.



Sarah's normally black and white world is tempted by 50 shades of grey. Sarah rushes back to her quarters and tries to distract herself with scripture, but she finds herself unable to focus. She can only think of one way to get rid of her dirty thoughts. But as a nun, she's not supposed to do *that*.

Sarah is experiencing cognitive dissonance. As a nun, she took a vow of celibacy. But as a human being, she can't help but have certain needs. This tension between Sarah's commitment to abstain from any sexual activity and her physiological desire for, um "relief" creates a discomfort that she must resolve.

When we experience cognitive dissonance, we have two options to eliminate our discomfort:

1. We can change our beliefs. In Sarah's case, she might tell herself, "I'm only human. I'm sure god will forgive me if I sin just this once."

2. We can distract ourselves from the discomfort. In Sarah's case, she might take a nap in the hopes that her desires fade away (although it could take her quite a while to actually fall asleep).

Unfortunately, scratching the itch that's causing cognitive dissonance is much easier than trying to distract ourselves from it:

- It's much easier to grab that 2,000 calorie Chipotle burrito you're craving, than it is to try to distract yourself with a boring salad.
- It's much easier to smoke the cigarette you desire than to distract yourself with a TV show.
- In Sarah's case, it would be much easier to take 5 minutes to scratch her itch than to distract herself with a nap

Cognitive dissonance is a powerful force in our lives. It's because of cognitive dissonance that we often make decisions which are bad for our long-term health and well-being.

[image]

So, how do we resolve our cognitive dissonance without constantly giving in to our immediate temptations for things like unhealthy food?

Self-awareness is the key. Normally, we get a stimulus and we respond automatically:

- Stimulus -> Craving for a 2,000-calorie burrito.
- Response -> Go to Chipotle
- Stimulus -> Desire to skip the gym and watch Netflix
- Response -> Go home and watch Netflix.

However, through developing self-awareness, you can create a space between stimulus and response.:

- Stimulus -> Craving for a 2,000-calorie burrito.
- Space: Remember that your commitment to lose weight doesn't allow for the eating of 2,000 calorie burritos.
- Response -> Eat a salad, instead.

Creating a space between stimulus and response isn't easy. The stimuli cognitive dissonance creates are like psychological itches, we can't help but want to scratch them.

Of course, scratching an itch doesn't solve the underlying problem, it makes it worse:

- Watching Netflix doesn't make the essay you've been procrastinating write itself.
- Watching the characters in 90210 make new friends isn't going to make your feelings of loneliness go away.

That's why it's so important to cultivate self-awareness so that cognitive dissonance doesn't control your life.

But how do we actually do that?

The first step to outsmarting cognitive dissonance is simply knowing what it is and how it affects you. You've already taken that first step by reading this article.

The second step is to implement the most powerful weapon we have at our disposal against cognitive dissonance: systems.

How to Create Systems [image]

So, cognitive dissonance leads us to do things that feel good in the moment instead of things that are good for us in the long-term. Fortunately, if you create a system, you can override this tendency and make better decisions.

Wait, aren't systems just goals? Not exactly. A goal is something you want: to lose 20 pounds, to make $100,000, or to get married. A system is a specific set of rules that you commit to follow. And by following those rules, you will automatically accomplish your goals.

Let's say you want to lose weight. Losing weight is a goal, but it's not a system. Goals leave room for excuses and procrastination.

Today, I might tell myself that I want to lose 20 pounds in the next 6 months. But in two weeks when I'm craving a McFlurry, I'm going to tell myself, "One snack won't kill me". Unfortunately, I'm probably going to convince myself that "one snack won't kill me" about 3 times a day (thanks to cognitive dissonance). As a result, I'm not going to lose those 20 pounds.

A system is different from a goal because it involves very specific rules that, by following, will get you the result you want. Here's an example of a system-based approach to weight loss:

- Count your calories every day with Myfitnesspal.
- Eat 200 calories less than your body uses per day (which you can calculate online).

With this system in place, you'll still get a craving for that McFlurry, but before that stimulus leads to a response, you'll think, "Well, if I eat that I'll go over my daily caloric limit, I guess I'll just get a freakin' lemonade instead."

The above system wouldn't prevent you from eating unhealthy deserts, but you wouldn't eat such foods in a way that would lead to weight-gain, because you can't gain weight if you're eating fewer calories than your body uses in a day.

Your system won't be perfect when you first create it, but it will point you in the right direction. Then, as you notice areas where there's still room for improvement, you'll be able to tighten up your system. If, for example, while using the above weight loss system you found that you were still eating more unhealthy foods than you should, you could create additional rules for that system (I.E. Limit sugars to 50 grams per day).

Many of the systems I've used in my own life have been flawed. For example, I have a rule for myself to go to a coffee shop to work 4 times per week. Initially,

With good systems in place, you will make progress towards your long-term goals even when cognitive dissonance would otherwise lead you to procrastinate. Our emotions are unpredictable and impossible to completely control, a system is the answer to the chaotic nature of emotions. To make this more practical, here's a few examples of systems I use in my own life:

- I have a rule to publish 3 articles on my website per week.
- I have a rule to go to a coffee shop and write at least 1,5000 words 4 times per week.
- I have a rule to go to the gym twice per week for at least 30 minutes to lift weights (which, surprisingly, has helped me lose over 15 pounds in the last two months).

With those examples in mind, think of systems you can create that will allow you to outmaneuver cognitive dissonance. In my experience, the most important aspect of creating a good system is that it leaves room for decision-making.

Leave some room for choice in your systems. If you have a rule to go to the gym 3 times a week, you can still choose which days to go, whereas if you have a rule to go 7 days a week, that system might feel too oppressive.

If you create a system and you find that you're still procrastinating due to cognitive dissonance, then adjust the system accordingly. If you're rule is to write 10,000 words per week, but you find that you can't keep up with it, reduce it to 5,000 words a week. Then, once you get comfortable with writing 5,000 words per week, incrementally increase your goal until you can write 10,000 words per week comfortably.

Wrapping Up How Cognitive Dissonance Controls Your Life (Unless you do this)

Cognitive dissonance is the little-known cause of many of our personal struggles: it's the reason 70% of Americans are overweight. It's also the reason the average American spends 4 hours per day on their cell phone (instead of doing something productive). As powerful as cognitive dissonance is, you can take away its hold over you by creating systems.

Once you're aware of what cognitive dissonance is, you can overcome it. But, if you're not aware of the affect cognitive dissonance has on you, it can control your life. People often think the key to success and happiness is willpower, discipline, or skill. And yes, those qualities are all important, but self-awareness is the key to cultivating those qualities in the first place.

Self-awareness allows you to break your patterns. If you want to really want to dive in and learn how to transform your life by developing self-awareness, you can get my new book, The Power of Self-Awareness, on Amazon.

How To Unlock The Hidden Potential Of Your Subconscious Mind

Avery · 14 July 2018 · Archived copy · Original

How would you feel if you learned that 99% of your mind were completely inaccessible to you?

Well, that's not just a hypothetical question. Research has shown that the vast majority of the human mind is hidden from our conscious awareness. Most of our mind is subconscious: it influences our behavior without our awareness.

The subconscious mind is difficult to understand because it operates without our knowledge. Yet, your subconscious mind is the source of many (if not most) of your thoughts, feelings, and actions. If you could tap into your subconscious mind, you would have the power to dramatically improve the quality of your life.

The subconscious mind is the culprit behind many of our personal struggles.

When I was 18, I couldn't find a girlfriend. I told myself that I wasn't good looking enough to attract women. But I never considered the possibility that I was single because I had a crippling fear of rejection.

I didn't find a girlfriend until I was 20. Why? Because I wasn't aware of my subconscious mind. If I had known the true reason I was single was my fear of rejection, I would have approached women and asked them on dates until I found a girlfriend.

See, the conscious mind tells us the story we want to hear, the subconscious mind holds the truth that we're afraid to hear. I wanted to hear that I wasn't attractive enough to find a girlfriend, because that gave me an excuse to avoid facing my fear of rejection.

[image]
The conscious mind tells us the story we want to hear, the subconscious mind holds the truth that we're afraid to hear.

It's easy to believe that you're overweight because of your genetics. It's hard to believe that you're overweight because you've been making poor health decisions for a long period of time.

It's easy to believe that you're poor because you came from a disadvantaged upbringing. It's hard to believe you're poor because you're afraid of taking risks.

The voice in our head tells us what we want to hear. It allows us to keep making the same mistakes we've always made. It tells us that our problems aren't our fault, and we like hearing that. As a result, we're unlikely to argue with that story or look for an alternative explanation.

Yet, more often than not, our problems are solvable:

- We can get the relationships we want.
- We can get the career we want.
- We can become confident.
- We can become hard-working.
- We can become a positive influence on others.

To accomplish any of those things, we have to accept that the story we consciously tell ourselves isn't the whole story; and the truth is often something that we'd rather not hear. In this article, you're going learn how to leverage the power of your subconscious mind to transform your life.

How To Unlock The Power of Your Subconscious Mind

[image]

The subconscious mind is the cause of many of our problems. The first step to solving those problems is becoming aware of your subconscious.

But how do we actually do that?

By changing how we relate to our emotions.

Our emotions act as a bridge between the conscious and the subconscious mind: the subconscious mind communicates to us through emotions. We feel a desire to smoke a cigarette, we feel like we'll never find a relationship, or we feel like we'll never be successful. Then, we consciously tell ourselves a story based on those feelings.

When we think about the fact that we're working at a dead-end job, that makes us feel shitty. The only way to feel less shitty is to tell ourselves that it's not our fault and that we've been doing our best(1). By telling ourselves a story that frees of us responsibility, we can reduce our negative feelings. Unfortunately, feeling better doesn't help us solve the underlying problem.

Whenever we experience negative emotions, we have a choice. We can avoid those feelings by creating a story that appeases our ego. Or, we can lean into those emotions, and thus gain the wisdom hidden in our subconscious mind.

Whatever changes you want to make in your life, your negative emotions are like a compass that points to true north. Our instinct is to avoid negative emotions because they're painful, but if we can learn to treat our negative emotions with respect, they can guide us towards making changes that will bring us greater happiness and success.

Lean in To Negative Emotions

[image]

The first step to changing your relationship with negative emotion is to allow them to run their course instead of trying to avoid them. This means that if you feel lonely because you don't have many friends, don't avoid your feelings by scrolling through Facebook or making excuses for your predicament. Instead, be aware of those feelings, be aware of the thoughts you feel in response to those feelings, and let your feelings persist as long as they want to.

Imagine someone rings the doorbell. You open the door, and you see that it's someone you hate, so you slam the door in their face. That's how most of us treat negative emotions, we see them as an enemy. But negative emotions exist for a reason, they're our subconscious mind's way of telling us there's a problem that needs to be solved.

If you avoid painful emotion, you're not going to learn what the real problem is. You'll address the symptom, but not the cause. Take procrastination for example. The symptom is a feeling of being overwhelmed. The easiest way to avoid the pain is to distract yourself with Netflix. But that doesn't address the underlying problem. Our first instinct when we experience negative emotion is to get rid of it immediately, but our negative emotions are usually caused by things we can't afford to avoid.

When you lean into your negative emotions, you can start to understand the problems in your life from a broader, less reactive perspective.

Remember, your emotions are like a bridge from the subconscious to the conscious. Avoiding your emotions is like burning that bridge. But if you embrace your emotions (especially the negative ones), your subconscious mind will have the opportunity to communicate with your conscious mind and thus, you will be able to find an effective solution to your problem.

If you're skeptical of this process, I understand that. Just give this technique a try and see what happens. When you feel anxiety, stress, burnout, sadness, or any negative emotion, take at least 10 minutes to sit with those feelings. If you're at home, it might be easier to practice this by laying on your bed with no distractions. The most important parts of this process are that you:

a. Don’t use your smartphone to avoid the negative emotions.

b. Observe the thoughts that run through your mind without assuming they are true.

C. Let the emotions exist even if they are intense.

Of course, this is easier said than done. It can be helpful to do this exercise as a meditative practice. To do so, take 10 minutes per day to sit and focus on your negative emotions using the process I outlined above. By practicing this as a daily meditation, you will start to naturally allow your emotions to run their course instead of avoiding them.

Not only will the practice of leaning into your negative emotions help you find solutions to the underlying problems that are causing those emotions, but it will also make your negative emotions less powerful. A lot of the reason that negative emotions are so painful is our resistance to them, the fact that we don’t want to feel them gives them more charge.

But, learning to intentionally embrace your negative emotions will make them less painful. It’s similar to how if you’ve never gone to the gym, lifting weights is extremely stressful and not at all enjoyable. But if you go to the gym dozens of times you’ll eventually learn to embrace and even enjoy the pain of it.

Learning to embrace negative emotion is a very counterintuitive process. Give it a try and you may be surprised find that changing your relationship with negative emotions helps you unlock your hidden potential.

PS: If you’d like to learn more about methods for developing your self-awareness to improve the quality of your life, you can get the new book: The Power of Self-Awareness, on Amazon.

Footnotes:

1: To be clear, I’m not saying external circumstances don’t matter, they do, but we often exaggerate their importance to feel better about ourselves.

Indicators of Interest Suck – This is the REAL Way To Tell If A Girl Likes You

Avery · 19 July 2018 · Archived copy · Original

Women will rarely tell you they're attracted to you. Instead, they show interest through their actions.

Once, I met a girl in Vegas who said, "We're not having sex tonight," three times over the course of the night. Surprisingly, later that night, when she and I were making out in my hotel room, she asked, "Are you going to fuck me already, or what?"

If I took what this girl said literally, I never would have invited her back to my hotel (why waste my time?) But I knew this girl was interested in me, not because of what she said, but because of how she acted. (1)

Indicators of Interest

[image]

Women will show their interest in a variety of ways. They will:

- Make strong eye contact with you.
- Ask you questions (instead of making you carry the conversation).
- Touch you.
- Laugh at your jokes (even when they aren't that funny).

Knowing the above list of indicators of interest is useful, right? Well, actually, relying on indicators of interest can handicap you're dating life. Every girl is different: one girl might show interest by making strong eye contact, but another might show interest by shyly looking away.

The Vegas girl from the above example didn't make strong eye contact, she didn't ask me a lot of questions, and she didn't even touch me (until we were in a room together). She was a relatively shy girl. If I relied on indicators of interest, I would never have brought her back to my hotel room.

So, if you can't accurately tell whether a girl likes you based on what she says, and you can't tell based on how she acts, how the fuck are you supposed to tell if a girl likes you?

Compliance. The best way to determine whether a girl likes you is to give her the opportunity to either reject or accept your advances. The Vegas girl from the above example didn't give me many indicators of interest, but when I asked her to dance with me, she agreed. When I invited her back to my place to get a drink, she agreed. If a girl is interested in hooking up with you, it's very likely she will give you compliance when you attempt to move the interaction forward.

Here are the most important ways a girl will show compliance:

- She sticks around while you're talking to her (as opposed to making an excuse to leave the interaction)
- She accepts your touch.
- If you invite her to go somewhere with you, she agrees (I.E. to go to another area of a club or back to your place).
- When you lean in for a kiss, she responds enthusiastically.

As a rule of thumb, a girl who likes you will comply to the above requests because *she wants the interaction to lead towards sex.*

Of course, compliance only works within the bounds of common sense. If you invite a girl back to your place five

minutes after meeting her, she'll probably say no. If you make a large request too soon, you might not get compliance even if a girl is attracted to you.

How To "Test" Compliance

In the early 2000's, pickup artists taught elaborate methods of getting compliance called, "compliance ladders," and although the theory behind them is solid, they're too complicated to be practical. I've created a simplified system for using compliance to determine whether a girl is interested in you below:

1. When You've Just met: She Stays

If you approach a girl and she doesn't like you, she will most likely find an excuse to leave the interaction within the first few minutes. She'll need to "Use the restroom" or "Go find her friends."

To be fair, a girl might stay and talk to you even if she's not attracted to you. You can't be 100% certain if a girl likes you within the first few minutes of meeting her. This is partly because she's not 100% sure if she likes you, either. As a rule of thumb, if a girl doesn't make an excuse to run to the hills– you've got a chance.

The most common mistake guys make in this stage of an interaction is that they don't ask for further compliance (this is sometimes referred to the 30-minute conversation to nowhere). Even if a girl likes you, it's unlikely she's going to make the first move. You must take responsibility and lead the interaction in the direction you want it to go – that's why step 2 of this system is so important.

2. 10 minutes into the interaction: She Follows Your Lead

[image]

If you offer your hand and say, "Let's go get some fresh air for a minute," a girl who likes you will most likely take your hand and go with you.

Asking a girl to move to another area with you is a great way to determine if a girl is interested in you because it's subtle. You're not telling the girl she's beautiful or asking her on a date, you're simply moving to another area with her – this technique allows you to find out if a girl is interested you without showing your hand (and giving away your power).

If a girl complies to this type of request, there's *roughly* a 90% chance she's interested in you. Women rarely leave their friends to hang out with a guy they don't like – and why would they?

To be clear, if a girl rejects your request to move to another area, it doesn't necessarily mean she isn't interested. It's important for some girls to stay with their friends – they won't leave the group even for a guy they like.

If you're relatively inexperienced with meeting women, you should just move on if a girl declines your request to go to another area of the club/campus/mall with you. You don't want to waste time with a girl who's probably not interested (and there are plenty of other women you can meet who will be interested).

If a girl you like rejects your request to move to another area, your best bet is to continue the conversation for a couple minutes before grabbing her number to set up a date with her later. That way, if it turns out she did like you, you won't be missing an opportunity (but you also won't be wasting your whole night talking to the wrong girl if it turns out she didn't like you).

3. 1 hour into the interaction: She Enters Your Home

[image]

If a girl is following your lead from one area to another, and she stays in conversation with you for about an hour, the next step is to bring her home with you.

If a girl you just met agrees to hang out with you in the privacy of your home, you can be fairly confident that she likes you. You can invite a girl back to your place any number of ways, my go to is simply to say,

“Hey, it’s too loud here, let’s go somewhere we can have a real conversation.”

Some other lines I’ve used to pull include:

- “Rock Band after-party, let’s go!”
- “You haven’t seen X movie?!? You need to see it, it’s amazing. Let’s go, right now.”
- “Let’s get pizza!” (The pizza is in my freezer)

You don’t need a great reason to bring a girl to your place, you just need an excuse that isn’t “let’s fuck” (saying that puts too much pressure on the girl). If a girl is interested in hooking up with you, she will agree to go to your place for whatever silly reason you come up with.

To be fair, a girl who likes you might refuse to go home with you. Some girls just don’t do one-night stands: they might be religious or abstinent. Other times, a girl can’t go home with you because she has somewhere to be early in the morning or she has to sleep in the same room as her friends.

If a girl won’t go home with you, you have two options:

1. You can stick in the interaction until the end of the night and go to her place at the end of the night. Before doing so, ask yourself the question, “What would happen if she and I were alone in a room together?” If the answer is, “We’d tear each other’s clothes off,” then, going with her has a good chance of leading to sex.

To go with her, ask, “What area of town are you headed to?” Reply to whatever her answer is with, “Oh, I’m near there, we should split an uber.” If she’s unenthusiastic, then she’s probably not that into you, but if she says something along the lines of, “Yeah, that sounds like a great idea!” Then you can go with her at the end of the night.

When you’re in the Uber with her, you need to create an excuse to enter her house. The easiest way to do this is to simply ask if you can use her restroom while you wait for another Uber to your place.

When you’re in her house, one thing should lead to another. You’ll both forget that you were “waiting for your Uber”.

If you’re thinking, “This sounds creepy,” well, *it is creepy if she’s not into you*. However, if she is attracted to you, you’re creating a logical excuse to do what you both want to do.

You can’t tell a girl, “Oh, you have to go home with your friends? Can I come along so we can fuck when you get home?” That wouldn’t be relatable, so, if you want to go home with her, you have to create a situation where it makes sense for you to do so. Again, you should only do this if you’re confident that it’s on between the two of you, otherwise, go with option

[image]

2. If you invite a girl back to your place and she declines, sometimes the best option is to make plans to go on a date with her later and to then go meet other people. Say something like, “It’s been cool talking to you, we should get coffee sometime.”

When a girl rejects your invitation to go home with you, it’s often not that she’s rejecting you, she just can’t go home with you at that particular moment. That’s why you should always make plans to hang out with the girl later in

this type of situation.

4. In the Bedroom: She Has A Good Time

Once a girl is in your house (or you're in hers), the last form of compliance you want to get is, well, sex.

Start by giving the girl an excuse to hang out in your room. For example, you could say "Have you seen Arrested Development?" (or any show/movie). If she hasn't seen it, say, "Oh, you have to see it, let me show you." Then bring her to your room and put the show on.

Sit on your bed, and she'll most likely follow suit. If she doesn't, say something like, "You can take a seat," I've never once had a girl say no to this request. (If a girl responds negatively to this, it's a sign that your intentions weren't clear throughout the interaction. In that case you might want to work on showing clear intent.)

[image]

When she gets in bed with you, you can start watching the show and physically escalate at your own pace. The vast majority of the time, when a girl gets into bed with a guy, she knows something sexual is about to happen. (Obviously, if she does give resistance, respect her wishes and stop what you're doing.)

If you are nervous about kissing a girl in your bed, you can make it a bit easier by first saying, "Close your eyes for a second," then, when she closes her eyes, lean in for the kiss.

When you're new to having a girl in your bed, it'll probably be a nerve-wracking experience. The first time I had a girl back at my place she massaged my entire body head to toe, but I was so nervous that I said, "Well, I'm getting tired, we should get some sleep."

When we woke up in the morning, she said, "Well, that's not what I was expecting," before heading out. I never saw her again.

It was awkward. It was frustrating. But the next time I was in a similar situation I gathered my courage and leaned in to kiss the girl (and one thing lead to another). So, bringing a girl home might be uncomfortable at first, but if you want an abundant dating life it's a necessary step.

The only way to get over your nerves is to put yourself in the situation that makes you nervous (having a girl in your bed) repeatedly until you get comfortable with it. I know, it's hard work getting multiple attractive women in your bed, but it'll pay off.

Wrapping Up Indicators of Interest Suck

[image]

Those are the four key points of compliance in any interaction with a woman:

1. She Doesn't Leave
2. She agrees to follow your lead from one area to the other.
3. She's willing to go home with you.
4. Sex.

It's far more practical to focus on whether a girl is giving you compliance than to focus on whether she's giving you indicators of interest.

Thinking about whether a girl is giving you indicators of interest (I.E. “Is she making strong eye contact? “What’s her body language saying?”) doesn’t directly lead the interaction towards sex.

Testing for compliance, however, helps you sense whether a girl likes you while simultaneously leading the interaction towards sex.

Looking for signs that a girl likes you can also backfire because it’s a defensive strategy. When you’re looking for signs that a girl likes you, the fundamental assumption is that *she doesn’t like you unless she’s giving you certain signs.* This can lead you to falsely assume a girl isn’t attracted to you when she actually is.

Furthermore, we interpret indicators of interest through the filter of our emotions. If we don’t feel confident in our attractiveness to women, we’re likely to be ultra-sensitive to signs that a girl doesn’t like us while ignoring the signs that she does like us. If, for example, a girl doesn’t make strong eye contact with you, you might think it’s a sign that she’s not interested, but it might actually be a sign that she is interested, she’s just too nervous to hold strong eye contact.

Indicators of interest are unreliable, by following the above compliance-based system, you will be able to consistently move interactions towards sex with the girls who like you. Yes, you may get rejected sometimes when moving an interaction forward. But remember, not trying to move an interaction forward is getting rejected by default.

Follow the system for getting compliance laid out in this article and your dating success will skyrocket.

Of course, for a lot of guys, the first step is to start going out into the real world to meet women. I read PUA content for over a year before I started approaching women. I know a lot of guys fall into the same trap I did: they consume a lot of content but don’t take action in the real world.

To help you avoid making the same mistake, I’ve created *The Trial: Transform Your Dating Life in Eight Weeks*. *The Trial* is an action-based program that will get you to finally start going out regularly, so you can get real-life dating success.

(PS: If you’re committed to getting your dating life *handled* as quickly as possible – I currently have three slots open for 1-on-1 Skype coaching. The first hour is completely free. In that hour we’ll develop a step-by-step action plan to get you the dating life you want.

Whether you’re looking for a long-term relationship or some casual hookups, if you sign up for a free hour-long session, we will develop a bulletproof plan to get you your desired result.

If you decide to continue coaching after the first hour, the normal rate is $30/hr. But you don’t have to sign up for more than the free hour unless you want to.)

Footnotes:

1: To be clear, if a girl says she doesn’t want to have sex when you’re in bed with her, you need to back off.

The Surprising Reason Men Aren't Dating Beautiful Women

Avery · 22 July 2018 · Archived copy · Original

Introduction

> "I'm just not good looking enough."

> "I need to lose 20 pounds, then I'll start meeting women."

> "I know we've been friends for 6 months, but I really just want to date Suzy, she's special."

> "I need to focus on school right now. I'll learn about some of this dating advice stuff in my free time, but I don't have time to go out and talk to women – it's not a high enough priority."

> "I like learning about success with women, but approaching strangers is creepy. I"m just going to use what I learn to do better with girls I already know."

Any of these sound familiar? The above are all what I call invisible sticking points. An invisible sticking point is a form of rationalization – it's something that looks like a valid excuse, but is secretly a reaction to negative emotion.

This may be surprising, but invisible sticking points are more common than any other sticking point. They're also the most difficult sticking points to become aware of because they have everything to do with our ego.

When I first learned about the game, I avoided actually approaching women because I knew if I did, it would be awkward and I would mostly just get rejected.

To protect itself from harm, my ego convinced me that I needed to learn more about social dynamics before starting to approach women.

Approaching women and getting rejected would have been an assault on my identity. I would have had to admit to myself that I wasn't as cool as I wanted to be. It would have been an extremely humbling experience, which although ultimately healthy, would have been extremely painful in the short-term.

Our ego is willing to go to great lengths to protect our identity. Although this helps us remain relatively comfortable, it can prevent us from making any substantial change.

In their groundbreaking book, *Switch*: *How To Change Things When Change Is Hard,* authors Chip and Dan Heath write, "We are all loophole exploiting lawyers when it comes to our own self-control."

This is true for dating more than anything else. Not only does our ego want to protect us from the pain that meeting women entails, but society also tells us that taking action to get better with women is creepy.

The whole idea of learning to pick up women is demonized in the era of #metoo, street harassment videos, and never-ending sex scandals.

When all of society tells us something is creepy, it's that much harder to justify to ourselves that we should do it.

Quickly, I want to mention here that pickup is creepy – if you do it poorly. It's like plastic surgery in that way. Bad plastic surgery can be a totally unattractive. But you don't notice good plastic surgery. Plastic surgery is only noticeable when it's bad. The same thing applies to pickup. If pickup is done poorly, it's creepy and awkward, if it's done well, it doesn't even look like pickup.

If you're overly aggressive and pushy, you could develop a bad reputation as "the creepy pickup dude" – but if you just look like someone who's social and outgoing, you'll actually get a good reputation as someone who's fun to hang out with.

You don't need to worry about getting a bad reputation from pickup unless you're doing it in a way that is totally obnoxious and un-empathetic (and even if you do creep someone out, it's not the end of the world).

Still, there are a lot of reasons not to learn success with women. And, in many cases, reading books about the topic, or watching videos is a way for us to feel like we're making a positive change without having to do something we're uncomfortable with.

Invisible sticking points are pernicious traps because to accept you're being affected by such a sticking point also means accepting pain and discomfort.

[image]

Beyond that, it also means accepting that you've been fucking up. No one wants to tell themselves, "Shit, my looks really aren't a valid excuse. I'm just telling myself that because I don't want to get rejected. I've spent the last 5 years of my life lying to myself."

We have a strong resistance to admitting we've been wrong. This is a universal human trait. The psychological term for this phenomenon is the confirmation bias. We overvalue evidence that reaffirms are current beliefs and undervalue evidence that would disprove those beliefs.

It may be difficult to see yourself in this chapter's diagnosis section. To do so would mean you'd need to make a drastic change. If you read this section with a critical sense of self-honesty, it will likely be the trigger for mindset shift.

If you haven't gotten the results you want from men's dating advice, it's almost certainly because you've been dabbling. I've seen it not only in dozens of guys I've met, but in myself.

As soon as you realize your mindset is holding you back, you can change your mindset – and then change your actions.

Diagnosis

[image]

If you want to improve your dating life, but you're not cold approaching women multiple times per week, then you're not making progress.

Each invisible sticking point has its own logic, but the end result is always the same: not going out to meet women.

I could explain each invisible sticking point individually, but it's important to understand that the details aren't relevant here, only the result matters.

One guy thinks that he needs to lose 20 pounds before he approaches girls. Another guy thinks he needs to wait till he's 21, because gaming at his university will get him a bad reputation. A third guy thinks that he needs to read more books before he has the base level of understanding necessary to start approaching women.

It's all bullshit. There is no world in which waiting to take action will benefit you. We all think our excuse is unique, that we have a legitimate reason to wait to take the leap.

The only exception to this rule is if you live in a very small town and there simply aren't any women to approach. However even this isn't an excuse so long as there's a bigger city within a couple hours driving distance (and if you really are living in a small town, your priority should be to move to a bigger city).

Most people will find a reason not to take a risk and latch onto it. It's not hard to come up with a logical-enough

excuse to avoid approaching women.

A simple way to find out if you're excuses are valid is to do a thought experiment. Ask yourself, "If I continue to take the same daily actions I'm taking today, will I end up having the fulfilling dating life I want?"

Be honest with yourself. Don't look for the easy answer, look for the truth. You could say, "Well, no, not today, but I'm focusing on my career and once I've got that handled I'll be ready to take on dating."

It is true that your priorities will change over time, however certain aspects of your life are always going to be important. Your physical health and fitness is always going to matter. Your career is always going to matter. Your friendships are always going to matter. Your sexual relationships are always going to matter.

Obviously, it would be silly to stop putting time into your career because you want to get in better shape. It's just as silly to stop putting time into your sexual relationships because you want to focus on your career.

To be clear, I'm not saying there aren't going to be times when you put a greater focus on one of these areas than others. Fluctuation is natural. I'm saying that you should be putting some effort into all the major areas of your life at all times.

You may not always go to the gym for an hour and a half a day, but you should never go a week without any physical activity. You may not always work 60 hours a week, but you shouldn't completely neglect your career, either.

This understanding is important because it makes dabbling impossible. Once you've committed yourself to constant improvement in each of the core areas of your life, you no longer have a logical excuse to put off taking action in one of those areas.

In dating, taking action means meeting new women (unless you're currently in a committed relationship). If you have a crush on one girl, taking action means asking her out.

It's easy to get stuck on one girl you like, but this can become a huge waste of your time and energy. If she likes you, she'll say yes when you ask her out, if she doesn't, she'll say no, and you can move on. If you're spending your time pining over one girl, but you haven't made your interest in her clear, that time is being wasted.

There's no exceptions. If you have a crush and you're too afraid to ask her out, you should at least approach other women (to develop your social skills and have a contingency plan if your crush does reject you).

I'll repeat this because it's important: *if you're not approaching new women on a weekly basis, it's because of an invisible sticking point.*

We resist the idea that we should go out and approach women for a variety of reasons, some of which have a grain of truth to them. For example, it's true that your first attempts at meeting women will probably be awkward, and you'll probably have to deal with some painful rejections, too.

But there's no alternative. The mind likes to hold on to the idea that there's a way to reach your goals without going through struggle. This is never the case. Achieving any worthwhile goal will always involve struggle, stress, and pain.

That's not to say it won't be fun, too. Achieving a goal involves a range of powerful emotions. Even when you're just starting, you will be rewarded with small successes (the first time you get a girl's number from cold approach, you'll feel on top of the world).

Still, you can't skip the awkwardness. The longer you put it off, the worse it'll be. Your anxiety towards taking the first step will build up the more you procrastinate.

[If you're reading this, and you think you're the exception, feel free to email me (at aghayden@email.arizona.edu) explaining your situation. I'll do my best to give you some honest guidance.]

The first step is the hardest to take because it marks a shift in your identity. Once you go out into the world to approach women, you're no longer a guy who's interested in dating advice, you're a guy who's taking action to change his life.

We resist taking on this identity because doing so means admitting that we truly want to change. If you're not getting the results you want, you're going to have to swallow that bitter pill and admit to yourself that what you've been doing hasn't been working – and change is necessary.

Prescription

Once you've accepted that you need to start taking action, finding where to start can be overwhelming. The best solution is to take it one step at a time. There are two action steps you can take to start this journey in earnest:

1. Throw yourself out there.

2. Make it a habit.

1. Throw yourself out there

The first step to changing your dating life is the simplest: throw yourself out there. No, your first attempt at meeting women isn't going to be perfect. Yes, you might stumble or be awkward. But you have to take this first leap of faith.

Don't wait for the weekend when there are tons of people out. Don't wait for your next vacation days from work. Don't wait for anything. Just throw yourself out there.

This chapter is your first call to action. No more procrastination, it's time to take action. Do it today. Do it as soon as you put this book down.

There are a few options you can choose from to meet women. Obviously, there's bars and clubs, if you're reading this on a Friday or Saturday night, then that's probably your best option.

If you live in a city with a decent sized University, then that's a great option for meeting women, too. If you work 9-5 it won't be ideal, though, because those are the best hours for college daygame.

You can also go to a mall or any busy shopping center (Target is a good option). The biggest fear guys have towards this is that they may get kicked out. You might get kicked out if you're loud and obnoxious or if you spam approach every woman in a single store, but for the most part this shouldn't be a concern. And even if you do get kicked out, so what? There's other stores. Besides, you'll learn more from getting kicked out then you will from staying at home.

You can also go to a popular park, a busy street (downtown), or anywhere that people congregate.

Yes, some options are much better than others. Generally, clubs and college campuses are the ideal options for meeting women because they have the highest volume of attractive women.

Sometimes though, those options aren't available. If that's the case, going to a mall or a grocery store is still much better than staying at home. You might only see 3 attractive women if you go to a store to meet women, but you could potentially get all 3 of their numbers and go on dates with them.

As you get more experienced, I recommend you spend most of your time going to the venues with the most attractive women in your city. But this chapter is about taking your first steps. You don't need the perfect venue yet, you just need to get your feet wet.

If you're reading this at 7pm on a Tuesday and your best option for going to meet women right now is the Walmart near where you live, then go to that Walmart and see what happens.

Don't have unrealistic expectations of yourself. You might not be able to approach a girl your first time going out,

and that's okay. Go out and do your best to approach women, but don't beat yourself up if you don't overcome your approach anxiety.

Approaching women isn't easy at first for most guys. Going out to a venue where women congregate is your first major step towards success with women, actually cold approaching a girl is the second step.

When I started practicing daygame, I went out for 12 days in a row before I was able to approach a girl. Those first 11 days were incredibly frustrating for me. Each time I went out and didn't approach a girl, I got increasingly pissed off at myself.

Eventually my frustration was overwhelming enough that I said, "Fuck it" and I approached a girl. If you haven't cold approached a girl recently, the same may hold true for you. Don't be surprised if it takes a number of sessions to get to the point where you tell yourself, "fuck it" and do a cold approach.

At the same time, it might be a lot easier for you, too. Throw yourself out there and do your best to approach women.

The key to success here is persistence. If you find you are unable to approach a girl on your first attempt, keep going out until you can approach a girl.

Tony Robbins has a saying, "Change happens when the pain of staying the same is greater than the pain of change." Every time you go out, but don't approach a girl, you'll be one step closer to reaching the point where the pain of not approaching becomes greater than pain of approaching.

To get to the point where you are able to make this shift, you'll want to use the power of goal-setting and habit formation to your advantage.

2. Make it a habit



The first step to making a real change in your dating life is to throw yourself out there, the second is to make it a habit: a real part of your day-to-day life.

Many people think to make something a habit you must do it every single day. This is untrue, and often backfires.

When you make a commitment to do something every day, it can easily lead to burnout. Obviously, everyone is different, if you have a lot of free time and going out doesn't take much willpower for you, then you may want to go out every day.

But, if you're just starting and going out still takes a lot of energy, you should start with a lighter commitment. You want to set a goal that is ambitious enough to help you reach your goals but is realistic enough that you won't end up quitting after two weeks.

This is important to consider. Most people who pursue self-improvement goals – like losing weight – give up long before they reach their goal. Gyms are flooded with new members chasing their new year's resolutions in January, but they're comparably dead only a couple months later.

People give up on their goals because they have unrealistic expectations of themselves. If you're new to working out, but you set a goal to go to the gym an hour a day, 6 days a week, it's very unlikely you'll follow through.

I've found the most effective method for setting goals that I follow through on to be weekly based. Regarding meeting women, this means I'll set a goal for how many times I'll go out in a given week.

To start, I'd recommend setting a goal to go out between 2-4 times per week. (Anything less than twice a week isn't going to be enough to build any kind of positive momentum).

You can also go out just 15 or 30 minutes on some days, while committing to longer sessions on the weekends. The advantage to this method is that you'll build a lot of social momentum. Social momentum means that every consecutive day you go out to meet women, it gets easier than the previous day.

But be realistic. You may want to start with only going out twice a week, and build up to going out more over time if you decide it's necessary to reach your goals.

The importance of setting a goal for yourself can't be overestimated. Of all the guys I've gone out with, very few make meeting women a habitual part of their lives. They go out 3 times one week, but then stay home for the next four weeks in a row. You'll make progress – and get results – only when you make meeting women a regular part of your life.

If you strongly prefer online dating over cold approach, you could focus on that method, but make it into a habit and set goals. For example, you could set a goal to use your preferred dating app for at least 30 minutes, 4 days a week.

Create a system for yourself that makes progress automatic. If you don't, it's unlikely that you'll repeatedly and reliably make the decisions that will lead you towards success.

Make a decision now, for example: "I will go out every Thursday, Friday, and Saturday night." Then, when Saturday comes and you start to think, "You know what, I'm feeling tired, I'll just go out tomorrow," you'll catch yourself because you've made a previous commitment to take action.

Creating a plan of action is your most powerful tool for making consistent progress. Normally, our emotions guide our decisions. And most of the time, our emotions convince us to take the easy way out. But when you have a commitment, you'll be much more likely to take action even when you don't feel like doing so.

Additionally, using some form of tracking is useful. A tool like Google calendars or a habit tracking application (to find one, search habit tracking in your phone's app store) will remind you to stick with your goals – which will help you remain consistent.

Goal setting isn't a magic pill, but it is an important step to making a long-term change. Once you've committed to a specific goal, change is no longer an amorphous idea in your mind, it's a real, actionable plan.

Remember that your goal should be to get out of your comfort zone, not to make a miraculous overnight change. At first you may not even be able to approach women when you go out. If that's the case, just keep going out until your

frustration with yourself becomes more powerful than your approach anxiety.

Unrealistic expectations are a surefire way to burn yourself out. At the same time, anything can happen. You might run into a girl who just broke up with her long-term boyfriend and she's decided she's going to sleep with the next guy who talks to her. You never know what might happen when you go out to meet women, keep your expectations rational, but your hopes high.

This article is a free section from my book: Irresistible.

How To Become Attractive As A Man (This Exercise Will Help You Succeed With Women)

Avery · 27 July 2018 · Archived copy · Original

How To Become Attractive As A Man

Self-awareness is the necessary foundation for any substantial progress towards your goals. In fact, if you don't develop enough self-awareness, you can easily get stuck in a pattern of making the same mistake over and over again, without knowing what mistake you're even making.



I've seen this happen time and again. Someone learns about the dating advice industry, consumes a lot of content, and goes out to meet women with their newfound knowledge.

Unfortunately, he gets few results and makes little progress over time. He makes the same mistakes repeatedly, and so, even a year after he started going out, he hasn't gotten a more abundant dating life than he started with.

Take me, for example. When I was sixteen, I first learned about the dating advice community through the book *The Game* by Neil Strauss. After reading the book I started delving into this odd online pickup community and I found a challenge to start approaching women. I decided to take the challenge.

On the first day, I was simply supposed to ask some people at the mall for directions. I was nervous about the idea of talking to strangers, but figured I would be able to take on such an easy challenge.



I went to the mall and began walking around looking for someone to approach. I obsessively told myself excuses like, “It’s weird to ask someone for directions because they’ll know I have a cell phone with a GPS and wonder why I can’t just use my GPS.” I walked around the mall for several hours, hesitating to approach people again and again. As the hours went by, I felt increasingly anxious.

I started to feel like I was going to have a panic attack, so I went back home. I felt frustrated, even defeated. After this failure, I told myself that I needed to wait until I was eighteen, and able to enter a club, before I went out again. I decided that the mall was too awkward of an environment to approach women in.

I figured I should learn all the material possible before I turned eighteen so I would be prepared when I could go to clubs. I voraciously consumed content: I read books, watched video products, and frequented the PUA forums. I spent hundreds of hours learning success with women, but I didn’t even attempt to approach any women again until I turned eighteen.

When I turned eighteen, I finally went to a club. Despite all the content I had consumed, I was extremely anxious. I didn’t approach a single girl.

After this experience, I told myself I should wait to approach women until I was 21, and could enter the better (21 and up) clubs in town.

But at this point, I was self-aware enough to know that this was a silly excuse. So, even though I was anxious and socially awkward, I persisted. I kept going out until I started to develop enough confidence to approach women.

Over the course of many months, I built some semblance of social skills until girls started to like me enough to come home with me.

My Year of Making Excuses

I didn’t realize it at the time, but the year I spent learning content instead of going out and meeting women was nothing more than a year of productive procrastination. My first attempt at going out to meet women was so miserable that my brain tricked me into thinking that I should wait until I was eighteen before trying again.

I didn't know what was happening, the logic made sense to me: the mall sucked, so I needed to wait until I was old enough to go to clubs before going out again, and in the meantime, the best thing I could do was to learn content. I didn't understand that it wasn't the mall that sucked, but my experience at the mall. I felt a lot of anxiety, and the human brain is designed to avoid anxiety in any way possible.

My brain came up with a compelling, seemingly logical excuse to avoid anxiety. If I were 16 again knowing what I know now, I would keep going to the mall to expose myself to my social anxiety until I broke through it. At sixteen, I lacked self-awareness, and that lack of self-awareness cost me a year of progress.

Not everyone will make the same mistakes I made, each of us have different self-awareness blindspots. But, if we don't learn to build our self-awareness over time, we will almost certainly get stuck at some plateau before getting the results we want.

I've seen it so many times, a guy doesn't notice the obvious mistakes he's making, and unless he becomes aware of what he's doing, he continues the same pattern indefinite:

- One guy is intimidated by particularly attractive women, so he only approaches the girls he doesn't think are very attractive.
- Another guy gets in a relationship with the first girl who likes him, not because they have a strong connection, but because it's validating to have a girl who likes him at all.
- A third guy attracts women he approaches, but always makes an excuse to eject from interactions with girls well before anything could happen.
- A fourth guy is extremely pushy and scares girls away because he can't give them any breathing room.

All of the above sticking points can be solved through self-awareness. Once you know the mistakes you're making, you are free to take the necessary steps to improve. *It's not the mistakes you know you're making that prevent you from making progress, it's the mistakes you don't know you're making.*

Self-awareness isn't something you either have or you don't, it's a quality that you constantly develop. The bulk of this work will be done through critical self-assessment using field reports.

But first, we're going to catalyze progress and build self-awareness through a simple exercise that will take roughly fifteen minutes to complete.

Here's a template for the exercise:

Self-Diagnostic: Why Haven't I Achieved My Dating Goals? What are my sticking points?

1.

2.

3.

4.

5.

Mindset: What things that are outside of my control are hampering my results with women?

1.

2.

3.

4.

What things that are inside my control can I improve to get more results with women?

1.

2.

3.

4.

How can I leverage those things inside my control to outweigh those outside my control?

1.

2.

3.

What Do I Have To Offer Women?

1.

2.

3.

That wraps up the template for this exercise, now let's go over how to answer these questions in a way that will help you succeed with women:

How To Become Attractive As A Man Part 2:

Guidelines for Your Self-diagnostic

Sticking Points: A sticking point is anything that's stopping you from getting the results you want. A sticking point is always something within your control (e.g. the number of women you're approaching).

Throughout this book, each of the common sticking points will be addressed, and you will learn how to overcome your sticking points through the strategies in the chapters that focus on your particular sticking points.

Some common sticking points include:

1. My interactions aren't man to woman.

2. I have bad approach anxiety.

3. I have trouble escalating sexually.

4. I can get girl's numbers but the numbers go cold before I can get a date

5. Girls I approach never seem to want to talk to me.

Be as honest with yourself as possible here, the more accurately you identify your own sticking-points, the more you empower yourself to overcome them.

Mindset

Your mindset is the filter through which you see reality. A negative mindset can be paralyzing. If, for example, you don't think you're sexually attractive at all, you could easily convince yourself that there's no point in wasting your energy by approaching women.

The mindset questions are designed to help you understand how you can overcome any disadvantages you may have through action taking. This isn't about denying to yourself that you have disadvantages compared to other men (we all do in some way or another), it's about acknowledging those disadvantages, but focusing on what you can do to

overcome them.

What Things That Are Outside of My Control Are Hampering My Results with Women?

- For a lot of guys, this is their physical appearance, and if you think it's a disadvantage, don't hesitate to write that down here.
- If you consider yourself an introvert, you could write that down here too.
- If you have an anxiety condition, you could write that down as well.

Be honest with yourself, consciously denying your negative beliefs won't make them go away. You can only change your beliefs by disproving them through real life experience.

What Things That Are Inside My Control Can I Improve to Get More Results with Women?

One of the most common answers to this question will be, "I could approach more women." No matter what disadvantages you have, your statistical chances of getting dates will improve if you take more at bats.

You could also improve your physical appearance by going to the gym, buying fashionable clothing, etc.

Be careful not to use this as an excuse to procrastinate on meeting women in real life. There's not some point of fitness where all of a sudden this will be easy, it helps, but it's supplemental to actually meeting women in real life.

It's also within your control to learn strategies from dating advice content (like this book). You could start writing field reports to get the most out of your days/nights out.

Anything you can improve through action taking belongs in this section.

How Can I Leverage Those Things Inside my Control to Outweigh Those Outside My Control?

Let's say you don't think you're very good looking. How could you implement things within your control in such a way that they overcome this disadvantage?

My favorite answer to this is by following the 10x rule, which states that if you take ten times as much action as anyone else, you will get better results than everyone else, no matter what disadvantages you have.

Even if you're physically unattractive, the sheer volume of your effort will tip the scales in your favor. If you have social anxiety, what's the best way to overcome it? To expose yourself to that anxiety (known by psychologists as exposure therapy) again and again, over time, your social anxiety will diminish.

Another answer to this might be, if you build your social confidence enough, (through approaching women and facing rejection) your attractive personality will help to counteract your lack of physical attractiveness.

What Do I Have To Offer Women?

If you're not confident that you can add something positive to a woman's life when you meether, why would she be interested in giving you her valuable time?

In this section, you're writing out your unique value proposition, what value you have to offer a woman.

Things you might include:

- You're good in bed.
- You're intelligent so you can teach her interesting things.
- You're funny.
- You're caring.

Include any benefits to spending time with you. This helps cement in your mind that this isn't a win/lose for her, it's a win/win. It's a lot easier to succeed with women when you know that you have genuine value to offer them.

How To Become Attractive As A Man Part 3:

Example Self-Diagnostic:

Why Haven't I Achieved My Dating Goals? What are My Sticking Points?

1. Women see me as a friend, they're usually nice to me, but they don't see me as a sexual prospect.

2. I get a lot of approach anxiety, because of this I don't go out very often and I don't approach very often.

Mindset:

What Things That Are Outside of My Control Are Hampering My Results with Women?

1. I'm not that good looking.

2. I don't have much money.

3. I'm only 20 so I can't go to nightclubs in my city.

What Things That are Inside My Control Can I Improve to Get More Results with Women?

1. I could become a lot more confident.

2. I could learn to be more expressive and charismatic.

3. I could approach a lot of women, and ask a lot of women on dates.

4. I could learn strategies to create sexual attraction.

How can I leverage those things inside my control to outweigh those outside my control?

1. Even though I'm not good looking, if I approach ten times as many women as a good-looking guy I'll still get at least as many dates as a good-looking guy does.

2. I can go to my local college campus or mall to develop my skills until I can go to clubs. Who knows, campus might be better for meeting women than nightclubs.

3. As I become more confident and charismatic, women will see me as more attractive overall.

4. I can't buy a girl an expensive dinner, but I can give her more fun than a rich guy ever could if I work on myself enough.

What do I have to offer women?

1. I'm funny.

2. I'm a great listener.

3. I'm great at making people feel good about themselves.

4. I can introduce a girl to great books that will improve her life.

5. I'm a good cook.

Wrapping Up How To Become Attractive As A Man

Having completed this self-diagnostic exercise along with the fear setting exercise, you should have a good idea of the obstacles you're going to face and what you can do to overcome them.

This self-aware approach to achieving your goals is going to help you remain grounded as you take action. Making a plan that accounts for the challenges you're going to face is the key to success.

The exercise in this chapter helped you create realistic, self-aware goals, the next step to success is learning from your failures and successes through the use of field reports.

(This article is a sample from the full-length book – The Seduction Blueprint. If you're interested in a complete, step-by-step guide that will teach you how to 10x your dating life, you can check the book out, here:

How To Pull A Girl On A Night Out (Complete Step-By-Step Guide)

Avery · 27 July 2018 · Archived copy · Original

How To Pull A Girl On A Night Out

For most guys, the idea of going to a club and bringing a girl they just met home with them later that night is little more than a pipe-dream.

Not all women like to have one-night stands, but the percentage that do is probably much higher than you think. Women like to have sex for many of the same reasons that guys do: for the excitement of meeting someone and having a crazy experience, to validate their ego, and for the pure sexual pleasure of it.

(Above: Video version of this article with hidden camera footage).

It's true that women tend to be more discerning than men when it comes to choosing sexual partners. But they're not as prudish as many guys think. Girls seem sexually modest around certain guys because those guys bring out their prudish side. But those same girls are wild and free-spirited around the guys who know how to bring out that side of their personality.



There is one difference between the way men and women perceive sex that is particularly important. For women, sex is often a way to deepen an emotional connection whereas for men, sex and connection are less intertwined.

That isn't to say women don't have sex purely for physical pleasure or that men don't have sex to solidify an emotional connection – it's just to say that women are generally skewed more towards having sex to connect with someone, and men are skewed more towards having sex for physical pleasure.

It's an important difference. Understanding why women want an emotional connection before having sex, and learning how to create that connection, will make you infinitely more successful at making women want to sleep with you.

But we'll go into that soon. All you need to understand now is that you can take women home with you from clubs

consistently. As an example, I know a friend in Las Vegas who slept with a new attractive woman every night nine days straight.

If you take a lot of action and make the most out of your opportunities when you go out to meet women, you should be able to bring home a new girl at least once every couple weeks. (Maybe that's not something you're interested in. If that's the case, feel free to skip this article).

How To Pull A Girl On A Night Out Part 1:

Understand Why You're Not Pulling



So, you're approaching women regularly, you're consistently reaching the social hook point, and you know how to sexually escalate . . . but how often are you bringing women back to your bedroom (or hers)?

If you aren't pulling an attractive girl home once every couple weeks, there's room for improvement.

There are three primary reasons why you might not be pulling as often as you could:

- You're not going for the close properly.
- You're not connecting with women on an emotional level.
- You're not dealing with the logistics of bringing her home with you effectively.

You know you're not going for the close properly if you don't invite girl to your place at some point. The essential step to hooking up is getting into a bed with her – and if you're not inviting girls to your place, of course you're not having sex.

This sounds so obvious that it shouldn't need to be said, but a lot of guys will get a girls number or make out with her, but don't even consider asking her to come over to their place. This is mostly a mental barrier – a common one – and getting over it just takes some strategy (that we'll elaborate later in this article).

Not Connecting With Women Emotionally/Not Handling The Logistics

It's possible that you're not closing because you're not making a strong enough emotional connection with the women you meet. If you invite girls to your place, but they regularly turn you down, they might be sexually attracted to you, but they don't trust you enough to go home with you.

If girls are rejecting you when you invite them to your place, ask yourself it it's because they don't want to go with you or because they can't go with you. It is possible to get these two confused, and the solution for each is different.

If girls are rejecting you because they don't want to go home with you, you need to establish a stronger connection. If girls are rejecting you because they can't go home with you, you need to get better at dealing with logistics.

How do you tell the difference between when a girl can't go home with you and when she doesn't want to go home with you?

If a girl says something like, "Sorry, I'd love to go, but my friends need me to drive them home." Then she couldn't go with you. If a girl says something like, "You know, I'm feeling pretty tired, I need to get some sleep." Then she just didn't want to go with you.

The difference between the two excuses is that one is logistical and the other is emotional. If a girl makes an emotional excuse not to go home with you, the problem is that you didn't get her to want to enough.

It's not always that clear-cut, though. If a girl says something like, "I have work tomorrow morning, sorry." She could be saying that because she takes her job seriously and wants to get some sleep, or she could be saying that because emotionally, she doesn't want to go home with you and she just wanted to give you a logical reason (as opposed to being 'mean' by saying, "Sorry, not interested.")

So, if you're having trouble getting girls to come home with you it could either be because you're not dealing with the logistics well enough, or because you're not making her feel enough of a connection with you to want to go – and it's not always easy to tell which of the two it was.

I recommend you make a habit of screening for logistics effectively, first, then work on getting better at making a strong emotional connection. Logistics are relatively straightforward, and cam be dealt with by asking a few specific questions. Making an emotional connection, on the other hand, is a fairly complicated problem, so you should work on that once you've mastered dealing with logistical hurdles.

How To Pull A Girl On A Night Out Part 2:

How To Go For The Close



Inviting a girl you just met back to your place can sound like an intimidating proposition to make. In reality, it's essentially risk-free. Telling a girl something like, "Hey, the drink prices here are ridiculous, let's be frugal and get a drink back at my place," might lead to a rejection. She might say she's not interested – but that rejection isn't going to fundamentally change her opinion of you. She's not going to think, "Wait, he wanted me to go to his place. That means he's sexually attracted to me, fuck this guy."

If the girl was interested in you before you invited her to your place, she's going to continue to be interested in you after she rejects the invite. Maybe it's too soon for her, maybe she doesn't want her friends to judge her as a slut for going home with some guy she just met – regardless, going for the close is consequence free.

This means that if you ever have an interaction with a girl at a club that you're interested in, and you don't invite her to your place, you missed an opportunity (unless you have a rule that you don't want to sleep with a girl until the fifth date or you are waiting for marriage or something along those lines).

If you go out, and you genuinely don't meet a single woman who you have good chemistry with, then it makes sense that you wouldn't invite any home with you (although, if this is the case, you might not be doing enough approaches, or you might not be approaching the women you find most attractive). But if you did meet a girl you liked, and you had a conversation that lasted for more than a few minutes, there's no reason not to invite her to your place.

Men hesitate to do this because they assume that sex is something they "take" from the girl. It's a win-loss mindset, "If I get a woman to come home with me, I win, and she loses." When you see sex as something you take from a girl, as opposed to a positive experience that you can give a girl, it's easy to hesitate to go for the close.

Of course, in reality sex is even more enjoyable for women than it is for men. An opportunity for a woman to sleep with you is something you shouldn't deprive her of. Once you truly accept this, creating opportunities for women to have sex with you will be effortless.

It's true that some women don't like one-night stands. That's fine, these girls probably won't go home with you when you invite them to.

Fortunately, though, we live in a culture where most of the world has a fairly positive attitude towards casual sex.

It's generally accepted that people hook up and have sex with people they don't have a strong commitment with. For example, the entire show "*Sex and The City*" is about a group of women going on casual sex misadventures.

Changing your mindset about the value women get from having sex with you isn't something you can change overnight. But making that change starts with accepting the possibility that women want to have sex with you. Then, you can cement that change by getting evidence that confirms this new belief.

To gather evidence that women do want to have sex with you, you'll have to make a habit of creating opportunities for it to happen. This means that you'll need to be inviting women you like to a location where sex is possible – regularly.

If you're going out consistently, you should be meeting women you're attracted to regularly, too. This means you should be inviting women to your place on a weekly basis. Now, I understand that the main objection to this is, "I don't want to be a player. I don't want a string of one-night-stands. I just want a girlfriend."

That's perfectly fine. I'm not here to tell you what you should want, I'm just here to help you get what you want. But, even if you're looking for a girlfriend and you don't want to have casual sex, inviting women to your place will still be helpful.

You don't have to sleep with every girl you invite over. If you end up going home with a girl, and she's not up to your standards of what you want in a girl, then just hang out with her and have a good time – without adding sex into the equation.

By doing this regularly, when you do meet the girl that you really like, you'll be able to make things happen with her smoothly and naturally.

There is another obstacle that prevents guys from going for the close. They're having a great conversation with an attractive girl who they have chemistry with, and they realize, "She's not the kind of girl who you just take home and have sex with, she's special."

Not only have I seen many of my friends use this line of reasoning not to sleep with a girl, I've done it myself. When we label a girl as "too good" to have sex with before getting to know her really well – we're protecting our ego.

We like this girl a lot, we're invested in her. To get rejected by her would be devastating. So, we come up with a logical reason to take things slow. The logic is flawed, though. We're taught by society that if we want a serious relationship, we should take things slow.

But why? If you sleep with a girl, you've cemented that the relationship is sexual in nature, and there's a much better chance that she'll want to hang out with you again. If you want to make a woman your girlfriend, the best strategy is to sleep with her. Not sleeping with her can lead her to label you as a friend or worse, she may not want to hang out with you again because she wanted to sleep with you, but you didn't make a move (which made her think you aren't interested in her or that you lack confidence).

How do you invite a girl to your place? You don't want to be too direct, "Hey, wanna have sex at my place?" Because if a girl were to say yes to that, she would feel like a slut. Instead, you want to come up with a logical excuse to go home with her.

Here are a few excuses to home with a girl I've found to be effective:

- "Hey, there's an after-party at my place later, would you like to come?"
- "It's too loud here, let's get some drinks back at my place."
- "Are you hungry?" (Yes) "I'm going to cook some food, let's go."
- "You've never seen *Inception*? You have to see it, let's go."

The excuse you use to go home with a girl can be anything. A friend of mine once told a girl, "You have to check

out my awesome book collection!" and it worked. I've said, "Hey, let's play Rock Band at my place." and that worked, too. The specific excuse you use doesn't matter much, but if you can't think of anything unique to you, just stick to the tried and true classics:

- Let's get a drink (or coffee) at my place.
- There's an after-party at my place.
- Let's get some food at my place.
- Let's watch x movie/TV show.

If the girl is into you, it's very likely any excuse to come back to your place will work. She wants to spend more time with you, and even if she doesn't want to sleep with you, she probably would at least like to make-out or get to know you better.

You might think this would never work in a million years, but if you try it enough, you will find that yes, some girls will be happy to go home with you.

When should you go for the close? There's no specific time frame you need to worry about. Back in the day, the pickup artist, Mystery had a 4-7 hour rule in which he believed that you need to interact with a woman 4-7 hours before sleeping with her. But In my experience, it usually take 30 minutes to 2 hours.

You can bring up the idea of hanging out with a girl in the privacy of your own home as early as a few minutes in the interaction. For example, you might say, "Hey, there's an after-party at my place later tonight, would you like to come?" By asking this, you're not aggressively going for the close, you're just find out if she's open to the idea of going home with you later that night.

This is a useful strategy for a couple reasons. If she says something like, "Oh, definitely can't, my boyfriend wouldn't like that." You know that it's not going to happen with her, so you can move onto another girl.

Secondly, by introducing the idea of going home together early on, you've made it so that she won't be taken off guard when you suggest leaving together later. If she says, "Yeah, an after-party later sounds fun." When you bring it up again, "Hey, you ready to go that after-party I mentioned?" She will be more likely to give you a yes without hesitation.

What's most important, though, is that you bring up the idea of going home together at some point. Whether it's 45 minutes into the interaction or 15 minutes into the interaction doesn't matter much.

It's true that she's more likely to say yes the more comfortable she is with you, but if you tell yourself, "I think it's too soon to invite her back to my place," you might just procrastinate on making the ask indefinitely.

I'm not saying you should invite a girl home after two minutes of conversation, but if you've approached a girl and you've passed the social hook-point, you should go for the close before she leaves.

You'll have to use your best judgment to decide when you should go for the pull, just make sure that you don't miss opportunities by putting it off too long.

What To Do If You Can't Pull To Your Place

If you live with your parents, are homeless, or for some other reason, you can't bring girls to your place – you are at a disadvantage. However, that disadvantage is no excuse not to try to make something happen with a girl. Fortunately, in the 21st century, women have jobs and can own homes, so if you can't take a girl to your place, you still may be able to go with her to hers.

Some of the excuses to pull don't work when going to a girl's place, "Hey, there's an after-party at your house later, let's go!" I've found the best excuse to use when pulling a girl to her own place is to watch a movie or TV show with her.

Sometimes a girl will live with her parents (or worse, her boyfriend), and she won't be able to take you home with her. For that reason, it will be to your advantage to get your own place. But a lot of the time, you can still make something happen even without your own house to bring women to.

How To Pull A Girl On A Night Out Part 3:

Get Logistics



Screening for logistics allows you to know how likely it is you'll be able to bring a girl home later. Logistics include the following:

- What she's doing later that night.
- Who she's with.
- What she's doing the next morning (if you met her at a club).
- How she's getting home.
- What area she lives in.

Knowing the above information will help you decide whether you can bring a girl home with you. If it's obvious you can't, you can just get her number to see her later, and go talk to other girls in the meantime.

The ideal logistical situation would be:

- She's out by herself.
- She has nothing to do later or tomorrow morning.
- She's walking home.
- She lives across the street.

You're rarely going to meet girls with such ideal logistics, but knowing the logistical hurdles you have to deal with will help you overcome them. If, for example, you find out that a girl's with her sister who's visiting from out of

town, then you know this girl probably isn't going to ditch her sister. Therefore, you'll want to include her sister in your plans for later or at least introduce her sister to a guy to flirt with.

You should find out the logistics of every girl you talk to. Make it a habit to ask for logistics in every interaction. You don't want to just fire off logistical questions back-to-back, that would be awkward. Instead, sprinkle the logistical questions into the interaction over time.

The phrasing for logistical questions can be fairly straightforward:

- What are you doing later?
- Who are you here with?
- What are you doing tomorrow?
- What area of town do you live in?
- Did you drive here or are you getting drunk tonight? (she'll say something like, "Yeah, I drove actually, I'm not drinking tonight."

The answers to each of these questions gives you valuable information. The most important of these questions to ask is, "What are you doing later?" So, if you can't remember to ask all the logistics questions, at least ask that one.

If she answers, "I'm not doing anything later." Make sure to suggest that you and her do something later (like we mentioned in the last section), this could be to go to an after-party, get some food, or watch a movie.

If she answers your question with something like, "I'm going to my friend's house for an after-party," then you can give her the opportunity to invite you by saying something like, "Oh, that sounds like fun." Then pause for a moment, and if she likes you, there's a good chance she'll invite you to come.

Regardless of the answer, the information she gives you will give you an indication of how likely it is you can bring her home that night. If her logistics are bad, your best option may be to go with her at the end of the night (at some point she's going to sleep in a bed)

Commit To A Girl

It's not always clear whether you should stick with a particular girl or move on. If her logistics are tough, but you have particularly good chemistry, you may want to stick with her and try to make something happen. If her logistics are favorable, but you think you could find a girl you like more, then you may want to move on to the next girl.

Just make sure that in the last hour of the night that you commit to one girl. Ideally, you don't want to be going from girl to girl when the club's about to close. In the first portion of a night out, you should be getting yourself into a social mood, meeting different girls, and finding one girl that you want to commit to. The end of the night should be dedicated to making something happen with that girl you decided to commit to.

If you ignore a girl's friends and her plans, don't be surprised if you don't end up taking her home. Logistics matter. It's always useful to know the situation you're dealing with. Getting logistics is as easy as remembering to ask a few basic questions. Neglecting to deal with logistics is a silly reason to go home alone – practice asking logistical questions regularly until it becomes an automated habit.

How To Pull A Girl On A Night Out Part 4:

Create An Emotional Connection

[image]

If a woman were to fuck every guy that hit on her, she'd be at constant risk of getting drugged or murdered. On one level, women love sex, but on another level, they have to use caution when deciding who to have sex with.

As a man, you can't fully understand the risk a woman is taking when she decides to sleep with a guy. In her mind, going home with a random guy might lead her to get stuffed in a trunk and buried in the middle of the desert.

Additionally, as we already mentioned, women are turned on by experiencing an emotional connection with a man more than they're turned on by physicality.

As a result of these differences between men and women, it's crucial that you learn how to make a strong emotional connection with the women you meet. If she feels connected to you, not only will she become more attracted to you, but she'll also trust you enough to sleep with you.

There are two main reason guys don't get women to trust them. The first is that most men don't give women space to invest in them. Whenever a girl talks about her life, her struggles, her feelings, her wants and desires, etc. she is investing in you emotionally. That investment is powerful, it creates the space necessary for her to trust you and feel connected to you.

The second reason men don't get women to trust them is that they are too agreeable. These men don't speak their mind. To make a woman trust you, she has to know you'll say what you really think – even if it's controversial or slightly offensive.

Being A Good Listener[image]

When most men meet a girl, they make everything about themselves. Guys think things like, "What can I say to make her like me," and "How do I get her number." These guys focusing on their objective, but ignoring the girl's objectives.

Instead of focusing too much on what you can get from a girl, start to think about what you can give her. No, I don't just mean "The D," think about how you can give her the emotions she wants to experience.

Instead of trying to make a girl think you're interesting, make her feel like *she is interesting*.

Being a good listener doesn't just mean that you pay attention to what someone says, it also means you pay attention to what they want more of. For example, if a girl is talking about how hard her job is, as a guy, your natural instinct is probably to give her advice (perhaps, "get a better job"). But when a girl is talking about her problems, she usually doesn't want a solution, she wants to feel understood.

Instead of directing the conversation towards all the things she could do to improve her job situation, you should simply show compassion. Showing genuine interest is much more powerful than faking it. The temptation is to just say, "Yeah, that's cool." Without meaning it, because it's easy. It's much harder to really focus on what she says and to think about what it means to her: to care about how she feels. But when you do this, women will develop an instant rapport with you.

If a girl is talking about something important to her, affirm that you understand,

"That sounds tough"

"That's crazy"

"That's really interesting,"

Etc.

To be clear, being a good listener doesn't mean being completely agreeable. Yes, you should show interest in what a girl is saying, but you should also be willing to share your own opinions.

For example, if a girl starts saying something that you think is offensive or blatantly wrong, tell her so. Once, I was talking to a girl and she said, "Yeah, it's really hard to get an acting gig in L.A."

I asked, "How many auditions have you gone to?"

She said, “Well, I haven’t exactly gone to any auditions.” I could have been agreeable, but to do so wouldn’t have been genuine, so I said, “You can’t really know if it’s hard to get an acting job if you haven’t gone to any auditions. It sounds like you’re afraid to take the risk.”

She agreed, and we ended up talking about her frustrations with herself, her hopes, and her fears. This was a conversation about things that mattered to her, as opposed to the surface level, agreeable small talk most guys limit themselves to.

Balance showing compassion and interest with a willingness to disagree and assert yourself. The key here is that you’re honest. Don’t tell her something she said is stupid because you think that will make her like you more, tell her something she said is stupid when you genuinely think it’s stupid.

For the most part, if you and a girl have anything in common, you should be able to get along, listen to each other, and tell your own stories. But, whenever you disagree with what she’s saying, say so.

It’s important that when you disagree, you don’t come across as frustrated or combative. If a girl were to say, “Well, I actually think the earth might be flat,” yeah, you probably will think that’s a stupid belief to have, but you don’t need to attack her to disagree with her.

In this scenario you might say, “Well, that sounds ridiculous, Pythagoras is probably rolling in his grave,” but if you decide that her belief in a flat-earth isn’t a deal-breaker, don’t harass her about the subject.

What women (and people in general) want more than anything is to feel like they’re important, like their life has meaning. If you cut a girl off, don’t listen to her, and constantly talk about yourself, then she’s going to feel unimportant to you. But, if you show genuine interest in her, she’s going to get the sense that she is important to you, which will validate her ego and make her enjoy your company more.

At the same time, she needs to know that you’re genuine. If you’re just a yes-man – a completely agreeable doormat – then she’s not going to be able to trust you either, women can sense falseness, they can tell when you have an agenda.

Most guys are either good at listening and showing interest, or they’re good at asserting themselves – few men are good at both. If you’re an overly-agreeable guy who women like as a friend, but rarely see in a sexual light, you should work on saying things that might be controversial.

The best way to make this into a practice is through using field reports. Field reports allow you to evaluate your strengths and weaknesses and identify what you need to change to become more successful with women. To get better at asserting yourself, write out a section in your field reports titled “Assertiveness”, then analyze how well you did at stating your honest opinions even when they were controversial. Here’s an example of what this might look like-

Assertiveness:

> One girl I met was talking about how she loved this show, “T*he Vampire Diaries*” I hate Vampire shows, but I just listened to her talk about it and said things like, “That’s interesting,” instead of saying what I really thought. In the future, when a girl starts talking about something that I think is silly, I want to say what I really think.

The most important components of the above example are that he A. Identified a mistake he made and B. specified what he could do differently. By writing that the next time he comes across a similar situation, he should speak his mind, it’s very likely that he will do so. If you don’t identify what you want to do differently, it’s very easy to make the same mistakes repeatedly.

Some guys need to work on being more assertive, but others need to work on showing more interest. If you’re the latter, focus on that in your field reports. Here’s what this might look like:

Showing interest:

> I noticed I have a habit of talking over girls that probably isn't serving me. When a girl says something I'm not interested in, I stop paying attention and start thinking about what I'm going to say next. I also noticed I cut off girls – probably too much. I want to focus on making eye contact and really listening to what the girl is saying.

Whether you're too much of a nice guy, or not showing enough interest, improving will take some real effort on your part. It's hard to admit you're making habitual mistakes in the way you communicate – it's a blow to the ego. However, once you notice the mistake you're making, change your behavior, and then start getting different results, the effort becomes entirely worthwhile.

To successfully make this change, you'll want to create a focused section in your field reports for an extended time – at least a few weeks (the next chapter will provide you with a more in-depth guide to writing field reports).

If you decide to focus on getting better at showing interest keep actively looking ways at which you can improve. Continuously adjust your approach, test out different changes. For example, if you notice that you talk about yourself too much, practice making the conversation more about the woman.

There's no quick fix here, learning to become a more compassionate or assertive conversationalist will take a concerted effort. Remember though, the rewards will be worth it, women will trust you and feel connected with you in a powerful way.

Wrapping Up How To Pull A Girl On A Night Out



Bringing women home with you from bars or clubs is exciting because it's complicated and, at times, difficult. Don't let the challenge discourage you, use it as motivation to push yourself and constantly reflect on what you can do differently.

If you use all the strategies outlines in this book up to now, you will be able to bring attractive women home with you. It may take a number of months to be able to do so consistently because there are so many factors that go into attracting women. If you're persistent, and you continuously get of your comfort zone, any disadvantage you think

you have will cease to matter. You want to date the highest-quality women that 99% of guys consider out of their league, be prepared to push yourself harder than 99% of the guys out there, too.

This article is a segment from the book: Irresistible, which you can find on Amazon.

How To Get A Girl To Like You Back (4 Ways To Spark Sexual Attraction In A Woman)

Avery · 28 July 2018 · Archived copy · Original

Women are confusing. To most men, female desire seems like a mystery that would stump even Sherlock Holmes.

[image]
It would appear that she wants a “nice guy”. I’ll just buy her things and compliment her until she realizes I’m the perfect option for her.

Fortunately, in the last 100 years, our scientific understanding of female desire has come a long way. We now know that women are hard-wired to respond to a specific set of traits with sexual desire.

Truthfully, some of these attractive traits are outside your immediate control (I.E. your appearance, your career).

However, the most powerful triggers for female attraction are not physical, but psychological. Any man can attract women if he displays the right personality traits.

In this article, you’re going to learn exactly how to cultivate the traits that will give the women you interact with an unconscious desire to be with you.

How To Get A Girl To Like You Back Tip 1:

Neediness Is Cancer



Neediness is to women what bug repellent is to mosquitoes: it keeps them away.

The most common dating mistake men make is being *way* too available. Many men think if they shower a woman with positive attention, she’ll appreciate the effort (and reward that effort by dating him).

Logically, this makes sense. But female attraction isn’t sparked by logic, it’s sparked by emotion. And being too available makes a woman **feel** that you must be desperate to get her:

Being overly available implies that other women aren’t interested in you or pursuing you, which, in turn, implies that something must be wrong with you. Any form of neediness will subconsciously tell a girl that you are a low-

quality man.

The first step to killing neediness is to make sure you don't invest in her more than she invests in you:

- If you've having a conversation with a girl, let her talk as much (if not more than) you do.
- If you meet a girl at a bar, don't buy her a drink, doing so tells her that you believe she wouldn't talk to you for free.
- If a girl is giving your short responses via text, give her equally short responses. If you always initiate contact, give her a few days to let her initiate contact with you.

Of course, neediness is a symptom of a deeper problem. When a guy acts needy it's because he has a scarcity mindset. You can make yourself appear less needy by altering your behavior, but to truly cure neediness, you must adopt an abundance mindset.

How To Get A Girl To Like You Back Tip 2: Adopt an Abundance Mindset

[image]

When you have an abundance mindset, the idea of getting rejected by a girl isn't a big deal. You know that even if a girl turns you down, you can easily attract another high-quality woman without much trouble.

When you have a scarcity mindset, the idea of getting rejected by a girl is terrifying. You believe that this girl is your best shot at getting a relationship, and if you make your move and fuck it up, you're going to spend months with only the company of your right hand.

Most guys have a scarcity mindset when it comes to women, and this mindset makes them needy and unattractive. So, how do you do change a scarcity mindset into an abundance mindset?

Unfortunately, you can't trick yourself into an abundance mindset. You can't repeat affirmations like, "I am attractive to women, I am attractive to women…" and expect to actually believe yourself.

To develop an abundance mindset, you must create an actual abundance of dating options for yourself.

If you go out this weekend, and exchange numbers with 10 attractive women, you'll be one step closer to an abundance mindset.

After grabbing 10 numbers, you'll be much less needy interacting with your crush (because you know you have other options).

If you want to attract your crush, don't show her that you're willing to do anything to get her. Show her that you are a guy who can get any woman he wants. Instead of putting her on a pedestal like a prize to be won, *position yourself as a prize to be won.*

The harsh psychological truth is that if a woman is 100% confident she could get you, the idea of getting you isn't exciting – there's no mystery, there's no challenge. By adopting an abundance mindset, you will give women the impression that you could walk away at any moment because you have other options.

The difference between a guy with an abundance mindset and a guy with a scarcity mindset is subtle. It shows up in your body language, your vocal tonality, and your "vibe". A woman can smell desperation as easily as a dog can smell a pile of shit.

Building an abundance mindset is easier said than done. It's very easy to tell yourself, "I really like this girl, and I'm going to show her that I'm the guy for her by swearing off other women and focusing all my attention on her!" It sounds good in theory, but it's really just a path towards pain and resentment.

Instead, develop an abundance mindset by going out and exchanging numbers with a lot of attractive women.

Alternatively, you can use online dating apps to go on dates with a variety of girls. Either way, the more options you have to choose from, the more attractive you will be to women in general.

How To Get A Girl To Like You Back Tip 3: Keep the Pressure Low



Don't be this guy

Most women want to feel like sex is something, "that just happened." It's your responsibility to give her the experience she wants – if you don't, she's unlikely to end up in your bed.

Many guys lavish women with compliments to make them feel good. But being too forward and direct can easily make a girl feel pressured.

To be fair, sometimes this high-pressure style of game works. If you meet the right woman at the right time, you can attract her by being direct and overly complimentary. But, this style of game alienates more women than it attracts.

A few women you meet will be "yes" girls. This means that you're their physical "type", and they're predisposed to like you. Direct game is effective on "yes" girls.

Most women you meet will be "maybe" girls. They don't find you unattractive, but they also aren't sexually aroused by your very presence. You can (often) change a "maybe" girl into a "yes" girl. But to do so, you must keep the pressure low.

If you're talking to a "maybe" girl, and you tell her how attractive she is, she's usually going to become a "no" girl.

Why?

Because she's going to put you in the same category as all the needy guys who are way too interested in getting with her.

Showing too much interest gives away your power, it's like showing your hand in a game of poker. Now that she knows how much you want her, there's no reason for her to invest in your or chase you, because she knows she can have you whenever she wants.

Ideally, a girl shouldn't know whether you like her as a friend or a potential lover. She should feel sexual tension when interacting with you, but your words and your overall demeanor leave room for her to wonder what you think about her.

To leave some mystery, avoid complimenting a girl on her physical appearance. Instead, compliment her on her personality. Tell her she's funny, or a great storyteller, or that you like her style (the compliment will be more effective if it's true). Furthermore, don't compliment her too often. Compliments are like icing – best used sparingly.

Keep the Pressure Low with Playful Teasing

The most powerful way to keep the pressure low is counterintuitive: make fun of her. If you tease a girl, you're showing her that you don't take her too seriously, you're showing her that you're willing to risk being offensive. This implies that you're not afraid of getting rejected by her (which takes pressure off of her).

The key to teasing a girl is that it must be done in the spirit of fun. If you say something with the intention of hurting her feelings, it's going to backfire. But if you tease her purely for the fun of it, it will make her laugh and even create sexual tension.

An easy way to tease a girl is simply to say, "that explains a lot" to anything she says.

If she says, "I'm from England."

You could respond, "That explains a lot."

If she says, "What, what does that explain?!"

You can say, "You know what they say about English girls… Anyway, I'm sure you're great. What do you do for a living?"

If you deliver the line in a carefree way, she's going to either laugh or get really invested in the conversation by asking you a bunch of questions.

Of course, if you deliver the line in a confrontational way, she'll respond negatively – in which case you can say you were just kidding and move on.

If you're getting negative responses to teasing regularly, it means you should practice changing your delivery until you start getting better reactions (if you use teasing well, you'll almost always get a positive response).

There are numerous other techniques you can use for teasing, to get the best results you want to practice using one method until you get consistently positive responses with it, then you can branch out.

You don't have to tease a girl to keep the pressure low, but it's a great way to practice what could otherwise seem like an overly philosophical concept.

If you think, "Well, I'm a nice guy, I don't want to be mean to women." Teasing isn't mean *unless you're doing it for the wrong reasons*. Teasing is actually nice, it gives the girl you're interacting with the opportunity to let loose and have fun with you.

How To Get A Girl To Like You Back Tip 4:

Use the Power of Eye Contact

[image]

Scientific research has shown that when strangers make strong eye contact with each other for four minutes, they fall in love with each other. Eye contact is the point of greatest leverage you can use to become more attractive to

women.

Strong eye contact is what evolutionary psychologists call an honest signal (An honest signal is an attractive trait or behavior that cannot be faked).

Weak eye-contact is a byproduct of low self-confidence. Strong eye contact, on the other hand, is a byproduct of high self-confidence. Making strong eye contact implies that you are confident in general.

Of course, if you increase your self-confidence, you will naturally start making stronger eye-contact. But you can't develop confidence overnight – it takes months.

Fortunately, you can short-circuit this process by focusing on making strong eye-contact first. If you make strong eye contact, women will assume that you are confident in general, and they will respond to you the way they respond to a highly confident man (with attraction).

To make stronger eye contact, you must practice. Here's three practical strategies you can use:

- Although they're pretty weird, there are eye-contact training videos on Youtube you can watch, these videos will help you get used to holding strong eye contact with an attractive woman.

(Watching this video without taking action in real life is a form of mental masturbation. However, watching it as a supplement to taking action is a useful tool. Your brain cannot distinguish between a real person and a video, practicing eye contact with these videos will make you comfortable with making strong eye contact in real life, too.)

- You can also practice making eye contact while you're in a public place. Whenever you cross paths with a woman, look at her. If she looks back, hold eye contact with her until she looks away (you don't want to stare). If she doesn't look back, look away after a few seconds. Make sure to make eye contact with a slight smile while doing this, it will make you seem more inviting and approachable.

- Of course, you can also practice making strong eye contact while interacting with women. The basic gist is to hold eye contact with a woman until she looks away, then you can look away for a moment, too. With this method, your eye contact will always be a bit stronger than the girl you're talking to, but not so intense that it comes across as creepy.

To get the benefits from any of these exercises, you'll need to practice regularly – but the benefits are worth it. The power of eye contact cannot be overestimated.

Wrapping Up How to Get A Girl to Like You Back

[image]

Even a man who is below average looking can attract beautiful women if he exhibits the 4 traits we covered in this article.

If you kill neediness, adopt an abundance mindset, keep the pressure low, and use the power of eye contact, women will find you attractive – it's imprinted in their DNA to feel that way.

Of course, making these changes is easier said than done. It takes real effort to develop your personality.

That's why I offer online coaching. I know how hard it is to take action, and I want to help anyone who's ready to make a real change.

In your coaching session, we will make a specific step-by-step plan for you to get the dating life you really want.

You can reserve your session, here.

What Makes A Man Attractive To Women? (The Two Traits Girls Can't Resist)

Avery · 4 August 2018 · Archived copy · Original

What Makes A Man Attractive To Women?

[image]

Sexual attraction is an emotional desire to have fuck someone. It's the feeling that leads to the ripping off of clothes, the putting on of condoms, and the creating of a sweaty beast with two backs.

As men, we all know how to create sexual attraction on our own… just enable safe search and visit your favorite adult website. Attracting real life women, however, is a different story.

Female desire can seem like an indecipherable puzzle to us men – on occasion, we're lucky enough to get a woman attracted to us, but it's random, inconsistent, and fairly rare.

Fortunately, although sexual attraction appears confusing on the surface, there is a science to it. Women are biologically programmed to feel sexual attraction when certain buttons are pushed.

To get it out of the way, yes being good looking makes it easier to attract women – but looks aren't everything. In fact, most of the "sexual attraction" buttons you can press are psychological, not physical.

This can be hard to believe at first, but imagine you were stranded on a desert island with a woman. Let's say this woman is physically unattractive to you – on your personal scale, she's a 5 out of 10. Normally, you wouldn't sleep with this girl, she's just not attractive enough.

However, now that you're stranded on a desert island with her, she's getting more attractive by the day. It might take a few days, it might take a few months (or only a few minutes), but eventually, you'd fuck her. It's in your biological programming to desire her *given the right circumstances*.

Clearly, kidnapping women and bringing them to desert islands isn't a viable strategy, but this anecdote illustrates that if the right conditions are met, any woman will want to fuck any man (unless they are gay or asexual). You just have to learn what the conditions for sexual attraction are, and how you can meet them.

What Makes A Man Attractive To Women?

Part 2: The Psychology of Sexual Attraction

[image]

Attraction is created between a woman and you when she perceives you to have sexual value. Biologically, sex is about making babies (the primitive parts of your brain don't understand the existence of condoms and birth control). Qualities that have sexual value are qualities that would make successful children.

If you're tall, smart, and extremely self-confident, your children will take on those characteristics. Children with those traits are likely to succeed in the world and have children of their own.

Biologically, that's the most important goal humans have – to create children that will be attractive enough to create more children – the name of the game is to make sure your genes make it into future generations.

So, when a potential mate has positive qualities that can be passed on to your children, *you will feel attraction for them (*whether you want to, or not).

Looking at attraction scientifically might not be poetic, but it helps us understand how we can intentionally, and consistently create sexual attraction with the women we're most interested in. So, let's look at a few of the traits that have sexual value to women:

Being A Man

[image]

Literally just having a penis. If a woman is interacting with you, there's a certain amount of attraction present just because you are a man.

This is important to understand because it means that as long as you don't make a woman feel uncomfortable or defensive, she'll eventually feel attracted to you just because you're a man.

Men's dating advice often makes attraction seem like something that only happens when you do something special (like teasing her or disqualifying her). But that's misleading – you don't have to use some special technique to trigger attraction in women, you just have to get out of your own way and allow attraction to happen.

A woman will be attracted to you by default UNLESS you do something that prevents her from feeling attraction (like being too needy or being insincere).

It's true that some men are far more attractive to women than other men – but just being a man means you automatically have some degree of attractiveness to women.

Being Tall/Muscular/General Physical Attractiveness

If you're tall and muscular that implies you will have tall and muscular children.

If looks are an asset of yours, use it. If not, it's worth putting some effort into improving your appearance (read this article).

Self-Confidence



This is the single most powerful psychological attraction trigger. If you can walk up to a beautiful woman and interact with her in a boldly sexual way, your confident behavior implies that you've been with beautiful women in the past.

How would you approach a beautiful woman and openly express interest in her?

You wouldn't – you'd be nervous, you'd be defensive. Confidence makes a woman feel that you must be a man who other women are attracted to – which make her assume that you must be a guy who has sexual value.

Control Of Your Emotions

If a woman challenges you by saying something like, "You're pretty short, dude," does that affect your emotional state? If it does, the girl is going to lose interest in you.

If a man can't control his emotions, he has low sexual value because he wouldn't make a good partner or father.

A man who can't control his emotions is likely to:

- Get himself killed
- Be physically (or emotionally) abusive.
- Abandon his child.

These are all horrible traits in a potential father. Remember, on an unconscious level, sex is about having children – she doesn't want to risk having a child with a man who would make a terrible father (this is why women shit-test men, it's to find out if a man is in control of his emotions).

Wrapping Up What Makes A Man Attractive to A Woman?



The above are the most important traits to develop to attract women. There are other traits with high sexual value (humor, intelligence, etc.) However, confidence and an ability to control your emotions are the two traits that are by far the most potent for attracting women.

Confidence and emotional control are by themselves enough to create sexual tension with most women. This is both good news and bad news. Although confidence is something anyone can develop, it takes a considerable amount of time and effort to do so. Our level of confidence is determined by a lifetime of experience, changing it isn't something you can do over night.

Fortunately, I have found a way to hack confidence and emotional control. I have learned how to dramatically change my own (or anyone else's) level of confidence in the course of a single night. In the next article, you're going to learn how to create sexual tension with women by harnessing the power of 'flow states'.

If you want to make sure you don't miss out on future articles, join our newsletter by filling out the form below (plus, you'll get a free eBook – The Psychology of Seduction).

How To Create Sexual Tension With A Woman (By Entering A 'Flow' State)

Avery · 10 August 2018 · Archived copy · Original

How To Create Sexual Tension With A Woman (By Entering A 'Flow' State)



In the previous article, we found that the single most attractive quality a man can have is confidence. This leaves us with two important questions:

1. How do you become confident?
2. Is it possible to become confident in a short amount of time?

The answer to both questions is yes.

Confidence is generally thought of a trait (like intelligence) that remains relatively consistent over time. This is only half-true.

Yes, everyone has a different baseline level of confidence. However, your degree of self-confidence is also an emotional state (or a mood) – which can change at any moment.

Even if you have no confidence in your ability to attract women, you can become incredibly self-confident (and you can do this in the course of a single day).

In this article, you're going to learn how to enter a flow state to drastically increase your self-confidence if you do this, you will create powerful sexual-tension with any woman you meet.

The Power of Flow States



In flow, the part of your brain that makes you feel self-doubt and insecurity literally shuts off. Normally you might see an attractive girl and think,

- “She’ll probably reject me.”
- “She’s with her friends, I don’t want to bother her.”
- “She’s too hot, I need to ‘warm up’ with some fewer intimidating girls.”
- Etc.

But when you’re in a flow state seeing an attractive woman will trigger radically different thoughts:

- “She wants a guy like me to approach her.”
- “That guy she’s with is probably her gay friend.”
- “She looks bored, I should brighten up her day by meeting her.”

These positive thoughts will lead you to take positive actions (like approaching a girl or inviting her back to your place), and because you’re coming across as a supremely self-confident man, she’s FAR more likely to experience a building sexual tension while talking with you.

Through thousands of hours of experimentation, I have found there are three key rules you must follow to consistently enter a flow state. Follow these rules and total self-confidence will become a state you can summon whenever you want it.

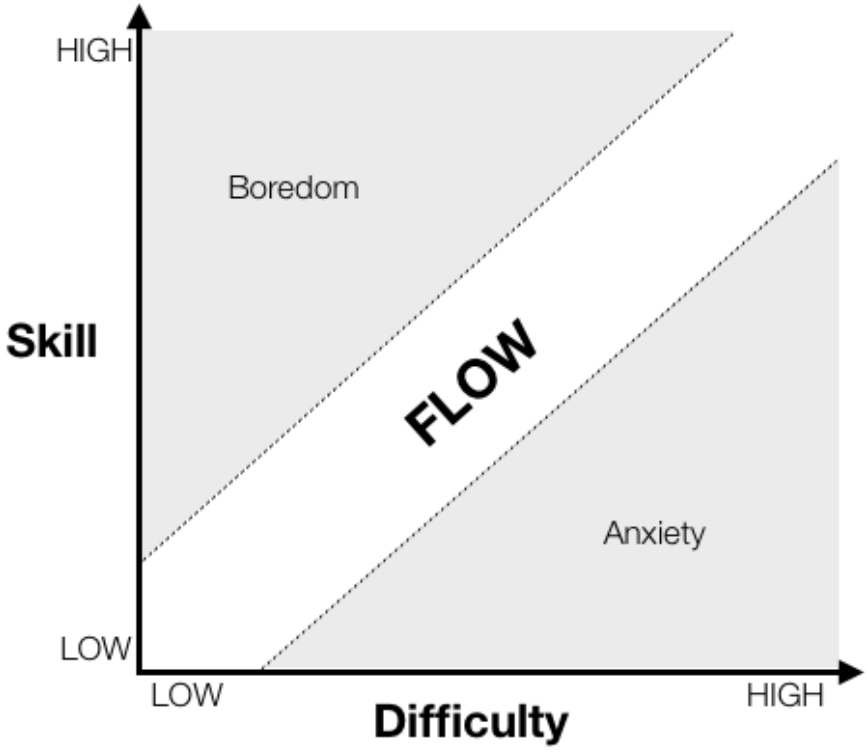
How To Create Sexual Tension With A Woman

Rule 1: Push Each Interaction Further Than The Last



Psychologists have found that the first and most important condition for entering a flow state is to do something that's challenging (but not overwhelmingly challenging).

For example, if you were to play basketball against middle schoolers, you wouldn't enter flow because there wouldn't be enough challenge (hopefully). On the other hand, if you were to play basketball against NBA pros, you wouldn't enter flow because the challenge would be too great. However, if you played basketball against opponents at roughly your skill-level, you would enter a flow state.



Here's a list of challenging actions you can take to enter a flow state while meeting women:

- High-five people as you walk by.
- Give a girl a compliment to a woman as you walk by (without starting a real conversation)
- Give a girl a compliment and continue the conversation for at least 30 seconds.
- Ask a girl for her phone number.
- Lean in for a kiss.
- Invite a girl to dance with you.
- Ask a girl to change venues with you.

To enter flow, you'll want to determine which of these actions is challenging enough to energize you, but not so challenging that you feel overwhelmed.

Personally, I often start my nights out not feeling social at all. So, I start getting myself in the zone by high-fiving some people or giving women compliments as I walk by them, (I.E. "I like your dress.")

Once I'm comfortable giving compliments, I take things up a notch by approaching women and starting a real conversation. The first few approaches I do rarely last more than a minute or two (at this point I'm still a little choppy), but each approach I do makes me feel a bit more confident in myself.

Once I'm comfortable approaching, I'll make a point to lead my interactions progressively further. This means that:

- I'll have longer conversations.
- I'll bring the girls I approach to the dance floor or make out with them.
- And eventually, if I meet a girl I have good chemistry with, I'll take her home.

When I enter a club I'm usually in a logical, non-social state, but by following the above process, I become incredibly confident within 30 minutes. My normal social fears completely vanish and I'm able to do things (like bring a beautiful girl home with me) I would never have previously thought possible.

Your process for pushing each interaction further than the last may differ from mine. You might not need to warm up by giving compliments or hi-fiving people like I do (experiment with what works best for you.)

Regardless of your exact process, the underlying principle for this rule is that you shouldn't expect too much of yourself at the beginning of a night (or day) out – your first approaches aren't likely to lead to anything sexual.

However, as you approach more women, your confidence will rapidly increase. And as you feel increasingly self-confident, you'll be able to push your interactions progressively further – until you pull a girl home with you.

How To Create Sexual Tension With A Woman

Rule 2: Act More, Think Less



I shouldn't approach her, she looks too busy…

Flow is a state in which your excuses and fears no longer have power over you. To enter this state, you must take so much action that your mind can't keep up (so that eventually it gives up trying to control you.)

If you approach a girl and she leaves to "find her friends," don't stand around and think about why you got rejected – you're just going to start overthinking and stress yourself out.

To prevent myself from overthinking, I jump from one interaction to another immediately. The less time I spend between approaches, the faster I enter flow.

To make this practical, you can start mentally counting up after you end an interaction with a girl. As you count [1,2,3,4,etc.] you'll feel a mounting pressure to approach another girl. This will help prevent you from wasting too much time between interactions.

As a rule of thumb, you should aim to spend about 80% of your time in a club (or doing daygame) interacting with women. If you're spending most of your time standing around observing the environment, you're not going to enter a flow state (and you're going to miss countless opportunities with beautiful women).

Approach All

I often approach women who I'm not physically attracted to. If I spend too much time looking for a girl who's 'hot enough' to approach, I'm inviting myself to start making excuses.

So, I'll approach anyone. I'm at the club to have fun and be social, I can do that with anyone, not just attractive women. By having fun with a girl who I don't have sexual interest in, I will be in a more confident, carefree mood when I approach a girl who is stunningly beautiful.

(PS: If you're only approaching women you want to sleep with, that can reinforce a mindset that you're only talking to girls who you want to 'get' sex from. This mindset is inherently unattractive because it's about taking value from women. By approaching everyone and having fun with them, you're approaching to offer value – which is far more attractive.)

When you're out, the more time you spend taking action, the less your mind will get in your way. I'm not advocating

that you aggressively hit on every woman you see. Instead, I'm suggesting that you socialize with as many people as possible. By doing so, you'll get yourself into a state of mind in which you'll be able to effortlessly approach and attract beautiful women.

How To Create Sexual Tension With A Woman

Rule 3: Embrace Rejection



The only way to avoid rejection is to stay at home and watch porn. Rejection is an unavoidable part of the game: the way you respond to it is going to determine the results you get. If you see rejection as a bad thing, it's going to be very difficult to have fun while going out and meeting women.

I've been rejected a lot, probably thousands of times. And that's okay – by going through those rejections I was also able to date some incredible women. Furthermore, each rejection made me fear future rejections little bit less.

Don't Dwell on Rejection

Harsh truth: most of your interactions with women are going to end in rejection. These rejections are harmless, UNLESS you think they mean something is wrong with you.

If you go up to a girl and she says, "Sorry, you're just not my type." You might start thinking, "It's because of my race, women aren't attracted to Asians." Or you might think, "It's because I'm too short, it's not fair." And if you start down this train of thought, you're going to end up feeling bitter and victimized – and this attitude makes you far less attractive to women.

When I get rejected, I still feel bitter about it sometimes. But as soon as I notice that feeling, I jump into another interaction. I don't give myself the opportunity to dwell on negative thoughts. Beyond that, I immunize myself to rejection by finding humor in it.

Find The Humor In Rejection

Look, unless you're an ego-less being, rejections are going to affect your emotional state sometimes. However, rejections won't ruin your night. *unless you let them*. Rejection is an opportunity to take yourself less seriously. If you can find the humor in rejection, it will stop having power over you.

Practically speaking, you can turn rejections into a joke by making them absurd. For example, if a girl says, “Sorry, I’m not interested,” you can say, “Call me!” as she walks away. Obviously, she’s not going to call you, but you’re turning the rejection into something playful and carefree.

Other things you can say to make a rejection playful:

- Wait! I make a lot of money, if that helps.
- Are you sure you don’t want to date me? My mom says I’m a catch!
- Or any similar line you can come up with yourself.

You can also immunize yourself to rejection by taking a moment after being rejected to tell yourself, “Fuck yeah, I had the courage to put myself out there and nothing that bad happened.” Telling yourself a line like this will help you subconsciously reinforce that getting rejected is actually a good thing.

The first few rejections you get on a night out might sting, but if you persist, you’ll reach a point in which you no longer care about being rejected, and rejection will no longer negatively affect your emotional state.

Conclusion: How To Create Sexual Tension With A Woman



When you approach a woman in a confident, assertive state, sexual tension will naturally build between the two of you. The idea that you need to say a special line or “neg” a girl to create sexual tension is completely false.

Sexual tension is a biological process that occurs automatically when a woman interacts with a man who expresses attractive qualities. By following the process, I outlined above for entering a flow state, you will be able to make women feel (on a subconscious, emotional level), that you are a highly attractive man.

Now, you can and should develop your overall level of self-confidence (that’s what my next article will teach you how to do). But learning how to enter flow allows you to hack your own emotional state so that even if you’re normally shy and insecure, you can become supremely self-confident whenever you want to.

I understand you may be skeptical of the idea that you can (fairly easily) enter a state in which your confidence level is radically increased. I would be skeptical myself if I hadn’t experienced this state countless times (and helped

many other guys do so as well). You should be skeptical, but once you try the process outlined above, you'll see for yourself that flow states are not only real, but are capable of transforming your dating life.

Three Harsh Truths About Cold Approach Pickup

Avery · 13 August 2018 · Archived copy · Original

Three Harsh Truths About Cold Approach Pickup



She's the most beautiful girl you've seen in weeks: long flowing hair, a shapely figure, and the face of an angel. As she walks by, every cell in your body wants you to approach her. But you can't. Your brain is on overdrive (thinking of all the things that could go wrong). So, you freeze up, and this beauty leaves your life quickly as she entered it.

We've all been in the above situation – these are the moments that make us search, "How to pick up women," on Google. We hope that if we learn the right strategies, the next time a perfect 10 enters our life, we'll be able to date her. That's the fantasy of cold approach at least, the reality is a different story.

Even a 'master pick up artist' doesn't sleep with every stunning girl he sees. 9 times out of 10, the beautiful women he approaches reject him.

Unfortunately, pickup artists rarely talk about the harsh truths of cold approach pickup. Reality doesn't sell, fantasy does. That's why when you see infield videos on Youtube, you're basically seeing a 'highlight reel' of his best approaches (the many rejections are cut out).

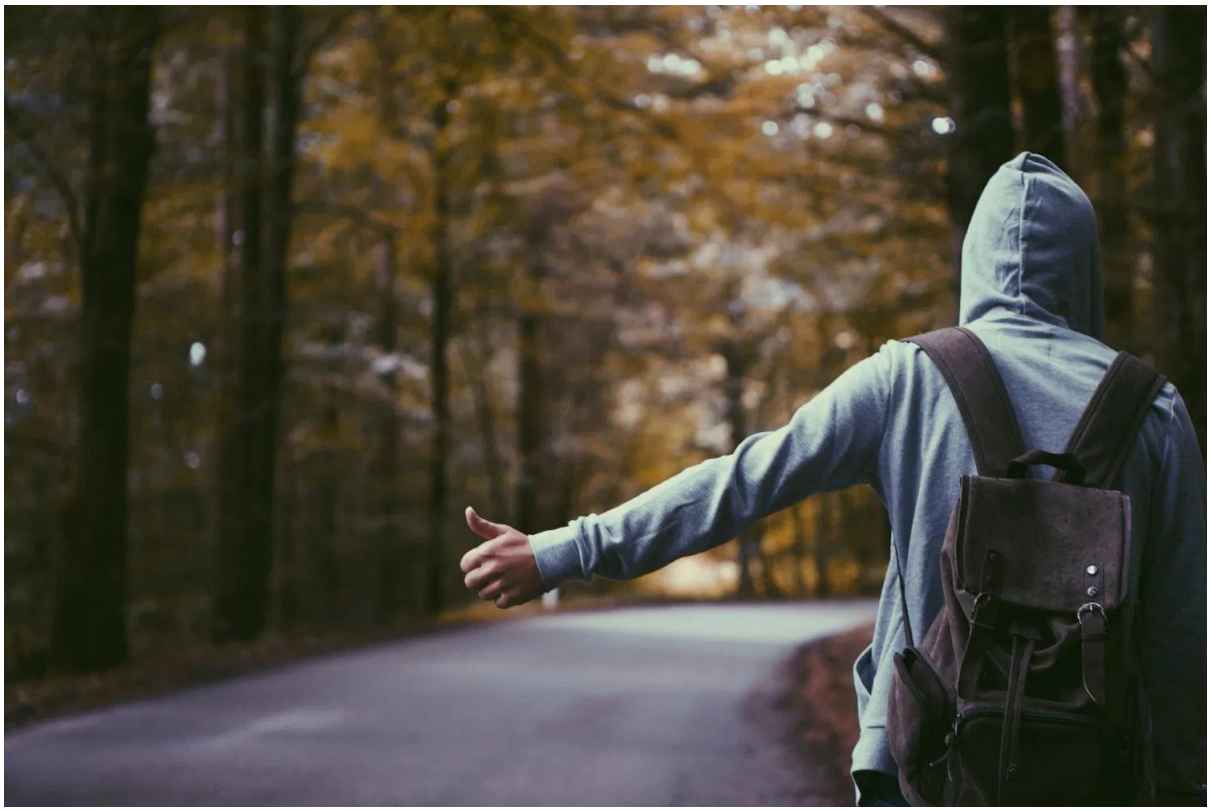
If you want to succeed with women, you must understand the obstacles you will (inevitably) face. Yes, you can sleep with 9's and 10's, yes you can have an incredible amount of fun approaching women, and yes, attracting women is a skill that anyone can learn.

However, to date 9's and 10's, you're going to have to wade through a lot of shit. You're going to have to endure countless rejections, your ego is going to get stomped on (repeatedly), and you're going to have to get comfortable with discomfort.

In this article, you're going to learn the 3 harsh truths of cold approach pickup. By learning the challenges you're

going to face, you will be much more likely to overcome those challenges and, ultimately, get the exciting dating life you want.

1. Most Guys Who Try to Learn Pickup Fail



Research has shown that 92% of people who get a gym membership fail to get in better shape. 90% of businesses fail in the first year. And, similarly, the vast majority of guys who learn about cold approach pickup don't end up sleeping with beautiful women.

Failure is the norm: success stories are outliers.

Just like buying a gym membership doesn't guarantee you'll get ripped, reading a pickup book an doesn't guarantee you're going to become a modern Don Juan.

Why do most guys who try to learn pickup fail? There are a 2 primary reasons

A. They Don't Take Enough Action



If you want to date the highest quality women, you're going to have to take more action in a year than most guys will in their entire life. If you're serious about getting results, you should go out and meet new women every week. And when you're out, at least 80% of that time should be spent interacting with women (as opposed to looking at your phone).

Going out once every couple months isn't enough. Approaching 3 women on a night out isn't enough. If you want results you'll have to take considerable, consistent action – just like any other skill.

Would you expect to become a skilled guitarist if you practiced once a month? No. Would you expect to get ripped if you spent 80% of your time at the gym staring at weights from afar? No.

If you want substantially better results than most men get, you're going to have to take substantially more action.

To be fair, if all you want from pickup is a decent girlfriend, then you might be able to go out a few times, approach a few women, and get into a relationship with one of them. But that girl isn't going to be exceptional.

if you want women who are out of your league, you must be prepared to push yourself much further than most guys ever will.

B. They Don't Learn from Their Mistakes

[image]

I knew a guy who went out to meet women every day for an entire year. He approached at least 20 women per day. Despite this, he didn't get laid a single time in that whole year.

One night, I went out with this guy and watched him approach girls. It quickly became obvious why he wasn't getting results: he was so quiet that the women he approached couldn't hear what he was saying. He wasn't even getting the attention of these women, of course he wasn't sleeping with them.

If you want to get better with women, you must be ruthlessly honest with yourself. You must actively look for the mistakes you're making.

It's easy to notice the mistakes other people make, but it's hard to catch our own mistakes; it's much easier to make

excuses than it is to take responsibility:

It's much easier to tell yourself, "I'm not getting girls because I'm Indian," than it is to tell yourself, "I'm not getting girls because the only women I interact with are in online chatroom."

It's much easier to tell yourself, "Every girl rejected me last night because I'm ugly," than it is to tell yourself, "Every girl rejected me last night because I was boring and awkward."

We instinctively tell ourselves stories that make us comfortable. You do it, I do it. It's hard to question these stories, but as soon as you doubt them, you become empowered to make a real change.

Yes, factors outside your immediate control affect your dating life (looks, money, status), but as seductive as it is to tell yourself you're not getting results because of external factors, the secret to success is to improve those things that are under your control.

You can blame your looks when you're approaching 50 women a night and you've developed your personality to the point where your charisma is a 10/10. You can blame your ethnicity when you've spent 5 thousand hours approaching women and you still have nothing to show for it.

But that won't happen. It never does. When someone looks for the mistakes they're making (e.g. "I'm not approaching enough." "I'm not leading interactions forward enough." "I'm not making strong eye-contact.") and they take action to correct those mistakes, they inevitably improve their results.

2. Most women you approach won't sleep with you regardless of what you do or say



About half the women you approach will have boyfriends. Many women you approach just won't find you attractive. Some women are in a bad mood when you approach. Fact is, even if you do everything perfectly, the majority of women you approach won't sleep with you.

On a really good night, I can pull about one out of every ten attractive women I approach. On an average night, it's more like 1 in 20.

Some of these women rejected me because I did something wrong. But most of them were going to reject me no matter what I did or said. If I were willing to sleep with less attractive girls (6s/7s), my ratio would go up quite a bit (but I'd also be selling myself short).

I haven't met a guy who sleeps with most of the women he approaches – that guy probably doesn't exist (unless you count A-list celebrities). It might sound shitty that 95% of the women I approach reject me, but it also means that if I do 20 approaches in a night, chances are I'll end up bringing a very attractive girl home.

If you see rejections as something you should avoid, you're not going to get better with women. The only way to succeed at pickup is to lean into rejection, to face it so often that it no longer affects you (this article gives you a step-by-step strategy for becoming numb to rejection).

Most women you approach won't sleep with you. But you're not going to remember your rejections, you're going to remember the incredible experiences you had with beautiful, captivating women.

3: Your Emotions Aren't on Your Side

If you only do what feels good in the moment, you're not going to grow. Comfort and growth are opposites. If you want to grow, you must give up momentary comfort. Every action that leads towards success with women requires you to go against your emotions.

For example, when I see a beautiful woman, I still experience approach anxiety. Although I'm interested in this girl, my emotions are trying to hold me back. My heart beats fast, I starts sweating, and I feel like something bad will happen if he walks up to this girl.

I might experience approach anxiety, but I don't let it control me. I know that to reach my goal, I must go against my emotions. I know that I can't control how I feel, but I can control how I react to my feelings. Just because I feel like I can't approach a beautiful girl, doesn't mean I actually can't do it: I can always move one foot in front of the other and start talking to her.

And, once I act against my emotions, my emotions stop fighting me – the momentum shifts. Each approach becomes easier than the last. Until eventually, approaching women becomes effortless.

Your emotions want you to avoid doing anything that might risk rejection. The only way to change this is to get rejected (repeatedly) so that your brain realizes that nothing bad happens when you do take a risk.

The only way to improve at pickup is to accept the reality that, oftentimes, your emotions aren't on your team. Fortunately, your emotions can only control you if you let them. It's up to you to decide whether you want your feelings to determine your fate, or if you want to create your own fate by facing negative emotions head on.

This doesn't just apply to approaching a woman, it applies to all areas of pickup:

- Asking a girl for her number.
- Leaning in to kiss a woman.
- Going out when you have a busy schedule.
- Inviting a girl to your place.
- Etc.

Each of these actions will be uncomfortable (especially the first few times you do them), but if you can persist through your negative feelings, you can both have an amazing dating life, and become incredibly confident in yourself.

As soon as you think you should only do what feels good right now, you've already lost. However, when it comes to attracting women, if you're willing to eat shit for a year, you'll be able to eat caviar for the rest of your life.

Conclusion: Three Harsh Truths About Cold Approach Pickup



If you expect picking up women to be easy, you're going to end up disappointed and frustrated. That frustration is likely to lead you to give up before you get anywhere close to the results you want. However, if you accept the reality that pickup is hard and messy and awkward, you'll have a much higher chance of succeeding.

Accepting that you will have to make sacrifices is the first step towards success. The people who achieve their goals are those who understand pain is an unavoidable step towards greater happiness.

The moment you decide you are willing face short term pain for a long-term gain, is the moment that you've started on the path towards success.

How To Attract Women With Frame Control

Avery · 15 August 2018 · Archived copy · Original

How To Attract Women With Frame Control

[image]

"There is little that can withstand a man who can conquer himself." – Louis XIV

What is a strong frame?

In any social interaction, one person is reacting more than the other. One person needs more approval, validation, and acceptance from the other person than vice versa. Whoever is reacting less has the stronger frame. *Whoever has the stronger frame has more leverage and social power.*

External factors influence this dynamic. Research has found, for example, that subordinates tend to match the vocal patterns of their superiors, but superiors do not match the vocal patterns of their subordinates.

However, ultimately, a truly strong frame doesn't rely on titles or external status, it is something you carry with you wherever you are and with whomever you are interacting with.

What A Strong Frame Isn't



A strong frame isn't being nice to make a girl like you. It isn't using lines to appear 'hard-to-get' to make her chase you. A strong frame isn't trying to seem unreactive so that people react to your strong frame.

That last one is especially important. You can't try to have a strong frame. Affirming, "I have a strong frame," is really just admitting to yourself that you don't think your frame is strong enough. Pretending you don't care is showing that you care too much. You can't fake a strong frame and you can't force it. It is unconscious, it is emotional, it is a part of who you are. You either have a strong frame or you don't.

How To Attract Women With Frame Control Part 1:

Is It Pointless To Try To Develop A Strong Frame?

[image]

Fuck no. Building a strong frame is one of if not the most important things you can do. But it's important to know that a weak frame isn't something you can fix simply by reading theory. It's something you can only develop through experience. A strong frame is a personal quality **that is earned.**

The difference between a weak frame and a strong frame is the difference between the veteran CEO and the recent college grad who's trying to climb the corporate ladder. The difference between a weak frame and a strong frame is the difference between the hardened soldier who's seen combat time and again and the guy who's fresh out of training. The difference between a weak frame and a strong frame is the difference between the guy who's read 10 pickup books but never goes out and the guy who's been approaching 10 women every single day for months.

How To Attract Women With Frame Control Part 2:

Forged By Pain

[image]

You develop your frame by putting yourself through social pressure (also known as tension or discomfort), again and again and again. Each time you do this, you come out the other side a little bit more grounded, a little bit less reactive, a little bit stronger.

You go out and meet women to get laid, obviously, but instead of focusing on getting laid on any particular night, you focus on taking the actions that will strengthen your frame. It's not about the girl, it's about you and who you are becoming.

This mindset has many advantages. First, going out to get laid can be needy, it's about getting something external (this way of thinking is often reflective of a weak frame). Instead, going out to build your frame isn't about taking something. It's about expressing your masculine energy and becoming a better man. Second, when you go out to strengthen your frame, you're going to get better results with women, both short-term and long-term.

You develop your frame by straining it, testing it, challenging it. Your frame is a psychological muscle, and to build it up you have to break it down by putting it under pressure. This means that when you go out with the intention of developing your frame you're going to take very different actions than you would otherwise.

To strengthen your frame, the right action is the action that challenges you and makes you experience a certain level of self-doubt.

If you're frame is weak enough that you eject from interactions as soon as women indicate a slight hint of disinterest (a lot of guys do this); then your mission is to stay in your interactions and to withstand that discomfort as long as possible. Not because it will help you fuck that particular girl, but because it will make you a stronger person (to be fair, sometimes it does help you fuck that particular girl, too).

If you have trouble opening girls who are in big groups or are with guys, the proper action is to approach those sets *because* your fear is a reflection of a crack in your frame. Your frame is weak wherever there is fear, and by intentionally leaning into situations that trigger your fear, you will conquer the weaknesses in your frame.

The exact implications of this approach to game are determined by your level of experience. At a beginner level, you might strengthen your frame by going out every day (instead of just watching videos of other guys picking up girls). If you're an intermediate you can develop your frame by trying to close every girl you talk to; you might try to pull every girl you meet or you might try to get every girl's number (even when a girl clearly isn't that into you). If you're legitimately advanced you might develop your frame by approaching and trying to pull every single nine and ten that you see while you're out.

How To Attract Women With Frame Control Part 3:

The Paradox Of Outcome-focus

[image]

The irony here is that when you go out and your main agenda is to pull a girl you are actually much less likely to pull than if you go out to strengthen your frame. This is because when you go out with an agenda to pull a girl it's hard not to go on defense.

When you're talking to a girl that you've decided you should pull, it's easy to hold back and play it safe. For example, you might not say things that are polarizing, you might avoid physicality, or you might hesitate to lead because those actions risk 'losing'. Taking risks might fuck up your opportunity with that particular girl. Going on defense is one of the worst things you can do when it comes to picking up girls.

Girls want a guy who's on offense. They want the guy who does take risks, the guy who does try to pull her, the guy who asserts himself unapologetically as a man. It just so happens that the actions that put you on offense are the same actions you must take to strengthen your frame.

Common Sense

[image]

There's an important nuance here that some guys misunderstand. Building a strong frame doesn't mean being intentionally uncalibrated in an antagonistic way to show how free from outcome you are. I've seen this, guys who define having a strong frame as purposely ignoring how a girl feels. If you're scaring girls or making them afraid that you're going to hurt them, they're not going to fall into your frame.

This antagonistic approach is a form of trying way too hard, which is actually a symptom of a weak frame. It's putting on a 'tough guy' mask to prove how little you care about getting rejected. If every girl you talk to is uncomfortable, you're trying too hard to have a strong frame. Getting rejected on purpose (whether consciously or unconsciously) is not going to strengthen your frame. There's a certain level of common-sense and calibration that needs to be taken into consideration here.

Wrapping Up How TO Attract Women With Frame Control



Each time you challenge yourself by intentionally facing social pressure and barreling through discomfort you are taking an important step towards developing a rock-solid frame that will make you attractive to most women in an immediate and visceral way. Women can feel a genuinely strong frame, it literally turns them on.

Not only will women be more attracted to you when you have a strong frame, but you will also be less likely to self-sabotage your interactions. The stronger your frame, the less you care about rejection, and therefore, the more likely you are to take the risks that will get the girl, and the next one.

How to Tease A Girl And Spark Sexual Attraction

Avery · 15 August 2018 · Archived copy · Original

How to Tease A Girl And Spark Sexual Attraction

[image]

Teasing is one of the most misunderstood concepts in men's dating advice. Some men avoid teasing women because they don't want to be 'mean'. Others avoid teasing because it's 'not natural'.

Despite what most people think, teasing is one of the most fundamental skills for attracting women. Teasing can make the difference between a platonic interaction that ends in, "it was nice meeting you," and a sexually charged interaction that ends in a bedroom.

In this article, you're going to learn exactly why mastering the art of teasing women will take your game to the next level. Then, you're going to learn a step-by-step system for teasing the women you meet (in a way that instantly sparks attraction).

How to Tease A Girl Part 1:

Why Teasing Works

We communicate with women on two levels, logical and emotional. When I approached a beautiful woman and said, "You're absolutely hideous." Logically, you'd think I was being an asshole -and that she should slap me.

But that's not what happened. After I told this stunning girl she was hideous, she burst out in laughter and said, "Who are you? I like you."

And, five minutes later, *she asked for my number*.

Logically, I was being a dick. But emotionally, I was showing this girl that I don't give a fuck. A beautiful woman gets hit on by thirsty guys every day. But she rarely meets a guy who's willing to challenge her, who's willing to reject her. And when you tease a girl, the underlying emotional communication is that you don't care if she leaves or stays.

Most men try to attract women logically. These guys shower women with positive attention, (I.E. "You're so beautiful.") She already knows she beautiful. She already knows most guys she meets want to fuck her. There's nothing exciting about meeting yet another guy who's willing to bend over backwards to get with her.

Teasing shows that you don't care if this girl doesn't like you. As soon as a woman doubts whether or not you're attracted to her, she has an incentive to start chasing you (of course, you need to be relatively attractive in general to make this work).

How to Tease A Girl Part 2:

Is Teasing Mean?

[image]

Teasing a girl is inherently risky. If you tease a girl in the wrong way, you may offend her. However, the reason most men have trouble with women is that they don't take enough risks. If you don't risk offending a girl, then you also don't risk turning her on.

Risk taking is attractive because it shows a high degree of confidence. If everything you say is agreeable, women will feel that you must be a people pleaser who doesn't say what he really thinks.

If you tease a girl well, you will rarely offend her. Instead, your teases will make her laugh – hard. She'll e grateful that you're not yet another nice guy who puts her on a pedestal.

Teasing isn't mean, it's challenging (and women **love** a challenge.)

Is Teasing Unnatural?

Many guys don't want to use pickup techniques like teasing or disqualification because it's not 'natural to their personality'.

There's a serious problem with this line of thinking.

First, the desire to 'just be yourself,' is an excuse to stay in your comfort zone. The first time you try teasing a girl, it is going to be uncomfortable, and possibly even awkward. But that's not because teasing is inauthentic to you, it's because you're inexperienced with it.

Think of the protagonist in your favorite movie. Does Marlon Brando seem inauthentic when he's portraying Vito Corleone? Does Brad Pitt seem inauthentic portraying Tyler Durden in Fight Club? Of course not.

Actors learn how to completely transform their personality, and they do so without sacrificing authenticity. Expanding your personality to become comfortable with teasing takes practice, but saying it's 'just not you' is nothing more than an excuse.

Anything you do that expands your personality is going to make you feel uncomfortable at first. For example, if you've never approached a woman before, you're going to experience intense anxiety on your first attempt .

Does that mean approaching women is 'unnatural' to your personality? Of course not, approaching women is just out of your comfort zone.

If you don't try things that are uncomfortable, you're not going to grow – that's the inescapable nature of change. On your first few attempts, teasing a girl might make her less attracted to you. But if you push through the initial awkwardness, you'll be able to use teasing to effortlessly spark attraction in women.

(PS: Teasing is only one aspect of attracting women. The most important key to sparking interest is something few men think about, watch the above video to learn more about it).

How to Tease A Girl

[image]

We've established how teasing works, but how do you actually do it? In this section, I'm going to teach you a simple, yet effective way to tease a girl.

1. You would be…

The initial moments of conversation with a girl can feel like an interview. You can inject some teasing here to add emotional charge to this phase of an interaction.

Whenever a girl answers a basic question, tease by saying, "You would be…"

For example:

You: Where are you from?

Her: Texas.

You: You would be from Texas…

If you do this in a playful tone, she'll either laugh or she'll ask, "What do you mean by that?" (To which you can respond, "It's not important, anyway…")

If your delivery is off, she may become a bit confrontational and say something like, "What's wrong with Texas?".

If this happens, it's okay. Just respond with something to the effect of, "Oh, I didn't mean that as an insult. I think Texas is cool. What part are you from?"

You can use this template for pretty much anything she says. If she says she's a nurse, "You would be a nurse." If she says she likes to hike, "You would like hiking."

This comment doesn't have to make logical sense to have an emotional impact. The power in the statement is that it sounds challenging without being insulting. Deliver it well, and this one line can spark attraction in what would otherwise have been a platonic interaction.

There's a million other ways to tease a girl.

You could tell a beautiful girl, "Maybe you hear this a lot, but you could be a model."

She'll say, "Thanks!"

Then you can reply, "Yeah, you have such great hands, you should definitely consider becoming a hand model."

If a girl says she's from Ohio, you could respond by saying, "That's cool. You're the most interesting person I've met from Ohio all night."

You don't need to memorize a long list of lines. It's better to practice teasing with a template like, "You would be…" because once you get comfortable with that line, you'll develop an intuitive understanding for teasing. Then, you'll be able to come up with your own teases automatically while you're interacting with women.

Conclusion: How to Tease A Girl And Spark Sexual Attraction

[image]

Teasing gives an interaction tension. That tension is what excites a girl to start pursuing you.

To be fair, there are other ways to create tension in an interaction:

- You can hold strong eye contact.
- You can disagree with something she says.
- You can use disqualifiers.

Use all the above tools to create tension in your interactions. If you currently don't use any of the above techniques, start by learning to hold strong eye contact (because it's the single most powerful technique for building attraction). Once you get comfortable holding strong eye contact, experiment with teasing. Once teasing become automatic, practice using disqualifiers.

Teasing may feel unnatural. It may seem mean. But if you put a genuine effort into learning how to tease a girl, you'll find that teasing is a fun way to create sexual tension.

Of course, learning how to tease doesn't matter unless you're meeting new women on a regular basis.

If you're having trouble taking the first steps towards success with women (I.E. you're reading articles but not taking action yet), check out Irresistible: How to Attract Women with Ease. This book will teach you everything you need to know about becoming the man women can't resist (and it's temporarily on sale for 50% of the regular price).

How to Get A Girlfriend In College (4 Simple Steps)

Avery · 16 August 2018 · Archived copy · Original

How to Get A Girlfriend In College (4 Simple Steps)

[image]

Getting a girlfriend in college should be easy. There are thousands of beautiful women who want to meet a cool guy on campus. Hypothetically, you could approach a few women, get their numbers, and meet a high-quality girlfriend.

Sounds easy, but for most guys, getting a girlfriend in college is a daunting task. I know this because I didn't get a girlfriend until my Junior year.

I didn't realize it, but I was making a huge mistake – a mistake that prevents most men from getting the girlfriend they want.

The moment I understood the mistake I was making, my life completely changed (and I was able to easily find a girlfriend).

What was my mistake?

I didn't create a specific plan for getting a girlfriend.

Create a Specific Plan

[image]

I knew I wanted a girlfriend. I knew I had to meet women to get a girlfriend. But I didn't create a specific, actionable plan.

If you want to succeed in any area of life, you need to take the time to create a blueprint for your success.

For example, if you want to lose weight, you could use an online calculator to discover how many calories you'd need to eat to maintain your current weight.

Then, you could download a calorie tracking application like "Myfitnesspal" – and make sure to eat 300 calories less than your maintenance number.

Follow this plan, and weight loss would be guaranteed (in fact, that's the strategy I used to lose 20 pounds in the last 2 months).

The same is true for dating: if you create a good plan, you can reliably get the result you want (i.e. dates or a girlfriend). But if you don't create a plan, your results are unlikely to change.

The first step to creating a plan for your dating life is deciding how you want to meet women.

There are three realistic options:

- You can meet women through your classes/job (social circle).
- You can meet women online (Tinder).
- You can meet women through cold approach (on campus/bars).

Social Circle

In most cases, social circle is the worst of the three options for meeting women. Despite this, it's the strategy most men rely on (because it's the easiest). It's not hard to talk to a girl who sits next to you in class every day.

It might be easy to meet a girl in class. But what are the chances that the girl you sit next to is single, is attracted to you, and is also the kind of girl you want to date?

Very low. You're only going to be compatible with a small percentage of the women you meet. Because there's only a few girls you interact with in your social circle regularly (classmates/coworkers), it's unlikely you're going to find a high-quality girlfriend that way.

Social circle is probably the strategy you've relied on to meet women up to this point (it was the strategy I relied on, too). Obviously, if you're reading this article, it hasn't worked. So, it's time for a better strategy.

Online Dating

Dating apps like Tinder have one major advantage: it's easy. It takes a lot less courage to message a girl online than it does to approach a girl in person.

Plus, if a woman on Tinder agrees to meet you for a date, you already know she's single and that she's attracted to you. It's not hard to move things forward from there.

However, Tinder has a serious problem: the competition puts men at an inherent disadvantage.

The average girl on Tinder has infinite matches and countless offers for dates. To get a girl on Tinder, you have to stand out from the droves of guys hitting her up. That's not easy.

This is even worse when it comes to meeting particularly beautiful women online. There's so much competition that it's unlikely she'll even see your profile. Tinder can be a great way to meet girls, but very, very few guys end up dating the highest quality women via Tinder.

Tinder is good for quantity, but not quality. That said, you can use Tinder to go on some dates and get experience. But it's not a good platform for finding a girlfriend (unless you have low standards).

Now, if you can make an outstanding profile (95% of this is having professional quality pictures), you may be able to find a great girl on Tinder. But the odds are against this happening.

Cold Approach

[image]

Approaching a girl on the street and getting her number isn't easy. Whether or not we like to admit it, we all fear rejection. And the act of cold approach is facing that fear head on.

The first time I walked around my college campus to meet women, my approach anxiety was so bad I couldn't do a single approach in 4 hours.

It sucked. But not having a girlfriend sucked more. So, I learned to deal with approach anxiety – I had no other choice.

Guys often think, "How can I get rid of approach anxiety." But a better question to ask yourself is, "What's worse, approach anxiety, or not having high quality women in my life?"

Most universities have between 20,000 and 50,000 students. You could approach 10 women every day for an entire semester, and you would probably never approach the same girl twice. There's so many people on campus that you can approach regularly without getting a bad reputation (unless you're weirdly aggressive or something).

Cold approach is a numbers game. No matter who you are, most of your approaches aren't going to lead to sex or a relationship.

At the same time, even if you're below average looking and don't have the best social skills, some of the women you approach will like you.

(A higher ratio of women will be attracted to you as you become more attractive).

For most guys, cold approach is the best strategy for getting a girlfriend in college. Because, with it, you can make a plan that will guarantee you date the kind of women you want to.

(In The Trial, there's a step-by-step plan you can follow that will get you a girlfriend in eight weeks).

Creating Your Plan

[image]

I recommend you approach women at least twice a week (you can do more if you have the time), and each time you go out, you approach at least 5 women.

As you get comfortable with going out and approaching, you should make a point to start asking girls for their phone number or taking them on instant dates.

Of course, the exact steps in your plan depend on what you're capable of at this point in your life. But, no matter your experience level, your plan should include approaching women at your school on a weekly basis.

I keep track of my plan using a word document. For example, if I had a goal to meet women on campus 3 times per week, I would write it out like this:

September Goals:

Week 1:

-Approach 5 women

-Approach 5 women

-Approach 5 women

Week 2:

-Approach 5 women

-Approach 5 women

-Approach 5 women

Week 3:

-Approach 5 women

-Approach 5 women

-Approach 5 women

Week 4:

-Approach 5 women

-Approach 5 women

-Approach 5 women

Once I finish the goal, I use a strikethrough to mark it as complete. Keeping track of my goals this way helps me stay on course over a long period of time (otherwise, it's easy to forget my plan and ultimately, ignore it).

The Four Steps Your Plan Should Include

Roughly speaking, the first step to getting a girlfriend is approaching women. The second step is getting phone numbers. The third step is going on dates with the girls whose numbers you have. And the fourth is bringing a girl home from a date (once you've had sex, it's usually easy to make her your girlfriend. Unless you're not very good at it, in which case I recommend you read this article).

Create a plan with all these four elements. Take 30 minutes to write this plan out on a document that you can keep track of. Writing your plan down really makes a world of difference.

The four steps:

1. Approach women

- If you're wondering, how do I actually approach girls? Read this article.

2. Get girls' numbers

- If you're wondering, how do I get a girl's phone number? Read this article.

3. Go on dates

- If you're wondering how to turn a number into a date, watch this video.

4. Take a girl home with you

- If you're wondering, how do I bring a girl home with me? Read this article.

Wrapping Up How To Get A Girlfriend In College

[image]

Anyone can get a girlfriend in college if they create an actionable plan.

I know most guys who read this article won't actually create a plan. But making a plan marks a turning point: now you don't just want a girlfriend, now you're on the path to getting one.

Making that shift can be scary, but it can also change your life.

Three Intriguing First Date Questions (That Ensure You'll See Each Other Again)

Avery · 17 August 2018 · Archived copy · Original

3 Intriguing First Date Questions (That Ensure You'll See Each Other Again)

[image]

In this article, you're going to learn questions to ask on a first date that will actually engage the person intellectually, and more importantly, emotionally.

These questions will help you stand out from the sea of guys whose conversation goes as deep as a kiddie pool. Not only will they show your date that you're interesting, they'll also help you get to know what your date values in life – so you can decide if there's potential for something real between the two of you.

First Date Question 1:

What would you do to survive if it was announced on the radio that a zombie virus is spreading rapidly?

This is a fun question that allows you and your date to make a story around a crazy scenario. You can tease her if she makes questionable decisions in her answer. For example, if she says, "I'd go find a gun in a store."

You can tease her by responding, "You'd fight off the hordes of people scrambling to get weapons?"

You can challenge her answer (and she can challenge yours), making for an uncharacteristically playful conversation about the end of humanity.

This question will help keep your conversation engaging and emotional (as opposed to boring and logical).

First Date Question 2:

What's more important to you, your personal happiness or achieving your goals?

[image]

One of the biggest mistakes people make in dating is only talking about surface-level, "safe" topics. Talking about your job or your favorite Netflix shows is fine, but if you want to make a connection with your date, at some point you want to go a bit deeper.

This question cuts right through the B.S. and gets you into a conversation about one of the big questions we all struggle with. This question can lead you into interesting topics like what makes your date happy, what they want to achieve in their life, and how they define the good life.

Not only can this question lead to an interesting philosophical discussion, but it can also help you understand whether you have any long-term compatibility with your date. If they value happiness over achievement, but you value achievement over happiness, that could become a source of stress in a long-term relationship between the two of you.

(PS: Follow me on Snapchat to see infield footage of me and my friends approaching women and bring girls home with us. Username = AveryGHayden)

[image]

First Date Question 3:

I'm going to tell you two truths and one lie; can you guess which is which?

This game is fun for its own sake, but it also can become an excuse to talk about interesting/funny stories about yourself. If one of your truths is that you once gave up a six-figure paying job to start an online business, you can bet she's going to want to know the details of that story.

After you've played this game, you can switch roles and have your date tell two truths and one lie. This will give you the chance to learn some of her most interesting stories.

Play the Question Game:

The question game gives you and your date an excuse to talk about topics that would normally be taboo. To start, ask if she'd like to play the question game.

When she says yes, explain the rules, "There's three rules to the question game: First, we ask each other questions back and forth. Second, we can't ask the same question twice. Third, you're allowed to pass if you don't want to answer a particular question. The point is to ask questions you normally wouldn't ask. Sound good?"

When I start the question game, I like to ask relatively innocuous questions (like the questions from earlier in this article), but I occasionally throw in something a bit more taboo (like the examples below).

If you get the sense your date doesn't like answering questions with a sexual edge, don't keep asking those kinds of questions. But if she has fun with it, keep going, it's not only fun, but her answers can also give you insights as to how she wants to be kissed, what turns her on, etc.

You can ask anything you want in the question game. Part of the fun of the game is in its spontaneity, so I don't recommend memorizing a list of questions before going on your date, but you can use the below list for some inspiration/ideas.

1. Who is your celebrity crush? (but you can't say Donald Trump)
2. If you were a lesbian for a day, who would you hook up with?
3. What was your first kiss like?
4. What makes a kiss good in your opinion? (or bad)
5. What about guys turns you on?

Wrapping up 3 Intriguing First Date Questions

[image]

At worst, a first date can feel like a job interview, at best it can feel like going on an adventure. Largely, it's the quality of your conversations that will determine whether your dates are tolerable or exhilarating.

This article provided you with a number of interesting first date questions you can use to start conversations that are both fun and meaningful. Don't limit yourself to only these questions – simply use them as a springboard to start talking about creative and emotional topics.

Once you've mastered that art of asking interesting questions, you can be confident that you'll be able to lead your dates in whatever direction you want to, instead of feeling like you're rolling the dice.

Direct Game Vs. Indirect Game – Which Is Better? (The Truth)

Avery · 18 August 2018 · Archived copy · Original

I walk up to a cute blonde girl at the bar and say, "Hey, would you like to have sex?"
She responds, "Well, I'd have to get to know you first. What's your name?"
We talk for over an hour at the bar until she says, "Hey, would you like to get a drink back at my place?"
I used the most direct pickup line imaginable, and it worked.

[image]

Of course, the other 50 times I asked women to have sex with me right off the open, it didn't go quite so well.

1 out of 50 isn't that bad – you could easily approach that many women in a single weekend. But, it goes without saying that you'd have a better 'batting average' if you used an indirect opener like, "Hey, do I look like a drug dealer?"

Asking, "Would you like to have sex?" Is an exaggeration of what direct game really looks like, but it does show that direct game can work.

The million-dollar question, though, is whether direct game is more effective than indirect game.

I've heavily experimented with both types of game, and I have a satisfying answer to the question, "Which is better, direct game or indirect game?"

Direct Game: The Advantages

[image]

In dating, women rarely make the first move. So, you will miss countless opportunities unless you lead your interactions with women towards something sexual.

For example, when I was 19, I brought a beautiful girl into my bedroom for the first time. She gave me a sensual full-body massage.

Obviously, she wanted me to fuck her. But I was so afraid of rejection that I didn't make a move. The next morning, she said, "That's not what I was expecting to happen." I never saw her again.

If I had been direct in my interest with that girl, we absolutely would have had sex. That's the advantage to using direct game: when a girl does like you, you will make something happen.

Truth is, most men miss countless opportunities with women simply because they never make a bold move.

The basic strategy behind direct game is to let the girl know that you are attracted to her (I.E. "You're very attractive." If she reciprocates your interest, you've both consciously agreed that the nature of your relationship is sexual.

Direct game will instantly weed out the girls who aren't interested in you. But in many cases, nothing was going to happen with them anyway, so you're just saving time.

A certain percentage of the women you meet will have a strong natural attraction for you. Being direct with these women can be an effective, no-bullshit dating strategy.

I wish I had understood the merits of direct game in my teens. I missed dozens (if not hundreds) of opportunities with women because I just didn't make my interest clear.

The Disadvantages of Direct Game



Direct game works well on “yes girls” (women who have consciously decided they’re attracted to you), and it saves time with “no girls” (women who have consciously decided they’re not interested in you).

But, there is a problem with direct game – it forces women to make a snap decision about you. Many women will be fence sitters at first: they’re not sure if they’re interested in you (these are also known as “maybe girls”).

If a girl isn’t sure whether she likes you, and you are direct with her, she’s most likely going to reject you – because that’s the safer option.

Direct game will help you capitalize on opportunities with “yes girls”, but it will also cause you to miss opportunities with “maybe girls”.

The Pros and Cons of Indirect Game

[image]

Indirect game allows you to fly “under the radar” because you’re leaving room for the girl to doubt whether you’re interested in her.

Using indirect game allows you to cultivate attraction with women who at first have a lukewarm response to you. Once a “maybe girl” realizes your funny, confident, and charismatic, she’s going to become a “yes girl”.

Most of the beautiful women you meet are going to be “no girls” or “maybe girls”. Indirect game gives you the opportunity to date *some* of those women.

Indirect game also has an emotional appeal because it allows you to avoid rejection. If you tell a girl, “Hey, I think you’re beautiful, would you like to get coffee sometime?” She might reject you bluntly, (I.E. “Sorry, I’m not interested.”)

Whereas, if you approached her indirectly, she would have no reason to reject you. She’ll eventually say something like, “Oh, I have to go find my friends.” But that doesn’t have the same sting as the rejections you’ll get when you’re direct.

Ultimately though, rejection is unavoidable, and the best way to deal with it is to expose yourself to rejection until you become numb to it. One of the disadvantages of indirect game is that it doesn’t teach you to face rejection head

on.

The Verdict: Direct Game Vs. Indirect Game

[image]

Direct game is a useful tool for getting some experience under your belt. If you're an aspiring Casanova, direct game can help you make the most of your opportunities with "yes girls".

Hypothetically, though, you can attract more women with indirect game, but to pull that off you must be comfortable with escalating your interactions sexually. For most guys that's hard, making a move puts us in a vulnerable position. So, even when we think a girl likes us, we tend to play it safe (and ultimately, nothing happens with her).

Direct game can teach you to stop playing it safe, to take your interactions with women as far as they can possibly go. Yes, most women will reject you when you use direct game, but not all women will. And the women who respond positively to direct game will help you become confident in your sexuality.

Once you've gotten some success with direct game (I.E. you've hooked up with a few girls), then, you can learn indirect game so that you can start attracting "maybe girls".

But if you try indirect game before you're good at being direct, it's very likely that you're going to miss many opportunities with "yes girls" (I speak from experience).

If you're a guy who gets nervous about leaning in to kiss a girl for the first time, or you have trouble escalating sexually when you're alone with a girl, or you're a guy who ends up in the 'friend zone' with women – then you should learn direct game, first.

Once you're comfortable with being direct, then, you can benefit from learning and practicing indirect game.

Put simply, direct game is the best tool for learning how to attract women when you're inexperienced. But indirect game is the best way to attract women when you've had a decent number of successes with women in the past.

How To Charm A Girl In Two Simple Steps

Avery · 22 August 2018 · Archived copy · Original

How To Charm A Girl In Two Simple Steps

[image]

Charm is the art of making someone feel good in your presence. With enough charm, people will become addicted to your personality like a drug.

Unfortunately, charm is elusive to most men. We are taught that conversation is a tool for exchanging logical ideas, but charm is about exchanging emotions.

Any man can become charming – it has nothing to do with your appearance or the money in your wallet. Charm is conveyed through what you say and how you say it. And with enough charm, your dating options will increase exponentially. The more women enjoy being around you, the more interested they will be in starting a sexual relationship with you.

In this article, you're going to learn 2 simple methods for charming the women you meet. Few guys implement either of these strategies. if you use both, women will respond you to you in ways most men wouldn't dream of.

How To Charm A Girl Key 1:

Make The Conversation Emotionally Engaging

[image]

How do most conversations between a man and a woman start?

With an interview. For example:

> Guy: Hey, how's it going?
>
> Girl: Good. How about you?
>
> Guy: It's great. Where are you from?
>
> Girl: California.
>
> Guy: California? That's cool. What do you do for work?
>
> Girl: I'm a nurse.
>
> Guy: A nurse, that's awesome. So, what do you do for fun?

What's missing in the above conversation? Emotional relevance.

If you want to charm a girl, steer the conversation towards topics that she is personally invested in.

For example, when a girl says she's a nurse, you could say, "Do you love it or hate it?" Then, she'll respond by talking about how her work makes *her feel*.

I asked this exact question to a girl last night, and she talked about the ups and downs of her career for five minutes straight. Immediately afterwards, *she asked me for my number*.

It's okay to ask interview questions like, "Where are you from?" and "What do you do for fun?" But make sure to

follow up on those questions with something more emotional.

If a girl says she's from Los Angeles, ask her something like, "What's it like living in a city where everything is so competitive?" or, "I've heard that most of the people in L.A. are really fake, is that true?"

With questions like the above, you're changing the conversation from an exchange of facts, to an exchange of experiences. Women love talking about their experience of life. Facts, on the other hand, are emotionally stale.

To give you some ideas for making a conversation emotional, here are topics that women find engaging:

- Her passions/hopes/dreams (I.E. "If money weren't a concern, and you could do anything with your time, what would you do?")
- Her personality (I.E. "You seem like the kind of girl who says what's on her mind even if it might be offensive. I like that." Alternatively, use 'the cube' routine).
- Spirituality (I.E. Ask her what her sign is, then follow up by asking if she believes Astrology is real.)
- Love (I.E. "Have you ever been in love?" Or, "Do you think the best love is passionate and chaotic, or stable and unassuming?")
- Drama (I.E. "I'm going to point out three guys in the club. You have to choose one to marry, one to fuck, and one to kill." Or, "What would you do if you had to choose between being with a guy who's the best lover in the world, but he has no career, or a guy who has an amazing career, but he'll never give you an orgasm?"

Any of the above topics make for conversation that is as addictive to women as crack cocaine.

If your conversations with women tend to be logical, I recommend you take 15 minutes to write down the above list of topics (Love/Her personality/etc. and you come up with some ideas of how you can bring them up in conversation.

Cold Reading

Cold reading is a simple, yet effective, technique for making a conversation emotionally relevant to a girl.

You could ask a question like, "What do you do in your free time?" But it's much more emotionally engaging to cold read what she does in her free time. For example:

> "You seem like the kind of girl who goes on crazy, spontaneous adventures."
>
> "You seem like someone who works hard while everyone else is looking at Instagram."
>
> "You seem like you might be an only child."

She'll say, "What do you mean by that?"

You can respond, "I mean you seem independent and like you're comfortable with being the center of attention."

You can use cold reading to make what would otherwise be boring interview questions, emotionally relevant:

"Where are you from?" Becomes, "You're from Portland, aren't you?"

"What do you do for a living?" Becomes, "You seem like you're an artist of some kind"

Etc.

By talking about emotionally engaging topics and using cold reading, women will not only respond to you more positively, but they'll also be far more invested in their conversation with you (oftentimes so invested that they'll want to keep the conversation going in a private location).

How To Charm A Girl Key 2:

Let Her Chase You

[image]

Society teaches us that men should pursue women, not the other way around. From a woman's perspective, being relentlessly pursued by dozens of guys quickly becomes tedious. It's flattering to be wanted, but it's also unexciting (because there's no challenge).

When something is easy to get, we assume it must have little value. This why a rich kid whose parents buy him a Tesla can be upset that they didn't buy him a Lamborghini (even though most people wish they could get a Tesla.

The same applies to dating. If you are easy to get, women will assume that you have little value. If a girl gets the impression that she's won you over, there's nothing for her to be excited about. To charm a woman, you must give her the sense of challenge she secretly desires.

This can't be entirely faked. If you have low standards and you're willing to sleep with any girl who'll have you – women will sense your desperation.

The first step to getting women to pursue you is to determine exactly what you do (and don't) want in a potential partner. Obviously, you want someone who's physically attractive – that goes without saying – but what non-physical traits are interested in?

Take 15 minutes to write it out. Describe 5 traits that you do want in a woman and 5 traits you don't want.

For example, you may want a woman who is ambitious, who is confident in her sexuality, who is funny, highly feminine, and who is well educated.

You may not want a woman who:

- Does drugs
- Is a bad listener
- Takes things seriously
- Is unintelligent
- Doesn't speak her mind

Write out the traits you do and don't want and flesh them out by writing a couple sentences about what each trait really means to you.

Once you have an idea of what you do and don't want in a girl, you can interact with women from a completely different frame.

Instead of trying to prove yourself to her, you're finding out if she's someone you're interested in dating. From her perspective, this makes you a challenge worth pursuing, instead of just another guy who wants to get in her pants.

Do Less

To get a girl to start chasing you, you can simply do less. Most guys feel they need to keep the conversation going, so if there's ever a moment of silence, the guy thinks of something to fill in the gap with. Instead, *let her fill in the gap*.

When there's a quiet moment between you and a girl, just hold eye contact until she feels the need to ask you something. This way, she's the one pursuing you. She's the one investing more in the conversation.

This principle applies to conversation in general. Once you bring the conversation to emotionally relevant topics like we listed above, let her talk as long as she wants to.

You can ask further questions and comment on what she said, but let her do most of the talking – she's much more interested in herself than she is in you. And if you can get a girl to talk about herself in a way that is emotionally engaging, there's no reason for you to try and take the spotlight.

Think of this as the difference between using a paddleboat and a sailboat. With a paddleboat you're doing all the heavy lifting, you're using brute force to move the boat. But with a sailboat, you're simply directing external forces in a way that benefits you.

Conversation with women is the same way, it's much more powerful to get a girl to talk about things she's interested in than it is to try and control every aspect of the conversation. Let her do most of the work, simply guide her towards topics that engage her.

By letting a woman chase you, you're giving her the opportunity to win over a cool guy (instead of putting up with yet another man's desperate attempts at sleeping with her). True charm isn't about winning a girl over, it's about making her feel like she's winning you over.

Wrapping Up How to Charm A Girl in Two Simple Steps

Charm seems like a mysterious quality that only a lucky few men are born with. But, in truth, charm can be boiled down to a science. By making your conversations emotionally exhilarating and by positioning yourself as a challenge, women will inevitably be charmed by you.

Of course, there are other methods for charming women (making strong eye contact, building your confidence, and teasing), but the two tips you learned in this article are the fundamentals to interacting with a woman in a way that sweeps her off her feet. Without these fundamentals, your conversations with women will be platonic at best, boring at worst. With them, your conversations will be emotionally addictive.

3 PUA Techniques That Can Actually Get You Laid

Avery · 26 August 2018 · Archived copy · Original

When is the last time you “negged” a girl?

When’s the last time you approached a girl using an “opinion opener?”

Unless you’ve been part of the seduction community for many years, you probably don’t even know what those words mean.

In 2018, PUA techniques are considered inauthentic and creepy. And, there’s truth to that. Having an entire conversation scripted from beginning to end **is** robotic. Despite this, there is tremendous value in knowing a few ‘PUA techniques’.

Techniques can help you take your game to the next level.

Let’s say you have trouble getting girls you approach to have a real conversation with you. Learning an indirect opener can get you past that obstacle. Alternatively, if you have to aggressively pursue women to keep them interested, learning disqualifiers will help you flip the dynamic so women start chasing **you**.

[image]

Every interaction with a woman goes through several ‘stages’:

- The initial approach.
- Reaching the social hook point (meaning she would rather you stay than leave).
- The sexual hook point (meaning she’s aroused by your presence).
- Vibing (building an emotional connection).
- Taking her home.
- And, of course, sex.

You shouldn’t plan out every line you’re going to say to a girl, but you should have a specific strategy for moving through each of the above stages.

If you’ve been talking to a girl for a couple hours, and you think she wants to go home with you, you need a strategy to make that happen (she’s not going to do it for you).

You should have an excuse prepared to take a girl home with you (I.E. “It’s too loud here, let’s go somewhere we I can hear you better.” Or, “There’s an after-party nearby, let’s check it out really quick.”)

Similarly, you should have some “openers” prepared that are likely to start a good conversation with the girls you approach.

If you can make, “Hey, I thought you were cute and I had to say hi,” work consistently, do that. But if you’re having trouble getting your interactions to last more than 30 seconds, you should be thinking about different conversation starters you can use.

Or, if you can start a conversation, but girls don’t seem to get sexually attracted to you, you should come up with specific strategies to overcome that hurdle. For example, you might practice holding strong eye contact or learn how to speak with a more masculine tonality.

See, the power of PUA techniques is that you can use a specific technique to address whatever it is that’s holding you back from getting results. You can methodically overcome any obstacle by implementing the appropriate technique.

In this article, you’re going to learn 3 of the best PUA techniques that will actually help you succeed with women.

Indirect Openers

[image]

An opener is direct if it clearly demonstrates you're interested in the girl. The classic direct opener is, "I thought you were cute and I had to say hi."

Direct openers absolutely can work. Some girls are going to be instantly attracted to you – and being direct will give these women a reason to flirt with you. Occasionally, direct approaches can lead to instant make outs and 5-minute pulls.

However, being direct will also get you immediately rejected – a lot. Most women aren't going to be attracted to you the moment you approach them.

Opening directly forces the girl to make a snap decision about you. Keep in mind that women get hit on by a lot of creepy, pushy guys. When you open directly, most girls are going to assume you're just another creepy, pushy guy – and so, they'll reject you.

This is why opening indirectly is so valuable. It allows you to distinguish yourself from the many guys who just want to get in her pants. By being indirect, you're showing that you're interested in having a real conversation with her. You're not thirsty, you're just social.

One simple indirect opener you can use is to make an assumption about her. For example, if a girl looks Brazilian you can simply say, "Are you from Brazil?"

It doesn't matter if you're guess is accurate. The point of this opener is that you're saying something that's emotionally relevant to her – women love to know what people think of them.

You'll probably guess wrong, and she'll tell you where she's actually from. You can follow up by saying, "Oh, I see, you just looked a little too stylish to be from here." Making her feel good will open her up to having a real conversation with you. You don't want to be overly complimentary, but it's generally good to start a conversation off on a positive note.

Another indirect opener you can use is a classic. It goes like this:

You: Hey, can I ask you something really quick? Do I look like a drug dealer to you?

Her: No/Yes.

You: I see, I wondered because this girl just came up to me and said, "Hey do you have any ecstasy, I really want to do some ecstasy right now."

Her: "That's weird, there's a lot of drug addicts here." Etc. etc.

The 'drug dealer' opener is good because it gives you a reason to talk to a girl without showing that you're interested in sleeping with her. This increases the chance she'll give you the opportunity to win her over with your personality (rather than dismissing you by saying they have a boyfriend or need to use the restroom etc.)

Being indirect isn't about hiding your sexual intentions. It's about giving the girl an opportunity to make an informed decision about you, rather than pressuring her to make a snap decision. When opening indirectly, you still should have a sexual vibe, but you're not putting her into an uncomfortable position by telling her you are attracted to her.

Disqualifiers

When you're interacting with a beautiful woman, she's going to assume that you want to sleep with her by default. She's used to being aggressively pursued by men who want to fuck her. This assumption works against you because it gives her the power in the interaction. She knows she has something you want. And she knows it's up to her

whether to give it to you.

The power of disqualifiers is that they turn this dynamic on its head. You're showing the girl that you're not sure whether you're sexually attracted to her, and that in fact, **you** are the prize to be won.

One of my favorite disqualifiers goes like this, "Hey, you're adorable. I'm adopting you as my new little sister." By saying this, you're framing that she's fun to be around, but you don't see her in a sexual light. This gives her an incentive to prove to you that she is sexually attractive (by pursuing you).

Another simple disqualifier you can use goes like this, "You're not my type, but you're fun to talk to. We should be friends.

By making a girl think she's not your type, you're showing her that you're a challenge. Women love to win over a guy. The challenge is thrilling for them. A beautiful woman rarely gets this opportunity though, because most men throw themselves at her feet. Use disqualifiers to give women the challenge they secretly desire.

Compliance Ladders

[image]
Next, I want you to get off the bike and beg me to come home with you.

The term compliance ladder sounds inherently creepy. Despite this, compliance ladders are so effective they can't be ignored.

Compliance ladders are based on a principle in psychology known as the "foot in the door technique". Psychologists found that when someone agrees to a small request, they're far more likely to agree to a subsequent larger request.(1)

This principle has powerful implications in dating.

If the first request you make of a girl is for her to come home with you, chances are she'll say no.

However, if you first ask her to get a drink with you, then you ask her to go to another club with you, and **only then,** you ask her to hang out at your place, she's considerably more likely to agree.

You should have a basic idea of the steps you're going to take to pull a girl back to your place. Ask for small amounts of compliance at first, then increasingly larger amounts of compliance over time.

For example, you might do the following:

1. After talking with the girl for a few minutes, invite her to dance with you.
2. After dancing with the girl, invite her to talk with you outside.
3. After talking outside, invite her to check out a nearby club. (if there are no nearby clubs, you can invite her to get food with you somewhere nearby, or just skip this step).
4. After checking out a nearby club with her, invite her back to your place to get a drink.

Now, the exact steps you'll take depend on the situation. The above applies to meeting a girl at a club, but during the day, it might look like this:

1. After talking with the girl for a few minutes, invite her to get a cup of coffee with you.
2. After hanging out at the coffee shop for a while, invite her to go on a walk with you.
3. After walking with her, invite her to get a drink with you at a nearby bar.
4. After getting a drink with her, invite her to get a drink at your place.
5. (If she's not old enough to drink, you can take her to a park nearby or to check out a shop in the area.)

If you fail to plan, you plan to fail. Bringing a girl home with you from a club is rarely going to happen unless you

have a specific strategy in place.

The value in compliance ladders is that they not only make a girl more likely to agree to your requests, but they also allow you to structure your interactions in a consistent, reliable way.

If a girl is open to the idea of going home with you, and you go through the steps of your 'compliance ladder' you will pull her home with you – every single time.

Conclusion: 3 PUA Techniques That Can Actually Get You Laid

[image]

Relying too much on PUA techniques can turn you into a social robot. But if you don't use any techniques, you won't reliably get the results you want. Every guy who is successful with women has techniques he consistently uses (whether or not he's consciously aware of them).

If you're not getting the results you want in dating, then you can find a technique that will help you overcome your particular obstacle.

It's one thing to know that you should make girls chase you. But knowing that and having a method for doing it are two very different things. Techniques allow you to put general principles into practice. Whatever area of your game you want to improve, there's a technique that will help you do so.

The main reason guys don't use techniques is that they're fake or unnatural. However, if you think about it, anything is fake until you're comfortable with it.

If you've never kissed a girl, the first time you attempt to do so, it's probably going to feel forced. Does that mean you shouldn't ever lean in to kiss a girl?

No. It just means that if you want to make progress, you're going to have to accept some discomfort. The first few times you try a technique, it might be uncomfortable. But if you do it enough times, you will be able to use that technique in a confident, genuine way.

It takes some patience to get the benefits of using specific techniques. Don't expect them to 'work' on your first attempt. But if you're willing to go through the initial awkwardness, PUA techniques can radically improve your success with women.

Make Your Personality Addictive To Women (With The Power Of Self-Amusement)

Avery · 2 September 2018 · Archived copy · Original

Self-amusement is the art of making yourself feel good without relying on external stimulus. Instead of trying to make the women you meet feel good, you make yourself feel good.

If you can make yourself feel positive emotions while you're interacting with a woman, she will feel those emotions, too. Feelings spread like a virus. In psychology, this principle is called emotional contagion.

If you've ever been yelled at, you know how easy it is to get caught up in someone else's emotions. Their anger quickly becomes *your anger*.

The same principle applies to positive emotions. Learn how to make yourself feel good, and through emotional contagion, anyone you interact with will feel good, too.

In this article, you're going to learn two strategies to magnetically attract women with self-amusement.

But before you can harness the power of self-amusement in your own life, you must understand why it's so hard for most guys to 'self-amuse'.

Why Women Love Risk Takers

[image]

When talking to an attractive woman, most men avoid taking conversational risks. On the surface, this makes sense – why would you say things that might offend a girl?

It's true that if you keep your conversations safe, you won't offend women. But you also won't attract them.

Why do women gravitate towards 'bad boys'? It's not because these guys are mean, it's because 'bad boys' are unpredictable. A "bad boy" won't hesitate to tell a girl something that might offend her. This doesn't mean he's unkind, it simply means he's unfiltered.

The difference between a "bad boy" and a nice guy is the difference between a wild stallion and a house pet. Like it or not, women find men with a hint of dangerousness extremely attractive.

Self-amusement will allow you to have the same effect on women that 'bad boys' do because self-amusement is inherently risky and unpredictable. And yes, this means that your first few attempts at using the techniques in this article might be a bit awkward – but if you persist through the initial rockiness, self-amusement will enable you to magnetically attract women.

Self-Amusement Technique 1:

Exaggeration

[image]

You can self-amuse through exaggeration. For example, you could say, "Are you intimidated talking to a guy who's 6'4?" (even though you're actually only 5'11).

Saying something like this is fun because it's unexpected and extremely arrogant. This works best if the girl can't quite tell whether you're joking (the uncertainty creates tension that gets released as laughter).

To be clear, when you exaggerate by saying something braggadocious, your goal should not be to impress her.

Imagine telling a girl, “I have 3 Rolexes, my job pays pretty well.” Saying that makes you sound like a douchebag.

Bragging about something true isn’t self-amusing, it’s stroking your ego. Bragging about something that clearly isn’t true, however, can be hilarious.

You can also self-amuse with negative exaggerations.

For example, you could tell a girl, “I’m actually a virgin. My mom says if I don’t get a girlfriend in 2-weeks, she’s going to have another kid so she can raise a winner.”

Paradoxically, telling a girl you’re a loser implies that you’re cool. An actual virgin would be extremely afraid to tell girls about his “condition”. The fact that you’re openly talking about being a virgin implies that you’re sexually confident.

A word of caution: don’t use negative exaggeration with things you’re genuinely insecure about. If you’re fat and you make a joke about how fat you are, you risk coming across as depressing.

Here’s a few examples of using exaggeration to self-amuse (you can use these in your own life, or use them as inspiration to come up with your own):

> “I used to be a supermodel, but I decided to get a job at Wal Mart to spend more time with the little people.”
>
> “I’m actually 37. I know I look young for my age, but I aged slowly because I didn’t leave my mom’s basement between the ages of 13 and 32.”
>
> “I’m deeply, irrevocably in love with you. I’m going to marry you someday and have your babies.” (has to be said convincingly to work).

Self-Amusement Technique 2:

Misinterpretation

[image]

This technique allows you to say incredibly offensive things… and get away with it.

When a girl says something benign like, “I’m a waitress.” You can misinterpret what she said by asking, “You’re a drug dealer? That’s interesting. What drugs do you deal?”

Secretly, you know she didn’t say she was a drug dealer. But by misinterpreting her, you’re turning a logical discussion into something emotionally impactful. Secondly, misinterpretation allows you to push your own buttons (self-amuse) because you know that you’re doing something mischievous.

You can misinterpret anything a girl says. If a girl says she’s from Korea, you could say, “You’re from North Korea? I’ve heard good things, why’d you downgrade to America?”

You can also misinterpret what a girl says as a compliment towards you. For example:

> Girl: You’re pretty funny.
>
> Guy: What’s that? You think I’m sexy? I don’t know about that, but thanks for the flattery.

As long as you sound like you genuinely think she said you’re sexy, this line works because it shows a charming type of arrogance that women (secretly) love.

There’s no limit to the ways you can use misinterpretation to spice up a conversation. Below, I’ve listed a couple

more ideas that you can take inspiration from.

Keep in mind that for misinterpretation to work, you must speak with certainty. If you sound unsure of what you're saying, the misinterpretation can come across as awkward rather than fun.

Example 1:

> Girl: I love reading.
>
> Guy: Oh, you're a big fan of 50 Shades of Grey, aren't you? That's cool.Those books reveal a lot about the secret desires some women have.

Example 2:

> Girl: What do you do for fun?
>
> Guy: You think doing me would be fun? We just met."

Conclusion: Make Your Personality Addictive To Women (With The Power Of Self-Amusement)

[image]

Self-amusement is nothing less than a social superpower. Anyone who can make themselves feel good will attract people to them like a magnet.

Most men think they'll feel better once they get the girl. These men have it backwards.

If you think you'll be happier once you get a girl, you're going to come across as needy – girls will sense that you want something from them.

But if you get can get yourself into positive state using self-amusement, the dynamic will flip, and *women will want something from you.*

Kino Escalation: How To Attract Women With Physical Touch

Avery · 6 September 2018 · Archived copy · Original

Kino escalation is the process of touching a girl in an increasingly intimate way until you sleep with her.

Physical touch is important because it is the primary difference between a platonic interaction and a sexual interaction.

If you ever get stuck in the "friend zone," or you approach women but you have trouble making your interactions sexual, the solution to your problem is simple: learn how to implement kino escalation.

In this article, you're going to learn a fool-proof strategy for bringing physical touch into your interactions with women. And you're going to learn how to do this in a way that will allow you to hook up with attractive women consistently (without the risk of being creepy).

Use Kino Escalation To Get The Girl

[image]

Kino escalation isn't something you do to a girl. It's more like a dance that you and a girl do together. Because women will rarely lead this dance, you must take the lead.

When you touch a girl, she will respond in one of three ways: positively, neutrally, or negatively. If she responds positively, you can take that as a green light to touch her more intimately.

If she responds neutrally or negatively, you should take a step back and allow her to get more comfortable with you before re-initiating.

For reference, here's what a positive, neutral, and negative response looks like:

- Positive response: When you touch her, she touches you back or leans in towards you.
- Neutral response: When you touch her, she doesn't push you away, but she doesn't reciprocate either.
- Negative response: When you touch her, she rejects the touch.

The most important thing to know about physical touch is this: every time you interact with a girl you like, but you don't initiate some kind of physicality, you are being rejected.

Yes, when you touch a girl you're taking a risk: she might reject you. But if you never get physical with a girl, you're not just risking rejection – you're guaranteeing it.

The biggest mistake men make when it comes to "kino escalation" is not attempting it in the first place.

Partly, we make this mistake because we don't want to make women feel uncomfortable. Sure, if you lunge at a girl you just met and try to make out with her, you'll probably make her uncomfortable. But you can initiate physicality without the risk of creeping her out. Instead of jumping right into sexual touch, you can start with something less invasive, and gradually build up to the kind of touch that will turn her on.

Before I give you a step-by-step strategy for using kino escalation to smoothly get sexual with women, it's important that you know the difference between day game and night game in regards to physicality.

Kino Escalation: Night Game Vs. Day Game

[image]

Nightclubs are loud, hectic environments, so it's not unusual to touch someone you've just met there.

For example, you might put your arm over a girl's shoulder and lean in close to talk to her (so she can hear you over the music).

Or, if a girl is responding positively to you, you might hold her by the waist or even lean in to kiss her within the first few minutes of the conversation.

The same isn't true when meeting women in a casual daytime environment (a university campus, shopping mall). You're probably not going to whisper into a girl's ear or grind on her if you're in a university library.

If you're going for a same-day lay, then you should use kino escalation when meeting girls during the day.

However, most guys who do day game aren't attempting to pull girls straight to their bedroom. Most guys go out to a busy street, collect girls' numbers, set up dates, and then sleep with girls on those dates.

If you're new to day game, going for dates is going to be a more effective strategy than going for the same-day lay. And if you're just going for numbers to set up dates, you don't need to use any kino escalation when you first meet a girl during the day.

However, you will need to use physical touch on the date with her (obviously), and you'll be able to use the steps below to sexually escalate with women on dates.

Kino Escalation Step 1: Break The Touch Barrier

[image]

The first step of making an interaction with a woman physical should be non-invasive. There are two simple ways to do this:

1. When the girl you're talking to says something you like, touch her on the shoulder as a way of showing approval.

You shouldn't leave your hand on her shoulder for more than a few seconds. Touching a girl's shoulder isn't particularly intimate, but it's an effective way to break the touch barrier.

Important to note, you can't expect a girl to reciprocate this particular type of touch. This is the one instance where you should treat a neutral response the same as a positive response: so long as she doesn't reject your touch, you can take that as a green light to escalate further.

2. You can hold a girl's hand when taking her from one place to another

As a general rule, you should lead a girl to different locations. For example, if you meet a girl on the street, you might invite her to get a cup of coffee with you. Or, if you meet a girl at a club, you might invite her to talk in the outside area.

When you invite a girl to do this, you can hold her by the hand to lead her. I used to think hand holding is fairly intimate and some women would reject me when offering my hand. To my surprise, this move almost always gets a positive response.

Holding a girl's hand is a simple – yet effective – way to introduce physicality in your interaction with a girl.

Kino Escalation Step 2: Building Sexual Tension

In the first step, you're breaking the touch barrier with a girl in a non-invasive way. Once you've done that, the second step of "kino escalation" is to touch a girl in a way that actually turns her on.

1: Hold Her By Her Waist

[image]

Putting your arms around a girl's waist will create powerful sexual tension with a girl.

This technique is particularly useful if you're nervous to lean in for the kiss. If a girl responds positively when you hold her by her waist, you can be fairly confident that she'll be receptive to kissing you.

In a nightclub or bar you can use the loudness of the club as an excuse to hold a girl by the waist. If you've been talking to a girl for a few minutes, and she was okay with you touching her shoulder or holding her hand, you can gently put your hands on or around her waist to establish some intimacy with her.

Don't overthink this move, there is no exact right moment to physically escalate. Generally, if a girl likes you and is comfortable with you, she'll be glad to let you hold her by the waist. As soon as your intuition tells you the girl likes you, go for it.

Your first attempts at holding a girl by her waist might be a bit stilted. Worst case scenario, you'll make her a bit uncomfortable and she'll reject your touch. That's fine, it's part of the learning process. Once you've gotten used to this type of physical escalation, you'll get consistently positive results with it.

2: Dance with her



Naturally, dancing isn't something you'll do in all environments – but it's a great way to arouse a girl in a nightclub. If you've been talking to a girl in a nightclub and she seems to like you, invite her to dance with you.

Simply say something like, "Hey, let's go to the dancefloor for a minute." Then, grab her by the hand (don't wait for her to say yes, assume the yes unless she says no).

Dancing with a girl in a club isn't complicated. The most important rule is that you don't half ass it. Don't dance with three feet of space between you and the girl to leave room for the holy spirit. Dance *with* her.

Your body should be against hers. You should feel her every movement.

Usually, when I dance with a girl we start by dancing front to front (you can place one of your legs between her legs

to, um, increase stimulation). Then, at some point, I'll turn her around so we can grind.

You don't have to be a technically skilled dancer to turn a girl on – just follow the beat and let your instincts take over.

If you dance with a girl and it's awkward, it's probably not because your a bad dancer, it's because you're uncomfortable and that's making the girl uncomfortable. The solution to this is to keep dancing with girls in clubs until you become confident in your abilities.

3: Make Out With Her

[image]

How do you know when to lean in for a kiss? Two things:

1. She responded positively to your touch previously.
2. She holds eye contact with you for more than 3 seconds (alternatively, she looks at your lips).

9 times out of ten, if the above criteria are met, a girl will respond positively when you lean in to kiss her. In most cases, women won't hold strong eye contact with you if they don't want you to make a move – because they know strong eye contact is very invitational.

To be fair, some girls won't hold strong eye contact when they want you to kiss them. But the vast majority will.

If a girl doesn't hold strong eye contact with you, but she is receptive to your physicality and seems to be interested in you, she might just be uncomfortable with getting physical in public – lead her somewhere with more privacy, and see if she responds differently.

As for how to actually lean in for the kiss. Just lean in. There's no magic formula, no special technique – just lean towards her. If she likes you, she'll probably kiss you back. If she doesn't, she'll dodge your kiss. That might be awkward, but honestly, it's better to get rejected for a kiss than it is to wonder what might have happened if you made a move.

Kino Escalation Step 3: Sex

[image]

The final step of "kino escalation" is, of course, sex.

When you've got a girl in a bed with you, your first goal is to get her so aroused that she's practically begging to have you deep inside of her.

There's a million ways to turn a girl on when she's in your bed. Here's a 4-step method I've found to be highly effective:

- Make out with her. This one's self-explanatory for the most part. Make sure to use your body to "dry hump" her – doing so will get her imagination running wild.
- Kiss her neck. I've yet to meet a woman who isn't aroused by being kissed on the neck. Use this generously.
- Brush your hands around her inner thighs. Gradually move inwards until you're essentially fingering (but outside her pants).
- At some point, unbutton her pants, and finger her through her panties. Then, finger her below her panties. Do

this generously enough that she becomes overwhelmed with desire.

Once you've done all the above steps, she should be ready and excited to have you fuck her, hard.

Wrapping Up Kino Escalation: How To Attract Women With Physical Touch

[image]

The purpose of game, in general, is to make a girl receptive to your sexual escalation. The more charming, sexually confident, bold, and calibrated you become, the more likely the girls you meet will be responsive to your touch.

Unfortunately, many guys learn how to make their personalities attractive to women, but they never get physical with the girls they approach.

Why is this?

Because they don't try.

And, I get it. Touching a girl can be intimidating, she could reject you.

Remember, though, there's no alternative. If you like a girl, and you don't physically escalate in some way, you missed an opportunity. The only way to know for sure whether a girl likes you is to make a move.

Using the "escalation ladder" you learned in this article can make this daunting task easier. Instead of just leaning in to kiss a girl, you can build up to it gradually by first touching her shoulder (or holding hand), then holding her by the hips (or dancing with her), and finally, leaning in for the kiss.

If I think back through my life, there have been hundreds of times where my instincts told me a girl liked me, but I hesitated to touch her, and as a result, nothing ever happened with her. I have to wonder what kind of relationships I might have had if I didn't hesitate so many times to make a move.

Most men miss countless opportunities with women because they never make a real move. Use what you've learned in this article to stop missing opportunities, and to start having sexual adventures with beautiful women.

How To Be Confident With Women

Avery · 7 September 2018 · Archived copy · Original

Men who are confident around beautiful women share one thing in common.

No, it's not good looks. It's not material wealth.

It's something that never gets talked about.

Men who are confident around beautiful women have a growth mindset.

Conversely, men who are unable to get dates with women have a static mindset.

How To Be Confident With Women Part 1:

What Is A Static Mindset?

A static mindset is the belief that failure is a reflection of who you are as a person.

If a man with a static mindset were to ask his crush out on a date, but she rejected him, he'd think things like:

- "She rejected me because I'm too short."
- "She rejected me because I'm an introvert."
- "She rejected me because I am (Indian/Asian/White/Black/Etc.)"

By explaining your rejection in this way, you're telling yourself women don't like you because of static traits that you cannot change.

As soon as you believe women don't like you because of something outside of you control (like your height), you've given yourself a reason to stop trying to attract women.

A guy with a static mindset might see a beautiful girl walking down the street, but he'll think, "Eh, she won't like me because I'm too short." Naturally, he won't approach her.

Once you adopt a static mindset about your attractiveness to women, your dating life will become a self-fulfilling prophecy:

You believe that women will reject you if you ask them out, so you don't bother asking any attractive women out. Ultimately, you get rejected not because women aren't attracted to you, but because of your limiting beliefs.

I know all about what it means to believe you are unattractive to women. I used to have a static mindset. I thought that something was "wrong" with my personality and that women didn't see me as a sexually viable option.

And because I was fundamentally unattractive to women, I never asked a single girl out in high school or even in my first several years of college.

Looking back, women flirted with me, sometimes blatantly. But I was blind to it because I had a static mindset.

Once, I was at a new year's party with my high-school crush and she leaned in to kiss me. I was shocked. But instead of acting like a normal person, I literally dodged her kiss, and without saying a word, ran away from her and left the party. I kid you not.

I thought this girl was leaning in to kiss me as a prank. I didn't think it was possible that she actually liked me. So, to avoid getting rejected by her, I rejected myself.

Throughout my life, I've rejected myself hundreds of times. And the sad truth is, most guys miss countless opportunities with women because of they assume they'll get rejected.

How To Be Confident With Women Part 2:

Identifying A Static Mindset



This all begs the question, how do you know if you have a static mindset with women?

To know, all you have to do is answer one simple question honestly:

Am I getting rejected by women on a regular basis?

Unless you're gay or are in a committed relationship, you should be getting rejected by women regularly.

Obviously, sexual relationships are one of the most important parts of your life. So, if you're not actively pursuing sexual relationships, you must believe (consciously or subconsciously) that you would fail if you were to approach women and ask them out.

If you believed you could approach women and start getting dates with high quality girls, you would do it.

Now, you might be thinking, "You can actively pursue sexual relationships without getting rejected regularly."

Look at it this way: If you have a crush on a girl, but you haven't made it clear to that you're interested in her, then some belief about yourself must be holding you back from taking the leap. That belief might be that she only sees you as a friend, that she only likes tall guys or rich guys, or whatever, but some belief is telling you that to ask her out would be a mistake.

If you want to be confident with beautiful women you must replace your static beliefs with more empowering beliefs.

How To Be Confident With Women Part 3:

The Power Of A Growth Mindset



A growth mindset is the belief that failure is a learning experience. If a man with a growth mindset were to get rejected by a girl, he would think things like:

- “She probably rejected me because I was too nervous, I need to keep meeting women until I get more confident.”
- “She probably rejected me because I did or said something that turned her off. I should look up advice about how to attract women so I can do better in the future.”
- “She might have rejected me because I’m not her type, but that’s okay, there’s thousands of other great women I can meet. Besides, each time I get rejected, I become less afraid of rejection.”

Having a growth mindset doesn’t mean you believe that every girl will like you. It means you embrace rejection, because you know that it’s a stepping stone towards success.

The great majority of men who lack confidence around beautiful women don’t actually get rejected by attractive women.

The men who are confident around beautiful women have all been rejected by attractive women, countless times.

You might see a friend of yours with a beautiful girlfriend and think that he has it easy, that women just throw themselves at him. But I can guarantee he has been rejected by women time and again. He was just able to embrace those rejections and grow from them.

I understand this might be hard to believe. The idea that your own mindset is the root cause of your success (or lack of success) in dating is a tough pill to swallow.

It’s easy to think that the guys who are good with women are just better looking or wealthier than you. But the harsh truth is that no matter who you are, you could be dating top-quality girls if you put yourself out there and learned from your mistakes.

I’m not saying it’s easy, but anyone can become confident with women.



(PS: Here's a compilation of the dating coach James Tusk getting rejected by women: https://www.youtube.com/watch?v=FCM-8t8FULY. As you can see, he's a very good looking guy, but even he gets rejected on a daily basis. Of course, he also dates beautiful women because he puts himself out there so much.)

Let's be 100% clear. Having a growth mindset doesn't mean you believe that looks don't matter or that it's not an advantage to be rich and famous. Of course looks matter. Of course being famous makes things easier.

Having a growth mindset means you believe you can get the results you want. It doesn't mean you believe it will be easy to do so. Sure, if you're short and bald, a higher percentage of women are going to reject you than if you're tall and handsome.

But a man with a growth mindset believes he can overcome his disadvantages. He knows that he can become so confident that he can attract women despite his appearance. He knows that he can improve his personality to make women respond to him the way he wants them to.

He doesn't think he can get every single girl, but he knows that he can date some beautiful women if he puts himself out there and grows from his failures and successes.

How To Be Confident With Women Part 4:

How To Cultivate A Growth Mindset



So, how do you transform a static mindset into a growth mindset?

There's only one way, it worked for me and I've seen it work for many other guys:

Start throwing yourself out there and getting rejected.

This might mean approaching girls at bars and clubs. It might mean approaching girls on your university campus. Or it might mean asking girls out on online dating apps.

There's pros and cons to each method, but if you're not doing something that actively risks rejection, you're not actually taking action.

Hanging out with a girl you've had a crush on for three months isn't taking action unless you ask her out on a date. Going to a party with your coworkers isn't taking action unless you approach women and ask for their number.

I'm hammering this point in so hard because as a dating coach, I've had hundreds of guys reach out to me and tell me they want to improve their dating life. I ask these guys, "When is the last time you asked a girl on a date."

Nine times out of ten, they say it's been months. I've seen the same pattern play out with my friends. A guy will complain that he can't get any dates, but he hasn't asked a girl on a date in months!

Fortunately, when you start throwing out there and asking girls out, some women will respond positively. You'll see that some girls do like you. You'll see that some girls are happy to give you there or number or to even go on a date with you.

Most girls won't respond that way, but some will. And as you start getting positive reactions your mindset will shift. You'll realize that yes, many women will reject you, but not all of them will. And you'll realize that if you meet enough women, you'll be able to find whatever kind of relationship it is you want.

This is easier than done. But if the strategy you've used up to this point hasn't gotten the results you want, so what do you have to lose by trying something different?

I mean, your ego might get bruised from facing rejection. You'll have to deal with the stress and anxiety that come with approaching women. But what's worse, enduring some rejections and anxiety, or not being able to attract the

kind of women you want in your life?

I know what I would answer.

The moment that you accept the fact that you can succeed with women if you take enough action is the moment that you change the course of your life. That's the moment when you start on a path towards confidence and dating success.

How To 'Hypnotize' A Girl With Your Personality

Avery · 10 September 2018 · Archived copy · Original

Hypnosis is a state of heightened suggestibility. If you can hypnotize someone, you can influence them to think what you want them to think, to feel what you want them to feel, and to do what you want them to do.

Popular culture makes hypnosis seem like something you induce by counting slowly from 10-1 while swinging a pocket watch back and forth.

[image]

In reality, though, hypnosis is a natural state that we drift in and out of every single day. When we become totally absorbed in a TV show, we enter hypnosis. When we have a conversation so immersive that we lose track of time, we enter hypnosis.

You don't need to buy a pocket watch and learn an induction script to hypnotize people. All you must do is implement a few natural behaviors that will allow you to open anyone's subconscious mind to your influence.

Learning to 'hypnotize' women with your personality may seem immoral – but consider the fact that women hypnotize men by enhancing their physical appearance. Makeup, high-heels, tight dresses, hair extensions: these things all make a woman appear more attractive than she naturally is.

When a woman is physically beautiful, we as men are more vulnerable to her influence. This is because of what psychologists call the 'halo effect,' which states that when someone appears attractive, we subconsciously assume they are smarter, more capable, kinder, and generally a better person.

Women enhance their physical appearance to hypnotize men. As a man, your primary weapon of influence is your personality. If your demeanor makes a woman feel the right emotions, she will enter a state of 'hypnosis' while interacting with you. As a result, you will be able to make her feel whatever you want her to feel – including sexual desire.

In this article, you're going to learn 2 powerful strategies for naturally inducing a state of hypnosis in the women you interact with, effortlessly and unconsciously.

Cultivate A Calm Demeanor

[image]

A calm demeanor is the fundamental trait of a hypnotic personality. Influence is subtlem not forceful.

Men often learn that to attract women, we should say outrageous things and speak with the passion of a Shakespearean actor.

Such emotional intensity is not hypnotic. Instead, you want to have a soothing effect. Your personality should make a girl feel at ease. Speak slowly and calmly, use gentle – rather than forceful – body language. And, most importantly, listen carefully to what she says.

The key to making this work is focusing outwardly rather than inwardly.

When in a conversation, most people think about themselves: they think about what they're going to say next and whether they're coming across as confident and cool.

To be hypnotic, you should do the opposite. Pay close attention to what the girl is saying, be aware of the emotions she's feeling (I.E. "Does she seem comfortable or nervous, why?"). Instead of thinking about what you can get from her, think about what value you can provide to her.

By speaking slowly and focusing outwardly, the women you meet will not feel that you want something from them. They will sense that you are trustworthy, and in turn, they will let their guard down. This is the first step to entering a state of hypnosis.

Leading and Pacing

[image]

So far, you've learned how to cultivate a calm demeanor that will make women open to your influence. The next step to hypnotizing a girl with your personality is leading and pacing.

Overall, you want to let the girl do most of the talking, but you still must lead the conversation in a productive direction.

Your goal is to get her to talk about things that are emotionally vulnerable: the kinds of things she doesn't usually tell strangers (in this Youtube clip you can see I get a girl to talk about her bad drug trips).

Getting her to do this will deepen her trust towards you. She will rationalize that if she's telling you such personal stories, you must be someone she is intimately comfortable with.

You might be thinking, "Why is it so important to make a girl trust me?"

For women, sex and trust go hand in hand. If a girl has sex with you she has to trust that you won't murder her or rape her (which is a real concern because you're probably twice her size), and she has to trust that you won't slut shame her and ruin her reputation (which is also a legitimate concern). Trust is the key that unlocks the door of influence – without trust, you cannot make a woman do or feel anything.

To lead the conversation in a vulnerable direction, start by asking questions like:

> "What are you passionate about?"
>
> "Have you ever been in love?"
>
> "What do you think women really want in a man?"
>
> "Have you ever done any drugs?"

By asking these type of questions, you will lead the conversation towards intimate topics. Oftentimes, when you ask these kind of questions, the girl will reply by giving you a surface level answer.

If, for example, you ask, "What are you passionate about?" She might just say, "Helping people." That's a start, but you want to go deeper. This is where leading comes in: say something vulnerable that will make her feel comfortable doing the same.

To continue with the above example, you might say, "I like helping people too. That's why I decided to study psychology. I want to help people with anxiety and depression. When I was younger, I was diagnosed with panic disorder, and it was really hard to go through that without any help. That's why I want to help people who are going through something similar recover more efficiently than I did."

By saying that, you've opened the floodgates to a vulnerable conversation. She might mention that she's dealt with anxiety or depression herself (you'd be surprised how many people have), or she might talk about how she wants to help people with her specific career choice, or she may talk about her own struggles in life that she had trouble overcoming.

Once you engage in vulnerable conversation, the girl will trust you on a deep level. (Remember, the key is usually to offer up a vulnerable anecdote about yourself before she will feel comfortable doing the same.)

You can use any of the above questions (or your own similar questions) to spark a similarly intimate conversation.

For example, you might ask a girl whether she's ever been in love. She probably won't offer anything more than, " Yeah I have." To deepen the conversation, you can talk about your own experiences with being in love so that she'll feel comfortable doing the same.

If your demeanor is calm and you talk about emotionally rich topics, the girl will slip into a state of hypnosis (which really just means she's open to your influence).

What To Do When She's 'Hypnotized'

[image]

Once a girl is in a state of hypnosis, you can easily make her feel a powerful sexual attraction for you. There are two powerful ways you can use to accomplish this:

1. Hold strong eye-contact

Steady eye-contact greatly increases sexual attraction between a man and a woman.

Most of the time, a woman will not hold particularly strong eye contact with a guy she's just met, but if she's in a state of hypnosis, she will.

The easiest way to make stronger eye-contact in your interactions with women is to watch an "eye-contact practice" video on Youtube once per day. The concept behind these videos is a bit strange, but they work.

Your brain can't tell the difference between a girl looking at you in a video and a girl looking at you in real life. By practicing holding eye contact with the girl in the video, you will develop a habit of making strong eye contact that will carry over to your real life interactions with women.

2. Get yourself into a sexual state

There is a principle in psychology called emotional contagion. Put simply, it means that when one person feels an emotion, the people around them will feel that emotion, too. (If you've ever been yelled at, you know what it's like to have someone else's emotions transferred onto you).

The same applies to positive emotions. Sexual arousal is a transferable state. So, if you can get yourself into a sexual state, that state will transfer onto the woman you're interacting with.

This effect will be even more powerful if the girl is in a state of hypnosis – because she will be more receptive to your influence.

To get yourself into a sexual state, appreciate the woman's beauty. Don't just look at her as a person, but look at her as a sexual being: as someone that you want to give pleasure to and get pleasure from. To heighten this effect, you can even visualize yourself and her engaging in different sexual acts.

If this sounds 'creepy' that's a sign that you've been conditioned to repress your sexuality when interacting with attractive women. Oftentimes, that very conditioning is the true reason we have trouble seducing women.

Women want to be seduced, they want to meet a guy with a strong sexual charge.Unfortunately, most guys are too uncomfortable with their sexuality to give women the carnal experience they secretly desire.

Start experimenting with this. Learn how to get yourself into a sexual state, and you'll see that women respond to you in ways you *previously didn't imagine possible* (especially if you get her into a state of hypnosis, first).

Wrapping up: How To ‘Hypnotize’ A Girl With Your Personality

Hypnosis isn’t some magic trick reserved for old men with Snidely Whiplash-esque mustaches. It’s a state of emotional openness that we naturally enter on a regular basis.

Using the strategies you’ve learned in this article, you’ll be able to consistently bring women into this influenceable state.

Once a girl becomes receptive to your influence, she will be more receptive to having a sexual interaction with you. Use strong eye contact and bring yourself into a sexual state to create sexual tension with her.

Then, you’ll be able to lead the interaction in whatever direction you want.

PS:

If you’re concerned that this is manipulative, consider the difference between manipulation and influence.

When you manipulate someone, you’re convincing them to do something against their best interests.

When you influence someone, you’re convincing someone to do something that will benefit them.

If you think having a sexual relationship with you isn’t in a woman’s best interest, then using the strategies you learned in this article would be manipulative.

If you think having a sexual relationship with you is in a woman’s best interest, then the strategies in this article will only make you influential.

A lot of men don’t believe they have much to offer women sexually (I used to be this way). If that’s you, I recommend reading these articles:

- This Fundamental Assumption Helps You Succeed With More Women
- How to be an attractive man
- How to fuck a girl

How To Approach A Girl In College (Without Creeping Her Out)

Avery · 14 September 2018 · Archived copy · Original

How To Approach A Girl In College (Without Creeping Her Out)

[image]

There are thousands of attractive, single women meandering about any college campus. And they're praying that a cool guy like you will approach them.

Okay, maybe that's an exaggeration. But it is true that, in many ways, a university campus is the best place to meet and attract beautiful women.

If you go to a club or bar to meet women, there's loud music, the women are drunk, and you have to navigate group dynamics. On campus, however, the environment is quiet, the women are sober, and you can have 1-on-1 conversations with girls.

Perhaps most importantly, women in clubs get hit on all night by creepy drunk guys, so they're going to assume you're just another loser until you prove otherwise. On a university campus, however, girls are almost never approached – so they'll be impressed that you had the courage to approach them.

University game isn't universally better than clubs, but there are enough advantages that it's worth trying if you're enrolled in a medium to large sized university. Hell, it's worth trying even if you don't go to college but you're age appropriate (what exactly that means is up to you) and live near a university.

Campus game is notably different from nightclub game: you need a different strategy to get the best results. In this article, you're going to learn exactly how to approach a girl in college (without creeping her out).

How To Approach A Girl In College Tip 1: Calibrate Your Approach

[image]

Women don't expect to be approached while they're on campus. Because of this, you can startle a girl when you approach her during the day. It's important that you make your approach as non-threatening as possible. Here are a few ways to accomplish this:

A. Give her some personal space when you approach. If you're catching up to her from behind as she walks past you, walk faster than her to get a few feet in front of her before you approach her (also make sure to give her a few feet of space to her side).

If you approach from behind a girl or from too close to her side, you will most likely startle her (if you do make a girl feel a bit nervous, it's not the end of the world, just apologize before launching into your opener). By giving her a few feet of space and getting in front of her, she will be much more comfortable talking to you.

B. Acknowledge that what you're doing is a bit unusual to make the girl more comfortable with your approach.

I do this by saying, "Hey, I know this is random, but…" (before launching into my opener)

Or, if the girl is studying I'll say, "Sorry to interrupt, but…"

Saying something like this lets the girl know that I respect her feelings and am willing to leave if she doesn't want me there.

Simply walking up to a girl on campus and introducing yourself is going to impress her – but it can also make her feel nervous, that's why giving her space and empathizing with her will make your approach go more smoothly.

How To Approach A Girl In College Tip 2:

Let Her Know Why You're Talking To Her

[image]

Women rarely get approached on campus. But if they do get approached, it's usually one of two things:

1. A petitioner.

2. A religious recruiter.

To clarify that you're not trying to show her the ways of Jesus, you should make it clear that you're approaching the girl because you're interested.

My favorite lines to open with during day game are:

"I like your style so I had to introduce myself."

"I thought you were cute and I had to say hi."

A direct approach is particularly effective during the day. In a nightclub, girls assume you're approaching because you're attracted to them, but on campus, girls need to know why you're talking to them – otherwise they'll assume you're some weirdo.

Being approached directly can actually be a powerful turn-on for a girl. However, you don't want to be too complimentary or she'll see you as low value. Attractive women want guys they have to work for: a challenge.

After my fairly direct approach, I make sure to challenge the girl with some teasing, push-pulls, and by getting her to qualify herself. Doing this allows me to make her wonder whether I'm attracted to her, which in turn, makes her start to chase me.

How To Approach A Girl In College Tip 3:

Make The Conversation Emotionally Engaging

[image]

Men tend to prefer logical conversation. We talk to solve problems or transfer information.

Women prefer emotional conversation: sharing feelings excites them. When meeting a girl for the first time, you're going to have a much more impactful interaction if you lead the conversation away from logic and towards emotion.

It's fine to ask a girl a basic question like, "What do you study?" But after asking such a question, you should make the conversation emotionally relevant by following up with something like:

"Do you love it?"

"Is that a passion of yours, or are you doing it to get rich?"

Doing this will bring the conversation towards her emotional experience, which is far more engaging to her than talking about facts.

You can also ask start conversation threads with emotional questions like:

"What do you do for fun?"

"What are you passionate about?"

“Have you ever been in love?” (you’ll usually want to be a few minutes into the conversation before asking this)

Or,

You: “I’ve always wanted to ask a girl this question, but never have.”

Her: What question is that?

You: What do you think women really want in a man?

Any of the above questions will spark a memorable conversation that will go beyond the surface level niceties that most first meetings get stuck in.

How To Approach A Girl In College Tip 4:

Get Her Number

[image]

Most girls you meet on campus have somewhere to be within the next hour. As such, you won’t be able to pull many girls straight home with you from university.

To be fair, it is possible to pull from day game, but when you’re new to approaching girls on campus, it’s best to focus on getting girls’ numbers and setting up dates (because it’s a more efficient use of your time).

Once you’ve approached a girl and had a few minutes of emotionally engaging conversation with her, you can get her number and make plans to hang out again. To do this, you can simply ask, “Hey it’s cool talking to you, we should hang out again, would you like to get a cup of coffee later this week?

So long as she says yes, you can follow up by asking, “Cool, what’s your number?”

If you made a good impression and she’s single, there’s a very good chance she’ll meet you for a date – from there it’s easy to move your relationship with her in whatever direction you want.

(If you want to know a step-by-step guide to getting her number, read this article).

Wrapping Up How To Approach A Girl In College [image]

Approaching women on campus is intimidating to most guys. So intimidating that almost no one does it. This means you can easily stand out from the crowd and make a strong impression.

If you message a hot girl on Tinder, you’re competing against 100 other guys who messaged her within the last 24 hours. If you approach a girl in college, you’re showing her that you’re an outlier: one of the few guys with the courage to meet in person while sober.

Sure, meeting women in college isn’t always easy. And yes, some of your approaches will be awkward (especially at first).

But if you’re willing to endure the initial rockiness, meeting women on campus will be incredibly rewarding.

Not only will you meet and have sex with beautiful women, but you’ll also find that the thrill of approaching women during the day gives you an adrenaline rush that swiping right on Tinder just can’t match.

How To Approach A Girl In A Club (And Bring Her Home With You)

Avery · 17 September 2018 · Archived copy · Original

Clubs suck. They're unbearably loud, half the people are trashed, and the women get approached by so many creepy guys that they're going to assume you're another creep until you prove otherwise.

Despite all this, beautiful women congregate in clubs by the thousands in any decent-sized city.

Clubs might suck, but if you want to hook up with a hot girl the same night you met her, there's no better place to do so than a nightclub.

Do you want to sleep with the kind of girls that most guys only fantasize about? Yes? Then it's in your best interest to learn how to successfully approach a girl in a club.

How To Approach A Girl In A Club Step 1

Clubs Are An Emotional Environment, Not A Logical Environment



Women go to clubs to have fun: if talking to you isn't fun, you're going to get rejected.

If most of the girls you approach say something to the effect of, "I have to use the bathroom," or, "I have to find my friends," what they're really communicating to you is, "Talking to you isn't fun, I'm out."

If you're not having fun, no 'pickup line' will make a girl like you. But if you are having fun, you can make almost line work. Take for example a few of the crazier pickup lines I've successfully used:

> Me: "Are you from Tennessee?"
>
> Her: "Why, because I'm the only ten you see?"
>
> Me: "No, because you look like a child of incest."

(She asked me for my number five minutes later).

> Me: “Did it hurt?”
>
> Her: “What, when I fell from heaven?”
>
> Me: “No, when you fell and broke your face.”
>
> Her: “You’re such an asshole!” (while laughing)

> Me: “You’re hideous.”
>
> Her: ‘bursts out in laughter’
>
> (this only worked because she was extremely hot.)

Now, I don’t recommend calling a girl hideous or implying that she looks like a child of incest. However, the fact that absurd lines like those can work illustrates an important point: what you say doesn’t matter nearly as much as how you say it.

You can get away with just about any line if you say it in the spirit of fun. At the same time, even the best lines will get you rejected if you say them with even a hint of neediness.

To make sure you approach in a way that adds to the fun, ask yourself this simple question before you approach, “How can I make her night better?”
Asking this question will remind you that you’re approaching to offer value, not to get something from the girl. And if you approach to make her night better, there’s a significantly higher chance that she’ll respond to you positively.

If you’re thinking, “That’s cool, but what line should I use?” You can open with pretty much anything, but if you want a go-to opener, use this, “Hey, I like your style and I had to introduce myself.”

The above line is good because it starts the conversation on a positive note in a way that compliments her but not so overtly that you give away some of your power.

How To Approach A Girl In A Club Step 2

Make Her Feel Strong Emotions



Once you've started a conversation, how do you prevent the interaction from turning into a job interview? By inciting strong emotions.

An interview-style interaction is logical, it doesn't go much deeper than:

> "What do you do?"
>
> "Where are you from?"

Flirting, in contrast, is emotional: it's about creating and releasing tension. Flirting, at its core is push-pull, hot-cold, or positive-negative.
The mixture of hot and cold creates uncertainty. It makes the girl wonder, "Does he really like me or is he just talking to me to kill time?" This uncertainty is exciting for the girl, and if you do it well, it can make her feel sexual arousal.

Things that are "hot" (or positive) include:

- Holding strong eye-contact.
- Complimenting her.
- Approving of something she says, "You're a nurse? That's awesome."
- Getting in close physical proximity to her.
- Touching her.
- Smiling/laughing.
- Actively listening to what she says.

Things that that are "cold" (or negative) include:

- Teasing her: "You're smart for a California girl" (can substitute any state)
- Disqualifying her (You're like the sister I never had, let's climb trees and drink kool-aid!)

- Taking a step back to create physical space.
- Avoiding eye contact.
- Saying you have to leave soon.
- Taking away physical touch.
- Interrupting what she says.
- Disagreeing with her.

If you're too "hot" (positive), the girl will feel like she has complete power over you: she'll think that you would sleep with her no matter what she said. Being overly available implies you must not have much value.

If you're too "cold" (negative), the girl will feel you don't like her as a person. As such, she won't enjoy interacting with you – so she'll leave.

The power of hot and cold lies in finding the right balance. Each girl is different: some prefer a mostly hot interaction, others prefer a mostly cold interaction.

However, on average I'd say the best balance is about 80% hot and 20% cold. Overall, the interaction is positive, but you're using some "cold" to create a sense of challenge and intrigue.

Of course, your conversation can't be all "hot and cold", you do need to structure the conversation around something.

The easiest way to do this is to memorize a few basic questions that you can ask every girl you approach. These questions aren't inherently fascinating, but you can use them as a foundation to build your conversations from.

Here's some examples of questions you might use:

> "What do you do for fun?"
>
> "What are you passionate about?"
>
> "Are you ambitious?"
>
> "Where are you from?"

Whenever she answers one of your questions, you can do one of three things:

1. Go deeper on that topic:

If she says she's passionate about helping people, you can talk in-depth about how she wants to help people.

If she says she likes to hang out with friends for fun, you could say, "You seem like the type of girl who gets high with her friends and talks about philosophy"

2. Compliment her:

If she says she is ambitious and she's working on becoming a published author, you could say, "That's really cool. I can tell you've got the kind of crazy brain it takes to be a good writer." (You could then follow up with a question about her writing to go deeper on that topic.)

3. Tease her:

If she says she's from Texas, you could say, "Texas? That explains a lot."

If you ask her what she does for fun and she says she likes to read, you could say, "How many times have you read 50 Shades of Grey?" (Implying she likes smutty romance novels)

Holding a conversation in a club isn't complicated. The environment isn't designed for deep, philosophical

conversations. All you need to do is make the conversation emotionally engaging. Ask some basic questions to give the conversation structure, and when she answers those questions use pushes and pulls to create sexual tension.

How To Approach A Girl In A Club Step 3:

Lead Hard



So far we've covered how to approach a girl in a night club and how to keep the conversation interesting. If you want anything sexual to happen with the girl, the next thing you need to do is lead hard.

In a club, you can't just approach a girl and talk to her for a couple hours in the same area you met her.

Within five minutes of approaching a girl, you should invite her to hang out with you somewhere nearby. For example, you might say:

> - "Hey, let's go dance for a minute."
> - "Let's go to the outside area so I can actually hear you."
> - "Come meet my friends, they're really cool."

If the girl you approach likes you, she'll probably be comfortable to leave her friend and move to another area of the club with you. If she won't, you have three options:

1. Invite her friends to come as well.
2. Stick around with her for another 10 minutes or so before making another suggestion.
3. Get her number and make plans to hang out with her later. If a girl isn't willing to move a few feet away from her friends, there's a good chance you're not going to be able to bring her home with you. In that case, your best bet is to make plans for a date with her before moving on to another girl.

Once you've lead the girl to another area of the club, you can get more physical (because her friends aren't there to judge her).

You don't need to make out with a girl in a club to take her home with you, but if you're new to picking up girls in clubs, making-out can help build your self-confidence so that you feel comfortable going for the pull later.

Get Her Logistics

Make sure that if you've been talking to a girl for a good 15 minutes that you get her logistics. The simplest way to do this is to ask, "What are you doing later tonight?"

Her answer will give you a good idea as to how likely it is she's going to go home with you that night. She might say something like,

- "Nothing, what are you doing?"
- "I'm not sure yet."

An answer like that usually means the girl is down to hang out with you after the club closes.

If, however, she says:

> "I'm going back home with my friends."
>
> "I'm going to sleep soon, I have work early tomorrow."

Answers like those indicate that she doesn't want to go home with you that night. To be fair, this isn't a hard rule, there are exceptions. (If your intuition says you can bring her home, don't hesitate to go for it).

Generally, if you get a response like that, I recommend you just grab her number and approach another girl. Otherwise, you might spend your entire night talking to someone who doesn't want what you want.

Go For The Close

If you think a girl is open to the possibility to going home with you, suggest that you and her hang out at your place. I like to use the lines:

> "Hey, it's way too loud here, let's go get a drink somewhere we can actually have a conversation."

> You: Have you ever watched X movie/TV show?
>
> Her: Nope, can't say I have.
>
> You: Are you serious? You have to see it, it's amazing. Let's go watch it.
>
> Her: Right now?
>
> You: Yeah, it'll be fun.

If the girl's down to sleep with you that night, you don't need the smoothest line in the world to get her to agree to come home with you.

Once the girl has agreed to go back to your place, the rest should happen automatically.

Wrapping Up How To Approach A Girl In A Club (And Bring Her Home With You)



I've gone out to meet women in clubs with hundreds of guys – only a few of them have pulled attractive women home with them.

What's the main reason these men fail to pull?

They just don't take enough action. They approach one or two girls, get rejected, and then spend the rest of the night observing women instead of interacting with them.

If you want to bring girls home with you, keep in mind that most of your interactions aren't going to lead anywhere. Even if you do everything right she might have a boyfriend, she might just not have chemistry with you, or she might be a lesbian. Don't expect to pull one of the first few girls you approach.

A night out is marathon, not a sprint. It may take 10, 20, or even more approaches to meet a girl who you have mutual attraction with and who is interested in going home with you that night. Follow the four steps I outlined above and you will consistently be able to pull women home with you when you go out – so long as you stay out for at least a couple hours and keep approaching until you meet a girl who reciprocates your interest.

Why You Should LOVE Rejection (If You Want To Succeed With Women)

Avery · 21 September 2018 · Archived copy · Original

I had no idea that I was about to endure the most excruciating rejection of my entire life. I approached a girl standing by the bar and introduced myself:

> Me: Hey, how's it going?
>
> Her: Fine. But I don't want to get hit on.
>
> Me: That's cool. I'm not really hitting on you, just meeting new people.
>
> Her: (No response)
>
> Me: Okay. Well, I guess I'll go find my friends. It was nice to meet you.
>
> Her: You want to know something?
>
> Me: Sure.
>
> Her: (staring me dead in the eyes) You have the body of a twelve year-old and a woman will never love you.

There wasn't a hint of sarcasm in her voice when she said that. And if I'm being honest, it hurt, a lot. But you know what, harsh rejections like that have had a profoundly positive impact on my life.

The more rejections you go through, the less power rejection has over you. I've had women tell me things like:

> "You're a 3 and I'm an 8, go away."
>
> "Why do I never get approached by attractive guys?"

I've even been slapped by women I approached more than once.

And you know what? I'm grateful for all those harsh rejections, they made me a stronger, more confident person.

In this article, you're going to learn why you shouldn't just accept rejection, you should l*ook forward to it.*

As soon as you accept that rejection should be embraced – and even anticipated – you will not only be more successful with women, but more successful in life.

Rejection Is Like Muscle Growth

[image]

When you lift weights, you are intentionally putting yourself through physical pain. The more you damage your muscles when you work out, the stronger your muscles will become.

Rejection works exactly the same way. The more you get rejected, the more confident and attractive you will become.

In exercise, this concept is easy to understand: we can see with our own eyes that lifting weights leads to muscle growth.

In success with women, it's harder to see the connection between rejection and success. You might see a guy in a club pull a beautiful girl, but you don't see the 10 girls who rejected him earlier that night.

The guys who have the most success with women also go through the most rejection, period.

Partly this is just basic math. I've approached thousands of girls, and I've been rejected thousands of times. But I've

also slept with more attractive women in the last few years than most guys do in their entire lives.

On an average night out, I'll approach about 20 women – and out of those 20 approaches I'll only go home with one of them. Technically, 19 of those approaches ended in rejection. (Do I remember those rejections when I'm in a bed with a beautiful girl? Hell no.)

Let's be brutally honest hear, the 19 rejections I go through in a single night is more rejection than the average goes through in an entire year.

Most guys develop a crush on a girl from work or school, then they put all their efforts into that one girl – for months, sometimes even years. They don't approach any other women or ask anyone on a date during this period of several months.

These guys aren't getting rejected, but they also aren't getting laid.

If you're not getting rejected regularly, *that's the primary reason you're not getting the success with women you want.*

It's easy to think you're struggling because of your looks or your job or the fact that you still live with your parents. And sure, all those factors play a role. But the root cause of an unremarkable dating life is that you're not taking enough action.

Most of us rationalize by telling ourselves that we need a new job or to move to a better city or that we need to get in shape, or whatever else. Truthfully though, none of those factors matter – at all – unless you can say you're getting rejected by women regularly.

Imagine an overweight person were to say, "I want to start working out, but I need to get a promotion at work first." They would sound ridiculous.

The same is true when a single guy thinks he needs to focus on anything other than going out, approaching women, and getting rejected. If you want a better dating life, you must throw yourself into discomfort – because discomfort and growth go hand in hand.

The Truth About Rejection

[image]

If you're not getting rejected, you're not playing the game.

That might sound harsh, but it's true. Forget all the articles, all the Youtube videos, and all the forums… *unless* you're interacting with women in the real world and getting rejected.

(The only content worth reading if you're not getting rejected regularly is content that shows you specifically how to go out and take action.

Challenge based programs like: Simple 30, Rules of The Game, and The Trial:Transform Your Dating Life In Eight Weeks are examples of content that can help someone who's just starting out.)

Nothing is going to help you succeed with women unless you start putting yourself out there. In fact, *consuming this content is mental masturbation unless you're practicing in the real world.*

Imagine you've decided to learn guitar. You start watching guitar tutorials on Youtube for several hours a week. You're learning from these videos, but you don't think you're ready to start playing guitar yet.

You keep watching video tutorials until you're 'ready' to play the actual guitar. Several months go by and you still can't play a single song.

Learning about how to attract women without going out and risking rejection is just as inefficient as learning about how to play guitar without practicing on a real instrument.

Why am I ranting about this topic so aggressively? Two Reasons:

1. Nothing else matters until you make this mindset shift. Once you accept that rejection is the only way forward, you will make progress. But until then, everything you do is a waste of time.
2. This is the most common reason guys don't get better. I've personally coached dozens of guys. I ask each of them how often they go out and approach women. You know what the most common answer is? Never. They haven't taken any action, even though they've spent months (if not years) absorbing online content.

My Failure

I know how important it is to start getting rejected in the real world because I focused on content without taking action in the real-world. I was 16 when I read *The Game*, by Neil Strauss. The book taught that I could start approaching women to find an awesome girlfriend. This was a life-changing moment. I wanted nothing more than to make that happen.

But I was afraid. Really afraid. I knew that my first attempts at approaching women would be awkward. I knew I would get rejected.

So, I told myself I needed to learn more about how to pick up women before I started practicing it in the real world. I bought several of David Deangelo's programs, I read *The Art of Seduction* (among other books), and I became absorbed in the world of online dating advice.

But I didn't go out. I didn't approach a single woman. Not until I had spent over a year "learning."

I can honestly say I wasted hundreds of hours consuming content when I should have been taking action.

If anything, all that content made me worse rather than better. I had so much theory in my head that I became confused and overwhelmed.

I want you to avoid making the same mistake I made. (Or, if you've been making that mistake, I hope you're able to finally snap out of it.)

Yes, rejection can be painful in the moment, but you should love it anyway because rejection will transform you:

- Face enough rejection and you will no longer care what other people think of you.
- Face enough rejection and you will no longer wonder "what would have happened if I approached that cute girl?" Because you will approach her.
- Face enough rejection and you will have more success with women than most guys can even imagine.

Embracing rejection isn't an easy step to take, but it's the only step worth taking.

PS:

You can increase your rate of progress by using every resource at your disposal to help you face rejection:
Read a challenge-based book that will guide you through the process of approaching women and facing rejection.

If you live in a big city, join the local "Inner Circle" Facebook group to find other guys who are interested in going out and approaching women.

Invest in coaching to get guidance from someone who's been through this before. A good coach will know exactly what steps you should take to make progress as quickly as possible.

Why Do Women Have Sex? (The Three Psychological Triggers)

Avery · 22 September 2018 · Archived copy · Original

You can make nearly any woman want you, feel a magnetic attraction for you, and even experience a deeply erotic desire to be with you. But to harness this seductive power, you must understand what women really want.

There are three primary reasons women have sex with a man: status, reciprocal trust, and sexual arousal.

Sex Is About Status



Throughout my life, I've been pursued by a handful of women that I just wasn't interested in.

The girls that pursued me weren't stunningly beautiful, but most of them weren't ugly either.

Why didn't I take up any of these opportunities with women who were clearly into me?

I didn't reject these women because sex with them wouldn't have felt good. If you think about it, the sensations of having sex with a girl are roughly the same regardless of how she looks.(unless she's overweight).

I rejected these women because have sex with them would have lowered my status. If I slept with a girl who I considered to have lower status than myself, then my own sense of status would decrease.

See, sex isn't just about the physical pleasure of the act. If it were, we would sleep with any woman who showed interest in us (as long as they weren't physically repulsive).

Sex is about status. Why do we want to fuck perfect 10's when fucking an 8 would feel just as good? Because fucking a ten means our status increases.

We want to fuck someone who makes us feel proud of ourselves. We want the girl our friends would be jealous of. We want the girl our parents would approve of. We want the girl that only a winner could get with (because if we get with her, we must be a winner).

For women, the number 1 indicator of high status is physical beauty. What is the highest status job a woman can

have? Being a supermodel.

For men, on the other hand, the biggest indicator of high status is career success. A male doctor is more impressive than a male model.

The Status Illusion

There's an important nuance about status that few men consider. We know that women evolved to be attracted to high-status men. Status, for men is largely about having a prestigious career. So, we think that if we want to attract women, we should become a doctor or lawyer.

That's not quite how it works.

When did the human brain evolve? Hundreds of thousands of years ago.

Our brain evolved in an environment where there were no doctors or lawyers. In the modern world, status is about career, but in the world our ancestors evolved in, status was about something else entirely.

Women are designed to pick up on a man's status by observing his behavior and the way other people react to him. If you approach a girl and you can't hold eye contact, your body language is defensive, and you speak with a submissive vocal tonality, *she's going to feel like you're low status.*

But, if you approach her and you hold laser eye contact, your body language is dominant, and you speak with an assertive tonality, *she's going to feel like you have high status.*

Status isn't something a girl picks up on intellectually, it's something she picks up on emotionally. And that's a good thing, because it means you can attract women with status even if you make minimum wage.

Reciprocal Trust



For men, sex and trust are mostly unrelated. If you fuck a girl and it turns out she's crazy, you can just kick her out of your house.

For women, on the other hand, sex and trust are intimately connected. If a girl fucks a guy who turns out to be

crazy, he could easily injure or even murder her.

The average man is more than twice as strong as the average woman. When a girl goes home with a guy she just met, she's taking a big risk – she needs to be confident she can trust him.

Trust is also important for women on a biological level. The female brain associates having sex with the risk of pregnancy (our unconscious mind doesn't understand the existence of birth control and condoms). Because of this, a woman wants to know that if she sleeps with a man, he's going to stick around.

Have you ever had a friend who was dating a beautiful girl even though he wasn't rich, good looking, or particularly interesting? This happens because it's easier for a woman to sleep with an average guy that she trusts than it is to meet new guys who might turn out to be stalkers (or worse).

See, the classic advice of complimenting a girl, being chivalrous, and being a good listener is actually very effective… if you do it right.

Too much trust-building will land you in the friend-zone. But if a girl doesn't think you're trustworthy at all, she won't be comfortable enough to go home with you.

This creates a paradox. A woman wants a man who's willing to invest in her, but if a man invests too much in her, he comes across as needy (which is a huge turn-off).

The solution to this paradox is to show that you're invested in the girl, but you're also of higher status than her.

For example, if you compliment a girl, she'll think you're invested in her. But if you follow up that compliment with a playful tease, you're showing that her that you don't care if she rejects you. It's not one or the other, it's both.

Show her that you are high-status and you are also trustworthy. You'll know whether you're doing this right based on the way women react to you.

If your interactions with women lack sexual charge or you're getting "friend-zoned," then you're trustworthy, but not displaying enough high status. If, however, women seem nervous around you and the numbers you get are unresponsive – then you're not creating enough trust.

The Power of Sexual Arousal



People will often hook up with a stranger just because they're horny.

If a below average looking girl approached you in front of your friends, you'd probably reject her. But what if she approached you while you were alone at a bar with nothing to do?

What if this less-than-beautiful girl leaned in close to you and whispers in your ear, "I just want to make you feel good tonight."

As long as she wasn't totally physically repulsive, you'd probably fuck her. You'd be turned on enough that logic would go out the window and you'd think, "Why the hell not!"

The same principle applies in reverse. Given the right circumstances, a woman will fuck a guy just because she's turned on. A girl might think you're not her type, she might consider herself 'too good' for you – but if you can make her feel raw lust, all those thoughts will cease to matter. When logic and emotions battle, emotions almost always win.

There are two 'levels' to turning a woman on. The first is trust, and the second is sexual tension.

If a girl doesn't trust you, she'll keep her guard up. You might hold strong eye contact with her, but she won't hold it back. You might touch her, but she'll lean away from you.

Reciprocal trust isn't powerful because it creates sexual attraction in itself, it's powerful because it makes a woman receptive to your influence. She likes you enough as a person that she lets her guard down.

Once a woman trusts you, you can freely create sexual tension with her. Now, she'll reciprocate your strong eye-contact, she'll be comfortable with your touch, and she will allow her desire for you to grow.

Wrapping Up Why Do Women Have Sex?



So, there are the three primary reasons women sleep with men: status, trust, and sexual arousal.

I have linked below a list of articles that will teach you how you can effectively use each of the psychological triggers:

You can attract women with status by:

Being a source of value.

Having high standards (Read Key 2)

Being self-amused.

Using the art of hot and cold.

You can create trust by:

Being vulnerable.

Being a good listener.

Charming her.

You can sexually arouse a girl by:

Being dominant.

Touching her.

Making seductive eye contact. (Read key 4)

Using emotional contagion.

Showing intent.

THIS Is Why Most Guys Don't Succeed With Women

Avery · 5 October 2018 · Archived copy · Original

> "I'm just not good looking enough."

> "I need to lose 20 pounds, then I'll start meeting women."

> "I know we've been friends for 6 months, but I really just want to date Suzy, she's special."

> "I need to focus on school right now. I'll learn about some of this dating advice stuff in my free time, but I don't have time to go out and talk to women – it's not a high enough priority."

> "I like learning about success with women, but approaching strangers is creepy. I"m just going to use what I learn to do better with girls I already know."

Any of these sound familiar? The above are all what I call invisible sticking points. An invisible sticking point is a form of rationalization – it's something that looks like a valid excuse, but is secretly a reaction to negative emotion.

This may be surprising, but invisible sticking points are more common than any other sticking point. They're also the most difficult sticking points to become aware of because they have everything to do with our ego.

When I first learned about the game, I avoided actually approaching women because I knew if I did, it would be awkward and I would mostly just get rejected.

To protect itself from harm, my ego convinced me that I needed to learn more about social dynamics before starting to approach women.

Approaching women and getting rejected would have been an assault on my identity. I would have had to admit to myself that I wasn't as cool as I wanted to be. It would have been an extremely humbling experience, which although ultimately healthy, would have been extremely painful in the short-term.

Our ego is willing to go to great lengths to protect our identity. Although this helps us remain relatively comfortable, it can prevent us from making any substantial change.

In their groundbreaking book, *Switch*: *How To Change Things When Change Is Hard,* authors Chip and Dan Heath write, "We are all loophole exploiting lawyers when it comes to our own self-control."

This is true for dating more than anything else. Not only does our ego want to protect us from the pain that meeting women entails, but society also tells us that taking action to get better with women is creepy.

The whole idea of learning to pick up women is demonized in the era of #metoo, street harassment videos, and never-ending sex scandals.

When all of society tells us something is creepy, it's that much harder to justify to ourselves that we should do it.

Quickly, I want to mention here that pickup is creepy – if you do it poorly. It's like plastic surgery in that way. Bad plastic surgery can be a totally unattractive. But you don't notice good plastic surgery. Plastic surgery is only noticeable when it's bad. The same thing applies to pickup. If pickup is done poorly, it's creepy and awkward, if it's done well, it doesn't even look like pickup.

If you're overly aggressive and pushy, you could develop a bad reputation as "the creepy pickup dude" – but if you just look like someone who's social and outgoing, you'll actually get a good reputation as someone who's fun to

hang out with.

You don't need to worry about getting a bad reputation from pickup unless you're doing it in a way that is totally obnoxious and un-empathetic (and even if you do creep someone out, it's not the end of the world).

Still, there are a lot of reasons not to learn success with women. And, in many cases, reading books about the topic, or watching videos is a way for us to feel like we're making a positive change without having to do something we're uncomfortable with.

Invisible sticking points are pernicious traps because to accept you're being affected by such a sticking point also means accepting pain and discomfort.

Beyond that, it also means accepting that you've been fucking up. No one wants to tell themselves, "Shit, my looks really aren't a valid excuse. I'm just telling myself that because I don't want to get rejected. I've spent the last 5 years of my life lying to myself."

We have a strong resistance to admitting we've been wrong. This is a universal human trait. The psychological term for this phenomenon is the confirmation bias. We overvalue evidence that reaffirms are current beliefs and undervalue evidence that would disprove those beliefs.

It may be difficult to see yourself in this chapter's diagnosis section. To do so would mean you'd need to make a drastic change. If you read this section with a critical sense of self-honesty, it will likely be the trigger for a new mindset.

If you haven't gotten the results you want from men's dating advice, it's almost certainly because you've been dabbling. I've seen it not only in dozens of guys I've met, but in myself.

As soon as you realize your mindset is holding you back, you can change your mindset – and then change your actions.

Diagnosis

[image]

If you want to improve your dating life, but you're not approaching women multiple times per week, then you're not making progress.

Each invisible sticking point has its own logic, but the end result is always the same: not going out to meet women.

I could explain each invisible sticking point individually, but it's important to understand that the details aren't relevant here, only the result matters.

One guy thinks that he needs to lose 20 pounds before he approaches girls. Another guy thinks he needs to wait till he's 21, because gaming at his university will get him a bad reputation. A third guy thinks that he needs to read more books before he has the base level of understanding necessary to start approaching women.

It's all bullshit. There is no world in which waiting to take action will benefit you. We all think our excuse is unique, that we have a legitimate reason to wait to take the leap.

The only exception to this rule is if you live in a very small town and there simply aren't any women to approach. However even this isn't an excuse so long as there's a bigger city within a couple hours driving distance (and if you really are living in a small town, your priority should be to move to a bigger city).

Most people will find a reason not to take a risk and latch onto it. It's not hard to come up with a logical-enough excuse to avoid approaching women.

A simple way to find out if you're excuses are valid is to do a thought experiment. Ask yourself, "If I continue to

take the same daily actions I'm taking today, will I end up having the fulfilling dating life I want?"

Be honest with yourself. Don't look for the easy answer, look for the truth. You could say, "Well, no, not today, but I'm focusing on my career and once I've got that handled I'll be ready to take on dating."

It is true that your priorities will change over time, however certain aspects of your life are always going to be important. Your physical health and fitness is always going to matter. Your career is always going to matter. Your friendships are always going to matter. Your sexual relationships are always going to matter.

Obviously, it would be silly to stop putting time into your career because you want to get in better shape. It's just as silly to stop putting time into your sexual relationships because you want to focus on your career.

To be clear, I'm not saying there aren't going to be times when you put a greater focus on one of these areas than others. Fluctuation is natural. I'm saying that you should be putting some effort into all the major areas of your life at all times.

You may not always go to the gym for an hour and a half a day, but you should never go a week without any physical activity. You may not always work 60 hours a week, but you shouldn't completely neglect your career, either.

This understanding is important because it makes dabbling impossible. Once you've committed yourself to constant improvement in each of the core areas of your life, you no longer have a logical excuse to put off taking action in one of those areas.

In dating, taking action means meeting new women (unless you're currently in a committed relationship). If you have a crush on one girl, taking action means asking her out.

It's easy to get stuck on one girl you like, but this can become a huge waste of your time and energy. If she likes you, she'll say yes when you ask her out, if she doesn't, she'll say no, and you can move on. If you're spending your time pining over one girl, but you haven't made your interest in her clear, that time is being wasted.

There's no exceptions. If you have a crush and you're too afraid to ask her out, you should at least approach other women (to develop your social skills and have a contingency plan if your crush does reject you).

I'll repeat this because it's important: *if you're not approaching new women on a weekly basis, it's because of an invisible sticking point.*

We resist the idea that we should go out and approach women for a variety of reasons, some of which have a grain of truth to them. For example, it's true that your first attempts at meeting women will probably be awkward, and you'll probably have to deal with some painful rejections, too.

But there's no alternative. The mind likes to hold on to the idea that there's a way to reach your goals without going through struggle. This is never the case. Achieving any worthwhile goal will always involve struggle, stress, and pain.

That's not to say it won't be fun, too. Achieving a goal involves a range of powerful emotions. Even when you're just starting, you will be rewarded with small successes (the first time you get a girl's number from cold approach, you'll feel on top of the world).

Still, you can't skip the awkwardness. The longer you put it off, the worse it'll be. Your anxiety towards taking the first step will build up the more you procrastinate.

[If you're reading this, and you think you're the exception, feel free to email me (at aghayden@email.arizona.edu) explaining your situation. I'll do my best to give you some honest guidance.]

The first step is the hardest to take because it marks a shift in your identity. Once you go out into the world to approach women, you're no longer a guy who's interested in dating advice, you're a guy who's taking action to change his life.

We resist taking on this identity because doing so means admitting that we truly want to change. If you're not getting the results you want, you're going to have to swallow that bitter pill and admit to yourself that what you've been doing hasn't been working – and change is necessary.

Prescription

Once you've accepted that you need to start taking action, finding where to start can be overwhelming. The best solution is to take it one step at a time. There are two action steps you can take to start this journey in earnest:

1. Throw yourself out there.

2. Make it a habit.

1. Throw yourself out there

The first step to changing your dating life is the simplest: throw yourself out there. No, your first attempt at meeting women isn't going to be perfect. Yes, you might stumble or be awkward. But you have to take this first leap of faith.

Don't wait for the weekend when there are tons of people out. Don't wait for your next vacation days from work. Don't wait for anything. Just throw yourself out there.

This chapter is your first call to action. No more procrastination, it's time to take action. Do it today. Do it as soon as you put this book down.

There are a few options you can choose from to meet women. Obviously, there's bars and clubs, if you're reading this on a Friday or Saturday night, then that's probably your best option.

If you live in a city with a decent sized University, then that's a great option for meeting women, too. If you work 9-5 it won't be ideal, though, because those are the best hours for college daygame.

You can also go to a mall or any busy shopping center (Target is a good option). The biggest fear guys have towards this is that they may get kicked out. You might get kicked out if you're loud and obnoxious or if you spam approach every woman in a single store, but for the most part this shouldn't be a concern. And even if you do get kicked out, so what? There's other stores. Besides, you'll learn more from getting kicked out then you will from staying at home.

You can also go to a popular park, a busy street (downtown), or anywhere that people congregate.

Yes, some options are much better than others. Generally, clubs and college campuses are the ideal options for meeting women because they have the highest volume of attractive women.

Sometimes though, those options aren't available. If that's the case, going to a mall or a grocery store is still much better than staying at home. You might only see 3 attractive women if you go to a store to meet women, but you could potentially get all 3 of their numbers and go on dates with them.

As you get more experienced, I recommend you spend most of your time going to the venues with the most attractive women in your city. But this chapter is about taking your first steps. You don't need the perfect venue yet, you just need to get your feet wet.

If you're reading this at 7pm on a Tuesday and your best option for going to meet women right now is the Walmart near where you live, then go to that Walmart and see what happens.

Don't have unrealistic expectations of yourself. You might not be able to approach a girl your first time going out, and that's okay. Go out and do your best to approach women, but don't beat yourself up if you don't overcome your approach anxiety.

Approaching women isn't easy at first for most guys. Going out to a venue where women congregate is your first

major step towards success with women, actually cold approaching a girl is the second step.

When I started practicing daygame, I went out for 12 days in a row before I was able to approach a girl. Those first 11 days were incredibly frustrating for me. Each time I went out and didn't approach a girl, I got increasingly pissed off at myself.

Eventually my frustration was overwhelming enough that I said, "Fuck it" and I approached a girl. If you haven't cold approached a girl recently, the same may hold true for you. Don't be surprised if it takes a number of sessions to get to the point where you tell yourself, "fuck it" and do a cold approach.

At the same time, it might be a lot easier for you, too. Throw yourself out there and do your best to approach women.

The key to success here is persistence. If you find you are unable to approach a girl on your first attempt, keep going out until you can approach a girl.

Tony Robbins has a saying, "Change happens when the pain of staying the same is greater than the pain of change." Every time you go out, but don't approach a girl, you'll be one step closer to reaching the point where the pain of not approaching becomes greater than pain of approaching.

To get to the point where you are able to make this shift, you'll want to use the power of goal-setting and habit formation to your advantage.

2. Make it a habit

[image]

The first step to making a real change in your dating life is to throw yourself out there, the second is to make it a habit: a real part of your day-to-day life.

Many people think to make something a habit you must do it every single day. This is untrue, and often backfires. When you make a commitment to do something every day, it can easily lead to burnout. Obviously, everyone is different, if you have a lot of free time and going out doesn't take much willpower for you, then you may want to go out every day.

But, if you're just starting and going out still takes a lot of energy, you should start with a lighter commitment. You want to set a goal that is ambitious enough to help you reach your goals but is realistic enough that you won't end up quitting after two weeks.

This is important to consider. Most people who pursue self-improvement goals – like losing weight – give up long before they reach their goal. Gyms are flooded with new members chasing their new year's resolutions in January, but they're comparably dead only a couple months later.

People give up on their goals because they have unrealistic expectations of themselves. If you're new to working out, but you set a goal to go to the gym an hour a day, 6 days a week, it's very unlikely you'll follow through.

I've found the most effective method for setting goals that I follow through on to be weekly based. Regarding meeting women, this means I'll set a goal for how many times I'll go out in a given week.

To start, I'd recommend setting a goal to go out between 2-4 times per week. (Anything less than twice a week isn't going to be enough to build any kind of positive momentum).

You can also go out just 15 or 30 minutes on some days, while committing to longer sessions on the weekends. The advantage to this method is that you'll build a lot of social momentum. Social momentum means that every consecutive day you go out to meet women, it gets easier than the previous day.

But be realistic. You may want to start with only going out twice a week, and build up to going out more over time

if you decide it's necessary to reach your goals.

The importance of setting a goal for yourself can't be overestimated. Of all the guys I've gone out with, very few make meeting women a habitual part of their lives. They go out 3 times one week, but then stay home for the next four weeks in a row. You'll make progress – and get results – only when you make meeting women a regular part of your life.

If you strongly prefer online dating over cold approach, you could focus on that method, but make it into a habit and set goals. For example, you could set a goal to use your preferred dating app for at least 30 minutes, 4 days a week.

Create a system for yourself that makes progress automatic. If you don't, it's unlikely that you'll repeatedly and reliably make the decisions that will lead you towards success.

Make a decision now, for example: "I will go out every Thursday, Friday, and Saturday night." Then, when Saturday comes and you start to think, "You know what, I'm feeling tired, I'll just go out tomorrow," you'll catch yourself because you've made a previous commitment to take action.

Creating a plan of action is your most powerful tool for making consistent progress. Normally, our emotions guide our decisions. And most of the time, our emotions convince us to take the easy way out. But when you have a commitment, you'll be much more likely to take action even when you don't feel like doing so.

Additionally, using some form of tracking is useful. A tool like Google calendars or a habit tracking application (to find one, search habit tracking in your phone's app store) will remind you to stick with your goals – which will help you remain consistent.

Goal setting isn't a magic pill, but it is an important step to making a long-term change. Once you've committed to a specific goal, change is no longer an amorphous idea in your mind, it's a real, actionable plan.

Remember that your goal should be to get out of your comfort zone, not to make a miraculous overnight change. At first you may not even be able to approach women when you go out. If that's the case, just keep going out until your frustration with yourself becomes more powerful than your approach anxiety.

Unrealistic expectations are a surefire way to burn yourself out. At the same time, anything can happen. You might run into a girl who just broke up with her long-term boyfriend and she's decided she's going to sleep with the next guy who talks to her. You never know what might happen when you go out to meet women, keep your expectations rational, but your hopes high.

This article is an excerpt from Irresistible: How To Attract Women With Ease

How To Turn A Girl On Sexually (Without Saying A Word)

Avery · 22 October 2018 · Archived copy · Original

Have you noticed that in bed, women often climax immediately after you do? This happens because when a girl arouses you, her own arousal increases, too. Sexual desire is a positive feedback loop.

I've even had women orgasm while giving me a blowjob. How is this possible? Because for women, arousal is largely psychological. If a girl sees a man become overwhelmed by sexual desire for her, she feels the same emotions he does.

You can use this principle to your advantage in the bedroom, sure, but you can take it a step further. You can make a girl feel intense sexual arousal in public – simply by making her feel that she's turning you on.

In this article, you're going to learn 3 ways to put yourself into a sexual state that will allow you to automatically turn on the women you meet.

The techniques you're about to learn are what took me from occasionally pulling a girl on a night out, to consistently hooking up with beautiful women.

How To Turn A Girl On Sexually (Without Saying A Word) Method 1:

Appreciate The Female Form

[image]



Social conditioning teaches us to be so ashamed of our sexuality that we hide it (until we're in a bedroom with a girl). Because of this conditioning, we fight our natural urge to appreciate a beautiful woman's beauty when we see her walk by.

To an extent, this is necessary. We couldn't function in polite society if we blankly stared at women's breasts while they talked to us. However, modern men are so uncomfortable with their sexuality that their interactions with women are neutered.

Sexuality is everywhere. If you can appreciate female beauty when you go out to meet women, your interactions will have a powerful sexual charge to them. Without this charge, the interactions will most likely remain platonic. With it, your interactions will naturally escalate towards sex.

Society has programmed us to deny our own sexuality: it's time to delete that program and regain our natural masculinity. To do this, observe women with sexual intent. When you see an attractive woman, appreciate her figure, the way her body moves, and even the feminine look in her eyes.

Let yourself "perv out." If, for example, you're a connoisseur of the derriere, make sure to appreciate that particular part of women's bodies. Of course, use common sense: don't stare at women in a way that gets noticed as creepy. But do make a point to look at women through a sexual lens.

Even while you're talking to a girl, you should be able to feel a sexual charge emanate from her eye contact and facial expressions. You should be able to feel her feminine energy wash over you, simultaneously soothing you and exciting you.

It's very easy to tell if you're doing a good job at appreciating the beauty of women. Simply notice whether you feel aroused. If you don't, you're still holding yourself back from being truly sexual. To put it crassly, just being in an environment with attractive women should be enough to give you a boner.

This exercise is extremely measurable (pun intended). To get the maximum effect, I recommend putting a conscious effort into appreciating the beauty of women until it becomes an automatic habit.

If, after practicing this, you still find it difficult to feel aroused by the women you look at, the next exercise will help.

How To Turn A Girl On Sexually (Without Saying A Word) Method 2:

Sexual Visualization



In the first exercise, you simply observed women with sexual intent. Now, you're taking things a step further by imagining yourself doing salacious things to the women you encounter.

When you see a beautiful woman walk by you in a bar, imagine yourself ripping off her clothes and ravishing her. Imagine what it would look like, imagine what it would feel like. Again, the goal here is simply to get yourself into a sexual state.

If you approach a woman and she feels raw sexual energy radiating off you, there's a very good chance she'll get drawn into that energy – this is what puts her into a sexual trance.

To be fair, a good number of the women you approach won't be open to engaging with you sexually. These girls will reject you regardless of how you approach them. Some rejection is inevitable.

However, when you get yourself into a sexual state, many of the women you meet will be so aroused by your energy that they lose control of themselves.

How To Turn A Girl On Sexually (Without Saying A Word) Method 3:

Masturbate Less[image]

If you've been practicing the first two exercises, but you're still having trouble getting yourself into a sexual state, you might be masturbating too often.

Sexual desire is a craving, much like food or water. The longer you go without water, the more you will desire it. The same is true with sex: if you masturbate every day, you're craving for sex will be weak.

Personally, I don't recommend 'nofap'. Completely eliminating masturbation is too extreme for me (I end up getting unhealthily desperate for sex after about a week). However, I do recommend cutting out porn and only masturbating once every few days.

Set a schedule, try masturbating only once a week or twice a week. Adjust your schedule based on your experience:

- If you're getting so horny that you can't focus on regular life, masturbate more.
- If you're not feeling any arousal when you see an attractive woman, masturbate less.

Simply controlling your masturbation habits will help you create natural sexual tension with the women you meet.

Wrapping Up How To Turn A Girl On Sexually (Without Saying A Word)



Mating is like a dance; one partner must lead for the other to follow. Women will rarely lead the dance towards sex – you must give women the opportunity to follow you there.

Use the three strategies you learned in this article to inject raw sexual energy into your interactions with women. Once you learn to fully own your own sexuality, you might be shocked at the way women start reacting to you.

When I'm in a sexual state, I'll often end up making out with a girl only seconds after having met her. Other times, women will suggest we find a private place to "hang out" (I.E. have sex in) within the first ten minutes of conversation.

Women make themselves sexually available to me because I show them my own sexuality, first. Anyone can get the same reactions from women I get, simply by making a conscious effort to cultivate their own sexual energy.

How To Attract Women With Status

Avery · 11 November 2018 · Archived copy · Original

What's the primary difference between a man who gets flaked on, and a man who consistently gets dates with beautiful women?

Status.

Women are attracted to status even more than they're attracted to a pretty face and washboard abs.

[image]

When I was sixteen, I worked at a restaurant which had quite a few beautiful female employees. The manager slept with almost all of them. This guy was physically unattractive and socially awkward. He wasn't getting laid like a rock star because of his appearance, he was getting laid because of his status.

If you want to become more attractive to women, your best bet is to increase your status.

Now, you could become a famous musician or the CEO of a fortune-500 company. That would definitely work. But becoming famous would take years, and the vast majority of people who follow that path don't make it.

Fortunately, there's another way to increase your status.

The Status Delusion

[image]

The female brain has evolved over hundreds of thousands of years to prefer men of high status.

In prehistoric times, women couldn't judge a man's status by the quality of his watch or the prestige of his job – those things didn't exist. Our female ancestors could only judge status by observing a man's behavior. Women evolved to be able to unconsciously feel whether or not a man has high-status based on his nonverbal communication.

You can probably imagine the differences between the behavior of a low-status and high-status guy.

A low status guy is nervous, his eye-contact is shifty, and his body language is defensive. If a woman senses any of these behaviors, she is instantly turned off.

On the other hand, a high-status guy is confident, he holds steady eye-contact, and his body language is open. When a woman notices these behaviors in a man, she automatically experiences attraction for him.

Society teaches us that women are attracted to wealth and good looks. This is partially true, but most of us have the cause confused with the effect:

It's not just the wealth itself that attracts women, it's that wealthy men tend to be self-confident and assertive. Similarly, it's not just that good looks attracts women, it's that physically attractive men have been told their whole life that getting women should be easy for them – so it's easy for them to feel confident around beautiful women.

This isn't to say that looks don't matter or that being wealthy isn't an advantage. It's simply pointing out that looks and money aren't the whole equation.

Anyone Can Increase Their Status

Fortunately, anyone can learn to adopt the high-status behaviors that women are attracted to. But it's not easy. There's a catch-22 here: trying to adopt new high-status behaviors will make you uncomfortable, and discomfort in social interactions is a sign of low-status.

Simply put: you can't fake high-status behaviors. Yet, you have to change your behavior if you want to become more attractive to women. But there is a solution, what I'm about to tell you is one of the most important subtleties when it comes to success with women:

To become more attractive to women, you must become less attractive to women, first.

Any new high-status behaviors you try to adopt are going to be outside your comfort zone. For example, approaching an attractive woman and expressing interest in her is a high-status behavior. But if you're not used to doing it, you're going to feel uncomfortable during your first attempts. That discomfort is something the girl will sense – she'll be able to tell you're anxious talking to her.

Your attempt at doing something only a high status guy would do – approaching an attractive stranger – is going to make you nervous, and therefore, you'll come across as having low-status.

[image]

But if you keep approaching women, eventually, the dynamic will shift. You will become comfortable with the act of approaching a woman. Once approaching becomes effortless, your body language, vocal tonality, and overall demeanor will come across as highly confident: now, women will instinctually assume you're a high-status guy when you approach them.

It's so important to know that to get better with women, you must get worse first.

Most guys who learn about the pickup community quit before they get the results they want. These guys are inspired by an article or a book, so they try to approach some women.

Unfortunately, it doesn't go as well as they hoped. Their first approaches are a bit awkward. This frustrates them so much that they entirely give up on the idea on of picking up women.

Some guys give up after a week, others give up after a few months – but the underlying reason is always the same: Approaching women is uncomfortable at first. Plus, you don't get very good results on your first attempts. Giving up seems completely natural.

Becoming the high-status guy that women fall for is a challenging process. You must be willing to embrace a pain period where your attempts at attracting women fail.

But as you fail again and again, you will stop fearing failure. When you can approach a girl without being afraid of getting rejected by her, you will come across as infinitely more attractive to her.

That wraps up How To Attract Women With Status, Part 1.

In part 2 of this series, I'm going to give you a step-by-step guide to increasing your status by approaching women. This guide will help you break through approach anxiety, build your self-confidence, and get to a point where you're consistently improving your dating life.

How To Become Attractive To Women In Just 5 Minutes A Day

Avery · 21 November 2018 · Archived copy · Original

Harsh truth: Most guys in the men's dating advice community aren't going out regularly and meeting new women.

This article is going to show you how to make the shift from someone who wants to improve their dating life, to someone who is actively making progress towards that goal.

[image]

If you make going out and meeting women a habitual part of your life, you will get better at it, and eventually, you will become the confident, high-status guy that women are naturally attracted to.

The more women you approach, the more comfortable you will be with rejection, and the less you care about rejection, the more attractive you will be to women.

Approaching women is going to be difficult until it becomes a habitual part of your life.

If you start going out, but the experience is thoroughly stressful, you're probably going to give up at some point. It's in our nature to avoid doing things cause us discomfort

Put simply: when we feel that our goal isn't achievable at our current skill level, we avoid pursuing that goal.

Now, what's the goal of most men who learn about game?

To get laid or to get a girlfriend.

We don't think, "I want to go out to become .1% more confident in myself." We want to go out and get an immediate result. But, on an emotional level, we know the result we want is far out of reach. We know that if we go out to approach women, it's going to be a struggle, it's going to be stressful, and we're almost certainly not going to bring a girl home with us on the first try.

Because of this, a lot of guys in the seduction community don't go out and approach women at all.

I've made the same mistake myself. I didn't approach a single girl until a year after I started watching men's dating advice videos. I wanted to change my life, but *I was so afraid of rejection that I procrastinated by learning instead of doing.*

Eventually, I overcame my inability to go out and approach women by discovering what I consider to be the secret of motivation.

> We have ambitious goals, but on an unconscious level, we understand those goals are going to be stressful to work towards. We avoid that stress by creating excuses to not pursue our goals. Fortunately, there's a way around this trap: start with an incredibly small goal that anyone could accomplish
>
> At first, you will improve slowly. But, because your goal is easy to accomplish, you won't be tempted to procrastinate, and you will be able to make progress consistently. Over time, you will build momentum, and you'll actually want to take more and more action.
>
> Once you make the shift from feeling like you're doing something because you have to do it, to doing it because you want to, success becomes a forgone conclusion.

How To Become Attractive To Women Part 2: Create A Specific Plan

[image]

So, how do you apply this to your dating life?

Start with a small commitment. In my case, I committed to go somewhere I could meet women for at least 5 minutes every day.

5 minutes sounds so insubstantial that it's meaningless. But it's actually very useful to set such a small goal because it doesn't require a lot of willpower.

If you try to make a large change in short amount of time, pursuing your goal becomes highly stressful – and if the process is too stressful for you, you'll eventually give up.

By starting with a very small goal, you avoid this problem. Your progress might start fairly slowly, but it will be consistent and sustainable, and in the long-run, that's far more important.

Making a small change every day compounds into something life-changing over time, whereas trying to make a huge change in the next month usually leads to burnout – and the abandonment of your goal.

To be clear, once you've completed your goal of going out for five minutes, you don't have to go back home. If you want, you can stay longer and keep pushing yourself to meet women.

You're not setting a small goal to limit yourself, you're setting a small goal to motivate yourself to start taking action and get the ball rolling.

Over time, going out to meet women will become an automatic habit: you'll start looking forward to it. But building that habit starts with taking small, consistent steps in the right direction.

Depending on your starting point, you might be able to approach women on your very first attempt at this. If you're like me, however, it might take more than a week of going out and trying to approach to actually take the leap.

Be patient. When you're going out the first times, do your best to walk up to an attractive girl and introduce yourself. But if you can't do it, don't beat yourself up. Just going out and attempting to meet women is an important step in the right direction – consider that a victory.

By going out regularly with the intention of approaching women, you will eventually gain the courage to do it. For one person it might only take a day, for another it might take 3 weeks, but if you keep trying, you'll eventually break through that initial resistance.

[image]

A couple pointers for this strategy:

1. The best venues to meet women tend to be clubs, bars, and university campuses (if you're in the appropriate age-range). However, if none of those are an option on a particular day, you can also go to a mall, a large store (like Target), a popular park, or anywhere a decent number of women congregate.

The busiest club might only have 20 people on a Tuesday in your city, but going will still help make success with women a habitual part of your life. And even with 20 people, you still have a better chance at meeting an amazing girl than you would at home.

Going out every day might sound hardcore, but it is extremely effective. You would make solid progress going out 3, 4 or 5 days per week, it'll just take longer to get the results you want (because you won't build as much momentum).

2. It can be helpful to baby-step your approaches. For example, you might warm-up by saying, "Hey, I like your style," as you walk by a girl (without committing to an actual conversation).

Once you're comfortable complimenting girls as you walk by, it'll be easier to approach girl and start a real conversation.

At this point you can open with something like, "Hey, do you know if there's anywhere good to get some food nearby?" Once she responds, you're allowed to say thanks and walk away.

Part of what gives us approach anxiety is that we're not sure what to do after we say hi. Giving yourself permission to walk away after your open will take some of the pressure off of yourself.

[image]

3. Once you're confident in your ability to approach indirectly by asking for directions, you can start approaching with the intention of making something happen with the girl.

For an opening line, you can use the simple, but effective,

"Hey, I thought you were cute so I had to say hi."

Or,

"Hey, I like your style so I had to say hi."

For follow-up questions to get a conversation started, you can use the following:

- What do you do for fun?
- What are you passionate about?
- What do you do for a living?
- Where are you from?

These questions aren't anything magical, but they can get a conversation started. You can build on her answer with interesting observations/anecdotes/ or follow-up questions. And if you can't think of anything to reply with, that's fine, just ask another question until you find a topic that sticks.

It can be hard to think of something interesting to say when talking to an attractive woman because anxiety suppresses creativity. When you're uncomfortable talking to a girl, it'll be difficult to come up with clever responses to what she says. Your conversations might be a little rocky at first, but as you practice and your confidence increases, you'll be able to effortlessly hold interesting conversations with girls you just met.

4. Once you're able to comfortably approach a girl and hold a conversation for a couple minutes, you should start asking for girls' numbers. An easy way to do this is to say, "Hey, it's been fun talking to you, we should get coffee sometime."

If she agrees, follow up by suggesting a particular time. For example, "Cool, what are you doing Thursday evening?"

If she says she's free, great. If she says she's busy, ask when she's free this week. (She might say she isn't free at all, in which case she's probably not interested and I would just let it go.)

When she suggests a time, make plans to meet up with her. It's best to recommend a specific place to meet (because that makes the plans more 'real'). Once she's agreed to meet you at a particular time and place, it's only natural to ask for her number so you can make the date happen.

To get her number, you can just open up the add contact screen on your phone and hand your phone to her, she'll know what to do with it. Once you have her contact information, make sure to send her a text with your name.

Since you've already made plans with her, you don't need to 'game' her over text, simply text her to confirm your date.

Wrapping Up How To Become Attractive To Women In Just 5 Minutes A Day

[image]

If you want to learn how to be attractive to women, cold approach is the best place to start.

Approach women and ask them on dates. Normally, only a high-status guy would do these things (because most men are too afraid of rejection). The fact that you're able to confidently do something most men can't will imply you have high status.

This can't be faked. Your first attempts at approaching women and asking them out will make you nervous, and your nervousness will make you less attractive in the short-term.

However, if you persist through this phase of initial discomfort, you will be able to approach women with confidence. Once you've made this shift, *you're attractiveness to women will exponentially increase.*

The process of approaching and attracting women can be stressful and anxiety provoking, so it's important to take small, realistic steps in the direction you want to go.

Hypothetically, you could approach 20 women a day every day for a month, and you'd get amazing results. But, realistically, most guys won't be able to sustain that amount of effort without burning out.

So, set a goal that's realistic to your current level of experience. If you've never cold-approached a girl before, that goal is probably just to go out for five minutes a day. That might sound like an insignificant goal, but you will build momentum over the course of weeks and months, and eventually you'll become unstoppable.

Follow the guidelines I laid out in this article, and I promise you, you will make incredible progress. No, you won't get a "perfect 10" girlfriend next week, but you will become more confident in yourself, and you will attract more women in the next year than most guys do in their entire lives.

How To Create Sexual Attraction With Eye Contact

Avery · 26 November 2018 · Archived copy · Original

When it comes to attracting women, holding strong eye contact is a superpower.

Research has shown that prolonged eye-contact can induce feelings of passion and even love.

Famed evolutionary psychologist David Buss writes, “In one study, forty-eight women and men came to a lab and were asked to stare into each other’s eyes while talking. The effect of mutual gaze proved powerful. Many reported that deep eye contact with an opposite-sex stranger created feelings of intense love.

Another study had strangers first reveal intimate details of their lives to each other for half an hour, and then asked them to stare into each other’s eyes for four minutes— without breaking eye contact or making any conversation. Participants again reported deep attraction to their study partners. Two of these total strangers even ended up getting married!” (*Why Women Have Sex)*



Once I learned about the power of eye contact, I began experimenting with it in my own life. The results *were unbelievable*. Women started to respond to my eye-contact with comments like,

> “Wow, I haven’t felt butterflies like that in years.”
>
> “You and I shouldn’t be left in a room together.”
> “You’re making me nervous in the best possible way.”

I wasn’t doing anything magical, I was simply making strong, intentful eye-contact. You can get women to respond to you just as sexually by making small changes to the way you look women in the eyes.

There are two key elements to powerful eye-contact: duration and intensity.

Duration

If you don’t hold eye-contact long enough, you will appear nervous, and therefore, unattractive. If, on the other hand, you hold eye-contact for too long, you will be unnervingly intense.

A great rule of thumb to make your eye-contact strong – but not creepy – is to hold eye contact until the girl looks away.

When she looks away, you can look away for a moment, too. By holding eye-contact slightly longer than she does, you're ensuring that your eye contact will be strong, but not too strong.

Intensity



The eyes act as a conduit for emotions. If you see fear in someone's eyes, you will feel fear. If you see confidence in someone's eyes, you will feel confidence. And most importantly, if you see desire in someone's eyes, you will feel desire.

Eye-contact is only as powerful as the intention behind it. When I'm meeting an attractive woman's gaze, there is a clear sexual intent in my eyes – I feel it, she feels it. It might sounds strange, but I'm basically thinking, "I want you." as I hold eye-contact. This feeling of desire transfers from me to her.

This technique is so powerful because it's subtle. You're not saying that you like the girl, you're making her feel it on a primal, subconscious level. Strong eye contact is an aphrodisiac, it's probably the one adjustment you can make to your game that will have the biggest impact (in terms of creating attraction).

Implementing This In Your Life

Okay, we've explained why eye contact is so important and what makes eye contact strong or weak. But how do you actually bring this from the theoretical into your actual life?

Well…

I made holding strong eye contact a habit by watching a strange video every single day.

Here's the video:

Yup, it's a girl staring at a camera for several minutes straight.

It's weird, I know, but watching this video is powerful because your brain has no way to know that you're just watching a video.

As far as your brain is concerned, you're holding eye contact with a real woman in real time.

If you get comfortable holding strong, intentful eye contact with the video, you'll be much more comfortable doing the same thing in real life.

Of course, watching a video like this is mental masturbation if you're not going out and approaching women. Think of eye contact practice videos like a workout supplement – they can help improve your progress, but they're definitely not a replacement for hard work.

Wrapping Up How To Attract Women With Eye Contact



Eye contact is easy to overlook because it's so basic – there's nothing new or flashy about learning how to make strong eye contact with a girl.

Yet, eye contact is incredibly powerful, it can show confidence (or lack thereof) and it can even create sexual attraction on its own.

It's worth spending some time to master holding strong eye contact because, if you do, women will respond to you in ways most guys can't imagine.

How To Approach A Girl For The First Time

Avery · 27 November 2018 · Archived copy · Original

To get a better dating life, you must start approaching women. Yet, if you're anything like I was, approaching women is so hard that it feels like you might as well not even try.

There is a clever way around this predicament: break up your goal into tiny, easily manageable steps. If you've never approached a girl in your life, the idea of going out and meeting women can be overwhelming. But you can break down your goal of approaching women into a small goal that anyone could accomplish – and slowly increase that goal.

[image]

Think of it like weightlifting. You may have a goal to bench press 300 lbs, but if you've spent the last 3 years sitting on the couch watching Netflix, you're going to have to start small and build up to 300 pounds over time.

Imagine you told yourself that you should be able to lift 300 lbs the first time you go to the gym? Well, because your goal is unrealistic to your level of fitness, you would avoid going to the gym at all. What's the point in going if you know you're not going to succeed at your goal?

We do the same thing with our dating goals. We want to go out and meet women, but we know that it's going to be really hard at first. Subconsciously, we understand that our first attempt at approaching women is not going to get us immediate results. We doubt that we'll be able to approach a girl if we go out. We've spent our entire life seeing thousands of girls we wanted to approach, but we hesitated time and again.

The goal of going out to approach women is genuinely difficult. It's not an exaggeration to say that most men can't approach an attractive girl without the benefits of alcohol.

If your goal is to go out and approach women even though you have years of evidence suggesting that you won't succeed in that goal, your situation is similar to wanting to lift a 300 lb weight even though you're out of shape. The natural thing to do is to entirely avoid taking action in pursuit of your goal.

[image]

What's the solution?

Well, if you're out of shape but you want to bench press 300 lbs, you would start with a much smaller weight. You'd set a goal that is realistic to your current skill level. That goal might be simply to go to the gym and find out how much weight you can bench. It might turn out that you can only bench press 80 lbs, that's fine, you can increase that weight slowly, every single week, until you reach your long-term goal of lifting 300 lbs.

You can apply the same strategy to approaching women. Going out and getting dates with attractive women is a significant goal. Break that goal down into steps that are manageable based on your current level of experience.

How To Approach A Girl For The First Time Part 2:Use The Power Of Momentum

[image]

If you set a small goal that's easy to accomplish, you'll start to build momentum and you'll be able to consistently make progress. If, on the other hand, you set a goal that's too large, you'll stay at home because you know the goal is unrealistic to your current skill level.

When you're attempting to do your first approach, you should start small, very small.

Let's get specific. I recommend that anyone who isn't regularly approaching women set a goal to go out at least 5 minutes every day. It's a small step, but it's sustainable, and you can build on it over time.

The idea here is to go somewhere with a lot of women like a bar, nightclub, college campus, shopping mall, supermarket, or even a busy street for five minutes each day and to do your best to approach women.

If you go out and you're unable to get any approaches in, you should still count that as a win because you got out of the house and tried.

If, after five minutes you want to go home, that's fine, you succeeded. But, if you want to keep going beyond the initial goal, don't hesitate to do so.

When you're out, your goal is to do your best to approach women – you can open the conversation with the line, "Hey, I like your style and I wanted to say hi."

The first approach may be extremely difficult But once you get past the first approach, each subsequent approach will be easier. And if you go out every day, approaching women will eventually become effortless. (however, if you take a few days off between sessions, your momentum will start to fade, that's why it's helpful to commit to going out as consistently as possible).

Wrapping Up How To Approach A Girl For The First Time

[image]

When I implemented the strategy you just learned, it took me more than a week to be able to approach a girl at all. That week was frustrating, but it was worth it. I was finally able to move past the years of overthinking and worrying and mental masturbation. My first approach wasn't easy for me, but when I finally did it, it felt like a thousand pounds had been lifted off my shoulders.

Anyone can overcome approach anxiety using the strategy I outlined in this article. However, not everyone can do it in a single day. If you've never approached a girl in your life, you've been building up excuse making momentum for years.

It might take you several days or even several weeks of going out and struggling to do an approach before you finally break through your anxiety. Those days might suck, but if you persist, the moment you finally break through will be incredibly satisfying.

A lot of guys have told me the moment they did their approach was one of the best moments of their entire lives.

That might sound crazy, but it makes sense if you really think about. We spend so many hours wondering what might happen if we just said, "fuck it" and approached that attractive that girl who walked by.

Throughout our lives, we come across thousands of intriguing women we want to meet. But, if you're like most men, you let most – if not all – of those opportunities pass you by.

Approaching a girl becomes such a big deal in our minds that when we finally do it, the sense of accomplishment is completely euphoric.

How To Get Laid Consistently When You Go Out (The Ultimate Guide)

Avery · 28 November 2018 · Archived copy · Original

I've missed hundreds of opportunities with beautiful women throughout my life.

Why?

Because I didn't take the lead.

[image]

Leading is fundamental to success with women. To put it bluntly: if you don't lead, you're not going to get laid.

Women will rarely lead an interaction towards sex. In 6 years of going out to meet girls multiple times per week, I can only think of two times where the girl was the aggressor.

Fact is, even if a girl is attracted to you, she has very little incentive to be the sexual initiator.

There's a societal expectation that men are supposed to take the lead romantically. Why would a woman make a bold move that might get her rejected, when she can safely assume that if a guy likes her, he will lead things towards sex?

Furthermore, if a woman makes sexual advances on a man, she risks being labeled as a slut. The guy might tell all his friends what happened. Rumors would spread and the girl will have to deal with slut shaming from all her friends because she was too "easy".

On the other hand, when a woman lets the man initiate sexually, she has plausible deniability. She can tell her friends, "It just happened." Therefore, she can get the sexual experience she wants without the social repercussions she would be subject to if she were the aggressor.



Whether you want a one-night stand or a girlfriend, you must take 100% of the responsibility for making the relationship sexual in nature. Women have so much incentive to let the man do the leading that they will almost never do it themselves.

The fact that women will rarely lead an interaction towards sex means that even if a girl thinks you're an Adonis, you won't sleep with her unless you proactively make it happen.

I've gone out to meet women with a number of guys who were extremely good looking, yet many of them did not get results. These guys could easily get women attracted to them, but it doesn't matter how much a girl likes you, unless you lead things forward.

I've also gone out to meet women with a number of guys who had subpar social skills and below- average looks. Despite their disadvantages, some of these guys have consistently slept with extremely attractive women.

Why?

Because they went for "the close".

It's not poetic, but most of your results from game aren't going to come from your charming personality, they're going to come from your ability to lead things forward when you meet a girl who is attracted to you and available.

That isn't to say that you shouldn't work on improving your looks or becoming more charismatic, those qualities absolutely do matter – a lot. But you can be the most charismatic guy on the planet and close out each night with only the company of your right hand: unless you learn how to lead effectively.

Conversely, you can have mediocre social skills and still regularly sleep with attractive women, so long as you master the fundamental of leading hard

In the vast majority of cases, if you want something to happen with a girl, you have to approach her, you have to initiate physicality, you have to lean in for the first kiss, and you have to invite her somewhere you can hang out in private.



You can master everything else in game, you can be as smooth as James Bond and as confident as Connor McGregor, but until you start leading hard, your results with women are going to be lackluster, if not nonexistent.

Women Want You To Lead

Now, this doesn't mean you should be aggressive or manipulative in any way. Most men think it's disrespectful to lead an interaction with a woman towards sex, but that couldn't be further from the truth.

If a girl likes you, and you like her, but you don't make a move, you are letting her down. Remember, women have a lot of incentive to avoid leading a relationship towards sex. They basically have to let men initiate. So, if a girl likes a guy but he doesn't take the lead, she's left confused and frustrated.

Conversely, if you lead an interaction forward and the girl rejects you, the only consequence is that your ego might get bruised. The girl will be flattered, she'll appreciate that you were honest about your intentions.

Of course, if a girl rejects you, but you start acting bitterly towards her, then yeah, she's going to respond negatively. But it's not the fact that you made a move that upset her, she was upset because you didn't respect her decision.

Again, when it comes to dating and sex, you must be willing to take role of the initiator. If you're not able to do that, you're not going to go on many dates or have much sex.

Every time you approach a girl you like, but you don't lead it as far forward as possible, you got rejected by default. If you go for the close, there's a possibility of success, but when you don't go for the close, rejection is guaranteed.

So, what exactly do I mean by leading?

Leading is anything that moves an interaction towards sex. Getting a girl's number and setting up a date with her is leading. Inviting a girl to hang out with you in a private location is leading. Physical escalation with a girl (touching her, holding hands, kissing, etc.) is also leading.

Leading is often the difference between an interaction that ends in, "It was nice meeting you," and an interaction that ends up in the bedroom

The vast majority of guys I've met do not lead their interactions enough to get the success with women they want. Failing to lead is a common blindspot that can make all your other efforts in dating virtually meaningless. It's important to ask yourself whether or not you are handling this fundamental in your own life:

- When you approach a girl you like, do you invite her to another area with you?
- Are you physically escalating (until you get resistance)?
- Or, are your interactions going nowhere because you can't transition out of friendly chit-chat?

Play To Win



If you're not leading your interactions with women enough, the simplest solution is to make a habit of attempting to lead every interaction as far as possible.

Now, it's important to know what your desired outcome with a girl is before deciding how to lead it forward.

For example, if you're meeting women during the day and your goal is to collect as many numbers as possible, then you don't need to make out with the girls you approach. In this case, the only leading you need to do is exchanging numbers and setting up dates.

However, if you're meeting women in a nightclub, there's a very good chance that you'll want to bring a girl home with you. In this case, whenever you're interacting with a girl you like, you should lead that interaction as far towards sex as possible.

So, what does leading an interaction forward look like, specifically?

1. Know what your ideal outcome for the day/night is. Is it setting up dates with women, or is it bringing a girl home with you?
2. When you approach a women, determine what the ideal outcome for that specific interaction is.

For example, you might decide that you're not attracted to a particular girl, in which case your ideal outcome is to have a short conversation with her and leave on a positive note. Alternatively, if you are attracted to her, your goal will be determined by her availability.

To find out a girl's availability, simply ask, "What are you doing later tonight?" (for nightgame) Or, "What are you up to right now?" (for daygame)

She might respond to your question with something along the lines of, "I have to drive my friends back home," Or, "I'm going back home with my roommates to sleep." This means it's unlikely she's open to doing something with you later.

Now, it's impossible to know for sure whether she's making herself unavailable to you because she's uninterested or if she legitimately has plans that mean she can't hang out with you.

Your best option in this situation is to grab her number and start approaching other women.

Maybe she likes you, maybe she doesn't, but you know she's probably not going home with you that night. By getting her number, you'll find out whether she was interested in you based on how she responds to your texts.

But if you were to hang out with that girl for the whole night, you'd be be spending your time with a girl who may not even be interested in you in the first place. It's more efficient to get her number and move on so that you don't risk wasting your time.

What if you ask a girl what she's doing later and she responds with something like, "Nothing much" Or, "What are you doing later?" In that case, she's probably interested in doing something with you later, so you should lead the interaction as far forward as possible.

At this point you should find out if the girl will leave her friends to hang out with you in a different area. Make a suggestion like:

- "Hey, let's go to the outside area where we can actually hear each other."
- Or, "Let's go to the dance floor for a minute."
- During the day you might say, "There's a Starbucks right down the street, let's get a quick cup of coffee."

If a girl is unwilling to move to a nearby area with you, it's very unlikely she'll be willing to go home with you on that same day.

In that case, it's best to exchange numbers with her before going back to approaching other women.

If the girl says yes to your request, then you can dance with her or hang out with her in the area you suggested.

Taking Her Home

[image]

Okay, a girl is following your lead from one area to another. After you've been talking with her for roughly 45 minutes to an hour and a half, the next step of leading is to bring her home with you.

If a girl you just met agrees to hang out with you in the privacy of your home, you can be fairly confident that she likes you. There are plenty of ways you can invite a girl back to your place,my go to is simply to say,

"Hey, it's too loud here, let's go somewhere we can have a real conversation."

Some other lines I've used to pull include:

- "There's a rock-band after-party nearby, let's go!"
- "Let's get pizza!" (The pizza is in my freezer)
- Another strategy I use to pull is to ask if the girl has seen a particular TV show. Then, when she says she hasn't seen it, I respond that she needs to see it right now – with me.

You don't need a great reason to bring a girl to your place, you just need an excuse that isn't "let's fuck" (saying that puts way too much pressure on the girl). If a girl is interested in hooking up with you, she will agree to go to your place for whatever silly reason you come up with. A friend of mine once pulled by saying, "I have an amazing book collection at my place, you have to see it."

To be clear, sometimes a girl will refuse to go home with you even if she likes you. Maybe the girl has a boyfriend she didn't mention. Some girls just don't do one-night stands. Other times, a girl can't go home with you she has to sleep in the same room as her friends.

If a girl won't go home with you, you have two options:

Your first option is to stick with the girl until the end of the night. Then, when she leaves, you can go with her to her place. Before choosing this option, ask yourself, “What would happen if she and I were alone in a room together?” If the answer is, “We’d tear each other’s clothes off,” then, going with her has a good chance of leading to sex.

To go with her, ask, “What area of town are you headed to?” Reply to whatever her answer is with, “Oh, I’m near there, we should split an Uber.” If she’s unenthusiastic about the idea, then she’s probably not that interested in going with you, but if she says something along the lines of, “Yeah, that sounds good.” Then you can leave with her at the end of the night.

When you’re in the Uber with the girl, you need to create an excuse to enter her house. The easiest way to do this is to simply ask if you can use her restroom while you wait for another Uber to your place.

When you’re in the girls house, one thing should lead to another. You’ll both forget that you were “waiting for your Uber”.

Now, if you’re thinking, “This sounds creepy,” well, *it is creepy if she’s not into you*. However, if she’s really attracted to you, you’re simply creating a logical excuse to do what you both want to do.

You can’t tell a girl, “Oh, you have to go home with your friends? Can I come along so we can fuck when you get home?” That wouldn’t be relatable. If you want to go home with her, you have to create a situation where it makes sense for you to end up in her house. Again, you should only do this if you’re confident that it’s on between the two of you.

When you invite a girl back to your place and she declines, you may not be sure whether or not she’s attracted to you. In this case, the best option is to make plans to go on a date with her later and to then go meet other people. Say something like, “It’s been cool talking to you, we should get coffee sometime.”

When a girl rejects your invitation to go home with you, it’s often not that she’s rejecting you, she just can’t go home with you at that particular moment. That’s why you should always make plans to hang out with the girl later in this specific situation.

Ok, that’s everything you need to know about leading a girl – from approaching her to getting her home with you.

You may have noticed there was no step that involved making out with the girl in the club. Making out in public is completely optional, you really don’t need to make out with a girl before bringing her home with you.

The best way to make an interaction physical is through dancing. Dancing can turn a girl on just as much as making out does, without giving the girl a reason to worry about her friends seeing her acting ”slutty.’

Remember, most women do not want to do anything that will make them look slutty in public, and making out with a guy before leaving a club with him looks pretty slutty by many people’s standards.

Wrapping Up How To Get Laid Consistently

[image]

Most men avoid taking risks that might ‘rock the boat”’ when they’re talking with an attractive woman. These men hesitate to do anything that might lead the interaction towards sex. Truth is, if you don’t lead, you’re just not going to get laid – and you’re not going to get a relationship either.

Leading is uncomfortable at first. Anything you do that can lead an interaction towards sex, can also get you rejected. But here’s the harsh truth: if you don’t do things risk making a girl reject you, you also don’t risk getting laid.

If you like a girl: ask for her number, lean in for the kiss, invite her back to your place. She might reject you, but she also might say yes.

Never Run Out Of Things To Say Again (How To Keep A Conversation Going With A Girl)

Avery · 29 November 2018 · Archived copy · Original

You walk up to a beautiful girl and say, “Hey, I like your style.”

She smiles and says, “Thanks!”

She’s waiting for you to sweep her off her feet with your charming personality. But you can’t think of anything to say. So, you just walk away, embarrassed that you missed your opportunity to get a date.

Sometimes the hardest part of attracting women is thinking of the right thing to say. But it doesn’t have to be.

In this article, you will learn how to keep your conversations with women flowing – even if you’re feeling nervous. You’ll also discover how you can turn surface level logical conversations into emotionally impactful conversations that a woman will never forget.

How To Keep A Conversation Going With A Girl Part 1: Breaking The Ice

[image]

Once you’ve approached a girl, you have to build an interesting conversation out of thin air.

Overall, this is a skill that you’ll develop with practice. The more you put yourself on the spot by approaching women, the better you’ll get at thinking on your feet.

In the short term, you can make starting a conversation with a girl easier by memorizing a few basic questions.

Whenever you can’t think of something to say in the moment, you can fall back to one of the questions you’ve memorized.

Here’s a few examples:

- “What do you do for fun?”
- “What are you passionate about?”
- “Are you from here?”
- “What do you do for work?
- “What are you doing later?” (this helps you get a sense of how much time she has to hang out with you)

These questions aren’t magical, but they can get a conversation started: think of them as a crutch to fall back on when you can’t think of something interesting to say in the moment.

When asking these basic questions you’re looking for commonalities that you can expand on:

- For example, if you ask a girl what she does for fun, she might say she likes to watch Netflix. You could follow up by asking what she’s been watching lately. If she says she’s been watching Game Of Throne,s you might respond by asking, “Who do you think is going to survive in the final season?
- If a girl says she’s passionate about helping people, you can talk about how Tim Ferris’ book, *The 4 Hour Workweek* inspired you to start your own online business and it completely changed you life. You could go on to explain how that experience made you realize that helping others is one of the most important things you can do – you really can improve someone’s life for the better.

If you can’t think of anything to say about a particular topic, just move on to something else by asking another

question.

Now, we all instinctively know how to hold a good conversation, but when we're under a lot of social pressure, we start overthinking instead of letting the conversation flow naturally.

That's why it's useful to memorize a few basic questions you can ask any girl you meet. Doing this will give you something to say so that you can keep the conversation going until you can break the ice.

How To Keep A Conversation Going With A Girl Part 2:The Power Of Free Association

[image]

Whenever a girl says something, you can associate off what she said to deepen the conversation. If you get good at doing this, you will never run out of things to say again.

If you think about it, anyone you've met who was particularly interesting or funny was good at free associating. They stood out because of their ability to relate what you said to something unexpected and creative.

At this point, I can pretty much make a girl burst out in laughter whenever I want to simply because I've practiced free associating so much.

Let's take an example. When a girl tells me her name is Ashley, my mind automatically creates a list of associations. It looks something like this:

Ashley = Attractive / Wealthy / Generic / White / Ashley Benson.

I can then say something based off any of those associations, for example:

Attractive:

> "Ashley? That's a classic hot girl name. I'm not sure if it fits you."

Generic:

> Me: "I've never met an Ashley before."
>
> Her: "Really?"
>
> Me: "No, I'm messing with you, I've met tons of Ashley's."

Ashley Benson:

> "Ashley? Like the actress Ashley Benson. So you're a Pretty Little Liar?"

Wealthy :

> "Most of the Ashley's I've met were really rich. But you look like you're the exception."

White:

> "That's the ultimate white girl name. You must be from Scottsdale." (Scottsdale is the rich white part of my city.)

Even from just hearing a girl's name, you can use free association start building an engaging, emotionally charged conversation.

Of course, just knowing why this concept is so powerful isn't really going to allow you to make a change in your life. Fortunately, your ability to free associate is a mental muscle that you can develop with practice.

I do two exercises every single day that have allowed me to effortlessly generate interesting things to say when I'm interacting with women. If you spend two minutes a day practicing each of these, your conversation skills will skyrocket.

Exercise 1: Free-Associate Sentences

For this exercise, complete a sentence out-loud, then create a new sentence using a word from the previous sentence (You can also do this silently in your head).

Example:

1. The universe has existed for billions of years.
2. I am 25 years old today, that's ***half*** way to 50.
3. ***Half*** of *marriages* end in divorce.
4. *Marriage* is known to be a cultural universal which is strange because I read that monogamy isn't natural.
5. Reading good books is one of the best ways to **improve** your life.
6. If you're not **improving**, you're slowly getting worse.

Practicing this exercise will help you to make creative connections naturally in all of your conversations.

Exercise 2: Chain of Associations

In this exercise, you're associating singular words instead of sentences. But there's a twist, you are specifically thinking of words that have an emotional charge.

Doing this exercise might look something like this:

Love – Sex – Virgin – Mormon – Cult – Manipulation – Salesmen – Annoying – Amy Schumer – Gross – Taco Bell – Obesity – America – Freedom.

Men often struggle with women because their conversations are too agreeable and logical. These men might have a nice conversation with a girl, but they don't challenge or excite her. *A safe conversation will never offend a girl, but it will also never turn her on.*

Guidelines For The Chain of Associations

[image]

Your goal when doing this exercise is to associate words that provoke a strong emotional reaction. (That emotion can be either negative or positive.)

While you're doing the exercise, don't overthink it. Not every word you associate has to be controversial or shocking; it's okay if some of the words you think of are relatively bland.

This exercise will teach your mind to make connections that are outside the boring, logical, safe topics that most guys rely on when talking to women. As you practice this, your conversations with women will become increasingly impactful.

How To Seduce Women With Your Voice

Avery · 30 November 2018 · Archived copy · Original

Men often change their vocal tonality when speaking to an attractive woman. Instead of speaking with their normal masculine voice, they speak in a higher pitch and use an overly friendly, agreeable tonality.

Doing this robs the interaction of its charge: instead of a man-to-woman conversation with sexual tension, it becomes an emotionally flat, friend-to-friend interaction that would be more likely to end in a boardroom than a bedroom.

Fortunately, anyone can improve their vocal tonality.

But changing your tonality is difficult. We don't hear our own voice the way other people hear it. And realistically, you can't change your vocal tonality until you know what you're doing wrong.

There's a simple solution to this predicament: record audio of yourself speaking into a microphone. Even better, you can record yourself interacting with women. That might sound like an awkward thing to do, but you can actually record audio with almost no risk of getting caught.

Simply wear earbuds with a mic and rest them over your shirt. Use the voice recorder app on your phone to pick up the audio of your conversations (or you can download one, I use Easyvoicerecorder).



Once you've got some audio of your interactions, listen to it and analyze what you're doing well and what you could improve on.

Notice how your tonality is coming across: is it overly friendly? Confrontational? Monotone?

Look for anything that could be improved about your tonality. Maybe you could use more pauses, maybe you could speak with more emotion, and maybe you could vary the rhythm more.

Listening to your recorded voice will give you a lot of emotional leverage to make a real change. You might, for example, notice that you're coming across as quiet and shy.

That's actually a good thing. When you know you're voice is timid, you are going to be viscerally motivated to add more assertiveness and masculinity to your voice.

You might be worried that your voice will sound cringe-worthy, but that is exactly why this exercise is so powerful. When you hear your mistakes objectively, you will have no choice but to improve.

Once you have an idea of what you want to change about your tonality, go out again, record your approaches, and listen to the new audio. You will most likely hear a noticeable improvement. .

How To Seduce Women With Your Voice Part 2:

The Qualities of A Powerful Voice



Breaking rapport:

Men often speak in a voice that rises in pitch towards the end of sentences when interacting with attractive women; this is called seeking rapport. This mode of speaking is very reactive, you're making your voice extra friendly to try to make yourself likable.

When you speak in a seeking rapport tonality, you're subcommunicating that you see yourself as having lower status than the person you're interacting with.

If your vocal pitch remains the same throughout your sentences, you're speaking in neutral rapport. Neutral rapport isn't inherently bad, but it risks sounding monotone which is unengaging.

If your vocal pitch goes down towards the end of your sentences, you're speaking in breaking rapport. This is attractive to women because it indicates that you're not reacting to the girl: you're asserting yourself without hesitation.

Passion:

A lot of men speak without injecting any emotion into their voice. This makes them sound robotic. An emotionless voice is like noise, whereas a passionate voice is like music. Attracting women is all about sharing emotions, and your voice is one of the most powerful tools you have to do that with.

Pauses:

Pauses build tension. If you speak without pauses it will quickly feel like you're trying to bulldoze over the other person instead of having a real conversation involving two people which will make the other person feel uncomfortable. (Did you notice why that sentence was hard to read?)

Pauses can also get the girl to invest more in her interaction with you. If you hold a pause for a few seconds, she will feel an urge to fill in the silence by asking you a question. In general, the more the girl invests in the conversation, the less she'll feel like you're a guy trying to get in her pants, and the more she'll feel like she's the one pursuing you.

Varied tonality and rhythm:

When someone speaks with a monotone voice, we tune out because it feels like reading binary.

Speaking with a variety of tones will make you much more engaging. A new tonality perks up our attention because it's unexpected, it adds variety and richness to your conversation.

Varying the rate of your speaking between slow and fast will also make your voice more interesting to listen to. Rhythm is especially useful for emphasizing important points (by speaking slower).

Also, if you speak too fast in general, you'll make women feel that you're nervous. If this is the case, slowing your voice down will make you substantially more attractive.

A Deep Voice:



If your voice is deep, everything you say will have a masculine energy to it. You don't need a deep voice to attract women, but it's an advantage (like being tall or good looking).

Tom Hiddleston and Benedict Cumberbatch are two of the male actors that women find the most sexually attractive.

Isn't that strange? Neither of them have the most traditionally attractive facial features, nor are they particularly muscular.

But they do both have something in common – powerful, deep voices. A deep voice by itself can turn a woman so it's definitely worth putting in an effort to deepen your voice.

To practice deepening your voice, you can follow the advice in this article.

Wrapping Up How To Seduce Women With Your Voice



As you improve the quality of your voice with the methods you just learned, the responses you get from women will become increasingly positive.

What you say matters, but I'd argue that how you say it is even more important. If you speak with masculine but positive voice, women will find you significantly more attractive.

How To Tell If A Woman Is Attracted To You (5 Signs A Girl Likes You)

Avery · 2 December 2018 · Archived copy · Original

When it comes to sexuality, men like to communicate their desires directly, but women usually don't. Girls will rarely overtly say they're attracted to you, they tend to be subtle about showing interest.

To learn how to tell if a woman is attracted to you, you're going to have to become more aware of what her nonverbal communication means.

You're about to discover the 5 most common ways in which women will show interest in you. If you notice a few of these in an interaction with a girl, there's a good chance she's attracted to you.

These signs mean it's likely that a girl is attracted to you, but you can't be 100% whether a particular girl likes you based on her nonverbal communication. Everyone is different. That's why I'm going to show you how to know when you can escalate without a risk of upsetting the girl later in this article. With that said, let's dive in.

5 Signs A Girl Likes You

1: She Holds Your Gaze

[image]

It's definitely a good sign If a woman holds strong eye contact with you . It means she's comfortable with you and that she likes you (on at least platonic level).

Now, strong eye contact doesn't necessarily imply attraction, but the stronger the eye contact, the more likely it is a sign of sexual interest.

A lot of guys miss this sign because they don't make strong eye contact themselves. If your eye contact is darting all over the place, you're not going to notice when a woman is trying to hold strong eye contact with you.

So, if you want to be aware of this sign, you should make a point to hold strong eye contact with women you're interested in. As a rule of thumb, you should hold eye contact until the girl looks away. That way, you're eye contact will be strong, but you won't be staring at her to a degree that she's uncomfortable with.

5 Signs A Girl Likes You

2: She Fills Conversational Gaps By Asking You Questions

[image]

It's a good sign if you meet a girl, you talk for a bit, and as soon as there's a moment of silence, she fills it with questions like: "So, where are you from?" or "What do you do for a living?"

When a girl isn't interested in you, she'll either leave the silence hanging or use it as an excuse to end the interaction. When a girl feels a need to fill the silence with questions, it means she wants to keep talking to you.

You can be proactive about this by intentionally letting the silence hang after you finish saying something. If she fills that silence, she's at least somewhat invested in her interaction with you. Also, letting the silence hang is a good way to get a girl to start chasing you, and it can actually increase her attraction for you. This technique kills two birds with one stone.

5 Signs A Girl Likes You

3: She Gives A “Green Light” When You Touch Her

[image]

If you touch a girl, say on the shoulder, and she responds by touching you back or by leaning towards you, she’s giving you a “green light“, it means she likes being touched by you.

This is a strong indication that a girl is interested in you, and because most women will wait for the man to make the first move, this is the sign that I rely on the most.

If a girl responds positively to being touched on the shoulder, you can escalate a bit further by getting in closer and holding her by the waist.

Then, if she’s still responding positively while you’re in close, you can hold strong eye contact with her. If she holds the eye contact with you, it almost always means that she wants to be kissed.

If you think about if, before you kiss someone, you’re almost always holding eye contact with them.

So you can use eye contact as a way to tell if a girl wants to be kissed. If you start leaning in for the kiss and the girl looks away, that’s fine, just take a step back and there was no harm, no foul. You’re only crossing the line if a girl tries to reject your kiss, but then you keep going in anyway and don’t show empathy.

Going in for the kiss can be nerve-wracking, but you don’t need to lean in for a kiss out of nowhere, you can escalate towards this kiss step by step. That way you can be fairly confident that the girl is on the same page as you.

5 Signs A Girl Likes You

4: Laughter

[image]

When we’re attracted to someone, we tend to exaggerate how interesting they are to show them that we like them. Oftentimes, this manifests in a woman laughing a lot (even if you’re not being very funny).

Laughing is always a good sign. And if a girl laughs even when you said something that wasn’t actually funny, it’s an even better sign.

Here’s an infield clip of a girl laughing at pretty much everything I say (even though it’s not all particularly clever):

5 Signs A Girl Likes You

She Plays With Her Hair

[image]

When a woman plays with her hair, it can mean that she’s doing one of two things subconsciously:

1. She’s trying to make herself look look good so that you notice how attractive she is.
2. She’s feeling self-conscious about her appearance because she’s attracted in you.

To be fair though, sometimes when a woman plays with her hair, she’s just playing with her hair. But this is often a very good sign.

Wrapping Up How To Tell If A Woman Likes You

[image]

You just learned the 5 most common ways in which a woman will show her interest in you.

Of all of these signs, the most important one is that she gives you a green light when you're physical with her.

Looking for signs that a girl is interested is useful, and it's definitely important to be aware how a girl is feeling, but the only one of these signs that you should heavily rely on is whether she gives a green light when you're physical.

It can be easy to miss or to misread the signs you're getting from a girl.

Sometimes even when a girl seems uninterested, she's just feeling nervous. The only way to find out for sure whether a girl likes you is through physical escalation.

Now, you don't want to just randomly to make out with a girl. Start by touching her shoulder or her arm, see how she responds, and if it's positive, you can hold her by the waist, and if she responds positively to that you can make out with her (and so on).

If at any point she moves back or seems uncomfortable, then you need to take a step back.

But if you do this step by step, there's very little risk of offending her in any way. You're not doing anything that's jarring, you're gradually escalating WITH her, as opposed to aggressively escalating ON her, which is what some guys do.

PS: Knowing how to tell if a woman is attracted to you is important, but if you want an amazing dating life you're going to have to learn how to magnify your dating confidence and start meeting new women. If you're interested in learning how to do that, check out: The Trial: Transform Your Dating Life In 8 Weeks

How To Tease A Girl And Spark Sexual Attraction (Hidden Camera Infield Video)

Avery · 3 December 2018 · Archived copy · Original

Approach Anxiety SOLVED: How To Meet Women Fearlessly

Avery · 3 December 2018 · Archived copy · Original

[image]

Your brain isn't much different from the brain of early humans who lived hundreds of thousands of years ago.

Our ancestors weren't the strongest animals on the planet, but they were the best at working together. Early humans were only able to survive in the harsh environment by living in tribes of 50-150 people.

A prehistoric man was doomed to a swift death without the support of his tribe. We evolved to be terrified of social rejection because our ancestors would literally die if they were disowned by their tribe.

It's no coincidence that when people are surveyed, they report to be as afraid of public speaking as they are of dying.

The belief that social rejection must be avoided at all costs is encoded into our very DNA. When you think about approaching a girl, your brain floods you with anxiety because it believes if you approach her and she rejects you, some guy will walk up to you and bash your head in with a club.

Approach anxiety is natural, and it's almost universal. But just because it's natural, doesn't mean it can't be overcome.

How To Meet Women Fearlessly:

Overcoming Approach Anxiety With Gradual Exposure

[image]

By default, we subconsciously believe that if we approach a girl something terrible might happen. This belief contradicts reality. Once you start approaching women, you will have no choice but to realize there was nothing to be afraid of.

At worst, a girl might tell you to fuck off. But even that's rare, most rejections are nothing more than a woman telling you, "It was nice to meet you, but I have to go find my friends."

If after you approach a girl, you're still standing – unharmed – your brain is forced to realize that the fear it was pumping you with was unnecessary. You've given your brain proof that there are no real consequences to approaching women.

Of course, there's a catch-22 here. *Approach anxiety makes it hard to approach, so how can you be expected overcome approach anxiety by approaching?*

The solution to this predicament is what psychologists call gradual exposure.

It's not fair to expect that you'll be able to force yourself to approach women through sheer willpower.

That's where gradual exposure comes in. Gradual exposure allows you to break down an overwhelming goal into manageable steps.

If you haven't approached a girl in the last 3 months, don't expect to approach 10 women the first time you go out. Start with a much smaller goal.

Accomplishing your small goal will allow you to build momentum that will allow you to accomplish increasingly difficult goals – until eventually, your approach anxiety will dissipate.

The following is a list of progressively challenging steps you can take to overcome approach anxiety:

How To Meet Women Fearlessly Step 1:

[image]

The smallest step you can take towards approaching women is leaving your house and going to a location where attractive women congregate.

This step might sound so insignificant that it's not worth mentioning, but it can actually be extremely helpful to lower your bar for success to be something that requires almost no willpower.

If approaching women isn't something you're used to doing, the idea of going out and potentially getting rejected can be intimidating.

When I first learned about game, I was so resistant to the idea of approaching women that I just stayed at home and watched videos instead of going out.

If your bar for success is simply to go to a public place where women congregate, it's much easier to get out of the house and, therefore, one step closer to interacting with women.

Unless you've approached women within the last few weeks, I recommend you set a goal to simply go out and attempt to approach women for at least 15 minutes.

You may not talk to any girls the first time you do this, but you that's not a loss – so long as you went out and tried to approach, you took an important step towards reaching your goals.

When we set goals that are unrealistic to our current skill level, the process of self-improvement becomes extremely stressful.

Getting out of your comfort zone is important, it's necessary to push yourself to grow. However, expecting yourself to make a drastic change in a short amount of time usually backfires. It's like trying to bench press 200 lbs on your first trip to the gym in several years: setting a goal to make dramatic progress is one of the most common reasons we fail to follow-through.

Instead, start small, and build up on your small goal over time. Progress will be slow at first, but each small win will motivate you to push yourself a bit further every day.

Conversely, if you start with an unrealistic goal and are unable to keep up with it, you'll become discouraged by your inability to meet your inflated expectations.

How To Meet Women Fearlessly Step 2:

[image]

Once your out, start giving girls compliments as you walk by them (I.E. "I like your style." "I like your shirt." "I like your shoes." etc.) You don't have to commit to the interaction, you're allowed to say your compliment and continue walking.

One of the reasons we get approach anxiety is that we think we'll run out of things to say after we open a conversation. To diffuse this anxiety, let go of the expectation that your first approaches should go anywhere. Just saying a compliment to a girl as you walk by is a win, you took a step towards approaching a girl and getting her number.

Each time you give a girl a compliment, you'll realize there were no consequences to talking to stranger (if anything she'll be grateful for the compliment). Do this several times, and your social confidence will build to a point where

you'll be able to do a more committed approach.

How To Meet Women Fearlessly Step 3:

Once you're comfortable with giving women compliments as you walk by them, the final step to overcoming approach anxiety is starting actual conversions with women.

Your goal here is simply to ask one basic question after giving a girl a compliment.

A few examples you can use are:

> "What do you do for a living?"

> "Are you from here?"

> "What do you do for fun?"

You might not be able to think of anything to say after the girl answers your first question. That's okay, just say, "Cool, it was nice meeting you." Consider every small step you take towards approaching a girl and getting a date with her a success.

Imagine you've decided to start playing basketball. On your first day of practice, most of your shots are wild misses. Those misses might be frustrating, but they're teaching you how to calibrate your shot: each miss brings you a small step towards greater accuracy.

The same is true in dating. Your first approaches will likely be wild misses: at first, you may not be able to keep a conversation going for more than 30 seconds.

You could see these short interactions as a failure, but really, they're teaching you how to calibrate your approaches. Each interaction takes you a small step towards the long-term goal of becoming a man who can effortlessly attract women.

How To Be Less Needy Around Attractive Women

Avery · 5 December 2018 · Archived copy · Original

When you approach a girl, she's going quickly determine whether you're a source of value or a threat. If she sees you as a threat (because you're too pushy, nervous, needy, etc.) she's going to become uncomfortable, and more likely than not, she's going to have to "use the bathroom" or "go find her friends."

[image]

If a girl sees you as a source of value, however, she'll be enthusiastic to get to know you.

The social hook point is best defined as the point when a girl decides that she wants you stay more than she wants you to leave: she sees you as a source of value, not a threat.

Reaching the social hook with a girl point necessarily mean she's sexually attracted to you, it simply means she likes talking to you.

If your 'game' is good enough, you can reach the social hook point with nearly any girl you approach.

A lot of guys have trouble getting women to talk to them for more than a couple minutes. If this is happening to you, it might seem like you're just not good looking enough, but reaching the social hook point is mostly about projecting positive energy.

Being good looking does make women more likely to assume you have high value at first.

However, if you can make a woman feel positive emotions when she's interacting with you, you'll reach the social hook point regardless of your appearance.

Similarly, if you're good looking, but your personality makes a girl feel negative emotions, she'll quickly lose interest in talking to you.

In this chapter, you're going to learn how to cultivate the positive vibe that will make women (and people in general) enjoy interacting with you.

Common Mistakes

When a woman is approached by a man, what's her number one fear?

That you are going to be needy and desperate. Women regularly get approached by guys who make them feel uncomfortable.)

(In the below video, guy is coming across as needy, that's why the second girl rejects him so harshly.)

So, when you approach a girl, a part of her is going to assume that you're another lame guy that's going to be pushy or passive aggressive.

There are two common behaviors that instantly turn women off:

1. Aggressive Neediness (narcissism)
2. Passive Neediness (approval seeking)

Aggressive Neediness

[image]

Being assertive is an attractive quality. But aggressiveness is not. What's the difference?

Aggressiveness is forceful. When a man is being aggressive with a woman, he is not respecting what the woman wants. He pushes forward whether or not she likes it. If you're aggressive with a girl who wants you to escalate, then it's fine to do so: you both want the same thing.

However aggressiveness often backfires. Being aggressive with the wrong girl will make her uncomfortable and get you rejected.

The key difference between assertiveness and aggressiveness is calibration. When you're assertive, you don't hesitate to lead an interaction towards sex, but if you notice the girl is uncomfortable, you respect her boundaries and take a step back.

Aggressiveness and assertiveness are the same, except that aggressiveness lacks empathy, it is narcissistic in nature.

This is an incredibly important nuance to understand because it's the source of much of the frustration men experience when it comes to dating and sex. Men are taught that women want a man who takes charge and goes for what he wants – and that's true.

But men also learn that if they take charge, they might make a girl uncomfortable (or even end up being publicly shamed). Men are taught to go for what they want, but also to feel a sense of fear and shame about going for what they want.

These points are seemingly contradictory on the surface. But when you look a little deeper, it starts to make sense.

Women want a man who is sexually assertive, but who is ALSO sexually empathetic. They want to know a man is capable of sweeping her off her feet and ravishing her, but they also want to know he respects the word "no" and cares about what she's feeling.

Being assertive is a good thing, you should strive to develop this quality. There's nothing wrong with leaning in to kiss a girl or inviting her back to your place – and if you like a girl, you should be doing these things.

However, when you lean in for a kiss and the girl leans back a bit, you should take a step back as well. You don't need to be apologetic, just make sure that you are respecting the girl's emotions: when she wants you to take the pedal off the gas – do so.

Being pushy when a girl is giving resistance is narcissistic. It shows that you feel entitled to get what you want even if the girl doesn't want the same thing.

Start looking for signs that you're putting too much pressure on the woman you're interacting with. The most common signs of this are:

- She leans away from you or takes a step back to create space.
- She looks around the area instead of making eye contact with you.
- She gives you short responses and doesn't invest much in the conversation. (If you ask her what she does for a living she might just give a one-word answer without asking you a question in return.)
- Her body language closes up. (She crosses her arms, looks tense.)
- She responds negatively to your touch. (If you touch her shoulder, she leans away or moves your hand off her.)
- She makes an excuse to stop talking to you (She says she has to go to the bathroom.)

Don't take the above signs too literally. Sometimes when a girl doesn't make eye contact with you, it's just because she's shy. Sometimes when a girl says she has to use the bathroom, she really does have to use the bathroom.

Look for patterns. If women are regularly responding to you with a combination of the above signs, you're probably being too aggressive.

To shift from being aggressive to being assertive, you must learn how to take a step back when you're putting too much pressure on a girl.

Things that reduce pressure include:

- Breaking eye contact.
- Giving her an 'out'. For example, if you sense a girl is uncomfortable, you might say, "Hey, you can go if you don't want to talk to me, I won't be offended." This is powerful because it shows the girl that you care about how she's feeling, which gives her a reason to trust you. Usually, the girl will apologize for how she was acting. But if she says she wants to leave, that interaction probably wasn't going anywhere, so it's not a loss.
- Taking a literal step away from her (to create physical space).
- Leaning away from her.

If you use the above techniques but the girl still seems uncomfortable, use a statement of empathy: verbally acknowledge that you went too far in some way. You might say, "I'm sorry, I know that was a little too much." Then, change the topic of the conversation (you don't want to be overly apologetic).

Saying this lets the girl know that you're aware she was uncomfortable and are willing to do what it takes to change that.

Oftentimes, guys are so focused on themselves that they don't notice what the girl they're talking to is thinking or feeling at all.

It might not sound 'sexy', but one of the most useful skills you can have for attracting women is an acute sense of empathy. Knowing when a girl is enjoying what you're doing and wants more – and knowing when she wants you to take a step back – is a key to success with women.

If you're putting too much pressure on a girl, but you don't do something to reduce it, she'll eventually reject you.

If, on the other hand, you notice her discomfort and take steps to alleviate it, then the girl will know she can trust that you're the kind of guy who will not manipulate her or take advantage of her.

When a girl trusts you, there's a much better chance she'll be comfortable with the idea of going home with you. As a man, you don't have to worry much that a girl you take home will physically harm you. But for women, this is a serious (and legitimate) concern. If you show a girl that you're not too pushy or needy in public, there's a much better chance she'll be comfortable to spend time with you in private.

Passive Neediness

[image]

Shockingly, one of the most common reasons guys get rejected is because they want to get rejected.

This is a symptom of what I call passive neediness. When men feel insecure about their attractiveness to women, they often approach with the intention of getting blown out. These men will fuck up their interactions by being too passive in some way. A few examples of passive neediness include:

- Being so quiet the girl can barely hear you.
- Inability to hold eye contact.
- Making your conversations logical rather than emotional (AKA interview mode).

I know one guy from Las Vegas who approached 20 girls a night, every night. Most of his interactions with women lasted less than 30 seconds because he barely even got their attention.

He wasn't consciously aware that he was being so quiet and timid, he was half-assing his approaches because he felt insecure internally, and his external behaviors reflected that insecurity.

Passive neediness is one of the most common reason men don't reach the social hook point. Approaching with the (subconscious) intention of getting rejected allows you to avoid getting your ego bruised (she's not rejecting the real you, she's rejecting your shitty approach).

The underlying cause of passive neediness is fear of sexual rejection. The solution to passive neediness is to face your fear directly.

Psychiatrist David Burns created a type of exposure therapy he calls, "rejection training." Basically, you're going to approach women in a way that forces them to either turn you down or go on a date with you.

[image]

The exercise is simple, walk up to women and say, "Hey, I just want to say you're absolutely stunning and I was wondering if you'd like to go on a date with me sometime."

More often than not, the girl will reject you. But that's the point, by doing this exercise you will realize that being directly turned down by a girl isn't a big deal. Once you internalize this belief, there will be no reason for you to approach women in a way that shows passive neediness. You're now comfortable with being rejected, you don't 'need' the girl to like you. You'll finally be able to take risks that may get you rejected, sure, but they may also get you laid.

If this exercise is too difficult, use the 3 steps mentioned in my approach anxiety article to build social momentum. Once you've completed those steps, you'll be in a confident enough state to walk up to a girl and immediately ask her on a date.

Although this exercise will get you rejected, some girls will probably say yes. This isn't the most effective pickup line ever, but it's so bold that some women will be impressed enough to want to see you again.

How To Get Women (By Being A Goddamn Nerd)

Avery · 6 December 2018 · Archived copy · Original

How To Get Women (By Being A Goddamn Nerd)



In this article, you're going to learn how to make sure every time you go out to meet women, you get better results than you did before.

The secret to improving as quickly as possible is to keep track of your goals and your progress.

Imagine you went to the gym every day, but you always lifted the same amount of weight. After doing this for a while, you would hit a plateau and stop gaining muscle.

That would be demoralizing.

Well, this is what a lot of guys end up doing in game. They go out but they don't know what they need to do to take their game to the next level, so they end up doing the exact same thing every week, and they get the exact same results.

> "What gets measured, improves." – Peter Drucker

It's important to set goals, keep track of your progress, and to steadily increase those goals – just like you do with weightlifting.

Tracking your progress will give you a rewarding sense of achievement. You will know, quantifiably, that you are improving over time.

This will psychologically reinforce that what you're doing is working, (even if you're not getting laid yet.)

Knowing that you're making progress will help you stay motivated to reach your long-term goals.

Whereas if your goal were just to get laid or a girlfriend, every time you went out to meet women, but you didn't achieve that goal, you'd feel disappointed.



Set ambitious long-term goals, but in the short-term, set your bar for success low enough that you'll be able to achieve it every time you go out.

By doing this, you'll set your focus on the progress that you're making towards your long-term goals rather than focusing on the fact that you haven't reached those goals yet – which is what most people do.

The particular metrics you keep track of will depend on your level of experience. If you're not going out more than once or twice per week, a good metric to start with is simply the number of days per week you want to go out and the amount of time you spend gaming while you're out.

If you want to progress as quickly as possible, going out 7 days a week is a great option.

Going out every day helps you build what's known as social momentum. But basically, if you don't go out for a few days, you'll feel a little rusty the next time you go out. If, on the other hand, you go out on a daily basis you'll feel more comfortable and confident each time you go out.

Personally, I go out for just 15-30 minutes on weekdays, then I go out for 2-4 hours on the weekends – that way I keep the momentum building but I'm also not spending all of my time on this one area of my life.

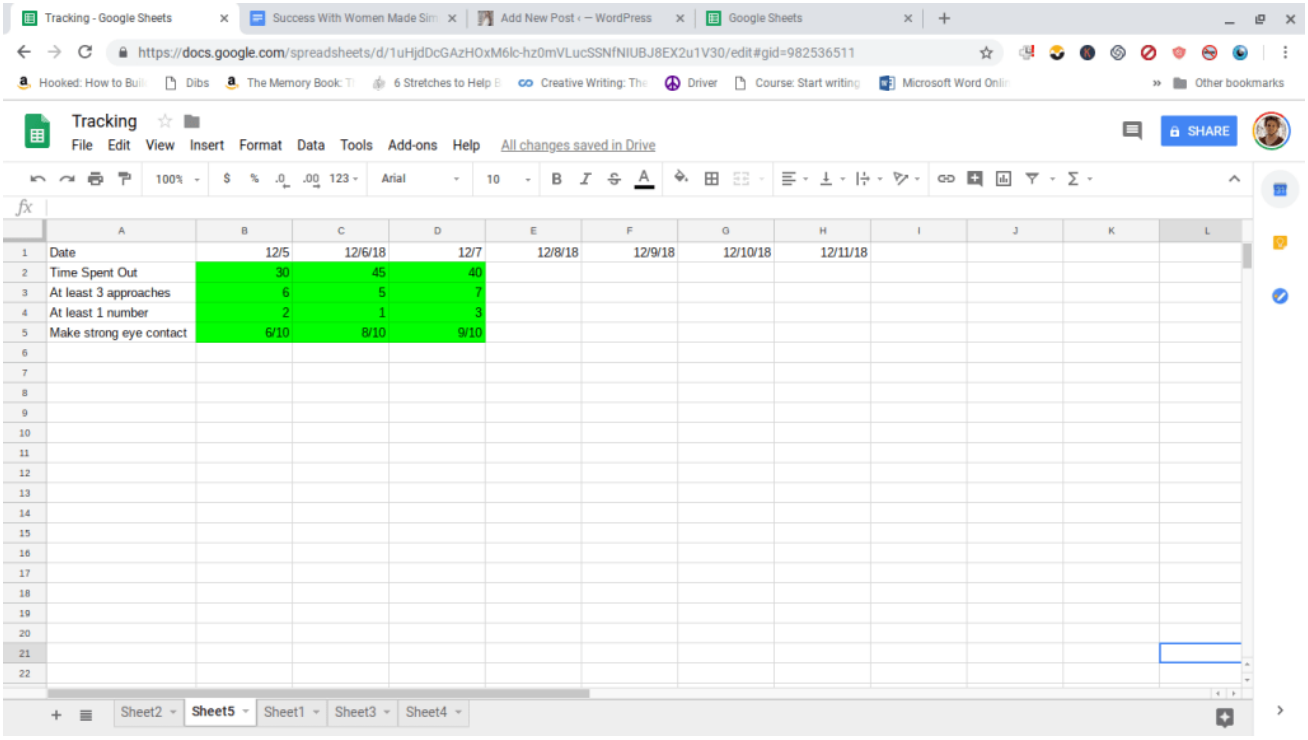
Now, you can still make great progress going out 4, 5, or 6 days per week, but as a general rule, the more you out, the better you'll get at this.

The first goal I would set – unless you're already going out several times a week – is to go out x number of times per week for at least 15 minutes (or more if you like). Nothing else you do really matters unless you're approaching new women on a regular basis. This is the foundation that everything is built on.

How To Get Women (By Being A Goddamn Nerd)

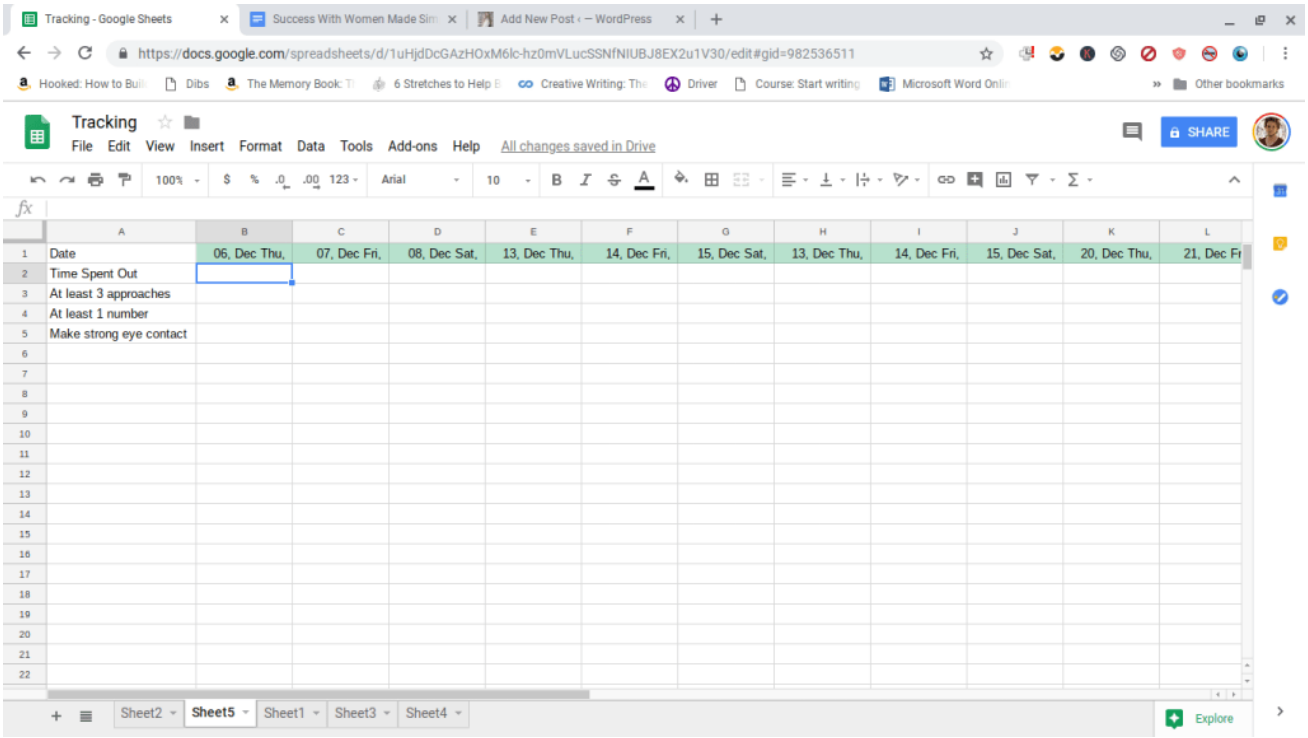
Pt. 2 Track Your Progress

It's helpful to keep track of your progress on a daily basis. I do this using a simple Google Spreadsheet.



If you're not going out every day, just list the days of the week you plan to go out. It can help to do this for a month in advance or so just to have your commitment written out on your spreadsheet.

So, if you're planning on going out 3 days a week on Thursday, Friday, and Saturday, you would add the next four Thursdays, Fridays, and Saturdays to your spreadsheet.



On the rows, I have my specific goals listed. If you're new, this might be simply to go out for 15 minutes, whereas if you're more experienced you might set a goal to say, get at least 1 number, when you go out.

When you complete your goal for the day, highlight the box green, if you don't complete it, highlight it red.

Also, if the goal is numbers based, like to do a certain amount of approaches, write in the number you did as well.

This spreadsheet will give you a visual representation of your progress.

Here's a list of goals you might set, ordered from beginner level to more advanced:

- Go out x amount of times per week for at least 15 minutes per day.
- Go out x amount of times per week for at least 30 minutes per day.
- Go out for x amount of times per week for at least 1hr per day.
- Approach at least 1 girl each time you go out.
- Approach at least 3 girls each time you go out.
- Approach at least 5 girls each time you go out.
- Get at least 1 number each time you go out.
- Get at least 2 numbers each time you go out.
- Get at least 3 numbers each time you go out.

Once you've got all of the above goals handled (or your own version of them), then you'll have a good foundation for getting consistent results. You can take this even further by tracking specific fundamentals of game you want to work on.

For example, you might want to focus on holding strong eye contact. If this is the case, you could add eye contact to your excel sheet rank it from 1-10 after you go out.

A few other things you could focus on include:

Vocal tonality, leading, building social momentum, or anything you think you could be doing better.

Just make sure that you don't focus on specific aspects of your game until you're consistently going out, approaching, and getting some numbers – because without that baseline, things like good eye contact and teasing done's really matter.



Picture of a hot girl to give you a break from all the mathematical thinking.

I know all of this is nerdy, but it's so powerful to keep track of your progress. I'm not exaggerating to say it can increase your rate progress by ten times over.

I've not only used this strategy to make consistent progress in game, but also to increase my general productivity. Since I started using an excel sheet to track my work-based tasks, I've gotten to a point where I work over 10 hours a day every single day.

I don't have amazing willpower, I've just addicted myself to making progress by keeping track of it on an excel sheet.

Having a clear goal that I look at and update every single day has done wonders to keep me making consistent progress towards my goals in both life and in game.

There are other apps you can use to track your progress. I've used Todoist, Microsoft Word, Coach.me, Habitica, and others. But personally, I've found using an excel sheet the most useful for two reasons

1. It's very easy to see your progress, you can look across the page and see what you've accomplished and what improvements you've made. It doesn't take much effort to fill out an excel sheet.
2. It only takes a couple minutes to use, so it's easier to make it into a habit than if you were to do something more in-depth like writing a journal

Let's say you're having trouble keeping up with the goals on your spreadsheet. That doesn't mean you should give up, just reduce the goals a bit.

If your goal is to get 3 numbers every day, but you've only been able to get 1, reduce your goal to do 1 approach for a week or two, and then increase it when the reduced goal is too easy for you.

In general, don't limit yourself by the goals you set. If you set a goal to approach 1 girl per day, that doesn't mean you can't approach 2 or 4 or 5.

Wrapping Up How To Get Women (By Being A Goddamn Nerd)



Most guys learning game don't get specific enough about what their goals are and how, exactly, they can make

consistent progress towards those goals.

Without a clear idea of what you should be doing on a weekly basis, it's very easy to either start procrastinating or to plateau by doing the same thing every time you go out – and of course, if you do that, you'll keep getting the same results.

If you haven't been going out consistently enough, part of the reason for that is probably that you haven't designed a clear blueprint for the progress you want to make.

A simple Google spreadsheet that will only take a couple minutes of your time per day can make the difference between being a dabbler and crushing it.

If you're not getting better results in game every week, try this strategy. See if it helps you make the shift from someone who wants to get better at game hypothetically, but isn't making sustainable progress, to someone who is actively getting better results in your dating life every single week.

Direct Game Will Get You Laid

Avery · 8 December 2018 · Archived copy · Original

Direct Game Will Get You Laid

[image]

I've seen a particular pattern play out time and again with guys I've coached. These men approach a girl indirectly, have a 20 minute-plus conversation with her, then ask her out only for her to say, "Oh, sorry, I actually have a boyfriend."

Learning direct game will help you avoid this all-too common mistake. Sure, sometimes being direct will get rejected. But you know what's worse than getting rejected? Wondering what would have happened if you actually made a move.

As you get more experience under your belt, you'll be able to communicate sexual intent through your eye contact, vocal tonality, and overall flirtatious but challenging demeanor.

At that point, you won't need to tell girl you're attracted to her because she'll feel sexual tension no matter what you say: if she has a boyfriend, she'll tell you so (or, if your game is really good, she may fail to mention she has one).

Direct approaches will get you some really positive reactions that will boost your confidence. You will experience, first hand, that girls enjoy being hit on and they respect a guy who is unashamed to go for what he wants.

(The above video is an example of me doing a direct approach.)

I used to be terrified that if I approached a girl with clear sexual intent, I would get brutally rejected or shamed. It turns out, that will almost never happen. Most rejections are nothing more than a girl saying she has a boyfriend.

Once you realize it's okay to be sexual with a girl you just met – and that sometimes girls respond incredibly positively to a direct approach – you're dating life will become substantially more fun and exciting.

Guys who learn game often fail to get results because they're afraid to do anything that might let the girl know he's interested in her. But women will almost never do anything to directly lead an interaction toward sex. You absolutely must learn how to establish the sexual nature of your interactions with women.

If you get comfortable with approaching directly, it'll help you learn how to give your interactions a sexual charge that might lead somewhere. You'll get rejected more with direct game than indirect game, but you'll also get more dates.

Why Direct Game Is So Powerful



One of the biggest advantages of direct game is psychological. When you and a girl both know the interaction is sexual in nature, it'll be much easier to make a move (because you know she's expecting you to).

If on the other hand, you're unsure whether a girl thinks you're hitting on her or trying to be her friend, making a move can be anxiety provoking. You don't want to offend her by doing something totally out of left field.

When you're new to learning game, going direct is the best way to start getting results with women as soon as possible

Yes Girls
[image]

However, when you're direct, some girls (probably more than you expect) will respond extremely positively.

A certain percentage of women are going to be attracted to you regardless of how good your game is.

In PUA terms, these women are called "yes girls." When you meet a "yes girl" she will love it when you escalate the interaction in a sexual direction (of course, you need to do this at a pace she's comfortable with, as soon as you notice discomfort in any way, take a step back).

But even yes girls aren't going to give you a blowjob unless you learn how to ask for it. Practicing direct game will teach you to lead interactions with women as far as they can go.

Truth is, most men are uncomfortable with leading their interactions with women towards sex. Indirect game appeals to these men because it allows them to meet women without having to make themselves vulnerable by showing clear sexual intent.

If I'm being honest, that's what I did. I practiced indirect game because I was afraid of what might happen if I straight up told a girl she's beautiful. It was much easier to hide my intentions.

For many of us, the idea of being rejected socially is much less anxiety provoking than the idea of being rejected sexually.



Practicing direct game can be difficult at first – showing clear sexual intent is putting your ego on the chopping block: what if a girl laughs at you or humiliates you in front of your friends?

Most likely, neither of those things will ever happen (and even if they did, it wouldn't really matter). However, the resistance many men feel to approaching women directly is real. I struggled with this myself.

To overcome this resistance, start with indirect approaches to warm up. Once you've done a few indirect approaches you'll have built enough social momentum to be able to approach directly.
(If you're interested in a step-by-step strategy for warming up to overcome approach anxiety, check out this article: https://redpilltheory.com/2018/12/03/approach-anxiety-solved-how-to-meet-women-fearlessly/)

Conclusion: Direct Game Will Get You Laid

[image]

Direct game isn't necessarily better than indirect game, but it is a powerful learning tool. If you want to get results with women as soon as possible, practice going as direct as possible.

When you're able to get dates and pull girls home using direct game fairly consistently, *then* you can benefit from learning indirect game.

But until you reach that point, using indirect game is just going to hold you back.

The underlying difference between guys who bring home attractive women and guys who bring home a lonely bottle of lube is the ability to confidently escalate interactions towards sex. Direct game will teach you how to do exactly that.

Yes, direct game will get you rejected more often than indirect game. But it will also get you laid. If you're not getting the results you want from game, I recommend getting a strong handle on direct game before learning indirect game.

How To Become Unusually Confident With Women (Video)

Avery · 8 December 2018 · Archived copy · Original

How To 10x Your Self-Confidence (With Social Momentum)

Avery · 12 December 2018 · Archived copy · Original

How To 10x Your Self-Confidence (With Social Momentum)



Momentum is the closest thing to a cheat code that exists for game.

You can think of social momentum as a bar that slowly fills up each time you approach a girl. As you gain momentum, you will feel increasingly confident. If you build enough social momentum, you will become completely fearless.

There are two types of social momentum: Positive momentum and negative momentum.

Every time you see a girl you want to approach, but you hesitate to do so, you get negative momentum. The more negative momentum you have, the more tempted you will be to make an excuse the next time you see a woman you want to approach.

Positive momentum is the opposite. Every time you see an attractive girl, and you DO approach her, it will be significantly easier to approach the next attractive woman you see.

Most guys have been building up negative momentum for years. We see thousands of girls who we want to approach, but we come up with countless excuses. This momentum builds up throughout our life to the point where we become paralyzed at the thought of approaching a girl.

This is why I suggested you should start by going out just 5 minutes a day if you're new to cold approach. If you've been building up negative momentum for years, it may take some time and effort to overcome it and replace it with positive momentum.

Fortunately, positive momentum builds much faster than negative momentum. I would estimate that approaching a girl builds 10 times as much social momentum as you lose from failing to do an approach.

[image]

Because of this, momentum is incredibly powerful. If you approach 10 women back-to-back in a single day, your approach anxiety will be entirely gone by the 10th approach. And by that point, your entire demeanor will radiate confidence.

Without any positive momentum, approaching a girl is nerve-wracking. Those nerves are going to affect your non-verbal communication: your vocal tonality will be weaker, your eye-contact will be unstable, and your body language will become defensive.

However, once you build some positive momentum, your non-verbal communication will completely change. Your first approach might be fairly awkward, but on your third approach you'll be much more confident, and by your 10th approach, you will feel unstoppable.

This feeling of increased confidence will make it easier to think of witty things to say on your feet, your eye-contact will naturally become stronger, your tonality will become more assertive, and even your body language will exude masculine energy. If you change how you feel internally, you will automatically change how you express yourself externally, too.

This isn't to say that you should practice improving your eye-contact or work on your vocal tonality – doing so definitely makes a difference. However, building social momentum will improve your nonverbal communication automatically.

Through thousands of hours of experimentation, I have discovered three key rules you can follow to consistently build social momentum.

Follow these rules and total self-confidence will become a state you can summon whenever you want it.

Rule 1: Push Each Interaction Further Than The Last

[image]

The first key to building momentum is to do something that's challenging (but not overwhelmingly challenging.

[image]

To start building positive momentum, take a small social risk that won't overwhelm you. This will get the ball rolling so that you'll feel confident enough to take a slightly larger risk. Continue this pattern until you eventually feel unstoppable.

Here's a list of increasingly challenging actions you can take to build momentum:

- Give a girl a compliment as you walk by (without starting a real conversation)
- Give a girl a compliment and continue the conversation for at least 30 seconds.
- Touch a girl on the shoulder.
- Invite a girl to dance with you.
- Ask a girl for her phone number.
- Lean in to kiss a girl.
- Ask a girl to move to another area of the club with you.
- Ask a girl to grab some food with you.
- Invite a girl to get a drink back at your place.

(The above video includes an example of a coaching client of mine building social momentum.)

Your goal is to determine which of these actions is challenging enough to build momentum, but not so challenging

that you will feel overwhelmed.

If you're not sure, start small. Successfully doing something easy will build positive momentum, whereas failing to do something too challenging will build negative momentum.

Personally, I often start my nights out not feeling social at all. So, I start getting myself in the zone by giving women compliments as I walk by them.

Once I'm comfortable giving compliments, I take things up a notch by approaching women and starting a real conversation. The first few approaches I do rarely last more than a minute or two, but each approach I do makes me feel a bit more confident in myself.

Once I'm comfortable approaching, I'll make a point to lead my interactions progressively further. This means that:

- I'll have longer conversations.
- I'll bring the girls I approach to the dance floor or make out with them.
- And eventually, if I meet a girl I have good chemistry with, I'll take her home.

When I enter a club I'm usually in a logical, non-social state, but by following the above process, I become incredibly confident within 30 minutes.

My normal social fears completely vanish and I'm able to do things (like bring a beautiful girl home with me) I would never have previously thought possible.

Your process for pushing each interaction further than the last may differ from mine. You might not need to warm up by giving compliments like I do (experiment and discover what works best for you.)

Regardless of your exact process, the underlying principle for this rule is that you shouldn't expect too much of yourself at the beginning of a night (or day) out – your first approaches aren't likely to lead to anything sexual.

However, as you approach more women, your confidence will rapidly increase. And as you feel increasingly self-confident, you'll be able to push your interactions progressively further – until you're able to bring a girl home with you.

Rule 2: Act More, Think Less

[image]

Social momentum is a state in which your excuses and fears no longer have power over you. To enter this state, you must take so much action that your mind (specifically, your ego) can't keep up and it stops trying to control you.

If you approach a girl and she leaves to "go find her friends," don't stand around and think about why you got rejected – you're just going to over-analyze and stress yourself out.

I jump from one interaction to another immediately to prevent myself from overthinking. *The less time I spend between approaches, the more quickly I build social momentum*

To make this practical, you can start mentally counting up after you end an interaction with a girl. As you count [1,2,3,4,etc.] you'll feel a mounting pressure to approach another girl. This will help prevent you from wasting too much time between interactions.

As a rule of thumb, you should aim to spend about 80% of your time in a club (or during daygame) interacting with women.

If you're spending most of your time standing around observing the environment or talking to your friends, you're not going to build social momentum, and you're going to miss countless opportunities with beautiful women.

Approach All

I often approach women who I'm not particularly attracted to. If I spend too much time looking for a girl who's 'hot enough' to approach, I'm inviting myself to start making excuses.

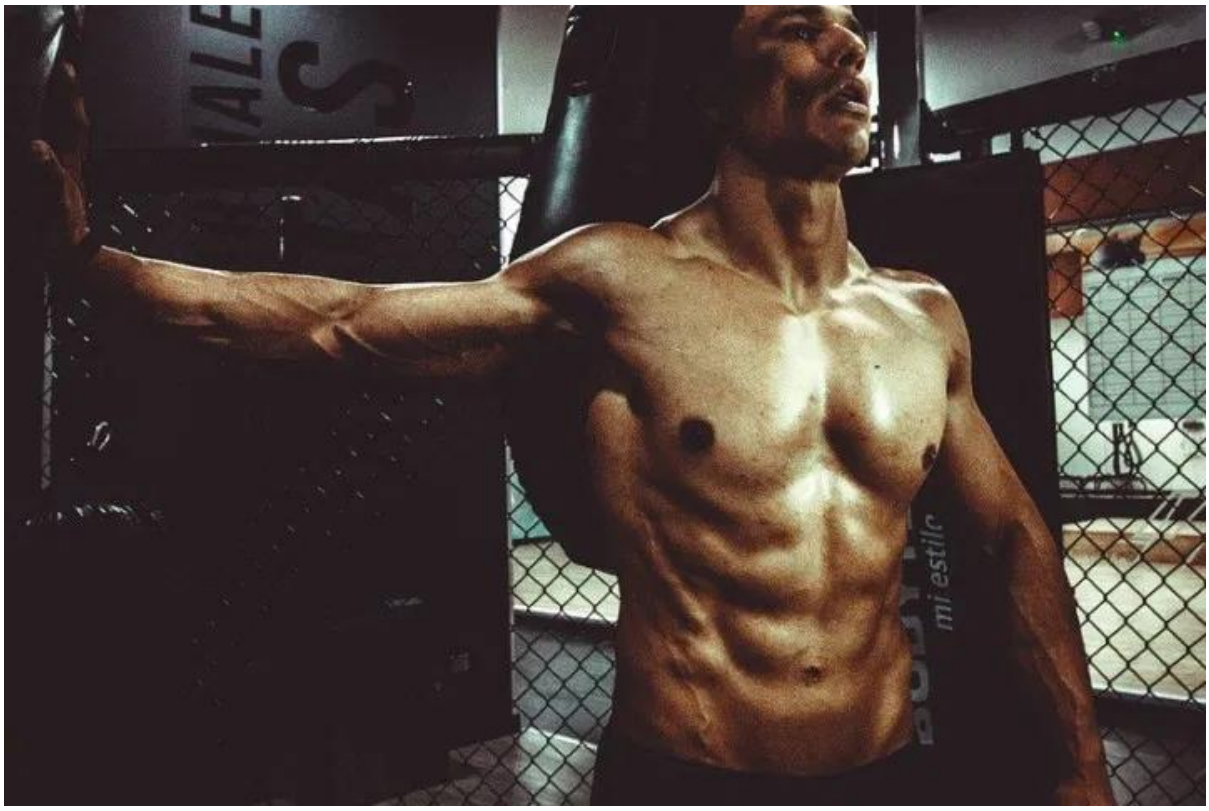
I can have fun and be social with anyone, not just attractive women. By having fun with a girl who I don't have sexual interest in, I will be in a more confident, carefree mood when I approach a girl who is stunningly beautiful.

Furthermore, if you're only approaching women you want to sleep with, that can reinforce a mindset that you're only talking to girls who you want to 'get' sex from. This mindset is inherently unattractive because it's about taking value from women. By approaching everyone and having fun with them, you're approaching to offer value – which is far more attractive.

When you're out, the more time you spend interacting with women, the less your ego will get in your way.

I'm not advocating that you aggressively hit on every woman you see. Instead, I'm suggesting that you simply socialize with as many people as possible. By doing so, you'll get yourself into a state of social momentum in which you'll be able to effortlessly approach and attract beautiful women.

Rule 3: Embrace Rejection



The only way to avoid rejection is to stay at home and watch porn.

Rejection is an unavoidable part of the game: the way you respond to it is going to determine the results you get. If you see rejection as a bad thing, it's going to be very difficult to have fun while going out and meeting women.

I've been rejected a lot, probably thousands of times. And that's okay – by going through those rejections I was also able to date some incredible women.

Furthermore, each rejection made me fear future rejections a little bit less. The root of self-confidence is being comfortable with the possibility of rejection

Don't Dwell on Rejection

Harsh truth: most of your interactions with women are going to end in rejection. These rejections are harmless though, UNLESS you think they mean something is wrong with you.

If you go up to a girl and she says, "Sorry, you're just not my type."

You might start thinking, "It's because of my race, women aren't attracted to Asians." Or you might think, "It's because I'm too short, it's not fair."

If you start down this train of thought, you're going to end up feeling bitter and victimized – and this attitude will make you far less attractive to women.

When I get rejected, I still feel bitter about it sometimes. But as soon as I notice that feeling, I jump into another interaction. I don't give myself the opportunity to dwell on negative thoughts.

Find The Humor In Rejection

Look, unless you're an ego-less being, rejections are going to affect your emotional state sometimes. However, rejections won't ruin your day unless you let them.

Every rejection is an opportunity to take yourself less seriously. If you can find the humor in rejection, it will stop having power over you.

To make this practical, you can turn rejections into a joke by making them absurd. For example, if a girl says, "Sorry, I'm not interested," you can say, "Call me!" as she walks away. Obviously, she's not going to call you, but you're turning the rejection into something playful and carefree.

Other things you can say to make a rejection playful:

> Are you sure you don't want to date me? My mom says I'm a catch!
>
> Wait, I have a lot of Instagram followers, if that helps!
>
> Or any similar line you can come up with yourself.

You can immunize yourself to rejection by taking a moment after being rejected to tell yourself, "Fuck yeah, I went for it, that was a 100 out of 10."

Telling yourself a line like this will help you subconsciously reinforce that getting rejected is actually a good thing. Over time, you'll stop fearing rejection, and even almost look forward to it.

The first few rejections you get on a night out might sting, but if you persist, you'll reach a point in which you no longer care about being rejected. At this point, rejection will no longer negatively affect your emotional state.

Conclusion: How To 10x Your Confidence With Social Momentum

[image]

When you approach a woman in a confident state, attraction will naturally build between the two of you. The idea that you need to say a special line or "neg" a girl to attract her is completely false.

Sexual attraction is a biological process that occurs automatically when a woman interacts with a man who expresses attractive qualities (like confidence).

By following the process I outlined above for build socializing social momentum, you will be able to make women feel (on a subconscious, emotional level) that you are a highly attractive man.

Now, you can and should develop your overall level of self-confidence.

But learning how to build social momentum allows you to hack your own emotional state so that even if you're normally shy and insecure, you can become supremely self-confident whenever you want to. And you can do this in less than 30 minutes.

I understand you may be skeptical of the idea that you can (fairly easily) enter a state in which your confidence level is radically increased.

I would be skeptical myself if I hadn't experienced this state countless times (and helped many other guys do so as well). You should be skeptical, but once you try the process outlined above, you'll see for yourself that social momentum is not only real, but are capable of transforming your dating life.

Don't expect that you'll be able to effortlessly build social momentum the first time you try these strategies.

Building social momentum is a skill that will take some time to master. But it's worth the effort, once you get your process for gaining momentum down, your dating life will be completely transformed.

Is Indirect Game The Best Way To Attract Women?

Avery · 14 December 2018 · Archived copy · Original

Is Indirect Game The Best Way To Attract Women?[image]

Despite its advantages, direct game has one important drawback: it gives away some of your power.

Being direct is like revealing your hand in poker. As soon as you tell a girl you're attracted to her, she knows that you want her. Now she gets to decide whether to let you have what you want.

At the highest level, game is about getting women to actively pursue you – to chase you. But when you use direct game, you are implicitly chasing after the girl.

When you're chasing after a girl, the dynamic is roughly equivalent to that of a kiosk salesman trying to sell his wares to strangers passing by.

When a girl is chasing you, the dynamic is roughly equivalent to that of a woman going to pick up her favorite author's newest book.

The kiosk salesmen will convince some people to buy from him, but he will get rejected far more often than not.

The girl buying her favorite author's new book is going to get the book no matter what. She has already consciously decided she wants it.

[image]

People are infinitely more bought into their own ideas than the ideas that someone tries to force onto them. Indirect game is powerful because you're giving the girl the opportunity to realize that she wants you: getting with you becomes her idea, not yours.

To be fair, the dynamic between who's chasing and who's being chased can change throughout an interaction. Teasing a girl, disqualifying her, or letting her emotionally invest in you can shift the roles of pursuer and pursued.

However, your opener does establish the initial frame – are you trying to convince her to like you? Or are you approaching her to determine whether or not she's good enough for you?

The ideal indirect opener is one that makes it clear you're interested in the girl without giving away your power. That's why my favorite opener is as follows,

> "Hey, I like your style. I had to introduce myself to see if you're as cool as you look."

This conversation starter accomplishes a few things:

1. It's clear that I want to meet her because I'm intrigued by her. However, I'm not implying my interest in her is sexual. Therefore, I'm not chasing after her.
2. This line is technically a compliment, and women are generally going to be more likely to want to engage with you if you start your conversation on a positive note.
3. This opener isn't just a compliment, it's also a challenge. I'm telling the girl that she's made a good first impression, but I need more convincing. This challenge incentivizes the girl to start chasing me.

The Problem With Indirect Game

[image]

Using indirect game is an advanced strategy that can help you get more consistent results, but not until you're already doing well with direct game.

If you practice using indirect game before you're comfortable with going direct and leading things as far towards sex as possible, then you'll miss countless opportunities.

Indirect game is only a useful tool when you're already getting fairly consistent results (meaning getting dates and sex). At that point, you can use indirect game to take your results to the next level.

But if you're not getting laid at all from game then you should start by learning to go direct so that you can start getting real results as soon as possible.

What Are Women Attracted To? (The Truth About Social Status)

Avery · 16 December 2018 · Archived copy · Original

What Are Women Attracted To? (The Truth About Social Status)



> "Attraction is not a choice." – David DeAngelo

Your favorite author is giving a speech in a packed seminar room. He says, "Let me demonstrate what I'm talking about," then he points at you, "Why don't you come up to the stage?"

You say, "Wait, me?"

"Yes, come right up."

Hundreds of eyes are on you. As you meet the author on the stage, he shakes your hand and says, "I want you to explain in front of everyone here the three most important lessons you learned today."

You feel paralyzed. You can't think of anything to say. Your heart is racing, your palms are sweating, and your hands are shaking in nervousness.

When we're asked to speak in front of an audience, we don't choose to feel anxiety. Anxiety is an emotion that happens to us.

Sexual attraction works exactly the same way. A woman doesn't choose to feel sexual attraction for a man – attraction is an emotion that happens to her.



Emotions are not random: they are triggered by specific circumstances. If you were in a cage full of snakes, you would feel fear. If you were naked in public, you would feel embarrassed.

It's true that everyone has their own unique triggers for experiencing anxiety, stress, or even attraction – *but there also universal triggers that affect all of us.*

There are situations that will cause anyone to feel anxiety. Similarly, there are specific qualities in a man that automatically make women feel attraction.

Women have no control over whether they experience sexual desire for a man. Yet, the existence of that spark is the fundamental reason a woman will choose to date a man (or not).

There is one quality that triggers sexual attraction in women more than anything else: status.

What Are Women Attracted to?

Part 2: Social Status



Sex is about status.

Why do we want ‘perfect 10’s’ when, physically, sleeping with an ‘8’ would feel just as good?

Because if we were to fuck a ten, our social status would increase.

We want the girl our friends would be jealous of. We want the girl our parents would be proud to see us with. We want the girl that only a winner could get with (because if we get with her, we must also be a winner).

For women, the number 1 indicator of high status is physical beauty. Becoming a supermodel is the highest status job a girl can get.

The same isn’t true for men, though. Male social status is less about beauty, and more about power.

The Status Illusion



Women's sexual preference for high-status men has been well established in the scientific literature.

Psychologists believe the female brain evolved over hundreds of thousands of years to prefer men of high status.

In prehistoric times, the children high status men had greater social influence and better access to food and shelter than their low status counterparts. So, the children powerful men were more more likely to survive in the harsh environment our ancestors lived in. The children of low- status men, on the other hand, were unlikely to make it very far in life.

Men of high status also had superior genetics: if a woman had a child with an alpha male, that child would likely become an alpha male as well.

Conversely, a low status man's children would be unlikely to survive to adulthood, and even if the child did survive, they wouldn't be attractive to the opposite sex (and therefore may not carry their genes into the next generation).



We live in a completely different environment in the modern world, but our brains haven't changed much in the last several hundred thousand years. The female brain is still designed to be sexually attracted to the same qualities that mattered in prehistoric times.

In the modern world status is largely based on career success, but the human brain didn't evolve in a world with cars, Rolex watches, and expensive suits.

In tribal times, females had to be able to discern which men were of high status in a world without Armani suits. In fact, prehistoric women couldn't even rely on a man's words to determine whether he had high status (we've only had spoken language for about 50,000 years.)

Despite this, women needed to develop a keen ability to sense a man's status – getting pregnant by the wrong man could ruin her entire life.

That's why the female brain evolved to pick up on a man's status by observing his behavior. If you approach a girl and you can't hold eye contact, your body language is defensive, and you speak with a submissive vocal tonality, *she's going to feel that you have low status.*

However, if you meet that same girl but you hold laser eye contact, your body language is dominant, and you speak with an assertive tonality, *she's going to feel like you have high status.*

Status isn't something a girl picks up on intellectually, it's something she picks up on emotionally. And that's a good thing, because it means you can attract women with status regardless of your career.

If you want to learn specific strategies you can use to attract women with status, check out these articles/videos:

Articles:

- How To Be Confident With Women
- How To Be An Attractive Man
- How To Make Girls Chase You (With The Art of Hot and Cold)

Video:

Book:

Best Way To Meet Girls – Top 3 Methods For Getting Dates (Part 1 of 2)

Avery · 17 December 2018 · Archived copy · Original

Best Way To Meet Girls – Top 3 Methods For Getting Dates (Part 1 of 2)

[image]

There are three common ways to meet women: through your social circle, online dating, and cold approach.

Of these three methods, which is best way to meet women?

Well, there is no simple answer: it depends on your personal goals and life situation.

But it is important to understand the pros and cons of each strategy. If you don't you can spend months (or even years) of your time and energy on a dating strategy that cannot get you the results they want.

In this chapter, you're going to learn about the 3 best methods for meeting women, you to make them work for you, and how to choose which to focus on in your own life.

Best Way To Meet Girls Method 1:

Social Circle

[image]

Until the advent of dating apps, the vast majority of couples met through their social circles. If a girl is in a class with you, she works with you, or you were introduced by a mutual friend – then she's in your social circle.

There are several advantages to meeting women through your social circle:

1. Trust

When you meet girls through your social circle, they can trust that you're probably not some antisocial weirdo.

Conversely, girls you approach on the street might assume that you live in your mom's basement.

2. Social Value



If you build a social circle with many beautiful women, you can leverage it to create opportunities. You could, for example, invite girls to a weekly party that you host. You'll have a lot of social value in these parties, it's equivalent to being the DJ at a club.

In psychology, there's a concept called 'preselection' which means that women are more attracted to men who seem attractive to other women.

For example, if you're hosting a party, a variety of beautiful women who are all giving you attention, any girls who see you getting this attention will become more attracted to you.

Furthermore, fewer women than men go to clubs which means that girls have more social value in that environment.

But if you throw an event, you get to choose who comes. You can turn the usual dynamic upside down, you can ensure the ratio of men to women is whatever you want it to be.

Why Social Circle Game Is Not The Best Way To Meet Girls

[image]

Meeting women through your social circle has one important disadvantage: lack of volume. Unless you work for Maxim, your social circle probably only has a few attractive women in it.

You might sit next to a cute girl in class, but if you ask her out and she rejects you, then what?

Meeting women through your social circle can easily lead to become overly invested in the few girls that you see in your day-to-day life.

When men rely too much on meeting women through their social circle, they often fall into a scarcity mindset.

Scarcity is a psychological principle that states: the rarer something is, the more value it has.

For example, gold doesn't look any better than something gold painted, but real gold is extremely valuable simply because it's rare.

In dating, we enter a scarcity mindset when we only interact with a small number of women in our day-to-day lives.

If your dating options are scarce, each individual girl will have a tremendous amount of value to you – as a result you'll become afraid of the possibility that she'll reject you (if she rejects you, you have no other options).

The more you care about getting with a particular girl, the less likely you are to get her. She will feel that you want something from her, and that dating her is big deal for you. When someone needs something from us, we feel an inherent repulsion towards them: it's like meeting a homeless person who starts asking for money.

(A scarcity mindset often leads to oneitis, watch the video above to learn more.)

Relying exclusively on your social circle is not the best way to meet women. When you're only interacting with a few attractive girls, you're not only likely to develop scarcity mindset, but it's also unlikely that you'll meet a girl who you're extremely attracted to (both physically and psychologically).

Let's say there are 5 attractive women in your social circle – what are the chances that one of those girls is really your dream girl, the kind of girl who you have amazing sexual and social chemistry with?

The larger your dating pool, the more likely it is you'll meet a woman who truly has all the qualities you want.

Social Circle Game: The Verdict



Social circle is great as a supplement to other dating strategies.

Let's say you approach women throughout the week and you get 20 girl's numbers. You could invite all of those women to a party you're throwing on the weekend. Maybe 5 of those girls show up, but that's 5 girls who are all interested in meeting you who've shown up to your party – you can hang out with all of them and choose the one you like most.

You can also use social media to build your social circle. You can add any girls you meet from cold approach or online game to your Snapchat or Instagram following. Then, you can post interesting daily stories that keep the girls following you engaged with you.

The best stories are either you doing something adventurous, you being playful with girls, or sharing things that will build a connection with your audience (you hanging out with your dog, cooking, playing board games with your family, etc.)

The women who follow you will see that you have an awesome life and this will both make you seem intriguing and trustworthy. (there's an entire chapter about social media game in my upcoming book, Attraction On Demand).

Social circle game is a powerful supplement when you're already getting good results from either online game or cold approach -but it's not an effective way to meet women by itself.

Best Way To Meet Girls Method 2:

Online Dating

[image]
If she's hot, she's probably a bot

Dating apps (Tinder, Bumble, OkCupid, etc.) have a nearly limitless supply of members. There is no scarcity of women you can meet online. But online dating has a serious problem for men: the competition.

In 2016, 67.8% of Tinder users were male whereas only 32.2%[4] were female. Even worse, women on Tinder get swiped right an average of 50% of the time whereas men only get swiped right by women 16% of the time.

The economics of online dating are very much in the favor of women: pretty much any girl can get a limitless supply of matches on Tinder whereas the average guy gets maybe 1 per day (if that).

A particularly beautiful woman on a dating apps will receive dozens of messages every single day: standing out from all those men is no easy taks.

It's not all doom-and-gloom, though. Very few men are good at online dating: most guys use lazy pictures taken on their smartphone's selfie camera and send messages that are either creepy or boring.

You can stand out from the majority of guys on dating apps by crafting learning how to message girls in a way that intrigues them and spending a couple hundred dollars on a professional photographer.

You could use online dating to meet a new girl every single day. However, it's fairly rare to meet '9s' and '10s' from dating apps: there's just too much competition for the most beautiful women.

You can use online dating to consistently get dates with fairly cute girls, but if you want women that are 'stunning,' online dating isn't a good option.

(Also, if a girl looks like an '8' on Tinder, she's probably a '6.' If she looks like a '6', she's probably a 4. Most people on Tinder choose the most flattering photos they've ever taken, these pictures tend to be misleading.)

Wrapping Up Best Way To Meet Girls Part 1

[image]

Dating apps can be a good way to get some experience under belt if you're inexperienced with women. It's much less anxiety provoking to message a woman online than to approach her in person. And if a girl from an app agrees to meet you, you can be confident that she's open to the idea of dating you.

Relying too much on dating apps can become a crutch. If you start going on dates with girls you met online, but you can't approach a girl in person, it's easy to become reliant on the dating app.

If your long-term goal is to date '9s' and '10s' you shouldn't use dating apps as your exclusive method for meeting women.

Meeting girls online can help get the ball rolling and help you build some confidence in yourself, but while you're doing that, you should simultaneously work on your ability to approach and attract women in person – because that's where you'll meet the most beautiful women.

In part 2, we'll explore the pros and cons of cold approach pickup (there are some real disadvantages). By the end of the next article, you should have a good idea of what the best way to meet girls will be for you.

Why Cold Approach Is The Best Way To Attract Beautiful Women (Top 3 Methods For Getting Dates Pt 2 of 2)

Avery · 18 December 2018 · Archived copy · Original

Why Cold Approach Is The Best Way To Date Beautiful Women

[image]

Most men cannot approach a beautiful girl without the benefits of alcohol – it's just too anxiety provoking.

Of course, if most people are unable to do something, the few people who do it have an unfair advantage.

If you can confidently approach a girl, you've already proven that you're among the top 10% of guys.

When you're out meeting women in person, you can approach literally anyone and get her undivided attention. (Compare this to online dating where the majority of women won't even see your profile or read your message).

There's also a virtually unlimited number of women you can approach. In your social circle there might be 5 beautiful women, in a city with a million people, there might be 50,000.

Disadvantages Of Cold Approach

[image]

Psychologically, cold approach is extremely difficult for most men. You will get rejected on a regular basis. Those rejection can easily fuel negative thought patterns ("I'm just not attractive enough"/"These women are bitches"/ etc.)

The harsh truth is that most men who try cold approach ultimately fail. Success stories aren't the norm, frustration and disappointment are.

This is no different from say, fitness, where most people who start a new diet or buy a gym membership give up within a couple months.

If you eat fewer calories, you will lose weight. If you lift heavy weights, you will build muscle. However, few people who start these endeavors ultimately reach their goals – building healthy habits is psychologically challenging.

[image]

Similarly, you can attract beautiful women through cold approach, but it's psychologically challenging to do so.

That's why it's important to focus not just on the techniques that attract women, but on the process of learning game itself.

In bodybuilding, knowing a good workout regiment isn't enough to build muscle. You also must know how to motivate yourself to go to the gym consistently, how to make sure you're eating the right foods, and how to consistently lift heavier weights each week.

Likewise, knowing how to attract a woman isn't enough, you must also know how to stay motivated when you're not getting results (very few guys get instant successes from game). You also must learn how to learn from your mistakes, how to set goals that will point you in the right direction, and how to overcome your fear of rejection.

Most guys who try to learn cold approach fail – not because something is inherently wrong with them or with pickup itself – but because their strategy doesn't account for the biggest obstacle we face: our psychological resistance to change.

Of the three strategies for meeting women, cold approach has the most potential. One guy I went out with brought home 9 attractive women home in 9 days. Now, that may not be your goal, it's not mine either, but there's almost no limit to what's possible.

To be fair, you can't bring home a 'perfect 10' every night. But that's because such women are genuinely rare. You can, however, go on a date with a new '8' or '9' every single day if you wanted to.

Maybe you're not interested in casual sex. Cold approach is also a great strategy for meeting an amazing girlfriend: having thousands of women to choose from will help you find a girl who is a great match for you.

To make cold approach work you need a better strategy than most guys. That's why I write these article and make Youtube videos. Yes, you will learn techniques you can use to attract women, but you will also learn how to stay motivated, how to notice your mistakes so that you don't get stuck on a plateau, and how to structure your goals so that you will get better results every single week.

[image]
You can approach girls on the beach. Technically, this picture is relevant.

The most exciting thing to learn is 'the new workout that'll give you 6-pack abs in 6-minutes a day' or, 'the new super-food that makes weight loss effortless.' But it's not the exciting stuff that makes the difference between success and failure, it's an understanding of how to create a process that will lead to long-term growth.

Yes, I teach the exciting stuff, but that's not the underlying difference between those who fail and succeed.

The difference is between success and failure lies in discipline, an understanding of your own psychology, and having a roadmap that leads to success. These are skills no one teaches us, which is why they are so important to learn.

Flirting Tips For Guys – How To Attract Women With Your Words

Avery · 12 January 2019 · Archived copy · Original

Flirting Tips For Guys

How To Attract Women With Your Words



If you were to listen to an interaction between a male and female friend and then compare that to a conversation between a pair of lovers, everything about the two conversations would be different.

When you meet a girl you're attracted to, your conversation with her should be more like an interaction between lovers than one between friends. One of the most common themes I've noticed among the men I've coached is that they often approach a girl, talk about safe and friendly topics, then get her number. These men are then surprised when the numbers they get don't lead to dates.

Well, if you talk to a girl like a friend and then invite her on a date, she has little incentive to go out with you – she might like you as a friend, but it's unlikely she will feel any real desire for you, and so, she will decline your invitation.

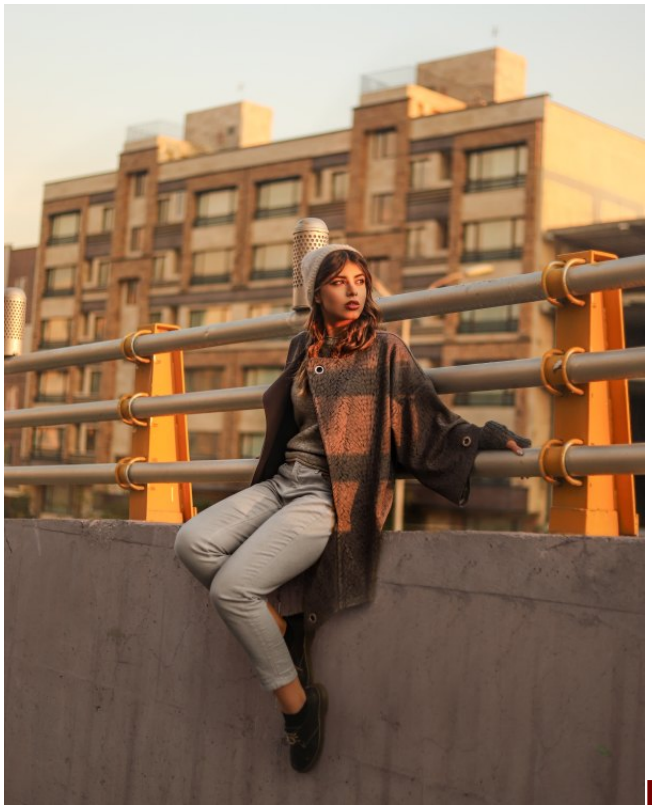
That's why it's important to learn to talk to women in a way that triggers a powerful emotional response in her. You want a girl to feel something for you – you're different from other men: you're bolder, riskier, even more sexual.

Doing this tactfully is a skill that takes practice to learn, but the rewards for your effort will be worth it. Once you know how to create sexual tension in your conversations with women, your ability to consistently get dates (and even sex) will be vastly improved.

I don't want to oversimplify this, sexual tension isn't created solely through what you say, your nonverbal communication matters too. Your eye contact, vocal tonality, and body language can all influence whether a girl sees you as a potential friend or a potential lover. But what you say does matter, to ignore this aspect of dating is to

ignore a wealth of opportunities to create intrigue and sexual attraction.

In the following section, you are going to learn how to spark sexual attraction with your words.



Flirting Tips For Guys

Part 2: Challenge Her

Men and women are both keenly aware of their social status, it's in our nature (whether we admit or not).

When an opportunity to increase our status presents itself, we are quick to jump at it. And when our status is challenged, we become viscerally uncomfortable.

Imagine you were out in a club and your friend said, "You look fat in that shirt." Unless you are unusually confident in your physique, your emotional state would be affected by that comment. You might even stop wearing the shirt.

When someone judges your clothes, your appearance, or your personality as inferior in some way, you are going to feel a pang of discomfort. Your social status has been questioned, this doubt makes you want to prove yourself – they're wrong, you actually are a cool person.

Now, you shouldn't go around insulting women to make them doubt their status – that would be cruel.

However, challenging a girl is a useful strategy for getting her to emotionally invest in the interaction. There's an important quirk in human psychology: when something is handed to us freely, we assume it has little value. Conversely, when we have to work for something, we assume it must be worth fighting for.

Research has shown, for example, that when pledges for a fraternity are forced to go through a humiliating week of hazing, they actually rate themselves as enjoying being a part of fraternity more than people who don't have to go through a 'hell week.'

Usually, when a man is talking with an attractive woman, he supplicates to her: he is nice, agreeable, and even submissive. He makes himself easy to get, but humans don't value things that come to us freely.

By creating a sense of challenge, you will flip the usual dynamic on its head – now the girl wants your approval, she wants to prove that *she* is good enough for *you*. Flirting – at it's core – is challenging a girl in a fun way.

Flirting Tips For Guys Part 3:

How To Challenge A Girl Without Offending Her



There's a right way to challenge a girl and a wrong way to challenge a girl. If you do this poorly, you will make women feel insecure and they'll lash out at you. Your goal isn't to make a girl feel attacked, but to feel challenged.

There's a profound difference between saying, "Your hair looks terrible, do you even own a brush?" And saying, "That's a unique hair style."

The first line is directly insulting, so there's a high risk that a girl would take offense to it.

The second line, however, isn't directly insulting the girl. It's unclear what you mean by the word *unique.* Do you mean her hair is avant-garde? Or do you mean her hair is unique in that it looks weird? This room for interpretation will make the girl feel a tinge of doubt about her social status, but she won't have a good reason to blame you for it – you didn't actually insult her.

Generally, the best way to challenge a girl is by using insinuation: you're not outright putting women down, you're simply implying that she might have a less than ideal quality.

To challenge a girl, you must first understand how she wants to be perceived. Then, you find a way to make her doubt whether that perception is accurate.

As a rule of thumb, women want to be seen as beautiful, intelligent, funny, stylish, and successful. Anything you say that makes a girl question whether she has those qualities will have an impact on her ego.

Here's a few specific examples:

> *You*: "You seem pretty smart for an ASU student."
> *You*: That was clever, you could be the next Amy Schumer!" (although Amy Schumer is a successful comedian, very few people like her or want to be like her)

> *You:* "You're very cute in a non-threatening way." (if she asks what you mean by that, say, "I don't know, I just feel comfortable talking to you.")

> *You*: "I have to say, you're pretty weird, but in a good way."

> *You*: "You know who would be perfect for you? See that guy over there?" (Then point at a guy who she'll think she is way too attractive for) "Yeah, you and him would be great together. Shall I introduce you?"
>
> Girl: "I'm from Portland"
>
> You: "You would be from Portland."

(You can use "you would be" as a template to challenge a girl based on nearly anything she says, her job, her hobbies, or even her favorite book.)

If your challenging statement affects the girl, she'll most likely either laugh or ask you to elaborate, ("What do you mean, I'm weird?")



Challenging a girl takes some tact, if you come across as overly aggressive, she'll respond negatively. However, with enough practice this will rarely happen.

I'm very challenging in my interactions with women, yet I can't think of the last time I actually offended a girl. And although challenging a girl is taking a slight risk, it's actually less risky than being completely agreeable and friendly. Being overly nice might get a girl to like you as a friend, but it will rarely make her feel sexual attraction for you.

Wrapping Up Flirting Tips For Guys:

Better To Be Challenging Than To Be Boring

Imagine a 5th grader challenged you to a game of basketball. There would be no point in playing against such an easy opponent (hopefully). Basketball is most enjoyable when you're playing against someone of a roughly equal skill level: the challenge is what makes a game fun.

Dating works the same way. If you don't challenge a girl in some way, there's no reason for her to be fully engaged; she already knows she has all the power. Presenting yourself as a challenge to a woman is like meeting an equally skilled opponent in basketball – now she has a reason to put in a real effort.

Flirting is about creating sexual tension. Tor there to be any tension, there has to be a sense of risk: the possibility of failure. If a girl knows she can sleep with you, there won't be much tension. By challenging a girl, you make her wonder, "Is this guy really into me, or does he not find me attractive?" This causes sexual tension to build because now sex is a possibility, but not a certainty.

How To Turn A Girl On (By Talking About Sex)

Avery · 31 January 2019 · Archived copy · Original

How To Turn A Girl On (By Talking About Sex)

[image]

The topics we bring up in conversation cause us to feel corresponding emotions: Talking about the next Marvel movie is going to bring up one set of emotions, while talking about genocide will bring up another.

Generally, it's best to focus on topics that elicit strong emotions when you're interacting with a girl you like. And, naturally, of all the emotions you could hone in on, one is more useful than all the others – sexual desire.

If you want to make a girl feel aroused, the best topic to focus on in, of course, sex. Get sex on a girl's mind, and she will experience a natural build up of desire for you.

However, talking about sex is dangerous: do it poorly, and a girl will quickly reject you. Yet, the danger is what makes this topic so powerful. If you can talk about sex and get away with it, you've done something few men would have the balls – or the tact – to pull off, and you've instantly made yourself stand out from almost every other guy.

Sex is a taboo topic, bringing it up can be highly offensive. Because of this, the best way to bring up sex is under the guise of humor or fun.

It's unlikely a girl will be offended if you bring up sex within the context of a joke, yet, you'll still have a strong impact on her emotions. Here's a few examples of this principal taken from interviews with actor Russel Brand:

Example 1:

> Russel: When you laugh like that it makes me know what you sound like when you come.
>
> Girl: (Laughs so hard she can't breathe.)
>
> Russel: And I like it!
>
> Girl: Do you? Um…. Uh… you've thrown me, but I love it. I love that you're throwing me.
>
> Russel: If you're ever so confused pop yourself down on my knee and see if we can't get you pregnant.
>
> Girl: (More uncontrollable laughter.)

Example 2:

> Russel: How come you've turned up here dressed in this fashion? (She's wearing a dress that reveals a lot of cleavage.)
>
> Girl: It's hot, I don't know if you've noticed?
>
> Russel: I haven't, no. I've dressed elegantly, like an English knight.
>
> Girl: Well, I prefer to dress like a hooker.
>
> Russel: If you dress like a hooker, people will treat you like a hooker, and I haven't got any money on me.
>
> Girl: Fuck!
>
> Russel: There's nothing I wouldn't do to you. You strike me as an adventure playground for my cock.
>
> Girl: (Bursts out in laughter.)

> Russel: You, young lady are the reason I went through puberty, for women like you.
>
> Girl: Aww, thanks, that's the nicest thing anyone has ever said to me.

Russel brand is being extremely sexual, yet it's done within the subtext of humor. He's not being serious, he's being playful. Men often treat sex as a conquest, as something they have to earn. But for women, sex isn't a goal that needs to be achieved, it's about self-expression and raw passion.

Russel Brand is able to get away with saying things that would cause most celebrities to lose their job because he brings up sex not in a humorous, non-aggressive way.

Don't expect to be as clever as Russel Brand with sexual innuendo, he's a famous comedian. However, you can use his examples as inspiration.

How To Create Your Own Sexual Innuendo

[image]

The lines Russel Brand said in the above examples weren't memorized, he thought of them spontaneously. You can learn to come up with your own witty sexual comments on the fly by practicing the following exercise.

Exercise: Sex With Me Is Like...

This is a word-association game in which your goal is to complete the phrase "Sex with me is like…" with something clever, interesting, or absurd.

To start, you choose a subject, this could be anything:

A mouse, a tornado, a roller-coaster, a brownie, a cup of coffee, etc.

Once you've selected a topic, try to complete the sentence. For example:

"Sex with me is like a roller-coaster, it will make you throw up and it only lasts about 5 minutes."

Once you've come up with something, change to another topic. You can come up with something off the top of your head, or you can even look around you for examples.

Here's an example of what playing this game might look like:

> *"Sex with me is like reading a book, you only do it because you have to, and you'll fall asleep before you've finished."*
>
> *"Sex with me is like an iPhone, it's over-hyped and it doesn't last as long as you'd hope."*
>
> *"Sex with me is like a trashcan, it smells like old cheese and you forget about it after you're done with it."*

Practice this exercise for a couple weeks and you will develop an intuitive ability to think of witty sexual innuendo off the top of your head: you're training your mind to associate everyday objects with something sexual, but in a playful way.

There are also several conversational games you can play that allow you to make your interactions sexual without taking much of a social risk.

Would You Rather

To play this game, you simply ask a girl to choose between two hypothetical situations. Here's a few examples:

- Would you rather date a man who fulfilled all your wildest sexual fantasies, but he lives with his mom, and is a complete failure in his business life, or would you prefer a man who is rich and successful, but he is a complete

dud in bed and will never give you an orgasm.

- Would you rather go the rest of your life without TV or the rest of your life without sex?
- Would you rather be a nymphomaniac or have absolutely no sex drive?
- Would you rather have a disease that caused you to have an orgasm whenever a man touched you, or a disease that made it so you could never have an orgasm?

Playing would you rather gives you an excuse to make your conversation sexual, the game wouldn't be fun if the questions weren't absurd and controversial – you're being sexual in the name of playfulness, not perversion.

Fuck, Marry, Kill

[image]
Looks like she would marry you, fuck you, and then kill you.

To play this game, choose 3 people and ask the girl which one she would fuck, which she would marry, and which she would kill.

You can play this game using famous people or with people in the area. If you use guys in the area, it's best to choose the most dopey looking men possible (implying that you don't think she could do any better).

When she answers the question, you have a great opportunity to tease her. Here's an example:

> You: Who are your favorite male comedians?
>
> Her: Aziz Ansari, Louise C.K. and Bill Burr.
>
> You: Okay, let's say you're in a room with them, who would you marry, who would you fuck, and who would you kill?
>
> Her: Oh gosh, I guess I would marry Aziz, I would fuck Bill Burr, and I would kill Louise C.K..
>
> You: Why don't you like Louis C.K.? You don't fantasize about an overweight bald man randomly asking you to masturbate for him? That doesn't get you going?

Overall, fuck, marry, kill is a very simple way to make a conversation sexual without doing anything offensive or potentially creepy.

The Question Game

This game is a simple, yet effective excuse to talk about highly personal topics (including sex). To play the game, simply say:

> You: Hey, have you ever heard of the question game?
> Girl: No, what's that?
> You: There's three rules. First, we take turns asking each other questions. Second, we can't ask the same question twice. And third, you can pass on a question if you don't want to answer it.
> Girl: Okay.
> You: The main point is to ask questions that dig deeper than the normal surface level stuff, I can start if you like.
> Girl: Alright.

Once you start playing the game, ask questions that are increasingly personal and sexual over time. You don't want to start with something too risque, build up to it slowly.

For example, some of the earlier questions you might ask include:

> “How much time per day would you say you spend watching Netflix?”
> “What was your first kiss like?”
> “Have you ever used Tinder?”
> “What’s the longest relationship you’ve ever been in?”
> “Have you ever kissed a girl?”
> “Have you read 50 Shades of Grey? And if you did, how much did you like it?”

[image]

Not every question you ask should be sexual, that would come across as forced. Intersperse questions about things that you genuinely want to know about the girl.

For instance, asking a girl whether or not she’s religious can be helpful for determining compatibility (if she’s a devout Mormon, you know it’s not likely you’re going to have a one-night stand with her).

Make sure to gauge the girl’s responses. If you ask sexual questions but she doesn’t seem to like answering them, you might want to stick with less taboo topics (because she’s not comfortable talking about sex with you yet).

As you play the game, you can gradually ramp up the questions to become increasingly personal (so long as she’s responding well). For example, later in the game you might ask:

> Have you ever had a one-night-stand?
> Do you think men or women are hornier? (If she says men, you could argue that women try to hide their horniness, but secretly they’re much more depraved than men – just look at romance novels like 50 Shades of Grey.)
> What are some things that turn you on? (Good information to have at your disposal).
> What’s the most interesting place you’ve had sex?
> Have you ever had a threesome?
> If you could have sex with any actor, who would you choose and why?

The question game is a useful tool for learning how to turn a girl on. If you can comfortably talk about sex with a girl, she will feel at ease with her sexual nature around you.

Wrapping Up How To Turn A Girl On (By Talking About Sex)



You just learned a litany of techniques you can use to create sexual tension with your words. Understand, although the words you use do matter, sexual attraction is sparked non-verbally. You can say all the right things, but if your eye contact is shifty and your voice sounds timid, women aren't going to feel an increasing sexual tension.

Think of it this way, attraction is sparked through what you do; that spark is turned in to a flame through what you say.

If women aren't responding to you in a sexual way, focus on improving your nonverbal communication first (you can find exercises for this in my free eBook, *The Five Triggers For Sexual Attraction*). Once you've learned how to turn a girl on consistently, then you can learn to increase that desire further through verbal techniques.

Hidden Camera Video *WARNING* Toxic Masculinity Inside

Avery · 8 February 2019 · Archived copy · Original

How I Used Sexual Framing To Seduce A Perfect 10

Avery · 10 February 2019 · Archived copy · Original

How I Used Sexual Framing To Seduce A Perfect 10



This simple technique allows you to make a conversation sexual, but to blame it on the girl.

Once, I met a girl at a club who was my definition of a perfect 10: she was stunning, athletic, brilliant, and highly charismatic. The interaction was going well, but I was not confident in my ability to get a girl of this caliber. I had just started learning game and I felt genuinely intimidated.

Fortunately, I actually *got her to make the first move* by using sexual framing.

At one point during our conversation, I blurted out, “I’m not going to have sex with you tonight.” She stared at me, confused, before saying, “Of course not.”

Later that night, she called a cab and told me to get in with her. As we arrived at her place, she immediately walked into her room and left the door open. I hesitantly followed her. As I stepped into the room, she said, “Close the door behind you.” I looked towards her and noticed that she was on the bed, completely naked, inviting me to join her.



It's very rare that a girl will initiate sex like in the above story. But by framing the girl as the one who's trying to get laid, she will feel an urge to prove that she is desirable. Ironically, to accomplish this goal, she must actively chase you which is exactly what you were accusing her of doing.

To be clear, you can't rely on this as a technique to get women to make the first sexual move – that won't usually happen.

However, framing the girl as the sexual aggressor can change the power dynamic in your favor while also incentivizing her to start pursuing you more actively.

Other than saying, "We're not going to have sex tonight." You can use sexual framing by saying:

- "What do you do for fun when you're not blatantly hitting on guys?"
- "Why do you keep looking at my lips?"
- "Why are you looking at me like that?" (She may say, "Like what?" You can respond, "Like you have bad intentions.")
- "You're kind of aggressive with guys, aren't you? I can tell."
- "Why are you so attracted to me?" (As she explains, you can cut her off, and say, "No, it's okay, it's not your fault, it's mine." This one in particular takes a lot of confidence to pull off.)

If delivered with certainty, the above lines are all effective at making a girl feel an emotional desire to pursue you.

But being so cocky is prone to backfire: saying something like, "Why are you so attracted to me?" won't get a positive reaction if your interaction was friendly more than sexual. Sexual framing can increase a girl's interest for you, but it won't create desire by itself.

Using bold techniques may occasionally create a moment of awkwardness, but that's actually a good thing because it's valuable feedback: now you know that your interactions aren't coming across as flirtatious enough to get away with sexual framing. This is a sign that a. your nonverbal communication isn't where it needs to be and b. your conversation is too friendly, it's not creating enough tension.)

Although trying a technique and getting negative feedback is uncomfortable, it's much better to take a risk and fail than to play it safe and have no chance of succeeding in the first place. When you take risks you can learn to calibrate from your mistakes, but when you never take a risk, there's no chance of getting the result you want.

Although sexual framing is a powerful tool, it's just the tip of the iceberg when it comes to sparking sexual attraction in women. Dive deeper and learn how to become irresistible to women with the 4 free ebooks in The Red Pill Theory Collection:

[image]

Dating Advice For Men: 3 'Nerdy' Ways To Get More Dates In 2019

Avery · 16 March 2019 · Archived copy · Original

What is the biggest mistake guys make when trying to improve their dating lives?

They don't have an effective plan.

It's one thing to know you want to date high-quality women, it's another thing to have a step-by-step blueprint for reaching that goal.

Whenever I start working with a new coaching client, the first thing I ask is, "What are you planning to do in the next month to improve your dating life?"

Can you guess what the most common answer I get is?

It's, "I don't know."

The harsh truth is this: your results are going to be about as good as your plan for getting them.

It's not your fault if you don't have a good plan. We live in a world that teaches us to become addicted to instant gratification and to think more about the next 12 minutes than the next 12 months.

But if you want to succeed in dating (or any area of your life), your ability to create a blueprint for your own success is absolutely key.

So, how do you make a good plan?

There are a few key elements.

Dating Advice For Men Part 1:

Make It Measurable



There's a huge distinction between saying, "I want a girlfriend," and saying, "I'm going to approach 20 women each week until I get a new girlfriend."

A vague goal is going to lead to inconsistent action.

The more solid and focused your goal is, the more 'real' your plan will feel, it will be grounded in specific steps rather than being a fantasy.

Sure, start with something you want: A girlfriend, a string of one-night stands, or whatever else. But from there, think about the specific actions you can take to get that goal.

This isn't an exact science; focus on something that you know will increase your chances of achieving that long-term goal.

For most guys, approaching women regularly is a great place to start.

Your plan might involve approaching a certain amount of women per week or to dedicate a particular number of hours to going out and meeting women.

Having an imperfect plan that gets you taking action is a thousand times better than having no plan and waiting for life to happen to you.

Dating Advice For Men Part 2:

Make It Realistic



When we want to accomplish something, we tend to think in terms of "How can I achieve my goal as quickly as possible?"

On the surface, this makes sense. The idea of losing 50 pounds in the next 3 months is way more appealing than the idea of taking a entire year to lose the weight.

But there's a problem with this type of thinking…

We set goals when we are in a state of emotional excitement. We are driven by this state to create goals that we could only accomplish if we were always in that state.

Sure, your motivation will sustain you for a day or two, maybe even a few weeks. But at some point, the state you were in when you made your ambitious goal will fade.

Once this happens, you'll start feeling stressed about this overwhelming change you're trying to make – instead of enjoying going to the gym or making your art or meeting women, you'll resent it. It's something you put up with because you have to.

To change your life, you do have to get out of your comfort zone: you will have to face stress and emotional resistance head on. But if you take on too much at once, you will eventually burn out.

There's a limit to how much discomfort we are able to lean into, and if your goal is too large, the entire process of working towards that goal will be mostly uncomfortable.

There's a different approach, one that works far more effectively.

Hypothetically, it would be great to lose 20 pounds a month or to get 100 girl's number this week. And yeah, if you had infinite willpower and were completely unaffected by your emotions, you could do those things.

But how often do your goals lead to lasting change? If you're like most people, that rarely happens. Scientific research has shown that only 8% of people who set new year's resolutions actually accomplish them.

We tend to think we fail because we lack the motivation we need or because our genetics or life situation gets in our way.

And sure, being motivated helps, having good genetics helps too. Yet, the underlying difference between those who succeed is their ability to create realistic, sustainable goals that will move them in the right direction, and with time, completely change their lives.

If you want a better dating life, the best strategy is to take a patient approach to change. Let's say right now, you go out and approach women a few times a week. The first step to creating a realistic goal is keeping track of your rate of progress.

[image]

To do this, you can create a Google Spreadsheet in which you track how much time you spend out approaching women, how many girls you approach, and how many girls you exchange numbers with. For a week, do your best to go out to meet women as often as you can and to take as much action as possible.

At this point, you don't have a specific goal, you're just pushing yourself as much as possible so that you can set a baseline (if you're focusing on online dating, you can use this same tactic for Tinder/Bumble/Etc.)

After a week, take note of your results: how many times did you go out to meet women? How many approaches did you do? How many numbers did you get?

Once you have an idea of what you can realistically expect to accomplish in a week of approaching women, you can set a goal that is based on your actual experience rather than what you hypothetically think you should be able to accomplish.

Let's say, for instance, you went out 3 times for an average of an hour each time, you approached a total of 15 women, and you got 3 phone numbers.Okay, now you can use that information to set a realistic goal: you could set a goal to go out 3 times each week, and to approach at least 5 women each day.

Or, maybe you were completely unable to approach a girl in the week you used to set your baseline. That's okay, it just means you should start with a smaller goal. In this case, I recommend simply setting a goal to go out a certain number of times per week for at least 15 minutes each time (anything less than 3 days will result in slow progress, but 7 days per week may be unsustainable, do as much as you can based on your schedule).

Your goal here isn't to approach any women or get any phone numbers, it's just to go out to a place where there are

women you can approach and to do your best. This might sound like a pointlessly small goal, but the whole purpose of setting such a goal is that no matter your current level of experience, you can go out 3 times and walk around a venue with women in it for fifteen minutes.

Honestly, approaching women can be extremely anxiety provoking, especially if you haven't done it before. Don't expect to overcome this anxiety overnight, it may take some patience and perseverance.

If you are struggling with approach anxiety when you go out, it can help to use what psychologists call gradual exposure. Basically, you're breaking up something challenging into smaller, manageable steps (watch this video for a complete guide on defeating approach anxiety).

[image]Now that you've set a baseline, your goal for the next week is to beat that baseline by as much as possible. Think of this like beating your personal record at the gym. By tracking your data, you already know you're capable of doing based on what you did last week, beating that will be challenging, but realistic.

Then, each week, track your stats and create a new baseline to beat the next week. Whereas on the first week you may not even be able to approach a girl, on your 12th week you may approach 10 girls, get 8 numbers, and even bring a girl home with you.

I know this whole process may sound nerdy or weird, but ultimately I don't think that matters – what matters is whether a method works: keeping track of your progress and setting incrementally increasing goals is an incredibly effective strategy for reaching any goal, dating or otherwise.

One important note about setting incremental goals: it's okay if on any given week you fail your goal. Let's say your goal on a particular week is to go out 4 times for a total of 2 hours and to approach at least 30 girls, but you only manage to go out once for one hour and you approach only 2 girls.

Okay, you didn't fail your long-term goal, you just fell short on one week. Men often give up on the idea of learning game when they face a setback like this. It's easy to become frustrated when you fail and to give up on yourself.

Look, everyone has bad weeks, that's normal, you should expect this to happen. Just know that your ability to keep taking action after an emotional lowpoint is one of the fundamental keys to success. The simple act of deciding that you will keep going out and approaching women, (even if you screw up one week) will drastically improve your chances of long-term success.

Now, if you have one of these off-weeks, you can use your stats from that week as your new baseline to beat. This might feel like a step in the wrong direction, but remember, as long as you're going out at all you are making progress – and making slow progress is much better than setting an unrealistic goal and completely burning out.

Peter Drucker said, "What gets measured, improves."

The power of that statement cannot be exaggerated. Last year, I gained 40 lbs of fat due to overeating and an overly sedentary lifestyle.

In the last 5 months I lost all the weight I gained while also building muscle. This was made possible by two simple lifestyle changes: I started weighing myself every morning and tracking my calories with MyFitnessPal.

The simple act of tracking the absurd amount of calories I was consuming and seeing my weight gradually increase made my mistakes so clear that it was easy to change my behavior. It wasn't hard to eat fewer calories when I saw that my average was 3000 per day. It wasn't hard to start going to the gym when I saw that my weight was increasing by more than a pound per week.

Keeping track of your progress (in any area of your life) can be the one decision that changes your life forever. Rather than taking inconsistent action and relying on motivation to get anything done, you will make progress towards your goals every single week. And although your life might not change overnight, in a year, you will accomplish things that today seem unimaginable

Dating Advice For Men Part 3:

Get A Mentor



What do the best actors, writers, musicians, athletes, and the greats in any field share in common?

They went through extensive training with professional coaches.

It's been well established that coaching works: those who learn under professional guidance make faster progress than those who don't.

If you're overweight, it's perfectly normal to work with a personal trainer.

If you feel depressed or anxious, it's perfectly normal to work with a therapist.

If your dating life sucks, and you want to start attracting high-quality women into your life, it's definitely NOT normal to work with a dating coach.

We're told that relationships are something we should 'just figure out' or that 'you'll find someone when you're ready.' But you and I both know that's a fantasy: dating isn't something you should leave to luck, attracting women is a skill you can master.

Sadly, most guys who learn about 'game' don't get the results they want. This is no different from the fact that most people who start a diet don't reach their weight-loss goals.

Wanting to make a change in your life is easy, doing the work to make that change a reality is hard.

Coaching won't guarantee that you succeed (just like hiring a personal trainer won't guarantee that you get ripped). You also don't need coaching to succeed at anything – you can make any goal through sheer force of will.

But coaching will help accelerate your learning curve. A good coach can help you get results that would normally take 3 years to get within 6 months.

One of my coaching clients who hadn't has sex in 9 months before we started working together recently sent me

this message:

[image]

Another client who had never brought a girl home with him before we met sent me this message:

[image]

A good coach will understand what's holding you back from getting the results you want, and he will help you create a step-by-step strategy for making real, measurable progress immediately.

Imagine you decided you wanted to build some muscle so you started going to the gym 4 times a week.

A few months pass and you've been lifting weights every week, but your muscles haven't grown. Why? Because you weren't consuming enough calories to build muscle.

This might sound like an obvious mistake, but it's a common one. In fact, I made this mistake in my own life. I wasted a year lifting weights without making any real progress because I didn't understand that diet is fundamental for muscle growth.

When I started working with a personal trainer, I was instructed to start tracking my calories and to make a point to eat a lot more food. And guess what? I started building muscle, my arms went from 13 inches to 15 inches and my strength nearly doubled in the course of 6 months.

Having a coach who knew the mistakes I was making drastically improved my results.

Coaching worked for me, it's worked for many of the most successful people in the world, and I'm confident it can work for you, too.

If you sign up for a coaching session with me, I will identify what EXACTLY is holding you back from having the dating life you want, and we'll make a step-by-step plan for you to start making real, measurable progress towards your goal.

Sign up for your session, here:
https://docs.google.com/forms/d/e/1FAIpQLSdyb3PxkUXTOn1gz3W2YJmH0UNrChDRLej18Zem7VYTynI_0w/viewform?usp=sf_link

No, coaching isn't necessary to get better at this whole 'game' thing. But working with someone who has years of experience in this area, someone who's approached tens of thousands of women, who's gone on hundreds of dates, and who yes, has slept with quite a few beautiful girls – will help you make progress as quickly and effectively as possible.

Why Your Self-Image Is Based On A Lie

Avery · 18 March 2019 · Archived copy · Original

Your self-image is a biased, inaccurate, collection of beliefs that were created by external influences. These beliefs were formed when you were too young to filter out the relentless deluge of bullshit that we are all exposed to, day in and day out. Your parents, teachers, peers, and media influences planted the seeds of the mindset that you now carry with you.

Remember the movie Inception? In that movie, an inception was an event in which a team planted an idea in someone's dream that would take root and change their life without their knowledge. They would think the incepted belief was their own idea because it came to them from a dream.

You probably haven't had your dreams hijacked, but we have all been influenced by a psychological force eerily similar to an inception. When you were a child and your parents angrily told you not to talk back, your school taught you to shut up and listen, and commercials taught you that you needed a new product to feel good about yourself, you were too young and vulnerable to distinguish these ideas as toxic. You were a sponge absorbing everything around you.

At your current age, you can consciously filter out good ideas from bullshit (to some extent). What you might not realize, though, is that your current values and self-image are largely the product of the seeds of ideas that were planted when you were young and vulnerable.
We naturally assume that our beliefs must exist for good reason. We have to trust our own mind. Unfortunately, because of this trust, we have difficulty accepting that many of our ideas about ourselves and the world are totally illogical, toxic beliefs that we take ownership of simply because we had those ideas planted in our mindsets at a young age.

Say you don't think you're good looking enough to date attractive women. To you, this seems like a logical belief. You can clearly see that girls don't find you attractive; you can see all around you that it's mostly the good-looking guys that get attractive women. You know for a fact that you're not attractive to these women because they don't even give you the time of day. If you were able to get an attractive girlfriend, you'd obviously have one by now.

What you don't realize is that this belief really stems from your childhood. Maybe people teased you about your appearance, maybe you saw in films that the hot movie star ends up with the hot actress. One way or another, you unconsciously absorbed the cultural belief that physical attractiveness was necessary to date attractive women, and that you aren't good enough by this measure.

This idea that you picked up at a young age was like a seed that grew into a patch of weeds in your belief system. It's incredibly difficult to let go of the mindsets you picked up in your formative years because to do so would be to choose to abandon the foundation that your identity has been built on. Even if the foundation is a house of cards, it's your house of cards, something you've nurtured for years (without ever consciously deciding to). Your belief that attractive women can't like you is now a fundamental part of your belief system.

This means that if you were to find counter-evidence, if for example an attractive girl were to flirt with you, it would feel like an attack on your identity. You would resist the idea, fight against it, self-sabotage in your interactions with that girl so that you can prove that you're right in your belief that attractive girls don't like you.

If you don't believe attractive women should find you attractive, you have a confirmation bias

(without knowing it) that is constantly searching for evidence that reinforces this belief. You will only see evidence that reinforces your negative self-belief. For example, when a girl looks at you and then quickly looks away, you'll assume she was repulsed by you. She must have looked away to avoid the pain of looking at you for another second.

But another guy, who got the same exact reaction from a girl, would think she was too shy to hold eye contact. He will assume she wanted to talk to him and approach her. He will ask for her number. She might say no, she might say yes. But because he doesn't have a mindset that causes him to reject himself, he doesn't miss the countless opportunities that most guys do.

A negative mindset is the psychological equivalent of cancer. The host doesn't know it is destroying itself. Becoming aware of this is intrinsically difficult because you'd have to admit that a part of you isn't really you, but a cancer.

It is your responsibility to have the courage to notice your own negative thinking, to question your insecurities, and to doubt your own self-doubt.

If your body were to become aware that it had cancer, your immune system would easily snuff it out. The same is true for a negative mindset, awareness of your own self-destructive beliefs is the cure.

This article is an excerpt from my book: Zero F*cks Given

How To Attract Girls With Positive Energy

Avery · 29 March 2019 · Archived copy · Original

The following article is a free excerpt from my upcoming book, *Attraction On Demand:*

How To Attract Girls With Positive Energy

Emotions are contagious. Whether you feel anxious, angry, or happy – that emotion will spread to the people around you. When I've gone out to meet women in a shitty mood, most of the girls I approached would respond negatively and reject me. Yet, I've also had nights where I was in an amazing mood and every woman I approached would treat me like a king. The way people treat you is a reflection of the emotions you experience around them.

The degree to which our own emotions affect those around us is uncanny, and it's something most people are completely unaware of. Because of this, if you learn to master the art of projecting positive energy, your personality will become magnetically attractive.

The quickest way to get yourself into a positive mood is with the strategy you learned in the social momentum chapter. As you build momentum and enter a flow state, you will naturally feel good about yourself (and women will feel good around you).

You can also learn to reorient your thinking to become increasingly positive in the long-term. The human brain has a natural bias towards negative thinking. We focus on the negative because our ancestors evolved in an extremely dangerous environment: simply walking down the wrong path could lead you to become a predator's lunch. For our ancestors, the average lifespan was short and death lurked around every corner. So, the human brain evolved to pay more attention to risks than to benefits.

As mentioned earlier, the human brain hasn't changed much since prehistoric times. We still have a strong inclination to overvalue the negative and undervalue the positive in life. Fortunately, you can train your brain to reorient this bias so that positive emotions become just as addictive as negative emotions. And not only will this help you succeed with women, it will also make you feel better in your day-to-day life.

The following are three strategies for becoming increasingly positive that are backed by scientific research.

How To Attract Girls With Positive Energy Part 1:

Mindfulness

Mindfulness meditation both decreases activity in the areas of the brain associated with negative emotion and increases the activity in the areas associated with positive emotion. Meditation also teaches us to become more aware of our thoughts. We tend to get caught up in negative thinking without noticing it. Meditation will help you catch yourself and break out of those patterns.

Meditation is possibly the single habit that has had the most profound impact on my life. There is a wealth of scientific research that has shown meditation has countless benefits, it's even been shown to be equally as effective as antidepressants for treating anxiety and depression.

Most people who try meditation find it to be frustrating at first, but that's largely because we are so used to overthinking that spending 10 minutes alone with our mind can feel like torture.

Imagine you were overweight and you decided to start an exercise program. Within 30 seconds of getting on the treadmill, you feel exhausted, this workout is torture. Now, you could tell yourself, "Working out just isn't for me," but in truth, the fact that exercising is so difficult is a sign that you have a lot to gain from it: if working out is frustrating, your physical health needs attention.

Similarly, if meditation is difficult for you, that's a sign your mind is overactive and you can benefit greatly from the practice.

Sadly, chronic negative thinking is the default setting in modern society. Meditation is a more relevant practice now than ever. If you're interested in learning about mindfulness, I recommend checking out the applications *Calm* or *Headspace* – they both have a series of free guided meditations that will teach you how to meditate effectively. You can also simply Google, "Guided mindfulness meditation," and try different recordings until you find some that resonate with you.

How To Attract Girls With Positive Energy Part 2:

Take In The Good

By default, our brain fixates on the bad and dismisses the good in our life. Dr. Rick Hanson explains it well, "The brain is like Velcro for negative experiences, but Teflon for positive ones."

Fortunately, Dr. Hanson created a simple, yet powerful technique for reversing this tendency. He calls it "taking in the good," which is a habit designed to teach your brain to fully absorb the good experiences in your life so that positive thinking becomes an addiction.

The first step of taking in the good is to notice a positive experience in your life. This could be the taste of food, the sound of a good song, or even the sense of accomplishment you get after making progress towards one of your goals. Any mildly positive experience is an opportunity to take in the good.

The second step for taking in the good is to focus on the good experience for a short time. Rick Hanson writes, "Most of the time, a good experience is pretty mild, and that's fine. But try to stay with it for 20 or 30 seconds in a row – instead of getting distracted by something else.

As you can, sense that it is filling your body, becoming a rich experience. As Marc Lewis and other researchers have shown, the longer that something is held in awareness and the more emotionally stimulating it is, the more neurons that fire and thus wire together, and the stronger the trace in memory."

Taking in the good is a very simple process of consciously acknowledging a good experience and allowing that feeling to fully sink in to your awareness by focusing on it for 20 to 30 seconds. Doing this once or twice won't have a profound impact on your life, but if you consistently practice this for a few weeks you'll notice that your thoughts and emotions will become noticeably more positive.

How To Attract Girls With Positive Energy Part 3:

Fake It 'Till You Make It

Intentionally exaggerating your positive emotions can become a life-changing habit. Truth is, fake positive energy is more attractive than authentic negative energy.

The practice of creating a positive persona may feel forced and even a bit awkward at first, but over time it will become a subconscious behavior that is completely natural to you: positive energy is a habit of thought and emotion, not an inherent part of your identity.

So, what do I mean when I say you should 'fake' being positive?

Start asking yourself, "How would an extremely positive person act in this situation?" Think about how a positive person would walk, how they would talk, and what thoughts they would think. Intentionally add some more enthusiasm to your vocal tonality, straighten your posture, take bigger steps, and think positive thoughts.

Through a practice of intentionally changing your thoughts and behaviors, you can gradually become increasingly

positive. And although this habit may feel incongruent to your personality at first, it will eventually become completely natural and subconscious.

Wrapping Up How To Attract Girls With Positive Energy

Positive energy is magnetic. Cultivate positivity withing yourself and people will experience an emotional pull towards your presence. Being positive won't necessarily make women sexually attracted to you by itself, but it will open doors: women will listen to you more carefully, they will hold stronger eye contact with you, and they will want to spend more time with you.

Negativity, on the other hand, will close doors. I've experienced many situations where a beautiful woman was clearly attracted to me, but I killed that spark with my own negative thoughts and assumptions.

The interactions we have with others are largely a reflection of our own internal thoughts and feelings. I used to live in a world where I believed people were constantly judging me as inadequate. I was constantly worried about being judged, so I came across as insecure. People could sense my insecurity, so they actually did feel uncomfortable around me, which in my mind, proved that my negative assumptions about others were true.

Yet, today, I see the world as a friendly place, and I generally assume people are positive and trustworthy. As a result, the way people treat me has also transformed. I feel better about myself and other people feel better about me.

Negative thinking is naturally more addictive than positive thinking. Therefore, it takes a conscious effort to shift the balance between the two. But positivity is a skill that is worth cultivating not only to improve your dating life, but also to improve your social relationships in general, and to even improve your overall experience of life.

PS: *Attraction On Demand* is coming in April 2019. To get free sample chapters and updates on the book, join my email list here.

How To Exude Sexual Magnetism

Avery · 31 March 2019 · Archived copy · Original

When you're talking to a cute girl, you shouldn't just think she's attractive, you should *feel* attracted to her on a physiological level.

Desire is contagious, if you feel it, the girl will feel it. And that underlying sexual feeling is the spark that makes seduction possible.

Without that feeling there is no reason for a girl to go on a date with you or to go home with you. She might have logically enjoyed your company, but unless she actually *felt* desire for you, it's unlikely she will sleep with you.



This sounds obvious, yet few men effectively communicate their sexual desire to women. Ask yourself this: when you're interacting with a woman you like, how often do you feel turned on?

Most men rarely experience raw lust for a woman, they only think they want her on a cognitive level. But there *is no emotion behind it.*

The difference between a guy who gets repeatedly friend-zoned and a guy who can effortlessly turn girls on is his own ability to experience desire for women in real life.

If you don't feel turned on when you're interacting with a woman you're attracted to, you're missing the point of seduction.

So, how do you actually do this?

You might be thinking that you should tell girls you find them attractive or that you should talk about sexual topics.

Neither of those things are necessary, and if anything, they can backfire (being so overt can make women feel uncomfortable unless you do it very tactfully).

There's a better way. A way to project sexual energy without being creepy.

Instead of talking about sex on a verbal level, learn to cultivate your ability to experience sexual desire for women you find attractive.

In modern society, we learn to associate our sex drive with two things: porn and masturbation. We channel our sexual desire into pixels instead of into our real lives.

Through years of conditioning, we forget how to see real women as sexual beings. We know on a logical level that we want to have sex with beautiful women, but we don't feel it on an emotional level when we see a hot girl walk by.

The following are three strategies you can use to undo the social conditioning that has taught you to be uncomfortable with your own sexual nature.

Eliminate Porn



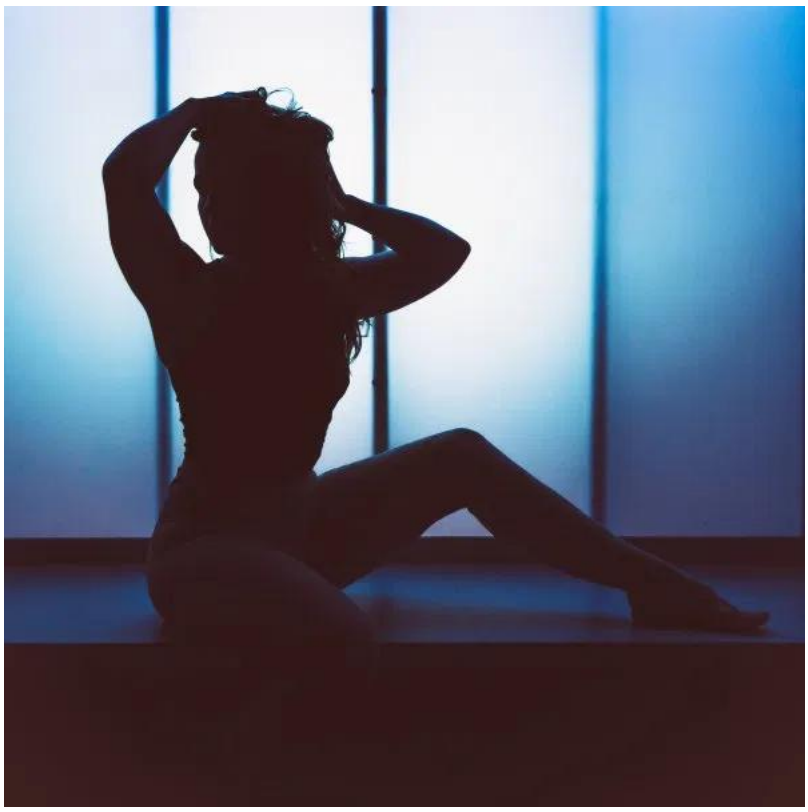
Reality is dull compared to the fantasies porn allows you to vicariously live out.

Watching porn is a bad habit that does more harm than good.

Porn is extremely stimulating – it floods us explicit images and sounds. When we become used to a high level of stimulus, we are no longer impacted by the regular beauty of the women we interact with in the real world. A woman in a tight skirt isn't exciting when you're used to seeing fifteen different girls get naked in a compilation within 30 seconds.

But if you cut out porn, you'll start to appreciate the natural sexuality of women in your day-to-day life. You no longer have access to this unrealistic fantasy world, so reality will become more viscerally appealing.

Change Your Focus



When you're out approaching women, focus on the sexual side of the environment rather than the logical side of the environment.

What I mean is that when you see a girl walk by, there's a difference between thinking, "She's hot, I should talk to her," and actually checking her out and appreciating how sexy she is.

Male sexuality gets shamed in modern culture. Partly ,this is necessary for society to function – if men were to fully embrace their sexual urges, nothing would get done.

However, it has gotten to a point that most of us are completely cut off from our sexual nature. We learn that checking out women is creepy and that wanting sex is perverted. When we learn to associate getting a boner with shame rather than excitement. All this coalesces into a state of mind where we are psychologically conditioned to avoid feeling anything sexual in the real world.

You can train yourself to break this conditioning: with your conscious intention, you can regain control of your own sexual desire.



This isn't about being a perv or being creepy – don't stare at women's breasts. But when you see a cute girl walk by, let yourself appreciate her femininity, her beauty, her attractiveness. It's in your DNA to do this, you just have to put conscious effort into reclaiming this ability you were born with.

If you find this difficult, you can take it a step further: actually visualize sexual imagery when you're out approaching women. Imagine yourself ripping a girl's clothes off, imagine her naked, imagine what it would be like to throw her on a bed and fuck her brains out.

This will take some practice, but the results are so life-altering that the effort is worth it.

Once you make the shift from attempting to logically attract women, to emotionally seducing them, your life will never be the same.

Your interactions with women will be far more powerful, impactful, and enjoyable – not only for you, but for the girls you interact with too.

Don't take this to mean that your game needs to be more direct. My verbal communication with women is actually extremely indirect. In terms of what I say, I show almost no sexual interest, if anything, I show disinterest.

But on an emotional level, there is a clear sexual 'vibe', it's in the eye contact, my vocal tonality, and my overall demeanor.

If on a verbal level, you seem somewhat uninterested in a girl, but there is a clear sexual heat in your nonverbal communication, that will create sexual tension. She can feel that you want her, but because your words imply the opposite, she'll wonder what's going to happen, "I'm attracted to this guy, but I can't tell whether he really likes me or if he sees me as a friend." Do it well, and the sexual tension will build up to a point that sex becomes a foregone conclusion.

Seduction is a process that starts with an emotion and eventually gets explained with logic. Unfortunately, most men are taught that dating is about making a girl logically think you're a good option for her so that she will become attracted to you.

In dating, your primary focus should be on the emotions you're making women experience, and the easiest place to start is with yourself: any feeling you experience will spread to others around you, sexual attraction is no exception.

Do Looks Matter? (The Attractiveness Threshold Theory)

Avery · 31 March 2019 · Archived copy · Original

Do Looks Matter? (The Attractiveness Threshold Theory)

It's well known that men often rate women on a 1-10 scale of attractiveness. It doesn't get talked about as much, but men rate themselves on a similar scale – we might see ourselves as a 5 or a 7, and we think that any girl who's more attractive than us is 'out of our league'.



But it actually doesn't matter whether a girl sees you as a 6 or a 10, all that matters is that she sees you as a 1 instead of a 0. Attraction is best thought of as binary – a girl either feels it or she doesn't. Sure, if a woman thinks you're the most attractive man she's ever seen, that's great, but as long she is attracted to you at all, you can make something happen with her.

This is important because men often tell themselves they're not good enough, especially for the most beautiful women. But you don't need to be a perfect 10, as long as a girl sees you as above the threshold for attractive, that's good enough.

Yes, when a girl is talking to a male model she might think he's amazingly good looking. It's easy to see a girl talking to a guy like that and to wonder how you could possibly compete. But when a girl's in front of you, she's not comparing you to the best looking guys she's ever met, she's either feels that you're attractive, or doesn't. When you're in an interaction with a woman, everyone else disappears and stops being a relevant factor.

[image]

We all have a fantasy of what our dream girl looks like. But do we reject every woman who doesn't meet that standard?

Of course not, although you've been attracted to 'perfect 10s,' I'm sure you've also liked 9's, 8's, and 7's. Attraction is an emotional experience more than a logical experience – and the women who give you that experience aren't

always going to be what you logically think you want.

Women also have a fantasy of what their ideal guy looks like, but that doesn't mean they will only sleep with or dates guys who meet that standard – they'll sleep with guys who they experience attraction for.

Furthermore, attraction is partly objective, but it's also partly subjective. Generally, being taller, being in better shape, having a strong jawline, etc. are attractive traits, but every woman has her own unique perferences.

I've met beautiful white girls who rejected me and went home with my short Asian friend because he was their type. Some women love beards, others think their gross. Some girls like muscular guys, others prefer skinny guys, and some only like fat guys.

Wrapping Up Do Looks Matter? (The Attractiveness Threshold Theory)

Yes, a stereotypically attractive guy will have an advantage over someone who is short and fat, but those qualities aren't going to make you unattractive to all women, everyone is different.

I've met guys who are both socially awkward and physically unattractive by society's standards who consistently dated beautiful women. They did get rejected a lot more than someone who was better looking and charismatic would have, but by playing the numbers game in their favor, these awkward men got better results than most guys who are physically attractive and socially charming.

Even if only 10% of the women you meet find you attractive, you can have a great dating life if you take enough action. As your mastery of the fundamentals of game improves, the percentage of women who like you will increase. But even if your game is flawless, a lot of women just won't find you attractive. And at the same time, even if your looks and social skills are lacking, the percentage of women who like you won't be 0.

You might be a 5 out of 10 by society's standards, but that's not what matters, what matters is that on a 0-1 scale, some beautiful women will find you attractive.

Natural Game Vs. Scripted Game (Which Is Better?)

Avery · 12 April 2019 · Archived copy · Original

Natural Game Vs. Scripted Game (Which Is Better?)

A lot of guys don't want to use scripted lines or techniques when interacting with women because they don't want to come across as fake.

It's true that the first time you try using a canned line, it is going to be uncomfortable, and possibly even awkward. But that's not always because the line is inauthentic to you.

Think of the protagonist in your favorite movie. Does Marlon Brando seem inauthentic when he's portraying Vito Corleone? Does Brad Pitt seem inauthentic portraying Tyler Durden in Fight Club?

Of course not.



Actors learn to completely transform their personality, and they do so without sacrificing authenticity. We are told that trying to change ourselves makes us 'fake,' but this is misleading. Realness isn't about what you do or say, it's about *how you feel about what you're doing and saying*.

Anything you do to expand your personality is going to make you feel uncomfortable at first. For instance, the first time you approach a girl in a bar you will experience stress. And that stress can make you feel like you're doing something inauthentic to your personality. (Maybe you're too shy for cold approach or perhaps you're an introvert who should avoid bars.)

Is approaching women 'unnatural' to anyone's personality? Of course not, approaching women is only uncomfortable because it's outside your comfort zone.

[image]

Truthfully, anything you do that requires conscious effort will come across as inauthentic. Whether you're learning how to hold strong eye contact, how to use physical touch in your interactions with women, or how to change the tonality of your voice, you can expect it to come across as a bit forced at first.

This creates a frustrating paradox: if you try to change your personality, you will come across as inauthentic, and therefore, unattractive. But if you don't try to change your personality, you will be unable to improve yourself or your results.

The solution to this paradox is to *understand that you can change your personality, but you'll get worse before you get better*. Accept that although discomfort sucks, it is an intrinsic part of growth.

When you try to tease a girl for the first time, it might come across as inauthentic. But that's only because you're not comfortable with teasing women. If you continue practicing despite the initial awkwardness, you'll eventually be able to consistently use teasing to make women burst into laughter.

It's not a particular line or behavior that makes you seem 'fake', it's the discomfort you experience when using the technique – with practice, anything can become authentic to your personality.

Natural Game Vs. Scripted Game (Which Is Better?)

Part 2: Expanding Your Personality
[image]

Using scripted techniques allows you to try things you would never have attempted otherwise.

For instance, a lot of men believe that women get creeped out when a guy directly states his sexual interest. If someone who holds this belief were to try using a direct opener like,"Hey I thought you were cute and I had to say hi," he would discover that – contrary to what he previously thought – women often respond very positively to a direct compliment.

Therefore, simply practicing a scripted direct opener could fundamentally expand your understanding of female psychology and change the way you interact with women for the rest of your life.

Similarly, let's say you were to use a scripted line to tease women. For instance, when a girl tells you she's from Ohio, you might tease her by replying, "You would be from Ohio." With enough practice, using this line would show you that, counterintuitivey, saying something that's mean on a surface level can actually make women respond in a very positive way.

There are a variety of different emotions you can tap into when interacting with a girl, but by default, **most of us only hit on a few of those emotions**. We might be comfortable with being friendly and agreeable, but we're not comfortable with being dominant or sexual (or vice versa).

Scripted techniques act as training wheels so you can create an emotional impact you otherwise wouldn't be able to. Then, once you realize that women respond positively to something like teasing or a direct compliment, through practice, you'll get a feel for the underlying principle behind the technique – *and you'll be able to come up with your own ways of hitting that same emotional note.*

Learning game this way is an example of the learning model that starts with unconscious incompetence. At first, we don't even know that something like teasing, showing direct interest, or holding strong eye contact can attract women (I.E. we are unconscious of our own incompetence.)

[image]

Then, we become consciously incompetent: we have learned that a particular technique can help us attract women,

but our attempts at using it are awkward and somewhat ineffective.

Third, we reach a point of conscious competence: now we can use the technique and get good results(I.E. teasing) but it requires effort to do so.

Finally, we reach unconscious competence: we are able to tease a girl or hold strong eye contact or come up with witty lines without any conscious effort – it flows through us spontaneously (like when our muscle memory takes over in a sport).

At this point, I don't use many scripted lines or techniques when I approach women, but that's only because I practiced using 'scripted game' tactics until I was comfortable enough with them that I could naturally create the same emotional impact without needing a specific technique.

Natural Game Vs. Scripted Game (Which Is Better?)

Part 3: When Scripted Game Backfires

[image]

Although learning scripted techniques has its advantages, it is important to be aware that it can be overdone. If your entire interactions with women become nothing more than a rendition of a script, you'll likely come across as robotic: women will sense there's something 'off' about the way you interact with them.

However, if you never try doing things that are 'unnatural' to you, you won't change, and therefore, your results won't change.

Your conversations with women should mostly flow naturally, but it can be useful to learn a technique to work on a specific sticking point that you have.

For example, you might notice that your interactions are too friendly without much sexual tension. In this case, learning techniques that will add sexual energy to your interactions can be useful.

Alternatively, you might notice that you're good at attracting women, but you never actually bring them home with you. Thus, learning a specific strategy for pulling you can overcome this roadblock.

Ultimately, the idea of 'natural game' is meaningless: you cannot improve your game without doing things that are unnatural to your current personality. What makes you authentic is your degree of comfort with what you're doing, and yes, many of the behaviors that women find attractive will be inauthentic to you when you first try them, but through practice, anything can become natural to you.

PS: Here are a few examples of specific techniques you can learn to get better results in game:

Teasing:

Approaching Directly:

https://www.patreon.com/posts/24368162 (In this premium infield compilation you will see examples of me approaching women both indirectly and indirectly.)

Holding Strong Eye contact:

> How To Create Sexual Attraction With Eye Contact

Changing Your Vocal tonality:

> How To Seduce Women With Your Voice

Seeding The Pull:

How To Master Cold Approach Pickup (By Creating Field Reports)

Avery · 17 April 2019 · Archived copy · Original

How To Master Cold Approach Pickup (By Creating Field Reports)

Field reports are the epitome of nerdiness. To make one, you analyze what happened when you went out to meet women. You write about what you did well, what mistakes you made, and how you want to improve in the future.

As weird as it is to write a document detailing your interactions with women, field reports are powerful. When I started writing field reports as a habit, my results started to improve exponentially. Instead of making the same mistakes each week, I became aware of what I was doing wrong and knew exactly what I could do to correct course.

Field reports allow you to analyze what happened when you went out to cold approach women from a perspective that's normally unavailable to you. When you go out and approach women, you're in an emotionally charged state. Those emotions will cloud your sense of judgment.

While you're standing around with your friends instead of approaching women, it's easy to come up with reasons not to approach. You might see a girl and tell yourself, "She's too attractive," "She's not attractive enough," "She's too busy," "She's with a guy who must be her boyfriend," "She looks too slutty," etc.

These rationalizations give you a logical excuse to avoid approaching and to stay with your circle of friends. Rationalizations are very difficult to step out of – and no one is immune to them.

By writing a field report, you're able to think about the mistakes you made and logically analyze what you should have done differently. In the heat of the moment, not approaching a girl or not asking for her number make sense, but when you're back at home reflecting, it's much easier to realize those decisions were based on rationalizations, and that next time, you should act differently.

As you write field reports, you will become increasingly aware of your self-defeating thoughts, your ego, and your bad habits. Through this awareness, you become empowered to replaces those patterns with more effective ones.

How To Write Field Reports

[image]

Here's a field report template I've found to be effective:

Date:

Three things I did well:

1.

2.

3.

Three things to improve on:

1.

2.

3.

Sticking Point:

Summary: (Optional)

This structure is effective because it forces you to focus on two key areas: what you did well and what you need to improve on.

Focusing on what you did well is useful because a lot of men have difficulty seeing the positive in their nights out. They see everything through a negative lens, and because of this, they lose motivation over time.

It's valuable to acknowledge what you're doing right. This will help shape your attitude to appreciate the positives and to notice the progress you've made over time. Without the sense that you're improving, it's easy to feel like the effort you're exerting is worthless. Taking a moment to acknowledge that you are getting better will help you cultivate a mindset that motivates you (as opposed to have a mindset that makes you feel helpless).

Focusing on what you need to improve on is also important: it allows you to call yourself out on your mistakes and, as I mentioned earlier, helps you build awareness of your rationalizations so that you can overcome them.

Just writing what you did wrong isn't particularly useful, your field reports will be much more effective if you focus on why you made the mistakes you made while also thinking of how you can do better the next time you go out.

In the sticking point section, identify the main thing that's holding you back from getting the results you want. This could be approach anxiety, failing to lead, not being sexual, etc. (there is a complete list of sticking points and how to overcome each one in my upcoming book *Attraction On Demand*).

Wrapping Up How To Master Cold Approach Pickup (By Creating Field Reports)

[image]

Once you've identified what's holding you back, analyze how well you did at making progress in that area and what you should do differently the next time you go out. This is useful because it allows you to focus on the one thing that will improve your results the most.

You can also write a summary of what happened throughout the day/night to gain some additional insights, but if this feels like too much work, don't feel obligated to do it, it's not as important as the other sections.

As strange as it is to write field reports, they're a powerful tool for catalyzing change.

By default, we make most of our decisions based on our emotions and habit. By analyzing our nights out, we can become aware of how those emotions and habits are preventing us from making progress. And once we understand the patterns that are holding us back, we can break free of them and make a real, lasting change.

Inner Game Versus Outer Game (Which One Is The Secret To Dating Success?)

Avery · 18 April 2019 · Archived copy · Original

Inner Game Versus Outer Game (Which One Is The Secret To Dating Success?)

[image]

Outer game is about your behaviors, inner game is about your beliefs. Mastering one of these will lead you to naturally master the other – the question is which comes first, inner game or outer game?

Those who think inner game is most important argue that your mindset is like a seed that grows and determines your future actions. The philosophy of inner game is based on the premise that even if you know all the right things to say and do to attract women, your limiting beliefs and negative patterns will prevent you from getting success – unless you change them first.

Basically, if you're not attracting women, your outer behaviors are symptoms of the problem, but your inner beliefs are the cause.

Say, for instance, you have trouble holding eye contact with a girl when you approach her. Well, you could practice holding strong eye contact. But what if your inability to hold strong eye contact is actually a reflection of your mindset? What if your eye contact is weak because you don't believe you're attractive?

If this were true, you should focus on the root cause of the problem – your beliefs – and in so doing, the symptom – weak eye contact – would correct itself.

The fundamental assumption made by proponents of inner game is that attracting women and having sex will happen naturally when you have the right beliefs. Cavemen didn't need to learn techniques or tricks to attract women, they relied purely on their instincts. And if that was enough for our ancestors to get laid, why should it be any different today?

Essentially, the only reason we fail to attract women is our own limiting beliefs. We think we're not good enough, then we act like we're good enough. But if you believed you were good enough, you would act like you're good enough, and you would get out of your own way – attracting women would be effortless and natural.

There is a lot of truth to this philosophy. Your beliefs are incredibly powerful. But there is a problem with focusing on inner game: how can you change your internal beliefs without directly changing your external actions?

The Problem With Inner Game



Let's say you learn that you should believe you are already good enough to attract beautiful women. It's true that this mindset may help you, but is reading something enough to change your belief system?

You can tell yourself, "I am confident, I am confident, I am confident," but without evidence that this affirmation is true, will you ever really belief yourself, or will you know that you're telling a lie?

This is where proponents of outer game criticize the philosophy of inner game: they argue that game is something you do, anything that isn't results oriented is mental masturbation.

You can meditate for 5 hours a day, and maybe you'll get to be extremely present, but that being enlightened isn't going to get you laid. If you want to get results, you must go out, approach women, and follow a specific set of steps that will lead those interactions towards sex.

You can tell yourself you're good enough to attract beautiful women a thousand times, but you won't believe it until you gather real life evidence for that belief. Once you start asking girls out and getting some results, then you'll start to believe you are attractive – because you have evidence.

The Truth About Inner Game And Outer Game

[image]

So, which belief system is correct? Is it outer game that matters, or inner game?

It's not one or the other, it's both.

Your inner beliefs and outer actions reinforce each other and create either an upward (or downward) spiral.

If you learn an outer game strategy for attracting women, you can practice it and you may even get some results. But if you interpret everything that happens through a negative mindset, it's going to be difficult to make sustainable progress.

Let's say you approach 5 girls, and from those interactions, you get one woman's number – but she doesn't reply to your texts. If your inner game is shaky, you might think, "I only got one girl's number and she didn't even go on a date with me. What a waste of time."

When you start thinking things like that, it's going to be easy to make excuses to avoid approaching women in the future. Your outer game strategy might have been good, but without working on your inner game, you're likely to feel like you're not making progress, and eventually, you may give up entirely on the idea of approaching women.

[image]

Inner game concepts can teach you to interpret rejection as a positive thing, to focus on the things within your control instead of the things outside your control, and to believe in your own ability to become more attractive to women. As you practice outer game techniques, the state of your inner game largely determines whether you will learn and improve or fall into self-victimization.

On the other hand, outer game practice is necessary to fully internalize the lessons you get from inner game content. When you go out and approach women, some girls are going to respond positively – they'll laugh at your jokes, flirt with you, give you there number, etc.

As you get these reference experiences, your inner beliefs will start to change, you now have proof that there is a reason to feel confident in yourself. Yes, you will get rejected, but with a positive mindset you'll start interpreting those rejections as a beneficial experience that you can learn from.

Inner game and outer game are inextricably linked. Inner game without outer game is pointless: you must have a clear idea of what action steps you should take if you're going to get any results. Similarly, outer game without inner game usually leads to self-sabotage and frustration.

If anything, outer game should be prioritized because inner game can *become an elaborate form of procrastination* (I'm watching these videos to change my beliefs, then once I have the right beliefs I'll start taking action.) But don't neglect the importance of your mindset, it can either make progress a natural extension of action taking, or it can lead you to fall into self-defeating patterns that make your efforts seem meaningless.

Instead of focusing on one or the other, use outer game to know what action steps to take to get measurable, real results, and use inner game to identify and root out the limiting beliefs that come up as you take action. The combination of both will create a powerful upward spiral in which your results rapidly improve.

How To Talk To Girls (And Get Them Attracted To You)

Avery · 23 April 2019 · Archived copy · Original

How To Talk To Girls (And Get Them Attracted To You)



This is an embarrassing story…

Once, I was eating lunch in college when a cute girl sat next to me. I wanted to talk to her, but I had no idea what to say. So, I looked up "pick up lines" on my phone.

I found a line that I thought was clever, "Is it hot in here, or is that just the holy spirit burning inside of you?"

I hesitated for a good fifteen minutes before I finally told myself, "Fuck it, I can't keep being a total bitch, I have to try."

So, I walked up to this girl and said my extremely corny pickup line. She laughed (at me). But we kept talking for a few minutes, and before she left, she asked me for my number.

There was nothing special about the pickup line I used. In fact, *it was pretty bad.*

But that didn't matter because **learning how to talk to girls isn't about knowing the right thing to say.** It's about something else, something less obvious.

If you want to have conversations with women that spark attraction, the secret to success is *setting the right frame.*

A 'frame' is the implicit dynamic between two (or more) people. To clarify, here are a few examples of frames your interactions can have:
"I want to be your friend."

"I want you to like me, and if you don't, I'll be dissapointed."

"If we were left in a room together, we'd rip each other's clothes off."

"You have higher status than me and I don't want to do anything that might upset you."

A frame can be seen as the respective roles you and another person are playing: the dynamic between a manager and their employee is different from that of a father and his son which is different from the dynamic between a therapist and his patient.

The way you talk to a girl will set a frame for the interaction: are you a potential lover, a friend, or an enemy?



Men often set a frame in their interactions with women that has no chance of leading to a date or a relationship.

If the underlying frame of your conversation with a girl is platonic, there is absolutely no reason for her to want to go on a date with you or hook up with you(1).

So, how do you know whether you're framing your interactions with women as friendly or sexual?

Go out to a bar, club, college campus, or shopping mall and try to approach a woman with a direct complement.

Say something to the effect of, "Hey, I thought you were cute and I had to say hi."

If saying that is difficult for you – if you hesitate, make excuses, or experience anxiety – that indicates you are probably framing your interactions with women as platonic rather than sexual.

Why?

Because most men are so uncomfortable with the idea of being sexually rejected by women that they have spent their entire lives only interacting with women on a platonic level (except when a girl makes it very clear that she is interested in him).

So, the resistance we feel for telling a woman we find her attractive is a reflection of our discomfort with making our interactions sexual – we believe being sexual would only lead to rejection.

Because of this, most men's interactions with girls lack any sexual charge. And without that charge, a woman will almost always reject a man when he asks her on a date or he leans in for the kiss.

(To be fair, a lot of women will agree to give you their number, but if those numbers usually turn into flakes, it's a

sign that the frame of the interaction wasn't sexual.)

How To Talk To Girls (And Get Them Attracted To You) Part 2

The Sexual Frame



When the frame of an interaction is sexual, it is implied that if you and the girl were to be alone in a room together, you would hook up.

The simplest way to assert a sexual frame is to approach women with a direct compliment. When you tell a girl she's cute, she may reject you, but if she accepts the compliment and continues the conversation, the assumption is that you and her are flirting.

This is useful because now everything in the interaction *is happening through a sexual lens*, and this will also make it easier for you to be sexual, (whether that be by holding strong eye contact, being physical, or leaning in to kiss her) because those actions are appropriate to the frame of the interaction.

If you've been treating a girl like a friend, you know that it would be weird to lean in to kiss her, and therefore, you probably won't want to take any sexual risks (because it would be jarring and likely to end in rejection).

To be clear, **approaching women with a direct compliment is a crutch for setting a sexual frame.** With enough confidence, you can make the frame of an interaction sexual without using your words at all.

In fact, the most powerful way to make an interaction sexual has little do with what you say, and a lot to do with your nonverbal communication, and this allows you to set what I call 'the high status frame.'

In my next article, you'll learn how to make an interaction sexual without having to say a word. And even better, *doing this will cause women to start chasing after you*: now they are the pursuer and you are the pursued.

Fill out the form below to subscribe to my email list to make sure you don't miss part 2 of this series (you will also receive a free eBook).

(1: The only exception is if a particular girl just so happens to see you as her exact 'type', but 9 times out of 10,

when you treat a girl like a friend she will see you as nothing more than a friend.)

How To Make A Girl Want You (Discover The 5 Emotions Women Can't Resist)

Avery · 25 April 2019 · Archived copy · Original

In this article, you will learn why most men turn women off without knowing what they're doing wrong. And you'll learn exactly how to avoid falling into that trap (by making women addicted to your personality like a drug).

How To Make A Girl Want You

[image]

It is in our nature to seek pleasure and avoid pain. If something makes us feel good, we'll want more of it. On the other hand, when something makes us feel uncomfortable, we'll want to avoid that activity in the future.

This applies not only to activities, but to people: when someone we meet makes us feel good, we want to be around them more. And the better someone makes us feel, the more addicted to their personality we become.

You can use the power of your personality to make a woman experience a wide range of emotions, and if her overall experience of you was positive enough, she'll want to see more of you.

How Make A Girl Want You part 2: The Paradox of Positive Emotions

[image]

On the surface, this sounds simple: you should make a girl feel positive emotions. Make her feel validated, make her laugh, etc.

When learning how to make a girl want you, there's a key distinction you must understand: sometimes, seemingly positive emotions are actually a negative experience, and seemingly negative emotions are a positive experience.

Complimenting a girl should make her feel good, but if you overdo it, she'll think you have an agenda: you're complimenting this girl because you want to get something in return.

Or look at teasing. When you tell a girl that she's a dork, on the surface, you're saying something negative, but teasing has a positive implication. When you tease a girl, you're implying that you don't care whether she rejects you. Which, in turn, suggests that you must be a high status guy. And interacting with a high status guy is an intrinsically positive experience.

Counterintuitively, saying something 'mean' to a woman can imply that you are a high value guy. Being nice, on the other hand, can imply that you're a low value guy. So, offering value isn't about the surface level of communication as much as it is about the underlying implications of what you're saying.

Furthermore, predictability is a negative experience and unpredictability is a positive experience. A lot of men think being constantly friendly and agreeable will make women like them. But from a girl's perspective, interacting with a nice guy is like listening to a song in which one note gets played over and over again.

If, instead, you hit a variety of emotional notes in a conversation, your unpredictability will make you exciting to talk to.

A girl shouldn't be able to guess whether you're going to compliment her, tease her, make her laugh, or disagree with her. Unpredictability is addictive. Look at slot machines – they are nothing more than mindless games in which you repeatedly press a button, and it's well known that the odds are stacked against you as the player.

Yet, slot machines are so addictive that the government has created a program where you can request to be banned

from gambling in your state (so that you'll stop wasting time and money on gambling).

Slot machines offer one thing: unpredictability. Scientific research has found that we are easily hooked on activities that give us uncertain rewards.

Another example of how randomized rewards are addictive is social media. When we go to Facebook or Instagram, there's a feed that we scroll down. We don't know what we're going to see: the possibility that we might come across something interesting on the feed addicts us to these platforms.

Do you feel great while you're scrolling through a social media feeds? Probably not. But the unpredictability of these platforms is in itself a form of emotional value – it's something we can't get enough of.

So, when I say offer value, I'm not suggesting that you are nice and constantly positive. Instead, I'm suggesting that you make women feel an unpredictable range of strong emotions. And if you do this well, women will become addicted to your personality just like they become addicted to Instagram. Offering emotional value is the essence of charisma, it's the 'it factor' that will make women magnetically attracted to your presence.

The following are the most powerful emotions you can make women experience (each with a link to a relevant article):

1. Sexual Tension
2. Positive Energy
3. Dominance
4. Humor
5. Charm

Comfort Is The Enemy

Avery · 10 May 2019 · Archived copy · Original

The following article is a free excerpt from my upcoming book, *Attraction On Demand.*

You're reading this book because you're not satisfied with your dating life and you want to make a change. You understand that to make progress, you must start meeting new women and learn from experience. But at the same time, you know that if you approach women, there's going to be stress and resistance. You know that you're probably going to have awkward interactions that don't go anywhere and that some women will reject you.

The idea of getting a better dating life is appealing, but the actual process for making that change involves a lot of frustration, stress, and patience.

Realistically, you're not always going to feel like taking action, your emotions will try to guide towards an easy way out, towards comfort.

As you begin to go out and meet women, your mind will think things like,

- "I really just want my ex back, this is all a waste of time, I should focus on her."
- "I'm not in good enough shape to make this work right now."
- "I can't do this, I'm not good looking enough, I should just meet women through my social circle."
- "Honestly, it would be easier to meet girls on Tinder, why am I putting so much effort into this?"
- "Approaching women is creepy, I don't want to get a bad reputation."

There may be a degree of truth to these thoughts, but they're mostly a manifestation of your desire to seek comfort and avoid pain. You won't think of any of these thoughts after an amazing time out approaching women; you'll think these thoughts when you're not getting the results you want – especially after a frustrating or unproductive game session.

We tend to believe that we make our decisions based on logic, but in truth, our emotions play a much larger role in our behavior than most of us would like to admit.

A thought like, "I'm not in good enough shape to attract women," sounds rational at first glance, yet if you pay close attention, you'll notice these thoughts conveniently arise when you are experiencing emotional distress.

The idea that you need to get into better physical shape before meeting women brings you comfort because it means you no longer have to do something that was causing you discomfort (approaching women).

Put simply, when you experience a negative emotion, your mind crafts an explanation for what happened that will allow you to avoid experiencing that emotion again in the future.

The harsh reality about the human brain is that we are hardwired to seek pleasure and avoid pain. Initially, we pursue a goal because we hope it will bring us pleasure in the long-term, but as we start taking action, we are flooded with negative emotions (approach anxiety, frustration with our mistakes, the sense that we're making progress too slowly). And if the pain of pursuing our goal becomes greater than our desire to achieve it, we will eventually give up on the pursuit of that goal.

This process of initial excitement, build up of stress, and eventual goal abandonment happens outside our conscious awareness.

The part of our brain that is responsible for logical decision making (the prefrontal cortex) is the part that communicates to us in words: it's the voice in our head. What many of us don't know is that the emotional parts of our brain (the lymbic system/ brain stem) also communicate to us through the voice in our head, though indirectly.

When we feel an emotion, whether it be stress or gratitude or anger, the prefrontal cortex tries to understand why we're feeling that emotion. If the emotion is unpleasant, our brain determines how we can eliminate that feeling and avoid it in the future.

Unfortunately, the emotional centers of our brain don't have the ability to process language, so the communication between our logical and emotional brain is based on guesswork.

To make matters worse, our emotions twist our ability to think logically in the first place. When we feel a powerful negative emotion, long-term thinking goes out the window and our mind scrambles to come up with any excuse possible to eliminate that feeling.

For instance, if you go out to meet women and you start to feel anxiety, the logical part of your brain will be influenced by that emotion and your thoughts will begin to fixate on ways to escape your approach anxiety. The simplest answer, of course, is to go back home.

Then, once you get home, you will remember how bad that experience felt, and the logical part of your brain will try to rationalize those feelings in a way that will prevent you from experiencing those feelings again.

For example, you might tell yourself, "I'm not in good enough shape to attract women right now. I'll hit the gym hard, then, once I'm ripped, I'll start going out."

By thinking this thought, you've aligned your emotions with your conscious, logical goals: now you can avoid the negative feeling of approach anxiety and make progress towards your goal by doing something else, in this case, building muscle.

The process I just described is the fundamental reason that most people fail to achieve their goals not just in dating, but in any area of life

Fortunately, you've already taken the first step to outsmarting this destructive pattern. Simply knowing that your brain has an instinctual desire to make excuses and avoid hard work will help you notice your own negative patterns

Once you know that your desire to go home when you're experiencing approach anxiety is really nothing more than a rationalization, you will not be able to believe your own excuses, and therefore you will be able to act against them.

The next step to embracing discomfort is changing how you react to your own thoughts and emotions.

Be Skeptical Of Comfort

Accept that not all of your thoughts are logical: many are based on emotions that are misaligned with your long-term interests.

It's easy to see this pattern play out in others. Clearly, our obese friend who eats fast food everyday is being illogical.

But it's hard to see similar patterns in ourselves. Truthfully, we all share a natural desire to give in to momentary pleasures, even when it comes at the cost of our long-term well-being. Furthermore, in a society where pleasure is available in our pocket at all times, we become addicted to finding immediate stress relief (in video games, video streaming platforms, etc.) even when we face deep-seated problems that can only truly be solved by a lasting, and uncomfortable, change in our behavior.

Realize that comfort is not your friend. It is an addiction that makes you feel good for a moment at the cost of a lifetime of suffering. Comfort is the enemy: your ability to give up comfort now will determine your ability to get what you want later in life. Mandy Hale put it well, "Growth is painful. Change is painful. But nothing is as painful as staying stuck somewhere you don't belong."

Find Pleasure In The Pain

Not only should you be skeptical of anything that brings you comfort, but you should learn to find joy in discomfort. Our default interpretation of pain is that it should be avoided at any cost, but you can reorient your beliefs about discomfort so that you see it as positive, as something to look forward to.

Whenever you're doing something that's stressful in the moment, but good for your long-term well-being, remind yourself, "This pain is a sign that I am progressing. The longer I face this pain head on, the more I will improve myself."

Pain isn't a negative emotion, it is in fact a positive emotion. Approach anxiety may be painful, rejection may be painful, but you only experience these emotions when you're on a path towards growth.

Over time, you can train your mind to embrace pain as a positive experience. Take weight lifting, for instance. On our first trips to the gym, lifting heavy weights causes physical pain that we can't imagine will be enjoyable at some point in the future. Yet, as the weeks and months go by, we start to look forward to lifting weights: we're able to find pleasure in the pain because we know that pain is linked to progress.

The same principal applies to any change in your behavior, including meeting women. At first, the experience of going out will likely be stressful and frustrating, but if you persist through the initial pain period, you will make an internal shift. The once frustrating act of going out to approach women is now exciting. What was once a source of stress is now a source of stress-relief.

Make A Bright Line

This process of turning something painful into something enjoyable takes time, and you must learn to embrace that temporary suffering is inherent to positive change. There is a simple, yet powerful, tool that can help you make this shift – make a bright line.

In psychology, a bright line is a clear rule that you've committed to follow. For instance, when I started writing articles about men's dating advice, I wasn't sure if this was something I wanted to do in the long-term. This became an excuse to dabble in a variety of genres: self-help, psychology, and even fiction. I didn't know what my 'true passion' was, but I knew I couldn't make a living as a writer unless I honed in on one niche.

So, I made a bright line for myself: I decided to write exclusively about men's dating advice until I published at least 100 articles on that topic.

Once I made this rule, I still occasionally felt a desire to switch to other genres from time to time, but instead of following my emotions, I remembered, "I just have to get to 100 articles, if I get to that point and I still want to try something else, I can."

Following this bright line allowed me to successfully make a living creating dating advice content.

You can create a bright line for dating, too. For example, you might make a rule like:

- "I will not give up on going out to meet women until I've approached 500 girls."
- "I will not stop cold approaching women until I've gone on at least 10 dates."

Creating a bright line is a powerful strategy for counteracting the mind's natural tendency to avoid discomfort. You can be creative with this, but make sure the rule you create requires you put at least a few months of consistent effort into this.

It can take some time to get past the initial pain period in which a new behavior is more stressful than enjoyable; a bright line won't be useful if it only takes a few weeks to accomplish it.

For example, I once made a goal to work out consistently until I lost 6% body fat. Changing my diet and sticking to

a strict exercise regiment was stressful, but I was able to reach my goal within a month. Unfortunately, when I reached my goal, I felt like my job was done and I let myself go – in the next 90 days I gained all the weight I had initially lost, back (and more).

It can take several months to make a new behavior a habit. Make sure that whatever bright line you create is reflective of a longer term goal rather than something you can finish in a few weeks.

Lower Your Expectations

Once you've created a bright line, the key to success becomes patience. Don't expect to get instant gratification from approaching women. You may have amazing days, you may have a lot of fun going out, and you may even meet a girl who you fall in love with in your first week. Any of those outcomes is possible, but you should mentally prepare for the opposite. If you expect your first few months of cold approach to be an effortless joyride that leads to a string of dates with beautiful women, then you'll be disappointed when you get approach anxiety, you get rejected, and girls who give you their number flake on you. This disappointment can be so frustrating that you'll want to entirely give up on approaching women.

If, on the other hand, you expect your first few months of cold approach to be challenging, to be stressful at times, to result in more failures than successes, then you will be grateful for every small win you get.

Consciously or subconsciously, we have a bar for success set in our minds. The higher that bar is set, the more difficult it is to feel motivated to pursue your goals.

To illustrate, let's say you currently live paycheck to paycheck, but you're offered a job that pays 60,000 dollars a year. Your entire life would change, this would be a transformative moment.

Yet, if you were a billionaire and someone anonymously donated 60,000 dollars to you, you would feel a mild hit of excitement that might last for five minutes, then you would get back to whatever you were doing beforehand: your bar has been set too high to care.

When it comes to game, most guys have a bar for success that's set way too high: they want to get a date or to sleep with a girl. And yes, if either of those things happen, that's great. But if you expect to get a date tomorrow even though you've never approached a girl, you're going to end up frustrated, even resentful.

Don't expect approaching women to be effortless and don't expect to get instant results. Expect emotional resistance, expect that you'll want to quit, expect your ego to get stomped on. Setting your expectations so low will help you cultivate the resilience you need to push through the initial pain-period, and it will also teach you to experience gratitude for every small positive experience you have.

Conclusion

Our society reinforces a tacit assumption that what feels good, is good. This thinking has lead people in the modern world to become so addicted to comfort that 70% of Americans are overweight and the average American spends more than 4 hours per day watching TV.

Comfort is the enemy of growth. Every day that you don't do something uncomfortable is a day of stagnation. Embracing discomfort means accepting pain now and getting a lifetime of success later. Gary Vaynerchuck said it best, "Eat shit for a year, and you'll get to eat caviar for the rest of your life."

This article was an excerpt from the upcoming book, *Attraction On Demand.* Join my email list (by filling out the form below) to get free access to additional sample chapters and content before the book is released.

Everything You Need To Know About Subcommunication (The Secret Language Of Sexual Attraction)

Avery · 11 May 2019 · Archived copy · Original

Everything You Need To Know About Subcommunication (The Secret Language Of Sexual Attraction)

[image]

The principle of hypergamy dictates that women aren't most attracted to men of equal status, they're most attracted to men of higher status.

Men widely understand that status is attractive and they try to show that they are high status in a variety of ways – but few men understand that trying to seem high status actual reveals low status.

Take, for instance, my old roommate who told every girl he met that he was a Raytheon engineer. On a surface level, telling women that you have a good career should impress them, but on deeper level it does the opposite – the fact that you're trying to prove yourself implies you don't think it's obvious that you're awesome. Apparently, women can't tell that you're a high status guy just by being in your presence, you have to provide them logical evidence.

Because of this, the high status frame isn't something that gets communicated through what you say as much as it gets communicated through how you carry yourself.

As men, we tend to focus on the logical layer of social interaction, but women don't care about the logical layer, *they care about the emotions you are subcommunicating.*

So, what is subcommunication?

Anything that is implied rather than overtly said.

For example, if you were to tell a girl you're a great kisser, but your voice quivered and you looked away as you said it, the subcommunication is that you don't believe what you're saying.

Subcommunication is important because the female brain has evolved over a very long time And although language has only existed for about 60,000 years, our ancestors have been having sex for over half a million years.

That's why the primary triggers for sexual desire are not verbal, they are preverbal: *they are subcommunicated*.

As we already discussed, women are attracted to men of high status. That begs the question, what are the preverbal indicators of high status?

Anything that shows you are indifferent to the possibility of rejection.

See, when you're interacting with someone who has higher status than you, you have reason to worry about that person rejecting you – their opinion of you matters because they have power over you.

Yet, if you are interacting with someone who has lower status than you, *there is no reason to care whether they reject you,* you know that you have more to offer them than they have to offer you.

When you are unafraid of being rejected, your subcommunication will reflect this: your voice, body language, and eye contact will project confidence. Learning to adopt high status subcommunication will fundamentally change the way women (and people in general) react to you.

Partly, this comes with practice: the more women you approach, and the more rejections you face, the less you will care about getting rejected (so long as you don't self-victimize). But you can also supplement this with conscious

practice.

The following are the four most important aspects of high status subcommunication.

1. Your Body Language Is Open and Expressive



High status body language is defined by a willingness to take up space, unhesitant movement, expressive gesticulation, animated facial expressions, and comfort with using physical touch (this isn't to say you have to be physical, but that you are unafraid of doing so).

In contrast, when someone believes they have low status, their body language becomes closed (arms crossed, holding a drink against their chest), they touch their own face and neck, they are afraid of using touch, they are uncomfortable with being touched, and their gestures and facial expressions are reserved.

These differences are guidelines rather than hard rules (I.E sometimes a high status person will put their hands in their pockets or cross their arms). Pay attention to your overall pattern of behavior rather than isolated examples of low status versus high status body language.

If you notice yourself in the above description of low status body language, conscious practice can help you improve your nonverbal communication over time. You can learn to take up more space, to gesticulate more boldly, etc.

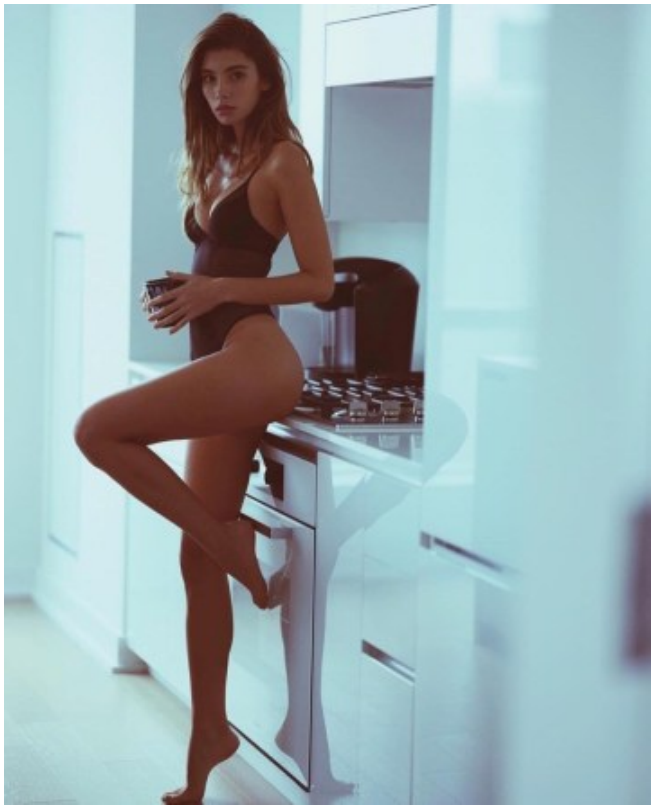
It can help to make this into a daily practice: take two minutes to walk around with your body language as confident as possible. If you're unsure what your body language should look like, study examples from films and popular culture (like Brad Pitt in Troy or Fight Club and Daniel Craig in James Bond).

Look at how these high status men carry themselves and do your best to replicate aspects of this in your daily practice. Don't attempt to be a copy of one particular person, simply find points of inspiration from men who exude confidence in the way they carry themselves.

When working on your body language in this way, it is important to understand that you may get worse before you get better. The act of changing your body language can lead to a temporary increase in self-consciousness "Is what I'm doing weird? Are people judging me?" But if you persist through the initial discomfort, the changes will

become natural to you and you will begin to notice people responding to you in an increasingly positive way.

2. Your Eye Contact Is Unwavering



Holding eye contact with someone creates a certain pressure – when that pressure becomes too great, we look away. This pressure we experience is an emotional representation of our desire to show submission. That's why holding strong eye contact is a powerful sign of dominance (I.E. high status).

Eye contact, by itself, can spark sexual attraction. In fact, scientific research has shown that eye contact is so powerful it can cause complete strangers to fall in love (*Why Women Have Sex*, Pg. 4).

To communicate showing high status through your gaze, practice holding eye contact with women (or anyone you interact with) until they look away. Once they look away, you can look away as well.

This strategy ensures that your eye contact will be stronger than the women you meet while not being so strong that it makes people uncomfortable.

The power of eye contact cannot be overestimated, mastering this will create many opportunities with the women you meet. For an in-depth guide to holding strong eye contact, check out this article: https://redpilltheory.com/2018/11/26/how-to-create-sexual-attraction-with-eye-contact/

3. Your Vocal Tonality Projects Dominance

The tonality of your voice can communicate that you are a confident, high status guy. Similarly, it can also reveal that you are insecure and feel unworthy of the girl you're talking to. The sound of your voice reflects how you feel about yourself – it can either be a powerful asset or a terrible liability.

What makes a voice attractive?

More than anything it's the emotions it projects – dominance, positivity, passion, and carefreeness are all attractive in a voice whereas submissiveness, apathy, sadness, and reactiveness are all unattractive.

Our voice develops over the course of many years: our tonality is basically a habit. Because of this, we become comfortable with our voice, and attempting to change it can be stressful, it's like swimming against the current.

Despite this, changing your voice is worth the effort: vocal tonality is one of the most powerful ways we signal whether we have high or low status.

I've linked an article below that explains, in-depth, how you can make your voice more attractive.

> How To Seduce Women With Your Voice

4. You Are Unfiltered



Being unfiltered is highly attractive to women.

When you are unfiltered, it is implied that you are comfortable with the possibility of being rejected, and therefore, you must have high status(1).

When we use a conversational filter, an idea of something to say will come to us, but before we say it, we think, "Is this thing interesting enough to say to this girl?" Or, "Will saying this offend her?" These thoughts are a reflection of our belief that we are not good enough for this girl by default, we are only good enough if we do and say the right things.

It can be hard to determine whether you are filtering what you say because this process largely happens subconsciously. However, there are two obvious signs that you are being overly filtered:

A.You have trouble thinking of things to say when talking to an attractive woman.

If you run out of things to say, it's not because you are uninteresting, it's because you are filtering all the things you would normally say as 'not good enough.' Do you run out of things to say when you're talking to a close friend?

Probably not.

The difference is you're not worried that your friend might reject you – there's no reason to be overly filtered in what you say.

B. You are completely inoffensive

Do women ever disagree with you or get offended by something you say?

If not, that's a sign you are filtering yourself too much. Now, you shouldn't be constantly offending women or getting into arguments, but you should be occasionally saying something that causes a bit of friction.

Being unfiltered is a counteruintive idea, you're basically making yourself less likable to make people like you. The

reason it works, though, is that when someone cares too much about being liked by others, we feel a gut-level disrespect for them. We know that this person is being fake, that they are doing what we want them to do rather than being authentic: we can't trust them and we can't help but feel they are somehow beneath us.

For more on how to be unfiltered, check out this video:

Wrapping Up Everything You Need To Know About Subcommunication (The Secret Language Of Sexual Attraction)

The four strategies above will make women feel, on a subconscious level, that you are man of high status. This isn't a frame you set by learning some lines or by telling DHV stories, it's a frame you set through your subcommunication.

Understand: becoming a man who projects high status takes time and effort. You cannot simply read an article (like this one) and expect a radical shift to happen all on its own. The strategies you learned here are only helpful if you put them into practice.

That's why I created, *"The Trial: Transform Your Dating Life In 8 Weeks."*

I know how hard it is to turn advice you read on the internet into a real change, but in *The Trial*, you will be guided through a practical, step-by-step process for getting dates with beautiful women.

By following this process, you will learn to project high status in your every thought, word, and action. I can't promise taking *The Trial* will be easy, but I can promise if you go through it, your life will never be the same again.

Check it out: here.

Footnotes:

Of course, it is possible to be too unfiltered. If you come across as a rambling homeless person, you're coming across as a social pariah – being unfiltered does need to be balanced with a certain degree of social awareness.

How To Be More Dominant (The Politically Incorrect Truth About Dominance And Submission)

Avery · 14 May 2019 · Archived copy · Original

Dominance – whether sexual or social – has become politically incorrect. Yet, if you look at what women consume in their own free time, it becomes clear that the female psyche has an unquenchable desire for submission. In fact, Learning how to be more dominant is one of the fundamental keys to attracting women.

Romance novels are the best-selling genre of books in the world, and these books are written by women, for women (the readership of romance novels is 85% female). Clearly, these books are satisfying a psychological craving among women. If you dissect these stories, you'll find that sexual submission to a dominant, powerful man is a nearly universal theme.

Being dominated is an opportunity to completely let go, to be swept off your feet, to get lost in the moment – it is a thrilling and powerful experience.

When one person is dominant it allows the other to be submissive – this creates sexual polarity. The energies of dominance and submission are naturally attracted to each other like magnets.

To be clear, a man doesn't necessarily have to be dominant and a woman doesn't have to be submissive, but because it is exceedingly rare that women will play the dominant role, you must do so yourself or there will be no sexual polarity.

Have you noticed that even among gay and lesbian couples, there tends to be one person who is, in the traditional sense, 'masculine' and one who is 'feminine'? (Colloquially referred to as butch lesbians and lipstick lesbians, or for men, bears and twinks) This is because sexual polarity lies at the core of sexual attraction.

Here's an example of how thrilling being dominated can be for a woman, "I wanted to display my submissiveness to my boyfriend as a role-playing game. We had been wrestling, and it started to get sexual. I had been in a submissive mood, and the thought and the physicality of him dominating me turned me on. He took four leather belts out of his closet and tied me to his bed. I felt completely out of control and like I didn't have to worry about anything; where to put my hands, what to say, what to do. I let him take me over completely." – *Why Women Have Sex, David Buss.*

Women actively fantasize about being dominated. Most men are so hesitant, they are unwilling to be dominant because to do so is a social risk. This only makes the fantasy of submitting to a man that much more appealing, it is so rare in modern society to experience uninhibited lust – the rare man that can create such a moment is practically irresistible.

How To Be More Dominant Part 2:

The Manager And The Employee

[image]

To understand the difference between dominance and submission, imagine the dynamic between a manager and their employee.

Chances are, the employee is worried that he may say the wrong thing and lose the manager's respect. So, he filters himself to be agreeable and even somewhat subservient (to avoid being fired).

The manager, on the other hand, is free-flowing and authentic, he knows he has more social power, so he doesn't feel a need to filter what he says.

When interacting with a woman you like, you should act like a manager, not an employee. This isn't to say you should talk down to the girl or treat her disrespectfully, it simply means you should be unfiltered and assertive.

The key difference between dominant conversation and submissive conversation is this: when you are being dominant, you are willing to take conversational risks. When you are being submissive, you avoid risks.

For example, if a girl says she likes a particular book, it would be dominant to say you think the book is overrated. Similarly, if a girl pulls out a cigarette, it would be dominant to say, "You smoke? Cigarettes are disgusting. Minus two points."

Additionally, anything that leads an interaction towards sex is dominant. This could mean leaning in to kiss a girl or throwing her on a bed, but it can also simply mean inviting a girl to dance with you or touching her shoulder. On an even subtler level, you can show dominance by holding strong eye contact with a girl, speaking with an assertive vocal tonality, and through your body language.

Generally, the more dominance in your interactions with women, the more sexual tension you will build.

To be fair, if you are too dominant, women will feel that you're a sociopathic asshole. Yet, if your interactions totally lack dominance, they will be flat, almost neutered.

It is possible to be overly dominant, yet few men have this problem: the vast majority of guys aren't dominant enough.

When learning to be dominant, you may say something that offends a girl, but this is rarely the end of the interaction. Show her that you understand how she feels, "I didn't mean to offend you, sorry about that." (switch topics afterwards.) More often than not, the girl will quickly forgive you.

Furthermore, anger is actually much more likely to become sexual desire than apathy is. An interaction with emotional friction has charge, and you can often redirect that charge in a positive direction. But an interaction that is entirely pleasant and agreeable will feel more like an interview than a seduction.

Harsh truth: you can't have sex without doing anything that risks offending a girl. Leaning in to kiss a girl might upset a girl, inviting her to her your place might upset her, even telling her that you like *Harry Potter* could upset her.

Every woman is different, you can't have a real human interaction without creating some emotional friction here and there. Your interactions shouldn't be so offensive that they regularly end in yelling or tears, but at the same time, an argument is more likely to lead to sex than trite politeness is.

Understandably, you would never arbitrarily pull a girl who you just met by the hair or say something like, "I want to fuck you, hard," without building up to it first. Dominance is something you can escalate throughout an interaction. At first, you might display dominance by disagreeing with a girl, teasing her, or by saying something controversial.

If she responds well to this milder dominance, you can build up on it until you eventually reach a point where you're in a bed with her saying, "Call me master and I'll give you what you want."

How To Be More Dominant Part 3:

When Dominance Doesn't Work

Of course, dominance by itself isn't always appealing. Understand, if women respond negatively to your efforts at being dominant there are two likely explanations:You are not congruent.

You are acting dominant, but the woman can tell you don't really believe that you deserve to play that role. In this case, it may help to use a direct approach. If you approach directly, being dominant will feel more natural – for

both you and the girl – because the sexual context was set from the beginning.

Furthermore, many men are taught to be submissive and uncontroversial throughout their upbringing – because of this, acting in a way that is dominant may feel unnatural to your personality at first. But if you continue practicing it will eventually become a part of who you are and once this happens, women will respond very positively to this newly developed side of your personality.

1. You aren't offering enough value

If you are comfortable with being dominant, but women still often respond poorly, this is a sign that you are not offering enough value in general to warrant such dominant behavior. Women don't want to be dominated by any man, they want to be dominated by a man who has social and sexual value.

When your overall demeanor is negative, dominant behavior will seem out of place. Dominance is powerful, but it's not a replacement for having a generally attractive personality.

So, if you are comfortable with being dominant, but it's not being received well, I recommend focusing on the other forms of offering value before turning your attention to dominance (see the articles: How To Attract Women With Positive Energy and How To Exude Sexual Magnetism).

Wrapping Up How To Be More Dominant



Women and men alike are normally flooded with self-absorbed and insecure thoughts. When a girl is being hit on, she might think, "Does he like me?" "Would it be slutty to go with him?" "Will he judge me if I'm too flirtatious?" Dominance takes away the need for these insecure thoughts.

When you are totally sure of yourself and comfortable with taking a dominant role, women are less likely to overthink and second-guess themselves in your presence – your certainty becomes their certainty.

Dominance is most powerful when offset with a certain tenderness. On the one hand, you assert yourself unashamedly. On the other hand, you do listen carefully to the girl, you are generally positive and charming, and if a girl seems at all uncomfortable with what you're doing, you take a step back without getting upset with her.

Not everything you do should be dominant, that would become overbearing. But dominance is a form of value you can offer women because it creates sexual polarity, it gives everything a charge. Without that charge, your interactions with women would be flat , there may be no reason to reject you, but there'd be no reason to sleep with you either.

Life Game (How To Get Girls By Improving Your Lifestyle)

Avery · 1 June 2019 · Archived copy · Original

How To Get Girls By Improving Your Lifestyle

This post is a free excerpt from my upcoming book, *Attraction On Demand:*

The degree to which your mood affects the way people respond to you is uncanny. I can't count the number of times I've gone out to meet women in a bad mood only to get rejected by almost every girl I approached.

Yet, when I'm in a good mood, nearly every woman I approach treats me like a king.

Emotions are contagious. Whether you feel anxious, angry, or happy – that emotion will spread to the people around you.

In this article, you will learn a step-by-step system for feeling great in your own skin. **By implementing the strategies below, your personality will become magnetically attractive to women.**

So much advice focuses on *what to do to attract women*, but girls don't care much about what you say or what pickup techniques you use, they care about who you are and how they feel around you. And that's why you're about to learn how to become someone who attracts women naturally, through the energy he projects. [1]1 Of course, you should never use your mood as an excuse not to approach women. Although you will get better results when you're in a good state, you will get absolutely no results if you only approach women when you feel like it (see article, Comfort Is The Enemy) Fortunately, even if you're in a shitty mood, you can quickly snap out of it and enter a positive state by using the strategy in this article, The Social Momentum Manifesto.

Personal Values and Self-Esteem

[image]

More than anything else, it is the degree to which you are living in alignment with your values that will determine how good you feel in your own skin.

Imagine, for instance, that you care about your physical health, but you regularly eat fast food and sit on the couch 8 hours a day watching TV. In this situation, the tension between who you are and who you want to be is going to make it difficult to feel good about yourself.

To be clear, watching TV in your free time isn't inherently bad for your happiness, but when the time you spend watching Netflix is preventing you from being the person you want to be, then yes, re-watching *How I Met Your Mother* for the 7th time is going to affect your internal state.

> "Learning how to get girls is less about the techniques you use and more about the person you become."

Every action we take is either bringing us towards our values or away from them, and this, in turn, is either making us feel better about ourselves, or worse.

So, what are values, exactly?

Values are are like an internal compass for who you want to be, and the degree to which you live in accordance to them influences your self-esteem.

If we believe we're living totally in sync with our values, we feel great about ourselves. Conversely, if our daily actions conflict with our values, we experience a range of negative emotions from frustration, to stress, to apathy.

By making a concerted effort to determine what your values are and to live in accordance with them, you will naturally become more attractive to women. Your positive self-belief will be reflected in the way you carry yourself: your body language, vocal tonality, and eye contact will radiate positive energy.

The first key to living in alignment with your values is to become consciously aware of what your values are. Although we all have values, it's not something many of us think about: getting clarity about your values is the first step towards embodying them. Some examples of key values for many people include:

- Freedom: The sense that you are making the decisions you want to make in life as opposed to being forced to make the decisions others want you to make.
- Impact: Having a positive influence on others. This can mean anything from making someone laugh to creating a business that changes the lives of millions.
- Friendship: Feeling connected to people who you have fun experiences with.
- Physical health: Eating healthy foods, exercising regularly, getting good sleep, spending time outdoors, etc. This value is about treating your body with respect.
- Wealth: On one level this can mean being financially free so that you aren't constantly stressed about money. On another level it can mean being wealthy enough that you can support others to improve their lives. Of course, this value can also be about being able to afford a lavish lifestyle with exotic cars and 5-star meals.
- Adventure: Having novel experiences. This could mean traveling to new cities, hiking, or going to festivals and events. Adventure can also be found in meeting new people or taking risks (I.E. performing stand-up on an open mic night).
- Relaxation: Giving yourself the opportunity to do things purely to blow off steam and enjoy yourself. This could mean playing video games, watching TV or movies, meditating, hanging out with friends, or anything that is revitalizing for you.
- Spiritual growth: Connecting with a greater purpose, this could be religious or philosophical. This might mean reading spiritual books, meditating, getting involved in a community, or finding mentors.

Some values are fairly universal. For instance, most people care about physical health, wealth, friendships, relaxation, and having an impact.

However, the degree of importance for these values will be drastically different from one person to the next. This variance is partly due to your beliefs, culture, etc., and it's partly a result of the degree to which a particular value is being fulfilled in your life. If you're financially comfortable, wealth probably won't be a value in need of urgent attention. But if you're living paycheck to paycheck, making more money could drastically change the quality of your life.

Similarly, if you're making six figures, but you haven't had sex in 3 years, going out and meeting women is going to have a much bigger impact on your well-being than doubling your income would. When any of your key values is being neglected, it can become a bottleneck for the quality of your life.

By determining what your core values are and what you can do to live in alignment with them, you will have a clear idea of what actions you should take (and avoid) to feel good in your own skin.

The first step is to identify what your core values are and what they mean to you, then you can create a strategy for living in alignment with those values.

Here's an example of what this might look like (taken from my journal):

> ## Impact:
>
> I want my life to have a positive impact on those around me.
>
> On a micro level I want to do nice things for my friends and family (like buying gifts, giving compliments, or doing unexpected favors). I want to connect with the people I care about on an emotional level by having great conversations with them. I also want to show these people that I care by going out of my way to make plans (like hiking or seeing a concert).
>
> Furthermore, I can offer value through who I am: by being positive, passionate, and successful I can bring others up. By being vivacious I will spread that energy to others. This is something I can consciously cultivate.
>
> On a macro level, I want to offer value to the world at large by writing the best self-improvement books ever written and by being a world-class coach who truly transforms the lives of those he teaches: not only in terms of getting them laid but in terms of helping them develop their self-esteem and ability to live in alignment with their core values.

So, you can become consciously aware of what your values are and what they mean to you by creating a journal entry (like the above) for each of your core values (don't expect it to be perfect, you can use the above examples for inspiration. Just write whatever comes to mind, you can reiterate this later).

Next, you can specify habits and goals that will help you live in alignment with the values you identified.

Here's a few examples of what setting goals based on your values might look like:

Fitness:

Long-term goals:

- Reach 10% body fat.
- Bench press 260 lbs for five reps.
- Run a marathon.

Short-term goals:

- Reach 15% body fat.
- Bench press 200 lbs for five reps.
- Run 2 miles without taking any breaks.

Habits:

- Run for at least 5 minutes per day.
- Lift weights at least three times a week for five minutes.
- Count my calories.

Wealth:

Long-term goals:

- Get to 5,000 YouTube subscribers.
- Publish a video course that earns at least $5000.

Short-term goals:

- Reach 1,000 YouTube subscribers.
- Have the outline for my video course completed.

Habits:

- Spend at least 5 minutes each day working on my video course.
- Spend at least 5 minutes each day working on a Youtube video.

Adventure:

Long-term goals:

- Travel to two countries I haven't been to before.
- Go on at least 25 hikes.
- Meet 1000 new people.

Short-term goals:

- Plan my first trip to another country (and buy my plane ticket).
- Go on at least 6 hikes.
- Meet 200 new people.

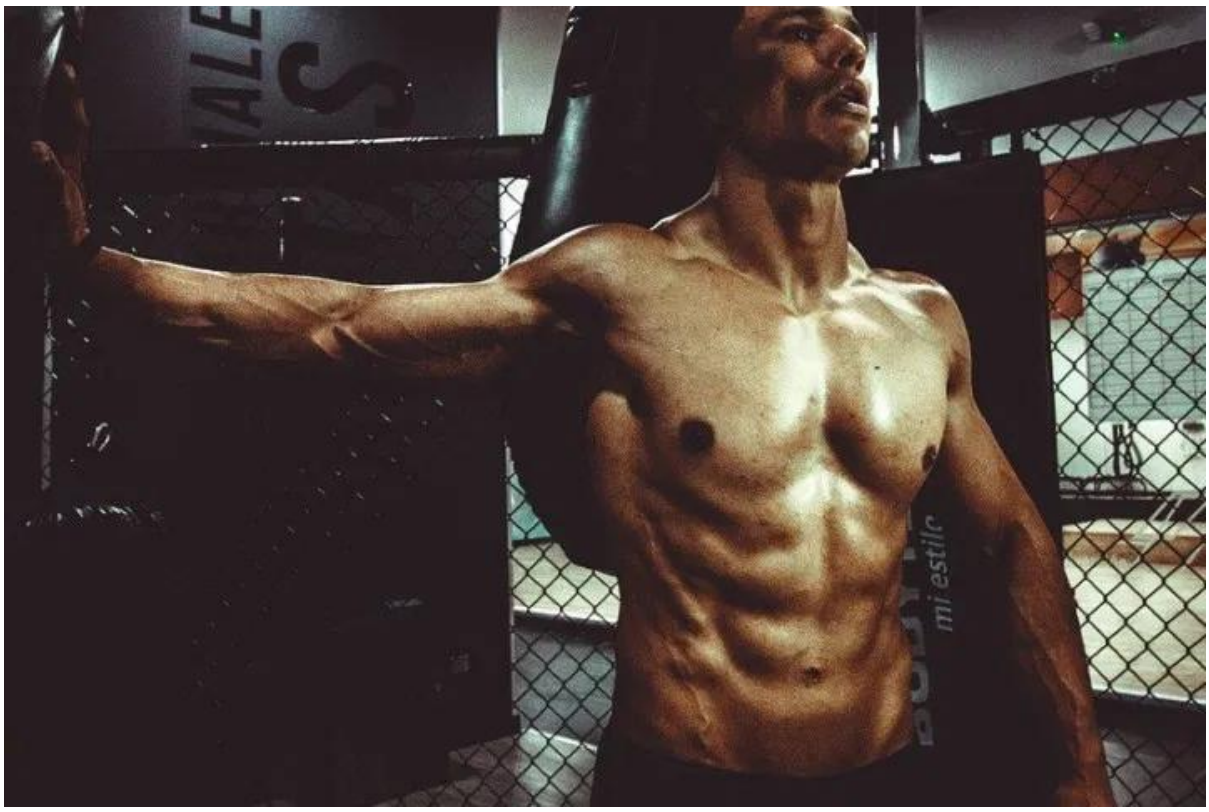
Habits:

- Go on a hike at least once every other week.
- Meet a new person every day.
- Spend five minutes per day researching my trip to a new country.

By creating long-term and short-term goals, and grounding those goals with daily habits you want to cultivate, you ensure that you will make sustainable progress towards your goals (even on days when you're not feeling motivated).

To be clear, the goal itself is arbitrary, it serves you by giving you a clear vision of something you want to accomplish: the power of goals is not in achieving them, it's that they pull you in the direction you want to go.

Goals Versus Habits



Long-term goals are useful, but they can be easy to neglect unless you also define daily (and/or weekly) habits that will help you achieve them. For example, if you want to start an online business, you might create a habit of working on a Youtube video for at least 5 minutes per day. Or, if you want to lose weight, you might create a habit to track your calories every day on an app like Fitbit or MyFitnessPal.

Those might sound like small habits, but the hardest part of changing your behavior is starting. If you set a goal to go to the gym for an hour every day or to read business books for 2 hours a day, there's going to be a lot of resistance to starting that behavior. **Conversely, when you know you're only expected to go to the gym for five minutes, or you only have to read 2 pages of a book, starting your habit will be relatively easy.**

Our emotions have a bigger influence over our behavior than most of us would care to admit. It's important to make changes that don't throw you off your emotional equilibrium too much. At the same time, you must accept that building any new habit will involve facing some discomfort. Find the right balance between getting out of your comfort zone while also taking care to avoid taking on so much stress that your new habit becomes unsustainable.

Pay particular attention to how you feel before and after you do an activity – do you feel stressed about the idea of starting? Do you feel drained afterwards? These are signs that you may want to take a step back and make your habit easier to adopt by reducing the size of your commitment (I.E. instead of going to the gym for an hour, change it to 15 minutes. Instead of expecting yourself to approach 5 women a day, reduce it to 1.)

Build Momentum

[image]

Even though pursuing your goals may be difficult at first, with enough practice, the momentum will take over and making progress will become effortless.

It's important that you don't limit yourself with your habits (for example, once you've meditated for two minutes, if you want to do more, then do so). This is key because it allows you to make a shift from meditating because you have to, to meditating because you want to.

When you start doing something because you enjoy it, it will be easy to make that behavior into an automatic habit

and to build on it over time. If, however, you're always struggling to do something and relying on your willpower, then it will never become an automatic habit: it will always be something that you force yourself to do.

Willpower is a tool that can get you to take action when you otherwise wouldn't, but it's a limited tool that is unsustainable in the long-term: trying to use it to do something new for an hour or more at a time is extremely draining. Trust that by engaging in a particular activity repeatedly, you will eventually start to enjoy it. At that point, you'll want to push yourself further without needing to rely on willpower.

The Power of Values

Creating habits and goals based on your values helps remind you why you're investing your time and energy in a particular behavior: the stronger your sense of purpose behind what you do, the more motivated you will be to keep doing it in the long-term.

Furthermore, awareness of your values will broaden your perspective. Until you make a conscious effort to acknowledge that relaxation is important to you, it's easy to feel that all relaxation is a waste of time.

I've noticed that when I create goals without thinking about the values I want to strive towards, my thinking becomes very one-dimensional: I start to focus on the one thing that I'm struggling with the most while neglecting everything else.

Of course, there isn't just one important area in our life – there are many. If you spend a year dieting and lifting weights, you can get into great shape, but if during that time you neglect your social life and your business aspirations, those areas will atrophy.

Recently, I spent a year focusing nearly all my attention on my online business, and although I made great progress in that area, I ended up gaining over 40 lbs because I neglected my physical health.

Sure, one area of your life may be a priority that you want to put the most effort into, but that doesn't mean it's a good idea to only set goals and create habits for that one area. Dating may not be your first priority. It's okay if you don't want to spend 10 hours a week approaching women. However, if over the next year, you don't meet any new women, your dating life is only going to get worse (just like my physical health did).

The most common self-improvement mistake I see people make (myself included) is focusing on one goal and ignoring everything else. Yes, you should prioritize, but all your values matter, and they will always matter.

When your physical health isn't a priority, you don't need to work out every day, but it would still be a good idea to go the gym twice a week and count your calories. When spiritual growth isn't a priority, you might not go to live in an Ashram, but you can still meditate for at least five minutes a day.

There's an important difference between putting a small amount of effort into an area of your life and putting in no effort into an area of your life. Just counting your calories and going to the gym a couple times a week will help you make progress towards your long-term fitness goals. Whereas if you don't workout at all, you'll likely start gaining weight.

Furthermore, when you decide it is time to focus on your fitness or your spiritual growth, doing so will be much easier if you have already established small habits for those areas of your life.

Don't take this to mean you should start 10 new habits all at once. It's important to strike a balance between fixating on only one area of your life (and therefore letting everything else slide) and trying to change everything at once. If you only put effort into one goal at a time, the areas you neglect will gradually get worse. Conversely, if you try to take on too much at once, the habits you're building won't be sustainable.

I recommend taking on 3-5 new (small) daily habits, at most. Decide which of your values are the highest priority right now and create habits that will help you live in alignment with them. Once you feel that this set of new habits is a regular part of your life that no longer requires conscious effort, then you can add a new one.

Tracking Your Progress

[image]

It can be helpful to track your progress with a Google Spreadsheet or an application like Todoist or Trello. By putting your habits into an app (and ideally, setting daily reminders on the app), you will gain greater awareness of the progress you're making. And, equally importantly, you will be unable to forget what your habits and goals are.

The more aware you are of your values, the more likely you will be to make an effort to live in alignment with them. Because of this, you might find it useful to make a daily habit of re-reading the description of your core values that you wrote.

Furthermore, you can create a daily journal in which you list out your values (and your corresponding goals) and analyze what you did well and what you can improve on.

Template for daily journal:

Date:
Reflection:

Values:

Impact:

Adventure:

Spirituality:

Wealth:

Health:

Relaxation:

I've found that one of the most common reasons we fail to live in accordance with our values is a lack of awareness; making a conscious effort to think about what your values and goals are on a daily basis can help combat this tendency.

Living In Alignment

[image]

When we feel that we are reacting to our impulses instead of consciously creating the life we want, we become distressed, frustrated, and apathetic.

By taking some time to establish what your values are and what you can do to live in alignment with those values, you're giving yourself a road map for increasing your self-esteem and overall satisfaction with your life.

As your day-to-day actions become increasingly matched to your values, your self-esteem will increase, your energy will become more positive, and the way people see you will completely change.

This all happens in subtle ways, your nonverbal communication reflects how you feel about yourself. If you feel like you are meandering through life, or that you are a victim, or that you are not the person you want to be, these self-beliefs will leak out into your body language, voice, etc. The opposite is also true, when you feel that you are moving forward in your life and improving each day, the way you carry yourself will become substantially more attractive.

Positive energy is magnetic. By cultivate positivity within yourself, people will experience an emotional pull

towards your presence.

Being positive won't necessarily make women sexually attracted to you by itself, but it will open doors: women will listen to you more carefully, they will hold stronger eye contact with you, and they will want to spend more time with you.

Negativity, on the other hand, will close doors. I've experienced many situations where a beautiful woman was clearly attracted to me, but I killed that spark with my own negative thoughts and assumptions.

The interactions we have with others are largely a reflection of our own internal thoughts and feelings. I used to live in a world in which I believed people were constantly judging me as inadequate. I was so worried about being judged that I came across as nervous and insecure. People could sense my insecurity, so they actually did feel uncomfortable around me, which (in my mind) proved that my negative assumptions about others were true.

Yet, today, I see the world as a friendly place, and I generally assume people are positive and trustworthy. As a result, the way people treat me has also transformed. I feel better about myself and other people feel better about me.

To be clear, you can get laid without living in accordance with your values, or even if you're living in accordance with shitty values (let's say you value doing drugs and getting drunk and you genuinely don't give a shit about making the world a better place).

"Life game" isn't a prerequisite for attracting women, but it does help. And the more you're living in alignment with your values, the more you will resonate (I.E. have chemistry with) women who are living in alignment with similar values.

If you're watching TV all day and working a meaningless job, you will naturally be more attractive to women who are following a similar path. If, however, you're taking care of your health, reading interesting books, and pursuing your passions, you will naturally attract women who are doing the same. Living in alignment with your values isn't particularly important for attracting physically beautiful women, but it is important for attracting women who you respect and admire.

How To Impress Girls (Without Trying)

Avery · 15 June 2019 · Archived copy · Original

It's a conundrum.

Everything you do to impress a girl will actually make her less impressed by you.

For example, **if you tell a woman that you make six-figures, her gut instinct will be to wonder why you need to brag about your wealth.** She will think you're a loser, not a winner.

This is known as self-qualification: anything you say to prove that you're worthy of a girl backfires because it implies that you don't believe you are fundamentally attractive. Instead, you believe you are attractive because of something external (your money, your job, etc.)

At the same time, being wealthy is appealing to women, right?

Yes, of course it is.



But anything you do that is done specifically to convince a girl to like you, is in its essence, showing that you don't believe you are inherently attractive.

This can take the form of bragging, but it can also be much subtler. Negging a girl, trying to change your voice, trying to make a girl laugh, etc. are all fundamentally unattractive behaviors if you are doing it to impress a girl.

Whenever we try to impress a girl we are labeling ourselves like so:

She will like me because…

- I make a lot of money.
- Say clever things.
- Act with confidence.
- Know how to tease a girl.

Being confident, teasing a girl, or being wealthy are all attractive traits, but the thought that you need those things to be attractive is an unattractive mindset.

Instead, you should think something much more counteruintive:

I am attractive because I am a man.

I understand why this line of thinking might sound fundamentally stupid, but let me explain.

The belief that you are only attractive if you behave in a certain way, look a certain way, or have certain things **creates a rule that states your attractiveness is conditional.**

Whatever is conditional is fleeting and can be lost.

In truth, your attractiveness is – more than anything – something that comes from your internal beliefs. If you truly believe you are attractive, then you will naturally act without hesitation, self-doubt, or any of the other thoughts and behaviors that would cause us to get in our own way.

Of course, this belief without evidence to back it up would be meaningless. Fortunately, if you put yourself out there by approaching women and asking them on dates, you will find that some girls do find you attractive.

Maybe only 1 in 10 girls who you ask out will actually go on a date with you, but that's enough. As you continue to practice, you will develop a better understanding of female psychology, and unconsciously, your behaviors will become increasingly attractive. This will act to reinforce the belief that you are, in fact, attractive.

The Truth About Pickup Techniques



Don't get me wrong, techniques like teasing a girl or working on your eye contact can make you more attractive to women, but if they are done as a form of compensation for the fundamental belief that you are not already good enough (without those techniques), then focusing on such tactics will do more harm than good.

Anything you do that is contrived will make women feel uncomfortable and it will also make you uncomfortable – you know that you are trying to prove yourself, that you are not being spontaneous and authentic.

As you approach women, ask them out, and lead interactions towards sex, your eye contact will improve, your voice will change, your entire demeanor will change, but you do not need to force this, it will happen naturally as your subconscious mind adapts and learns through experience.

By starting with the assumption that you are fundamentally attractive, everything you do will create an upward spiral. You will feel that you deserve to ask that girl out and even if one girl rejects you, the fourth girl you ask out won't. This belief – even if it is somewhat delusional – will help you get the results in dating you want, it will help you become a man who women are impressed by.

There is one important caveat to this mindset. You believe that you are inherently attractive to women. But you do not believe you are inherently attractive to all women. You accept that you will not have chemistry with every girl you meet, that some girls have boyfriends, and others will just be in a bad mood when you meet them.

If you start with the assumption that you are attractive to all women, then any rejection will feel like a violation of this belief. But being rejected by someone does not mean you are unattractive to women as a whole, it doesn't even mean you're unattractive to that particular woman, it only means that you were not attractive to that woman in that particular time and place.

Wrapping Up How To Impress Girls (Without Trying)



I've learned hundreds of techniques and tactics to attract women. And what I've found, consistently, is that these techniques only work when they are spontaneous, not when they are done consciously in an attempt to 'make a girl like me'.

My best conversations with women, my greatest moments of confidence, humor, or seductiveness, these were never based on lines I read from a book, they arose naturally because I believed that I was attractive.

You don't need to focus your conscious energy on doing or saying specific things while interacting with women.

[image]

It can be useful to get new ideas from videos and articles, and it can also help to analyze what you did well and what

mistakes you made after the fact.

But during your interactions with women, everything you do and say should flow naturally without trying to force attraction. Once you stop trying to impress women, all of your genuinely impressive qualities will rise to the surface – and women will be impressed by who you are.

PS:

Doing at home exercises can be useful, practicing your eye contact, body language, or vocal tonality at home can help you improve those aspects of your game when you're interacting with women.

However, such practice is only useful after you've reached a point where you believe you are fundamentally attractive to women.

If you have had no success in dating and you aren't confident in your ability to date beautiful women, practicing these things can reinforce the idea that you are not attractive enough unless you get your eye contact down or your body language is 'alpha' or whatever.

If you're inexperienced in dating, it's better to focus on the cause rather than the effect. Insecure body language or weak eye contact are effects, the belief that you are not attractive is the cause. By taking action, meeting a variety of women ,and starting to get results, your eye contact, body language, etc. will start to reflect the changes in your self-belief.

This is an example of the 80/20 principle, 80% of your eye contact, body language, and ability to think of clever things to say, etc. come from your beliefs about yourself. 20% come from technical skill.

So, if you are already getting good results in dating, but you want to take things to the next level and truly master attracting women at the highest level, then working on techniques like the above can be advantageous. But for most people, that kind of practice would be nothing more than mental masturbation –

FREE – Get 3 Free Chapters Of My Upcoming Full-Length Book

Avery · 26 June 2019 · Archived copy · Original

On July 20, 2019, I am releasing my first full-length book, *Attraction On Demand.*

This book is the most comprehensive guide to success with women ever written. Nothing else out there is remotely similar.

Readers will have to decide whether *Attraction On Demand* is the best men's dating advice book of all time, but I can confidently say it's the most ambitious dating advice book of all time.

Below, you can get a free 32-page sample of the book as a PDF, Mobi, or Epub file.

Here, you can get the files sent to you via email: Attraction On Demand Sample.

(You will also receive emails with new free articles and videos by me).

You can also access the files from this page directly, below:

PDF: *Attraction On Demand Sample*
Mobi (Kindle): *Attraction On Demand Sample*
Epub (other e-readers): *Attraction On Demand Sample*

How To 10x Your Dating (A Practical Guide)

Avery · 27 June 2019 · Archived copy · Original

Not getting many dates?

Struggling to meet women?

The thing that's holding you back might not be what you think.

Dating is a numbers game.

Most of the women you approach will either have a boyfriend or they won't have chemistry with you or they might just not find you attractive.

BUT some of the women you meet will like you and you'll have great chemistry with them. In this video you're going to learn how to find those women consistently.

Learning how to get girls can be frustrating, but if you have a good strategy it can actually be a lot of fun. The above video will give you a different strategy for dating that can easily 10x your results.

How To Talk To Girls: The Ultimate Guide

Avery · 25 July 2019 · Archived copy · Original

This is the ultimate guide to talking to girls in a way that is both intriguing and attractive.

So if you want to learn:

- How to make a lasting impression a girl.
- How to never run out of things to say.
- How to keep the conversation interesting (and avoid interview-mode).
- How to avoid platonic interactions (And Create Sexual Tension)

Then this is the article you've been looking for.



A great conversation is not about remembering lines or using canned routines, this will feel mechanical and stiff. The best way to become a great conversationalist is to expose yourself to great conversations: watch great interviews, read interesting books, watch standup specials.

What you take in is what you put out. If you spend your time watching mindless youtube videos about video games, you're not going to be a fascinating conversationalist.

Conversation is something that takes place unconsciously, being funny isn't something that you can force, it's something that naturally arises if the right ingredients are in place.

One of those ingredients is being in a comfortable state where you don't overthink (which you can reach by building social momentum).

The other key ingredient is the quality of ideas and thoughts that go through your head. If you put conscious effort into learning about interesting ideas, your conversations will reflect that. By reading books about topics like philosophy, psychology, and the biographies of successful people, you'll automatically become a more interesting conversationalist.

As a rule-of-thumb, the more fascinating ideas you expose yourself to, the more fascinating you will become.

The opposite is also true: if you watch vacuous reality TV shows and play video games for several hours a day,

you're not going to have as many interesting things to say.

There aren't many women who will want to talk to you about W*orld of Warcraft*, but most women enjoy talking about psychology, philosophy, spirituality, etc.

Don't take this to mean you should craft your persona based on consuming things that you think will make you interesting. Instead, pay attention to the quality of the content you take in throughout your days, whether that be video, audio, or in terms of reading.

Ask yourself if the video game you're playing or the TV show you're watching is empty entertainment or if it is expanding your mind in some way.

Standup specials, for instance, are a form of entertainment, but there is also a lot you can learn from them in terms of understanding how humor works and about the topics the comedian talks about.

Video games, however, are entertaining, but they rarely will expose you to new ideas that have any relevance to the real world.

If you make an effort to fill your free time by consuming content that is both entertaining and in some way educational, you will have a lot of interesting things to say about a wide variety of topics (I've included some recommended books, YouTube channels, etc. below).

How To Talk To Girls:

Conversational Mindsets



]Hypothetically, if you put hundreds of hours into it, you could learn scripts and stories and jokes to tell and become so skilled at doing so that you could seduce women with this carefully constructed persona.

However, this would be an exceedingly difficult undertaking and you would know that it's these lines and made up stories that are attracting women, not your real personality – unless you're sociopathic, it would feel empty and unfulfilling to use a script for success with women.

I could tell you jokes I've made that women liked, lines I've said that turned a girl on, and stories that made a strong impression – but they were only attractive because I said those things spontaneously without conscious effort.

Remember, good conversation arises subconsciously, not consciously, and it's a skill that you will learn through

practice. However, it can be helpful to have a framework for what makes an interesting, sexually charged conversation. I can't tell you exactly what to say, but I can give you guidelines to follow that will help you hit the emotional notes that women find attractive.

The following are three mindsets you can use to make your conversations impactful and seductive.

Mindset 1:

"Is this emotionally relevant to the other person?"



The most common conversational mistake people make is ignoring what the other person wants. Some people talk as a form of therapy, they complain about the problems in their lives because it gives them relief. This type of conversation quickly becomes draining for the other person, they feel like emotional baggage is being unloaded on them.

It's important to be aware of whether what you're saying is emotionally relevant to the other person or if you're just saying it for yourself. When you solely focus on what you want out of a conversation, the other person feels like they're being used as a means to an end, and this, of course, is anti-charismatic.

So, ask yourself, "Am I considering what this person wants, what they're interested in, and how they're responding, or am I focused on myself and what I want?"

In any interaction there are a number of things both people want, for instance, you may want to feel listened to, you may want the other person to validate that you are interesting, and you may want them to entertain you with their wit. The average person focuses almost entirely on what they want from others, a great conversationalist pays attention to what other people want from them.

Be aware of how people are emotionally responding to you and be considerate of what they want. For example, if someone doesn't seem interested in what you're saying, change the topic.

Similarly, you can make a point to inject emotion into your voice and to use pauses and pacing to be more engaging – do this to offer value, because it will give people something they want (good emotions).

Instead of focusing inward ("How can this person make my day better?") Focus outward ("How can I make their

day better?")

Developing a keen sense of what a woman is feeling and what she wants is a powerful skill in seduction. This awareness isn't something that comes naturally to most people, it must be consciously cultivated (there is a specific exercise to help you develop this skill towards the end of the chapter).

This isn't to say you should be selfless – being aware of what other people want from a conversation is pragmatic. When you give someone a positive emotional experience, they will feel an obligation to reciprocate.

If you show interest in another person's stories and talk about topics that they are passionate about, they will want to return the favor. If you make yourself feel good, that emotion will spread to others. The reverse is also true: if you make someone else feel good, that emotion will spread to you.

Mindset 2:

"Am I Impacting Her Beliefs?"



There are two fundamental postures you can take in a conversation:

1. Seeking to assert your ideas onto others.
2. Seeking to understand the ideas of others.

Now, you might think I'm going to suggest that you should always seek to understand rather than to be understood, that you should be polite and gentle in your interactions.

No, to do that would be to neuter the sexual energy in your conversations.

Sexual is polarity is created when one person is asserting and the other is receiving. And because most women will not play the assertive role in a conversation, you must become comfortable with doing this yourself.

What does this look like, exactly?

At it's best, this means that after you have a conversation with a girl, her understanding of reality will have changed. Basically, you are challenging her perspective and giving her insights that will make some kind of dent in her mindset.

This is easier said than done, but if you can successfully make this kind of impact on a girl, you will be completely

unforgettable to her.

You've probably had conversations like I'm describing in your own life. Maybe a professor of yours made you realize that you should pursue a different major, maybe a friend helped you understand that you were in a toxic relationship that needed to end, or maybe a chapter in this book changed your perspective on what makes women tick.

You can have that kind of impact in your interactions with women, but it requires that you be willing to take conversational risks. You cannot create this effect while playing it safe, you will have to assert yourself and put your ego in a vulnerable position.

For instance, I once met a girl at a club who told me she was an aspiring actor from L.A. I asked her what an "Aspiring actor" was. She explained that it was her passion, but she wasn't making a living as an actor yet. I asked her how many auditions she went to in the last year. She said zero. She explained that she wasn't ready.

I told her that she was avoiding rejection and that she wasn't going to get anywhere until she learned how to face it.

She agreed.

I asked her what her plan was to start making progress towards her goal.

She explained, but it was rather vague, so I told her that unless she made a specific plan with realistic small goals that she could build on, she wasn't going to end up making it – I let her know that couldn't guarantee she would make it if she followed a good plan, but that I could guarantee she would fail if she didn't follow a good plan.

We talked about what specific steps she could take and came up with a blueprint for her to start making real progress towards her goal. Later that night, we went home together. And afterwards, she made a point to tell me I could stay with her in L.A. any time I wanted.

Now, I don't know whether she ended up following through on what we discussed and I don't know if she'll ever become a successful actor. But the point is that her conversation with me changed her understanding of what she had to do to succeed and live out her dreams.

To create this effect, it is essential that you are aware of what is emotionally relevant to the other person. The conversation from the above example had very little to do with me: it was all about her passions.

You also must be willing to talk about topics that are personal and vulnerable. The best conversations involve topics that have emotional weight: passions, spirituality, relationships, philosophy, ambitions. Everyone is fascinated when they talk about their desires, even more so when talking about why their desires aren't being met. It's the frustration, the itch where the most power lies.

There's an art to being conversationally assertive without being aggressive. If you are too aggressive, you will be perceived as an opponent and your ideas will not be received with an open mind. The key is to balance assertiveness with tenderness. The role you are playing isn't that of a judge, it is more like that of a therapist. You listen carefully to a person's problems and respect their perspective. But at the same time, you are willing to give your perspective, even if it might create friction.

(Below is a video example of myself talking to a girl in a way that is assertive, but not overly aggressive).

Striking the right balance will take practice. If you make someone defensive, you are being perceived as too aggressive, if you aren't having any emotional impact, then you are playing it safe (not being assertive enough).

Overall this is an advanced strategy. You do not have to master this to get dates with beautiful women. Think of this as icing on the cake. If you can expand a girl's understanding of her reality in some way, this will spark in her a powerful desire to see you again.

However, you are playing with fire. If you do this with an insecure girl, it is very likely she will become emotionally

attached to you. Being able to influence people is exciting, but there are consequences.

Mindset 3:

“Am I creating tension?”



Too much tension creates stress.

Too little tension creates boredom.

Your conversations with women should create a sense of challenge, that is what will make her excited and engaged. But at the same time, you should not be so challenging that women become uncomfortable.

The majority of men don’t create enough tension – they have friendly conversations with no emotional weight that feel more like a business interaction than a sexual interaction.

Some men – especially those who’ve learned about game – create too much tension, they do everything in their power to ‘spike a girl’s emotions’, but this creates animosity rather than attraction.

Make a point to be aware of how much tension you’re creating in your interactions with women.

- Are you unengaging and overly safe?
- Are you creating so much tension that women feel uncomfortable around you?

We have an instinctual ability to read body language encoded into our DNA, but we tend to focus so much on ourselves that we lose touch with that skill.

You can tap into your ability to read people simply by asking yourself something like, “What is she feeling right now? Is she bored? Is she uncomfortable?”

When you do this, you’ll get a sense of what the other person is feeling.

And if you make a habit of paying attention to the nonverbal cues other people give you, you will be able to effortlessly adapt: when someone is bored, you’ll be able to re-engage them by changing the topic or saying something emotionally relevant to the other person.

Similarly, when someone is uncomfortable, you’ll be able to calibrate by showing empathy, “I know it’s random to approach a stranger like this, I just thought you looked interesting and I had to meet you.”

Creating tension is a skill that comes with practice, but the first step is to start paying attention to the amount of tension you are currently creating. As you start to notice the patterns that are playing you, you'll be able to start making adjustments.

If you generally create too much tension, the best strategy is to focus on letting other people invest more.

If you don't create enough tension, it will help to focus on holding stronger eye contact, being dominant and challenging, and to speak with more passion and emotion. Beyond that, you can also make sure that you avoid interview-mode conversation.



Interview mode is a safe, boring type of conversation that lacks any tension. We fall into this mode because tension can be uncomfortable and anxiety-provoking: we know that if we create tension a girl might reject us.

So, we protect ourselves by having a conversation with no emotional charge. And although this does prevent us from getting a harsh rejection, it also makes it exceedingly unlikely that a girl experience desire.

There are two dimensions to a conversation that make it fall into interview mode: the topic, and the intensity.

Topics Of Conversation

Topics like spirituality, personal passions, the struggles you're facing in life tend to be more emotionally engaging than the standard set of basic informational questions two strangers usually ask.

Now, this isn't to say you shouldn't ask a girl questions like, "What your major?" Or, "What do you do for fun?"

Basic questions can be useful as a launchpad – a conversation that starts with a girl talking about why she chose to be a business major could lead to a fascinating talk about how the most successful businesses cater to our worst desires and addictive natures (McDonald's, Instagram). Similarly, a conversation about a girl's decision to be a psychology major could lead to her talking about her weird personality quirks and self-destructive tendencies.

It's good to have a few basic questions in the back of your mind that you can ask anyone, but it is important that

you learn how to delve deeper into something emotionally intriguing rather than getting stuck on the surface.

Here are a few examples of questions that are useful to have in your back pocket:

- “What do you do for a living?”
- “What do you do for fun?”
- “Are you from here?”
- “What are you passionate about?”

That said, some topics are better than others. The less emotionally invested a girl is in a topic, the less excited she will be to talk about it.

For instance, talking about a woman’s choice in career can be exciting if done well, but talking about video games will only be intriguing to a small percentage of women. Your overarching goal in a conversation is to gradually make it more emotionally charged, to talk about things that elicit strong emotions in her.

One way to do this is to look for shared interests. If you tell a girl you like Game of Thrones, and she says she hasn’t seen it, you can ask her what her favorites shows are, and then from that list, there’s a show you also like, you can talk about that specific show.

Let’s say, you and a girl both happen to like *Sherlock* with Benedict Cumber-batch. At first, you might talk about how clever it is, but then you could add some tension by asking her if she thinks Benedict Cumberbatch is hot. If she says she is, you could say, “So you’re a sapiophile?”

She’ll probably ask, “What’s a sapiophile?”

You could respond, “A person who finds intelligence sexually attractive. Benedict Cumberbatch isn’t particularly good looking, but he’s a genius in a show. Do you think that’s why you find him attractive?’

She may say yes, she may say no, either way, you can take this conversational thread into a lot of interesting directions.

You might talk about how you think men are secretly really attracted to intelligence, and that although they seem very shallow on the surface, secretly they just want someone they can have a good conversation with, someone who can make them think.

Alternatively, you could do the opposite and tell the girl, “You actually seem really smart. If I were a sapiophile, I’d probably be really into you. Anyway…”

Expect your conversations to start with basic enough topics, things that are not inherently interesting, but have the potential to turn into something with a lot of positive tension.

Now, this may take some time. If you ask a girl what she does for a living and it turns out to be something you know nothing about, you may struggle to take that topic anywhere interesting. That’s okay, ask another question, change the topic, until you find something that is interesting to both the girl and to you – something you can both talk about without getting stuck on the surface level.

With any topic, you want to bring it in a direction that is both personal and emotional. To make something personal, you either give an example of your experience with something, or you can show interest in her experience with it.

To make the conversation emotional, you move towards topics that are slightly taboo, things like sex (I.E. talking about what it means to be sapiosexual), spirituality (you could bring up yoga, meditation, astrology, etc.), her frustrations (I.E. “So if you’re a sapiosexual, it must suck how dumb most guys are.” Or, “So, you’re a writing major, do you think you’ll make a living as a published author?”) her positive experiences (I.E. “What do you like about this city?”).

Intensity



The second aspect that gives a conversation tension is the intensity. By intensity I mean the strength of the opinions you're expressing – being willing to say things that may be offensive.

If a girl says she's from California, a low-intensity response would be to say, "Oh that's cool, I've heard the weather's great there." In contrast, a high-intensity response would be to say, "Oh, are you one of those pot-smoking liberal hippies I hear so much about?" (In a sarcastic tone).

Basically, the stronger the opinions expressed, the more intensity your conversation will have. Here are a few examples of low intensity versus high-intensity conversation:

Low Intensity:

"*You're a psychology major? That's interesting."*

High intensity:

"You're a psychology major? I heard everyone who studies psychology is secretly crazy."

Low Intensity:

"You like to watch Netflix? What's your favorite show?"

High intensity:

"You like to watch Netflix? Let me guess, The Vampire Diaries is your favorite show?"

"I've honestly wasted so much time on Netflix that I deleted my account. I feel like it takes away more from my life than it gives."

Low intensity:

"Oh, you're into poetry? I haven't read much to be honest, who's your favorite poet?"

High intensity:

"You're into poetry? Well, if you end up writing a poem about me, just make sure it doesn't suck."

"You're into poetry? 90% of poetry sucks. But the 10% that doesn't is life-changing. Who do you like?"

"You're into poetry? That's… interesting."

You can create intensity by framing what a girl says as implying something controversial about her (if she likes to read, she must be a fan of "50 Shades of Grey".) This is powerful because it's a playful type of teasing, if everything you say is agreeable and positive, there is no doubt that you like her, but if there is a mixture of positive statements and seemingly negative statements there is some mystery.

It is also possible to create intensity with positive statements, but it's less effective in general.

First, positive statements can make a girl wonder whether you're trying to charm her to get something from her. Second, positive statements can actually decrease the tension because they make your intentions and opinion of the girl obvious, she doesn't have to wonder whether you're interested in her.

You can't always expect to come up with some kind of clever remark off the top of your head. Intensity doesn't have to be creative, you can simply disagree with a girl.

For instance, if a woman says, "I'm from Texas." You could simply say, "I hate Texas." The emotion, hate, is strong and will create an impact. Now, the delivery is key here. If it sounds like you really hate Texas, she may be put off.

But if you say it in a tonality that sounds halfway serious, but it's hard to tell for sure, then she will most likely laugh or at least become reactive and get curious, (I.E. "What? Why do you hate Texas?"

The only way to learn how to deliver challenging lines like the above is through practice. You'll know how well you're doing based on the reactions you get. Fortunately, even if you say, "I hate Texas." With a bad tonality, it's unlikely the girl will get particularly upset. And if she does, you can say you were just kidding.

Even if you can't think of witty lines, you can simply say you hate whatever a girl says. This can be applied to practically anything she says.

Of course, you shouldn't constantly tease a girl or say you hate everything she says. This is the icing, not the cake.



Being playfully disagreeable is counterintuitively charming. Women want there to be a challenge. In terms of sex, their world is completely different from yours. As a guy, sex isn't guaranteed, it isn't something you can easily get whenever you want. But a girl knows she can get pretty much any guy she wants to sleep with her. She could literally just walk up to a guy and say, "Hey, would you like to have sex?" And about half of guys would say yes.

Talking with a high level of intensity creates a challenge. Now, her ego is involved – she's being vulnerable, she's experiencing strong emotions, and she's not sure whether or not you like her. This makes the possibility of being seduced exciting, the fact that it isn't guaranteed gives her a reason to put in effort and to start chasing you.

To be clear, this isn't something you have to master to get dates with beautiful women. Being a great conversationalist is an asset, but oftentimes a relatively boring, surface-level conversation can still be engaging and sexually charged so long as your nonverbal communication is strong.

Positive Tension Versus Negative Tension



Tension is a powerful emotion, it's what makes a social interaction exciting. Now, you probably don't want every conversation you have with someone to have a lot of tension (talking with your boss for example), but it will be useful to become aware of this dynamic and to learn to play with it.

Tension is the degree of an emotional effect you're having on someone. It isn't necessarily a positive effect (although it can be), it is simply about how strong the emotions you're creating are. In many cases, some negative tension is better than no tension whatsoever (a girl who is frustrated with you is more likely to fuck you than a girl who is bored), however, as a general rule, you should strive to create positive tension.

Positive tension is created when you offer value, negative tension is created when you represent a threat. Both positive and negative tension can make a girl nervous around you, and some of the signs are the same: she'll touch her hair or her face, she might not be able to hold eye contact, she'll look a bit tense.

The difference between the two is the reason behind the behaviors, negative tension makes her look away because she doesn't want to be around you, positive tension makes her look away because she feels insecure. The best way to tell the difference is to proactively release the tension you've created. You can do this simply by letting silence hang in the conversation, by teasing the girl, or by withdrawing attention (looking away, taking a step away from her).

If the tension is negative, the girl will either make an excuse to leave or at least she won't make an effort to engage you much.

If the tension is positive, the girl will want to keep the conversation going, usually by asking you questions.

Basically, she'll start chasing you if the tension was positive, she'll pull away if it was negative.

If you find that you're mostly creating negative tension, it's a sign that you are projecting negative emotions, or that you are trying too hard to get a reaction from her.

Teasing a girl can definitely get a positive reaction, but if you're saying the tease to make her react to you, it will feel forced and this will make her uncomfortable.

Anything you do will be far more attractive if you do it spontaneously.

Learning pickup techniques can be helpful, but don't try to force them into your interactions, trust that you subconsciously think of a good tease when it's appropriate.

Let the tease happen, don't force it to happen.

While you're interacting with a girl, you shouldn't think about how you can get her to react to you, the only time you should analyze what you should be doing differently is at home while writing a field report or before you go out you can think about what you want to focus on. If you put in conscious effort into teasing a girl or creating tension during an interaction, it will come across as mechanical.

Tension is an important dynamic in all social interactions. Yet, most people are completely unaware of it

Exercise: Audit Yourself

It can be helpful to be an audit of your own conversations to become aware of what you're doing well and what you can improve on.

To do this, simply record the audio of an interaction you have with people: it could be your friends, it could be a girl you approach, either way when you record yourself interacting with people and listen to it afterwards. This exercise will give you valuable insights.

Truth is, we all pick up bad social habits throughout our upbringing. Some people have a robotic tone of voice, others are bad listeners, etc. It's easy to notice such habits in other people, but it's incredibly difficult to notice them in ourselves. But if you listen to the way you interact with people after the fact, from a third-person perspective, you will hear yourself the way other people hear you.

I understand this is a rather nerdy exercise, but it is a powerful tool regardless.

Besides, you can record the audio of your social interactions without any risk of being caught. Any smartphone has a recording app you can use for this, all you have to do is keep the phone outside your pocket and the audio quality will be perfectly fine. (If you want to record audio in a loud environment like a club, you'll need to use headphones with a speaker to get decent quality).

Listening to yourself interact with other people will likely feel uncomfortable – you'll notice your own worst habits and behaviors. This is a good thing.

You can even take this a step further by rating yourself on a scale of 1 to 10 on the 3 conversational mindsets you learned in this chapter.

I've found this to be a powerful technique because it sets a baseline that you can improve – if you rate yourself as a 5/10 in something, you're going to feel a strong motivation to change that. Being aware of what you're doing wrong is often the key to making a real change.

It's also important to do this more than once. The second or third time you do this exercise, you should notice improvements which will further increase your motivation to commit to this process.

Change isn't easy – there's a reason, "people never change," is a colloquialism.

Most people don't change.

Fortunately, change is possible, but only if you're willing to put yourself in uncomfortable situations and set your ego aside in the name of personal growth.

Listening to audio of yourself talking to friends is going to be awkward (doubly so if you listen to audio of yourself talking to women). Don't think of that awkwardness as a bad thing, it's a sign that there is something to gain.

Of course, I'm not suggesting you do this every day, it should be an occasional exercise. You could do this once a week for a month, and afterward once a month until you're satisfied with your progress. We all have bad conversational habits that have become so natural to us, that we think they're an inherent part of us. However, you can break those habits and replace them with behaviors that will make you more charming and charismatic so long as you are honest with yourself and your desire to improve is stronger than your desire to protect your current self-image.

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The 48 Laws of Power/Mastery/50th Law/The Laws of Human Nature, Robert Greene

The Denial of Death, Ernest Becker

Podcasts:

Philosophize This

The Joe Rogan Experience

The Tim Ferris Show

Under The Skin With Russel Brand

YouTube channels:

TheSpiritualLibrary

Elliot Hulse

Russel Brand

Tom Bilyeu

Kurzgesagt – In a Nutshell

Teal Swan (Personally, I disagree with almost everything she says, but the topics she discusses are interesting to think about.)

TV:

Any comedy special

Cosmos: A Spacetime Odyssey

Brain Games

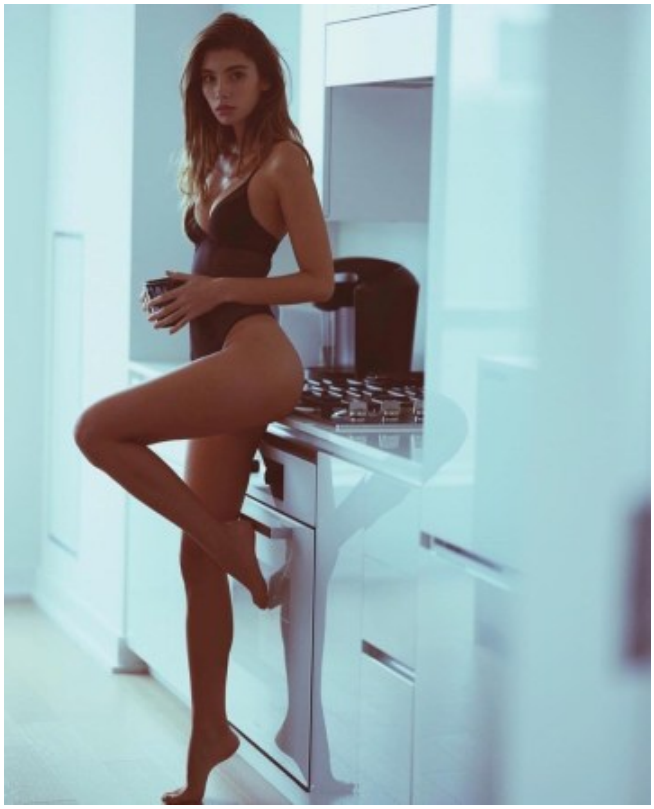
How To Pick Up Girls In Clubs (3 'Cheat' Codes For Quick Results)

Avery · 23 August 2019 · Archived copy · Original

You're about to learn the three paradigm shifts that took me from a 19-year-old kissless virgin to someone who can pull a beautiful woman from a club whenever he wants to.

Video version: https://youtu.be/ozSLMHQoMqg

Tip 1: Cultivate Sexual Energy



When you see a cute girl, you shouldn't just think she's attractive, you should feel desire for her on a physiological level. Desire is contagious, and that underlying feeling is the spark that makes seduction possible.

Learning how to pickup girls in clubs shouldn't be mechanical, it shouldn't be a stressful, intellectual process. Too many men who learn about pickup treat it like a chess game.

Instead, get in touch with your primal side. Learn to experience sexual energy.

Men are taught to be ashamed of their sexuality. Society couldn't function properly otherwise. Unfortunately, modern men are practically neutered – they see their own desires as a bad thing that is inherently creepy.

But male desire isn't inherently creepy. It can actually turn women on: it's a powerful aphrodisiac. Women desire to be desired.

Of course, male desire can be creepy if a girl isn't interested at all and you don't respect her boundaries. But it isn't the desire itself that's creepy, it's the lack of respect.

When you learn how to get in touch with your own animalistic desire, the way women respond to you will completely change. There are three ways to do this:

- Masturbate less.

The less you masturbate, the more you will experience desire for women in the real-world.

- Notice Beauty

When you see a beautiful woman, don't just think to yourself, "She's hot." Actually appreciate her femininity, her curves, her hair, the look in her eyes, notice what makes her sexy.

- Visualize

If the first two strategies aren't enough to spark the feeling of desire. You may need to take things a step further and visualize sexual imagery while you're out. Imagine what it would be like to make out with that girl on the dance floor. Imagine what she looks like naked.

This might sound creepy, but you're not saying or doing anything overtly sexual, you're just changing your focus from the logical to the emotional. You're getting yourself out of your head and into your body.

Years of conditioning teach us to stifle our own sexual energy. It may take some effort to get back in touch with that side of ourselves.

Tip 2. Play The Numbers Game



Dating is a numbers game. A lot of guys don't like to hear this because it doesn't fit the societal narrative of how love and romance are 'supposed to work'.

If you go out and talk to 3 girls throughout the course of a night out, what are the chances that you'll meet someone who:

1. You are truly attracted to.
2. Is truly attracted to you.
3. Is single.
4. Is straight.
5. Is in the right emotional state to meet a guy.
6. Etc.

Answer: Not very high.

But what if you were to talk to 20 or 30 girls? The chances that you'll meet someone who's a good match skyrocket.

If you want to know how to pick up a girl in a club, the secret to success is to play the numbers game.

Very few men really play the numbers game. The vast majority of guys (even those who know about pickup) go out, talk to a couple of girls, and go home with maybe 1 girl's number.

Those same guys come back to the forums to complain that "game doesn't work".

That's the equivalent of going to the gym, lifting some 5-pound weights for a few weeks, and saying, "The gym doesn't work for me, I can't build muscle."

If you've never gone out and done 20 or 30 approaches, you're probably not really doing game in the first place.

I know this point will piss people off – but it needs to be said. If you're playing to win, you should be willing to approach as many girls as it takes to meet the ones who you have great chemistry with.

This may sound difficult – approaching 1 girl is hard enough, approaching 20 sounds practically impossible. But in reality, the more girls you approach, the more fun going out will be. (Because of the next tip).

Tip 3: Build Social Momentum

[image]

Every time you talk to a girl, the next approach you do will be easier. This is known as social momentum.

Normally, we have excuse-making momentum. We see girls we want to talk to, but we think,

- "She looks busy,"
- "She looks stuck-up,"
- "She's not hot enough,"
- "She's too hot,"
- etc.

This accumulates over time and the mere thought of talking to a girl becomes anxiety-provoking. But momentum builds in both directions.

Every time you do talk to a stranger, you're proving that nothing bad happens when you approach someone. Now, the anxiety/stress you felt about talking to someone seems illogical. And, therefore, you feel more confident about talking to people.

This momentum can build up to a point in which you become completely fearless. If you've ever been out and you felt unusually confident and you didn't care what people thought of you and you had no hesitance – you probably had built social momentum without knowing it. And if you've never experienced that feeling. Well, you haven't really done game yet. It's time to change that.

There are three keys to building social momentum:

(video demonstration of myself coaching someone to build social momentum in real-life:

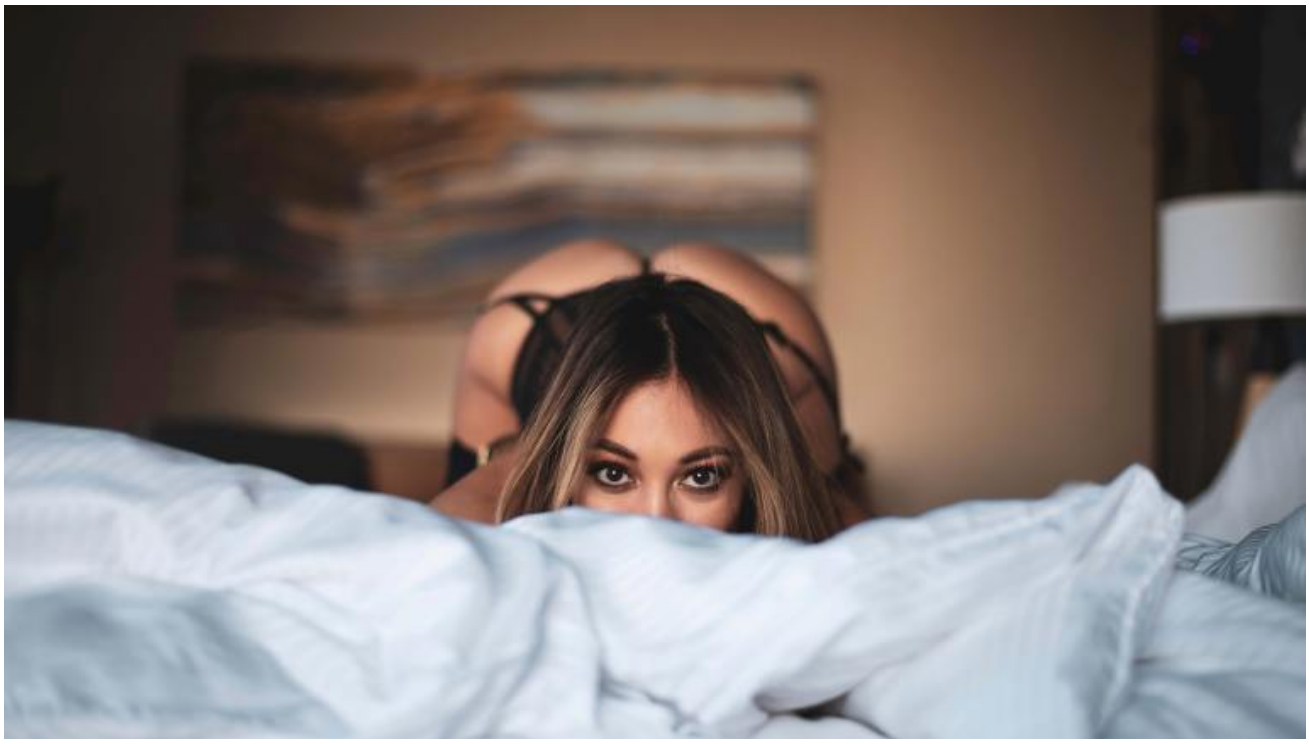
Rule 1: Act More, Think Less

If I approach a girl, but 30 seconds later she leaves to "go find her friends," I don't stand around and think about why I got rejected, doing that would only lead to stress and frustration.

Instead, I quickly move from one interaction to another to prevent myself from overthinking. The less time I spend between approaches, the more quickly I build social momentum

If you're spending most of your time standing around observing the environment or looking for the best girl to approach, you're not going to build social momentum, and you're going to miss countless opportunities with beautiful women.

Rule 2: Push Each Interaction Further Than The Last



To start building positive momentum, take a small social risk that won't overwhelm you. This will get the ball rolling so that you'll feel confident enough to take a slightly larger risk.

Continue this pattern until you eventually feel unstoppable.

Here's a list of increasingly challenging actions you can take to build momentum:

- Give a girl a compliment as you walk by (without starting a real conversation)
- Give a girl a compliment and continue the conversation for at least 30 seconds.
- Touch a girl on the shoulder.
- Invite a girl to dance with you.
- Ask a girl for her phone number.
- Ask a girl to move to another area of the club with you.
- Ask a girl to grab some food with you.
- Invite a girl to get a drink back at your place.

Your first approach on any given day might be fairly stilted. That's okay, you shouldn't expect your first approach to be perfect. But push your next approach a bit further than the first, try to stay in the conversation for a couple of minutes instead of just 30 seconds.

Take each approach you do a step further than the last one. Make a point to be more physical, to hold stronger eye contact, to lead more, and to start asking for girls' numbers.

Rule 3: Embrace Rejection

The only way to avoid rejection is to stay at home and watch porn.

Rejection is an unavoidable part of the game: the way you respond to it is going to determine the results you get.

I've been rejected a lot, probably thousands of times. And that's okay – by going through those rejections I was also able to date some incredible women.

Furthermore, each rejection made me fear future rejections a little bit less. The root of self-confidence is being comfortable with the possibility of failure.

That's why the third key to building social momentum is to embrace rejection.

Let's say you approach a girl and after a couple of minutes talking with you, she says, "It was nice meeting you, but I have to go."

You might start thinking:

- "My game sucks."
- "That was a shitty approach."
- "Why was I so cringey?"
- "The girls here are bitches."

These kinds of thoughts mean you're punishing yourself for approaching. You're telling yourself that approaching leads to a negative result and that if you do more approaches, you're going to get more negative results.

If you start to feel approaching women is a bad thing—that you don't gain anything from it—it's going to be exceedingly difficult to get into a fun, lighthearted mood when you're out.

Instead of punishing yourself for approaching, reward yourself for approaching. After you approach a girl, you can literally tell yourself, "That was ten out of ten because I took action."

Similarly, you can take a moment to ask yourself, "What was one good thing about that interaction?" Your answer may be that she smiled or that you said something clever or that you held strong eye contact, or your answer may be simply the fact that you put yourself out there.

At first, reframing your interactions as positive might feel a bit false, but over time, it will help reshape your narrative of what rejection means. Instead of deflating you, rejection will invigorate you.

Wrapping Up How To Pick Up Girls In Clubs



If you implement the three tips above, you will get better results than 95% of men. And, as harsh as it might sound, you can't really know that 'game doesn't work' or 'you have to be good looking' until you've:

- learned to get in touch with your own sexual energy.
- legitimately played the numbers game.
- Know how to build social momentum consistently.

Don't be the skinny guy that says he can't build muscle because of his genetics even though he's never taken the time to count his calories. Be the guy who follows a serious gym regiment, counts his calories consistently, and keeps track of his progress. Find out for real if you can make this work, don't let your preconceived beliefs become an excuse to live a life of learned helplessness.

If you're willing to do whatever it takes to get this area of your life mastered, you can sign up for a completely free 15-minute coaching session with me, here: https://mailchi.mp/243385759889/freecoaching

Field Report Template (For Rapidly Improving Your Results In Game)

Avery · 28 September 2019 · Archived copy · Original

Field reports are an extremely useful tool – they will help you become aware of your sticking points (the things that are preventing you from getting the results you want) while also enabling you to come up with strategies for overcoming those sticking points.

However, field reports are only useful if you focus on the right things. I've seen plenty of guys write 'field reports' that were just a story about what happened along with a collection of excuses for why they didn't get results.

That isn't helpful. Instead, you need to make a point to actually focus on the things that you did that prevented you from getting the results you wanted. Once you identify those things, you can come up with a plan for improving next time.

This might sound obvious – but it's something most guys don't do well UNLESS they write field reports. I know that I myself kept making the same mistakes for years on end until I started writing field reports and identified those mistakes.

For instance, when I started writing field reports, I noticed that I ejected from interactions at the first moment when there was a lull in the conversation or I felt slightly uncomfortable. Because of this, I was missing countless opportunities. No interaction will be perfect from beginning to end. And because I left the second things weren't perfect, I was rarely getting solid numbers or pulling girls.

As soon as I noticed this, I challenged myself to be more persistent and to my surprise, a lot of the girls who I previously would have a given up on ended up going home with me simply because I made this change in mindset.

So, the first section of my field report template looks like this:

Three things to improve on:

1.

2.

3.

Now, as important as it is to notice your mistakes, it's equally important to give yourself credit for the things you did well.

One of the biggest reasons guys struggle with game is that they beat themselves up too much. These guys go out, do some approaches, get a number or two and afterward they think, "That night was a failure. I suck. Game isn't working for me."

If after you go out, you feel like the overall experience was a net negative, it's going to become increasingly difficult to force yourself to go out and approach women, and because you're taking yourself seriously, women are going to respond less positively to you, which will then reinforce that negative thinking further.

So, it's important that you appreciate your wins, even the smallest ones. If you feel like you're making progress and getting better, you will feel increasingly motivated and positive which will then lead you to take more action and you'll get better results, and so on.

That's why the second section of my field report template is this:

Three things I did well:

1.

2.

3.

Most guys find that it's harder to think of things they did well than things they want to improve on. This is a reflection of a mindset that's focused on the negative. It's important to take some time to nudge your mind in the other direction, focus some of your attention on the positives so that you feel like you are getting better (which is true, but if it doesn't feel like it's true you can easily become deflated).

If the only thing you can think of is, "I went out even though I wanted to just watch Dragonball and play Apex Legends." That's fine, that's still a positive. Maybe you didn't even approach a girl, but you made eye contact with one for a couple of seconds. Write that as your positive. ANYTHING is good enough. Give yourself props for doing something the vast majority of guys are too afraid to do – go out with the intention of meeting women.

The last section of my field report is designed to keep you focused on the one thing that matters most. We all have different sticking points, some people don't approach because of anxiety, others are too friendly without any sexual energy, some guys never ask for the number, others don't know lead interactions forward.

For each of us, there is one thing that is limiting the results we're getting more than anything else. If you can identify what that is, and focus on that thing, your results will exponentially improve.

For example, if you notice that you're only approaching about three women per night, that is holding you back from getting results. Or, if you do a lot of approaches, but none of the girls 'hook' (I.E. they engage with you and want you to keep talking to them), then that is holding you back from getting results.

Make a point to define the one concept that you need to work on the most right now. A few examples of what it might be include:

– "Taking massive action" (basically, approach more)
– "Leading" (Inviting girls to the dance floor, being physical, etc."
– "Being Fun" (exuding infectiously positive energy)
– "Showing intent" (being sexual in your interactions rather than overly safe and friendly)
– "Playing to win" (actually going for the pull instead of giving up on interactions too early)
– "Vocal tonality" (speaking loudly, with confidence and passion)
– "Eye contact" (Holding piercing, intenful etc. contact)



What mistakes are you making?

Now, truth is, you might not be correct when you guess what one thing is holding you back the most. But whatever it is you choose will probably still be a major sticking point that if you improve on, will radically improve your results.

The idea here is that you focus on one concept specifically until you believe you're doing well enough at that concept that it's no longer holding you back. Then, you can move onto something.

This laser focus will help you make rapid progress in that area.

So, the section would look like this.

Showing intent:

Within this section, you take at least a few sentences to analyze how well you did at embodying that concept and identifying what you could do better. If you're focusing on showing intent you might try being more physical, holding stronger eye contact, and making comments. Then, as you experiment you'll start to get a better understanding of how, exactly, you can show intent effectively.

So, as a whole, my field report template looks like this:

Date:

Three things I did well:

1.

2.

3.

Three things to improve on:

1.

2.

3.

Main sticking point:

Summary (optional, you can write a summary if you like, but it's the least important section and if you don't feel like writing one, I wouldn't worry about it).

Most of the guys I've met who make impressive progress in game write field reports. And although more detail is generally better, you can write a short field report in about five minutes and get a lot of insights from just that. Probably more insights than the entire night of going out gave you.

Julien Blanc, one of the most influential coaches in the seduction industry once said that game was 49% taking action and 51% writing field reports. I would probably flip those numbers around, but the sentiment is true: writing field reports is incredibly valuable and can easily make the difference between repeatedly making the same mistakes and spinning your wheels versus getting better every single week.

How To Have Sex With A Woman (for the first time)

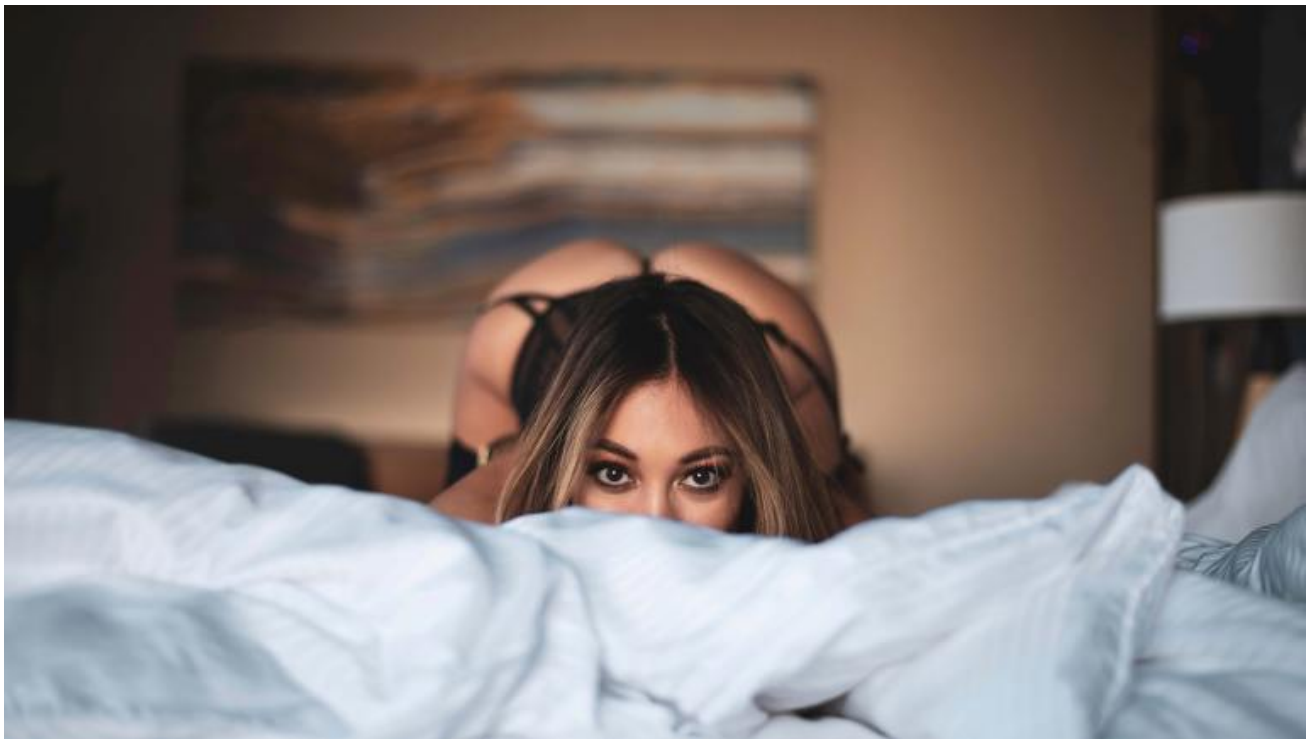
Avery · 7 October 2019 · Archived copy · Original

How To Fuck A Woman (for the first time)

So, you've pulled a girl a private location.

Now what do you do?

How do you escalate towards sex in a way that is both respectful and attractive?



Going home with someone can be uncomfortable—for both you and the girl. On your end, there's the pressure to perform, there's the vulnerability of getting naked in front of someone, and there's the possibility of rejection. For the girl, there are all those things in addition to the physical risk of being alone with someone twice her size.

Because of this, the key to learning how to fuck a girl for the first time is this: make her feel comfortable.

So, when you arrive at your place (or the girl's), you don't need to pick her up, throw her on the bed, and ravish her. In some cases that may be appropriate—and extremely hot— however, in general it's best to give yourself and the girl an opportunity to acclimate to the situation.

When I bring a girl home, I start by taking her to do whatever I sad we were going to do. If I told her I was going to make her food, I throw a pizza in the oven. If I told her we should watch a TV show, I bring her to my room and turn on the show.

If you're cooking something or you're getting drinks with a girl, it's fine talk with her in the kitchen or living room for a few minutes, but generally you should bring her back to your room sooner rather than later.

To do this, I recommend that you suggest watching something (I.E. a YouTube video or a movie). Alternatively, you could tell her that you want to put on some music, or that you want to show her a book you think she'll like, or you could even offer to play a video game together. It doesn't really matter, and even if you don't move things to your room right away, you can hang out in the living room for a while (sitting on a couch next to each other is ideal) and escalate there.

When you do sit down (whether on a couch or on your bed), if the girl doesn't immediately follow your lead, simply tell her she can sit next to you. If she doesn't want to sit on your bed or next to you on the couch, this is a sign that she isn't comfortable with you yet. This is okay, just take things slower, let her sit wherever she wants and talk for a while before making a move.

If there's a lot of sexual tension and you're confident the girl wants to move things forward, there's no need to wait to escalate.

However, if you don't feel totally comfortable or you don't think the girl feels totally comfortable, just hang out for a while—talk about life, get to know her better, and show her that you're patient and you're not going to be pushy. After there's more rapport, it's time to make a move.

Kissing Her



You don't need a fancy technique to lean in to kiss a girl for the first time, all you have to do is make your intentions clear and see how she reacts. If you wait for a girl to give you signals that she wants to be kissed, you'll likely end up waiting indefinitely because women's signals are easy to misread. However, if you create a situation where she has to respond to your signals, her feelings will be much more obvious.

What do I mean, exactly?

While you're in close proximity to a girl (standing, on the couch, on a bed, etc.), hold prolonged eye contact to see how she reacts.

If she holds the eye contact with you, 9 times out of 10 that means she wants to be kissed.

If she blushes or shyly looks away for a moment but then returns your gaze, that often means she wants to be kissed as well.

If you do this but you can't tell whether a girl wants you to kiss her, you can simply say, "You know, you're really beautiful," (Or you could say, "I really want to kiss you right now,") while maintaining strong eye contact. If she wants you to kiss her, she'll hold eye contact, if she doesn't want you to kiss her, she'll (most likely) completely avert your gaze or make a comment to diffuse the tension.

Basically, you're creating a situation where the girl can feel that you want to kiss her, thus giving her the opportunity to pull away or to accept the kiss.

It is possible to misinterpret these situations, but understand, leaning in for a kiss isn't offensive in itself even if the girl doesn't want you to. You're only being offensive if a girl rejects your kiss and you ignore her resistance. It's not making the move that's a problem, it's ignoring a rejection once you get it.

Don't be afraid to lean in to kiss a girl, so long as you respect her reaction, you're not doing anything wrong. Understand, not leaning in to kiss a girl could also be offensive—if she went to your place hoping to hook up with you and you don't make a move, she might get upset because you're not giving her what she wanted.

What if she rejects your kiss?

If you attempt to kiss a girl and she turns you down, your best move is to take a step back and find out why she rejected your kiss. For instance, you might say, "Was that too soon?" Or, "Sorry, I lost control of myself, do you want to take things slow?" If she agrees, she is interested, but she's not comfortable with getting physical yet. In this case you can take your time, talk more (think somewhere in the range of 15-45 minutes), and then you can re-escalate when you think she's ready.

Alternatively, the girl might say something that implies she isn't interested. She may mention she has a boyfriend or that she just wants to be friends. The best response is to respect what she says and to assume the interaction is going to be strictly platonic.

Generally, it's still beneficial to leave things on a positive note, you may be able to become friends with her and she may even end up introducing you to her female friends.

Now, it is possible that the girl is playing hard to get. Maybe she does have a boyfriend and she is willing to cheat on him, but she wants to take the responsibility off of herself for cheating by 'rejecting you'. Or, perhaps she is very insecure about doing anything 'slutty' and by giving resistance she can tell herself that she wasn't doing anything wrong.

In such situations the girl may want to have sex with you, but she's also willing to play games, do you really want to get laid so badly that you're going to deal with that?

The safer option is to just move on to the next girl, however, if you run into this situation and want to pursue things further, the most effective strategy is to keep hanging out with her without being pushy at all. Then, once you've vibed with her for a while (again, this usually takes roughly 15-45 minutes), you can make a move again, she may react very differently. If you do this, make sure to get affirmative consent: she was being hesitant earlier and you want to be absolutely sure she does want to have sex with you (more on this later).

If She Accepts Your Kiss



Once you've made out with a girl, the most important thing to be aware of is your pacing.

A lot of guys become fixated on 'getting it in' as soon as they start kissing a girl. This is a mistake. Male sexuality and female sexuality are inherently different.

For men, an orgasm is like an itch that you want to scratch, there's a desire to finish as fast possible. For women, an orgasm is like a crescendo that slowly builds up—it's not about racing to the finish, it's about an increasing tension that gradually builds up until it reaches a point in which it needs to be released.

Many women do not have orgasms during sexual encounters. This is because if a man purely follows his instincts, he will not give her the slowly building arousal that she needs.

So, being good in bed is largely about focusing less on what you want to do and more on what the woman is experiencing. And fortunately, the more pleasure you give a woman, the more pleasure you will receive in return. This isn't about being selfless, it's about being effective.

So, instead of rushing to the finish line, you should do two things:

1. Escalate gradually.
2. Proactively increase the woman's arousal by balancing push with pull (or hot with cold.)

As a man, you may feel that making out or even foreplay is something you must to endure to get to the good part. As a woman, foreplay is integral to a satisfying sexual experience. When making out with a girl, Nibble at her earlobe, kiss down her neck, move your hands up and down her body gradually towards her most sensitive areas, but not quite reaching them— you're hinting at sex, thus making her fantasize about the possibilities of things to come.

As you are gradually escalating, you can also increase a girl's desire for you by pulling away. For instance, you might glide your fingers up a girl's inner thigh, making her think that you're going to finger her, but then pull away at the last second and touch her in a less sexual area.

For women, nothing is more seductive than the thought that sex might be about to happen—hinting at sex by escalating and then pulling away will get a girl imagining the things she wants you to do to her, and once she's doing

that, the temptation to have sex with you will be intense.

Anything you do that escalates an interaction towards sex can be pulled away to build sexual tension. When you're fooling around with a girl, you can even completely take a break. You could mention that you need to get a drink or you can simply say , "This is really hot, but I think we should take a break for a minute."

The balance of escalation and de-escalation has an intoxicating effect. Doing this is also useful because it shows that you aren't going to be too pushy. Women do have the concern that you might escalate too aggressively without caring about their feelings, but by occasionally pulling back, you're showing a woman that you're not that kind of guy.

Basically, you should repeat this process until the girl is so aroused that she's practically begging you to fuck her.

Not Every Girl Is The Same

Generally, the best way to escalate towards sex is at a gradual pace. However, not every woman is the same and not every situation is the same. Some girls will want you to pick them up, throw them on your bed, and ravish them the second they get into your house.

If an interaction with a girl was extremely sexual in public, there's no reason to slow things down once you're in private. Usually, the signs are clear: the sexual tension will be palpable, she's already so turned on that she's ready for sex.

So the best move isn't always to take things slow. But if you're unsure as to what a girl is feeling, it's better to gradually escalate because although that might not be as exciting as ravishing her, it's unlikely to make her change her mind about sleeping with you[16]. Conversely, being too aggressive may make a girl uncomfortable and this could cause her to decide not to sleep with you (even though she would have otherwise).

Getting Intimate



Once you've been fooling around with a girl to the point that she is noticeably aroused (moaning, breathing heavy,

moving her hips, etc.), you'll need to start taking her clothes off.

The best way to do this is to move your hand over her pussy with her pants still on and basically finger her, but through her clothes. This will feel good, and once she's responding well, you can take off her pants: she will want more of what she's already getting, so she will probably be enthusiastic about removing layers of clothing.

If a girl is wearing a skirt or dress, you can actually finger her before taking off her clothes (by moving your hands up her legs under her dress/skirt), if she's wearing pants or shorts, you can start by unbuttoning the pants and then finger her over her panties a bit before taking off the pants entirely.

You can even take this a step further by kissing the girl down her neck and body and even between her thighs, essentially performing something like cunnilingus, but with her clothes still on. This does two things: first, it is in itself pleasurable, and two, it sends the message that you are going to go down on her before fucking her.

This is important because many women have lackluster sexual encounters in which the guy just took off her clothes, fucked her for a few minutes, and then rolled over and fell asleep. By miming cunnilingus, you are showing the girl that you are going to give her the full experience that she wants, you are going to give her pleasure before fucking her—this is far more appealing to most women.

If You Get Resistance

When you start taking a girl's clothes off, you may get some resistance. Some women will pull your hands away to let you know they aren't ready to get naked with you.

If this happens, respect her gesture and de-escalate for a while. Go back a couple steps and continue fooling around for a good 15-30 more minutes, then you can attempt to escalate again. There's a good chance she will be turned on enough that she's ready to take things further. But sometimes, a woman just isn't ready to have sex.

In this case, your best option is to talk about what's happening. You can say, "Am I doing something you don't like?" Or, "Is everything okay?" This will prompt her to explain what she's feeling. She may say that she's on her period in which case you can say that it's completely natural and it doesn't bother you (unless it does), and if she says, "okay," you can try again.

In other cases, a girl will say that she's not ready to have sex, or that she doesn't know you well enough, etc. Generally, these responses mean what they sound like they mean: she doesn't want to have sex with you right now. The best way to react? Respect her desires and take things slow. Every woman is different, and some just don't want to sleep with a guy they just met.

To be fair, you might be able to change a girl's mind in such a situation, but to me, if sex isn't really a win for a girl on every level, then it's not worth it. Even if you could use 'last-minute resistance busting techniques', I don't recommend doing so because even though they might change how a girl feels emotionally, she still may feel like you pushed her into doing something she wasn't totally comfortable with.

If you do everything outlined in this chapter, any woman who is open to the idea of having sex with you will rarely pull back or give you anything resembling a 'no'. However, in some cases, even a woman who's extremely aroused may not want to have sex with you because it's against her values or a rule she has for herself.

There are two things you can do in this situation. One is to say, "Okay, I understand. You've really turned me on though, could you give me a handjob/blowjob?" For many women, the idea of giving someone a handjob or blowjob is much less intimate than having sex and she may be excited to do so for you. Of course, some women will say no—in this case I would just tell her you're going to use the bathroom to cool yourself down.

Consent

As a rule-of-thumb, if a girl gives any form of resistance within a sexual encounter, I strongly recommend you get

verbal consent before having sex with her. In these situations, you can't know for certain if the girl feels that you're being pushy and she's only going along with what you're doing because she doesn't want to be rude.

On the one hand, getting affirmative consent is important legally because it takes out the ambiguity as to whether consent was given. On the other hand, it's also important in terms of being respectful: women are taught to be agreeable and many struggle to say no (even when they want to). So, if a girl at any point gives some kind of resistance to your escalation, you should make sure that she gives you an enthusiastic "yes," before you actually have sex with her. This way you know she isn't just letting you take advantage of her, but she really wants what you want.

The problem with affirmative consent is that it's not exactly sexy to ask someone permission to sleep with them. It kind of misses the point of a sexual encounter, there's nothing primal or animistic about saying, "Is it okay if I have sex with you?".

That's why, in my opinion, getting verbal consent is only important if you have some reason to doubt whether a girl wants to have sex with you (she said no at some point earlier, she moved your hand away when you escalating, or you just aren't 100% sure that she is feeling what you're feeling).

However, it is possible to get verbal consent in a way that isn't a complete turn off. One way is to tell a girl, "I want you to say 'please fuck me,'" this phrase is dominant and allows you to get a verbal yes without coming across as meek. If she says the words, great. If she doesn't, say, "I'm not going to fuck you unless you say the words, 'please fuck me.'" If she still won't say the words, then pull back, she probably doesn't want to have sex with you in that moment.

If you don't like that particular line you can also say, "Are you comfortable with this?" (Right before entering her.) And if she doesn't yes, then pull back.

That's everything you need to know about how to fuck a girl for the first time. Once a woman's pants are off, the rest should be self-explanatory. Of course, getting laid is one thing, having good sex is another, that's why I wrote this article: How To Fuck A Girl Well

He Looks Like A 'Chad'... But He's An Incel?

Avery · 23 November 2019 · Archived copy · Original

I have a friend, Aiden, who has the physical qualities of a 'Chad.'

He's 6'2, muscular, and wouldn't look out of place on a magazine cover. And he makes six-figures, too.

Most men who meet him are probably jealous of him; *attracting women must be so easy when you're tall, good-looking, and wealthy.*

But somehow, **Aiden hasn't had sex in over a year.**

How is this possible?

Don't get me wrong; good looks and wealth are advantages.

However, they're not the *key differentiators between success with women and involuntary celibacy.*

Yes, you may have certain inherent advantages or disadvantages. But even men who have won the genetic lottery often struggle with women.

I've known several guys who look like male models, yet are only able to date women who are well below average in terms of looks.

These men can get laid, but not with the kind of girls most men want.

Even more shocking, I've met multiple guys who are below-average in-terms of looks, yet they've dated stunning women.

So, what's going on here?

80% of your dating success comes down to five fundamental skills.

Sadly, most guys don't even know what these skills are. They simply hope that they'll 'get lucky.'

Why is my good looking friend not getting laid?

He's not implementing the first of the five fundamentals in his own life. And until he does, he's not going to have a satisfying dating life.

Why are there unattractive guys who date beautiful women?

They figured out the five fundamentals. They know what women really want, and they know how to give it to them.

I know this might be hard to believe.

I'm making a bold claim: **80% of your dating results come from five specific skills.**

(And the other 20%? That's where looks and money help. They do matter, but they're not everything.)

If you're skeptical about this, I understand.

I used to believe it was all looks and money. Those beliefs are deeply entrenched in every aspect of modern culture.

But I know those beliefs are false. I've approached thousands of women in the last eight years.

In that time, I've seen countless exceptions to the narrative that society teaches us.

There have been dozens of instances in which a woman initially rejected me because she wasn't attracted to me, but by using the strategies you're about to learn, I sparked her interest and ended up sleeping with her.

If attraction was purely based on appearance, it would be impossible to turn rejections around like that consistently.

And I've seen other guys do the same. I've even seen guys who are at best, a '4' on a 1-10 scale in terms of looks pull girls who were '8s' '9s' and occasionally, even '10s'.

(I'm not a big fan of rating people on a 1-10 scale, but it helps illustrate the point.)

I'm going to help you destroy the limiting beliefs society has programmed into you.

Sadly, these beliefs have been preventing you from getting the success with women you've always wanted.

And I'm going to do this with more than just theory.

I'm going to show you video proof that men who are not good-looking or wealthy can attract beautiful women – so long as they implement the five fundamentals you're about to discover.

(Video proof will be in the form of hidden-camera infield videos of actual interactions with women).

So, what are the five fundamentals?

They're the focus of my upcoming video course: "The Five Pillars of Success With Women."

And no, this isn't a $400 online course or anything like that.

I want as many people as possible to get their hands on my upcoming course, that's why it will be entirely affordable.

Stay tuned, in my upcoming emails; you're going to get actionable strategies for attracting women (taken from the five pillars).

If you implement this free advice, you'll be more like the physically unattractive guy who gets dates with beautiful women, and less like the 'chad' who hasn't had sex in over a year.

If you want to learn more about The Five Pillars of Success with Women, check out this link: https://thefivepillarsofgame.com/p/tfp (you can also pre-order the course).
And if you already registered for the course, several of the videos are already up: https://thefivepillarsofgame.com/

Change Your Thinking To Get Laid (Yes, Really)

Avery · 26 November 2019 · Archived copy · Original

The following is a free excerpt from my upcoming online course: The Five Pillars of Success With Women

Our thoughts create emotions; our emotions lead to action.

For instance, if you think, “Hot girls are stuck-up and annoying.” Then, when you’re talking to a hot girl, you will feel negative and judgmental towards her.

Thus, everything you say and do will have a hint of negative energy to it.

And, having this negative belief, are you going to ask this hot girl out? Of course not.

Are you going to express yourself in a way that is fun and sexual? Of course not.

After this interaction, you would tell yourself, “She was so stuck-up and annoying.”

And it’s true, she was, but only because you were cold and judgemental towards her.

Let’s take another example. If you think, “I doubt this whole game thing works, it’s really about your looks, money, and status. If I were a nine or a 10, every girl I approached would love me.”

That thought is going to create negative emotions. When you see an attractive woman, you probably won’t want to approach her; you’ll feel resistance because you believe that she’s just going to reject you.

By default, your thoughts are going to keep you in place – they will lead you to continue getting the same results you’ve been getting.

Fortunately, your thoughts can be changed, and when they change, your emotions will change, too. Once your feelings change, your behavior will automatically follow suit.

You can change all three of these directly (your thoughts, emotions, and behavior).

Just know that, of the three, your thoughts are the easiest to change. It is possible to influence your feelings, but only to a limited extent.

Think of anxiety, for example, when you’re feeling the emotion of anxiety, the harder you try to get rid of that anxiety, the more anxiety you will experience.

However, if you’re experiencing anxiety, and you change your thoughts, you can reduce the anxiety.

Behavior is also challenging to directly change because our mind evolved with an inherent desire to avoid expending effort. We are designed to keep doing the same routine actions and only to change them in dire circumstances.

That’s why the average American gets fat from eating fast food, uses their smartphone 3hrs per day, and watches 4hrs of TV per day; these behaviors take no effort and allow us to settle into a comfortable pattern.

[image]

Anything that takes effort will involve resistance.

Working out, deciding to start a business, or approaching women is difficult because we have a strong resistance towards changing our behaviors. Our mind wants us to conserve our energy as much as possible, and just deciding you’re going to make a change often isn’t enough.

There’s a reason that 92% of people who set new year’s resolutions end up failing.

Now, you cannot entirely avoid this resistance to change. Going out and approaching women will be

stressful at times, there will be days when you don't want to leave the house.

Discipline is a necessary component to making any change; you must have the mindset that you will do whatever it takes. You must be willing to deal with negative emotions to reach your goal.

However, you can minimize the emotional resistance you experience towards self-improvement by changing your thoughts.

And this not only applies to motivation for taking action as well as to seeing the positive: you can change your assumptions from, "She will probably just reject me." To, "She wants me to approach her."

So, in the following section, you are going to learn four strategies to improve your mindset by changing your thoughts.

As your mindset changes, your results will improve; this will cause your mindset to become even more positive, which will then lead to better outcomes. This will become an upward spiral.

There is one significant danger you must be aware of when it comes to mindset work. Changing your mindset should never replace action taking in the real world.

If it's 10 PM on a Saturday, and you think, "I don't feel like going out, so I'm going to stay in and visualize." Well, you're missing the point of mindset work. Do not use changing your mindset as an avoidance strategy.

Doing so will inevitably turn into mental masturbation. Think of mindset work as a supplement. For instance, creatine can help you gain more muscle from your workouts, but if you take creatine without working out, you won't make any improvements.

With that said, your mindset is the foundation everything else is built on. With a bad mindset, every action you take can feel like a failure.

If every time you go out and approach women, you go back home only to think, "This can't work for me, I kept getting rejected because I'm not good looking enough." Then, you will get caught on a downward spiral in which taking action feels like a form of self-punishment, and if you get stuck on this pattern for too long, you'll eventually quit trying to improve.

Even if your mindset is extremely negative right now, you can change it, and as this happens, everything will start to click.

But if you neglect your mindset, it's easy to get pulled into the gravity of your negative beliefs, and to unknowingly prevent yourself from getting the results you want. Your mindset can either act as a prison that holds you in place, or it can be a key that opens the door to progress.

I've identified four key strategies for changing your mindset from holding you back, to pushing you forward towards your goals:

1: Visualization

[image]

Visualization is a polarizing topic.

Some people see visualization as an almost magic tool for personal transformation.

Many celebrities and athletes claim that visualization was key to their success: this list includes Will Smith, Connor McGregor, Jim Carey, Michael Phelps, Oprah Winfrey, and many others.

Others see visualization as the ultimate form of mental masturbation. To these skeptics, the idea that imagining the future you want can help 'manifest' it into reality is nothing short of vomit-inducing.

For most of my life, I counted myself among the skeptics; visualization seemed like one of the stupidest ideas I'd ever come across.

Despite this, I was curious enough to experiment with different visualization tactics, and although my results weren't magical, I did notice visualization had profoundly positive effects.

To understand why visualization is so powerful, imagine you were to visualize yourself eating Cherry Garcia ice cream.

What would happen

Your mouth would probably start to water.

If you were to repeatedly imagine yourself enjoying ice cream, your desire to actually go out and buy a pint would increase until eventually, you felt an irresistible magnetic pull towards getting some Ben and Jerry's ice cream.

See, I don't believe that visualization allows you to commune with the universe in some metaphysical way.

Instead, visualization is useful for a much more grounded, psychological reason: when you visualize something, you want it more, and when you want something badly enough, you're willing to fight for it.

So, in regards to success with women, if you imagine yourself going out, having a great time, and getting the results you want, you will inspire a craving to make those thoughts become a reality.

The more you associate the idea of going out and meeting women with positive emotions and successes, the more you will experience an unconscious desire to go out and take bold actions.

I recommend you take five minutes per day to imagine yourself going to bars, clubs, a college campus (or wherever has the most opportunities for you.

Here are a few things you might imagine:

- See yourself approachng women.
- See girl's faces lighting up and responding well.
- Imagine that the girls you approach are asking you for your number.
- See yourself bringing beautiful women home within an hour of meeting them.
  Imagine yourself going on dates with the women you approach and having fun on those dates.

Ultimately, visualization is a personal exercise, so visualize whatever inspires you. The best rule-of-thumb is to fantasize about your ideal outcomes, to see what the reality you want to come to pass looks like and feels like.

This exercise will change your mindset in subtle yet powerful ways. The human mind cannot accurately distinguish the difference between an imagined event and a real event.

Thus, when you visualize yourself going out and getting great reactions from women, your subconscious mind will start to believe that you are genuinely getting those responses.

And if you're getting such positive reactions from women, there's no reason to stay at home on Friday.

[image]

Furthermore, because visualization will start to give you positive expectations, your behavior will change to reflect those new beliefs.

When you expect the girls you approach will like you, you'll be more carefree, positive, and confidence – this will make it more likely that you will get the positive reactions you imagined.

Visualization will not only improve your motivation to take action, but it will also increase the likelihood that when you go out, you will have fun and get better reactions from women.

That was a free segment from my upcoming course, The Five Pillars of Success With Women. If you want to learn the other three strategies for improving your mindset, check out this page: https://thefivepillarsofgame.com/p/tfp

The One Thing Women Really Want (And How To Give It To Them)

Avery · 28 November 2019 · Archived copy · Original

What do women really want?

It's the one question all men want a satisfactory answer to.

But there hasn't been one. Until now.

The truth about what women want is deceptively simple, but also incredibly nuanced.

In this free excerpt from my online course, The Five Pillars of Success With Women you will learn exactly what women want, and how to give it to them.

What Women Want



Women only want one thing: Value.

Value is such a murky concept, but it's one of the most important things to understand. **If you can reliably give women value, they will become addicted to your personality.**

So, what does value mean, practically speaking?

Put simply; something has value if it makes your life better in some way.

For instance, if you own an iPhone 7, then an iPhone 11 will have value for you. In contrast, if you already have an iPhone 11, an iPhone 7 will have little value to you.

The same applies to people, you don't own someone, but a person has value if having them in your life makes it better.

Let's say you approach two girls in a nightclub. If talking to you makes their night less fun than it was before you approached, then you don't have value – and they will eventually reject you.

Conversely, if talking to you makes their night better than it was before you approached, they will want to keep you around because you have value.

This may sound overly simple, but understanding what value truly is (and how you can offer it to women) will radically change the way you interact with women.

There are three key types of value you can offer women: logical value, emotional value, and sexual value.

Logical Value



Logical value is what people think they want. So, if a girl thinks she wants a guy who is tall and muscular, but you are short and chubby, you won't have logical value to her.

Logical value does matter. But so do emotional value and sexual value.

Sadly, most guys believe logical value is all that matters, and because they don't have much logical value, *they assume they have nothing to offer women.*

Movies, advertisements, and even music are continually telling us that looks, money, and status are what women want.

And although there is a degree of truth to this, it's only the surface layer (What women really want is the feeling that meeting a guy who has looks, money, and status would give them.)

What is that feeling?

Women want a man who makes them feel certain emotions. That hot girl walking by has an image in her head of the kind of guy that will make her feel positive emotions, and if you match that image, she will make things easier for you.



Now, if you don't match a girl's mental image of what she wants, there's going to be a certain amount of initial friction, she will assume you don't have value to offer her.

However, if you can make her feel positive emotions, her resistance will soften, and she will become open to your influence.

Once that happens, it no longer matters whether you're tall and muscular or short and chubby.

By the virtue that you are a man, you have an inherent amount of sexual attractiveness to all women (excluding lesbians, etc.). And as long as the following two things are true, sexual desire will naturally build between you and any woman:

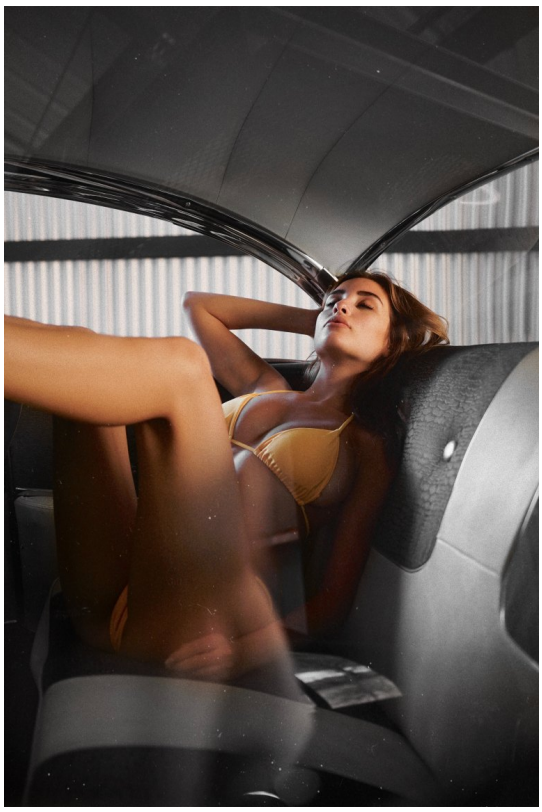
1: The girl isn't actively resisting you.

2: You are not repressing your own sexual energy.

Think about it this way, if you stranded on a desert island with a woman who you consider to be physically repulsive, what do you think would happen? It might take a few days, but eventually, you would have sex with her because, as a woman, she does have some sexual value to you.

So, your sexual attractiveness is never a 0. But if a woman doesn't think you're attractive enough for her (on a logical level), she will resist having sexual feelings for you.

Opening The Door



The first step here is to make a girl open to your influence by offering emotional value. Once being around you feels good, women will let down their guard and stop resisting the inherent desire that exists because you are a man.

This is where most guys get stuck and frustrated. They approach girls, get rejected, and assume it's because of their looks.

But in reality, if your charisma, charm, and humor were all a 10/10, any girl you approached would have been happy to talk to you. Not every girl would sleep with you, but positive reactions and a desire to keep you around would be the default, not quick rejections.

If girls aren't giving you positive reactions when you approach, it's because you're not charming enough: you are not offering emotional value.

You can blame it on something outside your control like your physical appearance, but if you want to succeed, you must take a hard look at yourself and honestly ask, "Am I offering emotional value and being charismatic, or am I being negative, awkward, and needy?"

You cannot know that women are rejecting you because of your looks until you are so good at offering emotional value that most of your approaches are a positive experience for the women involved.

The harsh truth is this: If you're getting negative reactions and are unable to get women to open up to you, it's because you are not offering emotional value.

This begs the question, how do you offer emotional value?

Several emotions are universally appealing: but the one feeling it all boils down to is fun. Is talking to you fun, or not?

If being around you is not fun, the girl will probably want to leave. If it is fun, she'll want to stay around.

Basically, is it more fun to talk to you, or would it be more fun to go do something else?

So what makes someone fun to talk to?

There are several factors. The most important aspects of being fun include:

- Enthusiasm.
- Humor.
- Confidence.
- Being carefree.

Enthusiasm:

[image]

Enthusiasm comes across in your tonality, but also in your body language and your eye contact. How engaged are you? How much energy are you exuding?

A lot of men have trouble with this because our school system and corporate culture teach us to be logical, emotionally monotone, and subservient.

A passionate spirit doesn't work in class or in the workplace. Fortunately, enthusiasm is something we're born with, and through conscious effort, you can get in touch with that side of yourself.

You can practice injecting enthusiasm into your personality. To do this, record yourself talking about your day for two minutes. Then, listen to the recording and notice how much passion there is in your voice.

Are you exuding emotion, or do you sound bored with yourself?

Next, record yourself again, but this time, intentionally speak with as much passion as possible. Exaggerate it to the point of caricature. Listen to this recording.

You may notice that you sound uncomfortable when speaking with exaggerated enthusiasm, but that's okay, that means you are getting out of your comfort zone, which is necessary for changing your vocal habits.

Do this short exercise regularly, and you will be able to speak with genuine enthusiasm. Remember, we all had passion when we were young, but our culture taught us to become stiff. It isn't unnatural to reclaim this aspect of your personality; it is, in fact, the opposite.

Humor:

[image]

There is a simple two-step formula for humor: surprise and a victim.

For example, if a girl says, "I have a boyfriend," and you respond, "He can watch." She will probably laugh because that reply is unexpected, and in that scenario, her boyfriend is the victim.

The victim can be a third party, however, it can also be you or the girl you're talking to.

Here are a few examples of what this looks like:

Girl says, "What do you do for a living?"

You reply, "I raise cats." (She will probably laugh because it's a surprising answer, and you are the victim of having to raise cats for a living.)

Girl says, "Where are you from?"

You reply, "Zimbabwe." (Again, she will most likely laugh becuase the answer is surprising, and you are a victim in the sense that you're saying you're from an impoverished country.)

Girl says, "You're really cute."

You reply, "You're cute too. Like a Koala bear." (She'll probably laugh because the answer is unexpected, and of

course, she is the victim: a Koala bear is cute but not in the way a woman wants to be cute.)

Humor is pretty simple if you boil it down to its core elements: surprise and a victim. You don't have to gifted with a godly wit to make girls laugh, you just need to apply the formula.

To be clear, not everything that has a surprise and a victim is funny. If you tell a girl, "You have a face for radio." She's probably not going to laugh.

There's a fine line between funny and offensive; the difference is that something is offensive when it blatantly attacks someone's self-image. So calling a girl fat, ugly, or stupid, or even implying those things, probably isn't going to be funny.

Similarly, if a statement is so surprising that it isn't believable, it also won't be funny. When a girl asks where you're from, if you replied, "I'm from mars." That wouldn't be particularly funny because it's not at all relatable.

So, anything you say that isn't surprising and has no victim, probably won't be funny, and anything that's too surprising or victimizes someone aggressively probably also won't be funny, but anything in-between those bounds will be.

If you can make girls laugh, they will enjoy your company, and they will want to spend more time with you. That doesn't by itself mean women will want to have sex with you, but it will open the door to countless opportunities.

Confidence:

[image]

Being confident doesn't necessarily make you fun to be around. However, *a lack of confidence will make you less fun to be around.*

When someone is nervous, we instinctively want to get away from them.

This creates a conundrum: If you're nervous and you see a girl you want to approach, shouldn't you avoid approaching her? After all, your nervousness will make you less attractive.

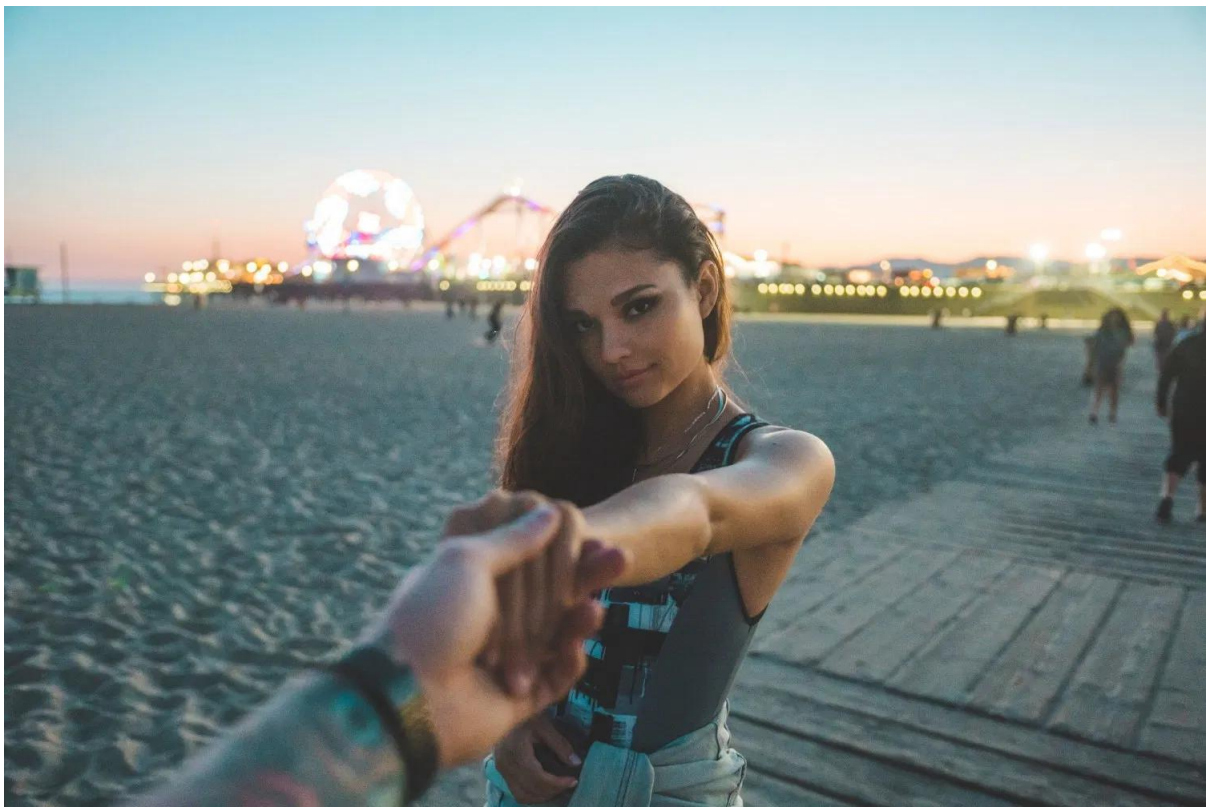
The answer is no, for two reasons:

1. You have two options, approach or don't approach. Although a nervous approach isn't as likely to lead to something as a confident approach, a nervous approach is still better than no approach. I've seen guys end up in long-term relationships with girls who they approached nervously. Sure, nervousness isn't ideal, but it's always better to approach than to wonder what might have happened.
2. The act of approaching will make you less nervous. The first approach you do might be nerve-wracking, but the second one will be much easier; the third will be even more comfortable, and by your 4th or 5th approach on a given day, you will feel extremely confident. It might be intimidating to approach when you're feeling nervous, but the only way to become confident is to do things that make you nervous. (If you want to learn more about how this works, watch the video about social momentum).

Confidence is both a state and a trait. By that, I mean confidence is something you can build over the long-term as a trait, but it's also a state you can achieve on any given day, even if you're typically not confident.

So, yes, you will become more confident over the months if you approach a lot of women and take many social risks, but you can also enter a state of confidence today by creating social momentum. (See the Third Pillar, Build Social Momentum for more about this).

Being carefree:



When someone takes themselves seriously, it drains the fun out of the room. And guess what, the vast majority of men take themselves very seriously when interacting with women they find attractive.

Why?

Because they think it's a big deal.

These guys think getting laid as a mission they have to accomplish, they see themselves as a knight on a quest to slay a dragon. Guess what, girls don't want to feel like they're a dragon you're trying to slay.

So, what are the differences between someone who is carefree versus someone who takes themselves too seriously?

Someone who's taking themselves seriously will keep the conversation logical, whereas someone who's carefree will make the conversation emotional.

For example, if you're taking yourself seriously, you'll probably ask a lot of interview-style questions, and you'll answer the girl's questions with facts.

In contrast, if you're carefree, you'll be free-flowing and creative. You'll tease the girl, you'll make fun of yourself, and instead of exchanging information, you will talk about things that you find intriguing.

Basically, your conversation will not be goal-oriented; it will be autotelic which means fun for its own sake.

You can see specific examples of what this looks like in the infield section of this course.

The best way to determine whether you're carefree is to notice how you feel when a girl challenges you, tests you, or rejects you.

Do you turn her test into a joke? Or do you get affected by the pressure?

For example, if a girl says, "You're too young for me."

You could get flustered and try to explain why you're not too young, or you could exaggerate what she said and make it fun, "Yeah, I'm basically ten. I'm jailbait."

Alternatively, you could say, "I'm young? You're old; you could be my grandma. I like that; it's hot, can I call you

grandma? Is that okay?”

Another way to determine whether or not you’re being carefree is to notice how you feel after a girl rejects you.

Do you feel hurt and personally attacked?

Then you weren’t carefree, you had a goal, and when you didn’t reach that goal, you felt hurt. If you are totally carefree, getting rejected will not negatively impact your emotional state.

To be clear, you shouldn’t expect to be 100% carefree. However, if getting rejected significantly impacts your emotions, you’re probably taking yourself too seriously.

To become more carefree, the best thing you can do is to first, approach a lot of women. The more experience you get, the less you will care about whether a particular girl likes you or not. And second, implement the strategies in the mindset section of this course. Changing your mindset will allow you to become increasingly carefree over time because you will start to see rejection through a positive lens.

Conclusion: Offer Value Part 1, Social Value

Those are the five keys to being fun.

If you offer enough social value – enthusiasm, humor, confidence, etc. – then pretty much any girl you approach will enjoy talking to you, she will want you to stick around as long as she is able to.

Does the fact that a girl enjoys your company mean she wants to sleep with you?

Not necessarily.

Social value and sexual value are two different things. Social value simply means it feels good to be around you. Sexual value means you spark the feeling of desire.

To be clear, there is a lot of overlap between these two. Being funny and confident is sexually attractive, and if you’ve mastered the art of offering social value, many women will be interested in dating you.

However, there’s another layer to it, a deeper, more primal layer to sexual attraction. Once a girl believes you have social value, she will be more open to the possibility that you have sexual value.

In part two of offer value, you will learn how to make women feel actual lust for you by offering sexual value.

The full guide to offering sexual value is available in The Five Pillars of Success with Women, learn more, here.

Join the VIP interest list for The Five Pillars, here.

How To Get Women To Invest In You

Avery · 5 December 2019 · Archived copy · Original

The following is a free excerpt from my upcoming book, *Attraction On Demand:*

Emotional investment marks the difference between chasing a girl and being chased by a girl.

As powerful as this concept is, it's a subtle idea that few men understand. But **once you learn how to get women to emotionally invest in you, your dating life will completely change – you won't be picking women up, they'll be picking you up.**

What Is Emotional Investment?

We become emotionally invested in someone when they represent a potential source of value to us.

This investment magnifies when we are uncertain whether we can get that value (I.E. You want to sleep with a girl, but she gives you mixed signals).

We can break down emotional investment down to four main factors:

- Your superficial value (fame, physical appearance, etc.).
- The value of being around you (the emotions you make her feel).
- The sense that you are less invested in her than she is in you.
- The effort she puts in to get value from you (I.E. sex or approval).

(The first two factors are explained in the following articles: https://www.modernseduction.com/everything-you-need-to-know-about-sub-communication-the-secret-language-of-sexual-attraction/ ,https://www.pualingo.com/emotional-value/)

The Sense That You Are Less Invested In Her Than She Is In You

When you're talking to a girl, there is, of course, physical space between you and her.

Less obviously, there is also emotional space between you and her.

If you were to get too physically close to a girl before she's comfortable, she would naturally want to retract and get some distance. The same is true if you take up too much of a girl's emotional space.

You've probably met people in your life who take up too much of your emotional space:

- A family member who tells long stories without noticing that you are bored out of your mind.
- A friend who talks for five minutes before letting you get a few words in edgewise, only to then talk for another five minutes straight.
- A homeless person who started talking to you, and even though you politely hinted you didn't want to talk, they kept going without noticing. The above are all examples of what it looks like when someone takes up too much of your emotional space. These people do not leave you any room to invest in the interaction. This has a repellent effect.

At the same time, you've also met people who gave you plenty of emotional space.

Perhaps you have a friend who shows genuine interest whenever you talk to them and they always seem to want to hear more.

This person makes you feel listened to and interesting. They allow you to invest in the interaction. This has a magnetic effect.

A great way to determine whether you are giving women enough emotional space is to pay attention to the ratio of talking to listening. Are you talking 80% of the time? Are you talking about half the time? Do you listen more than you talk?

If you find that you talk significantly more than the women (or people in general) you interact with, that's a sign you may be taking up too much emotional space.

Of course, don't judge this by one interaction (some of the women you approach will be shy or reserved), look for the overarching pattern.

(Here's hidden camera footage of myself taking a girl home, it's a great example of leaving emotional space for a woman to invest: https://youtu.be/QnE1QJk0eJM)

In reality, seduction isn't something you do to a girl, it's more like a dance that gradually escalates in intensity. First, you spark her interest. Then you give her the chance to spark your interest. **You're not picking the girl up, you are both picking each other up.**

Yes, she wants to meet a man who is attractive and interesting, but she also wants a man that makes her feel like she is attractive and interesting.

Understand: giving women space to invest in you is a way you can offer value. Sure, you can offer value by being dominant, confident, and sexual.

But you can also offer value by making a girl feel like she has positive qualities. The simplest way to do this is to listen intently to what she says while also asking further questions to understand her beliefs. Simply showing a girl that you're interested in her opinions can be incredibly charming.

Another helpful tactic is to leave a pause after a girl finishes speaking. Oftentimes, you'll find that when you thought someone was done talking, they actually had more to say. Simply leaving space for the other person to keep talking will get them to invest more in the interaction.

Furthermore, leaving pauses creates a vacuum effect. When a conversation dies out for a moment, an uncomfortable tension builds.

If you don't fill in the conversational void, the woman will feel an urge to do so herself. This shifts the dynamic so that she's the person who is contributing more effort into the conversation, and thus, she is investing. In general, adopt the mindset that you are interested in who the girl is as a person and that you want to learn more about her. Women want to chase you, but they can only do so if you give them emotional space.

The Effort She Puts In To Win You Over

Women are subconsciously aware of the following when interacting with a man:

- What does he want from me?
- What do I want from him?

On one level, she is aware of how much you want to have sex with her and how much she wants to have sex with you.

On another level, she's aware of how much you want her attention and approval, and much she wants your attention and approval.

The more a girl wants the above from you (attention, approval, sex) and the less she thinks you want those things from her, the more emotionally invested in you she will become.

How do you create this effect?

By not giving away everything you have to offer.

If you create a dynamic in which a girl feels that she needs to win you over, she will start chasing you. Remember, when you're interacting with a woman you find attractive, there should be an unmistakable sexual charge. But this is most powerful when she is uncertain whether the feeling of desire is mutual, or if she is alone in experiencing it.

If a girl thinks that you might not be interested in her, she will start chasing your approval. Women get hit on all the time, but they rarely meet a man who exudes sexual energy, while also making her wonder whether or not he is attracted to her.

This mixture of hot and cold (nonverbally you are communicating desire, verbally you are communicating disinterest) is frustrating for a woman, it's like an itch that she can't scratch.

This makes her try harder and harder to get your sexual approval, and the longer you withhold it, the more she wants it.

For instance, I was at a club recently and approached a girl by saying, "You look like you should be a librarian." (This line subtly implies that I don't think she's physically attractive.)

However, while I was speaking, I looked at her dead in the eyes with an intent that was clearly sexual. She responded by saying, "That's the best pickup line I've ever heard. You're really charming."

I replied, "My mom tells me I'm charming too." (Comparing her to my mom implies I'm not attracted to her). Then, this girl attempted to touch my shoulder, but I backed away and said, "Sorry, we need to leave three feet for the holy ghost."

She replied, "You're funny."

I said, "My mom also tells me that."

At this point, she leaned in and said, "You shouldn't bring your mom into this conversation. I want to fuck you later, and being compared to your mom is not exactly a turn-on." (women will rarely say something this direct, but it does happen on occasion when you push the right buttons.)

When a girl shows interest in us, our default instinct is to reciprocate and to start chasing her.

This makes it so that she cannot keep investing, and if anything, you can come across as needy (why do you get so excited when a girl shows you approval, is this something you're not used to experiencing?)

Do the opposite, let women wonder whether you're attracted to them or not.

When a girl who likes you can't tell whether you're interested, she will start chasing you by complimenting you, touching you, making strong eye contact with you, and in some cases even making an overt sexual remark.

She knows she's sexy, but she doesn't understand why this charming guy doesn't seem to see her that way. Understand: the most exciting part of seduction is the chase.

This is why pickup is almost exclusively taught to men. As a man, if you want to get laid, you have to approach women and take the lead – sex doesn't get thrown at you wherever you go.

Because of this, the thought of getting laid is exciting.

Women, on the other hand, get sex constantly shoved in their faces. There's no challenge in picking guys up, and therefore, there's no thrill in it.

Fortunately, **you can flip this dynamic on its head by being the one guy that doesn't make himself completely sexually available**. Once you do this, the idea of sleeping with you becomes exciting, there's now a reason to chase you.

This strategy is only effective once a girl has decided you have sexual value. If you walk up to a girl and immediately start implying that you're not interested in her, it's unlikely she will care: this isn't about creating attraction so much as it is about increasing investment once attraction is already there.

Attraction makes sex a possibility, emotional investment makes it practically inevitable.

The most powerful way to show a girl that you may or may not be sexually interested in her isn't through some technique or gimmick, it's through having strong boundaries.

Partly, this means being willing to reject a girl based on what she says and does around you (for instance, if a hot girl says shallow, obnoxious things, you should be willing to walk away because you don't want that kind of person in your life).

But it also means you should react to a girl's words and actions at face value rather than reacting to them based on how you feel about her.

As an example, let's say a girl you're attracted to were to say, "Black guys are so annoying, I really wish they'd stop hitting on me."

If you were reacting to her based on your emotions towards her, you'd probably agree with her by saying something like, "That must suck."

Essentially, you are filtering yourself through the lens of, "What can I say to make this girl I'm attracted to approve of me?"

If, on the other hand, you were reacting to this girl's words at face value, you would likely say something like, "That sounds extremely racist. Why would you say that?"

The second statement would likely offend the girl, but paradoxically it would make her respect you more than the first statement – you've just shown her that your approval isn't given, it is earned (or unearned).

As another example, if a hot girl says she likes Pokemon, and your first thought is, "I didn't know you were such a nerd," say that.

When you're attracted to someone, you may feel an urge to filter out anything that could come across as controversial or 'mean'. But **paradoxically, if you're willing to express contentious opinions, girls will be more likely to chase you.**

If you are only saying what you think a girl wants to hear, you're giving her the impression that you will approve of her no matter what she says.

Instead, make your approval genuinely conditional. When a woman acts in a way that is not in alignment with your values, tell her so. (At the same time, if a woman does something you respect or admire, tell her so.) Having boundaries means being willing to speak out when someone behaves in a way that opposes your values. Don't be cruel or get emotional, simply offer an opposing opinion.

Having strong boundaries is difficult because it means potentially alienating people, and while this may happen, it will only truly alienate people who you weren't compatible with in the first place.

Of course, boundaries can be too rigid. If you feel the need to tell someone they are ignorant because they have different religious beliefs than you, that's less about boundaries and more about ego.

It's important that your boundaries are based on genuine values you hold like open-mindedness, self-determination, and positive energy.

For example, if a girl says something very close-minded, "Black guys are annoying," "Republicans are selfish," Democrats are idiotic," I will assert a boundary by challenging that statement – without being cruel about it.

Similarly, if a girl says something negative, (I.E. she says she's getting bad grades because she doesn't have enough

time to study), I will challenge her statement (I.E, there's always time to study if you're willing to sacrifice some of the time you spend on entertainment. I might say, "Watch, let me see your phone." I'll then go to her settings and show her how many hours she's wasting on her phone).

It can help to write down what you value in your interactions with people (men and women alike.) This might include the examples I gave above, but values are subjective, I cannot give you a list of values that you should have, they are based on your own beliefs and experiences.

Once you have a clear idea of what you value, you can write a list of things you will set boundaries for (I.E. negative energy, narcissism, overly simplistic thinking).

Knowing what you want and don't want in your social interactions will make it much easier to effectively set boundaries.

This will, in turn, allow you to show women that you are not yet another guy who approves of everything she does and says simply because she's attractive, you are a guy who values his own beliefs more than the approval of some random girl. And if she wants your approval, she must earn it. Therefore, she will be incentivized to chase you, and by extension, to invest in you.

Conclusion

Emotional investment is powerful, to say the least.

Most men operate from a flawed paradigm: they see attraction as something they must create by doing things that will impress a girl. Sadly, the harder you try to impress someone, the needier you will seem.

Adopt a different paradigm. Understand that women want a challenge, they want a guy who doesn't make himself overly available.

The moment a girl seems to be enjoying your company, let her start investing in the interaction.

Give her the opportunity to fill in any conversational gaps, allow her to do half (if not more) of the talking. Then, deepen her investment by making it clear that you have strong boundaries. Be willing to disagree with her, let her know that you're willing to walk away.

Once you've established this dynamic, she will no longer see herself as the prize that you're trying to win, she will see you as the prize that she's trying to win.

How To Avoid Getting Into A Toxic Relationship

Avery · 13 December 2019 · Archived copy · Original

Most of us learn game to eventually meet our dream girl – the kind of woman we'd be proud to start a family with.

Even if that's not your goal, chances are some of the women you meet will want you to get into a relationship with them.

This topic never gets talked about, yet it's one of the most important things to be aware when learning about success with women:

If you get into a relationship with a girl who is insecure, who has a negative mindset, or who has values that conflict with your own, that relationship can drastically alter the quality of your life.

Truth is, a lot of guys get in unhealthy relationships. It's easy to think that you won't make that mistake, but when a girl you've been sleeping with is practically begging you to be her boyfriend, it's going to be hard to say no.

The Sad Story of My Close Friend

[image]One friend of mine started dating a stripper he met at a club, and within a few months, they were in a committed relationship. They've been together for more than three years.

This is a girl who does drugs, she's an alcoholic, and since she quit stripping, she has no job. She spends her days sitting on his bed playing video games. When he comes home from work, they watch TV shows together until late at night. He pays for her food and gives her a free place to live – and that's their life.

Since getting into this relationship, he has withdrawn socially and has become noticeably less ambitious. I've met some of his coworkers and they've told me my friend is shy and socially awkward. This is shocking to me because when he and I used to go to the clubs together, he was extremely outgoing and charismatic.

Whether or not you want to admit it, the people you surround yourself with will influence your emotions, your behavior, and even your personality.

Scientific research has found that when one of your friends becomes obese, you are 60% more likely to become obese as well.

We spend more time with our significant others than anyone else: the person you end up in a relationship with will have a dramatic influence on you.

Getting into a relationship profoundly important decision that you should think carefully about. If you don't, you'll likely end up in a relationship with the first girl that asks you to be her boyfriend – even if she's a terrible match for you.



She's hot, but what if she's addicted to drugs and will take all your money?

You should have an idea of things you want and don't want in a relationship before getting into one. Know what's important to you:

- Does she need to have the same religious beliefs as you?
- Does she need to have similar political beliefs?
- Are there certain personality traits you want her to have and others you want to avoid?
- Is it okay if she does drugs or drinks a lot?
- Does she need to be ambitious with her career pursuits, or would you prefer a girl who wants to focus on being a traditional mother?

If you don't know what you want in a relationship, you will most likely rationalize that the girl you're dating has the traits you want (even if she doesn't): you'll see her through rose-colored goggles.

Of course, you should be somewhat flexible – sometimes the traits you thought you wanted aren't what you actually resonate with.

However, having a general idea of what you're looking for will help you make a logical decision, rather than a completely emotional one.

How To Know What You Want

[image]

To really know what kind of girl you want to date, there is no substitute for experience. If you end up in a relationship with one of the first women you go on a date with, you won't really know how good of a match is because you don't have much context.

It's often said that sleeping with a lot of women is shallow and meaningless, but you could argue that by having a lot of different sexual experiences, you will get a deeper understanding of what you do want and what you don't want.

If you've hooked up with conservative girls and liberal girls, confident girls and shy girls, intellectual girls and party girls – you'll know what you like and don't like about a variety of different personality traits.

For instance, I've found that I don't really like dating many of the women who are 'perfect 10s' by society's standards because in many cases their identity and lifestyle are built around their physical appearance, and they are secretly very insecure. But I wouldn't have discovered this if I didn't hook up with women who fit into that archetype.

Of course, I'm not suggesting you have to sleep with many women to find someone you can have a good relationship with.

However, I do think you should at least go on a lot of dates with different women to get an idea of what you resonate with and what you don't.

I cannot exaggerate how common it is for guys who learn game to end up in a multi-year relationship with a woman they don't really have a good connection with; simply because they didn't know what they really wanted.

And years later, these guys would say, "That was a terrible relationship, I don't know what I was thinking." This is a surprisingly easy trap to fall into.

It can be helpful to make a rule for yourself so that you avoid getting sucked into a bad relationship.

A simple example is, "I will not get into a relationship until at least one year from now." Or, "I will not get into a relationship until I've gone on dates with at least 30 different women."

You might be thinking, "What if I meet a girl 3 weeks ago who is a perfect match for me?"

Personally, I think this type of thinking is a result of the soul mate myth: the idea that there is someone out there for us who will make us complete. Realistically, yes, some women will be a much better match for you than others, but it's not likely that you're going to find someone who is irreplaceable.

If you can get a girl, you can get other women who are just as attractive, funny, intelligent, etc. as she is. And the thought that you can't is a type of scarcity thinking that can lead to an unhealthy sense of attachment (I.E. "I need to be with this girl because no one else can make me feel this way").

[image]

Ironically, your belief that a particular girl is perfect for you can in itself make the relationship unhealthy. You've become so unwilling to lose her that she's going to feel trapped, and when a girl feels trapped, she will be more likely to cheat on you, break up with you, or mistreat you.

Game isn't just about getting laid. If you want to have a long-term relationship, cold approach can help you find a woman who infuses your life with positive energy and passion.

But if you're not cautious, you can end up in a relationship with a girl for **all the wrong reasons**, especially if you're actively looking for a girlfriend.

When getting into a relationship is a goal it becomes easy to convince yourself that a girl who is terrible for you is actually a great match, because doing so allows you to *reach your goal* and now you no longer have to do this whole pickup thing.

If you're lucky, you may never fall into this trap or be tempted to get in a relationship with the wrong woman. Just be aware that this is something that happens to a lot of guys who learn about game.

If you do ultimately get married or start a family, the quality of that relationship will completely alter the course of your life.

The difference between starting family with someone who is insecure, negative, closed-minded, selfish, and someone who is confident, positive, open-minded, and generous is profound. Every single day of your life will be

different depending on the woman you're with, so don't take the decision to get into a relationship lightly.

PS:

Are you serious about getting your dating life handled?

Are you ready to start taking actions that will get you real, measurable results?

Then check out my complete online program, The Five Pillars of Success With Women.

How To Be An Attractive Man (By Increasing Your Sexual Value)

Avery · 19 December 2019 · Archived copy · Original

The more sexual value you have, the more attractive you will be to women. There are two aspects of sexual value: physical and psychological.

Physical value includes things like your physique, your height, your style, and your grooming.

Psychological value includes things like your vocal tonality, body language, eye contact, humor, and confidence.

(Watch the above video to learn how to increase your psychological value).

You can improve both your physical and psychological value A LOT, and I recommend working on both.

However, people often think that improving their physical value will solve all their problems and focus on it as a form of productive procrastination.

Yes, being ripped will make you more attractive, but you'll still have to learn how to approach women, how to build your confidence, etc.

Be careful of the trap, "I'll start meeting girls once my physical value is high enough." This rarely works out. Besides, even if your physical value has a lot of room for improvement, some women will go on dates with you so long as you approach them with confidence.

Conversely, no women will go on dates with you if you stay in your mancave downing protein shakes and never go out.

How to increase your value:

Physical value:



- Go to the gym/follow a diet. The Keto diet worked well for me, but it was hard to maintain. I've also had

success using a calorie counting app like Lifesum and eating the calories it recommended based on my weight and goals. A lot of guys who are skinny often struggle, to gain muscle. Nine times out of ten it's because they're not eating enough calories. If you're having trouble gaining weight the key is to count your calories and make sure you're eating enough to gain muscle.

- Get nice clothes that fit well (brands like Zara and ASOS are affordable and generally look good).
- Get a nice haircut at somewhere like Toni And Guy and ask them for grooming advice.

Psychological value:



- Put yourself in challenging social situations (like approaching women); this will help you become more confident as you will see that your anxieties/fears are unwarranted (nothing bad will happen to you). For a step-by-step guide to doing this, check out The Five Pillars of Game: https://thefivepillarsofgame.com/p/tfp
- Read/watch good inner-game content. A positive mindset will change the way you interact with people. Here's a few suggestions:
    - Models by Mark Manson (I strongly disagree with a few of his points, but overall it's one of the best books about attracting women that's been written).
    - The Art of Seduction by Robert Greene (This book has a lot of manipulation in it, but if you avoid those parts it's still the best book ever written for understanding how to make someone fall in love with you).
    - Tay Social (he shows great infield examples of the power of sexual intent).
    - My own content (obviously, I'm biased: https://www.youtube.com/channel/UC4kTcVi-b_9qQnMCRG9WggA)

The Method Is Now Available

Avery · 16 January 2020 · Archived copy · Original

My full-length book, *The Method* (previously called *Attraction On Demand*), is now available for purchase at: https://gumroad.com/l/thecompletemethod
(Watch the video below to learn exactly what's inside the book).

The version of *The Method* now available is an advance copy which means you will be able to get the book for 50% off the normal price.
All I ask in return is that you give me feedback (so I can improve the final version) and that you leave a review of the book on Amazon once it's released there.
Giving me feedback and leaving a review is optional, of course, but I would greatly appreciate it. Reviews will help other people find the book, so if you found it helpful, there's no reason not to take a few minutes to write one.
Get The Method, here: https://gumroad.com/l/thecompletemethod
PS: Advance copies will only be available 72 hours – if you miss that window, you'll have to wait for the final version.

Watch His First Attempt At Approaching Women

Avery · 5 February 2020 · Archived copy · Original

You've seen infield of coaches – you know what good game looks like.
But have you ever seen infield of a complete noob approaching women?
Probably not.
That's why I'm going to show you footage of one of my coaching client's first-ever attempt at cold approach.
This video is important because it's easy to hold yourself to unrealistic standards.
You think you have to be as smooth as the professionals to get results.
That's simply not true. It's okay to be a little awkward and nervous.
In fact, some girls actually prefer it (because it shows that you're not a player).
In this video, you'll get an idea of what real game looks like when you're inexperienced.
He makes mistakes, there are definitely things he could do better.
Despite that, he's already getting dates with girls. And it's important to understand that you can do this too, even if your game is rough around the edges.
Check out the video:

PS: I'm creating a new Patreon account in which I will post premium content that is too hardcore for a general audience.
What do I mean by "hardcore"?
Well, some videos are not fit for YouTube (because the platform has banned a lot of pickup channels recently). So, whenever I make a controversial video, I'm going to put it on Patreon.
Furthermore, YouTube is best for infotainment – content that is useful, but that is also highly entertaining.
On Patreon, I'm going to upload content that is completely results-oriented, it's for people who truly want to change their lives, not for people who want to be entertained.
More info coming soon.

How To Seduce Women (By Channeling Sexual Energy)

Avery · 21 March 2020 · Archived copy · Original

How To Seduce Women (By Channeling Sexual Energy)

[image]

Sexual tension is the pleasurable feeling that an interaction might be heading towards sex.

Because sexual tension is pleasurable, **it is a form of value**: it's a positive experience that women not only want, but can easily become addicted to.

Sadly, the majority of men believe the opposite: *they think that sexual tension is an uncomfortable experience that creeps women out.*

So, these men avoid making their interactions with women sexual in any way.

On the surface, this makes sense. By making your interactions with women platonic, you avoid putting girls into an awkward situation where they have to reject you.

To be clear, being overly sexual can make a woman uncomfortable if you do it in a way she can't relate to. For instance, talking about sex with a girl you just met is usually inappropriate.

Fortunately, **you don't need to tell a woman you want to fuck her to be sexual, you can show your intentions more subtly – with your eye contact and the energy you project.**

[image]

Despite the pervasive social narrative that male sexuality is creepy – that men "only want one thing" – in reality, the feeling of being desired by a man is a pleasurable experience for a girl(1).

This is doubly true in a world where men are taught to be ashamed of their lustful nature. Most men are afraid of genuinely expressing sexual interest in a woman, therefore, the few that actually do create a rare and powerful experience.

That said, creating sexual tension is like a dance, you must take the lead, but you also must be aware of what the girl is experiencing. If you're holding strong eye contact with a girl and she isn't reciprocating, that's a sign that you should respond by toning down your eye contact as well.

Generally, if a woman becomes defensive when you are projecting sexual energy, that indicates she's unavailable to you. She may have a boyfriend, she may be in a bad mood, or perhaps you're just not her type. This is actually a good thing: it's better to know that a girl isn't interested sooner rather than later.

By building sexual tension in subtle ways (through your nonverbal communication), any woman who is at all open to the possibility of hooking up with you will respond positively.

With this strategy, you're not blatantly hitting on women, you're simply projecting sexual energy. If a girl isn't open to having that type of interaction with you, she will make it clear by not reciprocating – and then you can take a step back as well (to avoid making her uncomfortable)

The idea that male sexuality is creepy is a half-truth.

When a man is pushy and ignores a woman's efforts to reject him, that is uncomfortable for her. However, sexual energy is actually a good feeling – it is a type of emotional value you can offer women. And if you learn to project that energy in your interactions with women, your dating life will be completely transformed.

How To Project Sexual Energy



When you're talking to a cute girl, you shouldn't just think she's attractive, you should feel attracted to her on a physiological level.

Desire is contagious, if you feel it, the girl will feel it. And that underlying sexual feeling is the spark that makes seduction possible.

Without that feeling of desire, there is no reason for a girl to go on a date with you or to go home with you. She might have logically enjoyed your company, but unless she actually felt sexual tension, it's unlikely she will end up sleeping with you.

This sounds obvious, yet few men effectively communicate their sexual desire to women.

Ask yourself this: when you're attracted to a women, do you feel desire for her on a primal level?

Are you truly turned on by her feminine energy and beauty?

[image]
When you're interacting with a hot girl, what do you feel?

Most men rarely experience raw lust for a woman, they only think they want her on a cognitive level. The desire is logical, there is no real emotion behind it.

The difference between a guy who gets repeatedly friend-zoned and a guy who can effortlessly turn women on is his own ability to experience desire.

If you rarely feel turned on when you're interacting with a woman you're attracted to, you're missing the point of seduction.

This begs the question: if you're not experiencing real desire for women, how do you change that?

You might be thinking that you should tell girls you find them attractive or that you should talk about sexual topics.

Neither of those things are necessary, and in many cases, they can backfire (being so overt can make women feel

uncomfortable).

There's a better way. A way to project sexual energy without being creepy.

Instead of talking about sex on a verbal level, learn to cultivate the ability to experience sexual desire for women (Here's a video example of what this looks like https://www.youtube.com/watch?v=nK2tYyla5Is).

In modern society, we learn to associate our sex drive with two things: porn and masturbation. We channel our sexual desire into pixels instead of into our real lives.

Through years of conditioning, we forget how to see real women as sexual beings. We know on a logical level that we want to have sex with beautiful women, but we don't feel it on an emotional level when we see a hot girl walk by.

The following are two strategies you can use to undo the social conditioning that has taught you to be uncomfortable with your own sexual nature.

Eliminate Porn

[image]

Porn is extremely stimulating – it floods us with explicit images and sounds.

An attractive woman in a tight dress isn't exciting when you're used to seeing fifteen different girls get naked in a 5-minute compilation video.

If you cut out porn, you'll start to appreciate the natural beauty and sexuality of women in your day-to-day life.

Because you no longer have access to this unrealistic fantasy world, reality will become more viscerally appealing.

Additionally, I recommend you make a point to masturbate as little as possible.

The less you masturbate, the more sexual energy you will have in your day-to-day life.

And if you do masturbate, use your imagination. If you can't masturbate with your imagination, you're not really that turned on and you're just doing it as a rote habit.

The less you masturbate and watch porn, the more raw sexual energy you'll have in your day-to-day life.

Thus, when you're interacting with a hot girl, you won't be going through the motions, you will truly want to make something happen with her.

Focus On The Sexual

[image]

When you're out approaching women, focus on the sexual side of the environment rather than the logical side of the environment.

When you see a cute girl walk by, there's a difference between thinking, "She's hot, I should talk to her," and actually appreciating how sexy she is on an emotional level.

Male sexuality gets shamed in modern culture. Partly, this is necessary for society to function – if men were to fully embrace their sexual nature, nothing would get done.

However, it has gotten to a point that most of us are completely cut off from our sexuality.

We learn that checking out women is creepy and that wanting sex is perverted. We learn to associate getting a boner with shame rather than excitement.

All this coalesces into a state of mind where **we are psychologically conditioned to avoid feeling anything**

sexual in the real world.

You can train yourself to break this conditioning: with your conscious intention, you can regain control of your own sexual desire.

This isn't about being a perv or being creepy, don't blatantly stare at women's breasts. But *when you see a cute girl walk by, let yourself appreciate her femininity, her beauty, her attractiveness.*

It's in your DNA to do this, you just have to put conscious effort into reclaiming this ability you were born with.

If you find this difficult, you can take it a step further: actually visualize sexual imagery when you're out approaching women.

Imagine yourself ripping a girl's clothes off, imagine her naked, imagine what it would be like to throw her on a bed and fuck her brains out.

This will take some practice, but the results are so life-altering that the effort is worth it.

Once you make the shift from attempting to logically attract women, to emotionally seducing them, your life will never be the same.

Your interactions with women will be far more powerful, impactful, and enjoyable – not only for you, but for the girls as well.

Don't take this to mean that you need to be verbally blunt and sexual. In fact, I do the opposite, I say things that make women think I might not be sexually attracted to them.

But on an emotional level, there is a clear sexual 'vibe', it's in my eye contact, my vocal tonality, and my overall demeanor.

If on a verbal level, you seem somewhat uninterested in a girl, but there is a clear sexual heat in your nonverbal communication, that will create sexual tension.

She can feel that you want her, but because your words imply the opposite, she'll wonder what's going to happen, "I'm attracted to this guy, but I can't tell whether he really likes me or if he sees me as a friend."

Do it well, and the sexual tension will build up to a point that sex becomes a foregone conclusion.

Unfortunately, most men learn that dating is about making a girl logically think you're a good option for her first, so that she then experiences an emotional desire for you.

The truth is the opposite: seduction is a process that starts with an emotion and only gets explained with logic afterwards.

In dating, your primary focus should be on the emotions you're making women experience, and the easiest place to start is with yourself.

Any feeling you experience will spread to the people around you (2), and sexual desire is no exception.

If you found this article helpful and want to see more content like this, Icheck out my YouTube channel where you can see hidden camera footage of me approaching women:

https://www.youtube.com/channel/UC4kTcVi-b_9qQnMCRG9WggA

References:

1: (https://www.psychologytoday.com/us/blog/insight-therapy/201308/what-do-women-really-want)

1. https://www.healthline.com/health/emotional-contagion#how-it-happens

How To Make A Girl Want You (13 Proven Ways)

Avery · 28 March 2020 · Archived copy · Original

This is a guest post by internationally renowned dating expert, Ciaran Callam

OK so before I get started, let me say for those who haven't read my past posts that female attraction works differently to the male counterpart.

Guys are attracted to physical signs of youth and fertility which basically say 'I've got a strong and healthy body that can give birth to strong and healthy children.', but girls are attracted to characteristics that imply that a man can (a) protect them, and (b) provide for them and said children.

This means that girls are way less concerned with a man's looks than we care about theirs and more concerned with his personality and social status. Sure, if everything else is equal, they'll usually pick the hot guy over the ugly guy; but if said ugly guy has his shit together he can blow the hot guy out the water quicker than Mia Khalifa can blow 4 well hung men on camera.

If a guy and a girl both want to attract/seduce loads of members of the opposite sex to the point where they're begging to have them then they'd have to go about it differently. The guy would best spend his time creating a dynamic personality while the girl would best spend her time crafting a killer body and beautiful face. That might be un-pc to say, but it's still true whether we want to admit it or not.

[image]
She has the qualities necessary to sleep with as many men as she wants.

With that in mind, here are 13 tips you can use to make the women you encounter actively want you sexually. Enjoy.

Have a life that you're passionate about

If there's one thing girls hate, it's guys who don't have lives of their own and seek validation through them.

You know, guys who have nothing going on and need the love of girls to fulfill deep, dark, cavernous voids in their souls.

Not only do women think it's boring and pathetic, but it doesn't convey that you'll be of any use to them whatsoever.

Women are attracted to strong men who can protect and provide for them so if you're lonely, empty and weak enough to need them to validate your existence then it doesn't really imply that you can do either of those things.

But on the flip side, if you're out there living your best life and loving it in the process, then that's immensely attractive. It doesn't really matter what you do either (within legal reason), what matters is that whatever you do means a lot to you and that you love doing it.

If you're taking part in book clubs, learning yoga, playing football, writing poetry, building cars in your garage, campaigning against animal cruelty or training for marathons then throw yourself into it 1000%.

No girl will respect or want you if she gets the opinion that you're willing to drop your life for her at the drop of a hat, but she will if she gets the idea that you're a man on his own path and won't deviate from it for anybody.

[image]

Let's say you're trying to arrange a time and date to hang out and she suggests a day that clashes with you and your niece's monthly cinema trip, well don't drop your lovely little niece for some girl you hardly know.

Tell this woman that you can't do that day because of you're taking your niece to the cinema and suggest another time. And yes; I'm literally suggesting that you tell a hot girl that you can't meet her because you're taking your niece out for for a movie and ice cream. The sheer integrity of that in conjunction with the other reasons I listed above will make her respect and want you more.

Don't put them on pedestals

[image]
As hot as she is, her shit still stinks.

Like I alluded to in the last tip, women hate being placed on pedestals even though they'll rarely admit it.

If you tiptoe around them for fear of hurting their feelings and 'ruining things' then they'll pick up on it and lose attraction for you.

What they are attracted to are guys who tell it like it is and aren't afraid to put them in their place.

FYI, that's part of what's exciting about bad boys, a bad boy isn't going to water himself down in any way to make a girl happy. He's going to be himself, say what he wants and expect her to either like it or leave, which is exactly the type of energy that makes them want him so much.

If you're so scared of a girl that you dance around her feelings and bow down to her wishes because you can't bear to lose her then that implies that you think she's above you and you're really lucky to have her. The sad truth is that girls aren't attracted to guys they think are beneath them, they date up and not down.

Have firm boundaries and principles

Do you know who you are and what you will and won't stand for?

If not then figure it out because no girl will respect you if you don't.

If she acts like a bitch then don't put up with it. If she takes advantage of you then don't let her get away with it, tell her that you just don't tolerate that behaviour and be prepared to walk away if she doesn't fix up.

Let's say she laughs at a disabled person when you're together and you're really offended by it, then open your mouth and call attention to that shit.

Make sure she knows that what she did wasn't acceptable. Put her in her place. Don't pretend to go along with it just because you want to sleep with her. Let her see and realise that you've got strong boundaries that you're not prepared to cross and she'll want you much more as a result.

Girls aren't delicate little perfect angels, they're human beings that piss, fart, and shit just like you so don't forget that.

Be congruent at all times



The term congruence basically refers to having body language and vocal tone that match the words coming out of your mouth. 93% of all communication is non-verbal and that means that the majority of the impression that a girl has of you comes not from what you say, but from how you say it, as well as how you act.

So let me give you an example of how this looks in action.

If you're trying to give the impression that you're cool and confident, but you're really not, glimmers of self-doubt will keep registering on your face and let her know that you're not being congruent.

If someone asks how you are and you say you're fine but it's obviously a lie then you're not being congruent.

Women pick up on things like this much easier than we do. It's almost like they have inbuilt congruency detectors to see if a guy really is the person he's claiming to be.

When your words, vocal tone, facial expression, and body language are all in alignment with each other, you'll be completely congruent and extremely attractive.

Be emotional rather than factual



Women are largely emotional creatures and a man that can spike those emotions will go a large way to making them want him.

Ever heard the song girls just want to have fun?

Well, there's a lot of truth to it and it's especially true when they're dealing with guys.

- Do you communicate in a way that's dry, formal, professional and uninteresting?
- Are you serious at all times?
- Do your conversations sound like job interviews?
- Do you only talk about sensible topics and in a monotone way to boot?
- Is your body language shallow and reserved?

If so you might want to learn to let go because it's hurting your chances with girls. Have fun, sing songs, take them by the hands and spin them around in circles, tell stories with suspenseful pauses and strong eye contact, get excited, raise your voice, lower it to a whisper give them nicknames, tease them and basically just learn to be a fun guy they can enjoy being around.

Amuse yourself and not them

When you say something funny, are you saying it to make yourself laugh or to make her laugh?

If you're doing it for her then you might want to give that a rest because doing so communicates a need for her approval which is inherently unattractive.

But what is attractive is the concept of self-amusement which means to do and say things purely because they entertain you and not her.

This might seem a bit counter-intuitive but when a girl is with a guy who's happy in his own skin and actively giving himself a good time she finds it compelling even if she's not actively laughing along with him.

There's just something about a man who's confident enough to not need her approval one bit and who can get by

purely on his own that's magnetic. Stop trying to impress her and instead try to impress yourself. That subtle distinction will make all the difference.

Pass her shit tests



When girls are screening guys they're interested in, they usually throw something called a shit test their way.

This is basically a mild but subconscious insult which is designed to test his confidence levels and make sure that he's really as masculine as he's pretending to be.

Loosely put, if he gets offended and insecure then she loses attraction for him, but if he's completely unaffected by it then her attraction increases as it demonstrates strong masculine energy.

Here are some examples of shit tests:

- You're too short.
- You're too old.
- You're too bald.
- I usually go for hotter guys than you.
- We're not having sex tonight.

Now there are 4 main ways to pass shit tests, which are:

1. Ignore completely (change the topic of conversation as if what she said had no consequence whatsoever).
2. Disagree outrageously ('Older??? What the heck are you talking about? I've just turned 13 last week!').
3. Interpret sexually (I am older but I'm not here to fulfil your unresolved daddy issues, OK? So keep your hands to yourself!').
4. Agree and exaggerate ('I am too old! Call me granddaddy and rub my wrinkly bald head!').

Lead the interaction



Which one of you is subtly leading the interaction when you're together?

Are you the one suggesting date locations, bringing up new conversation topics, and making the first moves either sexual or otherwise, or is it her?

Women like men who lead and if you're hanging back to let her take the reins then not only will she resent you for it but her pussy will dry up like the Sahara desert.

A girl wants to be swept up in an experience that you're creating for her but what that experience is isn't quite as important as how it's delivered. She just wants to know that you're in the driving seat and in full control with your hands on the steering wheel at all times. Lead her with confidence.

Be socially affluent

Are you a social guy who gets on with people?

If so then that's something that women absolutely adore. If the girl you're on a date with sees you cracking a joke with the waitress who's serving you or posting pics and videos of you in the middle of cool social events on IG then it'll communicate that you're a cool guy with an active social circle and that will make her want you more.

Tease her

[image]

Like I said before, girls just wanna have fun and one thing that really gets them going is playful teasing.

But when I say playful teasing, that's exactly what I mean, playful and not bad-natured.

We're not talking playground bullying, but more like loving big brother or older uncle teasing. It shows that you don't take yourself too seriously, don't take them too seriously, and aren't in the least bit intimidated by them. All of the above is very attractive.

Here are some examples of how you could tease a girl:

– Deliberately misconstrue things she says in a playful way:

HER: He pissed me off so much that I just had enough and told him to fuck off and suck my dick.

YOU: Woah.

HER: I know, right? How annoying can someone be?!*

YOU: Nah it's not that.

HER: What is it?

YOU: You might be the hottest pre-op transsexual I've ever seen.

HER: (laughing)

-Deliberately but subtly guide her into obstacles when you're walking together.

-Playfully make imitate her accent.

-Give her a cute nickname

-Look her in the eyes like a man.

Strong eye contact is known as a sign of dominance in the animal kingdom and we humans are no different.

When two people look at each other, the one who feels inferior will get anxious and inevitably look away and that's why there's always this weird power play dynamic going on when two male strangers lock eyes in the street.

If you can look a girl right in the eyes without flinching and with pure confidence, she'll start to see you as a strong, dominant powerful man and will most likely get turned on.

Now just to clarify, I'm not talking about getting into weird staring contests or looking at them with a creepy agenda, I'm just talking about being comfortable looking deep into her eyes and having her look right back at you. It's something that makes weak men have panic attacks but I promise you that it makes girls melt.

Don't be afraid to touch her

That's right, I said that touching a girl is a great way to make her want you.

But before you attack me for being creepy let me clarify that I'm not saying that you should touch her in an inappropriate way.

Should you just grab her breast randomly?

Probably not, but should you grab her hand, pull her in close, dance the tango, spin her in a circle and then push her away playfully?

Yeah you probably should.

Should you put your arm around her shoulder when you're walking together?

Indeed mon frere.

If she doesn't like it you can pull away and if she does, it'll deepen your connection.

Should you take her hand and read the wrinkles in her palms to predict her future

Most definitely.

Should you start a playful fist fight with her and jab her shoulders while she eagerly tries to throw haymakers at your chest?

Without a shadow of a doubt.

Physical touch is fun and exciting and if you want a girl to actively desire you then you don't be afraid to do it.

Have other girls in your life



Loosely put, a girl will want you more if she thinks other girls like you and the prettier those girls are the better.

Yeah, that's not politically correct to say, but it's still damn true so do with that info what you will.

If you're out with a pretty female friend and then approach another girl, that girl will be way more interested in you than she would have been if you were on your own.

The presence of the female friend will basically do away with any fears she might have of you being a weirdo and also suggest that you're a cool guy too.

Remember that girls like men with status and being preselected by other women is a great way to convey said status because all girls know how particular girls are about the guys they hang around with.

So if a girl asks you what you got up to last night and you happened to be chilling with a female friend, tell her.

If some of your female friends have invited you to a party then take a girl that you're interested in and let her see you surrounded by women who love your company. Take pictures and videos of you with your female friends at this and at any other parties you go to and post them on your social media.

If the girl you're interested in gets the impression that not only do you not need her, but other girls want you and that you could easily walk away into the arms of one of them then she'll be far more attracted to you than if the opposite was true.

Of course, there are loads more things you could do to make a girl want you but this article is long enough as it is. Hope you've enjoyed reading it and gotten real value from it.

If you like what you've read and want to learn more about attracting women, I've got a private [Facebook community](https://www.facebook.com/groups/crushingitwithwomen/) full of men who are learning to become the best versions of themselves. A real brotherhood with daily gems of value posted. I also have a brand new YouTube channel that is going to have videos of myself attracting women (I have a video coming up in which I give a model an orgasm over Tinder before we even met).

Subscribe, here: https://www.youtube.com/channel/UC_JWOFGVx9r_JNYZCuqvrHw

Also, RIP STAN LEE!

Ciao for now humans.

Excelsior!

How To Make A Girl Laugh (Humor Broken Down To A Science)

Avery · 9 April 2020 · Archived copy · Original

The following is a free sample from my premium online course: The Five Pillars of Success With Women (50% off during the international quarantine if you use the code: tfp50)

There is a simple two-step formula for humor: surprise and a victim. For example, if a girl says, “I have a boyfriend,” and you respond, “He can watch.” She will probably laugh because that reply is unexpected, and in that scenario, her boyfriend is the victim. The victim can be a third party, however, it can also be you or the girl you’re talking to. Here are a few examples of what this looks like:

The girl says, “What do you do for a living?

”You reply, “I raise cats.” (She will probably laugh because it’s a surprising answer, and you are the victim of having to raise cats for a living.)

The girl says, “Where are you from?”You reply, “Zimbabwe.”

(Again, she will most likely laugh because the answer is surprising, and you are a victim in the sense that you’re saying you’re from an impoverished country.)

Girl says, “You’re really cute.”You reply, “You’re cute too. Like a Koala bear.” (She’ll probably laugh because the answer is unexpected, and of course, she is the victim: a Koala bear is cute but not in the way a woman wants to be cute.)

Humor is pretty simple if you boil it down to its core elements: surprise and a victim. You don’t have to gifted with a godly wit to make girls laugh, you just need to apply the formula.

To be clear, not everything that has a surprise and a victim is funny. If you tell a girl, “You have a face for radio.” She’s probably not going to laugh.

There’s a fine line between funny and offensive; the difference is that something is offensive when it blatantly attacks someone’s self-image.

So calling a girl fat, ugly, or stupid, or even implying those things, probably isn’t going to be funny.

Similarly, if a statement is so surprising that it isn’t believable, it also won’t be funny. When a girl asks where you’re from, if you replied, “I’m from hell.”

That wouldn’t be particularly funny because it’s not at all relatable. So, anything you say that isn’t surprising and has no victim, probably won’t be funny, and anything that’s too surprising or victimizes someone aggressively probably also won’t be funny, but anything in-between those bounds will be.

If you can make girls laugh, they will enjoy your company, and they will want to spend more time with you. That doesn’t by itself mean women will want to have sex with you, but it will open the door to countless opportunities.

Humor is just one of the five ways you can make women find your personality instantly magnetic. You can learn about the other four in my online course, The Five Pillars of Success With Women (use code: tfp50) to receive a 50% discount.

How To Get Laid (even if you have no experience with women)

Avery · 16 April 2020 · Archived copy · Original

The following is a guest post by Joe Elvin:

If you have zero experience with women, it can be difficult to know where to start.

After all, there appears to be *so much* to learn…

Having coached a fair amount of newbies at this point, I'd suggest this five-step guide can help the majority of them. This will help you learn how to get laid as soon as possible.

1. Accept that it's possible to improve at attracting women

[image]

Many newbies are stuck in the belief that women will only date good-looking or rich men.

The truth is: plenty of men attract women without money or traditional good looks. This is because women place far more importance on qualities like ambition, assertiveness, boldness, charisma, confidence, groundedness, a sense of humour, leadership skills, self-esteem, positivity and other masculine traits.

In order to accept this, you'll have to admit that you're lacking in some of these areas (or you're not approaching women frequently enough).

2. Understand why you want to improve

Pick-up is hard, especially in the beginning!

Sometimes they'll ignore you. Sometimes they'll reject or insult you. If you don't have thick skin, you'll feel like giving up. You certainly won't feel like going out 3-7 times per week.

That's why it's important to have a motive.

The most powerful motive – in my experience – is what your dating life will look like if you *don't* improve at pick-up. Exactly how it looks like now. Forever.

If you struggle with women now, there is no '10' waiting to accept as you are…

3. Work on yourself

The good news is that it's possible to improve on all the traits listed in the first bullet.

Self-esteem is a great place to start. After all, if you don't believe you're a catch, why should she?

Of course, looks and money can be maximised too. Get to the gym. Improve your fashion. Make a plan to improve your career. These actions should all naturally improve your self-esteem.

Most importantly of all, begin building a life that you enjoy, regardless of whether there are women in it. Make cool friends. Have fun hobbies. Set goals to work towards. Try new adventures. This is perhaps the best self-esteem hack of all and will serve towards creating a life that women want to be a part of.

4. Start meeting women

If you suffer from approach anxiety, you might need to begin with baby steps. Perhaps you start making smalltalk with women you meet throughout the day, or having short conversations in bars or at events.

Sometimes, they won't want to talk for as long as you wanted. Maybe they won't acknowledge you *at all*. This doesn't necessarily mean that you're a loser or that all women are evil. Learn to see every conversation as a *win*, no matter how it goes.

A common mindset in the PUA community is: "The moment I said hi, I already won, because who else would have the balls to do that?"

MASSIVE ACTION is key at this stage. Without consistent repetition, your interactions won't improve at a desirable speed.

Also, it's key to develop an "abundance mindset" when you're meeting women.

Most of the bad habits that make women run from the hills, such as:

- falling for women too quickly;
- texting too often;
- supplicating;
- clinginess…

…stem from the fact that she is the *only* women showing interest in you.

When you have multiple women on the scene, these errors tend to vanish naturally.

5. Keep pushing things further

Seddit is packed with advice for men who want to learn to push their interactions with women further. As you meet more women, make an effort to introduce flirting, asking for her contact details, organising dates, pulling her to your place etc.

The truth that most people won't tell you is: each stage is likely to terrify you.

Still, the more you attempt to get to each stage, the more comfortable you'll become, and the more likely that it'll work.

The more you're leaving your comfort zone, the faster you'll master pick-up

If you enjoyed learning how to get laid (even if you're inexperienced with women) you can find more content by Joe Elvin on the Game Global YouTube channel and Subreddit.

How To Get Laid By Entering ‘God Mode’

Avery · 18 May 2020 · Archived copy · Original

Video version of the post above.

How To Get Laid By Entering God Mode



When I first started going to bars and clubs to approach women, it was a trainwreck.

When I say trainwreck, I mean, I would approach a girl, use my canned line (something like, “Who lies more, men or women.”)

I wouldn’t be able to hold eye contact, I would be visibly nervous, and girls would reply with a look of disgust.

In my first year of going to bars and clubs, I got lucky and ended up going home with 2 or 3 girls out of 1000 approaches.

That’s right; my approach to close ratio was about three out of a thousand. It was terrible. I was as bad as you could possibly be.

But, in the last nine years, I’ve gotten to a point where now, on average, if I approach 20 girls on a night out, I’ll get five attractive women’s phone numbers, and I’ll end up pulling a girl once out of every two nights that I go out.

The gap between where I started and where I am now is massive, and in this article, I’m going to explain the one concept that helped me transition from someone who got laid once in a blue moon out of pure luck, to someone who can consistently get the kinds of results that I want in dating.

How To Get Laid

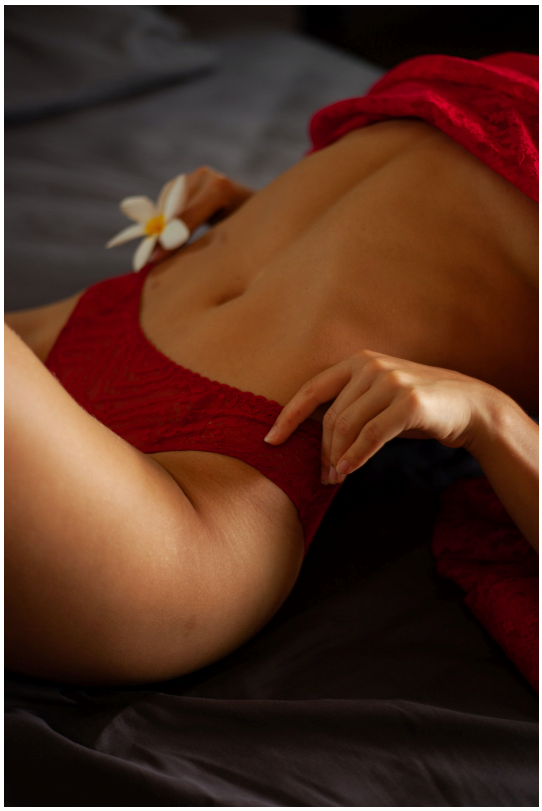
Part 1: Captain Cringe

When I was new to going to bars and clubs, you could have called me captain cringe.

My wingmen were cringey as well. It was a clown show.

But, one night, I ran into a British guy who was very charismatic and skilled with women. I saw what he did; I observed how he went about going out and approaching women.

Every night he would get multiple girl's numbers, he would pull girls regularly (hot girls, by the way). So I thought, "What is the difference between this charismatic guy who is killing it, and myself, this cringey guy, who sucks?



It turns out; he did something that the vast majority of guys who learn about game don't do.

It sounds very simple, but if you start doing this, it makes a world of difference: it will trigger a night and day change in the kinds of results you get.

Here's what he did:

He would go out and approach a girl, have fun, laugh, tell some jokes – he would talk to girls he wasn't even attracted to. But he would approach girls constantly without hesitation.

He wouldn't spend more than a couple of minutes outside an interaction.

After doing approaches, he would come back to his friends and shoot the shit for a bit, but for the most part, he would just approach a girl, leave the interaction, see another a girl and approach her, etc.

I noticed that he would get into this state, an outgoing, expressive, charismatic state where everyone was magnetically drawn to him.

It got to the point where when we would walk between clubs he had fangirls who would follow him, and some of these girls were attractive (they were the kind of girls I wished I was getting), but to him, they were below him, "I don't know why these girls keep following me, it's kind of annoying."

In contrast, when I went out here's what I did:

I would spend about 15 minutes building up the courage to approach a girl. And the first approach would usually be pretty awkward. Then, I would get upset and go back to think about what happened,

- “Why do I suck?”
- “What’s wrong with me?”
- “Does game really work?”

Every time I approached a girl, my mood would get worse. I would wait 10, 20, even 30 minutes before mustering up the courage to do another approach. Then, that approach would also go poorly, and my state throughout the course of the night would slowly go down.

Once I realized the difference between my wingman and me, I tried implementing his strategy.

I went out one night with the agenda of doing a lot of approaches without hesitation.

By the end of the night, girls were starting to tell me things like, “You’re really charismatic,” “You’re hilarious,” etc.

I was getting compliments that I had never gotten in my life before. I entered a state of total confidence.

I repeatedly practiced this method of approaching a lot without taking much time between approaches, and I realized that I was pulling hot girls consistently because:

A. I would end up getting into a state the felt like entering god mode in which attracting women was effortless.

B. Throughout the course of a night, I would meet 20 or 30 women instead of 5 to 10. By rolling the dice more, it was more likely I would meet a girl I had natural chemistry with.

The concept of approaching a lot of women and getting into a good state is known as building social momentum.

You might have heard of this concept, but it doesn’t get talked about a lot anymore.

That’s unfortunate because social momentum is incredibly powerful. You reach a point where you don’t care what people think about you, you have no negative thoughts about yourself or others, and you’re completely in the zone.

It’s almost like you’re watching yourself from a third-person perspective. You realize you’re doing and saying things you could never do in a normal state. You’ll think, “How did I become so confident, how am I so bold and unrestrained?”

It’s an amazing feeling; I’d even say a lot of times, getting into god mode is more rewarding than sleeping with a beautiful girl. That state is addictive; it’s like a drug. The best part is that you can get into god mode consistently if you take the right action steps.

The most important part of that is to spend less time between your interactions. When you go out don’t spend 30 minutes between approach, try spending less than two minutes between each approach and see what happens by the end do the night.

If you do this a few times, your perspective of what game is and what you are capable of and the kinds of results you should be expecting will completely shift. It will completely change everything.

Sadly, very few guys know how to build social momentum, but it isn’t super complicated, it’s about taking enough action that the logical part of your brain shuts off and gives up on trying to stop you from approaching or giving you negative thoughts.

To learn more about how to enter god mode, check out my online course, The Five Pillars of Game. In it, there is a module that gives you a complete step-by-step breakdown for how to destroy any anxiety or discomfort you’re feeling and enter a state of earth-shattering self-confidence, whenever you want to.

The World's 4 Best Pickup Artists

Avery · 18 June 2020 · Archived copy · Original

The pickup artist or seduction industry has dozens of popular coaches. Yet, they aren't all good at what they do. Truth is, this industry attracts a lot of charlatans who have no experience or skill themselves.

Thinking you're good with women and actually being good with women are two different things. But a lot of guys have a big ego about their skills with the opposite sex, and yet it's a total delusion.

Then, when these guys start sharing their advice, they get positive feedback that reaffirms their relief they're a guru of pickup. It's an unfortunate cycle and one of the negatives of having an industry where anyone can claim to be an expert (unlike say, being a doctor).

I would say about half the men's dating coaches out there, are pretty much total frauds. The other half are genuinely good with women (although not necessarily good at teaching the skill to others).

So, I made a video series revealing who the worst and best pickup artists are (pickup artist isn't a term I would use to describe myself, but it's the most widely understood term for a men's dating coach).

With that said, here are the 4 BEST men's dating coaches in the world:

#4: Tay Social

#3: James Marshall (of The Natural Lifestyle

#2: Richard Hood (from Street Attraction)

#1: Vadim (of Honest Signalz)

Follow me on Snapchat to see daily infield footage (approaches, makeouts, pulls) Username: AveryGHayden

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How To Make Girls Chase You | Become Addictive To Women

Avery · 20 June 2020 · Archived copy · Original

In this article, you're going to learn how to make girls chase you.

Let's not waste any time with a preamble: There are two main factors will make your personality magnetically attractive to women:

1. Intensity.
2. Unpredictability.

Intensity



If someone talks with low energy and they don't put any passion into what they're saying, they won't be magnetic.

But if someone speaks with enthusiasm, they are instantly 1000 times more engaging.

If I'm honest, the vast majority of men are bad at this.

Men learn to communicate logically for the sake of exchanging information. But what do women respond to most? Not logic, they don't care much about the information you're giving them. It's the way you make them feel that matters.

The feeling you project comes down to a few different factors:

The rhythm at which you speak, the tonality in your voice, and the enthusiasm that you project. All these things make the difference between being boring and captivating.

You might be wondering, "How do I know if I'm bringing intensity in the way I speak?"

Record yourself talking to your friends or a girl. You can record it with your cell phone; it's very easy to do.

And listen to how you sound. Do you sound passionate? Do you sound engaging? Do you seem excited about what you're saying? Or, do you sound monotone and boring.

The reality is, most men sound pretty dull.

If you find that your speaking lacks intensity, you can take two minutes per day to record yourself talking with as much passion as possible. Listen back to it the recording and do this every day. You'll find that you will start to naturally speak with more passion and enthusiasm over the course of a few weeks.

How To Make Girls Chase You

Part 2: Unpredictability

Women are addicted to unpredictable men.

Most men are predictable when they interact with women because they don't want to be offensive; they don't do anything that she might take the wrong way. They make sure to be as nice and agreeable as possible. They don't tease the girl. They don't disagree with her. They make her feel totally validated and approved of.



This gets the girl's attention; she might think, "Oh, he's such a nice guy." But it does not get her attracted to you, it makes her see you as a very low-status guy.

Here's the thing, we all learn to be agreeable, we all learn to be nice. That's what social conditioning (and especially school does to us), we learn that we have to shut up and listen to the teacher, that we can't talk out of turn, and that if we say anything that's mildly offensive we'll get punished.

We are taught to shrink our personality so all that's left is the most agreeable, boring, sheeplike aspects of it.

And the parts of us that make us compelling are largely trained out of us by society because that allows society to function. But if you want to be compelling to women, you have to learn to take those parts back. If you look at five-year-old kids, they tease each other, they're completely unfiltered, and they say whatever comes to their minds (it just slowly gets drained out of them through years of social conditioning).

So you might think that you're a nice guy or an introvert. No, you've been raised to be mild-mannered and even subservient. If you were in your natural state, teasing women, saying things that are a little bit controversial, and expressing a wide variety of emotions would all be part of who you are.

If you want to reaccess that part of your personality, use training wheels. This is why pickup techniques can be helpful: they act as training-wheels so you can start accessing parts of your personality that you didn't even know existed.

Specifically, I recommend learning to practice the art of hot and cold. What is hot and cold? It's also called push-pull. It's the art of being unpredictable.

Let me give you some examples of things that are hot and things that are cold:

Things that are hot include:

- Holding strong eye contact.
- Complimenting a girl
- Listening carefully to what a girl says.
- Standing close to a girl.
- Responding quickly to a girl's texts.
- If she says something, asking further questions to know more about her opinion on the subject.

Things that are cold are the opposite:

- Teasing her
- Disqualifying her (saying something to the effect of, "You're like the sister I never had" which implies you're not sexually attracted to her"
- Withdrawing attention
- Taking a few hours to respond to her texts
- Disagreeing with her

If you do just one of these two sets of things, your personality won't be addictive.

If you're only hot, then women will feel like you're needy. If you're only cold, you're just a dick and unpleasant to be around.

But if you mix hot and cold, it creates a positive tension in your interactions, making everything you do exciting because the girl doesn't know what's going to happen next.



You're unpredictable; she doesn't know whether you're going to compliment her or tease her, whether you're going to agree with her or disagree with her.

You're basically keeping her on her toes, which will keep her compelled by everything you say and everything you do. Over time, if you do this with a girl, she will become addicted to your personality.

Hot and cold, of all the techniques that I can think of, is probably the single most powerful. It absolutely does work.

You might be thinking, isn't this disingenuous? Aren't I being fake? No. Because men who are naturally good with women do this. They are masterful at creating a hot and cold dynamic, I've seen it many times with guys who never studied pickup, but happen to be good with women. Hot and cold is the dynamic that they create in their interactions with women.

This is what flirting naturally is if you boil it down to a formula. Most men learn that it's not appropriate to act this way, that it's only okay to be hot and that teasing a girl or disagreeing with her is unattractive.

Learning to implement hot and cold is a crutch you can use to become comfortable with the other side of your personality again. It was naturally there when you were five years old; we just learn to stifle this side of our personality over time.

To really understand why hot and cold is so powerful, think about what it implies. What does it say about you?

It says that you have options, that you can afford to speak your mind. You don't have to censor yourself to gain the approval of others. You're a leader, not a follower.

Someone who is always nice and supplicating comes across as low-status like an employee speaking to a manager. And that is not the dynamic that women find attractive.

But if you show that you are a challenge, that your approval isn't a given, and you will say what comes to mind even when it's disagreeable, that is very attractive.

If you found this article useful and you want my best content, check out https://thefivepillarsofgame.com/p/tfp. In my online course, you will not only get a complete step-by-step guide to getting the success with women you want. You'll also see hidden camera examples of myself approaching women (and even bringing them home with me).

I also offer online and in-person coaching:

Online Coaching

In-Person Coaching

Follow me on Snapchat to see daily infield footage (approaches, makeouts, pulls) Username: AveryGHayden

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How to Pick Up Girls In Bars | The Complete Guide To Nightgame

Avery · 20 June 2020 · Archived copy · Original

How To Pick Up Girls In Bars

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In any decent-sized city, beautiful women congregate in bars by the thousands. Girls go to clubs for a variety of reasons: some go to hang out with friends, others go for a date night, but many go specifically to meet guys – and even get laid.

When a woman wants to meet someone new, the most societally acceptable option is to go to a bar or club. Because of this, the social dynamics in a nightclub are radically different from those in a daygame venue.

When you approach a girl at a university campus, she's probably alone and isn't expecting to get approached. However, if you walk up to a girl in a club, she's already been approached several times within the last hour. Furthermore, beautiful women are rarely by themselves at a club, so you must learn how to deal with the group dynamics.

Because of the inherent differences between daygame and nightgame, it's essential to adjust your strategy for each. At night, it's more likely you'll meet a girl who wants to go home with a guy, but the chaos of nightclubs can be overwhelming, and if you don't know how to make the most of your nights out, you can easily miss countless opportunities.

This chapter is your blueprint for getting the best results possible when you go out to meet women in bars or clubs. Whether you're looking for a girlfriend or a string of one-night stands, this chapter includes everything you need to know to achieve your goal.

1. Before You Arrive



Bring Condoms

A lot of guys who go out to meet women don't bring condoms with them. That only makes sense if you're playing STD bingo. Would a guy who expects to get laid have condoms with him? Of course he would.

You should always have condoms in your wallet (or a condom case); you never know when you might need them.

Should You Drink?

Alcohol is a crutch. It increases your confidence, which can help you get immediate results. But there are consequences to getting drunk when you go out.

Alcohol limits your ability to learn from your experiences (because you won't remember much). Plus, when you're drunk, it's difficult to think ahead or be fully aware of what's going on around you.

Furthermore, if you rely on alcohol as a crutch, you will associate meeting girls with drinking. You might be a confident risk-taker while drunk, but not when you're sober.

Having a couple of drinks when you go out isn't damaging, but if you're getting wasted, alcohol will do more harm than good in terms of learning how to pick up girls in bars.

2. Physical Escalation: Night Game Vs. Day Game



In a hectic nightclub environment, it's normal to be physical with someone you've just met. For instance, you might put your arm over a girl's shoulder and lean in close to talk to her (so she can hear you over the music).

Or, if you approach a girl and she's responding positively, you might lean in to kiss her within a few minutes of meeting her.

The same isn't true when meeting women in a casual daytime environment (a university campus, shopping mall). If you're in a cafeteria, you're probably not going to whisper into a girl's ear or grind on her.

Don't think of dancing with a girl or making out with her as necessary steps for bringing her home with you. However, physical touch is definitely useful: it can build sexual tension and help you get an idea of how comfortable a girl is with you.

Throughout an interaction, you can physically escalate: at first; you might touch a girl's arm or shoulder, then you might hold her by the waist. Afterward, you might hold strong eye contact and kiss her.

If at any point she rejects your touch, that's fine; just be respectful about it and take a step back. You can re-initiate physicality later in the interaction to see if she's more comfortable with it, and if not, it's generally a good idea to verbalize what you're thinking.

You can say, "Sorry if I'm doing something you don't like." Saying this will prompt her to explain what's going through her head. She may say she has a boyfriend or that she is uncomfortable touching someone she just met. Depending on her response, you'll know whether you should move on to another girl or if you should just take things slower in terms of physicality.

By gradually escalating in this way, you can be confident that the girl you're with is on the same page you are. You're not randomly going for the make-out. You know she's comfortable with your touch by the time you lean in for the kiss.

When you're talking to a girl, you'll usually have to take the lead physically, but you should also be the first to take a step back physically, as well. For example, if you're making out with a girl, lean away before she does. Or, if you are holding a girl by the waist, be the first to let go.

This is a useful rule of thumb for two reasons.

- If you don't pull away from a girl, she may start to feel uncomfortable; it's like you're clinging on to her.
- When you pull away first, the girl is incentivized to chase you. Dancing or making out with someone feels good, and if you take that pleasurable feeling away, she's going to want to get it back.

So, don't just escalate physicality, pull it away, too.

3. Structuring Your Night Out



The social dynamics in a club change throughout the night.

When a club first opens, the energy is low: no one is really in a party mood yet.

But as the night goes on, the club becomes increasingly hectic: people start grinding on the dance floor, and total strangers make out with each other.

These are usually defined-quite simply-as the first half of the night and the second half of the night.

If you want to get the most out of your nights, you should change your strategy for each of these phases.

It's somewhat rare to bring a girl home early on in the night, so the most efficient use of your time during this phase is to start meeting people, get yourself into a positive state, and collect 'leads' for later in the night.

As the night goes on, your focus should shift to choosing a girl you plan on going home with (if you aren't interested in one-night stands, it's still a good idea to bring a girl back home with you to establish a strong connection, just don't escalate all the way to sex).

In the following sections, you're going to learn how to structure your nights out so that:

1. The dynamics of the club work in your favor.
2. You have as much fun as possible.
3. You have the highest possible chance of sleeping with (or getting dates with) attractive women.

4. First Half of The Night

If you're anything like me, you're not going to be in a particularly outgoing mood when you first arrive at a club. Therefore, your first goal should be to get yourself into a state that will make approaching and attracting women effortless and enjoyable.

When you first arrive at a bar or club, start implementing the process I outlined in the social momentum chapter. To recap, the three rules for building social momentum are:

1. Spend as little time between each approach as possible. If you go from approach to approach without hesitation, you will overwhelm the thinking mind and enter a state in which your usual doubts and anxieties vanish.
2. Start with small, noncommittal approaches and push each interaction further than the last. For your first approach, you might simply tell a girl you like her style as you walk by. That's okay; it helps build momentum, which will make the next approach easier. Just make sure to push your interactions further as the night goes on. (And when a girl responds positively to you, try to make something with her even if you're feeling nervous .)
3. Embrace Rejection. On a night out, you might approach 30 girls, but you can only go home with one of them. Technically, that means you're going to get "rejected" 29 times. If you take each rejection seriously, approaching women will quickly become exhausting. When a girl rejects you, tell yourself, "That was a ten out of ten because I tried." Remind yourself to focus on the positive – you didn't fail when you got rejected, it was actually an essential step toward success.

If you follow the above steps, your emotional state will dramatically improve throughout the night.

I cannot exaggerate the power of social momentum. Once, I went to a club with a friend and showed him how to build momentum. Afterward, he said, "That was unbelievable. I probably took more action in that one night than I did in the last six months. This changes everything for me."

Two nights later, this same guy (who had never brought a girl home from a club before) finally did so by implementing the three steps for building social momentum.

As useful as momentum is, you mustn't use it as a crutch. It would be a mistake to think, "She's hot, but I'm not in a good enough mood to approach her, I'll wait until later when I have momentum."

Even if your first approaches are a bit awkward, you can always re-approach a woman you met at the beginning of the night.

Once, in Las Vegas, I approached a stunning girl early in the night, but I was nervous, and she rejected me.

For the next 30 minutes, I approached a variety of women and got into a confident state. Afterward, I saw her again and re-approached her. The dynamic completely shifted, and within 20 minutes, I whispered into her ear, "Let's get out of here," and we went back to my hotel room.

So, when you see a hot girl early in the night, approach her even if you're not in the best mood. There's a good chance you won't see her later (which means if you don't approach her immediately, you've lost your only opportunity to meet her.) Besides, if you do see her later, you can approach her again, and the dynamic will be completely different.

Collect Leads



If you meet a girl at 11 p.m., it's somewhat unlikely you'll have a 3-hour long conversation with her and then bring her home with you.

With that said, it is possible to pull a girl early on in the night. So, you should follow the steps you're going to learn in the "Second Half of the Night" section of this chapter (even when you meet a girl at the beginning of a night out). Just know that the chances of pulling are lower, and if she gives you any resistance, it's better to get her number and move on rather than spending the whole night with her.

To do this, I say something like, "Hey, it's been cool talking to you, but I should get back to my friends. What are you doing later tonight?"

If she says she's busy, invite her to get coffee or a drink with you on another day. However, if she's not sure what she's doing, tell her there's an after-party later that she should come to. Then, exchange numbers with her.

By using this strategy, you can get five or even ten numbers every night you go out. Furthermore, towards closing time, you can text the girls you met throughout the night and bring one of them home with you,

5. Different Groups

Girl By Herself



If you see a girl at a club by herself, understand, she's probably not actually by herself. In most cases, she's waiting for her friends. When you approach a girl who's alone, it's crucial that you quickly ask, "Where are your friends?"

If the girl is waiting for her friends to find her, you can get to know her and make a strong impression while she waits. When the friends show up, be proactive about introducing yourself to the group. Hang out with the group for a while and do your best to be inclusive and friendly while still focusing most of your attention on the girl you like.

After about 5-10 minutes, you should invite the girl to go to another area of the club with you to see if she's willing to leave her friends. If she declines, it's often best to chat for another minute or two before getting her number. Conversely, if she agrees to leave her friends to hang out with you, then follow the steps outlined in the pulling chapter.

If you ask a girl, "Where are your friends?" and she says she's looking for them, you should help her find them. Ask where her friends are and lead the girl towards them. Once you find the girl's friends, do the same thing as in the previous situation.

If a girl says she isn't with anyone, that's generally a good sign. It's fairly rare for women to go to clubs by themselves, but when they do, they're likely to be interested in going home with a guy because:

a. There's no one to judge her.

b. It's simple logistically.

c. If a girl goes out by herself, she's probably adventurous and independent (those traits are correlated with having a positive attitude towards casual sex).

There's nothing special you have to do when you meet a girl who's by herself. If you find her attractive, your goal should be to stick with her and pull her instead of just getting her number. I've noticed that women who go out by themselves rarely stay out for the entire night, so if you get her number to hang out with her later that night, it's unlikely that she'll be available (there's a good chance someone else pulled her).

Two Girls

When girls go out in pairs, they're usually hoping to meet guys, flirt, and possibly even go home with someone.

When you go out with a wing, you can expect many of your pulls to be with groups of two girls. However, if you're at a club alone, meeting a girl who's with a friend is a bit more complicated.

If you're by yourself and you approach two girls, be careful not to alienate one of them. Generally, you should make it clear which of the two girls you're interested in by flirting with her more directly (hold stronger eye contact, be more physical, and be more dominant).

However, you must also include the other girl in the conversation by asking her questions and being friendly with her. If you don't do this, the friend will quickly grow to dislike you, and she will likely come up with an excuse for why they both need to leave you.

If you're out by yourself, the best option when dealing with two women is generally to exchange numbers with the girl you like and to create plans for another day.

That said, although it's not easy, it is possible to pull a group of two girls while you're out alone.

The first way is to find a wingman in the club. Look for a guy who's by himself or who looks bored and introduce him to the second girl. This can work; however, you can't rely on random guys in a club to be effective wingmen – so it's a hit-or-miss strategy.

Alternatively, you can leave the club with both girls. Pulling two girls by yourself is complicated, and it doesn't always work out, but sometimes trying this is worthwhile. The key here is to make the friend like you so much that she's okay with being the third-wheel romantically. Pay attention to her, compliment her, make her feel interesting. Do this well enough, and she will be enthusiastic about the idea of her friend hooking up with you.

Three or More girls



When you're out alone, approaching a group of three or more girls is actually simpler than approaching two girls.

If you approach two girls, you have to keep both of them engaged in the conversation. However, when you talk to a

girl who's in a larger group, the rest of the group can keep each other occupied.

When approaching a group of girls, approach the girl you like without addressing everyone else.

You can basically interact with the girl as if she were by herself. If the other women in the group are paying close attention to you, acknowledge them in a friendly way.

Generally, it's a good idea to befriend the entire group so that they approve of you hanging out with their friend. With that said, you can often pull a girl who's in a larger group without even acknowledging anyone other than the girl you like.

There aren't any specific techniques you need to learn to make a group of girls like you; it comes down to offering value – make them feel good around you, and they'll like you (return to the offering value chapter to learn more about this).

Mixed Group

The main difference between a group of girls and a group with both men and women is psychological – it can be more intimidating to approach a group with guys.

Generally, the strategy for approaching a mixed group is similar to approaching a group of girls. However, you need to find out the nature of the relationships in the group. You can simply ask, "So, how do you know these guys?" Or you can address the group and say, "How do you guys know each other?"

If it turns out the girl you like is with her boyfriend, it's best to leave. If not, you can treat the interaction just like it were a group of girls, with one exception: it's more important to acknowledge the men in a friendly way. As a rule of thumb, guys in a group are more likely to be antagonistic towards you than women. (There's a decent chance that one of the men has a crush on the girl you're interested in.)

Fortunately, a guy will rarely start a fight with you out of nowhere. However, some men will be aggressive. When this happens, I recommend you just back off and leave the girl; otherwise, you risk getting kicked out of the club or potentially getting into a fight.

More often than not, the guys in a mixed group will be friendly, but be prepared for the occasional confrontation (In all my years of going to clubs, I haven't gotten into a single fight).

Girl With A Guy



Just approach, what's he gonna do?

During the day, approaching a girl who's with a guy is rarely worth it. However, in bars and clubs, approaching a girl and a guy who are together is much more likely to work out in your favor.

Yes, there's a chance she's with her boyfriend, but there's also a good chance she's with a male friend or some random guy she just met in the club.

When approaching a girl with a guy, your first goal is to find out the nature of the relationship.

If it turns out they're a couple, politely excuse yourself.

If it turns out they're friends or relatives, do the same thing you would if the girl were with a female friend.

If the girl just met the guy in the club, ignore him – take up all of her attention and lead her away from the other guy. It would be polite to involve him, but it's not going to help you in any way, and when you're assertive, the other guy will leave more often than not.

When the guy leaves, proceed as if the girl were by herself.

Girl Who's Walking



When a girl is walking through a bar or club, she has a goal – she's meeting someone, going to the bathroom, etc. If you try to stop her, she's going to see you as an obstacle, and she will most likely reject you by default.

Instead of trying to stop her, walk with her and find out where she's going. If she's meeting her friends, go with her. If she's going to the bathroom, make a good impression so that you can reconnect later (and, if possible, get her number).

Of course, if the girl slows down and gives you her undivided attention, you can stop her for a minute, but you still need to find out if she's going somewhere (if she's not, you can take her to the dance floor or another area where you can talk).

6. The Second Half of The Night

The second half of the night starts when the club has reached its peak energy level and finishes when the club closes.

In the first half of the night, you built social momentum and exchanged numbers with many different girls. Once the energy in the club reaches its peak, you should shift gears and make a conscious choice that you're going to stick with one girl until she either goes home with you or rejects you.

Often, the best way to find a girl to commit to is by texting the girls you met earlier who:

a. You're the most attracted to.

b. Have the best logistical situation.

To do this, you can simply send a text saying, "Hey, where are you right now?" Or, "Hey, I want to see you before I head out."

If a girl replies, you can meet her to spend the rest of the night with her. If none of the girls you text reply, that's okay, keep approaching women. Then, when you meet a girl who you're attracted to and who also has decent logistics, commit to staying with her for the rest of the night.

Once you've committed to a girl, follow the steps outlined in my article about pulling.

What matters is that you make a clear decision: you're either pulling this girl, or she's rejecting you. The act of committing to one woman will get you much better results than constantly switching from one girl to another. A lot of the time, pulling a girl home will be messy. And if you give up as soon as an obstacle comes up, you will miss countless opportunities.

Most of the attractive women in a club will be gone about an hour before it closes. Because of this, it's generally best to commit to a girl when there is some time left before the club closes: if you wait too long, there won't be many options left.

No matter how skilled you become at attracting women, you won't be able to pull a girl home with you every night you go out. You may commit to a girl whose logistics make it impossible for her to go home with you, or you may have an off-night in which you get rejected by every girl you approach.

This is normal; there are too many random factors outside of your control to be able to sleep with an attractive woman every time you go to a club. However, with enough skill, you will be able to pull consistently. For reference, when I go out, there's about a 60% chance I'll pull a hot girl.

Because pulling involves a certain degree of randomness, it's crucial that you spend the first half of your nights out exchanging numbers with multiple women. Therefore, even if you don't pull, you'll still be able to set up dates for the coming week.

7. Conclusion



You now have a complete step-by-step blueprint for how to meet women at bars and clubs in a way that will not only be fun, but that will also allow you to get whatever results you want.

So long as you put the fundamentals of game into practice and execute the steps outlined in this chapter, you will get consistent results – whether that be pulling beautiful girls home with you, going on an endless stream of dates, or finding a girlfriend.

If you found this article useful and you want my best content, check out https://thefivepillarsofgame.com/p/tfp. In my online course, you will not only get a complete step-by-step guide to getting the success with women you want.

You'll also see hidden camera examples of myself approaching women (and even bringing them home with me).

I also offer online and in-person coaching:

Online Coaching

In-Person Coaching

Check out my YouTube channel:

https://www.youtube.com/channel/UC4kTcVi-b_9qQnMCRG9WggA

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How To Be Good In Bed

Avery · 8 July 2020 · Archived copy · Original



Being good in bed is important. Not only are your sexual encounters going to be far more enjoyable for the girl (and for you), but if you fuck a woman well, she's going to want to see you again.

In fact, one of the best ways to turn a sexual encounter into a relationship is to be great in bed. If you're better than anyone a woman's been with, there will be a strong incentive for her to see you again.

With that said, What you do while fucking a woman is crucial, but what you do immediately before fucking her is just as important. In many cases, you can give a girl an orgasm (or several) simply by fingering her and performing cunnilingus.

Fingering/Cunnilingus

Fingering



Tempo and variety are the two most important aspects of fingering. Start slowly and gently rub her clit (and the surrounding areas) with your fingers. As she gets wet, intensify the stimulation.

Pay close attention to how the girl responds, notice whenever stimulating a particular area or a specific motion makes her moan louder, arch her back, and/or get even wetter.

So, try different things and focus on different areas, but whenever something is particularly arousing for her, double down on that and keep doing it until her arousal seems to hit its peak (this could take as little as 15 seconds or as much as a couple of minutes).

Make a mental note that she likes that particular type of stimulation (I.E., the area, the movement, the intensity), and make sure to return to it again later.

Once a girl is noticeably wet, you can enter her with your fingers. Generally, two fingers are ideal, but you may want to start with one if she's particularly tight. (As for the best technique when you're a fingering a girl, I can't accurately explain it without images, so you can check out this page for a detailed guide: https://www.schoolofsquirt.com/how-to-finger-a-girl/)

As a general guideline, you'd be surprised by how much force you can use while fingering a girl. Now, if she's not completely wet, you want to be tame, but if she is, you can gradually build up to use a lot of strength and pressure—the greater the stimulation, the more aroused the girl will become.



When you're fingering a girl, you should increase the degree of stimulation over time while also including some variety. Slow down at some points. Be gentle and intimate for a minute before returning to a more aggressive pace. Predictability can quickly turn into boredom: by repeatedly changing your pace, you can keep the girl excited because she won't know what to expect.

If you follow the above guidelines, many women will reach the brink of orgasm within minutes. There are several signs that a girl is about to cum: she will hold your body tightly, her muscles will become tense, her breathing will become heavy and stiff, she will enter an animistic, trance-like state, and you will feel a change inside of her.

Once you notice this, you should focus on one particular motion and build up the force and pace of that motion until she has an orgasm. If she doesn't finish, that's okay, just slow down the pace and reintroduce different motions until you think she's close to finishing again.

With enough practice, you can give most women an orgasm simply by fingering them, and in fact, I've had girls tell me I gave them the strongest orgasms of their entire lives before we even had sex. Many people considering fingering something that's 'for high schoolers who haven't had sex yet,' but it can actually be just as pleasurable as cunnilingus or sex.

Cunnilingus

Don't worry about the specific techniques you should use with your tongue. Instead, focus on variety. Try different things: use the tip of your tongue for a while, but then try using the top of it. Try an up and down motion, but then try side-to-side. Compare gentle stimulation to more forceful stimulation. Explore different areas.

Notice how she responds to each variation. Again, if she seems to particularly like something (you should be able to tell), do more of that until her excitement starts to wane.

In general, you want to use variety, but once you think a woman is close to orgasm, yous should focus on one type of stimulation to get her over the edge.

Many women can reach orgasm from oral stimulation alone, but it can help to finger her while you're going down on her—this can overwhelm her senses to the point that she loses control.

Sex

Dominance



When it comes to fucking a woman, the principles you learned in the fingering and cunnilingus sections still hold true. Gradually building the intensity while also varying the types of stimulation will cause a woman to become increasingly aroused.

As crucial as variety and pacing are, the key difference between boring and amazing sex is dominance.

Dominance and submission are opposites that create a polarity: a powerful magnetic charge.

Now, you don't necessarily have to be dominant, and the woman doesn't have to be submissive. Still, most women won't play the dominant role in sex (especially during the first encounter), so you'll be much better off learning how to be dominant in bed rather than submissive.

(if you're a woman reading this, being dominant can be just as much a turn-on for men as it is for women so long as you don't take it to the point that he becomes insecure. As a rule-of-thumb, the more shy a guy is, the easier it is for him to get uncomfortable. You can also make a man feel at ease with being dominant by telling him what you want, "Pull my hair," "fuck me harder," etc.)

The more dominant you are, the more a woman will feel like she can submit to you, which will create a building sexual tension. In his book, *Why Women Have Sex,* Evolutionary psychologist David Buss writes, "Sexual submission is a popular sexual fantasy among women. A study of 141 married women discovered that the fantasy 'I imagine that I am being overpowered and forced to surrender' was the second most common fantasy out of the list of fifteen."

The more you can make a woman feel that you are overwhelmed with a desire to dominate her, the better.

What does this look like?



When making out with a girl, you might want to slam her against the wall (obviously gently enough that it doesn't actually hurt her).

Or, if you're on the couch with a girl, and things start to get heated, you can pick her up, carry her to the bed, and throw her on the bed before getting on top of her.

Dominance generally means taking the lead and asserting yourself. You want to take on the spirit of a wild animal who is lost in the act. Essentially, you are *possessed* by your desire to have this woman.

Instead of changing positions by meekly asking, "Would you like to get on top of me?" move her where you want her. You can also pull a girl's hair (grab it from near her head, not from the end, or it will be uncomfortable). You can even pin a girl's hands down to her side to show her that you have complete control over her body.

Obviously, if you get any signs of discomfort, stop what you're doing. Generally, though, you will find that women absolutely love to be dominated in bed.

Show Her That You Desire Her



Women have a desire to be desired. If a woman doesn't feel sexy, it's very easy for her to get into a self-conscious state in which sex is barely enjoyable.

The best time to compliment a girl about her beauty is while she's in bed with you. You already know she likes you at this point, there's no need to hold back.

Furthermore, complimenting a woman can help her let go of any insecure thoughts she may be having about how she looks. As men, we don't remotely understand how much women are pressured to look a certain way. Even the most beautiful women are often uncomfortable with being naked around someone.

Compliments and expressing your desire will help combat any feelings of discomfort. For example, when you're in bed with a girl, you might say:

- "Your body is amazing."
- "You look so sexy."
- "You really turn me on."
- "I want you so badly right now."

You can come up with your own lines, what matters is that you let her know how attractive she is and how much you want her.

Communicate

You can use dirty talk if you want. It can be fun, but it's certainly not necessary for mind-blowing sex.

Talking after sex, though, is essential.

Candidly discussing sex with a girl will help make her more comfortable with her sexuality. Many women have insecurities about sex—having a real conversation about it can help a girl let go of those insecurities when she's with you.

Furthermore, discussing sex can help you understand what she likes so that you can give her more of it.

When talking about sex, you must not sound insecure. Questions like, “Did you like that?” or, “Was that good for you?” are counterproductive because they make you look unsure of yourself.

Sounding insecure is, in itself, a turn-off. Plus, the girl may not give you honest answers to such questions (because she doesn’t want to hurt your feelings).

Frame questions positively. Instead of asking, “Did you like that?” Ask, “What did you like most about that?” Instead of asking, “Did you have an orgasm?” ask, “What was the strongest orgasm you ever had, and what caused it?”

Ask about what she likes, what she wants more of, and ask her what sexual fantasies she has. You may not be able to help her live out her exact fantasy, but you might be able to do something similar.

For example, if the theme of her fantasy is being dominated, you can use that knowledge as an indication that you should use more dominance. If her fantasy involves being dominant, you could allow her to live that fantasy out, too.

Get creative with how you discuss sex. The above should give you some starting points, but the conversation should be organic, not completely scripted.

Conclusion



Being good in bed is an integral part of success with women, yet it rarely gets talked about.

When I first learned how to pick up girls, I didn’t focus any attention on this area, and I had some awkward sexual encounters. One time I was so hesitant in bed with a girl that she said, “Is this amateur hour?”

Fortunately, sex is a skill you can master. Years ago, I decided to read books about how to be good in bed, and I experimented with various strategies.

It took a while, but eventually, I was able to give most women multiple orgasms the first time we slept together. This not only made the whole process of game more rewarding, but it also meant that if I wanted to see a girl again after we hooked up, I could easily make that happen.

Fortunately, the principles of good sex you learned in this chapter are simple to implement. You don't need to learn anything fancy; you simply need to be dominant, escalate gradually, vary your technique, and pay close attention so you notice when a woman is responding well to something (so you can give her more of it).

Learning to be good in bed is actually much easier than learning how to get women into bed.

Now, if you're inexperienced and concerned about not satisfying the women you sleep with, I recommend that you make a point to give more than you take.

In most cases, bad sex is bad because the man didn't put in enough time towards pleasuring the woman (or vice versa). To combat this, be particularly generous with foreplay so that even if the actual sex is somewhat lackluster, she will be pleased with the overall encounter.

Learning how to be good in bed is a useful skill. But it doesn't really matter unless you know how to get attractive women into your bed in the first place. Fortunately, I've created the most comprehensive guide to success with women ever made: The Five Pillars of Game.

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