



THE-APPROACH.NET / STRUCTURED NATURAL GAME ARTICLE COMPILATION

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Introduction to the V-A-C Natural Game Compendium

Natural game PUAs have always been out there. They're the guys you envy when you go out to the clubs, easily picking up women despite being average looking. They're the guys who are effortlessly cool in all situations. They're the guys who always seem to flow, to seduce naturally.

Natural game was designed to emulate the game of these naturals. Unlike other systems of game, which were built heavily on routines and memorized lines, natural game instead relies on your core identity on belief set. There are numerous techniques and mental models which are a part of the system, however all techniques are designed with the goal of making you a natural. Not a geek armed with canned material, but a genuinely attractive guy.

The following are the best natural game articles that have been written, compiled together. They serve as the foundation of natural game.

NOTE FROM THE COMPILER:

All articles here are written and copywritten by the good folks at the-Approach.net. This compilation is in no way a replacement for the-Approach.net's "The Attraction Handbook" nor would it be a substitute for their bootcamps. It is merely a collection of articles by the-Approach guys floating around the net organized in a way that the average PUA who has no understanding of the-Approach concepts can easily understand.

"The Attraction Handbook" delivers a plethora of useful information that is not included here for copyright purposes. Their bootcamps and seminars are top-notch according to reviews and experience from fellow lairmates. It provides more information about the four different types of value, proper body language and tonalities, mental focus, four types of kino techniques, conversational management, and mastering sexual power reversals.

This is an ongoing work-in-progress and will be updated from time to time. Visit <http://www.the-approach.net> for more info. Definitely worth it. Enjoy.

-Ice

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theApproach Official Workshop Three Day Itinerary

NOTE: I included this into this compilation to give it even more structure. Most of the concepts they teach at theApproach workshops (as written down on their itinerary) have a corresponding article somewhere within this document. Readers might want to follow the bootcamp-structure of studying the articles as opposed to reading the articles in a linear fashion to have a general idea of theApproach concepts and what they consider to be crucial factors of success in male-to-female social interactions. Again, readers must be reminded that this document is not meant to replace the workshops that theApproach instructors conduct.

Day One: Classroom-Style Seminar

Student Objectives

The seminar of day one focuses intensely on developing an attractive identity and a powerful image.

Emphasis is placed on you and your own personal goals. We consider both long term lifestyle goals and also short term goals that you would like to reach by the last day of the workshop.

Would you like to find a great girlfriend? Do you want a wealth of sexual variety? Either way, understanding exactly what you would like to achieve is very helpful and makes the process go much smoother. It is the quickest and most effective way for us to assist you reaching your goals, and designing a custom identity that can turn your desires into reality.

- **Short Term Goals for This Workshop**
- **Long Term Goals for Your Lifestyle**
- **What Type of Women Do You Want to Attract?**

Attitude and Execution

There are two parts to the game: Attitude and Execution.

We examine in depth what attitudes are necessary to attract women, as well as how to cultivate those. There are a few key attitudes that should exist below the surface of everything you do. We will list those, and teach you ways of cultivating them.

Those attitudes also have their corresponding execution. Even if a man has the correct attitudes, he may not understand what it means to execute properly. You can feel on top of the



world, but if you make critical tactical errors, you could still come across poorly to an attractive woman. Correct execution is one of those recurring themes that are continually drilled in throughout the entire workshop.

We also help you to balance your attitudes and execution. Balanced attitudes and execution is what mainstream calls 'being cool'. When you have these two things balanced, you just plain feel good. You feel good about your interactions and they go smoothly. You create the outcomes you want and come across very genuine, powerful and desirable.

- **Attitude vs. Execution**
- **Some Useful Attitudes**
- **Assuming Attraction from a Position of Power**
- **How to Cultivate the Correct Attitudes**
- **Examples of Execution**
- **Balancing Attitude and Execution (a.k.a. Being 'Cool')**
- **How to Self-Diagnose and Correct an A/X Imbalance**

Situational Relevance

Everything a good seductionist does must fit within context.

If not, it will appear forced, weird or awkward. Understanding situational relevance is what will guide what openers you use in certain situations, and what topics you bring up when talking to a woman. This is social and emotional intelligence at it's finest.

- **What is Situational Relevance?**
- **Why is Situational Relevance So Important?**
- **Situational Relevance and Opening**
- **Situational Relevance and Conversational Threads**

Body Language & Image Projection

Adjusting Body Language is the single easiest way to start getting fast results.

We check your existing body language, eliminating any weaknesses, balancing them out and getting it just right. Everything: Your body language and mannerisms, your dress and style, vocal tonality and eye contact is constantly communicating things about you. We want to make sure those things are positive and working for you, not against you.

- **The Importance of Body Language**
- **Walking Patterns**
- **The Gunslinger's Walk in Action**
- **Tonality**



- **Eye Contact and Facial Expressions**
- **Style and Fashion Tips**
- **Triggering Attraction Auto-responses**

Openers and Initiating Conversations

Approaching women and starting conversations is sometimes considered to be the hardest part of what we do.

We make it easy for you. We help you cultivate the internal strength and confidence that makes approaching women easy. We strive to get you to the level where you can approach any woman that interests you without hesitation, every time.

- **How to Open a Woman by Showing Genuine Interest**
- **How to Open a Woman with a Story or Opinion**
- **Situational Openers**
- **Non-verbal and Playful Openers**
- **Creating Interesting and Unique Openers**
- **Opening Groups of People**

Day One: In-Field Workshop

In learning attitudes, techniques and new behavior patterns, it is simply not enough to just hear about them.

It is crucial to see them demonstrated in real life, and it is of utmost importance to practice them until they are second nature.

The day one in-field workshop aims to help you start becoming more comfortable with your new body language and overall identity. You will begin to experience the changes in your internal state that result from having correct execution.

You will become comfortable and confident approaching women and starting conversations with them. You will learn the specifics of execution for a variety of different situations which includes opening oncoming women, opening a woman from behind, opening women that are sitting down, and of course opening large groups of people. It may seem intimidating now, but by the end of day one, it will be a piece of cake.

At that point we are ready to add in a few more pieces of the puzzle. Once the basic foundation is laid down, we are then ready to move onto more specific structure.



Day One Workshop Checklist:

- **Body Language Execution**
- **Tonality Execution**
- **Walking Pattern Execution**
- **Opening and Starting Conversations**
 - **Seated**
 - **Oncoming**
 - **From Behind**
 - **Women in Groups**
- **Understanding Situational Relevance**
 - **Genuine Interest**
 - **Relevant Stories and Opinions**
 - **Situational Openers**

Day Two: Classroom-Style Seminar

Storytelling

Everyone has stories.

Some people are great storytellers, and some aren't so hot. Just like anything else, storytelling is a skill that can be practiced and learned. How do you talk about your job? How do you bring up your positive attributes without sounding like you're bragging? How do you tell interesting stories that capture people's attention? What stories from your life will make a woman feel attracted to you? These questions are all answered in this segment.

- **What to Talk About**
- **Storytelling Basics**
- **How to Make Stories Sound Congruent**
- **Demonstration vs. Verbalization**
- **Using Stories to Generate Attraction**

Intention Maps

In this part of the seminar, we examine in depth, the different ways intention maps are used to create relationships.

We will review the different types of relationship structures that are possible, and we will examine in detail the corresponding intention maps. You will have an understanding of the



underlying dynamics which guide the formation of a relationship, as well as be able to create your own intention maps which specifically foster the sort of relationship you are looking for.

- **What Is an Intention Map?**
- **Long Term Girlfriend Intention Map**
- **Open Relationship Intention Map**
- **One Night Stand Intention Map**
- **Designing and Implementing Custom Maps**

Screening

Not only does screening get you the type of woman you want, it is also one of the most powerful ways of generating attraction.

You will learn why it is important to screen every woman you meet, you will know exactly what to screen for, and you hear the exact phrases we use when we screen.

We will also cover the differences between real screening and false screening and understand when to use each one. We will wrap up by having each student create his own set of screening questions, particular to his interests and romantic criteria.

- **The Importance of Screening**
- **Knowing What to Screen For**
- **Examples of Good Screening**
- **Real Screening vs. False Screening**
- **Designing Questions to Screen Women in a Subtle Way**

Qualification

Once we have fundamental attitudes, storytelling and screening down, we are going to be able to build massive attraction in women. At this point the problem is less creating attraction, but more about demonstrating to the woman that she is good enough to be with you. That's where qualification comes in. It is a way of showing the woman that she is not only worthy of your time, but also that you genuinely like her for more than her looks.

Different examples of qualification will be covered as well as different techniques of qualification. Qualification is a very important part of our program, and as such we also get into a few advanced qualification techniques like pacing and leading and cold reading. You will also learn how to use qualification to influence a woman's behavior and inspire positive behaviors and responses.

- **Stock Examples of Qualification**
- **Designing Qualification Dialogue**



- **Making her feel like she has an advantage with you**
- **Pacing and leading**
- **Cold Reading**
- **Using Qualification to Influence Behavior**

Spontaneity, Vibing & Conversational Tools

Now that we have very specific techniques and conversational tools to use with women, we must also know what to do in between.

This part is about putting our structure together and filling in all of the space between. No more dead silences, wondering what to talk about. This part of the seminar will focus on making our interactions feel very natural and comfortable.

Every woman wants a man she can vibe with. You always hear about women talking about meeting that guy with whom she 'clicks'. That is the skill we develop here. You will be able to improvise flirtatious conversations, humor, stories from your life and make her feel an incredible connection with you.

We will also do some exercises that will teach you how to flow. You will be able to draw upon your real life experiences and create interesting and fun conversation on the fly.

- **The Importance of Spontaneity**
- **How to Develop Spontaneity**
- **Continuous Flow of Action**
- **Generating Infinite Conversation from Life Experiences**
- **What Conversational Threads Help Us?**
- **Thread Management and Controlling the Direction of Conversation**
- **Thread Deletion and Amplification**
- **Vibing Exercises**

Day Two: In-Field Workshop

The day two in-field workshop is a chance to use the new conversational structures you have learned and created for yourself.

You will talk to a lot of different women during this part of the workshop. You will understand the different effects these tools have on women, and you will see for yourself just how powerful and real they are.



You will practice storytelling and get feedback on your delivery. You will fine tune your screening questions and learn where and when you should use them. You will practice both real and false screening, and in addition try out your new custom screening questions and inspire women to meet your high standards.

You will also use qualification and understand how qualification can also be used as a tool to assist in opening, having a woman join you in another venue, and even getting her phone number. You will also begin to develop your spontaneity and realize that your improvised conversation can be just as powerful if not more powerful than a conversation you prepared for. You will understand what it means to vibe, and you will be able to create that 'chemistry', that 'click' that women are spending their whole lives searching for.

Day Two Workshop Checklist

- **Storytelling in Real-Life**
- **Understanding Demonstration vs. Verbalization**
- **Using Stories to Generate Attraction in Real-Life**
- **Using Both Real Screening and False Screening**
- **Using Custom Screening Questions with Women**
- **Using Qualification to Influence Behavior**
- **Pacing and Leading as an Opener**
- **Cold Reading with Women You Just Met**
- **Development of Spontaneity**
- **Generating Infinite Conversation from Life Experiences**
- **Vibing in Real Life**

Day Three: Integration of Attitude and Execution

Full Structure of Pickup

We examine the complete structure of a pick-up from beginning to end.

We show you where everything you have learned fits into that structure, what your general behaviors and attitudes should feel like, how to handle logistics, how to escalate physically in a smooth manner, and of course, what you should expect along the way. We will give some first-hand examples of full pickups and talk about some common obstacles that come up and how to handle them.

We also cover 'phone game' extensively. You will learn how to get solid phone numbers, how to maintain your initial impression over the phone and how to get women to meet up with you.



You will learn what to talk about over the phone, how to handle flaking and realize how important this aspect of the game really is.

- **The Approach and Initial Conversation**
- **'Insta-Dating'**
- **Getting Solid Phone Numbers**
- **Phone Game**
- **Difficult Logistics**
- **Multiple Venues**
- **Where and How to Isolate**
- **Daytime Isolation**

Dates

A lot of the time a pickup will go past the initial meeting, and will turn into a 'dating' type of scenario. This is fine and quite common. It is important to know the dynamics of dating and how to plan fun and interesting dates. We cover a variety of interesting and fun date ideas as well as guidelines to help you plan your own.

You'll also learn the difference between imagined and real rapport and why it is such a big factor in a woman's willingness to meet up with you. You'll learn the three rules Vincent uses when planning dates with women. Following these three rules will create low-cost dates which maximize a woman's attraction for you and practically guarantee her getting physically involved with you.

By the end of the workshop, you'll be able to maintain a flirty, challenging vibe that will keep things interesting and moving forward.

- **Vincent's Three Rules for Planning the Date**
- **Imagined vs. Real Rapport**
- **How to Know She's Interested**
- **The 'No Challenge' Switch and How NOT to Flip It**
- **Ideas for Fun Dates**
- **How Intimacy Develops Throughout the Date**

Physical Escalation and Sex

One of the most crucial parts of the game is physical escalation.

A smooth, comfortable escalation is essential to completing the process. In this segment, you will learn about various techniques and ideas to make the process happen predictably and without error. It is a subtle balance of not going too fast, and not missing windows of



opportunity. It is ideal to be laid back, but capitalize when you see an opening. This balance will be explained in detail so that you know when to take action and really make it count.

- **Kinesthetic Sequencing**
- **Last minute resistance**
- **Verbal and physical solutions to LMR**
- **Sexual techniques and making her come back for more**

Relationships

Having a long term relationship with a woman whom you really care about and enjoy can be one of the most fulfilling results of our program.

Many of our students in the past have come to us with aspirations to be life long pick-up artists but then find an amazing woman and end up committing to her!

We encourage you to cultivate a strong relationship with a woman who intrigues and challenges you. Really great women are rare and difficult to come by. After taking our program, you may realize that beautiful women are a dime a dozen, and quite easy to seduce with these skills. Finding a woman who is not only beautiful, intelligent and has things going for her, now that's the real challenge!

- **Setting Expectations**
- **Creating Long Term Relationships**
- **How to Maintain Successful Relationships**

Lifestyle

We teach a comprehensive range of concepts regarding lifestyle.

We discuss topics such as relationship management and setting relationship expectations, handling multiple relationships, casual encounters, and even creating successful marriages. After all, this entire program is geared toward building a happy and successful lifestyle. It goes far beyond the three day weekend.

Once we prepare you for the lifestyle of being extremely successful with women, you will not only subconsciously become propelled toward it, but also be able to make it work out in a favorable way, without the excess drama.

- **Meeting Women in Your Daily Life**
- **Handling Multiple Open Relationships**
- **Maintaining the Lifestyle**



Special Advanced Topics

At the end of the seminar on the third day, you'll get a chance to learn some very sophisticated and exclusive concepts and cutting edge techniques. This is our way of saying 'Thank You' to our students and giving them something very special to take away from the weekend. This segment is dependent on the overall skill level of the group, their individual interests and may change from program to program.

In the past, topics have included:

- **DiCarlo Focus Process**
- **Array of Possibilities**
- **Reverse Supplication Game**
- **Auto Rejection Mechanism / Auto Rejection Cycle**
- **Frame Resolutions**
- **Value Vs. Attraction**

Day Three: In-Field Workshop

The three day transformation can be quite astonishing.

The day three in-field workshop takes place in the daytime, and this is where everything starts coming together. Although it will take a lot of practice in the next few weeks to hone your newfound skills, things really start to come together on day three. You will start to balance the inside attitudes with appropriate outer game execution.

This is also the time for the students to iron out all of kinks in their approach. Instructors will work very intimately with you to ensure that there are no significant flaws left in your game. This is also a time to practice your openers, insta-dates and number closes. Some students will start trying out the advanced concepts right away; others will continue to build their fundamentals.

At the close of the workshop, we will give everyone an action plan for continued success. We may assign certain goals or exercises to you, so that you have a focused post-workshop strategy. Our students are typically very successful post-workshop with many of them having intimate relationships with new women weeks or even days afterwards.

Day Three Workshop Checklist:

- **Work on Getting Phone Numbers**
- **Work on Getting Insta-Dates**



- **Continue to Work-out Any Sticking Points**
- **Practice Advanced Topics and Learn Execution**
- **Assignment of Exercises**
- **Continuing Advancement**



TRANSITION TO NATURAL GAME



Transitioning to Natural Game

The community as a whole is changing. Similar to when SS used to be in vogue, and MM became dominant, the community is now shifting from routine-based game into Natural Game. I think this is a good change. People are seeing that being highly routinized without having good vibing skills and other fundamentals is getting them nowhere. More and more, people are recognizing that it's not the words you say so much as WHO YOU ARE that gets you success with women.

If you're interested in transitioning to a natural style, docandwriter has a post up on ASF about his experiences transitioning from routine-based game to natural game. Check it out:

Originally posted by docandwriter

Hey guys,

I've been going through a transition from indirect to direct and natural game, simply because I have more phone and seem to do better with the latter. This has been going on for months, and I've been field testing it all throughout. When I thought I figured it out, I further went out to test it a lot over the last few weeks, including the last four weekends, going downtown each time. This is just my experience and observation, and I don't think it's meant to supersede Woodhaven's post on natural game which I think is great.

—

To describe how my game has changed, it is now a combination of direct and natural game, and how I came to my conclusion was not by any obvious means. I had been thinking about this for a while, and started the transition at the start of summer. At the time, I was doing purely indirect and got very good with it, but I felt that there had to be better methods that suited me better. I started looking into advanced methods of sarging (whatever they were at the time) and inadvertently came to this conclusion and I did it less through using the 'community' as a resource, and more by talking to naturals, women, checking out sources that are not seduction related, plus a few other surprise sources.

I've discovered a lot of things through this, some of the things that stand out are:

The transition from indirect to direct or natural game is not obvious and simple. To get to direct and especially natural game, it relies less on what you do, and more on how you feel, your attitudes, and also... (from what I've discerned) your total life experience. There are certain steps to get to this stage, hurdles that must be jumped over, and it's a slow, bit by bit process, as you, your body, your mind, and your vibe, get acclimated to this. Certain realizations about social dynamics must be made, the wrong beliefs will hinder this. This is very important. And it's not something that one can suddenly say, "I'm going to do direct/natural game from now on". It doesn't happen that way, in fact it's impossible. One must have a lot of stuff going for him and also be have the attitude his life that he is in a legitimate position of power. A lot of



modeling other people must be done. In this, key is body language, attitude, and vibing which all translate to energy one puts out.

Comfort and rapport are key. Mondo key. As much as, or even more than, indirect game. Counter intuitive, isn't it. If you get fools mate and a fast lay, you can get away with little or no comfort and rapport, but it's more solid if you create comfort and a connection and combine it with sexual vibe and SOI's.

A very advanced method, which I got from several sources, is dream trance talk. This also plays into your vibe.

In direct and even natural, to an extent, you have to be able to tell if a girl is still gettable after you get objection, or if you've creeped her out and are blown out. Learn to tell the difference between the two. Girls will be surprised at the direct attention. They will like it. They will resist (they have to). How you progress and escalate will tell if you are able to make progress or if you creeped her out. Learn to create comfort so that you prevent her getting creeping out. The fastest way to get yourself blown out is by moving too fast, she will like it at first, but suddenly switch to not liking it. If in doubt, slow down and create comfort.

Kino is also mondo important. You must do kino, create a connection between yours and her limbs and body. Touch her the right way; it will make the biggest difference. You must escalate as much as you can. Kissing on the lips is the best.

Your own body language and vibe is important and communicates so much to her that will be congruent with what you are saying with to her. The magic in this method is in this point, but it's not something that can be easily described.

You must suggest a future event or meet with her. It can be the future, as in as soon as 'in an hour' to the following week. Suggest a physical activity where it is implied, or open, that something sexual may happen.

Cold/warm reads are key. Very good for establishing a connection and your position very fast.

There are a few more things, but these are the ones that stand out.

Now I get hit on all the time, IOI's, AI's, I feel like the rapper 50 Cent and opportunities abound. I also get to choose the targets I want and instead of a machine gun approach to hitting sets, I use a hand to hand combat approach (I was going to say a sniper approach, but it's not really). This was not an over night thing however, I got hit on a lot before I started this and AI's were around. But now, it's on a higher level. Single girls seek eye contact with me, girls in sets (mixed or girls) look me up and down with lust.



Now that I'm making time to go out more, and now that I'm satisfied that this transition is done (there is another transition coming, as I haven't actually read much community material on this, so I should see what they've come up with, and the next transition after that, is the Zan transition and after I can foresee one more transition).

One last thing I should add is that....I'm more normal doing this. Normal in that a lot of people in my area who are sarging run game, but are not normal. I'm juggling 3 mLTR's with this right now, haaaa, but I probably should cut one or two because of work.

Thoughts?

Docandwriter



Duke's Thoughts on Compliance

Duke at sosuave.net had some good comments on how guys who put too much effort into gaming a girl are making her less attracted to them. Of course, you should learn on some level how to attract women. But, eventually we all learn that while cocky funny flash game stuff can make a nerd seem a little less nerdy, actually getting laid comes down to our core identity and solid base of social skills. This is why a lot of guys in the community who were heavily into canned game are now transitioning into natural game.

One of the biggest hunks of bullshit floating through the community is that in order for a girl to like you, you have to DO something. You have to DO x,y,z to "create attraction", or else the girl can't like you. Bull. Fucking. Shit. The biggest realization I had over the course of the past two years is that girls can be attracted to me, and I don't have to consciously do anything to induce it. I know you're thinking, "Well, that's because you're goodlooking." No, I'm not. I average 7.5-8 on hotornot. So no, I'm not a mutant, but I'm not a model either. And I'm not tall. I'm 5'6.

I know this is hard for many of you to believe, but at your core, you are an attractive person. I believed this before I heard Juggler say it, but I agree with him 100%.

The thing that sets back sooo many guys in the community is the belief that in order for a girl to be attracted to them, they have to consciously be DOING something all the time. They have to be cocky/funny or tell a DHV routine or do a cold read or run strawberry fields, blah blah. NO. These CAN BE helpful tools during a cold approach, so by all means, use them if you think you need them.

But do as little as necessary. You might not NEED all this stuff for a girl to like you. You probably don't.

Look, the thing that has fvcked up my game more than anything else is that I did sh!t that I didn't need to do. Let me explain it like this. Some of you may be familiar with what I'm about to allude to as "Value Calibration", but I like analogies with visual imagery:

Coke Bottle Theory

Think of your baseline coolness/confidence as the amount of coke in a coke bottle. Starting off, many of us probably had very little coke in the bottle. So in order for us to be enticing—to appear to be a full coke bottle— we had to SHAKE THINGS UP. We used cocky/funny lines and negs and generally did things that were out of our comfort zones. Maybe we felt they were a little asshole-ish. We shook the bottle and our coke fizzed up to the top and made us look enticing.



However, over time, as we socialize more and more, and get more and more experience, our baseline coolness goes up. More REAL coke fills the bottle. Once you get to a point where your coke is near the top of the bottle, DON'T shake things up anymore than you need to. Once you have cool, normal body language... once you don't get very nervous around girls anymore... once you have good style... once you are a few months into a weightlifting program... once you don't take yourself very seriously anymore... once you can make good eye contact... once you can speak clearly and project loudly from your chest...once you've broken most of the habits TD outlined in his "25 Points" post...

THEN your baseline coolness is pretty high. And if you shake things up anymore, then your coke overflows out of the bottle and onto the floor. In other words, you look like a TRYHARD and NOT COOL anymore, because you were already cool before you did anything.

The problem for some guys (including me) is that our self-image hasn't caught up to how cool we've become in other people's eyes. It's like the guy who used to be skinny and started weightlifting. Even though people comment all the time on how buff he's gotten, he still feels skinny.

For me, I've taken care of pretty much all of the components of being a COOL, NORMAL guy. I don't creep girls out anymore. I can just BE NORMAL and girls will often sarge me. Maybe they won't COLD approach me (like in a club setting) because they are afraid, but I pretty much have girls clamoring for my attention (kinoing me, etc) in my social circles now, or places where there is some kind of shared rapport (house parties, etc). And, IMO, guys need to become BASELINE COOL before they even begin to worry about cold approaching. If you're a fvcking 40 year old computer programmer archetypical dork guy (and don't lie to yourself if you are , then fvcking GET COOL, man! I really have to laugh when I watch these seduction DVD programs and the audience is filled with 40 year old, pudgy, balding guys wearing khakis with a tucked in shirt and a pocket protector. No, Four-Eyes, asking "Are you single?" in a suspicious tone and then asking her number isn't going to work. Trust me I tried it. And I'm half your age. Lots of fake numbers. I wasn't cool. Even some of the more savvy approaches just aren't going to work very well for these guys if they don't raise their baseline coolness. IMO, cold-approaching as a guy who has a low baseline level of coolness is a verrrry slow way to go about things and potentially progress-stunting (as it's very easy for a guy like that to get discouraged and give up). Get a BASELINE level of coolness FIRST.

How to get a BASELINE LEVEL OF COOLNESS:

Guys, please take care of this stuff. I can't stress it enough. Work out. Buy cool clothes (ask people's advice if you don't know what's cool). Get comfortable around hot girls. That might sound like a tall order, but it's not. For me, I just made a deal with myself that I would be celibate for three months. WAM, girls instantly lost their power over me. And at my work, I had to interact with a few of them. I came to be comfortable around them over the course of a few



weeks since they had no sexual power over me. My social calibration shot up (my coke bottle filled up more). Go out with your friends and joke around. Focus on having fun and on being expressive. More than anything this is key. I recommend reading Juggler for a better explanation on how to let yourself be expressive. Most guys' main problem (IMO) is that they have trouble being expressive— saying how they FEEL about things and talking about themselves. Again, I point you guys to the Juggler archive. He talks about all of this, and it is so fundamental IMO.

It's not that hard, but don't count on becoming cool overnight. It might require that you make some changes to your self image. For example, you have to get over the fact that cool clothes are considered "trendy" or "conformist." They are also COOL and subcommunicate that you have a sense of what's cool and what isn't. Overcome the fact that when you are expressive, you're putting yourself on the line.

For me, my main sticking point over the past couple years is that I have been doing more than I needed to do. A seduction would be rolling along just fine. I'll be doing ABSOLUTELY NOTHING consciously. I'll just be shootin' the shit and being my normal, non-needy, comfortable self. And things are going well, and then suddenly I feel the urge to DO something. I feel, "I have to DO something now to amp attraction." So I'll insert some CF line, and it's like throwing a monkey-wrench into the wheels, and everything screeches to a halt. If things are going fine, don't do anything.

Guys wrongly assume that they always have to "DO" something to create attraction. Sometimes, you might. If a girl isn't into you even though you're talking to her, then maybe you need to do something. But if things are going well and the girl is giving you IOIs, then don't do anything differently. Just flow with the vibe and reciprocate and escalate when you feel it's time.

Don't make things more complicated than they need to be. If a girl is openly flirting with you and vibing and smiling and going for rapport, then don't say some CF line just because ASF or David D. says you need to in order for there to be attraction. Don't bust into a DHV routine if you can tell she likes you already. You already have enough value in her eyes, even though you didn't do anything. That can be hard to wrap your head around, I know. It was for me. Just chill out and sit back. When things are going well, let them take their course. Use as little "game" as possible.



The Transition to Natural Game, Part I

I've met my share of brothers from the community. After sarging with them and watching them in the field, I have seen the same exact things over and over. They all run nearly the exact type of game, and have the same problems. I am not criticizing other people's models, I am just providing an analysis of the EFFECT that these models are having on the bulk of the people I meet. I would estimate about 90% of random community guys I've met fall into this category. Again I emphasize that it is not an inherent flaw in the traditional ASF models, but more how people are interpreting these models, along with other factors related to societal conditioning.

This post will serve to help transition those people who are interested from a "nerd-like" entertainment frame to a smooth natural approach which is inherently more seductive and effective particularly in endgame.

I have not posted anything advanced in a short while, so this post is the culmination of the past few months of my work. Enjoy!

Contents:

1. The two fundamental elements of a pickup.
2. The difference between techniques, mindsets and beliefs.
3. A paradigm shift for ASF models. A full analysis of pop-ASF game vs. natural game.
4. Design the frame for endgame
5. The Continuous Flow of Action.

Related Posts:

- * Confident Rapport by Seth Parker
- * Rooting: Problem with the who lies more opener by Style
- * Insights - Thinking beyond the medium by Razorjack
- * Rewriting the Rules for ASF by Imperfect

1. The Two Fundamental Elements Required for Conscious and Deliberate Pickup.

Any active pickup where the man decides who he wants, approaches her and consciously moves the interaction to sex requires only two things.

They are:

-Strong and unwavering belief that the girl wants him.



-An interactive context which can lead to isolation.

The great part about this is that any context will work. This represents the differences between all of the methods you see here on ASF: Be it Gunwitch with his strong rapport assumption and ordinary conversation, or be it Mystery's routines which fit into a precise and linear system. They are both just interactive contexts which can lead to isolation. The true firepower, however, is the set of beliefs driving the context.

The reason why there is so much focus on context is because it is something that can be learned quickly. It's very easy to learn a few jokes and tell a few stories and memorize a few openers. Internalizing good beliefs on the other hand, usually takes months or even years. So you will see some guys on here telling us to ignore the belief / inner game stuff and just develop a strong context. While it may be beneficial to develop a really strong context, we must take care that our execution of techniques isn't inhibiting the growth of good beliefs or installing limiting ones.

The fastest route to mastery is to continue developing strong beliefs and at the same time become familiar with a variety of contexts — get a lot of experience under your belt. Adopt a really great inner game program, and then go into the field and work your techniques. Learn to handle as many tough situations as possible - large sets, daytime isolation, amogs, direct approaches, etc. Realize it can take quite some time before your beliefs make a significant enough change such that you achieve the kind of success you're really after.

2. Techniques, Mindsets, Beliefs and how they are related.

On the most superficial level, we have techniques. A technique is something that you say or do while interacting with a woman. We all have a great deal of conscious control over which techniques we use. On the flipside, techniques are the least effective part of who you are and quite useless without the deeper levels mindsets and beliefs.

At the very deepest level, we have our beliefs. Beliefs determine your reality, and are shaped by your identity. Unlike techniques, we have very little conscious control over our beliefs. They are so far below the surface of our awareness that it is nearly impossible to change them at will. There are probably Zen monks who can consciously affect their beliefs on command, but then again, those guys aren't trying to learn to pick up women on an internet chat board — to the best of my knowledge, anyway.

Now what most people ignore, are the mindsets behind the techniques. This is the frame through which we deliver our techniques. A mindset determines the internal dialogue that you experience throughout the pickup. A mindset can be applied to a group of techniques, and a group of mindsets is what makes up a belief. Razorjack's thread "Insights - Thinking beyond the medium" provides a great explanation of mindsets. What he refers to as thinking beyond the medium is just assigning a mindset to each group of your techniques. It simplifies your pickup



by redirecting your focus of attention. Instead of remembering 20 different technical details, you just have one mental focus - a specific mindset.

Mindsets are easier to change than beliefs, but not as easy to learn as techniques. Exerting conscious control over your mindsets is the most effective way to affect your inner game, since they are in direct contact with your belief system.

Example of a mindset:

Take the c+f line “Whoah, pointy shoes! They’re nice, but I feel sorry for the little elf you stole them from, who’s now running around barefoot.”

You can deliver the line with the mindset “She’s hot so I have to show her I’m indifferent / not impressed by her, so she thinks I’m better than her.” -or- you can deliver the line with the mindset “I care about this woman, I’m enjoying the interaction, and I am joking with her to make her laugh and feel good.”

Obviously the latter is more effective, as the former will come off insecure. Despite the fact that you are saying the same words, because you are using two different states of mind, you’ll get two dramatically different results. Not only will your results be worse, but carrying the former mindset around will only do harm to your belief system. It presupposes LOWER VALUE and lack of attraction. No good.

The end goal is to change your beliefs, since they will ultimately have the greatest effect on your game. Simple repetition of techniques without the proper mindsets or with incorrect mindsets will do damage to your belief system. You need to adopt great mindsets to insure proper development of a belief system.

3. ASF Paradigm Shift.

The traditional model in use by the majority of ASFers I’ve met is the following:

- Assume that girls must be “hooked” in order to be interested in you. (Sometimes true to varying degrees)
- Approach with prepared opinion opener designed to engage girls, meanwhile feigning disinterest.
- Assume since you’re approaching her, she’s automatically more valuable, so...
- Go right into story to in order to display higher value, which will generate the attraction which was previously not present.
- Continue to tell stories, tease girls until you get clear indication of interest.
- Phase shift into “rapport / comfort” which consists of ordinary conversation, dropping the personality she was interested in initially.



- Bait her into qualifying herself to you, and no matter what she says, SOI her for that. (This step ain't so bad)
- Isolate and escalate. (This one isn't either)

Eight Common Sticking Points in Execution of the Traditional Model.

Sticking Point #1: Failing to be Situation ally Relevant

The first problem with this approach is that people mouth canned openers without a context for them. Style had an entire post dedicated to this point alone, so I won't go into detail here. (Rooting - problem with the who lies more opener)

If you want to use opinion openers either: A. Genuinely care about the topic. -or- B. Make sure it's obvious that the opinion opener is just an excuse to talk to her. (In this case, ask it and then quickly change topics)

Sticking Point #2: Incongruence.

Secondly, guys spend hours and hours on this website, learning material, preparing a routine stack which is designed to engage girls. These guys go out of their way to learn these girly topics of conversation which the majority of us aren't really interested in, just to get female attention. And then on top of that, they pretend that they aren't really interested in fucking the girls! Then, the moment they "stack" these girly openers and DHV's, she's CONVINCED they want something and she knows exactly what they are up to. Feigning disinterest now becomes highly incongruent. I mean seriously. To go out of your way to learn girly topics of conversation, just to have permission to talk to chicks is SUPPLICATION. Entering a female's reality just so we can talk to her for a few minutes with the hopes of fucking her is ridiculous!

Here's an analogy. What if a girl went out of her way to learn all about sports or cars or (insert masculine topic here), even though she didn't really like or understand these things - just so she could relate to guys in conversation? This girl doesn't really care about these things, but is pretending to, and spending hours and hours on the internet learning about them, just so she has permission to talk to guys. Does this telegraph that she has an interesting life? Is she telegraphing that she is a valued commodity? NO! Exactly the opposite. If a girl like this came up to me, and talked about things that interested me, I might engage her for a bit, but would I be ATTRACTED TO HER? Hell no. Now what if she kept changing subjects and kept desperately trying to find something I wanted to talk about... would that make me more likely to find her interesting?

It may appear to work marvelously because it gets new guys into set, because now they are actually talking to girls whereas previously they stood there and did nothing, having absolutely zero context. But the majority of people reading this do not need that kind of content to be interesting to women. Learning girly topics of conversation WILL get you to open more sets



consistently - but it's under an entertainment / girlfriend frame, and while things will seem great that night, she will be almost guaranteed to flake. You won't get laid.

I've questioned SHBs (after I've slept with them and they're more honest) about this. These are girls who go out and are almost always the hottest girls in the club, wherever they go. This is what one of them told me:

"Yeah sometimes we talk to guys out of pity. If a guy seems really weird or is dressed gay or something, we'll talk to him just so we can laugh about him later. It's fun. He thinks he's getting somewhere, but then at the end we run away from him laughing."

Girls will talk to sufficiently weird enough guys who "seem gay" for THEIR OWN ENTERTAINMENT. This is a fact, and very common with hot girls. They will sit there and eye code each other, loving it, not because they are sexually attracted, but OUT OF PITY. Don't design your game so that you are becoming this type of guy. Sure you are opening more sets, but it's for the wrong reason.

Sticking Point #3: Trying too hard to demonstrate higher value.

Demonstrating Higher Value. The reason why this is detrimental once again goes back to the mindset behind it. Feeling the need to demonstrate higher value is the same feeling that an AFC has when he starts bragging about his job or car or girls he's banging. Sure, you are using a more sophisticated technique, but the mindset and beliefs behind it are EXACTLY THE SAME.

Never go out of your way to demonstrate higher value. Assume higher value! You're the fucking man! You have higher value automatically!

I tell plenty of stories in set, but I do it for fun, because I'm having fun doing it — not with the intent of "proving myself" to the girl.

Sticking Point #4: Putting much more effort into the interaction than the woman.

In our model of attraction, we use the term **compliance** to mean the work or effort a woman puts forth in the interaction.

When a man talks too much, stands while she is sitting, or even moves around with more energy than her, he is indicating that he is working harder than she is.

This will kill attraction and destroy the possibility of creating a **Sexual Power Reversal**.

Simple things like making her contribute to the interaction, asking her to physically participate or taking her to meet his friends will help remedy the situation.



It is necessary to at the very least create the illusion that he is not working very hard to win her over, and the closer to effortless he can make it appear, the better.

Sticking Point #5: Faking disinterest.

It is impossible to fake disinterest 100% of the time. Even if you memorize 5 stories, 3 teases and absolutely MASTER the backturn, it doesn't matter because you'll fail the next test she throws at you. Women are CONTINUALLY testing guys they are attracted to, and most of it doesn't fit a predetermined pattern — IT'S NONVERBAL. I get tested all the time by women. They're thinking "Who the fuck does he think he is, this skinny little fucker... I'm gonna see if he's for real. I hope he's not wasting my time." So they have to test you. They don't want to fuck some ingenuine guy that faked the first 10 minutes really well. You have got to be the real deal through and through, my friend. And faking any more than you can back up, will just insight more intense tests which you are bound to fail.

Don't fake disinterest unless you can back it up 100%.

Sticking Point #6: Over-reliance on Indicators of Interest.

Relying on IOI's in order feel like it's *on*, instead of assuming attraction. Thinking too much and calculating your behavior based on watching for IOI's. Don't wait around for IOI's before feeling good about the sarge. Her interest will be based on your vibe anyway, and if your vibe is dependent on watching for predetermined IOI's, then you are leaving it up to chance.

Let's face it, most IOI's that people look for are pretty ordinary behaviors that women exhibit when you talk to them anyway. Some of the popular one's I've heard are:

She asks you where you're from - This is one of the most common pieces of small talk when you're first getting to know each other. She may be asking you this just to be friendly; it doesn't mean she wants to fuck you.

She touches you - women are actually more likely to touch you if they aren't as attracted to you, as a way of playing with you. If a woman senses extremely high value, and is a bit intimidated, she is less likely to touch you. She is also less likely to touch you first if you are very direct. Of course, if you don't even have a chance, she won't touch you at all. Either way, unreliable as an IOI.

Remember, one of the two things necessary in pickup is the belief that the girl wants you. It may be difficult to believe at first but keep reminding yourself of this, and train yourself to see *everything* she does as an IOI. Is she looking at you when you talk? It's on. Is she contributing to the conversation? It's on. Is she standing in your physical proximity? It's ON!



Sticking Point #7: Dropping the personality that initially attracted her as a part of a “phase shift”, mistakenly thinking it takes X amount of time to attract a woman, or feeling the need to “transition into” X,Y or Z.

Dropping the personality that initially attracted her as a part of a “phase shift”, mistakenly thinking it takes X amount of time to attract a woman, or feeling the need to “transition into” X,Y or Z.

It sounds like three different points, but really they all stem from the same type of beliefs and mindsets. They come from leftover society programming like “It takes a long time for women to become attracted.” or “Men have to earn a woman’s attention and attraction.”

If you do actually do well to convey a fun personality to a chick in the first few moments of meeting her, such that she is attracted to you, you should maintain that same fun personality while getting to know her better and deepening your connection. Intersperse your c+f and playfulness with your rapport. But at all costs, stay congruent and do not become someone else entirely.

On the flip side, do not stay in a perpetual attraction stage where you are running material for the upwards of 10 - 20 minutes. That is WAY too long. If you use a couple of fun pieces to open a set, and they respond well to that, they have already made a positive judgment of you. Keep it light on the material and rely more on sharing positive energy with the set, and particularly your target.

Also a lot of people believe that you need a ‘transition’ to do certain things - especially kinesthetic related actions like touching, kissing, and cavemanning. You do not need a transition for these types of things. You just need to do them with the full certainty that she will enjoy it. Decide what you are going to do, and do it like you mean it.

Sticking Point #8: Lack of congruence. Mixing and matching techniques.

It is not sufficient to be a man. You must become an archetype. Women are attracted to archetypes much more than ordinary.

Once you determine what YOU stand for, you must make **every single** element of your game congruent to that. Everything you do, say, how you dress, your mannerisms, your techniques should serve to reinforce that archetype. Any deviation from your identity is a leak in your game that needs to be fixed.

This accounts for why some techniques work for some people and not others.

Sticking Point #8: A complete lack of sexual tension.

Since so many guys come from a background of being shy for so long, they are unfamiliar with their newfound extroverted behavior. Some will become extroverted to the point of



flamboyant, and some will become obsessively 'alpha' attempting to dominate every interaction without awareness of how they are coming across. This appears clumsy, and ultimately lacking in sexuality it is not attractive to women.

Sexual tension is defined as **“the contrast between a relaxed sexual vibe and the lack of any overt sexual advances.”** In many cases, it is much more effective to “withhold” your game, and let her escalate on you.

Natural Game.

If you're going to make the transition to natural game, start out simple. It takes some getting used to, and requires attention on a couple of different levels. It may seem awkward at first, especially if you are use to the traditional indirect game model discussed above. But if you work with it and gain even just a baseline competence, you will:

- Improve your closing rate, avoiding 'sexless frames'
- Reduce your flaking
- Focus more on the interaction and enjoying the process
- Allow your true attractive personality to bloom
- Develop an incredible belief system

If you would still prefer an indirect type of approach based on routines and canned material, it would surely be beneficial to implement these mindsets anyway, along with correcting all of the previously mentioned sticking points. It can do nothing but improve your results.

Of course there are some differences that some may consider to be drawbacks:

- Her initial impression of you becomes increasingly important and is predominantly visual and auditory based. This doesn't mean you have to be good looking, but it does mean you need a tight “image” including style, body language, tonality and facial expressions. She is going to size you up based on your energy and vibe, and will interpret everything you say through that filter.

- There is no more masking insecurities behind indirect techniques. You will be forced to confront your limiting beliefs head on, and handle them once and for all. I actually think this is an advantage, but it may be scary for some people to confront their deepest fears and depend on their core identity to attract women. Guys with self-hatred issues and poor self image may shy from this type of thing, telling themselves it would never work, despite the fact that it is the solution to all of their problems.

- Your opening percentage will be lower. You will get blown out faster from certain sets. You can persist on these, but it is likely that they would have not led to anything anyway. In this way, it acts as an efficiency screen and which saves you from wasting your time.



Naturalized Seduction Model:

1. Assume Attraction, adopt mindset that you are going use your personality to make her feel great.
2. Open direct. This includes direct compliments on her beauty or remarks about the environment, or even a simple "Hi." If you are still hesitant to use direct openers, ask her for an opinion that you're actually curious about. Your opening body language MUST be congruent to your intentions.
3. Go directly to a vibing / rapport type of interaction. Be playful with her and get to know her. If you tell stories, make sure they're fun, and not meant to impress her. Lead the interaction via a continuous flow of action. (explained below)
4. Lead smoothly and confidently to escalation. This could mean you instadate her, venue-change her or close her.
5. Repeat steps 3 and 4, until you isolate and fuck her.

This is a very simple structure, but its effectiveness depends on the mindsets in the next section.

4. Designing the Frame for Endgame

Natural game is based more on mindsets than anything else. Adopt the mindsets, and allow the techniques to flow. You will find yourself inventing your own tips and tricks and posting them on here for others to check out.

Mindsets are essential to any game, particularly one with minimal structure such as the Naturalized Seduction Model.

-Mindsets-

Approach:

The game starts before you walk up. A woman's impression of you is largely determined by what she sees before you open your mouth - that combined with the impression you make on her in the first few seconds upon opening. People have a tendency to generalize the type of person you are as fast as possible, which makes everything in the beginning very influential on the remainder of the interaction. I think that it is often downplayed how important it is to have a very strong visual image based on your style, dress and body language. You will hear girls often saying 'he was cute so I talked to him' or 'he was cute so I let my girlfriend stay and talk to him'. Do NOT underestimate the impression you are making visually. We talk all the time on here about it being a limiting belief that you do not need to be handsome, but that does NOT apply to your style, overall grooming and body language. This stuff is vital.



One of the reasons why I avoid opinion openers is because of the subtle frame of *needing something from someone*. Sometimes I think they are about a half step up from a person in the mall asking you for a few moments to fill out a survey — very unromantic and asexual. This is just me however, and I do know a few guys who use them with great success because of their high consistency of opening. It is a matter of preference, I suppose but I like to start the romantic vibe from the very instant I walk up. I don't give up any power by needing someone's opinion - the girl's #1 objective is to IMPRESS ME from the very start.

Teasing, C+F, Busting:

Some people don't like to combine this type of thing with their direct game. To me, this is one of the best parts about direct game. I love teasing and busting on girls. The beauty is, if you are running a direct game, she KNOWS you're just playing with her.

The way I like to think about it is 'floating' your indirect tech (c+f, MCR, busting, push/pull) above a very solid and confident direct vibe. That is you are vibing direct with your bl, facial expressions, warm tonality, but at the same time having fun with her. You are making her feel good through humor because you enjoy her.

Affecting her Emotions:

It is a well known fact that we should engage girls on an emotional level. Touch her emotions. Trigger her emotions, yet people are still confused about how to actually do this. You don't 'talk about emotions' with her. You cause her to experience different emotions through a variety of ways. Off the top of my head I can think of:

- Displaying your emotions through facial expression and tonality when you tell stories
- Talking about your passions, let's her have a taste of your potential emotions directed toward her
- Being unpredictable, her uncertainty will cause emotional response in her
- Creating situations where she experiences an emotion (ex. SOI'ing her and then not calling her for a few days - she's ecstatic, and then curious and scared)

Logistics:

There is no set structure to pick-up. We are artists, remember? You are creating the experience for her so that it is unique. It's fine to follow a predictable structure at the lower levels, but it's like a kata in martial arts. When it comes down to real world situations, while having a loose structure you must adapt and improvise in an aesthetic way. Take pride in your work and create a wonderful EXPERIENCE for the woman. Give her the fantasy. Allow her dreams to come true. Be that man she's been waiting for.

Closing / Venuechanging:



The state of mind you should have when interacting with a chick should be one of 'relaxed and relished certainty'. Don't rush things. Don't 'watch' for IOI's. In other words, you shouldn't be dependent on her, or too reactive to her. Imagine being a hunter with a high powered rifle, and you're hunting a deer in some enclosed space. You know that any moment you CAN kill the deer - but instead you choose to relax and enjoy the experience because of that certainty. You continue to relish in the experience, enjoy the chase, and do it when at the absolute perfect moment. It also reminds me of having some kind of dessert or maybe a delicious bottle of champagne that you could open at any moment and enjoy, but you put it off, because you're enjoying the anticipation so much. Treat closing a woman exactly the same as these types of moments. Enjoy your interaction with her being 100% certain that it will lead where you want it to later on.

5. The Continuous Flow of Action

One thing I am realizing over and over again:

The time factor is completely irrelevant to pickup.

Time is usually a huge limiting belief for most people. People generally feel that girls need some quantity of time in order to:

- become attracted
- become comfortable
- leave a venue with you
- provide contact information that won't flake
- become turned on

This again, is leftover society programming. Let go of the need to make pickup difficult or complicated. In some ways it is kinda complex, but release the desire to make it so.

My flaking ratio is very good. Not 100% perfect, but pretty damn close. The average time it takes for me to get a non-flaking phone number is between 30 seconds and 5 minutes. No more - it's just not necessary. Let me explain why:

After a first meeting, she is going to walk away with some kind of impression - a memory of the encounter. Now the way the mind works, is that it distorts time around really strong impressions. We remember each event as a series of mental pictures and sounds with varying intensities. The intensity is determined by the emotions present at the time, and how rare or scarce those emotions are. If you walk up to her like no man ever has, and completely rock her world for a few moments, thrilling her with your masculine vibe, she will never forget you!

Thinking back to the encounter, it's very hard to determine time objectively. She's not thinking "Well, he walked up, and said a few things to me, but only stayed and talked for 3 minutes. I



don't think I should meet with him - that's not enough time." What she is thinking is "Wow, this guy came up to me, and he was amazing. It was so romantic and seemed so right. He was cute, charming, and he made me feel so good. I can't wait to see him again!"

Only do what you need to create a strong impression on her - and that impression is completely time-independent. It is more based on:

Visual Impression / Identity - BL, style, facial expressions

Auditory Impression - tonality, pacing and rhythm

Emotional Content - vibe, connection, expression of emotion

-> Continuous Flow of Action

The Continuous Flow of Action is a fancy way of explaining 'smoothness', and it achieves a couple different things:

- Let's you take the lead and control the encounter
- Allows her logical mind to shut off
- Let's her trust you and feel comfortable immediately
- Makes everything seem 'right' and natural

A continuous flow of action is best described by a LACK of the following things:

- weird pauses and indecision
- hesitation
- waiting
- looking for approval or other responses (IOI's)
- overanalysis
- overthinking

While you should not do these things, it is even more important that SHE does not do these things. In order to achieve a continuous flow of action, you need a minimal structure, quick responses and a lot of confidence. I will illustrate with a few examples.

Cold Approach (Assuming time is important)

1. Guy walks up, delivers opener goes into story.
2. Girl reacts positively.
3. Guy feels he needs more attraction, goes into another story, irrelevant to first one.
4. Girl reacts positively again.
5. Guy waits, thinks of what to do next.
6. Guy starts getting some rapport, asks questions.
7. Guy waits some more thinking he needs more time for a solid close.



8. Guy asks some more questions, unsure if she's attracted enough, looking for IOI's.
9. Girl is confused about his lack of confidence and doesn't understand his true intentions so says she's gotta go.
10. Guy tries last ditch effort and attempts to close.
11. Girl doesn't give number, because she's being congruent with step 9.

Cold Approach (Continuous Flow of Action)

1. Guy walks up, delivers opener goes into story.
2. Girl reacts positively.
3. Without hesitation, guy immediately starts to connect, asking basic questions. (School, work, etc)
4. Guy teases a bit about her answers.
5. Guy realizes he doesn't have much to say, so gets to the point.
6. Guy says "Well I'm off to meet some friends, but let's do coffee sometime."
7. Because guy is clear and confident, girl agrees, solid close.

Back to your place (Assuming time is important)

1. Guy walks girl into his place.
2. Girl sits down on couch, guy does also.
3. Guy thinks about what routine he needs to spike BT.
4. Guy starts spouting non-sequitur routine to give her time to be turned on.
5. Girl confused, closes up a bit.
6. Guy not seeing IOI's, waits, thinks of another routine, starts to deliver it.
7. Girl gets up and says she has to go.

Back to your place (Continuous Flow of Action)

1. Guy walks girl to his place.
2. Guy tells girl to take her shoes off.
3. Guy sits her in front of the TV, and turns it on.
4. Guy goes to fridge and prepares 2 glasses of red wine.
5. Guy comes back and toasts to good times.
6. Guy tells short joke, girl laughs.
7. Guy goes for kiss.

The idea is that you provide her with instructions at every point and make it clear how she should respond. Intentions are always clear, actions are always confident and calculated. The man knows the entire plan from point A to point B, and always assumes she's ready to go. No hesitation, no indecisiveness. This is truly what attracts women - much much more than *any* canned material. Her emotions are engaged 150% on overdrive. You are putting her IN THE ROMANCE NOVEL.



The Transition to Natural Game, Part II

Current trends in seduction favor a more genuine and natural framework driven by confidence and a strong assumption of attraction. It seems the highly canned routine-based game initially designed for ego preservation is giving way to a more integrated and free-flowing approach. This warrants an in-depth codification of the process of transitioning to a natural game that is both highly effective in-field and consistently teachable.

My recent work has been not only to identify those concepts which drive Natural Game, designing applicable mindsets and techniques, but to also develop a systematic method for students, no matter what their background, to make the transition to Natural Game. Despite my use of the term 'Natural Game' it is a mistake to assume that it's sufficient to 'just be cool', 'act normal' or 'be yourself'. Given the highly ambitious scope of becoming a full-blown Pick up Artist, a systematic approach is, in most cases, NECESSARY to ensure optimum development of the correct behaviors and beliefs.

This article aims to deal with three high level and large-frame concepts which serve as a foundation for a highly practical and field-tested method which preserves the inherent attractiveness and integrity of the student. All great pickup artists have internalized these concepts to the point of automaticity, whether they know it or not. Misattributing the source of their power, a number of good pick-up artists spend too much valuable time emphasizing auxiliary skills such as storytelling, humor and random gimmickry. While these skills may serve as useful tools for specific situations, they are of limited application and not entirely relevant to the matter at hand.

I believe it is highly beneficial to cut straight to the true essence of success, leaving yourself the option of developing into a great storyteller or comedian later on, if that is your inclination. In that case, development of Natural Game concepts will constitute a robust foundation invaluable for whatever style suits your personal taste. Our primary role as pickup artists is the successful connection with and seduction of women. That will be the focus of this article.

The three base concepts for discussion are:

1. Spontaneity Over Structure
2. Mutual Value Escalation
3. Congruence to Intention

If you haven't read The Transition to Natural Game part I, authored by myself, you may want to do that first. I might also add that the newly revised Razorjack Method is 100% compatible with this text.

Spontaneity over Structure



Spontaneity is the characteristic of creating an experience with optimum emotional capacity to the exact situation at hand. (Or very appropriately termed your 'Pimp Brain' by PlayerSupreme)

It is that time when you were totally *ON* - joking with the girl, laughing with her, sharing, you had so much you could talk about, so much you wanted to share. You told her stories, and made jokes about things in the environment, teased her, related to her... If you've never experienced this, well... keep reading!

Spontaneity is not what you have never said or done before, but a new combination of the thousands of things you have already experienced. We all have a realm of experiences from which to draw via an associative process. Rather than rehearsing memorized content, you are re-experiencing images from memory and recounting the experiences into the here and now with a fresh touch to it. Your amplification or elimination of certain details allows you to custom tailor your presentation and ultimately the entire shared experience to her personality type.

Spontaneity is a state where all of the relevant neural pathways are active such that you have instant access to associated memories. You are extroverted and aware of your environment. You are completely unattached to outcomes, and completely IN the moment. Not focused on the process, you ARE the process. Your experience is that very moment, not stuck in the two minutes ago, but in the PRESENT.

It is that freshness. That presence. Are you THERE in the moment with the girl? Are you seeing her for who she really is? Are you more present in the moment than her husband? Then she is yours.

You are crafting an emotional experience based on the instantaneous moment in which you and the girl reside. Spontaneity can be developed to such a degree that your improvised conversation is more fresh, genuine and attractive than anything you could have prepared prior. This is because it is born out of the moment, and is highly relevant. The freshness and energy which spawns from spontaneity is a powerful and complete value demonstration in itself.

Can you discard your routines and structure at the drop of a hat, when an opportunity to live in the moment presents itself?

Or do you sacrifice the opportunity because of attachment to a predetermined script?

Spontaneity is of utmost importance. More than anything, women will feel great rapport with you based on your degree of spontaneity. Women spend all of their lives searching for that guy who can VIBE. The guy whose energy matches hers - when they are together the interaction just HITS! Women always ask themselves things like "How do I feel around him?", "How natural does it feel?". When you create a spontaneous interaction with a girl, she will be absolutely convinced that you are her soulmate. If you can connect in that manner, she will forget all other



objections about you, and be completely in love. This is paramount in making those super-fast lays happen.

Anything that feels forced, rehearsed or planned KILLS the interaction. Even guys that have great routines or are great storytellers possess spontaneity. There still needs to be a good interaction flow between the stories... AND for when the stories run out! Resist getting stuck trying to correct mistakes made beforehand, stay in the moment - the river keeps on flowing! Persistence and spontaneous creation of context in part comes from having strong beliefs, but you can train yourself to develop those beliefs by maintaining a continuous flow of action.

I recently heard a really good quote from Harmless. He said "The guys that are great - they can take nothing... and turn it into something." What is he talking about? Spontaneous creation of experience based on circumstance. Nothing else. Taking what little is available and creating CONTEXT for interaction.

Another benefit to spontaneity is the byproduct development of situational relevance. Strongly correlated to social intelligence, situational relevance is an intuition that determines when certain routines are appropriate in a given context. Some guys run routines that are completely irrelevant to the situation at hand. They never took the time to develop their spontaneity and now have zero sense of whether their routines are appropriate or not. Even the coolest, most bad-ass routine will fall flat if delivered in an inappropriate situation, or prematurely.

Training your mind for spontaneity is the process of conditioning your mind to develop instantaneous association recall. Development of any skill is preceded by a strong stimulus to the neurology which facilitates that said skill. It is analogous to weightlifting - you lift weights which provides your muscles a powerful stimulus, and they respond by becoming stronger and more developed.

From a strictly mental viewpoint, it is very much like learning a language. A friend of mine took four years of Spanish in high school and a few years later could speak nothing of the language. She then took a two week vacation with her boyfriend in Puerto Rico, and came back speaking near fluent Spanish. Putting yourself in a situation over and over with little preparation gives the strongest stimulus to that part of your brain which you aim to develop.

Overpreparation in the form of learning too many pickup lines or routines will circumvent that process. It's like using crutches for your whole life with the expectation of developing strong legs. It just won't happen. For this reason, I am a huge proponent of minimizing the number of routines you take with you into the field.

Developing spontaneity in a nutshell:

1. Go into the field unprepared
2. Approach a woman with a specific intention (We'll learn this in section 3)



3. Persist as long as possible congruent to your chosen intention
4. Repeat the process for a balanced variety of situations

Little preparation, strong sexual intent, lots of persistence... Sounds like Gunwitch Method to me! This may explain the great success of everyone who applies GWM. It is an excellent foundation and perfect for building that very important trait we call SPONTANEITY.

We are training WARRIORS of pickup. We produce guys who can trust their instincts in any situation and WIN. Their subconscious is trained to make superb decisions in microseconds. They recall highly relevant stories to tell their women, they crack just the right joke at the right time, and they know exactly which emotions need to be projected to capture her SOUL.

Mutual Value Escalation

Mutual value escalation has been the driving force behind most of the successful techniques and methods developed in history and recent years. It is also the concept which drives most symbiotic relationships between living things. A mutual value escalation is an interaction which results in a financial / emotional / intellectual exchange in which both parties benefit. A coach makes his players sharper, faster, and able to think more quickly on their feet and in turn they go on to win games and championships for him. Their combined value as a team is much greater than the sum of their value as individuals.

Certain people are more inclined to escalating value than others. As pick up artists, it is of utmost importance. It can be said that there are three types of people in this world: Givers, takers and leaders.

'Givers' give everything away up front, with a hidden expectation of return. If they do not get that return, they harbor expressed or unexpressed anger and hostility. The classic example of this is the 'nice guy' who supplicates over and over expecting to get sex in return, and then when he gets dumped, blames the girl and calls her a bitch. MVE is NOT supplication. It is the preservation and enhancement of overall or long term collective emotions of a group of people. When a 'giver' gives something (with expectation of return) then you will then be holding the 'expectation' emotion, and the girl will now be carrying an 'obligated / accountable' emotion. Neediness also causes these types of emotions. That is mutual value degradation.

'Takers', realizing that 'givers' get nowhere in our society, take as much as they can from people because of their own insecurity about their abilities to attain what they desire. They also will harbor anger and hostility if they do not get what they attempt to take. A good example is a guy (who some may consider 'alpha') who tries to extract sex or financial resources from a woman but adds absolutely no value to her life. These guys will be successful to a certain extent with low self esteem women, but eventually smart women will grow tired of this and conjure up enough strength to break free from such an unhealthy and destructive relationship. The



relationship ends with both parties worse off than when they started, both with a distorted perception of the opposite sex.

Both 'givers' and 'takers' come from a similar place. They are both attached to an outcome and attempt to use negative emotions in order to reach that outcome. The hostility and anger originates from the fear of an imagined consequence resulting from failure to 'take' or 'receive'.

What most people fail to notice, however is that there is another option: The Leader. A leader will increase the value of himself all the while increasing the value of the people he interacts with. He makes intelligent decisions, takes responsibility for his actions and creates positive emotions in his group. Since the majority of people in this world fall into the 'giver'/'taker' category, it is the leaders who, through their strength and direction, can rise above and make things go right. It is commonly thought that there can only be one leader in any interaction. That is not true. It may be true that only one person can lead at any one particular time, but two leaders can interact in a very effective and mutually beneficial manner.

I really think people have a huge misconception about indirect methods. They seem to believe we are somehow 'hurting' the girl or making her feel bad about herself in some way. When done correctly, this cannot be further from the truth. Great C+F is giving her the gift of humor. Well constructed negs demonstrate awareness and social subtlety, valuable to any woman striving to be more beautiful. Well timed takeaways teach women to respect us, and in the end they appreciate the lesson.

If your methods do not add value to the interaction, then you are coming from the wrong place. Escalate mutual value, always.

Most healthy men and women have a tendency toward survival and the attainment of positive emotions. People naturally want to be around others who can add value to their lives and make them feel good. It is completely natural and built into us by evolution. Natural leaders take care of themselves, they involve themselves in actions to improve their lives, and the lives of the people around them. It just plain feels GREAT to be around people who possess this quality. They are charismatic, comfortable and inspire everyone involved to more positive and pleasurable emotions.

Mutual Value Escalation is THE way into the secret society. By your actions, you demonstrate that a woman's involvement in your life would only be a benefit to her, no matter what your intention is. You leave absolutely no room for implications of negative repercussions. Since leaders have no attachment and make no implied demands, women will very quickly realize the potential of a no-strings-attached sexual relationship as well as a fulfilling and rewarding long term relationship.

We are not the guys who impose on their freedom by dropping hints of emotional dependence. We do not supplicate to a woman and shower her with insincere compliments. We are also not



the guys who, in a selfish pursuit of our own hedonism, sabotage her emotions with lies, deceit and invalidation. We do not drain the life energy from social interactions by demoralizing the team players on which we depend to enhance our lives.

We strive to improve our women's lives by helping them to become stronger, more independent, guiding her to self-discovery and excellence.

And for that, they will reward us with everything they've got!

Enhance her experience whether it is day game or night game, 'indirect' or 'direct' game. A lot of stock routines are created with value built in, so in a sense most of us are creating value escalation artificially. Be aware of the large frame of what we are doing and pay attention to the emotional implications of your technique. We are enhancing the shared experience of which we take part. MVE can be cultivated internally without routines, if you are aware of it while developing spontaneity. If you prefer to use straight spontaneity, only calling on stories when you are reminded of them, your intention will guide your language. Combine genuine expression with leadership frames so that you both benefit.

Learn to reframe everything into the more positive, optimistic, humorous - But this doesn't mean kiss her ass by any stretch. Be realistic and judge her shortcomings fairly. Be aware of her shortcomings, (don't lie and tell her the opposite is true) but make her feel better about them. This is the base structure of good c+f or a great neg.

The real power behind most great techniques is AWARENESS. Do you have the awareness to notice the subtle flaws and insecurities in a gorgeous woman, or are you perceiving her as perfect in every way, and merely picking out some random feature to criticize? In this game, cleverness is no substitute for true awareness.

EXAMPLE:

- * Be aware and notice her shortcoming: She's a bit short for your tastes
- * Be honest with yourself about it, don't lie to her: Don't tell her she's the perfect height if you don't believe it
- * Reframe it to positive in an attempt to make her feel better about it:

Low degree of subtlety (C+F style): Tell her it must be nice to be able to get the child's admission price into theme parks.

High degree of subtlety (Neg style): Tell her you think she might look really great in high heels.

The success of an approach is especially dependent on MVE. It is important to start with a leader vibe from the very beginning and presented as an opportunity for the two of you make a great connection.



Taker's approach: Either forced, too cocky, or too presumptuous. These guys may attempt to make women feel guilty for not talking to them.

Giver's approach: Weak, and full of compliments. These guys will just tell her she's beautiful with hopes of her continuing the interaction. They expect that the simple act of giving a compliment will inspire her to chase them.

Great approaches, no matter what the technique have a vibe that says "This is an opportunity for you to have a valuable interaction."

The direct approach presents a unique challenge since it is very common for the inexperienced practitioner to vibe 'giver' when using a compliment-type opener. He must rely on projecting value through his vibe, as opposed to having it built into the opener as is more common with opinion opener / story type openers.

One of most challenging approaches from a logistical standpoint is opening a woman who is walking away from you. It requires a high level of physical awareness and playfulness. Any 'taker' vibe must be IMMEDIATELY diffused by increasing your distance, or by using humor. If you can do this well, pat yourself on the back. It requires a very subtle balance of different vibes, and opening with correct body language and timing.

Congruence to Intention

An intention is your underlying purpose and role in a woman's life. An intention can take many forms. You can be anything from the guy who helps her with her math homework to the knight in shining armor who sweeps her off of her feet and changes her life forever. There are many different intentions, and it is the pick up artist's job to:

1. Familiarize yourself with the most common and effective intentions
2. Decide which intention is most relevant to a given situation
3. Congruently execute your chosen intention via a continuous flow of action

The two most common intentions are 'direct' and 'indirect'. A direct intention is one in which you express genuine interest in a girl from a place of higher value. You would then continue to reassure her of this all along the way, and treat her as if she is very special and unique. An indirect intention is one in which your interaction with a girl is purely social: Your interest lies mainly in something besides her. Maybe you are talking to her just to get an opinion, or maybe you are bored - or maybe you love the sound of your own voice!

Keep in mind the two are not mutually exclusive. When it comes down to it, everyone uses both of them, as it is completely natural to use both of them. In fact, a great pick up artist should be familiar with each and be able to use them both with equal competence. To limit oneself to a single intention is much like an actor who limits himself to playing only one type of character



throughout his entire career. The skill of a great actor is not choosing a single great role, but his ability to climb deep into any given role - the ability to become congruent to an intention.

Here's an example: Entering a club, you may see a group of girls, not exactly your type, but still somewhat attractive. You may chat with them in a social way, while waiting for your friends. Later on in the night, you may catch a glimpse of a beautiful, stunning woman - and you express your interest to her. You have created attraction using two different intentions. 'Direct' guys use an 'indirect' intention all the time with girls they have no romantic interest in - and it may result in those girls chasing them. On the flipside, great 'indirect' practitioners shift to a direct intention the moment they qualify the girl - and they may spend the rest of the sarge using the direct intention!

If you look at a 'natural' who does really well on a nighttime scene like a bar or club: How does he behave? Generally he will have a great time, enjoy the moment for what it is worth and spread his positive vibe to others around him. Women will gravitate toward these guys, and find them very attractive in this environment. Does this mean that 'party' guys are universally more attractive? Of course not. But people who go out to bars and clubs are going out to party for the evening, and the behavior of a party guy is highly congruent to that context. The natural is familiar with the environment and the types of interactions that go on during the course of the night. His behaviors are therefore congruent to both his intention and the shared intention of the groups he interacts with. If a natural gets up and walks away from a girl who isn't cooperating, it is because his intention is to have a good time, and not chase any one particular girl.

When one speaks of a 'natural', we talk about those guys who were born with those traits desirable to women. What exactly is the base characteristic that makes them so attractive? Is it their high energy? Is it their relaxed body language? Is it their boldness and honesty?

No.

It is their congruence to intention. Unlike a pick-up artist who has consciously designed his game from the ground up, a true 'natural' has little ability to make conscious choice of his intention. But the intention that he DOES have - he is DAMN congruent to it.

Development of Natural Game is the development of the fundamentals that empower you to choose your intention based on the situation at hand, and remain congruent to that chosen intention. Remaining congruent to an intention means to continually interact with a girl in a way that reinforces your original intent, or serves to further define it.

Congruence is the antithesis of coming across fake or ingenuine. In this game, to be labeled fake or ingenuine is the kiss of death! As men, we are expected to be strong decision makers, unwavering and ready to take action. Women are drawn to men who already know their place



not only in the world but more importantly in her life. Make all of your subsequent actions congruent to your original intention.

Congruence has the ability to create massive amounts of attraction in a woman - much more than any given part of the interaction. Women are not as imperceptive as we once thought them to be! Subsequent interaction increases attraction and rapport simultaneously to the extent that it is congruent with all previous interaction, and serves to further define your intention. Through congruency, you will amplify your value exponentially with each consecutive action you take. Therefore, a complete method of seduction is only effective to the extent that it is congruent within itself.

To a woman, the fact that congruence creates attraction is very obvious. A woman would simply call it “being a real man”. Women don’t want to waste their time with men who cannot make decisions, do not understand themselves or do not understand how to relate to her. Lack of congruence leads to confusion, and people deal with an excess of confusion by becoming indifferent to it, or by escaping from it. The former will put you into the friend zone, and the latter will cause you to be blown out or cause a woman to flake on you.

It is not any particular intention which makes you attractive. It is your congruence to it. Again IT IS NOT any particular method which is superior to others. It is your belief, conviction and loyalty to THAT METHOD. If you master the art of maintaining congruence to intention, a whole new world of freedom and opportunity will open up to you, as you will now be able to make ANY method or technique work.

A useful tool for familiarizing yourself with a particular intention is called Intention Mapping. It is also useful if you wish to create your own intention or ‘method’ of seduction. What most successful methods actually do is teach you to be very congruent to a single intention, through learning behaviors and techniques. Start by developing an idea of what kind of role you would like to play in a woman’s life. Would you like to be lover who changes her life forever, a guy with whom she has casual sex with a few times a month, or perhaps the guy she encounters for a single night of lust and passion?

Intention maps are most effective when they match what a girl is ready for in this particular time in her life. In other words, your intention should be included in her realm of what is possible. While all women are different in the way they view the world, themselves and what is possible romantically, as a general rule you may find:

- * She’s single -> Primarily open to romance and genuine interest from a guy
- * She’s with a boyfriend or husband for security, or just out of a relationship -> Primarily open to sexual variety, which may lead to romance later on
- * She’s in an emotionally and sexually fulfilling relationship -> Toughest case, but generally open sexual variety or romance from a guy who exhibits MVE



After you determine the role you would like to play in a woman's life, the next step is to fill in parts of the interaction with behaviors that are all congruent to the initial intention, and serve to further define it.

There are basically two main intentions. Direct and Indirect. Here are some guidelines for these.

Notes about the direct intention:

When opening, many guys have a fear about expressing their interest in girl before knowing that she is attracted first. They believe that they shouldn't let a girl know they like her, unless she has first indicated her interest. Ironically, it is that very belief which causes the lack of attraction. The reasoning of "Don't show your intention because if you show your intention she can reject you." can hurt you in some instances. The very act of demonstrating your true intention is what generates the attraction which prevents her from rejecting you in the first place!

When with a wingman, rolling off for a lone wolf, (unless you have a good explanation for why you rolled off of your friend) you **MUST** get a quick number. In most cases a faster number will be more solid because it's congruent to you hanging out with your friend! If you stay around and wait to 'build rapport', it will be incongruent with you being out with your friend, and it will also demonstrate negative things about your character.

This is in contrast to you hunting alone (and not appearing to be in a hurry to a meeting, class etc...) getting a quick number is incongruent with the direct intention. If you are alone, and you meet a woman, push it as far as the limitations of logistics will allow before getting her number.

The direct intention is mostly projected through body language, vibe and tonality. In other words, teasing her in a warm and reassuring way will **NOT** break your intention. It should be done in a way that is still congruent to your original intent of being genuinely interested in her. In fact, joking with her should serve to demonstrate your comfort together, **NOT** to invalidate her.

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If you chat with a girl in a very direct manner, and show her you will not just leave her to chat up some other chick - that you are with her and **HER ALONE**... If you show her that you are honest about your intentions to her, and that you genuinely think she's special, you will have created a huge advantage over other players in the club, with that particular girl. There is strength in confidence. Your confidence in her will translate into her confidence in **YOU**. Often



times, a strong direct intention will bypass a lot of complications such as AMOGs, obstacles and apparent logistical limitations.

I'm not talking about forwards and backwards merging (entering other sets as a couple) this stuff is fine since the frame puts the two of you 'together' talking to 'strangers'. This is congruent with a direct intention.

In my opinion, a successful pick up artist **MUST** become familiar and adept at projecting the direct intention. It is **THE** thing which separates pick-up artists from other players in the club.

Notes about the indirect intention:

Indirect intention is good for bypassing certain societal roadblocks. It is especially useful when a group of girls is already convinced you have lower value than they do, when your target girl knows you already have a girlfriend or two, or when you wish to attract a girl who you work with or go to school with.

Next time you are about to use a routine to elevate your value or generate attraction, do not consider its standalone value. Instead, consider the congruence that routine has to your original intention. Does it reinforce your intention, increasing attraction and rapport, or does it deviate from your intention, decreasing attraction and rapport? Does each subsequent routine further define your intention, or does it serve to confuse a girl?

With an indirect intention, a girl will have a lot of reservations about sex and generally exhibit a bit of last minute resistance. Backturns and takeaways are the most congruent way to handle this type of thing. If you start reassuring her in a direct way, she will not believe it, and you will come across weak. Using a more direct game without a lot of social proof, having generated attraction based on confidence and body language alone, it is not so important to take additional actions to convince her she is legitimately special. You have already done so, and the fact that you are not chatting up three other women in the club reinforces that.

If you would like to convert the relationship from casual one to a more romantic one, continue to have sex with her regularly (1-2 times per week at the least). The repeated sex will result in emotional attachment.

Intention Shifting

While staying congruent to these specific intentions, there is also some degree of flexibility. While it is best to avoid shifting intentions back and forth throughout the interaction, there are two common points where intention can be shifted without major repercussion. I would recommend learning how to handle both intentions very thoroughly before incorporating a shift into your game. The two points that serve as viable shifting points are Qualification and Conversion. Qualification is when you give her a statement of interest. Conversion is after you



have had sex with her a few times such that she doesn't write it off as a one night stand. (Usually between 2-4 times)

If you start indirect, you can shift to direct when you qualify the girl. Stay direct until you successfully convert the girl. Starting out with a very social game with heavy social proof, it becomes very important to convince the girl you like her for a valid reason. That is why you must screen her and qualify her based on that.

If your interaction starts off direct, you can switch to indirect after you have successfully converted her. Direct interactions have less of a tolerance for breaking congruency than indirect ones, so is wise to make sure the conversion is thorough. She must become physically attached to you, through repeated sex.

Every successful pick up artist I have ever met has these concepts internalized. They may not be aware of it, but they've got them. Understand that these three concepts aren't the end all be all of developing Natural Game, but they are a great place to start!

Vincent DiCarlo



INTRODUCTION TO THE V-A-C MODEL



The Natural Game Model of Attraction (VAC)

Introduction for my friends here

After all these years, and all the masters that have passed through, no one had ever codified what attraction was. People knew that some things were good for attraction, and some were bad. But there were many things that would be good sometimes and not others.

People were often at a loss on what to do, and couldn't pick the next technique correctly. They'd run out of steam and wonder where they went wrong.

A few months ago, with the help of some friends, I started to codify what attraction was, and wrote about it in an article. I've revised and updated that piece for this audience, and it should walk you through what creates attraction.

I hope you gentlemen find it a useful and enjoyable read. Thanks as always to Jay and Tokyo for their tireless work, and as always my love and respect to you who take your destiny in your hands and shape the world. God bless,

Sebastian Drake, 6/2/06

Have you ever wondered about what causes women to feel that burning desire to be with someone? How come a man with seemingly nothing going on can get women obsessed with them? Why many men sit in "idle mode" with women even though they've got lots going on?

In the last five years, the field being labeled as "seduction" has made leaps and bounds. Many men are realizing that they don't need to accept the limited social skills they were able to figure out themselves through their high school and college years, and are setting to making a real change in their lives.

And yet through it all, no one had defined attraction. You might have read somewhere that doing something created attraction, or that something else was unattractive, but WHY WAS THAT?

It was a million dollar question. That has finally been answered.



The bestselling novel “The Game” by Neil Strauss chronicles the journey of one man - Neil, a music critic and freelance journalist. In the book, he goes from being an uber-nerd to a veritable stud with women - despite being 5’6 and unaesthetically pleasing. We’ll use some excerpts from the book as case-studies in explaining attraction.

Attraction is a result of three things. Every time someone is attracted to something, these three things will be present. Every time these three things are present in something for someone, that person will be attracted to it.

If these things are present, a woman will be attracted to you. Every single time.

THE THREE COMPONENTS OF ATTRACTION:

Value, Attainability, and Compliance.

VALUE

“Value” is something that fills a conscious or subconscious need for a person. What is valuable is unique to every single person, but there are a set of traits that are valuable to almost everyone. These traits - like confidence, charisma, and leadership - are valuable to almost any woman. Many traits will be valuable to one type of woman but not another.

There traits that are almost universally valuable (and thus, attractive) should be universally developed, so that you’re perceived as having them with minimal effort on your part.

Many of our techniques focus on these, while some of them are traits from other parts of your life that are good to develop. Twenty of the most common universally valuable traits follow:

- Ambition
- Charisma*
- Confidence*
- Creativity
- Desire to Reproduce*
- Dominance*
- Emotionally Steadfast*
- Empathy*
- Health
- Humor*
- Intelligence



Leadership*
Passion for Something in Life
Popular*
Protects One's Own
Quick Reflexes
Quick Wit*
Sociable*
Survival Instincts
Worldliness

The items with asterisks are developed directly by social training. More than half of them - That's more than any other sub-set of life. Our interactions with people dominate how our value is assessed. Many of the other traits on the list can be demonstrated even if not already possessed. How?

THE THREE WAYS VALUE IS PERCEIVED

1. Presence: If you've ever seen a great comedian, often he'll walk onto stage, and just STARE at the crowd until - they start laughing. This is a person with the presence of a sense of humor. Likewise, a very confidence person seems to just ooze or emanate confidence. A healthy person need do no more than be present to show he is healthy.

This path takes significant time to develop, but once you've done it - you need make no effort. If you develop yourself into a charismatic person, which can be done with training and practice, then you simply need to do no more than show up for people to know you're charismatic. You have that presence.

2. The Appearance: "A prince need not possess princely qualities. He merely needs the appearance of princely qualities." - Niccolo Machiavelli

Machiavelli is largely right. If you're not a leader, you can still develop the body language and walking patterns of a confident leader. This will give you the appearance of being a leader. You'll be perceived as being a leader which is good for your value right away.

By affecting the appearance of a leader, you will be treated as others by a leader. You'll become more of a leader over time. Developing the appearance of a trait you don't have, such as popularity, is a crucial step on the way to becoming popular. This is "Fake it 'till you make it" done correctly, and actually making it.

3. Active Demonstration: Not funny? Tell a joke.



Active demonstrations are excellent ways to show people you have a positive trait that you might not actually yet possess. You can take an action or story from someone who does have it, and use it. Not a naturally sociable person? What if you were taught the exact way a sociable person approaches and interacts with people?

People will think you're sociable. This is the fastest way to show one person you have a trait about you.

For universal value, it's in your best interest to cultivate the appearance or actually become valuable with time. It can be tedious to have to tell a funny joke to every person you meet so they know you have a sense of humor. But while you're learning, this is a powerful way to start.

KINESTHETICS AND VALUE:

The word Kinesthetic means touching. In the seduction community at large, it's fondly called "kino". It means touching another person.

If a man wants to demonstrate he's comfortable with himself, comfortable with others, dominant, and confident, one way to do all that is to kino. The man can learn about the three good kinds of kino - Playful, protective, and incidental. He can learn a few types of kino, like putting his hand on a woman's lower back to escort her through a room (protective kino), or taking her hand in his, then spinning her salsa style (playful).

Now he can actively demonstrate he's comfortable, confident, and dominant.

Over time, he'll automatically do kino. It becomes normal for him to slap a friend on the back, or to lightly touch someone's elbow during a handshake the way former President Clinton done, a proven kind of incidental kino that makes others feel comfortable around you.

The man now touches people in a confident, friendly way. He's now developed the appearance that he's confident, dominant, and comfortable around himself and others. People will perceive him as having those traits even if he doesn't have the internal "mettle" yet.

And if that man allows his belief system to develop, he'll come to actually be comfortable with himself and around other people. At this point, no conscious technique or tactic is necessary: He has simply become a person who is comfortable with himself and around others. He is more confident and dominant, and people see it just by being near him. He is now more universally valuable.

And he knows it.



DANGER AND RISK-ADVERSITY: Specifically Valuable Traits

Items like confidence and charisma are universally valuable. Most if not all women want these traits in a man.

Those aren't it though. Take the example of the "dangerous" man - A guy who seems dangerous, lawless, taking senseless risks and who is just generally out of control.

This guy, leather jacket and long hair in tow, tends to be valuable to younger women who are bored and looking to be defiant.

On the other hand, take a stable risk-adverse guy. He's got his act together, got a decent job, and doesn't take risks. While he wouldn't be very attractive the 19-year-old wild child-type girl, he's very valuable to decent stable women looking to settle down and raise a family.

This is specific value at work. Some of it is counter-intuitive or surprising. Through field-testing and empirical evidence, us at theApproach have found that many women in their early 30's who have just gone through a divorce or gotten out of a long term relationship are looking for reckless fun and excitement in their lives. Some popular literature and others' experiences back us up on that one too...

A lot of men have questions about whether they can get the type of women they want based on certain unchangeable things in their life - Their height, race, age, or birth country.

The answer lies here: While specific value is a huge help to you, a man can get by without having a supposedly "necessary" type of specific value - if he has even MORE universal value.

I was talking to one of my students who I first instructed a few years ago. He's gone on to become a veritable heartbreaker, I'm sad to say. See, I don't believe in putting women down hard, I believe in always leaving them better than they were when I found them. But my man - we'll call him Kaz - lives a busy life and winds up breaking women's hearts.

Well, Kaz is Asian if you hadn't realized that. And guess what he hears a lot? "You're the first Asian guy I've ever been attracted to". But then you know what happens? Post-Kaz-heartbreak, the women start dating Asian guys.

This is how the barriers get broken down. One really high-value guy that's not normally on the woman's radar breaks through, and then that specific value - "I only date black guys", "I only date Asian guys", "I only date older guys" - is gone. Specific value helps a lot to be sure, but if you're better than the rest you can get what you want.



ATTAINABILITY

Value is a huge part of attraction. A tremendous part. If you don't have any value, it doesn't matter at all if she has a shot at that no-value.

But value is pretty easy to appear to have. You already have some in your life, no doubt. If you're at all driven or successful in anything you do, you've got SOME value. You could get more, or at least appear to have more, and we're going to help you with that.

This raises the age-old question then - "I'm a great guy, but women don't seem to like me. Why?"

The answer is quite simply - they don't see that you're a great guy FOR THEM.

Attainability converts "value" into "value for her life". It gives her a chance to believe she can have your value and it can enrich her life.

This confuses some men, especially men that have never had really great girlfriends, or are looking for really elite women that they might perceive as beyond them.

Consider this: What woman in your own life drove you absolutely crazy? Close your eyes and imagine her.

Got her? That girl that kept your up at night?

That you daydreamed about? Know who I'm talking about?

Okay. Got her?

Is it...

Pamela Anderson?

Cindy Crawford?

Lucy Liu?

Mariah Carrey?

Carmen Electra?

Charlize Theron?

Or any other really beautiful actress/model/singer type?

Of course not. It's probably a neighbor, or a classmate. A girl that lived near you, or was part of your social circle.



The reason is that that woman seemed attainable to you, in a way that a centerfold didn't.

This comes down to what's called the Auto-Rejection Mechanism. If someone believes they can't have something, they'll rationalize they don't want it so that they can be happy.

This is the reason that very unattractive women get extremely rude and nasty when hit on in bars - They assume it's insincere and they have no chance, so they become absolutely rude.

Being attainable does not mean being available - the woman shouldn't believe that she has you no matter what, and can't lose you no matter what she does. She should believe she has a shot to get you if you want to attract her.

COMPLIANCE

Ever been to a carnival? Or an amusement park or anything with those games you pay a couple dollars to play to try to win prizes?

Ever win? Or see a guy who did?

How do they feel?

They pump their fist, get excited. They get a stuffed tiger for a prize, and usually either give that tiger as a sign of affection to a girlfriend or put it on a shelf like a trophy.

This comes down to the Cost-Worth Conception. People think things are worth what they cost.

So no cost? Free? Must be worthless.

That little stuffed tiger the man got so excited about when he won? Would he even take it if it were being given away on the streets as a promotion for a sugary cereal?

Probably not.

The more effort a woman puts into an interaction with a guy, with pleasing or impressing him, or handling logistics so they can see each other, the more she'll be attracted to him. Since his cost is high, his worth must be high too.

But there's more to compliance than just work and effort.



Listen to a woman talk to her friends who is really, really attracted to her boyfriend. Does she go on, gushing about how he's absolutely perfect and she wouldn't change anything about him if given the change? Oh no!

Women who are very attracted to their boyfriends are often complaining about how he's such a jerk, or doesn't take care of her, or has bad habits or whatever else.

The reason is that accepting things she doesn't like is compliance too. If she accepts something about him that's not ideal in her mind, then he must be even MORE worth it in his other areas. That's another reason Kaz was such a heartbreaker - The girls would think, "I don't normally like Asian guys. He must be something really special." Then he'd still see other women, have condom wrappers at his place, lipstick on wine glasses and all sorts of unsubtle things like that. And a few women would stop seeing him right then, but of the girls that stuck around - they got even more attracted.

When a woman is forced to work for something, she'll feel like she deserves it and want it even more. To have a woman really attracted to you, she'll need to feel like she deserves you. This comes down to attainability, which is the feeling she can have you, and compliance, which is working to get you.



VAC manipulation

Woodhaven just posted up an article theApproach's student forum. The forum is in great shape now — almost all students stay involved in theApproach after the workshop via the forum. There are also regular post-workshop homework assignments for each student to complete — and we comment on their reports of these assignments, and help them out to do better.

Woodhaven and Dimitri also post up some great exclusive articles to the forum. Woodhaven just gave me permission to repost this one here, which is about VAC manipulation. If you're not familiar with the VAC model, it is the model of attraction for natural game. It states that:

Attraction = Value + Attainability + Compliance.

For details on the VAC model, check out [this post](#). It has been refined since that post was written, but it conveys the basics of the model.

This article includes tips on how to increase your value, attainability, or compliance at the appropriate time, and includes a LR at the end. Enjoy.

Originally posted by Woodhaven on theApproach student forum

A lot of people have been asking me about attainability lately, and I get the sense that maybe people don't have quite a good handle on it. I'll try to clear it up a bit since it is probably the least understood / codified concept in the community but at the same time the most powerful.

The lack of proper attainability game accounts for so many guys not closing the deal it makes my head spin.

Firstly, attainability is NOT "Let the girl know she can get you."

It has a very specific set of definitions which I'll get to in a moment.

First, let me tell you where my research on attainability comes from:

1. It comes from my 3+ year development of Natural game in which a basic assumption is that you assume more emotional strength / stability than the girl. What flows from this is the fact that you MUST reassure her in some way as opposed to making her insecure which always has potential to introduce enough doubt to start the ARM (auto-reject) mechanism cycle. The ARM cycle of course will prevent the girl from seeing your value, and cause her to treat you as if you have none.



2. Long talks with a seasoned bisexual female PUA friend of mine, who has fucked more girls than both Sebastian and I put together, I think she got started in middle school or something silly. :) She claims to have never failed in converting a seemingly “straight” woman (married, boyfriend, no matter) once she decided she wanted her. She basically broke down her method to me (well it wasn’t really a “method” per se until I codified it and called it “attainability”) It now is the basis of our Attainability component in the VAC system and revolves around the concept of building friendship. Asking my bisexual friend how she fucked all these girls, in one sentence she could answer “I just became their friend”.

3. Crystallization of “High Value Attainability” which came to me in a sensory deprivation tank experience (one of the inner-game / goal reaching things I do, which produces clarity you’ve never experienced - they say 90% of your brainpower is used up processing the input of your five senses - remove the input and you get that 90% back...) I jumped out of the tank and took notes frantically for later review.

VALUE:

So basically, we understand the V component, which is to demonstrate higher value - and in Natural Game we do it by passive demonstration, not active demonstration.

Active demonstration a la Mystery Method flows like “I have to increase my value now, let me tell X story”

Passive demonstration a la Woodhaven Natural Game flows like “Which reminds me of X story. (Whoah she’s gonna LOVE this one!)”

The problem with active demonstration, even though they both involve story X, is that the story is delivered from a need to increase value, which can be sensed by 95% of women, especially attractive ones who are used to that type of thing and see it 20 times a day.

Passive demonstration works fine, and combined with proper focus (Charge the venue, proactively socialize etc...) produces value in spades.

COMPLIANCE:

Compliance is necessary since people need to work for every other thing that is valuable in their lives. Ever had the feeling like “That’s too good to be true” or “That’s such a good deal, it’s gotta be a sham” That is the feeling that comes from the perceived lack of putting work in for something. Compliance lends CREDIBILITY to your value.

Make them work.

ATTAINABILITY:



Attainability is defined three ways. Doing any one of these three will produce proper attainability and allow you to capitalize fully on the value you have built. If you refuse to build attainability you will need to create approximately 10X the value to get the same effect.

1. Respect as a friend.

Does the girl feel like she could be friends with you, regardless if you're having sex or not? Do you have commonalities, common interests and observations? Can you vibe and make each other laugh?

Use respect as a friend to kill the player vibe, and show her you are willing to stick around after you sex her, or even if you don't sex her. Ultimatums are for losers. Ironically, respect as a friend will increase the chances of her sleeping with you.

Most hot girls with things going for them screen out players. Guys who say girls love players are sleeping with ugly girls, regardless of what they tell you 😊

2. A girl like me can get a guy like him.

Are you capable of sustaining friendships and relationships with girls of similar characteristics? Demonstrate closeness with other girls. Do your social proof to get this one. If you can't do real social proof, use implied social proof.

Example - implied social proof:

Her: "What did you do today?"

You: "Oh, it's a long story. Ok ok.. I have this friend named Jen. And she slept with this guy I know. And the fucking idiot goes around and tells everyone he slept with her..."

The girl finds out and she's just devastated, so she's all upset. She calls me up and she wanted me to find out why he opened his big mouth about it.

So I told her she could come over - I was just basically staying home practicing guitar, so she came over and watched... and we talked...

It's really too bad though, cause she's such a sweet girl - and she just wanted to know why some guys are like that.

And in the end I really didn't have a good answer for her. What would you tell her?"

3. Conditional Availability.



This one goes hand in hand with compliance. Let a girl know she can get you by working or meeting some condition. Show that you like something very specific about her that is also non-physical. This is where screening and qualification comes in. You use it to set up challenges.

Here are some quick examples:

-Most of my friends are X. What's the most X thing you've ever done?

-I have such a soft spot for girls who are X. Do you consider yourself X?

-Vulnerability: "Most of the girls I've had relationships with haven't been all that attractive. People ask me 'What are you doing seeing that girl? You can do better'. It's because they're generally really fun people who were really nice to me, really giving. They also took an interest in the things I am passionate about."

-"You know most people I meet are hard to connect with, but I feel there's something about you that's very genuine."

-"You have a very down to earth sense of humor. It's easy to be with you."

-"You know I meet so many girls who play games. But you don't have time for that bullshit. You're so real and genuine... I like that."

VAC MANIPULATION:

The beauty of the VAC system is its nonlinearity. You can fix or improve your situation at any point in your interaction, depending on where your V, A, C values are at. The only other factor you should be aware of is precedence, and for now just realize that the more times you have hurt precedence (she made decisions against your favor, she acted on decisions against your favor, she "socially announced" decisions against your favor) the longer time it will take to reverse it.

If you have V and A, get C.

If you have A and C, get V.

Or in my following example if you have V and C, get massive A:

VAC Manipulation LR:

I was a Boston Nightclub in the fall time on workshop. I was doing a demo on an HB9.2 - (there's a link to the pic at the bottom of the post if you want an idea of how I scale my ratings) Chick was in a group of about 6 girls and 4 guys.



I go in SitRel, socialize with the group etc, screen qualify, vibe..etc. My VAC at this point is relatively nice and even. (It's better to have a well rounded VAC than huge deficiencies, as you'll see in a moment)

Talking for 20 minutes, I decide to get back to our guys - I eject cordially and catch up the guys. About 30 minutes later I see HB talking to another guy.

I find Sebastian, and he somehow convinces me it would be fun to blow the guy out.

I go in, use standard Woodhaven AMOG tactics for Sebastian's amusement. Normally I would just befriend the guy and slowly sap his value away, but I was in an asshole-ish mood.

Guy straight up walks away from me and the HB.

HB looks at me and exclaims "What did you say to him! Where did he go!". Ooops.. She was actually being set up with that guy through a common friend.

I have value (walked right up and killed some guy's game), I have compliance (she was forced to accept the consequences of my actions), but I have a major attainability problem. A friend would never do something like that.

I grab her number using one of my dirty tricks, and go back to the workshop. (Even though I got the number, it was pretty much bad)

I use an open loop text message. (These ALWAYS work) - no response from HB.

I call her and leave a few messages - no response.

A few weeks later I text her "Simon from American Idol. What's his last name?" (A common VAC text message / VM that I use)

She texts me back and tells me to leave her alone. She then calls and starts yelling at me.

Convo like this:

HB: "Why are you calling me?"

Me: "Uhh why not, you were the one who gave me your number?"

HB: "You're not supposed to have my number. You tricked me into giving it to you."

Me: "Are you THAT gullible that people can trick you into giving your number away?"

HB: "And what did you say to that guy - you made him leave!"

Me: "Don't blame me if a guy isn't interested in you, sweetie. It's not my problem."

HB: "Don't EVER call me again." -click-



Realize NO guys ever talk to this girl like that. They don't stand up for themselves and they don't call her on her shit.

Me = Asshole: Value and Compliance = high, Attainability = low

A few weeks go by, and I decide to call her, and fix my attainability as an experiment.

Christmas eve, I call back, surprisingly she answers:

Me: "Hi sweetie, I know I upset you before, but with you know, Christmas is coming and everything and I just think we should put the past behind us, and I want you to know there's no hard feelings." (Major high value attainability)

HB: "Yeah you know with the holidays right around the corner there's no reason we should be like that, we could maybe start talking and stuff."

With a line that takes 10 seconds to say, I have built proper attainability and reconstructed my entire VAC with this girl.

Why did this work?

You have to realize that people only emotionally react to those who have higher value than them. HVA presupposes an emotional effect (I know I upset you before).

I then framed it as if we were old friends burying the hatchet and making up. This solves Attainability definition #1 - respect as a friend.

She started calling me on a regular basis, I arranged a meet, handled logistics and full closed her.

We are now still together, and she told me she loves me within 3 weeks from the full close.

Post all your attainability questions / comments in this thread.

Vin



Lo-Tech Solutions for Smart People

By Sebastian Drake

Introduction: ASPIRATIONS TO BE A 'PLAYER'

"So many men try to go out and prove they're 'players' now, not nerds any more.

"They don't realize that by going out and socializing, nobody's wondering if they're a nerd. They're wondering if they're a player... or something better."

-Vincent DiCarlo

Many men who were unpopular during their school years don't want to be seen as nerds any more. They want to be "players". The problem is, players aren't what women want to be with. They want to be with legitimate, genuinely cool people - who aren't exerting every ounce of energy into being cool people.

Two examples of this - Zeus in Washington, D.C. and Ace of Hearts in Tokyo. You've likely never heard of either of these guys, even though they're two of the best in the "seduction community". It's because they're too busy living play-it-the-bone awesome lives to get caught up in trying to play.

I've had the pleasure and blessing to spend time with some of the greatest people in this entire world, including master pickup artists. And you know what? We don't talk about pickup more than 5% of the time. Zeus and I talked about tea and travel last we got to talk. The first time I met Ace of Hearts, he and I talked about beer, comedy, and cards.

These guys are both top-notch players. They get women, both in quantity and quality. But they don't think of themselves as players.

Vincent's hierarchy goes something like this:

Nerd
Average guy
Player
Ex-player
Genuine guy

By being out in a social place, meeting people and making connections, NO ONE is wondering "Is this guy a nerd?" They're trying to figure out "Is this guy a player... or something more?" By doing playerish things, you're actually communicating you're the one of the lower ranks on the



social rungs. Men who were "players when they were younger but grew out of it" are more widely liked and respected than men trying to play. And the most widely respected of all is the man who never tries to be cool, the one who transcends the "game" so to speak.

LO-TECH SOLUTIONS FOR SMART PEOPLE

"If you can get the same results with a simpler system, it means it's better technology."

-FB, 1/15/06, New York City

And so Lo-Tech was born. The desire and necessity for simple, easy-to-apply social solutions had not been made clear to me until a student in New York City had impressed this upon me. If you can get the same results in an easier, simple system - It's better technology.

"For me, there's no choice... I want to get results without complicated stuff."

-J, 1/30/06, Boston

Some of the most powerful and mesmerizing "pickup techniques" are deathly simple. Profoundly so.

Until the last two years, these techniques had largely been looked down in the seduction community. The reason is that prior to 2004, the community had been largely populated by guys who were striving not to be nerds.

Occasionally a "natural" would show up. Someone like Steve "Toecutter" Celeste. And he'd share simple, practical, highly effective things on how to get women, backed up by solid intellectual debate. People like Steve would make an impact but as they began to post less, they'd be forgotten. They didn't attract cultlike followings like many people espousing very complicated formulae.

This began to shift over two major events. The first was a series of scandals, lawsuits, and patterns of forgery being exposed in a couple of the west coast schools of seduction. It left people disenchanted and looking for something else. Some more holistic schools were then embraced, including Natural Game which I was proud to be a part of, and other steps forward like the direct movement.

So what is Lo-Tech?

It's simple technology that's easy to understand, not glamorous on paper, and achieves massive successful results out in the social arena.



HIGH-TECH'S PLACE IN THE WORLD

High-tech solutions are not only useful but necessary as well. Before I teach a single lo-tech solution, I begin by outlining attraction in a scientific way. Here's the Cliff Notes:

Attraction is a result of a combination of "VAC" -

Value + Attainability + Compliance

Value: Value is value for a person's life. There is something that a person wants in an item that makes it valuable to them. In the case of an automobile, it'd be valuable as transportation, for its comfort, and also for its show of status. Sometimes value is consciously recognized, sometimes it fills a subconscious need.

Attainability: Attainability is the belief, conscious or subconscious, that you can have something. When I speak to a room of 30+ people, I get the pleasure to do something a little bit nefarious. I ask, "Who in this room has ever been seriously attracted to the idea of owning a yacht?" Usually 2-3 people will raise their hands. I get to then put them on the spot and make them blush with, "And all of you make a pretty good income, don't you?" Sheepish nods all around.

People will not become attracted to something they can't have. It's a defense mechanism. They might appreciate it or enjoy it, but they won't pine after it the way they would something they can have. While a yacht would have value for almost any man - It represents power, freedom, luxury, and fun, as well as opening up a whole set of possible adventures - Only men that have at least an outside shot of owning a yacht will become seriously attracted to the idea.

Compliance: Formerly termed "work" or "effort" in early renditions of the VAC Model of Attraction, compliance goes beyond that. It includes active work or effort put into an ordeal, but also includes accepting things that you don't necessarily like to the end of having something.

Compliance is ruled by the Cost-Worth Conception. This says that people will attribute the worth of something to how much is charged for it. While arguably a flawed way of thinking, it goes a long way to explaining human behavior. The example I use to illustrate this when instructing is a game at a carnival or an amusement park. It'll cost you \$5 to \$10 to win a small, stuffed tiger from a game at a carnival, as well as some luck and skill. And after you do, how thrilled will you be? You'll likely smile and put it on a shelf as a trophy.

What if that stuffed tiger had been given away for free on the street as a promotion for Frosted Flakes? Would you have taken it? Likely not. If it was forced upon you, you might've thrown it away immediately in the nearest trash can.



VALUE - WHERE IT ALL STARTS

"Prior to the workshop, I understood the concept [that I already had value] intellectually, but that didn't make it true for ME. The fact is, in my reality, I saw myself as a below-average looking guy of low value and the goal was to somehow obscure that fact from women via the use of techniques. The idea of having to actually let it be known I'm attainable so as to not intimidate girls never entered my mind."

- "The Parametric Epiphany", Parametric

"I'm calling this 'The Parametric Epiphany.' Nice ring to it eh? Sounds like the title of a life changing event.

"I had the privilege of being in the room and seeing Parametric's reaction to Seb and Vin's correction of this false and limiting belief. Even cooler, I observed firsthand his comfort and smoothness while chatting up that hottie Latina (she was quite a looker with a megawatt smile). It definitely **wasn't** the vibe of someone who's wondering meekly "Does this girl like me?" but of a cool and confident guy."

- Zodiac

While many techniques in seduction at-large focus on the building of value, rarely if ever has value been codified and explained. Here is how we do it:

Value: In regards to meeting new women, value comes down to "value for her life". That is, something could be valuable in general but not specifically to her - In which case, it is not value for her life, and you don't have value for her.

VALUE IS ALL ABOUT PERCEPTION. An internally confident person who has a nervous tick may not appear too confident. Likewise, if you're very nervous but have all the nonverbal communication of a confident person, people will believe you to be confident.

The two kinds of value we focus on are:

Universal Value: These are characteristics that would be attractive to some degree to all* women, and not unattractive to any. These include confidence, charisma, leadership, health, and ambition. There are theoretically an infinite number of universally valuable traits, but if you're aware of the major ones then you'll cover the minor ones.

Specific Value: These are traits that would turn some women on, but others off. Two examples on opposite ends of the spectrum: A "dangerous" guy would be attractive to certain kinds of



women, usually younger women who are slightly bored or rebellious. At the same time, danger would be a turnoff to most women looking to put together a stable household and settle down and have children. On the other hand, a man with lots of stability who is risk-adverse might be a turn-off to younger party girls, but would appeal more to women looking for a stable father type.

The answer is to develop (or at least develop the appearance) of as much universal value as possible. Since confidence is universally valuable, you want to sit and stand like a confident person (body language). You want to move like a confident person (appear unrushed, fluidity in motion), speak like a confident person (legatto tonality, pauses for emphasis), and make eye contact like a confident person (bridge of the nose, look "through" the other person so your peripheral vision kicks in).

All those little techniques listed in parenthesis will make you appear more confident. And perhaps the best part of all is - After you practice them enough, they become subconscious and you do them automatically. Combined with improved thought patterns (especially Focus) you actually become a more confident person.

"Have you ever noticed that there's something strange about a lot of sargers [sarge: verb, 'to attempt to pick up women']? It's as if you look at a guy, and you can just TELL that something is missing. And some of these guys even do amazing in the field. They get great reactions most of the time... but, at the same time, they NEVER seem to have a girlfriend.

Most of the guys I know are like this. And there are a few reasons why: First, it goes back to one of my cardinal rules: The best way to sarge is to have something BETTER to do than to sarge."

-Neil "Style" Strauss, Introduction to "Are you becoming a Social Robot?"

Style says it well: Universal Value isn't just your precise communication skills. It's all the skills you have. One type of UV is Health: Learning "pickup" won't improve your health, but health is universally valuable.

That's scary to some people who don't want to be healthy. I understand that. And the fact is, you can get away with being poorly dressed and unhealthy if you have enough in the way of other universal and specific value. But, by making simple changes like consuming less simple carbohydrates in favor of complex carbs (switch from white to wheat breads, cut down on soda and pastries and sugar), drinking more water, and eating less deep-fried food, you'll have more energy, a better complexion, and a better physique. This does improve your "game", just like more confidence does.



The reason why? Health is universally valuable. Just like confident, charisma, humor, quick wit, leadership, decisiveness, indifference to arbitrary social norms, emotional steadfastness, intelligence, culture, worldliness, creativity, desire to reproduce, popularity, self-esteem, grooming, survival instincts, quick reflexes, and ambition. Composite traits are conditions that exist that indicate some of this universal value. "Good body language" is universally valuable, because it shows the appearance of health, confidence, and self-esteem. Power is generally the result of ambition, leadership, and decisiveness (among other things).

When Vincent and I wrote the most complete list of universal value that we could over the course of two weeks, we found that roughly half of the traits on the list can be improved through learning "pickup" and seduction skills. The other half, things like creativity, ambition, health, quick reflexes, and so on can be improved, but are done so outside of pickup contexts. Things like martial arts (or any combat sport), nutrition, traveling, and learning about art make you more valuable as a person as well.

You want as much Universal Value as you can get. It'll make you into a better, more productive, happier person - that gets better social results as well.

Specifically Valuable Traits are things that would turn one woman on, but another woman off. The trade-off is well-worth it if you cultivate the right traits - The kind of women you like will be very interested in you, the kinds of women you don't like will be less interested.

If you don't know what you want, or you want variety, then you should stick to universal value (which everyone should maximize). If you do have a strong preference, then we're talking. If you have a strong preference for a type of woman, you can cultivate traits about yourself that lend to your getting that type of woman.

Sometimes this is "like gets like". Hippy girls like hippy guys. Punker girls like punk guys. And so on through most countercultures. On the flip side, sometimes it's an opposites thing. Submissive women like dominant men.

You can also see cultural patterns. Women like different things in Barcelona than they do in Chengdu. London and Krakow are quite different. So is Mazatlan and New York City. So if you like certain ethnicities of women, speak to someone knowledgeable about the culture who has solid social skills, or talk to a type of man that's very interested in variety, who will often understand that a girl from Trinidad will react to different specifically valuable traits than a girl from Seoul.

THE POWER OF FOCUS

You may have noticed something in common with all men who get lots of women from nightclubs.



It's not that they're all good looking.

It's not that they're all wealthy.

It's not that they're all mean, or nice, or any specific behavior pattern.

They say different things.

They do different things.

But they've all got one thing in common.

"My girls would be in VIP and I'd go down to the floor and if a guy was just having fun and wasn't trying to holler, I'd let him go up and let my girls see if they liked him."

-Dan "Spirit Fingers" R.'s girlfriend, Club Promoter and Bartender

Focus is quintessential Lo-Tech. Focus is a concept that's so simple on the surface that two years ago, it would have been shunned by socially awkward people. In the last two years, there's been an evolution in this area of social science. The TNG movement combined with the publication of The Game has more cool people than ever in the seduction community, and they're demanding technique that works - especially if it should be obvious.

The fact of the matter is, cool guys who get women go out and do two things better than everyone else -

- 1) They have fun.
- 2) They socialize.

The first two focuses we prescribe are none other than Have Fun and Be Social.

The reason why -

Have you ever been driving your car, had the radio on, and been either eating or talking on your cell phone? Humans have this amazing ability to multitask, and many people continually are surprised at what people can do with the "back of our minds". After you learn concepts like Universal Value and Situational Relevance (which is simply choosing things appropriate for the current moment in conversation, including "opening") then it's time to work on those skills.

The problem becomes when your primary focus is to "do sets" or "do approaches". The reason is you'll run into the problem that every pickup artist, from Razorjack to Craig to Tyler to Vincent to everyone else has sworn is social suicide - The "Hunter Vibe".



It's when you look around a club for a "hot babe" to approach, ignoring everyone else around you. Or sit on the wall and get drunk if there aren't any hot enough girls there, jumping into action if any walk in the door.

The problem with this is that these behaviors are indicative of "low value" (the lack of, and/or opposite of universally valuable traits). These scream "player".

Cool people are cool because they're always having fun and socializing with everyone around them. So the first question you should always ask yourself is this - "Am I having fun?" If you are not, begin having fun before moving on to the next step. If you like to drink, it's okay to have a drink or two. If you like to dance, go dance. If you like to shoot pool, have a game of 8-Ball before you go do your "approaches" if you like.

If you aren't having fun and don't have any immediate solution you know will make you have fun, start doing crazy, playful things. 75% of the early part of archive is just me doing silly stuff and laying girls. I'd "open" by taking off a girl's shades and putting them on, swatting her with my umbrella, or throwing a piece of ice at her. These aren't good technique per se - but they can jump start the fun you're having.

One fun exercise we do on workshop now, that you can try with your friends, wingmen, or local lair - Have everyone write one decent opener down that they invented, and throw it in a hat. Everyone draws from the hat and uses it at least once or twice that night.

We had a student use one such opener that was really just crazy and ridiculous. He walked up to two girls at the bar, waved his arms around, and yelled, "It's SAUSAGE TIME!!!!"

Did it open?

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Yes.

More importantly, it got him having fun. The fact of the matter is: People avoid people that are miserable in bars and nightclubs. People want to meet others who are having a great time and being social.

As for socializing - You MUST talk to everyone. Cool guys, uncool guys, cute girls, ugly girls. Young and old. Fashionable and not. Doing so will get you in the right, talkative frame of mind and will help you have fun. For all the pragmatists out there, it also generates what Professor



Cialdini calls "social proof" - It shows people liking you and having fun interacting with you. It also has added benefits. Sometimes you'll get in for free to places with cover charges, you can get in with managers to get special access like VIP, and perhaps my favorite of all - Getting in with bouncers so if anyone gets rowdy later and starts trouble with you or yours, you simply have them removed with a wave of your hand (much better to be fun and socialize with the troublemaker and turn him or her into a friend, but good to have the option!)

Those are the first two focuses we prescribe. They should take up 50-65% of your conscious thought. You should constantly be having fun and meeting as many people as you can. Handclasp people, pat guys on the back, give girls kisses on the cheeks and get them back. Meet everyone, have a blast doing so. If you're having a bad time, give yourself a license to be silly and get yourself feeling lighthearted again.

Secondary focus: Your secondary focus is what you think about after you've started having a good time and socializing. This is where you:

- 3) Make connections.
- 4) See if people meet your standards.

Make connections - Try to relate to people and build people up. Confident, social people make people around them better. They engage in what we call "high value attainability" - This is letting other people know they're good enough to spend time with them, and that they're liked. Find common ground.

Then see if people meet your standards, instead of the other way around. Never try to impress people. If you work on universal value in your everyday life (becoming more expressive and interesting, learning communications and speaking skills, grooming yourself better, building self-confidence, doing new and interesting things and so on and so forth) and then you're able to have a lot of fun and be very social anywhere - You've got value.

After that, you need to see if people meet your standards. Size them up, see if they'd be fun to be friends with or suitable as a potential girlfriend, and so on. The process of doing so will communicate good things about you - That you have value, to be specific. Having standards suggests you have options - Which mean you've got value.

Your secondary focuses should take up 25-30% of your thought processes.

So again, the steps for successful pickup:

*) Learn and better yourself as much as possible, including building universal value as much as possible for yourself. This includes everything that can be learned from the disciplines of communications, psychology, sociology, biology, economics, marketing, and so on. Those are where most of the applied social skills from seduction come from.



After that, you'll know a lot of theory and a lot of techniques. It's good to study and learn these, but once you hit "the field" to practice and learn", you need to:

- 1) Have fun
- 2) Be social
- 3) Make connections
- 4) See if people meet your standards

1&2 are what we call "primary focus". You want to spend 50-65% of your thought process on doing this at first. After that, do 3&4, your secondary focus. You'll spend 25-30% of your mental energy here.

That leaves us with "tertiary focus" - This is where everything else goes. This is where your theory goes, this is where you analyze VAC and look for what you're missing. This is where you do compliance technique and work on logistics, among other things.

On a good day, only 5% of your thinking will have to be diverted into this. On a bad day, as much as 25% will be. But even on a logistical nightmare of a pickup, having fun, being social, making connections, and seeing if people meet your standards will consist of most of the effort you'll make.



“The Game” VAC Analysis

The Game by Neil Strauss was a New York Times Bestseller, and details Neil’s road to success with women. Under his pseudonym, “Style” as in “Man of Style”, he has many adventures. All excerpts are used directly from the book under fair use, and all rights are reserved to Neil and his publisher.

I chose The Game for this article’s teaching tool because it’s a fun read many people have with them, and because using anecdotes from someone’s life other than my own lets me stay unbiased and teach you as a social scientists. Page numbers are included so you can read along at home.

(And many of my friends who I gave an early draft of this article to said The Game read completely differently once they understood VAC)

Pages 312-317. Neil has completed an interview of Britney Spears, a beautiful coveted celebrity. He gets her phone number in a feat of true prowess, but is waffling on calling her. His friend “Mystery” tries to convince him to.

THE GAME PAGE 317:

>>>

“Just call her,” Mystery constantly prodded me. “What do you have to lose? Tell her, ‘Can you not look like Britney Spears? We’re going to do some crazy shit, and we can’t get caught. We’re going to wear wigs, climb up to the Hollywood sign, and touch it for good luck.’”

“If I had met her socially, fine. But this is a work assignment.”

“You’re playing the game at another level now. When the article is finished, it isn’t an assignment anymore. So call her.”

But I couldn’t do it. If it had been Dalene Kurtis, the Playmate of the Year, I would have called her back in a second. I had no fear of women like that anymore. I felt worthy. I’d proven that over and over since meeting her. But Britney Spears?

One’s self-esteem can only grow so much in a year and a half.

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VAC ANALYSIS:

Neil decides against calling her because he thinks she's unattainable. The telltale lines are, "I had no fear of women like that anymore. I felt worthy." (shows he feels Dalene Kurtis is attainable to him) And "One's self-esteem can only grow so much in a year and a half." (shows he doesn't think Britney is attainable)

Now, if Britney had wanted Neil, she could have fostered a sense of attainability about herself for him. A phone call or two, or perhaps something akin to some of the techniques we use to ground herself as an average person beneath all the celebrity. And if she had done that, Neil would have become much, much attracted to her than he was.

Towards the end of The Game, Neil becomes very attracted - and eventually goes completely exclusive for - a woman named Lisa. What did Lisa have that the other girls didn't? Well, she had value for his life, being beautiful, intelligent, and with a better personality than most of the girls Neil has met. And since Neil is a top-notch Pick-Up Artist, he feels all women are attainable: He's unlikely to feel an Auto-Rejection Mechanism except on the most elite of celebrities.

But what about work? At this point in the book, Neil is used to getting huge amounts of compliance from the women in his life. He runs his game for a while and they like it. He phase-shifts and kisses them. They begin to fall ga-ga for them, and if necessary, he uses his techniques to blast LMR and bed them. When and how he pleases.

THE GAME PAGE 365

>>>

I held her eye contact and moved toward her for the kiss, holding the camera in front of us to capture it.

"I'm not kissing you," she barked.

The words scalded my face like hot coffee. There was no girl I couldn't kiss within a half hour of meeting her. What was her problem?

I froze her out and tried again. Nothing.

It is in these moments that, as a PUA, you start to question the work you've done on yourself. You begin to worry that maybe she sees the real you, the one who existed before the silly nickname, the one who wrote poems about this exact situation in high school.



I delivered a moving, impassioned performance of the evolution phase-shift routine. Somewhere in the distance, I heard a thousand PUAs applauding.

“I’m not biting you,” she said.

I wasn’t through. I told her the most beautiful love story ever written: “On Seeing the 100 Percent Perfect Girl One Beautiful April Morning” by Haruki Murakami. It is about a man and a woman who are soul mates. But when they doubt their connection for a moment and decide not to act on it, they lose each other forever.

She was ice cold.

I tried a hardcore freeze-out: I blew out the candles, turned off the music, turned on the lights, and checked my email.

She climbed into my bed, curled up under the covers, and went to sleep.

I finally I joined her, and we slept on opposite ends of the bed.

<<<

VAC ANALYSIS:

There is no doubt at this point in the book that Lisa will end up with Style if she wants him. She has value for his life, he feels she is attainable to him, but he will be made to work for it. If he “catches” her in the end, he will be astronomically more attracted to him than if she had bedded him that evening.

The old adage that a woman must make her man wait to have her for him to respect her isn’t necessarily true. But it is one of the simplest and easiest ways of making a man work to get her and become more attracted.

The only way, the absolutely only way Lisa could lose Neil at this point in the novel is for his sense of attainability to fall off. This would be a difficult proposition, but because Style is a man of some character and self-esteem, he won’t hang around forever if she makes it clear she won’t be his. The value is there. He’s worked for her. Now, if she keeps herself appearing attainable, she can have him when she likes him.

THE GAME PAGE 368:

>>>



So we [Neil and Lisa] spent another platonic night together. It was driving me crazy. I knew she liked me. But she wouldn't get intimate. I was teetering on the border of being LJB'ed.

Maybe I just wasn't her type. I imagined her with tattooed, muscle-bound, leather-jacketed Danzig types, not a scrawny metrosexual guy who had to take pickup workshops. She was killing me.

For the first time since I'd learned the word one-itis, I knew that I was doomed. No one ever gets his one-itis. He gets too clingy and needy and blows it. And, sure enough, I blew it.

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VAC ANALYSIS:

At this point, Neil is questioning whether she's attainable or not. And then when she blows him off later, leaving him at the airport with a limo, liquor, and a fancy date planned, his sense of her attainability is near-gone. He continues to pursue her, but details on page 372 that he leaves a message for her and she doesn't call back.

Neil does his thing, and goes on a little tear of his own, sleeping with a bunch of different women. He thinks of Lisa from time to time, but you can even see what happens in the pacing of the book: There's barely a mention of her for the next 24 pages as he talks about sleeping with other women and all the ProHo drama. Though no one can be sure, pick-up artists would like to think Neil didn't spend all his time pining over Lisa in the days that passed until he ran into her again. Though this will happen occasionally with women, most of the time high self-esteem men won't think constantly over a one-itis once the sense of attainability is gone. At the very least, they're unlikely to take rational action unless the woman first makes a move of her own.

Which Lisa does, incidentally. If you've read the book, you know what happens. She shows up in her convertible, and Neil is ecstatic. She expresses interest in him on page 396 and his sense of her attainability is back.

THE GAME PAGE 410:

>>>

[Strauss:] "So what made you drive up the hill the other day to see me again?"

[Lisa:] "While you were gone, I realized how much I missed you." I loved watching her lips part over her front teeth when she talked. It made me think of salmon on rice. "My friends were making fun of me because I was counting down the days until you came home. I actually went grocery shopping while you were gone so I could cook you food. I don't know why." She



hesitated and smiled, as if she were offering information she'd never planned to divulge. "I bought a fresh piece of swordfish and had to throw it away because it went bad."

A warm flush of confidence filled my chest. So I still had a chance with this girl.

<<<

VAC ANALYSIS:

Neil, again, sees Lisa as attainable and you can actually see him immediately feel attraction! She says she misses him, and then he thinks about how much he loves watching her lips part over her front teeth. He analogizes it to salmon on rice.

This is going to lead to more effective seduction on her part: She likes him, and with all the work she's made him put in, she has a definite shot at exclusivity with a top-notch pickup artist if she wants it. Her own "game" is definitely top of the line.

The rest of pages 410 and 411 are provide even better examples. Why did Lisa act the way she did and lose attraction for Neil? She, herself, wasn't sure about his attainability. She was thankfully sure enough to reengage him, but there was a little mix-up that caused her Auto-Rejection Mechanism to set in - and tell a guy that she liked that he had no chance.

She's not rejecting Neil, she's rejecting HERSELF! This is what happens when the sense of attainability is removed.

THE GAME PAGE 410

>>>

"But it's too late," she said. "The window was open with me, and you blew it."

David DeAngelo would have said to go cocky funny here. Ross Jeffries would have said not to buy into her frame. Mystery would have said to punish her. But I had to ask: "How did I blow it?"

"First off, you didn't call me when you came home from Miami. I had to go to you."

"Hold on. I thought you were blowing me off. You never even called while I was away."

"Well, your voice mail said you were out of town and you weren't receiving calls, so I didn't leave a message."

"Yeah, but I would have returned your call. I wanted to hear from you."



“Then you came to Whiskey Bar and hardly talked. And the last straw was when we went to your house to go surfing. I told Sam I was starting to like you again and she said, ‘Get over it. When I went up to his room to use the bathroom, I found a used condom on the floor.’”

My brain leaped up and slapped itself. I had been careless: I’d forgotten to throw away the condom I’d used with Isabel. So that’s what Sam and she were whispering about in the car on the way to Malibu.

“So then why did you agree to go out with me tonight?”

“You asked me out on a proper date. And you were a little nervous, so I figured you must really be into me.”

I propped myself up on the pillows. I was about to say the most AFC thing of my life. “Let me tell you something. The pickup artists have a word they call one-itis. It’s a disease that people get when they become obsessed with just one girl. And they never end up with this girl because they get too nervous around her and scare her away.”

“So?” she asked.

“So,” I said. “You’re my one-itis.”

We were looking each other in the eyes now. I could see hers sparkle. I knew mine were sparkling. It was time to kiss her.

There were no lines, no routines, no evolution phase-shift—I’d tried them all unsuccessfully anyway. I leaned in. She leaned in. Her eyes closed. My eyes closed. Our lips met. It was just like I’d always thought a kiss was supposed to begin.

For hours, we lay there making out and dissecting the connections and misunderstandings of the past few weeks.

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VAC ANALYSIS:

You can see her ARM (Auto-Rejection Mechanism) in motion. “I told Sam I was starting to like you again and she said, ‘Get over it. When I went up to his room to use the bathroom, I found a used condom on the floor.’”

“I told Sam I was starting to like you again” is a classic example of attraction rebuilding. Neil invites Lisa surfing, so Lisa thinks Neil is attainable. Attraction grows. But then Sam tells Lisa about the condom on the floor. Attainability fades. Attraction fades.



BUT, Neil Strauss is a man of exceptional character, and shows why he's been crowned one of the best pick-up artists of this era. Though he's not exactly sure why, he knows intuitively that David DeAngelo's advice is based on making her work for him, which isn't the answer. Ross and Mystery are suggesting doing things that demonstrate value through independence and choice, which also isn't necessary for this spot.

So Neil opens up and shows Lisa he's attainable. He goes as far as to tell her that he's obsessed with her: And it works. The value for her life was there (Neil's a great guy with a good career and lots of interesting stuff going on). She's had to work for him, charming and seducing him. When he shows her that he's attainable to her, she falls for him.

Deciding to be faithful now, Strauss sets about dumping his other girlfriends.

THE GAME PAGE 411:

>>>

"So you're choosing her over me?" Isabel asked angrily.

"It's not an intellectual choice."

"Is she better in bed or something?"

"I don't know. We've only kissed."

"So you made out with some girl," she said, with a weak attempt at a cruel laugh, "and you want to get rid of me now."

"It's not that I want to get rid of you. I'd still like to see you, but as a friend." I could hear the word pierce her heart like a dagger, as it had my own heart so many times before I'd joined the community.

"But I love you."

How could she love me? She needed to go fuck a dozen other guys to get over her one-itis.

"I'm sorry," I said. And I was.

There is a downside to casual sex: Sometimes it stops being casual. People develop a desire for something more. And when one person's expectations don't match the other person's, then whoever holds the highest expectations suffers. There is no such thing as cheap sex. It always comes with a price.



<<<

VAC ANALYSIS:

Neil, in a way, touches on value and working for someone here. Neil has more value for Isabel's life than Isabel has for Neil's life. And Isabel has worked harder for him than he has for her. The two combined together means she feels she deserves him and is attracted to him - so of course it hurts. Many men that read this will understand how Isabel felt.

While it's not nearly as common for women to feel this pain as men, it does happen. She was attracted to him: Neil had value for Isabel's life, since he was a good guy with a lot to offer. He was attainable since she'd already been bedding him and spending time with him. And she'd put in a lot of work - compliance - by doing things to please and impress him, and accepting conditions she didn't like such as non-exclusivity.

Though I won't ruin the specifics, I'll let you know there is a happily-ever-after to this book, and Neil and Lisa do metaphorically ride off into the sunset together.

As for creating attraction in your own life, remember this formula:

Attraction = Value + Attainability + Compliance



11 Damn Good Questions from a Great Student

I had a really fantastic student in London, great guy, and really enthusiastic about success. I admire his ability to put things down eloquently and ask great questions, and I wanted to share my answers to a few questions of his with you. Enjoy!

Important Questions

1) As VAC = Attraction, how come every woman will not be attracted to you if you gain it?

Sebastian says:

The short answer is... they will!

That said, value is something that fills a conscious or subconscious need in another person's life. For the vast majority of women (over 95%), they have needs that aren't being fulfilled. However, there are a select few women who are really getting everything they need from the men they currently have in their life - these women usually can't be bedded, seduced, and sometimes not even attracted!

Crazy? Here's the question to ask a man who says you can sleep with ANY woman: "Does that mean that no matter how skilled you are, how great of a man you are, and how great your relationship is, a woman will cheat on you?" That seems to stop cats dead in their tracks.

That said, over 95% of women AREN'T getting what they need. So rest assured, there are plenty of girls to go around. ;)

2) As VAC = attraction, how come some guys end up in the "just friends" zone? After all, by sheer virtue of friendship they have high value, demonstrated respect as a friend & that they are real and will have experienced compliance.

Sebastian says:

The most common cause of "just friends" is lack of compliance. If you don't make a girl work to earn you, she'll think you're "a nice guy" and that will be that.

The second most common cause is missing a window of opportunity - if a woman gives you an opportunity to escalate - and you don't - they'll often auto-reject, think you don't like them, and clamp down and write you off as a friend. This second kind of "just friends" is easier to conquer than the first - no compliance is really bad. Better to overwork girls than underwork them ;)



3) How do you avoid LJB? How do you be "cool and sexy" as opposed to just "cool and nice"?

Sebastian says:

Blah! Sexy! Trying to be sexy is like trying to be cool. If you're seen as trying to be cool, you're not cool. What is cool? Cool is having your life together, like who you are, presenting yourself well socially, etc. Same with sexy. Sexy is confidence, charisma, and all the manifestations of that - Good Nonverbal Image, good Focus, etc.

As for avoiding LJB, literally verbalizing she's a good friend works wonders. If you say to a girl, "You're such a good friend, I'm so glad I met you" it's near IMPOSSIBLE for her to say, "Let's just be friends to you."

Would this dialogue happen?

Guy, smiling as he says it: "You're really great Kate, you're such a good friend."

Girl: "Wait a second there, Jake! We're just friends!"

Telling a girl you think of her as a great friend actually STOPS "let's just be friends" - and gets you closer to the bedroom. Counterintuitive as it may seem.

4) Is it possible (and if so, how?) to gain VAC with people you previously didn't? I am thinking primarily of those who have already formed an opinion: work colleagues, exes etc.

Sebastian says:

Yes... and no. With people you already know, you have something called "precedence" going in one direction or another. Bad precedence can be broken, but it can be a very time-consuming thing. The truth is, especially with exes, you've already got a lot of things handled, but you've already got massive problems. These situations can be fixed, but they're very case-sensitive, and frankly, objectively, usually not worth the time they take.

There's something like 3-4 BILLION women in the world. At least 500 million of those women are cute. Do the math... one ex... half a billion other women... hmm...

5) Universal value (confidence, humor, etc.) is one thing but how do you demonstrate specific value for her? She may not screen you with questions and even if she did, how do you know what the correct response is?

Sebastian says:

This is a great question!



First, if you lack specific value for a woman, what do you need?

Answer: More universal value. So if she likes black/white/Asian/Latino/Arabic men, and you're not the one she specifically likes, what do you need? To be even more confident, charismatic, humorous, decisive, empathetic, and all that, than the other guys around you. This is how barriers get broken down - a girl may only date a guy of one race her entire life, but then she comes across a guy so great that she can't help but get interested in like him. Frequently after that happens, her perceptions will change and she'll be open to that type of guy in the future.

It's an attainability thing.

That said, there is a system for screening out her specifically valuable traits. One of the largest specific value dichotomies is "social accountability vs. social anonymity" - this is something relatively new that Vincent and I have been working on the last six months. The idea is that there are two powerful, polar opposite forces you can employ on your side: The first is social accountability, which is getting connected in with her and her social circle. This minimizes flaking and gets her to respect you well. The second is social anonymity, which keeps you out of her social circle and makes you a shadow upon the wall. Flaking will be higher, but you'll be able to get very casual, non-mainstream relationships easily, be her "guy on the side", lay her very quickly, etc.

Basically, you want to be either invisible in her affairs, or right in the mix of them. When you're just starting, I'd recommend using more social accountability-based stuff, because then you can choose whether you want it to be casual or you want to flip it to a girlfriend, and you'll get less potential flak and disrespect. Once your knowledge and ability to influence VAC improves, you can flip it around and use social anonymity to your advantage. One of the biggest factors deciding which to use is age - Social accountability works better on younger girls (18-25), social anonymity works very well on older women (28-38).

I'll ask Vinny to write some on this - it's fascinating stuff, really.

6) More to the point, do you "become" what they want - like a chameleon - or do you just be yourself and let them buy into the majesty of Sebastian, Cool Dude Extraordinaire?

Sebastian, Cool Dude Extraordinaire says:

Up to you. I don't find any reason to sell out who I am to try to bed a woman - completely unnecessary, and I don't like how it makes me feel. But you can showcase different elements of your personality. I write poetry, love nature, and enjoy nightclubs. Which of those do I bring up FIRST to a girl about my personality? Whatever's Situationally Relevant, and then... yeah, social chameleon and all that. Don't pretend to be something you're not, but you can showcase different elements of yourself to different people. We've all got a lot of varied interests.



7) As for "is this for real", don't genuine interest openers about her being gorgeous scream player?

Sebastian says:

They most certainly can. I like the pacing one because it always comes across spontaneous:

"I saw you (what you're doing) and I have to say you (what I noticed about you)."

Very powerful opener, because it's always true, genuine, and legitimate.

"I saw you standing here, and I have to say you've got the best hair color I've ever seen."

"I saw you sitting here, and I've got to say you look absolutely fantastic."

Gotta be genuine though. As for the word "gorgeous", that's just my word amigo. It jives with me and who I am. It's not necessarily a great word - Remember "Coloring Your Language In and Up" on day 3? A non-cliché synonym for cute/beautiful/pretty is one of the first things you should find.

8) Do you keep running V, A and C - like spinning plates - or can you stop once you think you've instilled enough of each?

Sebastian says:

You don't need immense amounts of VAC to simply have some sex. Women like and enjoy sex, and especially like and enjoy sex with guys that are cool, friendly, confident, and don't make them feel bad.

VAC is really more like climbing a mountain than spinning plates. You're not trying to stay where you're at, you're getting greater rewards as you get up. Of course, if you fall off the top of Mount Everest, it's going to hurt a lot more than falling out of a tree - so do be aware that the more attracted a girl is to you, the worse she'll feel if you break her heart. (so don't do it)

The rewards keep getting greater as you increase VAC - you can do literally anything you've dreamed of. Vincent is having threesomes with his Milan-runway model girlfriend. I haven't asked him explicitly, but I'm also reasonably confident she pays for everything in their relationship.

At some point, you can stop, relax, and enjoy the view from the mountain. But you could always climb higher. It has a lot to do with when you're satisfied, and happy.

9) How do you know when you have raised your V, A, C to the required levels?



Sebastian says:

Depends on what you want. Some guys are just happy to be able to have nice conversations. If so, you only need a little bit of VAC. After a while, the same guy might want a date. So he needs a bit more. And then sex takes a bit more, and then a relationship a bit more, and sex while she's bending over your fourth floor balcony takes a bit more, and then getting her to buy your whole wardrobe takes a bit more, and then bringing her friends for you to sleep with takes a bit more, and... Well, like they said in "G.I. Joe", "Knowing is half the battle." So know anything is possible, and go crazy man. When you're happy, feel free to relax. :)

10) And how do you know which are lacking?

Sebastian says:

For value: Value is something you handle before you get to a venue. With a mix of Nonverbals, Situational Relevance, and good Conversational management skills, you will have value for almost any woman you meet.

Then you get her to work (compliance), reward that work (attainability), and reward it with a bit less than you got (compliance -> value). This article was recently sent out to our list, you might enjoy it if you missed it:

http://www.the-approach.net/compliance_value.php

To troubleshoot, if she's being very nice and you're spinning your wheels, you have a value problem. If she's being mean, it's usually an attainability problem (or she's one of the rare 5% of the population that are nasty horrible people to be avoided at all costs - thankfully the prettiest girls rarely fall into this category). If she's refusing simple requests, you have a compliance problem.

Compliance problems are very hard to fix - you need compliance to fix them, but you don't have compliance. The answer on how to do it is "baby steps" but it can be frustrating. The answer is to get a lot of compliance up front, and deal with the potential attainability problem - attainability can be fixed easily, sometimes by just calming down and making a simple statement like, "I'm joking around and teasing you a lot... but I really dig you. I'm glad we're friends." Sometimes a simple statement like that can fix attainability straightaway. So go overboard on the compliance, and respond to rudeness (Auto-Rejection) something like the way I written just above.

11) I understand that you don't need to kiss on a first meeting. Both girls I had in isolation, were not ready for it. How do you get such fast closes: same night, within half an hour etc? I had that American girl give me cheek kisses but I wasn't getting her in bed within 30 minutes. I came across as a player, with no respect for her, yet you were smooching on night one and you



fucked a Korean model within an hour of meeting. Don't say it's 'cause you're good, I know that!

Sebastian:

Okay, she was Japanese, and she wasn't a model - she was just 6'0 and had a nice figure. I did mention a Korean model, but that's another, wholly unrelated story. She took like six hours to get in bed, but that's partially because we were both really busy at that point in our lives.

So how do you get fast closes? Part of it is being bold. Here's a bad belief that I, personally, just got rid of - and that's that you needed good logistics to get laid. For sure, I've made it despite bad logistics, but I was always looking for beds. I owe to my friend Snow, another trainer who trains locally in Toronto (s...@torontosocial.net - look him up if you're in Toronto, he's an amazing teacher) who, after I brought a girl to his place, told me to go "bend her over the sink" - sage advice, really helped my game.

Anyway, I bedded our little taller-than-me friend on the hardwood floor of the guys I was staying with. I bruised my damn knees! Pretty badly, actually, I was kind of limping around on the third day of the program, but you guys apparently weren't fazed by it.

That said, how did I do it?

Sexual power reversal - I flipped the script on her, using compliance/value techniques, so that I had sexual power over her. When you can do that, both time you've spent with her and logistics become irrelevant.

Social anonymity - I didn't know her friends, and she had nothing to fear from being labeled a slut or having her reputation damaged by being with me.

Compliance - Lots of it.

Precedence - I started escalating (a little) within ten minutes of meeting her. She accepted that, and reciprocated, so we built up to sex by doing small, pleasurable things to each other.

Escalation - Ever seen Cruel Intentions? His name is Sebastian too! And he's got game too! Goes with the territory eh? Watch the scene where he says "one kiss". "No, not there"... I did something like that. It's not necessary per se, but the irony value definitely makes me smile.

All that said, this is one of the last things that I was able to do consistently. With good game, spending enough time with a girl results in sex near automatically. At least, you'll get windows of opportunity, and if you take them, you're golden. So don't rush things for the sake of ego -



quick lays are nice, but solid attraction and turning quality girls into girlfriends and open relationships is much better.

Oh, yeah, and it actually took a whole hour to lay her. So don't get discouraged if you're not doing it in 30 minutes ;)



How to Attract Women by Being Direct

by **Vincent DiCarlo** of [theApproach](#)

The extremely attractive women in this world are used to male attention. Period.

And should it surprise you?

Of course not. Well in this dating tips article, I am going to tell you the #1 way of attracting one of these high-caliber women.

First, I want to tell you what it is like to be one of these women. It's important to be able to see the world through an attractive woman's eyes.

Imagine just for a second...

You are walking from the subway to the store to return a pair of shoes you bought last week.

Not one minute off the subway, a man looks at you and smiles. He holds eye contact past the point of being comfortable, but says nothing, and keeps walking.

Now on the street, another guy looks at you and exclaims "Wow, you're hot." And continues to watch you as you walk past him.

What was he expecting? Did he think you would turn around and chase him down simply because he expressed his interest? Jeez. This is getting old. You just want to return your shoes!

Once in the store, you are on your way to the counter when a very sophisticated older gentleman approaches you.

He seems very nice and holds up a conversation pretty well. He tells you your eyes are pretty, and he was intrigued by your smile.

This is somewhat refreshing, since he seems to pay attention to you.

But his compliments don't stop there. Now he is looking at your breasts. And he is telling you your shirt is also very pretty. Ok Ok... enough old man, I get it.

And now he is telling you he would like to buy you a diamond necklace to go with your shirt.

What? What did you do to win this man's attention? He must be very desperate. Does he do this to every girl?? Can you see how frustrating life can be for one of these women?



Every man is either too scared to make a real approach or so nice that it is sickening.

BE DIFFERENT.

That's right. The way to get the attention and build attraction with these women isn't through money, fame or good looks. You must be different and distinguish yourself from every other guy who has given her attention in the past 24 hours.

In a nutshell, the two most effective ways to distinguish yourself from the monotony and endless barrage of boring men lies in the following two behaviors.

1. Have the confidence to approach, hold eye contact and have a normal conversation with her.

Most men are intimidated by beautiful women. Don't be one of them.

2. Be more impressed by her personality than her physical beauty.

Take the time to learn what makes her special from every other woman around you. Learn about her interests, passions and dreams. Then use those as starting points to demonstrate your interest in her.

Mastering those two things will put you light years ahead of most men in the seduction game out there, and put you in a position to find a really beautiful woman who appreciates being with you as well.

Vincent DiCarlo



Guide to Direct Game

by Woodhaven

Currently, direct game is synonymous with "I like you" and "BE ALPHA" -- So let's rock and roll! ;)

mASF is full of simultaneously successful independent models which can be used effectively if congruent. We all use many models, and their strength is predominantly determined by their congruence to themselves. People have a tendency to gravitate to models that come naturally to them, or make immediate sense. This is great, and if I'm working with a newbie, I will usually encourage him to start with a model that he feels comfortable with. BUT, because I'm a SUCKER and OBSESSED with PU, I like to try new things all the time, and experiment with all kinds of styles. Furthermore, experimenting with something different than you're used to will push your abilities, expand your model of the world and force you to grow in new ways.

For example, when I first met Dimitri, I was shocked. The first thing I said to myself was: "There is no way this is Dimitri." Then I thought "There's NO WAY this guy actually gets laid." (No offense my man, just first impressions! ;)) My own success had come from a natural style heavily influenced by the predominant crews here on mASF, what I saw that day blew my mind. His style was unique and fresh. Completely spontaneous and completely his own, I could not correlate a single bit of his game with mainstream ASF game. He violated all the rules and had utter disregard for current models and trends. We would open a 3-set, and while I was demonstrating the power and consistency of opinion openers, Dimitri would come in and physically PICK UP ONE OF THE GIRLS AND SWING HER AROUND! And they LOVED IT! People walking by in the mall were shocked, but he DIDN'T care - no one mattered BUT HIM. That's what being alpha really is - doing exactly what you want with no hesitation and complete certainty it will work.

So we spent most of the summer sarging for entire weekends. Starting friday evening, going straight until sunday evening - looking back it was probably not a very healthy thing to do, but I learned a lot from him, and hopefully he learned from me as well. Most of the time was spent in the malls and on the streets of Boston - it was pure, unadulterated daygame. As a result, I had to invent new models to even comprehend what Dimitri was doing. (My Balance attraction with value post is a good example, and actually is a recommended prerequisite to this post.) Over time, I have devised models for all kinds of things - models for natural styles, "indirect" styles, pimp game (of which my demonstration vs. verbalization post is a part of, along with making yourself physically scarce, being more interested in getting non-sexual things from her (See Dimitri's supply and demand post for more on this), etc..), an assortment of different types of approaching styles, etc... but all that stuff is content for another post! ;)

So here, without further ado, is a crash course for the style of pickup I prefer most:



DIRECT GAME

I. Who can use direct game? Why use direct game? Direct game is a game based on value and self respect. It is based on honesty and disregard for societal constructs. It is completely absent of any takeaways intended to manipulate interest, direct invalidation, and disrespect. I would suggest that direct game can be used by anyone ESPECIALLY newbie's because of it's simplicity, efficiency and congruence with the newbie's intentions. People also like direct game because it allows them to persist confidently without pretending to be hard-to-get.

It is very effective on girls who have high moral standards and have not yet fallen into the party chick trap. Usually the girls are passionate about something in their life, and had maybe one or two long term relationships. It tends to be less effective on girls who have been emotionally damaged by countless other players who have desensitized them to value based attraction by repeated cycles of attention and indifference. They have already been exposed to intense and crippling physical attraction, and despite the fact that they know it's bad for them, they cannot resist. There are also a lot of girls who have experienced this, but have decided that they do not want it anymore, and this method will work especially well with them.

On a side note, direct game is a GREAT FRAME for creating relationships. It can also set a good foundation for transitioning to indirect game or pimp-style game post conversion. Conversely if you start with indirect or pimp-style game it is near impossible to transition back to direct.

II. Indirect Vs. Direct Game The main differences between indirect and direct game are TECHNICAL ones. That is why direct is just as effective, but in many ways MORE efficient than indirect game. One difference is the frame of the opener. Early theories supporting the effectiveness of opinion openers stated that you are almost "using" the girl for her opinion, meanwhile demonstrating value to her in some way. Direct openers ASSUME already that you are of higher value, and your body language, style, tonality and facial expressions must be congruent with that. You are also demonstrating your direct INTEREST in the girl. It is not purely sexual or purely platonic, it is both simultaneously. If you fail to show SIMULTANEOUS sexual and platonic interest, then she will perceive you as too horny or too gay.

IMO there are two ways to deliver opinion openers. One is to FAKE DISINTEREST - appear more concerned with getting her actual opinion than connecting with her. The other way is using the opinion opener AS A FORMALITY, merely providing a context in which two people can connect. So considering the latter is the current theoretically correct indirect technique, we see that in opening, the only difference is a technical one.

The more pronounced difference in direct vs. indirect game is the fact that YOU ARE PERSISTING MEANWHILE QUALIFYING FROM A POSITION OF POWER. You are taking the initiative to make things happen and push the seduction forward. If you expect her to respond positively to your lack of indifference, you must NOT RESPOND positively to her indifference! If you are playing direct game, and she attempts to manipulate your interest, play games or



otherwise disrespect you, you CANNOT RESPOND POSITVELY TO THAT! That is supplication, and supplication is no part of good direct OR indirect game. In general also, I must add that direct and indirect styles aren't mutually exclusive and there is a lot of overlap. Good game is good game!

Direct: -Techniques which are congruent with interest. -Persisting with absolute certainty. -Qualifying from a position of power.

Indirect: -Techniques congruent with disinterest. -Letting her chase you. -Takeaways and general manipulation of attraction.

III. Beliefs / Mindsets / Frames

As stated previously, self confidence and self respect are of utmost importance to direct game. Without these you will make the mistake of qualifying her from a position of weakness. You will tolerate her games, and persist despite her disrespecting you. Having weak beliefs is what causes people to make the mistakes of kissing ass, being overly complimentary and tolerating her shit, when they think they are "going direct". This is not at all what it's about. There is a balance.

The best mindset for using direct game is one of being alpha. This has been stated numerous times as the KEY to direct game. While I recognize it as an important element, it is not a complete methodology. Being alpha basically means taking what you want WITHOUT HESITATION. Think about when you are at home and you want food from the fridge. Do you hesitate even for a second if you're really hungry?? NO. You just walk over and take it. When a mall full of women becomes your refrigerator out of which to feast, you my friend, have got it.

I use a slightly different frame with girls whom I am deciding to use a direct model with. While the annoying little sister frame is great for indirect game, the "Sweet little daughter whom I care about and protect" frame is EXCELLENT for direct. You are powerful but gentle, compassionate and caring.

IV. Body Language / Tonality / Facial Expressions

As with any good game discussed here on mASF, slow, relaxed body language is important. The only difference is in the opener, you would face towards the girl as you deliver it. This is congruent with your interest in her. Tonality should be deep and resonant. Facial expressions varied and interesting, but relaxed.

V. Openers



There are 3 different types of openers I use: 1. Hi, how are you? 2. You are beautiful. I would like to get to know you / May I join you? (Shark) 3. That shirt... (Wait for response) It absolutely looks great with your style! (Credit for this type of opener goes to Razorjack)

Your non verbal communication should be congruent with your interest. Of course your overall intention is clear in all three of these. Remember **SIMULTANEOUS SEXUAL AND PLATONIC INTEREST**. Deliver the opener and continue to vibing.

VI. Vibing and Connection

A. Traditional Rapport Vibing Vibing is about the energy of the moment. The feel of the interaction rather than the content. Vibing with a girl makes her feel like you have a natural connection. It is talking about ANYTHING or telling stories or jokes, even talking about work. YES you can talk about your work if you can VIBE. It is charging your interactions with emotion and tension.

B. Storytelling / Demonstrations of value. Typical storytelling and DHV models apply here quite nicely. I usually point people to Wilder's storytelling post as a guide.

C. Screening Vibing should have a screening feel to it. By demonstrating that you are selective, have other options, but are CHOOSING HER, you create immense value for yourself and qualify her at the same time. See Neo-Rio's recent screening post for more of this.

D. C+F (??) There is a debate whether or not you can use C+F and other slightly invalidating techniques in a direct framework. I DO use C+F with my direct method. There's two things to remember. Firstly, the success of C+F is more girl-dependent than style-dependent. (Then again girls are also-style dependent, but less so.) If a girl responds well to C+F, I'll use it. Secondly, the way to use C+F is in a gentle, playful frame. Your frame cannot be - "I'm doing this to increase attraction." more - "I'm giving her the gift of laughter because I care about her." Your words may be slightly invalidating, but FUNNY and you say it with a WARM tonality and set of facial expressions.

VII. Qualification

Qualification is a HUGE part of direct game. It's great to qualify on non-physical things like her sense of style, her humor, or the fact that she is real and genuine. The key to qualification is **TO BE CONGRUENT WITH THE DELIVERY**. When you tell her you feel more comfortable with her than any other girls you have met recently, your tonality, body language and actions **BETTER BACK IT UP**. Furthermore, having an incredible vibe with a girl is actually more effective than anything you can SAY to her. You are telling her you like her, and she believes you because she feels the same way!

VIII. Timing / Persistence / Space



I try to describe the timing for contacts and meets as "cool persistence". You are up front about your sexual and platonic interest, but you're not too attached to the outcome. It is being persistent on your timetable, and not giving too much importance to one particular chick. In general, see her once or twice a week and call two or three times a week. Once you have reached conversion, she will make the efforts to contact and see you, and it won't matter what you do anymore. But before conversion, if she is disrespectfully non-responsive to your messages and calls, give her a break for a few weeks and try again.

Do not fear that persistence will come across as needy. It is not the techniques of direct game which lowers your value. The thing that lowers your value is telegraphing neediness. Any subcommunication of lower grade emotions such as fear, anger, resentment, or hostility through your tonality or actions will do this. As long as you take measures to cleanse yourself of these negative emotions, your communication will come across as powerful and confident.

Being physically persistent when in a girls presence CAN come off as needy if you are all over her and not playful enough. Also showing the abovementioned negative emotions while being physically persistent will hurt you in that respect. Best to physically advance with absolute certainty she will enjoy it. And if she doesn't - don't let it affect your state. Chill out, enjoy yourself and try again later.

Space is the way that doubt is introduced into a girls mind. It is not through invalidating techniques. Space amplifies the good feelings you gave to her when you were together. It is also a way of producing implicit social proof. Have a great time with her, and then be busy with your own life. Take your mind off of her. Let her feelings for you build.

IX. Conversion

Conversion is what happens when you have had sex with her enough times (I'd say anywhere between 1-5 times) such that the physical pleasure she associates with you overtakes the society programmed fears and doubts that come along with being intimate. If you have used direct game, after conversion she will no longer flake or resist you, in general. This is because if you have used direct game, your success is dependent largely on your value. (Again, this is a reference to my attraction and value post)

The beauty is, you can start with the foundation created with direct game, and go in any direction you want. If you want to fuck other women, you can transition into the indirect game and make her compete to regain the initial attention you gave her. If you want to extract money and gifts from her, transition to a reverse supplication type of game. If you want to cultivate a healthy and fulfilling relationship, keep the direct game going and add tension as necessary. This type of versatility is just not present in other styles of game.

X. Conclusion



That my friends, is a basic, congruent model of direct game. Any questions, ask away!

Woodhaven



How Having money affects attraction.

There is a belief among some men that you need money to "compete for women". There's no doubt to anyone that men who are very wealthy have an extra edge with women: Why is that? And how come some of them don't capitalize on it? And how big of a deal is having money, really, in being attracting and getting with the kind of women you want?

Today's entry is geared towards men of all levels of wealth. We'll look at it from every perspective, so you can know what to do to get more success, regardless of if you're in Forbes 10 richest men or still living with your parents. Let's roll:

Attraction can be broken down, precisely, into three elements: Value, Attainability, and Compliance. VAC for short. The question is: Does being more wealthy make men more attractive to women? The answer is: yes. So the question becomes: What part of VAC does wealth affect?

Most people would point to value. There is some truth in that. Being more wealthy is good for value, but not for the reasons you might think. After instructing professionally for over two years, I'm blessed to have friends from all social strata all over the world. Here's the crazy thing: Of the wealthiest of my friends, the most socially successful spend NONE of it on women. Or very little.

So, could it be that women like a man who is dressed well and has a nice place? To be sure, yes, they do. A little. But what's much, much larger than that is that wealth communicates you're a successful person. In the Western world, there are opportunities for people to succeed. The fact is, if you are confident, and intelligent, bold, and hard-working, you can become wealthy. The opportunities are there.

And by becoming wealthy, you signify you do have those traits - which are very valuable to women, much more so than your watch.

Wealth does something else to value - It affects mindsets. I saw this clearly when I was in the People's Republic of China, with my girlfriend who is on TV over there. Treated like celebrities, and with my currency trading 8:1 against the Chinese yuan, we were eating at the nicest restaurants and staying at the nicest places. If you've never lived in really, really high society for a while, you might not know just how fawned on you are.

I'm talking high-high-high. Top 1%. I was blessed to see that world.

By being treated so well, and having people there for your every beck and call, you learn to develop a few important things: A sense of abundance - This translates to not worrying about any one particular woman, because you know there's lots more. A sense of entitlement: Never



worrying if you're good enough or if you've impressed her enough, so you don't try to "win her over", instead you just go for it. A lack of patience - Being bold and decisive are very attractive traits, and basically necessary if you're using cold approaches. A lack of patience, believe it or not, goes a long way towards getting success.

So, due to circumstance, men who are in the top 1% carry themselves differently and behave a bit more differently, specifically - in a more valuable way to women.

Now, here's the bomb to be dropped on you: It still isn't about value.

Attainability is the idea that women have a chance to get you. For women of privilege and of high self-esteem, they see themselves with a high caliber of man. They don't see themselves struggling.

Women close their eyes, and think to themselves, "Is this the kind of man I see myself with?" Many very beautiful women see themselves with a man of means, especially for the long-term. You need to know this, and accept it: Many beautiful women see themselves, in the long-term, with a wealthy man. She might see you as very valuable even if you're not wealthy, but she might not see you as "her type".

This can be overcome.

Value, Attainability, and Compliance generate Attraction. This is called VAC. VAC is beautiful in its non-linearity. While there's some common indicators of value, like non-verbals and conversational skills, where our deepest value comes from is different in all of us. Being passionate about something in your life is good for value, regardless of what it is.

Which brings us to attainability: First, there are lots of women who are very nice, very cool, solid girls who could care less about wealth, and if you make them laugh, you'll be in good shape.

But what about the ones that do care? Let me give you some quick tips.

FOR THE WEALTHY MEN, REGARDLESS OF AGE:

The most common mistakes among wealthy men who aren't successful with women is that they try to flaunt or show off their wealth.

The second most common mistake is spending too much money on women without demanding lots of compliance in return.

Trying to impress a woman will murder attraction. What you should do is get your affairs into order, and spend money on YOURSELF, not on women. Understate your success - use



"verbalizations of lower value", be modest, and understate your success. This will make you appear even more confident and successful.

Do not flaunt it, and if a woman starts to see you as out of her league, use heavy doses of verbal attainability, like qualification: One of the best you can use is "down to earth" -

"I meet a lot of girls with their heads in the clouds, but you don't have time for that. You're so down to earth and relaxed, I feel really comfortable around you."

Then, put 'em to work! Here's one of my personal favorites, from my own little bag of tricks. Take out a bill, hand it to a girl, and say, "I've got to go greet this cat over here real fast, can you pick me up a vodka tonic from the bar? You can get yourself something too if you want." Most women, if they like you and you have not been flaunting your wealth, will go buy drinks for both of you and then give your cash back to you! It's a pride thing.

So work them a lot. If you're high value, and they know they have a shot at you, it's up to you to work them so that they can feel like they deserve you.

SUCCESSFUL BUT NOT WEALTHY, ALL AGES:

Many men are successful - they get what they want out of life, but aren't necessarily wealthy. Musicians. Artists. People who do community work. These men may be quite respected, but they don't have ridiculous amounts of money. Newsflash: You're still very potentially attractive to women!

Again, wealth is an indicator of good traits about you. Success in other fields is too. And quite likely, if you've achieved some success or acclaim in a field, you get treated really well in that area too: Take your mentality from wherever you get success - the one of abundance and privilege - and apply it to everywhere you go.

After that, you need to be attainable: Show her that underneath the art, or speaking, or whatever your chosen path is - show her that underneath that, you're like her too, with similar hopes and dreams, and successes and failures. People who are really successful in some respected, enlightened element of our culture can be intimidating, so show her that a girl like her can get a guy like you.

IF YOU'RE OLDER, AND NOT SUCCESSFUL:

The nice thing about being men is that our value gets higher as we age - as long we achieve commensurate with our age. Look at men who have consistently achieved more and more success as they get older, who never stop, retire, or let themselves stagnate. Men who keep achieving more become more attractive as they get older. We only cease to gain value from aging when we stop achieving more. Take a look at Hugh Hefner, as a great example, of a man



who never stopped achieving more, and has in fact become more and more attractive over the years.

If you're older than 40, and you haven't achieved anything in terms of art or culture, in your professional life, in your leisure time, in your family, or anything else, then it's time for a gut-check. Social skills go a long way towards getting better with women. I've seen quite a few students below height 5'5 get plenty of success, as have guys of all levels of physical attractiveness, and all ethnicities and nationalities.

But the fact is - if you haven't achieved anything in 40+ years on this planet that you're proud of, then it's time to overhaul that and start anew. Women aren't attracted to men who have achieved accomplishments because of the accomplishments themselves. There's thousands of things that can be done in this world that people will respect and admire, and here's a true statement: It's not because of the accomplishment itself. It's because the kind of man who gets things done, who strives and works hard, and is decisive and bold and confident - this is the kind of man that accomplishes things, and if you're not accomplishing things, then you're signifying you probably don't have those traits.

Here's the good thing, though: Many men overlook a lot of great things they have going for them. If you've raised children who are now happy and successful, that is an accomplishment, for instance. But if you haven't achieved anything yet, then my first suggestion to you is to start getting involved. Pick up a new hobby, or start working hard in a new profession. Doing this concurrently with learning social skills goes a long way towards showing you are, again, bold, decisive, intelligent, creative, confident, etc.

IF YOU'RE YOUNG, AND HAVE YET TO LEAVE YOUR MARK ON THE WORLD:

A lot of younger cats can clearly see how they're going to be successful and leave their brand on the world - but they haven't yet. Many times a cat under age 30 wonders if he's achieved enough, if he's doing enough, if he can be attractive to women when other guys have done more, have more already.

Here's the great thing for you: If you're under age 30, you're in a position where you can talk about what you're going to achieve - even that you haven't started on yet - and it will give you the value of being confident, bold, decisive, et al, and it will let girls be able to picture themselves with you long-term.

If any cats under 18 years old snuck onto this list or see this article reposted somewhere, you are truly blessed: You can make as many unsubstantiated claims as you want about how you're going to take over the entire world. Remember that going "too far" with them can actually hurt attainability ;) But talk about how you want to have a pool, and a beautiful garden, and a glass sun-room inside your home, and how you want to travel the entire world...



Go for it. As you start to get older, some - just a little - of your value gets tied into whether you've started to achieve professionally or creatively. Before that, painting vivid pictures that show you're a dreamer can capture all the value. Of course, you'll need to back it up by being decisive, confident, and the rest WITH HER - women can't be faked out per se. But if you act confident, and talk confidently - you've got all the value of being confident.

Oh, and everybody - Get lots of compliance. Compliance is good.

Sebastian



BELIEFS



The Most Enjoyable Path to Social and Sexual Success

Most guys trying to improve their social and sex lives try to do it by taking the most *efficient* route to their goal. They set up all the sub-goals that will take them there, and proceed to try and knock them down one by one.

The problem with this approach is that it has over a 95% failure rate. If you don't enjoy the process of learning social and sexual skills, you will never be able to stick with it in the long term.

This is why I recommend taking the most *enjoyable* path towards social and sexual success, rather than the most efficient. In the long term, the most enjoyable path actually turns out to be the most efficient as well. You'll be motivated to stick with your plan in the long term, and you'll become more productive because you are enjoying what you are doing.

This post from [Steve Pavlina's blog](#) explains why:

Let's say you've set some goals for yourself, and now you want to map out a basic plan for how you'll achieve them. How do you do this?

Obviously there are many ways to plan your action steps, but as a generalization it seems intelligent to aim for a plan that you estimate will consume the least time and resources. All else being equal, if Plan A takes three months and Plan B takes six months, you'll go with Plan A. This is just common sense, right? You essentially look for the shortest path from your current position to your goal.

It's OK if your estimates aren't accurate — the point is simply that most of us would consider a shorter path to be more intelligent than a longer path. This is particularly true in business. A direct path to an objective is considered more intelligent than a circuitous route. Time is money, and delays can be costly.

The myth of the shortest path

As intelligent as this logic may seem, I happen to disagree with it (go figure!). While I think such an approach to optimization is fine for machines, it's suboptimal for human beings.

Why?

The problem appears during implementation of the plan. What do you actually experience during the action phase? Do you implement your plan like a machine, completing task after task in order? Or does something entirely different occur?



Personally I've never met a human being who worked like this, and I've never seen a business do it either. Plans often fall by the wayside during the implementation stage. Some would say it's because people are bad at implementation, but is that really true? Or was the plan flawed from the beginning because it failed to accurately account for human nature?

I've produced some beautiful step-by-step plans on paper. But my implementation has usually been less than stellar. I'll get off to an OK start for a little while, maybe a day or two. Then I stumble. Sometimes I get distracted. Other times I feel the actions are just too tedious, and I find subtle ways to procrastinate. And other times I feel lazy and unmotivated to work on them. Even though I really want the results, I usually reach a point where I just don't want to complete the next action. Sometimes I find a way to push through my resistance. Other times I rework the plan or move onto something else that seems more interesting (often repeating the cycle once again).

Have you ever experienced this pattern yourself?

Planning vs. implementation

At first I figured I just needed to keep working on my self-discipline. That did help, but it only encouraged me to set bigger goals, so I still eventually ran into the same problems on a larger scale. After failing to get the results I wanted, I considered that the problem might be upstream. Maybe my implementation was poor because my plans were flawed to begin with.

That wasn't an easy conclusion for me because planning is supposed to be one of my key psychological strengths. According to the Myers-Briggs test, I'm an ENTJ, aka the Field Marshall (a good tactical and strategic thinker). And the test from the book [Now, Discover Your Strengths](#) (which I highly recommend) showed that my #1 strength is strategic thinking. So the last thing I would have suspected was that my planning was flawed. But I wasn't getting results by pushing myself to become better at implementing, so I figured I had nothing to lose by honing my planning skills.

I bought fancy project management software, studied various planning methods, and learned how to break everything down into intelligently prioritized actionable steps. But to my chagrin this investment didn't pay off the way I wanted. My plans looked better than ever, but I was still no better at implementing them.

Of course some people are better doers while some people are better thinkers, and I definitely enjoy creating plans more than implementing them myself, but I'm not presently surrounded by a team of willing doers, and there are some projects that can't be delegated easily, particularly in the realm of *personal* development. I'm certainly



capable of taking massive action under the right conditions — I just needed a way to create those conditions more frequently.

Planning for optimal enjoyment

I put this problem aside for a while, and one day when I was journaling, a different approach came to me. Instead of trying to plan the most efficient path to my goal, what would happen if I tried to plan the most *enjoyable* path?

My initial reaction was, “Nah, that wouldn’t work. It would consume too much time and too many resources. The most enjoyable path would probably be terribly slow.” But as I gave it more thought, I had to admit my current approach was taking way longer than I’d planned anyway, so maybe an approach that appeared longer would actually take less time than the seemingly optimal one. Hmmm....

This “most enjoyable path” began to reveal some interesting possibilities. If I planned a very lengthy and resource-intensive route to my goal, a tediously slow path wouldn’t likely be the most enjoyable one. So I figured the most enjoyable path couldn’t be too suboptimal.

I wondered what such a plan would look like in comparison to its supposedly more efficient cousin. I thought about some of the changes I’d make to craft a thoroughly enjoyable plan:

1. **Select interesting projects.** Favor projects I enjoy implementing vs. only looking to the end result.
2. **Add variety.** Break up long stretches of repetitive work. Work in different locations. Take field trips.
3. **Improve balance.** Blend solo time with social time. Balance physical work with mental work.
4. **Create a pleasing work environment.** [Relaxify my workspace](#) so I enjoy spending time there.
5. **Involve others.** Find a way to get friends involved. Form a mastermind group. Involve my wife.
6. **Solve problems creatively.** Favor creative off-the-wall methods when the obvious solution is too dull or tedious.
7. **Enjoy plenty of downtime.** Keep motivation high by avoiding overwork. Take vacations. Enjoy rewards for achieving mini-milestones.
8. **Avoid the unpleasant.** If a step can’t be done enjoyably, find a way to delegate, outsource, or eliminate it.
9. **Use intention-manifestation.** [Focus intentions](#) to gain assistance from the Law of Attraction.



10. **Design for flexibility.** Allow daily choice making where order of task completion isn't critical.

As I began to understand what an enjoyable plan would look like in comparison with an efficient one, I realized it was a very different way of working. It's congruent with the Emotional Guidance System concept from the book [Ask and It Is Given](#) because the idea is to remain in a state of joy throughout the entire project. So you still have a specific goal in mind, but along the way your focus is on enjoying the journey rather than reaching the destination quickly. Instead of planning the steps that will allow you to achieve your goal as efficiently as possible, you plan the route that you'll enjoy the most.

Technically I began working with this paradigm in 2004 when I retired from the computer gaming industry and started this personal development site. That immediately enabled me to begin selecting projects I enjoyed more. Although I liked running my games business, I enjoy this personal development business a great deal more. After working so long with the efficiency-based model, it's been a real challenge to let it go. I am getting there though because I find that the enjoyment-based model produces better results for me, both in terms of enjoyment and efficiency. At least for me, the most enjoyable path may well be the most optimal one.

Consider testing this planning model to see what results you get with it. You spend your entire life in the present moment, so it makes sense to ensure that in this very moment, you're in a state of joy. Clearly you won't accomplish that by planning to spend your life completing tasks that you find tedious, painful, boring, or pointless. The switch to an enjoyment-based paradigm can fill your daily reality with creativity, joy, and fulfillment. Ultimately all those present moments add up to your entire life. If you enjoy your present moments, you'll enjoy your life as a whole.

So, how does this apply to pickup and sex?

Instead of going out and asking yourself, "How can I pick up more girls," ask yourself, "How can I make this more fun for myself?" If you can do this, it will lead to many more girls in the long term.

Ways to make things more fun for yourself include:

1. **Being natural.** This is why I don't use routines: I hate reciting canned lines, and as a result end up sounding like a robot when I do. If you do like using routines for whatever reason though, go for it. They are your most enjoyable path.
2. **Not burning yourself out.** Remember that pickup has a 95% attrition rate. For every one guy who achieves his goal of a great sex life, 19 fall by the wayside. Don't be one of those 19. Set a slow, steady schedule that you can stick with for years. Rather than



overachieve for a few months and burn yourself out, steadily “underachieve” and hit small goals for years. For me, this means going out 2-3 times per week. It will be different with everyone, but usually the 7 days a week in a bar thing is a bad idea.

3. **Focusing on what you love.** Personally, I love sex. It is what I am best at, and what I get the most fulfillment and happiness from. My whole system of game is basically designed to leverage my passion and talent for sex into a way to attract women. I can focus the brunt of my “effort” on improving myself in the bedroom, which I love doing so much that it isn’t really effort at all. This translates into a ton of inner game and passive value that I can ride it all the way back to the bedroom. All I have to do is make some minimal social tweaks to convey my sexual value and arrange logistics, and I can get laid. Anybody can duplicate this, and I feel that it is the most enjoyable way to learn how to get laid.



Power Overdominates: How to Conquer Racism and Stereotypes

Everyone sizes up everyone that meet in a split second. While the most open-minded and enlightened people let their views of others evolve, everything we see gets factored into decision making.

If you're having problems with a negative stereotype about you, the problem is that that stereotype is providing more information about you than any other source.

I have clients of all races. Have had clients from every continent, and very many countries. And I've noticed something time and time again: Students who succeed have positive characteristics that dominate your first impression of them.

Students who don't are bland, which leaves people's split second judges of them to chance.

Overdomination:

A characteristic is said to "dominate" another when it gets factored before that characteristic. For instance, clothing dominates race - what you're wearing gets factored into how people judge each other before your skin color. Put this way - if you see a Brazilian guy in an Armani suit, you say -

"Rich Brazilian guy", not "Brazilian rich guy".

But the fact that he's rich doesn't make you forget that he's a Brazilian gentleman - so you're going to factor in your past experiences with people from Brazil when you size him up instantly.

So here's the crux of it - if some characteristics about you aren't great for the area you're in, or you don't believe it works well for you, you want to get other characteristics that dominate those traits. Even if your stereotypical characteristics are advantageous to you - tall, square-jawed Brazilian guy - you can still evolve past that. If people's SECOND impression of you is that you're a tall, square-jawed Brazilian, then you're in really great shape.

Now the real deal - what if you're the "wrong" type for whatever you want to do? What if you're applying for a job in a racist country, what if you're shorter than everyone around you in a place that values height, what if you don't have the same "pedigree" that is expected of someone to enter a certain social circle?



The key is - overdomination.

Traits that dominate get consideration first, and then other traits are looked at.

Traits that OVERDOMINATE are traits that make you forget about the other characteristics of the person. The other traits become irrelevant in light of such a large, dominating trait.

Power.

Power is a classical overdominating trait. If you see a very powerful guy, it makes largely irrelevant what the rest of him is. You see powerful men of all types. Even an ardent racist is going to respect Samuel L. Jackson.

Charisma.

Charisma is a classical overdominating trait. If you see a very charismatic guy, it makes largely irrelevant what the rest of him is. Even though he's only 5'6, Tom Cruise absolutely glows.

In the last month, I've had a mix of very interesting clients. One was a gentleman who was truly insightful - he's a world traveller, a scholar, enlightened and brilliant and charming. He's got wild stories of his travels through North America and the Orient, and he talks with rapture about dangerous attempts of criminals to trying to rob or extort him. He laughs at the time that he got scammed twice in the same night, and laughs with a sense of dignity – he learned the lesson, and the anecdote was worth the few dollars. He'll make more money, and if he doesn't, money won't be an issue. A renaissance man, if you will, that is knowledgeable about history and art but dresses in sharp, tailored high fashion.

Oh yeah, and he's a medium-built Chinese-Canadian guy that's average height and with a so-so physique.

It's the last thing you notice - when he's on, he combines power and charm, and they overdominate his other characteristics. If you met him, you'd like him.

I hear men worry about their height, race, nationality, accent, age, and all sorts of other traits frequently.

I'll tell you when you're in trouble - when the first thing someone notices about you is that



you're short, or that you're young, or that you're a particular race. That happens to people who have no characteristics more interesting than those traits.

Now, those traits will still stereotype you to people as a "second impression" if you get some traits that dominate them. For instance, looking "corporate" will get noticed before your ethnicity. Your race will still be factored, but you'll get all the stereotypes about being corporate (doesn't care about the environment, really damn busy, resents poor people, is extremely good in bed) before you get the ones about your race.

And if you really put yourself together extremely well, eventually you come to stand for an idea, and an ideal. One of the most successful clients I've ever had the blessing to teach was an extremely successful professional who, without a college degree, moved through various entrepreneurial endeavors and then worked his way up the chain in the construction industry until he's now making piles of money.

He's a short guy, with an unexceptional physique. His clothes aren't extremely high end, either - he usually wears Levi's. But he's "got it" - characteristics that overdominate.

Power.

Leadership.

Charm.

"Gets shit done".

These characteristics can be built over time. A good place to start is with your nonverbals - right now, we're going to work on it. From behind your monitor, indulge me for five minutes.

Push your shoulders as far back as you can, so that they're even tense.

Push your chest as far out as you can.

Suck your stomach in.

Tilt your head upwards - your chin should be slightly above parallel to the ground.

Now take a deep breath... hold it...

...now exhale, and let your muscles relax and be not tense. Keep your shoulders "back and broad", your chest pushed out, stomach in, and head up.

(The to remember this quickly and fix your bodylanguage in a nightclub is to go through this order -



Back and broad, out, in, up, breathe - which stands for shoulders back and broad, chest out, stomach in, head up, breathe)

When you make eye contact with people, look from your right eye to their right eye, or to the bridge of their nose which makes you look like you're looking into both their eyes simultaneously.

When you walk, go S-Squared as instructor Morgan puts it. S-Squared: Smooth and Slow. All your actions should be smooth and slow, which entails thinking about everything before you do it. Be the observed, not the observer.

That's the start of developing some "power" about you. If your first impression is excellent and unique, your "second impression" - the stuff you can't change - becomes less important.

And when you seem extremely powerful to random people who meet you, or extremely charming, completely stylish, or like an amazing leader - then secondary characteristics about you won't even factor.



Social Ends and Means: Don't Be A Damn "Master Opener"

When I survey the work we've done over the last two years, I can't help but smile. I look back on the all we've been able to do and accomplish, and I'm proud to have learnt and grown with you. Whether you've been with us since the beginning, or just joined our Ecourse earlier today, thanks for being part of something magical.

Now today, let's get down to the root of why you're on this Ecourse. You've probably got lots of goals. Maybe you vaguely want lots of things, or aren't even sure exactly what you want.

But I'm going to hazard a guess about one thing, my friend - I'm going to come out of left field and speculate that you want to be happy.

Right?

Dale Carnegie has an excellent quote regarding happiness.

"Success is getting what you want. Happiness is wanting what you get."

We can get you want - but do you want what you get?

Let's take a look -

There's two kinds of goals you can set socially: Ends goals, or means goals. Here's half-dozen real goals I've heard at the last six programs I've taught personally:

- *"Be able to approach any girl at any time and know what to say"
- *"Get a harem of bisexual girlfriends"
- *"Improve my relationship skills"
- *"Gain more confidence"
- *"Find an image and archetype that fits me"
- *"Find one good woman to marry and have kids with"

Those are all goals I've heard from different people in the last two months.

I've also heard goals like become a better storyteller, learn to approach better, get style under control, become more confident in the bedroom, and so on.



Now... here's the crux. To be happy, you need to figure out what you REALLY want.

If your goal is to "become a great storyteller", why is that? Your thinking could go any of these ways:

1. I gain real enjoyment out of being in the spotlight, and storytelling will help me get in the spotlight.
2. Women like guys who spin good stories. I want girls to like me.
3. Professionally, being able to communicate well and captivately helps me get ahead.

Okay. You probably yourself groaned a little at Reason #2. Of course you did. It seems a little silly when written like that, and juxtaposed between two "good reasons", doesn't it?

Well, that's not the case at all - it's not a bad reason. It's just a "Means Goal" instead of an "Ends Goal".

#1 is an ends goal - the gentleman wants to gain real enjoyment, knows he gains it from being in the spotlight, and knows being great at storytelling helps him steal the stage.

#3 is an ends goal - the gentleman wants to gain professional success, knows that being able to communicate well helps him achieve professional success, and storytelling helps him refine his communication.

And when you boil down to it, almost everything we try to do is a means to a greater end - happiness.

So...?

A lot of guys think one particular skill is crucial and they're hell-bent on learning it. A lot of people without formal social training spend time to learn just one facet of the game. They become "master openers" without learning the rest of the skills they need to get what they really want - quality partners and excellent companionship, a healthy, happy sex life, and a supportive, enlightened social circle.

Most guys don't have a clue at what it takes to be attractive to the fairer sex and achieve real



social success, so they set goals like "get a really expensive car cuz it'll help me get chicks" - yeah, not so much.

Instead of working on one specific "mean" that might be the answer, figure out what the ends are and build around them. What do you want, and why? Once you know that, you can move forwards and develop the skillset you need to get success.

In terms of getting women, to attract them you need to have some value about you, be able to communicate that she has a chance to get that value, and know how to make her work and invest time and energy into getting you. That'll get her attracted.

How you get those basic three elements are up to you - I suggest doing stuff that you otherwise greatly enjoy, since it helps you with that other big goal - happiness. There's no one right way to do it here, so work on developing skills that you find enjoyable and know why you're working on them - and you'll be well on your way.

"Success is getting what you want. Happiness is wanting what you get."

Keep playin',

Sebastian



Attitude and Execution

The driving force behind any tactic is having the correct attitude. If you have the right attitude, then all of your humor, stories, and questions will work that much better.

Once you have the base attitude, you still need to execute correctly. It's very possible, even with great attitudes that because of lack of practice, limited results or misinformation, a person's technical execution is slightly flawed.

Lack of either proper attitude or execution in any given scenario will create a common imbalance known as incongruence. In order to correct the imbalance you must first figure out where your flaw is. Sometimes, because people are either rich, tall or good looking (or any other perceived societal advantage) they may have gotten away with poor execution for all or part of their lives, and have developed bad habits in their execution. They may be getting decent results, but probably nothing spectacular.

Other times, people will learn exactly what they should say or how they should behave with women, and will understand the correct execution of a technique. But because on the inside, they do not yet have the right attitude down, subtle hints will give it away, or they will behave in a way not congruent later on. There is no 'glue' to hold everything together.

Correct attitude with poor execution may come off as needy, supplicative, or even desperate. Correct execution without the proper attitude tends to appear ingenuine, try-hard or scripted.

The attitudes drive the technique.

The execution is acting and being in line with those attitudes.

The defining trademark of theApproach is the integrated and all-inclusive methodology which balances Attitude and Execution.

Accept no imitations.



The Ten Commandments of Natural Game

1. Genuine connection with another person should serve as the basis of your game. It doesn't matter how good your techniques are if you can't achieve a genuine connection.
2. Always work to increase the positivity of interactions, and strive to improve the emotions of the people around you. Trying to hurt people only destroys your own value.
3. The immediate moment, the "now" is always more important than any previous moment. Never allow yourself to get stuck in previous moments during the pickup, regardless of what happened.
4. It is not sufficient to be a man. You must become an "idea". Women are attracted to ideas, not men. Once you determine what YOU stand for, your "idea", make EVERY SINGLE element of your game congruent to that. Everything you do, say, how you dress, your mannerisms, your techniques should serve to reinforce that "idea". Any deviation from your "idea" is a leak in your game that needs to be fixed. This accounts for why some techniques work for some people and not others.
5. When using techniques and routines, you must communicate yourself through the techniques, not hide behind them. Many men got into the game because they had a fear of letting women see the real them. Routines and techniques have become a very convenient veil that they could hide behind. Don't let this happen.
6. Demonstrations of value should flow naturally from the reality of your life. Value is built, not fabricated.
7. Value is largely perceived as a vibe which is sensed on a subconscious level. How long does it take you to figure out if you like a person or not? 1 minute? 30 seconds? Some of my most memorable relationships came from 1-3 minute number closes.
8. The nature of your thoughts is the first determinant of your outcome. Your mental "focus" always takes precedence over structure. Never sacrifice your focus in order to follow a generic linear path.
9. Life is unpredictable. Contingencies always come up. Since women will pay attention to your reactions in all kinds of different situations, your game is only as good as your spontaneous conversation and behaviors.
10. Time is irrelevant to pickup. If you spent 30 minutes with a woman, but the last 5 were boring, you would have been better off venuechanging / getting a number at the 25 minute



mark. If you have a problem with flaking, you don't need to spend more time, you need to improve your vibe.



Situational Relevance and Social Status

In our workshops, we have a concept called SitRel that we've been teaching for some time now. [Vincent](#) of [theApproach](#) has a new post out detailing what SitRel is, why it is important, and how to achieve it.

In any social context, whether it's a club, bar, at work, or even a close group of friends, women are attracted to the one man who is at the top of the food chain.

And while that's good news for him, it's potentially bad news for the other guys.

Unless, of course, you have the knowledge I'm about to share.

Today I'm going to talk to you about social status and the single biggest determining factor in determining your status.

Situational Relevance.

I like to call it *SitRel* since it's only two syllables instead of eight.

Situational Relevance is a concept that is so overwhelmingly comprehensive and widely applicable to game, that most people miss it entirely. It is one of those things that people just assume you are born with.

While it is very tied into emotional intelligence, SitRel is something that not only has a definite structure to it, but it can also be broken down and *learned*.

Learning and practicing the concepts I am about to show you will have a number of game-related benefits, all extremely positive:

- Increase your leadership abilities
- Gain top social status within your group
- Get attraction from all of the girls in the group
- Make friends with much more ease
- Smoothen out and naturalize all of your interactions with women
- Flow from one conversational topic to the next, with ease and fluidity
- Get more *compliance* from women with very little effort

With those benefits, however, comes a great deal of responsibility.



You become the leader of the group, and at the same time *you become the leader of the group!*

That can be scary for guys who have little experience being leaders.

Either way, if you learn nothing else from this article, learn this one simple fact:

The leader of the group is the one person who is most Situationally Relevant.

Three Components of Situational Relevance

Energy, context and comprehension level.

Sounds simple, right?

You may be surprised to find out that most people don't have these concepts down.

In fact, these concepts are so powerful that if one were to decide to just master SitRel alone, pickup would become incredibly simple.

Energy Level

There are many different opinions out there about energy level. There's an ongoing debate about which is better - high energy game or low energy game.

An aspiring pickup artist should learn both.

If a group of girls is extremely high energy - dancing, moving around and laughing, then coming in relaxed and laid back might not cut it. It's not Situationally Relevant.

In the same manner, coming in extremely high energy, talking fast and switching topics rapidly to a girl quietly reading in a bookstore will scare her away.

A skilled pickup artist should be able to come in at around the same energy level as the girl is at the moment with the option of raising her energy level up to one that is suitable for the pickup. For example, if a girl is extremely relaxed, she maybe less likely to do very spontaneous things like getting physical in public. So you would need to raise her energy level in preparation for that.

Raising her energy level relies on the fact that you met her energy where it was at, and also your ability to gauge her *emotional potential*. (More on emotional potential in a bit)

Context



If you are regularly getting reactions from women like “That was random.” or “Why are you asking me this?” or “Ummmmmm... ok.....” Then you are running game out of context.

This accounts for the reason that the “Transvestite’s pink thong opener” makes no sense in an upscale café in the daytime, and the reason why the “You’re breathtakingly beautiful” opener is weak on a girl who’s out in a club having fun with her boyfriend and their social circle.

They are completely “out of context.”

Most guys don’t ever stop to think what it is like for a girl to be approached, and how lame things can be when placed out of context.

I’ve heard people say that girls are more socially aware, or more in tune with subtle communications, or have six senses or hidden feeler antennae under their hair. I don’t think that’s true at all. I think that their position relative to most men allows them to be more critical.

I know that when I’m in control, and the girl obviously likes me, the little mistakes she makes become plainly obvious to me, and I know I don’t have any special powers or feeler antennae.

Mastering Situational Relevance will both give you the social tools to not make obvious mistakes with women and also give you the edge in your interactions to notice when she is out of context, and use it to your advantage.

Start out somewhat on-topic and transition later to topics that propel your pickup forward.

Comprehension Level

Comprehension level is defined as a woman’s ability to absorb and process the information you are giving her.

Doing university level schoolwork requires a high comprehension level, while having a thumb war is a very low comprehension level. Playing like children is extremely low-comp.

Subtle communications like facial expressions, kino, or feeling emotions like jealousy also takes place at a low comprehension level. Low-comp verbal game consists of very short sentences, jokes and expressions. “Girl, you’ve been to boston? That’s my hometown — high five!”

Talking about ‘deep’ topics while connecting with a woman is communication at a higher comprehension level. Making a girl have realizations, getting her to visualize certain things, or respond to linguistic techniques is also very high-comp. High-comp verbal game consists of longer sentences, complex ideas and more intriguing conversation.



Know the difference in comprehension level, and use game accordingly. This is one of the areas where you'll find certain people are good at certain things.

Guys who prefer daytime and coffee shops and use a lot of language for pickup are usually very intellectual, and the majority of their game resides at a high comprehension level.

Guys who are great at parties and nightclubs are mostly running low-comp game, and if they are having problems when they meet up with a girl a few days later, it's a sure sign that low-comp is all they are capable of doing.

People once believed that material at the beginning of a pickup was what generated attraction, while the later material was used for connection. In reality the difference is in the comprehension level. Opening is usually low-comp, while the connection that is the exchange of deeper and more complex ideas is characteristically high-comp.

When you are situationally relevant and take the time to use game at the proper comprehension level, attraction and comfort will always be increasing.

A friend of mine made a cool observation about comprehension levels. He found that when he was running game in English, it was difficult for him to vibe low-comp.

But, when he switched to his native language of Spanish it was very easy. It was almost as if a regression was taking place. Since he spoke Spanish as a kid, it allowed him to get into a playful, carefree low-comp state. He had used English mostly for his university studies, and therefore his communication in that language was very high-comp.

A Word about Leadership

The leader of the group (a.k.a. high status) is a person whose actions and decisions enhance the net emotion of the group.

In other words, he who understands the emotional needs, goals and motives of the individuals in the group and is best able to deliver an experience consistent with those will become the leader.

Leadership is not about being self-serving. If a person tries to lead for his own benefit at the expense of other people, he won't be leader for very long!

In addition, the leader will know what the *emotional potential* of the group is.

He knows what energy level he can raise the group to, and that they'll agree to it. He will be constantly pushing against the group's threshold energy level, getting people to do things they



haven't done before, roleplay in new ways they haven't before and tease one another on a level they aren't used to.

Very likely he will be showing them new facets of their own personality and they will learn a great deal about themselves and what they are capable of. He helps them form new identities, and allows them to be the people they've always wanted to be. The people in the group will want him around because he brings out the very best in them.



How to be a Challenge for Women to Overcome

By Vincent DiCarlo

It's a proven fact.

People don't value things that come to them easy.

The same thing can be said about men who make themselves too available to the women they are interested in.

It's a subtle balance though. How do you persist with a woman and be a challenge at the same time?

It's a question I get ALL the time.

Let me tell you a little secret:

In a woman's mind, she has a little switch. (Not a real switch, it's just a metaphor) And we call that switch the "No-Challenge Switch".

If that switch ever gets flipped, you're pretty much cooked. Out of the game, so to speak.

So you want to be sure not to ever flip it.

There are a few behaviors that do this. Any one the following:

1. Calling her on a predictable schedule.

If you call a woman on a predictable schedule like once a day, or even once every other day, she will pick up on the pattern. She has just won.

She feels that no matter what she does or says to you she will always have that security of your regular phone call. You are no challenge, and there is no reason for her to plot and discuss with her girlfriends about how to get you.

Her plotting to get you = Good.

Her talking about you = Good.

Her expecting your regular call = Bad.

2. Consistently answering her calls



If you answer her call every time, then this does two things. Firstly, it demonstrates to her that you are VERY interested. After all, who consistently answers their phone nowadays?

Secondly, it shows her that you don't have much going on in your life and you probably aren't very busy. This is unattractive to her. She wants a man who has a life of his own and is actively pursuing his own passions.

3. Always trying to get together with her.

If, every time you talk to her, you make it a point to try and get together with her, it will come off as desperate or needy. She will feel obligation, she will feel as if you want something from her.

Sometimes you should call her simply for your own amusement. Call just to pass the time when you are driving. Call her just to tell her about something crazy that happened to you while at work.

When I say you should be a challenge, I don't mean that you should be a jerk. What I simply mean is that you put value on your own life. Put value on your time. Be unpredictable, be unavailable sometimes but when you are with her, give her experiences and moments that she will never forget.



Understanding the Life of a Beautiful Girl

by **Sebastian Drake** of [theApproach](#)

You walk through the world, and you feel eyes on you. You know you're a curiosity, a novelty, and everyone is either jealous of you or wants you for their own gain.

When you return a look, their eyes quickly dart away.

People are nervous when speaking to you.

And only the most prideless, desperate people engage you in conversation.

You look at the decent people, thinking it'd be nice to have a friend or lover among them.

Just someone being kind and unawed would be magnificent.

But it doesn't happen.

So you get a bit standoffish, and soon enough, you're not looking at people as you pass by, your head high in the air in an "I'm better than you" way.

But deep down, it's a bit lonely. You want someone you can relate to. You see people less beautiful than you laughing with people you'd like to be friends with or date.

You see people who are kind of awkward with people who you'd like to have as your own. And these couples - they look at you when you look away from them, and you know they are.

Welcome to the life of a beautiful woman, that I understand quite profoundly now that I'm in the People's Republic of China. The isolation from other people by being seen as having status automatically is not as cool as one would think.

And thankfully I've got communications skills to break through and start talking to people. But you know the only people who approach me?

People street-hawking useless junk.

LOTS of girls look at me as I pass. None talk to me.

And so it is with beautiful women. Men stare at them desirously, women stare at them enviously.



The loneliest girl I ever dated was a 6'0 model who was constantly dressed head to toe in Gucci and Prada. She was in all ways elite, but after I got to know her I found out she hadn't had a boyfriend in three years (she was 26).

Wow. I understand it now - Women want men who are confident and capable to talk to them, to make friends with them, to make them smile and laugh.

They're lonely. And as clueless as a man might feel looking at a woman like this, the women are just wishing, praying that someone would become their friend.

Asia is fun though. I shot an automatic crossbow at a fair yesterday, and the culture here is crazy. It's a lot like a mix between a sci-fi movie and the wild west. The driving in particular astounds me - There is no regard paid to traffic lights or pedestrians, people regularly speed and drive on the wrong side of the road, and motorcycles on sidewalks is not uncommon.

As for those lonely beautiful girls? Get to it!

Until next time,
Sebastian



The Woman's Mentality on Life

Now more than ever, I can point my finger to exactly one part of the Western society woman, and tell you what she is looking for:

To feel good.

It's it. That simple. The vast majority of women in the West want to feel good, and will evaluate most decisions in those terms. Any perceived attempts by a man, or another woman, to make her feel bad will cause resentment. She will think the person is less valuable, and relate to him less (bad for value, and attainability - two parts of what create attraction).

In fact, the most attractive men are men that seem to want to feel good, and make others around them feel good. If you're part of the "feel good" club, you will seem more valuable, and women will understand where you're coming from. This is where the basis for one night stands, short term flings, the "thing on the side", and so on come from. Women now turn to marriage with a stable guy when that would make the most sense in terms of feeling good - once social pressure begins to build up that she should be married, once she's grown bored in her career, when she feels children will make her feel good. And even then - she's likely to take a man on the side from time to time. Numbers on how many women have extra-marital affairs are murky and deluded, but regardless of what scale you're using - they're pretty damn high.

Now at this point, many men reading this might be starting to get resentful of women. And any women reading this might become indignant. This is from a lack of communication.

The fact is - the pursuit of good emotions is no more right, wrong, true, untrue, just, unjust, noble or petty than anything else in the world. Life is what you make of it and what you want to make of it, and if you desire is feel good things, then that is fine. In fact, it's a fairly straightforward goal, and not a bad focusing point until you develop other causes in your life you might want to champion (for women, this is often their children as they get older - men usually take on other causes).

If you want to have women in your life, my friend, you need to seem like a "feel good" thing, and in fact, anything you do that portrays you like to feel good and want others to feel good will increase both your value (for obvious reasons) and your attainability (because women can



relate to it).

TEN RULES OF FEELING GOOD:

1. Make yourself feel good first.
2. Never try to make anyone feel bad.
3. Try to make everyone around you feel good.
4. Making other people around you feel good makes YOU feel good - even making others feel good is a semi-selfish gesture.
5. You never sacrifice your own good feelings to make another person feel good.
6. You don't feel negative emotions, except when doing so makes you feel good.
7. You don't try to fix problems - you try to make people feel better about them.
8. If it's not your job, don't try to go logical, or linear about issues around. It's not fun.
9. Never look down on anything - be indifferent about stuff that you don't like.
10. If you're failing to keep one of those rules, that's okay as long as you keep the appearance that you're following them.

The ideal kind of fun comes from a leader who engages in "mutual value escalation" - this is where someone makes someone else feel good, and themselves feel good at the same time. Why do women love gay guys so much? They follow the feel-good plan, and mutually value escalate a lot.

"OH - MY - GOD! You're SO Pretty!"

You might also note that that almost all of the cultures of the world that are thought to be the most sexual/desired engage in these behaviors - They often greet each other with big hugs, lots of kisses, compliments, and great hosting/entertaining of each other. They play games, dance, and drink together. They want everyone to feel good.

It's simply unacceptable to put someone down unless they're trying to ruin someone's fun. Anyone that's increasing the fun and good emotions around is to be celebrated with. Your M.O. for dealing with fun people needs to be joining into the fun - or more accurately, bringing them into your fun. If they're unable to join in having fun with you, THEN you may dismiss them - remember, it's wrong to disdain someone. We simply ignore those who aren't fun, or occasionally have a little fun at their expense.

It's impossible for someone to have fun at your expense if you're someone that follows the



culture of having fun. If someone makes fun of you, you laugh, smile, embrace them, joke about it, or make a good retort. But your goal in doing so is to have fun and good emotions, and to make them and everyone else around have fun too. If you want to deal with guys who don't have your best intentions at heart, simply try to have mass amounts of fun with them. They'll either have fun with you and come to have your best intentions at heart (they're now your friends) or they'll miss a step, stop having fun, get offended, et cetra - and they're then cooked.



Windows of Opportunity vs. Relaxed and Non-Outcome Dependent

While we could dress this up all eloquently and elegantly, and present many carefully paced points and backstory, I will simply get down to the nitty-gritty with you folks.

I. Missing a window of opportunity is bad for attainability: Which makes sense, of course. When a girl gives you the opportunity to get physical, and you turn it down (either consciously or by missing it), it can tank attainability.

II. Getting outcome dependant is bad for value: Wanting, need, craving, demanding sex from a girl murders your value. We know this already.

III. The Rarely Publicized Wiley E. Coyote Effect: We jokingly named a cycle after everyone's favorite roadrunner-chasing Loony Toon. The Wiley Effect goes like this:

- *You run off a cliff accidentally
- *Instead of recovering, you panic and flail around
- *This causes you to start falling
- *You open an umbrella
- *And a boulder falls on your head

This is roughly what happens when a guy plays it "too cool" with a girl, she auto-rejects, and then he starts chasing her afterwards. When a girl is in ARM, she is unable to see your value - and then if you chase, you can permanently cement in a bad precedence, get treated like a pest, and so on. But realize this is a girl's defense mechanism, and sadly, "retribution" from you hurting her earlier. (And yes, it does hurt the girl quite a bit when a guy they like does something to drop attainability off a cliff)

How's it all tie in? This is an EXTREMELY COMMON cycle - girl presents window of opportunity either explicitly or subtly, guy misses it or plays it cool, events unfold, girl winds up in ARM, guy stops playing it cool and tries to get physical again or chase a little, and girl drops the hammer on him.

It sucks. Hard.

The solution is good focus. There's no magic pill... it's a tough spot to be in... if your focus remains excellent (First, charge the venue - have fun, socialize, make sure other people enjoy themselves. Second, make connections and see if people are up to your standards. Then, and only then consider tactics) then you will have the best chance of success.



Cut yourself some slack when this happens - it's a growing pains thing. What it is, you're "playing it halfway" - if you stick with the vibe that got her into ARM, but respect her from there, a lot of them come around. A lot of "naturals" push girls to the brink of ARM, keep acting like themselves, and the girl realizes that's just how he is, it's the real deal and yet a girl like her can still get a guy like him, and reconciles it. Sometimes, as expert playboys, we try to adjust quickly on the fly, and Wiley Coyote ourselves right off the cliff. Shrug your shoulders, and keep playing hard. This stuff hurts bad, because you had a clear view of the finish line, but I've had this personally happen no less than a half-dozen times even after becoming professional (and turned... 1 of them around?) as well as at least a dozen, maybe two dozen while learning myself. Count your blessings - you'll learn and get over this phenomenon much quicker than that.

So dust yourself off and get back out there if you do this, and in the future, take windows of opportunity - and yet - preserve focus. My favorite verbal line to LMR these days, incidentally, is "It's okay, I dig you, we can just cuddle..."

-Sebby



Think Beyond the Medium

THINK BEYOND THE MEDIUM!

This has always been the core of my PU skills. I've always ranted about THINKING BEYOND THE MEDIUM.

Unfortunately not too many people understand what I mean when I say "think beyond the medium". This post is a pretty good example of what I mean. Anyways let's roll! :)

One example is body language. I'm sure everybody here has read TD's post about the 25 points. It's a great post. Unfortunately I can't keep track of all 25 things in my head.

My solution was to just say to myself, "Hey this is who I am and I'm gonna do whatever I have to, to achieve my goals! And if someone else doesn't like it, then fuck 'em!"

Then I'm totally relaxed and comfortable when I'm out PUing. Then all of the 25 points fall right into place! I'll even do things like lean in and it still won't matter. Why? BECAUSE I DON'T GIVE A FUCK!

The medium here is body language, but in order to fix my BL I had to think beyond BL. I had to think about how I felt about myself instead and fix that.

Here's some insights I've learned about myself lately:

1. Falling into a rhythm:

Ok, you boys know that I run a natural game. I just basically go with whatever I feel and run with it. I don't try to impress, entertain, run routines, etc when picking up chicks. I just go by what I feel, calibrate slightly to the type of chick I'm talking to and just flow with it.

There are advantages and disadvantages to running this type of game. The biggest advantage is that it makes the game very simple and easy. You don't need to think, you just flow with the interaction.

Another thing is that you fall into a rhythm or pattern of doing things. This can be both good and bad depending on what that pattern of behavior and your goals are.

When out PUing in a club, I always fall into a rhythm. That rhythm dictates my behavior for the rest of the night. For instance, if I hook up with other people before hitting up the clubs, then I fall into what I call "party mode".



From there on I get into a rhythm of just going out to have fun and not worrying about picking up chicks. I do approach and talk to chicks but I'm not sexual cuz I'm only out to have fun and don't focus on any particular target. What usually happens is that at the end of the night, either a chick is really interested and becomes aggressive enough to pick me up or I go home alone.

This has been a problem when guys that I'm "teaching" want to meet and hook up before hitting the clubs. Then I fall into what I call "teaching mode".

This is where I'm just observing, teaching and helping other guys pick up and get laid. All the while I don't PU for myself, I do it strictly to help other guys out. This is a bad habit that I picked up. Of course the guys I help out think it's great! :) But for me it usually turns out to be a waste of an evening. What's really fucked up is that I don't even recognize that I get into this mode, so I never get out of it.

Now the time when falling into a particular rhythm fucking ROCKS is when I'm focused on going out to PU and not bullshit around. I can #close several different chicks and still pull a chick the same night back to my place or hers. I've done it before lots of times so I know it's possible. The trick was to figure out how to get this to happen EVERY single time I go out. The answer for me is to decide what my goal is for the night, go out by myself and then just fucking do it.

I can still meet guys when I'm out, but when PUing, I'm PUing.

Haha, I remember a time when one of my "padiwans" asked me if some of his friends could join us, cuz they also wanted to improve their PU skills. I didn't mind as long as they stayed out of my way. This was when I fell into "PU GOD mode". :)

I was the first one to arrive in the pub. By the time they showed up, I was already into a 5set. The chicks all shifted positions so the hottest one moved and sat right next to me. We exchanged numbers and she didn't want me to leave, all before we even hit the club! Not a bad start! :)

I eject from the 5-set to meet the guys. I tell them right away that I'm not teaching tonight and to just stay the fuck out of my way. I was firing on all cylinders that night! I #closed every target I approached, had chicks buying me tequila shots, setting up a day2 with one chick and then making out with her girlfriend, etc! :)

I'm sure these new guys thought that I was a real asshole! :) But unfortunately this is what I have to do in order to achieve my goals.

The medium here is PU consistency, but in order for me to be more consistent at PU, I had to think beyond PU, routines, openers, etc. I had to look at the way I was behaving in certain



situations and why. Then look at how that was affecting my game. Then make the changes in my behavior and BAAAMMM!!!

Better PU consistency! :)

2. How I connect with chicks:

Ever since I found mASF and started to seriously get into the game, I've had a tough time feeling any sort of connection with any chick, no matter how HOT she was. I would go out to PU and pull chicks weekend after weekend and feel absolutely NOTHING for them. Last year was a record breaking year for me. I fucked more chicks in that one year then all the other years put together. For those of you who are statistic freaks, it was 40+ chicks. I don't remember the exact number cuz I never really kept count. Fuck, I don't even remember half of their names!

But the whole time I felt NOTHING for these chicks, a lot of them wanted relationships and would try to snag me into an LTR, but I would just get bored or they'd turn out to be LSE/psychos and I'd leave them.

After doing the find 'em, fuck 'em and forget 'em thing I was worn out. Let me tell you boys, that shit does wear you down. I wanted to find a nice LTR/mLTR and just enjoy my life a little more. But seriously I just couldn't connect with chicks. They would be attracted to me and connect with me, but I felt nothing for them. I was starting to accept that maybe this is the way things will always be from now on.

But then it finally happened! I always used to meet chicks in the fuck venue. We'd get together and have sex, that's it. So I decided to change things a bit.

Then I met this one chick and started doing things with her. We had a great time together and connected on so many levels. It was awesome! For the first time since my LTR of 10 yrs ended, I felt something for a chick.

Don't worry boys, Razorjack hasn't developed one-itis! :)

The important thing was to figure out HOW I connected with her. For me it was all about getting away from the club scene, and seeing these chicks in a different light, in a different setting, in a different environment and getting to know them for who they are and ACCEPTING that, while doing fun things together.

I was so happy that I FINALLY was able to do this and it felt great! And the best part?

The best part is knowing that I can recreate this with any chick (as long as they are not LSE psychos!) because it is NOT the chick that makes me feel this way, but ME MAKING MYSELF FEEL THIS WAY! HA! What an epiphany! It's like waking up from a coma! :)



The medium here is connecting with chicks. Thinking beyond connecting with chicks and more about myself and my behavior, was exactly what I needed to do in order to achieve what I wanted.

So after reading this rant of mine, what did ya boys learn?

Well I'll tell ya then! The lesson here is:

- 1.) First figure out what your goals are, what you want to achieve, where you want to go, etc.
- 2.) Get to know yourself, how you behave, how you do things, how you motivate yourself, how you learn, etc.
- 3.) Once you understand where you want to go and understand how and why you do the things you do, then change that behavior so you can get what you want!

Solving the problems that I described above wasn't about new routines, openers, qualifiers, affirmations, etc. It wasn't even about PU!

It's beyond the medium, beyond PU!

It was about me learning how I behave and why that was preventing me from getting what I wanted. Then I change that behavior and guess what?

My PU problems are solved without even thinking about PU!

So if you guys are having problems with PU, THINK BEYOND THE MEDIUM!

-Razorjack



Beating the Game

by Dimitri

How to avoid taking your game into a dead end.

THE PROCESS:

Step 1) Guy is not having success with women. He is lonely and/or alternatively has just been heartbroken by former love.

Step 2) Guy searches desperately for resources on how he can find a girlfriend.

Step 3) Guy finds ASF. Is Amazed. Starts reading everything.

Step 4) Guy gets reindoctrinated with "ASF ideals" of fast sex and largely abandons his original goal.

Step 5) Guy is free of many of society's beliefs, but still not happy.

I'd say that sums up about 80% of what happens to guys in the community. And why?

No goals. No ideals to shoot for.

After you've found this resource, be careful what you buy into. There's a bias on here against monogamy and exclusive relationships.

There's a bias in Western society towards monogamy and exclusive relationships (or at least that's the party line, anyway).

Okay, so what do we have on our hands? A lot of gentlemen whose views are now diametrically opposed to society's views. Who have some skills, but an incomplete picture of all social skills. Who don't necessarily know what they want, other than what they absolutely don't want.

How do we move beyond this?

First, figure out what you want. FORGET what other people think. That includes society, friends, parents, et cetera. If you want a harem, go for it.

But it ALSO means forget what ASF/counter-culture/players think. If you want to find a good wife, get married, and raise children, don't let ASF stop you.



The thing you need is to get educated in what works. ASF is decent at teaching a lot of things, but many things fall through the cracks. As a quick example, many styles of "game" for opening/beginning situations are horrible at converting girls to loyal girlfriends later. But that's not what this post is about.

No, what this is about is getting what you want. And to get what you want, you need to KNOW what you want.

Then, here's what you do. You give it as much as you can, becoming the man that would have that, and knowing the things that a man that would have it would know. You learn what you need to know and you practice the skills that you need to practice.

You go out looking for what you want, and you trust your instincts and skills once you find it. You give it your best effort, and then, remember this, my friends, the most important part:

YOU THEN LET GO OF WHAT HAPPENS!

You might get what you want this time, you might not. But you work as hard as you can, but you then nod to yourself knowing you gave it your best. If it's an ongoing project, you keep going out. If you didn't succeed, you analytically look at the results.

But you tried, and by God, that's better than what 99% of the world will ever do. Nobody goes after their dreams. And I'm here to tell you all, straightup, that every time I believed I'd get something, and worked as hard as I could to make it happen, it happened.

I only feel directionless when I don't set goals. When I set goals, I have something to shoot for and to achieve. The community here has some tools available for you, but no one can dictate to you what you really want. Figure that out for yourself, then set to it and it'll be yours.

This isn't just inspiration. Actually DO IT! Hell, reply to this thread or start a new one in General with what you want. Just a quick note if you're not entirely sure yet. "I like French girls, and I'd like to have a French lover." Good! You can elaborate later, figuring out exactly what you want. Just get started.

Dimitri



Go make some mistakes!

Happy Thanksgiving to all the Americans out there, and a personal thanks to the folks that wrote in after the last message on dating. I try to read every email I receive personally, and shoot at least a quick reply back out. A quick word saying you liked a topic and it was helpful to you goes a long with me, and helps me pick topics that y'all want to hear about. So, more on dating in the future!

Today - a very simple concept, and a powerful one.

On theApproach Student Forum, I regularly take and answer questions. I've made 236 posts since October 18th of last year, to be exact.

And sometimes an alumni will write something along the lines of, "Wow! How the hell do you know anything about that...?" I like to take questions and make comments on a wide range of subjects, and sometimes an alum wonders how I can comment on such a unique situation.

I'll answer bluntly: I've probably got more failures under my belt than any 10 "self help experts" in the field of dating. I've seen the most amazing, mindblowing, paradigm shiftingly strange ways women can reject men - most of it personally.

And every time, I made an adjustment. Sometimes just a small one. Maybe it took me a long time to learn the lesson. But a little failure is a small opportunity to learn from.

I've got many students now who say that getting divorced, having a girl cheat on them, or otherwise getting their heart broken was one of the best things to ever happen to them, because it propelled them to learn and grow. The thing is - every time you don't get the result you're looking for - in anything - you can adapt and go from there.

The greatest home-run hitters of all time struck out a whole lot. The NFL Quarterbacks with the most career wins also amass lots of career losses. Michael Jordan has missed more shots than any three dozen amateurs.

The fact is, failure correlates very highly with success. Getting out there and trying, and learning the lessons that result-other-than-success brings means more knowledge to learn from, and more power to you. I've probably gotten more very mind-boggling rejections in my socializing career than anyone I know off the top of my head. I learned from them, and now I'm able to pass that knowledge on - and my own lovelife ain't so bad either.



The Ten Commandments of Sex-Driven Game

All of the PUAs I've met fall into two categories. Those who seduce for sex, and those who seduce for validation.

Those who seduce for validation are those who use pickup affirm to themselves that they are attractive guys, who really can get hot girls. They don't care so much about sex, as about the actual triumph of getting to sex. In fact, they don't even enjoy sex that much — they just enjoy *the fact that they are having sex* because it strokes their ego.

You can see this personality type in many of the characters in "The Game." PUA s like Tyler Durden and Mystery, who devote their lives to seduction in order to fill a void of self-esteem inside them.

Now, I'm not saying that TD and Mystery actually practice validation driven pickup. I haven't met either of them, and their portrayals in the book may be inaccurate. But, the way their characters are portrayed in the book give you good examples of what I am talking about.

There are two problems with validation driven pickup. The first is that by and large, it doesn't work. You can see this in your local lairs — 95% of the guys are practicing validation driven pickup, and about the same percentage are not getting laid.

This is because girls want sex, and they will sniff out any guys who are not **really** sexual.

The second is that even if it does work, you can never pick up enough girls to make your insecurities go away. You just become addicted to the game — always needing the temporary fix of picking up another girl, but never finding a solution for long-term happiness. Despite all your apparent success, you haven't eliminated your insecurities. You've just learned to mask them well. When nobody is around they still torment you and prevent you from being happy.

Again, you can see this in the characters in "The Game." PUA s like Tyler Durden show this well — they are successful with women, but come off as robotic and soulless. And, despite all this success, it is readily apparent that they are not happy.

Mystery takes the example to an entirely new level. Despite all his 'success' with women, he became so depressed that he needed suicide counseling.

I've met lots of successful PUAs, and most of them aren't happy. They're caught in the addiction of validation driven pickup, and have only learned to mask their insecurities about their attractiveness rather than eliminate them. All their "self-improvement" work on making this area of their life better actually hasn't improved their life at all. The only ones that have achieved real long-term satisfaction and happiness from the game are those who are seducing out of pure sexual desire.



Validation driven game is not the answer to your problems. Sex driven game is.

So without further ado, I present to you the Ten Commandments of Sex Driven Game

Part I: Realization

1. Realize that sexual desire does not equal desperation. Sexual desire for a woman is unambiguously attractive – this is why methods like Gunwitch Method are so successful, even though they are primitive. Desperation is when a woman senses that you want her validation, not when she senses that you want her pussy.
2. Realize that chasing a woman's validation by just getting her to like you is a trap, because you can never get enough of this type of validation to make yourself feel attractive in the long term. It is like any other drug, always requiring you to get a temporary fix but never offering long-term satisfaction.
3. Realize that the only real way to build inner game and make your insecurities about your attractiveness go away is through creating great sexual experiences. The only way to really believe you are the prize is to actually be the prize – to be the best lay she has ever had. This is the only long term solution that is effective.
4. Realize that women are inherently sexual, and the only real form of value to a woman is sexual value. Being entertaining, knowing NLP, knowing cool DHV stories, being intelligent, knowing multiple languages, having crossbow skills – this is all useless and devoid of value to a woman, just like it would be to you. It all comes down to your sexual presence – her subconscious perception of how good you are in bed. If you have this down she will be attracted to you, and will justify it by attributing to a laundry list of peripheral things. The point of all your value demonstrations should be to demonstrate that you have the traits of a guy who is good in bed.
5. Realize that if you are good in bed, your value is higher than that of even the hottest girl. If you give this high value away for free, she will be suspicious that it is “too good to be true,” and will doubt that your sexual value is real. Stop constantly trying to DHV, and start letting your woman work for your value.

Part II: Implementation

6. Stop pursuing one-night stands as a long-term goal. While they are better than nothing, they cannot build the inner game and sexual presence that long-term sexual relationships can. It is only in relationships that you can really develop your sexual skills, and thus your inner game and sexual presence (value). Make it a priority in your game to always have at least one long-term partner, and preferably 2-4.



7. Demonstrate value to a woman by demonstrating the traits of a man who is good in bed. These traits are: **Dominance, Emotion, Variety, and Immersion**. There are two elements to this: actually having those traits, and learning to convey them effectively.
8. Demonstrate attainability to a woman by being in a sexual state when you are around her. This state will eliminate any nervousness or awkwardness from the interaction, and will leave her free to feel sexual herself without looking desperate or slutty.
9. Get compliance with the knowledge that sex with you is the biggest reward you could ever give a woman. If you have this attitude, it is ludicrous that you will work hard for sex with a woman – why should you work hard, when you are the one giving the reward? Instead, structure opportunities for her to work with sex with you. Always make her work for sex, never the other way around.
10. Start on a program of sexual improvement today. As it is the best way of improving your inner game and the best way of building your value to women, sexual improvement cannot be neglected. Make sure that you are having lots of sex at all times, and are actively looking for ways to become better in bed.

-Dan



Being Social vs. Being Seductive

I've met a lot of guys who are extraordinarily good at carrying on interesting social conversations. However, sometimes these guys are also extraordinarily bad at getting laid.

While having great social skills most definitely helps you get laid, it is not the only thing that you need. **You also need to convey to the woman that you would be a great lover.** The way that you do this is to demonstrate the four traits of a great lover (Dominance, Emotion, Variety, Immersion), rather than demonstrating conventional forms of social value.

If you've ever been frustrated with a technical, strategic approach to the game, check out this post by Lifeguard. He lays out the difference between social guys and seductive, sexual guys in this post from ASF:

This is for guys who already have social skills and a degree of success with women. I have posted many times that in order to attract women, you must have self-esteem, a good First Impression, and know how to be social. Please refer to my previous post, Dating Skills for Real men, if you have questions on my general process. That being said, I still believe that the subject of self-esteem still gets glossed over too often but that's a complex topic and one that takes more time to explain than I could do in one post.

So, let's say you are that guy who has been getting dates. You know how to, as Orion from DYD so aptly put it: "makes girls smile." I would further say "make EVERYONE smile" and you will be successful socially. This is good. However, as you see this "social matrix" more clearly, there are guys who aren't trying as hard but attracting more women. They have more choices and women appear to be chasing them. There's something subtle going on. Seduction.

Seduce. Seduction. This conjures up images of pencil-thin moustaches, smoking jackets and cigarette holders. Seduction is a term that is not politically correct but you will find that politicians like Bill Clinton, like him or not, were masters at seducing an audience with his charisma. Nay-sayers will content that they never HAVE to "seduce" a woman to attract her. However, some guys don't even know that they may be seducing a woman with techniques that are intrinsic to their personality or lifestyle.

Let's take a look at some of the things the SOCIAL GUY does to create attraction:

1. Needs to "get into state" to pump himself up to approach and interact
2. Thinks he needs to approach women ASAP or else will lose out to other guys
3. Thinks it's HIS job to make sure EVERYONE is having fun.
4. Over-thinks social habits, like: "To drink or not to drink?"
5. Needs wingmen, pivots, pawns, logistics to make a pickup successful



6. Rolls with a large crew to create the illusion of a “big party”
7. Will work the room so he has created a vibe with as many people as possible
8. Uses opinion openers when he couldn’t care less about the real answers
9. Kinos women BEFORE he attracts them—too early, too often too many.
10. Joins a social circle or activity JUST to meet women—salsa, yoga, spinning, etc.

The guys who do these things will make friends, will get laid, get girlfriends, or even married, if they choose. So what’s wrong with that kind of success, you ask? Nothing. I know successful guys who have been using this style for years and have yielded very respectable results. Then there are other guys, like myself, who don’t want to work that hard to gain attraction. When I see a mixed set, I may not feel like approaching them. Why the fuck do I want to get stuck talking to a group of guys and girls, “win them over”, when I can just seduce the women and make them come to me?

Here are some of the methods of seduction other guys and I have used:

1. Live dangerously. Have a hobby or lifestyle that emanates danger. Example: military, law enforcement, moto-cross, pilot, bouncer, fighting sports, etc
2. Have a muscular build that exhibits masculinity
3. Confident, deep voice and relaxed body language
4. Artistic and creative lifestyle: poet, musician, artist, writer, actor, builder/developer
5. Dress/groom yourself seductively through a keen fashion sense, grooming style
6. Social proof in venues that you hang out: restaurants, bars, gym, stores, neighbors
7. Be a non-conformist: opinions on politics, religion, sex, family, career
8. Wealthy lifestyle—demonstrates ambition and success. Don’t confuse this with “buying” women. This lifestyle is for YOU.

9. Project the image of a great lover. Be seductive in how you talk to, move, dance and touch women.

10. Have high standards and qualify women. Make them come to you. Challenge them. Banter with them. Be prepared to walk away.
11. Show a side of vulnerability AFTER you have shown your confident/masculine side.



12. Most importantly: have control over your emotions. Never let the behavior of others dictate your emotions.

One thing I wanted to clarify is something I said about kino earlier in this post. I was actually going to dedicate a whole separate post about this but I don't know if I'll ever have time to do that. Kinoing women is important, especially when you are learning to be social. However, when you become more of a seducer, you will find it beneficial to kino AFTER you gain attraction. One technique I like to do is to kino her "sexual attractors". Her sexual attractors are things women do to themselves to sexually attract men. Like expose her shoulders with a certain kind of dress, have her nails and feet manicured specially, expose midriff, etc. A BIG mistake would be to neg any of these sexual attractors. What I like to do is early in the conversation, make a slow eye contact to her sexual attractors, then look back into her eyes, and then kino her sexual attractors. If you do this AFTER you already have attraction, it doesn't come across needy or weird. It shows you know and appreciate her sexuality. This will lead to many one night stands if you do it cool and relaxed but with a degree of sensuality.

To summarize: The key to being a great seducer of women is to be unpredictable and non-conformist. Being social is to want to conform in a fun way. I think a good timeline to be good at this game is this:

Newb → Social Guy → Seducer

You accomplish this by doing this:

Self-Esteem → Social Skills → Seduction Skills

Proud of you...

~Lifeguard~



My relationship structure

My relationship structure is was taught to me by my seduction mentors, Woodhaven and Dimitri. Here's an excellent post by Woodhaven descibing it.

I have this concept I use (Also heavily influenced from Dimitri) that is quite different than the whole LTR / FB / ONS / MLTR thing. I like to think that throuought your life you will develop multiple, permament, intimate connections with women. We are constantly doing this, and it happens in life to everybody. Instead of focusing on the distinction or categorization of LTR / FB / ONS / MLTR, focus on strengthening each connection you create.

The ideal connection you are creating is one that is multiple, permament and intimate. Meaning throughout your lifetime, you will have many different permament connections (she will fade in and out in different points of your life, but she will always be there in some way) that are intimate / sexual. I think this is the natural order. This being the ideal and natural type of relationship, there is a certain element of society programming that bleeds into and taints our relationships.

Society programming can and does degrade and poison these theoretically perfect relationships in the following ways:

- It makes them temporary - either on or off - together or broken up.
- It makes them monogamous - with one woman only.
- It makes them non-sexual. Guys become wusses and "just friends"

Every relationship at its core is multiple, permament and intimate. Every relationship also has SOME component of societys programming fucking it all up.

Our job is to strengthen these multiple, permament intimate relationships and view them as such, mitigating societys influence on them.

When done correctly, women actually prefer these types of relationships and the men who can provide them.



When you become boyfriend / girlfriend, you have just allowed society programming to interfere with your relationship. You two are together. your relationship has a beginning, it can now also have an end.

When you start to supplicate and go out of your way to impress her, you are allowing societys program to creep in once again. Expect less sex.

(see below)

>Yo Woodhaven man,
>this is a good post. Dude, what do you when you have a girl, say u've had her as an fb >for a 2-3 months, what do u do then? cuzz the whole fast seduction thing often ends at >seduction and doesn't elaborate on LTR's. Well you talk about girls want to be in a >LT relationship with you, while you don't. You also say it happens because you act like >you dont want it. So if u suddenly decide to have an LTR- that girl will enjoy it for a bit, >but then that's it!? We do still have happy marriages once in a while, thought not alot.
>So a happy LTR is possible, so there must be a way to achieve it?
>Coldmirage

And now to answer your questions.

If you fuck a girl for a few months, and have given her good sex, she will more than likely want a relationship with you. Most women cannot resist society's pressure to be in a relationship with a guy they have been sexing that regularly.

In my experience, girls have ASSUMED I'm in an exclusive relationship with them after a few months. They lose interest in other guys and start spending all their time on me. They will also straight up ask something like "Hey are we like boyfriend and girlfriend?" Shit like that, it just happens. You are just enjoying her as much as possible and her programming creates a conflict leading to her trying to get a relationship. I don't verbalize or demonstrate that i don't want a relationship with her, because I'm always demonstrating that I really enjoy her and care about her. (I verbalize it as well on occassion...)

The way I keep my longer relationships satisfied is to tell them how much they mean to me, how much they fulfill me, how they are unique,



and special to me and my purpose. (BTW this is not an ATTRACT tactic to be used in the club... Its after months of becoming closer and closer)

My "LTRs" are extremely happy and satisfied and still attracted after about 8 months of being with them as of now. I'm unpredictable, I validate them as in the above paragraph, and I fuck them very well. I also encourage and reward the energy they invest in me, because in their attempt to stay congruent, they keep telling themselves they love me...

Woodhaven

These types of multiple, intimate, polyamorous relationships make me and my girlfriends both much more happy than any other kind of relationship. Unlike many other PUAs, I am not a fan of one-night stands. I feel that sex gets better as a relationship goes on, and that loving, loyal girlfriends can contribute a lot to your life.

A big part of making polyamorous relationships work is honesty. You should never misrepresent your intentions, always make it clear that you are polyamorous and are seeing other women. At the same time though, genuinely qualify each of your girlfriends, telling them what special contribution they make to your life.

If anyone has any questions about relationships, ask away here.



How to Improve Your Sex Drive and Testosterone

How do you improve your sex drive? It's very simple: improve your testosterone. Testosterone is directly correlated with sex drive, and if you can get your testosterone sky-high you're going to make your journey towards sexual mastery much easier.

Testosterone is the masculine hormone, the essence of what makes men manly. It has many benefits. If your testosterone is high, you'll be able to attract more women, become better in bed, and become more motivated to improve your sexual skills and game. You'll take risks more boldly, and see more success in all areas of your life. And, of course, your sex drive will be extremely healthy.

Look around in all areas of your life for evidence of this. Athletes and performers, even those at a very low level, typically get laid very often by very attractive girls. This is despite having no intellectual knowledge of how attraction works. This is also why women are attracted to military guys, guys with power, guys with 'superstar' type personalities, etc. because they have high levels of testosterone.

It has also been shown that high levels of testosterone are closely related to success in other areas of life as well. In one study, for example, those men who were unusually wealthy and successful almost always had abnormally high levels of testosterone.

Testosterone is so important, in fact, that I devote an entire chapter of my book to it.

There are four main ways to improve your testosterone:

Exercise. Physical fitness is essential for the highly testosteroneized male. Train hard and heavy, and push yourself to the max. Light workout sessions of pattering about on an elliptical machine will do nothing for you. This is very important; guys that train like animals in the gym will have a great sex life, even if their physiques are unimpressive-looking because of genetics.

Competition. One of the hallmarks of the alpha male is that he relishes in competition. The drive to be the best in everything he does is unquenchable for him. Introduce more competition into your life by engaging in competitive physical activities, such as wrestling, boxing, football, etc. Not only this, but start competing harder in your daily life. You don't have to be Ridiculous Competitive Guy, competing to inflate your ego, but strive to be the best in everything you do.

Risk-taking. The more risks you take, the higher your testosterone will become. This is because your testosterone is what gives you the fortitude to take risks – if you push your limits, your body will make more of it to adjust to your new lifestyle. Starting a new business, risking social



rejection, stealing cars – these will all improve testosterone. Of course, some risks are more intelligent than others, but you can live a lifestyle of intelligent risk-taking without being reckless. When the situation calls for it though, don't be afraid to swing for the fences and go for broke. Even if the risk does not pay off, the fact that you took it will aid your testosterone, which will make it more likely that future risks will succeed.

Great sex. The absolute biggest factor in how much testosterone you have is how much sex you are having, and the quality of that sex. Having tons of great sex can be a challenge when you're struggling with a low sex drive, but it can be overcome. If you improve your sexual skills, each sexual experience will become better and contribute more towards improving your testosterone. And, your girl will want to have sex with you more. This will cause your testosterone and sex drive to increase, which will cause your sexual skills to become better, which in turn will increase your testosterone more, etc. It is an upwards cycle of increasing testosterone, sexual skills, and social and career success.

In *The Sex Revolution Handbook*, I include an entire chapter on ways to improve your testosterone. For each of the four ways to improve testosterone, I give specific, detailed instructions on what to do to start the upwards cycle of testosterone building. And, the results are amazing. Already I've had a slew of success stories send in from readers of the Handbook. And, my own results speak for themselves. As my girlfriends and friends will testify, I will frequently have sex six or seven times in the same day. I've conquered my social fears, and am living a great lifestyle teaching men to become sexually and socially successful.

Don't wait around for something magical to happen to make that huge change in your life that you've been looking for, because it never will. Check out the *Sex Revolution Handbook* today to improve your testosterone and help you develop the lifestyle you've always wanted.



The Makeup of a God of Social Skills

By Dimitri

Here it is, late at night, and I read an email in my box from Dave, our resident love doctor these days. Dave, who has gotten so much better and continues to make amazing progress, and despite all this - I come to a realization. As I reread the email I sent him, conveniently quoted below his own reply to me, I note my own state of mind - I'm happy he's getting success, but I know he's got a lot more left to get. I want him to achieve that and become a social god, and know that while there will be many more tough spots on the road ahead of him, he can achieve that.

And so many other students have as well. Neither Evan nor Marcus from Tokyo have yet taken up the war-banner in the forum, but both are achieving in Tokyo. I just swapped a quick line from Chris who seems to be doing incredible in Southeast Asia (in terms of business and lifestyle from what I read, but I imagine his sex life isn't bad either!)

I think. "Why do some men achieve success, and others do not?" There is no quick, band-aid answer. Marcus and Chris are both "classically Western good looking" - Square jawed 1950's Hollywood looking type guys. Evan and David do not fit that mold. These guys range in age from early 20's to... however old Chris, you dirty old man ;)

All the ones who've succeeded. And then, all the people who've not lived up to their potential - This is much more sad, but it does exist. Many won't live up to their potential. And while I don't have all the answers - not yet - I see some things in common with people who succeed and will succeed... and with people who don't.

*The successful man is consistent about trying. He is not necessarily great, but he is consistent. The unsuccessful man may really want success, but he will fall off the wagon from time to time, drag his heels, or whatever else have you. He might go out 13 nights in a row, but then he stays at home for two weeks playing video games.

*The successful man is balanced. He has other diverse things going on in his life. He often has a high-impact job, difficult studies, interesting hobbies, or plays a sport. While he may not - and often isn't - naturally gifted in any of these areas, he has at least one or two things going for him that he loves and works hard at.

*The successful man is BUSY. Guys that get success are the ones you'd think would have no fucking time to do so. They work 40+ hours a week, take a class or informally study something (like learning a language, or dancing), take care of their health, and STILL go pick up. The



unsuccessful man FEELS very busy, but yet somehow doesn't have much to show for it. He doesn't get shit done. Why he doesn't is a mystery, but he doesn't succeed.

*The successful man gets someone to kick his ass for him. People fall off without support and guidance, even if it's wrong. It's better to have someone kicking your ass to work hard and get success even if they're not an "expert" on something. So much the better if you are. It's hard to stay motivated - at anything. All the best athletes in the world have coaches. Executives have a vast array of assistants to keep them focused and on-track. Successful people get others to push them to keep them successful.

*The successful man PROVES IT TO HIMSELF that the methodologies he is using work. He fights and rails against them until he finds they are correct, and tries to undermine/reassess them from time to time. He gets success using a system because he is solidly confident in it. The unsuccessful man may take someone's word that it works, or even see others using it. He may know logically that a system like VAC works - but he hasn't proved it to himself, and probably doesn't feel it in his heart.

*The successful man has a burning desire to succeed - So far, I've found no correlation between the reasons people want success. Some people want to succeed for totally unhealthy reasons - They want attention, are insecure, etc. Surprisingly, these reasons seem to work. Regardless, the successful man REALLY wants success. He doesn't "think it would be cool to get chicks", he DEMANDS and CRAVES social skills for some reason or other. I've seen many different reasons - desire to apply them to make more money, desire to have many beautiful women, desire to be ready to get "Miss Right" if/when she comes around, desire to reproduce, lust for power, insecurity, want of validation, want to show off, wanting to conquer something, using it as a general pathway to great overhaul in lifestyle and self-improvement... Some of the reasons are awesome, some I would deem unhealthy - but even if you have a rooted unhealthy desire to be great, it can lead to greatness (of course, the highest levels require purging that unhealthy desire - but it's actually pretty easy once you're good to stop being down on yourself - that's how it went for me among others, and was a liberating experience. Like, "Wow, I got into this for the wrong reasons, but it worked out pretty well. Huh.")

*The successful man is either PROCESS oriented, or someone that's KICKING HIS ASS IN GEAR is. The unsuccessful man thinks "It'd be great to have 10 women just feeding me grapes in my harem". The successful man goes one step at a time, and chips away at results.

*The successful man HONESTLY assesses progress. If he compares himself to a legend, it's inspirational and not depressing. He doesn't think "If only I had those results..." thinking about someone playing the game on a different level. He plays for himself. If the guy is a virgin, and lays his first girl, he pats himself on the back. A journey of a thousand miles begins with a single step. -Confucius



*The successful man gets MOTIVATED by failure. Coming *so close* burns him up, and makes him try harder and burn hard to get there. The unsuccessful man gets depressed, and fails to realize that the most valuable lessons are often learned on the brink of exhaustion, in times of desperation, and upon hitting rock bottom. He turns away the very thing that would allow him to climb out of the hole he's in. The successful man takes his lumps "like a man" for lack of a better word, embraces the pain, learns the lessons, and GETS IT RIGHT next time.

*The successful man is NOT attached to what he's already been doing. As soon as a man gets too attached to what he did yesterday, he stops getting better.

*And lastly, the successful man is not a patient man. Old age comes before patience. The successful man makes risky decisions, and doesn't waste time. If a situation is dragging out, the successful man will frequently make turn it into a "win/lose" situation. He doesn't fuck around with one girl stringing him out, he does something stupid that will land her 1 out of 10 times, and put an end to the debacle the other 9 out of 10. Someday as he gets better, he may land the girl 7 out of 10 times on his "gamble" but he'll never mess around and waste 20 times the effort on the girl that he could spend taking 1 in 10 chances. His ego may get bruised from time to time, it may hurt and burn, but the successful man is not a patient man. When confused about the situation, he does something drastic and makes the situation come to a conclusion one way or another. Then if he fails, he scrapes himself off the pave and does it again - until it starts to work.



STYLE AND BODY LANGUAGE

NOTE FROM THE COMPILER

Before anything, I suggest you take the time to download and read the following article from the wonderful theApproach guys I've uploaded regarding Creating an Attractive Identity. The following articles will make much more sense after you digest the information in it.

The download link is at:

<http://www.mediafire.com/?dy2k20tm5zv>

Enjoy natural game :)

-Ice



Eye Contact

Eye Contact is critically important in pickup. Along with body language, tonality and facial expressions, it comprises the core of fundamentals that you must have down before anything verbal that you do is effective. Not only this, but eye contact very effectively conveys your sexual value. Just by looking in a guy's eyes, a girl can tell if he's the real deal (if he's good in bed). This snap judgement is surprisingly accurate — if you are attuned to it, you will soon be able to accurately judge the sexual value of others just by looking into their eyes.

Those who are good in bed will have no problem holding warm, confident, sexual eye contact. Their eyes are relaxed, and unafraid. They don't stare, but they don't look away or blink excessively. Those who are bad in bed will not be able to do this, even if they are consciously trying. If you look into their eyes, their lack of belief in their attractiveness is given away. They look at the ground, have nervous, darting eyes, or have trouble maintaining warm, confident eye contact. To anybody who is looking for it, they look like scared rabbits.

I've always said that the one thing I **need** to pick up girls is my eyes. You can be wearing sweatpants and not showered for three days — if a girl can look into your eyes and see you're the real deal, it's enough. Tom Chiarella has a great article on eye contact that I found on [Psyneh's blog](#). Check it out here:

WHEN I WAS VERY SMALL, my dad could always tell when I was lying. When I was about six years old, he told me God whispered it to him. Even though the guy never went to church or seemed particularly religious, I had to respect that. He had an in with God. I wanted to hear it. I figured if I knew when it happened, the precise moment, I'd hear the voice of God, too. I decided to watch my dad's eyes for a sign — some twitch of recognition, some little break in his concentration, anything — that would tell me when he was hearing the voice of God. I told him easy lies, the ones I always told him: that my brother did it, or that my neighbor, a little asshole named Charlie Iker, made me do it — broke the vase, left the gate unlatched, cracked the storm window. At first I didn't even want to blink, for fear I'd miss the moment when God spoke. But the truth is, I got nothing. No sign. Bubkes. In fact, the more I looked at his eyes, the more I began to realize that my dad had no idea that I was lying. None. He looked straight back at me, waiting to hear the next thing I would tell him. In fact, he was hanging on my words. There was no voice of God. My father wasn't listening to anyone but me. He had no idea when I was lying, especially if I stared him down the whole time.

The trick, I soon realized, was simply to look him in the eye as I spoke. So it was that I became an atheist and a proficient liar in one fell swoop. Such were my salad days.

A PERSON'S GAZE has weight, resistance, muscularity. Clearly, there are people who use their eyes well. You know them: the sales rep, the fundraiser, the tyrannical supervisor. Their eyes



force the question. These people may be as dumb as streetlamps, but they are an undeniable presence in the room. They know they must be dealt with. You know it, too.

It is a very particular skill set. The eye-contact specialist is like the one guy in the game of pickup basketball who knows only how to box out for a rebound. Relentless and a little annoying, he uses his skill, presses his opponents with the fundamentals. It may not work every trip down the court, but eventually things bounce his way. Over time, this habit — establishing and maintaining eye contact — creates favorable situations and produces results. The eye-contact specialist gets talked to first, dealt with most promptly, and responded to most thoroughly. He's always first in line for a reason.

And for the one who's being looked at, eye contact sends a message, signaling acknowledgment, connection, and attention, signaling something, I suppose, like empathy. Being seen is, on some level, being felt. It's nice to be acknowledged. Even so, why does eye contact, wielded freely, always feel like a weapon to me? Why do I want to smack people who stare at me deeply while I'm talking about mixed drinks or V-6 engines, about the names of banks or the price of a gallon of gasoline? Maybe the true signal is less subtle, less friendly than "I'm paying attention to you." Whether he admits it or not, that person is participating in one very large bet that you will blink first. That guy, the one who's looking at you — straight at you, right into you — is getting something that you are not. It's called the upper hand.

Well, that's my preferred hand. So I did my thing. For four weeks I tried to use eye contact to get what I wanted, with real abandon. It was no small trick. By nature, my eyes drift. I tend to look past people when I talk. I look out the window, examine the horizon. I'm sure this has cost me connection with some people who take it as a sign of being evasive or shifty. When I paid attention to it, I found that my tendency was to click in, lock eyes for a second or less, then look upward or outward into the distance. It's just not my rhythm to stare.

That was the first lesson: Eye contact is not the same as staring.

People don't like the dumb indifference of a stare. My first attempts at maintaining eye contact were so self-conscious that I took to picking a point on the person's face — as close to the eyes as possible — and gazing at it as calmly as possible. That was a disaster. I wasn't looking at people so much as I was at a blemish they happened to know very well.

If I stared at a point, say, between someone's eyes or at a mole just above an eyebrow, people knew it right away. I did this at a Smoothie King at the airport, and the girl behind the counter stood it for about seven seconds before she asked me, "What are you looking at?" She ran her finger along her eyebrow. She scooped my immune booster in a tizzy.

So I tried to concentrate on eyelashes, but this made my own eyes jump as I talked. My head bobbed, too, and I was hit with a sense of motion sickness. Women constantly excused themselves after talking to me to check their faces in the mirror. I was forced to apologize,



telling them that I was just spacing out, not paying attention — the direct opposite of what I was hoping to convey in the first place. It was as if I had become a mirror in which people saw their own tiny imperfections, magnified by my glance.

Both parties in a conversation are caught almost constantly in the true focus and precise direction of a glance. I had to go for the eyes. There is no faking it.

THERE HAVE ALWAYS BEEN people in my life who were good at using their eyes. My tenth-grade English teacher. My shift boss at a Mexican restaurant back in 1986. My friend the newspaper reporter. My accountant. My girlfriend. I don't know if I trusted each of these people because they looked straight at me or if they looked straight at me because I trusted them. Yet each could lock and hold my glance for minutes at a time, while I was feeling sick after fifteen seconds. What exactly did they see? How did they do it?

It was clear that the idea of eye contact is not simply to point your eyes in a given direction. You have to use your eyes. I had to have a move. I sucked it up and started to lock in on the pupils. It took some doing, but I found I could make myself relax and hold the glance if I simply stopped working to figure out what the other person was thinking. I had to force myself to stop reading every twitch, every sideways glance, every brush of the hair. I had to stop treating the world like a poker game, in which every movement might be a tell. When I walked in the door, when I stuck out my hand, when I said "How are you?" I turned my gaze toward the pupil of the person's eye. It really was a process of searching it out, looking at the black of the eye only, holding my glance there, and waiting until the eye color registered in my periphery.

It worked, too. Women held my glance longer; men moved faster. This worked with waitresses. With clerks at hotel desks. It worked with bartenders. Even with cabdrivers, whom I looked at in their rearview mirrors. I began to gain better control over these transactions by searching out their eyes. It took only a few seconds, but I could plainly see what they were looking for. Here is what I saw: No matter how much attention they appeared to be giving me, no matter how slowly they spoke or how long they paused after greeting me, it was evident that these people were initially treating me like every other schmoe who walked in off the street — trying to figure me out and see how fast they could get me what I wanted before moving on.

The eye contact changed all that. I'd compare it to using a Sawzall for the first time, that moment you realize you could cut through pretty much any wall in the world if you had the right blade. With my eyes, I calmed them, slowed them down, and did so without knocking them over or humiliating them. I used my eyes to upset the speed and indifference of their routines and simply register my presence by asking them to do a double take. It worked every time. They didn't know me, but then, suddenly, it seemed they did. I thought of it as a kind of dominance, holding them in the kind of invisible grip you might have once seen employed by a villain in a DC comic. I got discounts I didn't deserve, a room facing the water. I was warned off the calamari and onto the crab cake. The desk clerk perked up when I arrived at the hotel and stood up straighter when I checked out.



I tried it with people who knew me well, too, people who see me all the time. The Indian guy at the local gas station. The woman I've worked with for seven years. A guy I play cards with on weekends. In each case, upon greeting them, I'd search out their pupils and hold my eyes on theirs for a minimum of three beats. Just as with people I didn't know, time seemed to slow down and routine moments became unpredictable. Not just because three beats is an eternity when you have nothing to say except "What's happening?" but because it meant they had to look at me at least once, and often two or three times, before they spoke.

While I may suck at eye contact naturally, there are people who are worse, much worse, in every ring of my life. The more I practiced, the more hapless they seemed. It's the law of dominance, I think, that the more dominant you become, the more you want to stay dominant. I found I liked backing people down. I began to look at them long enough that I began to sense when they were about to look away. The truth is, instead of them seeing me, it ended up that I could really see them. They were just like I was, a little afraid of eye contact, a little leery of connection. I meant well, so I pressed on. People gave me apologies I didn't ask for. They invited me to lunch.

Sometimes I pushed it too far. The gas-station guy, so used to staring out his windows at the world passing by, was alarmed by my glance after four beats. "Yes?" he said. "Yes?" And I held my gaze, because I had nothing to lose. He reached under the counter, and I thought for a moment that he was pulling out a gun. But he pulled out a pack of Marlboro Reds. "Here," he said. "Take one. You may have one, of course."

I took one, too, just for good measure. It seemed a small sort of bullying. I could do far worse with my eyes. Anyone can. The tool can always become the weapon.

WITH ANY GESTURE of influence, the danger lies in not knowing what you are after. I fell into an easy routine after several weeks of making eye contact. One afternoon, while negotiating the price of an antique gold watch I was buying for my son's birthday, I was staring into the eyes of a jeweler, trying to figure out what color his eyes were, when he suddenly dropped the price by \$75, to \$200. I'd been threatening him somehow and hadn't known it. I didn't break away. I didn't look down. While I hadn't expected as much, now I had to see where I could go from there.

His eyes jumped back and forth, from the counter to the watch to me, then back again, in reverse. His eyes were green, I decided. Green.

"Two hundred," I said. "Flat price. No tax, right?"

He nodded and looked back at me then, long and hard. We were in agreement, though neither of us said a thing.

My eyes are brown.



Flirting and Eye Contact

Many times a student will ask me about picking up women at work, or some other place where it would be inappropriate for him to 'hit on' a woman. In situations where a man doesn't want to get a 'reputation', it is much better to take a more indirect route. In other words, through careful flirting, a man can get women to advance the relationship and pick him up instead.

Specifically, we will use eye contact as a means of flirting, and false barriers to get women to make the first move.

In this type of situation, we are displaying tentative interest. Tentative interest not only a great way to generate attraction, but it also creates a wonderful opportunity for some fun flirting. What you should be thinking is "I like what I see, but do you REALLY meet my standards?" Adopt this frame, and practice it next time you're interacting with a woman. I guarantee you'll get women to react a bit more favorably. They will want to meet your standards, and you'll get women qualifying themselves to you.

Great flirting requires mastery of eye contact. Here are guidelines for eye contact flirting:

1. When a woman is acting favorably to you, or you have a fun vibe happening, keep solid eye contact. In this way you reward her, and she will do more of what you like.
2. As things progress and you are alone with a woman, stick to the 70 / 30 rule. This states that 70% of the time you should be holding eye contact, and 30% of the time, you should not. This sets the stage to get women comfortable with you and ready for seduction.
3. When you are saying something funny, it's better to not seek eye contact. In this way it doesn't appear that you are looking for approval for your jokes.
4. If you are making a move physically and touching her, do not look where you are touching. This signals to her that you aren't seeking her approval for you escalation.
5. When approaching a group for the first time, and you are talking, balance eye contact throughout the various men and women in the group. The idea is to get women involved in your conversation, but at the same time you keep your interest on a tentative level. (This disarms the men and shows you are not a threat)
6. Never use your own eye contact in attempt to get women to hold eye contact with you. She should be trying to get eye contact with you more than you are with her. To do this effectively, it shouldn't be something that you focus on too much. Remember, this is flirting, and it should be fun.



Once you have the tentative interest mindset down, and are good at flirting, you will set up a really fun vibe between you and the woman. At this point, you want to put up a false barrier to give her something to overcome.

Here are some examples of false barriers. One friend of mine is a DJ, and gets gigs at parties. There are plenty of beautiful women at these parties, but he doesn't want to break the professional relationship. He can demonstrate his interest in a responsible way by saying: "Hey. I like you but you're going to get me in trouble! I have a job to do!"

Or, if an attractive woman comes up to request a song he can say something like "At first I thought you were cute, but then you asked me to play X! Can you do any better?" Again, this is flirting, and it should be playful.

In a more general work situation you can say something like: "You know, you are so adorable. Good thing we're co-workers, or else we'd be getting into all kinds of trouble." Then sit back and watch as she works like the devil to plot some 'trouble' for the two of you.

Remember, these are false barriers, and in order for them to work, you must first get women interested through your flirting. When a woman is interested enough, barriers give her just the push she needs to motivate her into making a move. So the key is, get women into your playful vibe with flirting, then playfully throw up the barrier. You'll be surprised just how easy it really is.

By Vincent DiCarlo



Little Things You Can Do RIGHT NOW To Become More Attractive

by **Sebastian Drake** of [theApproach](#)

Let's take a step back, my friend.

I love the techniques and flourishes used to meet women, and date them. And make solid connections and relationships, if that's your bag, or get laid, if that's what you'd like. Or both.

But there's one little big thing that's absolutely crucial to your success.

You need to take the time to become a more attractive person.

Most people don't like how they look to some extent. And many people use this as an excuse to not try their best. I hear men acting defeated that they're not six feet tall, so they don't even try. They let themselves go entirely.

Let me tell you: A woman will take a guy of just about any height that's well-groomed, healthy, and fashionable over a tall guy who is a mess.

If you're serious about getting the women of your dreams, you should make a commitment to spend a few minutes each day grooming yourself.

A big list of little things that'll make you infinitely more attractive:

- Doing your hair
- Cutting your fingernails
- Washing your face
- Taking a shower
- Styling your hair
- Shaving or trimming your beard
- Clean clothes
- Clothes that fit your figure well
- Chapstick or lip balm
- Adjusting clothing to look good (tucking/untucking, how many buttons done up, etc)
- Cleaning your shoes
- Color coordinating an outfit
- Brushing/flossing
- Breathmints
- Eating healthy for even just a few days in a row
- Any kind of exercise, even just 20 pushups once a day



And so on.

Doing little things like that will make a drastic difference. Get a haircut. If you've got a collared shirt, go get it pressed at the dry cleaner's. There's now convenient teeth whitening strips available at the grocery store. I did it, and I'm really happy I did. My teeth sparkle. Took me a few minutes a day for a couple weeks.

Don't do these things to "get women". They'll help a lot, but the main reason you should be doing this is for you.

And treat yourself to a couple cool, simple accessories. I like to buy relatively cheap sunglasses because I seem to lose shades about every three months, but I have fun with them while I've got them. My current pair is light blue and transparent. My last pair were throwback 70's-style rose-colored shades.

Rings are good. If you don't want to make a big production or commitment to getting a piece of jewelry, just go put \$2 worth of quarters into the little jewelry machine in front of any supermarket. You'll probably get 1 or 2 interesting rings that'll fit on your pinky.

Get a bracelet or a necklace that has some meaning behind it. It doesn't have to be outrageous. A silver necklace from your religion, if you have one, is good. A Crucifix, Star of David, or Moon and Star will work fine. Could be a symbol from one of the planets. It could be anything with something interesting, unique, or important to you on it.

It'll help with conversation and it'll make you stand out from the others a little bit. Bracelets go the same way, by the way. Though it's quite mainstream, something simply like a Lance Armstrong "Live Strong" bracelet would show some character and style on your part.

Something I make sure to tell my wealthy students: It's more important that your accessories are stylish and interesting than they show you're wealthy. For example, a friend of mine is involved in real estate and does pretty well. He has two watches: One is a blue-faced solid gold Rolex. The other is a cheap Nike runner's watch.

He's into the study of seduction himself, and he came to find his yellow runner's watch is better for meeting women than his Rolex. Of course, this varies, but being interesting and stylish is far more important than appearing rich (which you can appear to some extent if you're not wealthy, but carry yourself well).

Body language and posture: I could go on about subtle nuances of body language for a while, but let me give you two major components. First, rise up to your full height. Never slouch, slump, or such. You'll look defeated. Rise up to your full height regardless of if you're short or tall.



Second, pick your chin up. Everywhere. Hold your head high, so your chin is parallel to the ground at worst. Having your chin pointed higher, towards the sky, is okay, but never look down towards the ground as you walk, sit, or talk with someone.

Do little things. Technique takes a bit of time to develop, and is great, but you can greatly supplement your technique by taking just a few minutes to do one little thing for yourself.

Keep playing,

~Sebastian Drake



5 Quick Fashion Tips to Make You More Attractive

Refresher:

Attraction is created by having all of,

Value: Something fills a conscious or subconscious need for a person

Attainability: Have a chance to get that value

Compliance: Put work and investment into reaching the value

For getting women,

Value: Traits that are universally valuable, or valuable specifically to the woman

Attainability: Compatibility, Respect, and Legitimacy

Compliance: Work or effort put into the interaction, to impress or please you, to handle logistics, or accepting something she doesn't necessarily like

Fashion time!

What's wearing a bunch of gold chains do (assuming they're not tacky)?

Think about it -

What's it do to value?

What's it do to attainability?

Compliance?

Okay...

Wearing a bunch of gold chains shows you're indifferent to arbitrary social pressure, confident, and bold. At the same time, it shows a nonchalance and playerish attitude.

So for most women, a bunch of gold chains would be:

+V

-A

It would make you more valuable, but make the woman wonder if you're the real deal.



WAYS TO GET +VALUE FROM YOUR CLOTHING WITHOUT -ATTAINABILITY:

Coordination

Good Fit

Functional Accessories

Coordination: Do your items match? The easiest to match are your belt, shoes, and watch. Matching those three will make you look like you know what you're doing aesthetically, and make you look sharper.

Good Fit: Regardless of your body type, you want to wear your clothes *tight* - if you're a skinnier guy, you'll "swim" in excess material. This can be especially tough for my American gentlemen, since American clothes are cut large around the middle. Vincent - a relatively skinny guy - recommends H&M on the low end and Hugo Boss on the high end for a good fit if you're on the skinny side. If you're a bit heavier like me, excess material makes you look f-a-t. Go tight, even though it's counterintuitive, and it'll actually thin you out and make you look stronger. For what it's worth, I'm around 6'0 and 165 lbs and I wear x-smalls sometimes in American sizes. Actually, don't think "tight" - think "sleek". Then kill the excess material.

Functional Accessories: You get +V from wearing cool accessories that set you apart. The thing is, if you wear immense amounts of rings, bracelets, and necklaces, it can make you seem unattainable to women. She'll ask, "Could a girl like me get a guy like him?" and not be sure of the answer. If she reckons, "No, he's out of my league" then - whirr, you're done.

But you can get all the bonus to value without losing any attainability points by sharpening way up in what we call the "functional accessories" - these are the items that people are expected to wear. These are what you want to snazz up. Look for especially cool socks, with perhaps an argyle pattern or in baby blue. Belt, watch, and scarves are also functional accessories. Winter hats and gloves, too. Points for matching scarves and hats if you can.

WAYS TO MAKE YOU MORE INTRIGUING AND POTENTIALLY ATTAINABLE TO MORE WOMEN:

Color

Contrast

Color: If all of your wardrobe are "guy colors" - black, blue, grey, and brown - start looking for a wider range of colors. Many men aren't aware that purple is an extremely masculine color - it's represented nobility in the West for centuries now. Most guys look very good in a light blue as well. If you go a little softer on the colors, it'll make you stand out as well as seem more friendly and approachable.

Contrast: Contrast is excellent because it opens up doors for you. I strongly recommend really "manly men" types that are into contact sports, pushing iron, and raising some hell create a



contrast by softening the look up. No more than three years ago, my casual wardrobe was all construction boots, jeans, sneakers, and jerseys. The thing is - the kind of women that like manly men will still like you damn well if you're wearing a nice wool or silk scarf. On the flipside, guys that are sensitive and gentle can often do very well when wearing a sharp power suit or hardening their look up with a leather jacket. Women that are naturally in tune with your personality type will still dig you after just a couple moments of interaction, and women that are attracted to the opposite will become intrigued and it becomes easier to get in and get a window of opportunity. There's something to be said for repping one solid theme throughout every single thing you do, but if you're looking for things to play with - pick up some clothes that contrast your natural personality, just for fun.

One of the newest theApproach Alumni from last weekend's Los Angeles program said it really well: "I don't buy things that match my style. I buy things that I want to try out and see if I like." Makes sense to me - you're not marrying your clothes, fella! Mix it up a little, and keep playin',

Sebastian



You Must Look Good to Get Laid

Dimitri just came out with a new post with some fashion and image tips. The title is a little provocative, but you need to understand what he means by it.

Many people who are “good looking” are not genetically so. They just have a strong image, sense of fashion, put work into being healthy, and have a strong presence. People think “good-looking” is something objectively determined at birth, when it’s not. Your perceptions of how good someone looks are dramatically affected by their game.

For example, take Woodhaven. When I first met him, I immediately pegged him as a good looking guy (especially in contrast to what Dimitri looked like at the time). And for about a year, I took it as a matter of fact that his looks were a big contributing factor to him getting laid.

But then I took a step back. I thought, take away his designer clothes and expensive hairstyle, his presence and the fact that I frequently see him with different hot women, and he’s just a regular guy. Skinny, and slightly below average height. But you would never know it, because his game distorts your mental image of him.

Dimitri is another interesting case of how your looks affect how much you get laid. He hints at how he made some fashion improvements in his post, but I’m going to be a little more graphic with it. When I first met Dimitri, he looked horrible. He was wearing a dirty jean jacket over jeans and a t-shirt the Salvation Army would be embarrassed to sell. But when he started talking, he just took over the room. His sense of fashion was so bad that even his game couldn’t distort you into thinking he looked good. But once he started talking, it didn’t matter.

Today, he looks a thousand times better. He put some effort into improving his look, and it’s paid off big time. His knowledge of fashion is so formidable that he teaches the fashion section of the workshops now.

But the question is...how much does all this really matter? After all, he got laid before he looked good. I’ve talked to him, and he’s said that he does hook up with more and higher quality women than a year ago. But, this was probably also due to improvements in his game that he’s made since then. Do looks really matter?

The answer is, they do matter, but not that much. I’d say they’re 5-10% of the game, depending on the girl. But, it’s still worth putting in effort to improve your looks. It’s something easy that you can do. Once you make yourself look good, it takes minimal effort to maintain that look, and your game gets a significant boost. Especially for new guys, it makes the early stages of the game much easier.



With that in mind, check out this post by Dimitri on improving your look:

You must look good to get laid. This is a true statement, though one I myself rebelled against for a long, long time. And perhaps I was proof that it wasn't true - I'd put up 50 lays before I ever started to employ and sense of fashion or style, and I was out of shape as often as not.

You could even ask Jay, who runs the site, what he thinks of how I used to dress and groom myself. He's a good guy, but what he'd say about how I used to dress, I imagine, isn't all that flattering.

Why do you need to look good to get laid? The answer is simple - it's a reflection on your character, and what internally drives you. I am now, completely and totally certain that any money you invest reasonably into looking better will more than come back to you. The returns on dressing better - even in just a professional context - are immense. Not to mention your social life.

One thing you'll notice, is that the vast majority of guys getting some look good. They're not "good looking" but they look good. Take Neil for example.

Neil's often cited as another example of why you don't need to be great looking to get laid. 5'6, balding, whatever. The thing is - Neil looks good. He's not "classically good looking", but he looks good. Elegant, classy, well-groomed.

The value in looking good is not simply that you look good - although there's something to that.

The real value comes from your character. If you're poorly dressed, in poor shape, what does that say about you? Does it say you care about yourself? Does it say you like to enjoy life? Does it say you matter to yourself, and to others?

And that's when it hit me - Even with my terrible dress, and mediocre grooming, I "looked good" even years ago before I really got it together. Not as good as I could, but every time I'd gotten a girl, I'd looked good.

Funny, it was a lot more random back then. If I'd win a competition, I'd be beaming and I'd get some. And it would spiral - if a girl got interested in me, a lot of other girls would follow suit.

So some quick tips to start looking good:

- *Shoulders back and broad. Even as you read this, push your shoulders back and out.
- *Chest in, stomach out. Follows naturally after your shoulders are back and broad.
- *Chin up - Your nose should actually be pointed upwards a bit.
- *Smile!



Those are the first four pieces of advice I can give you. The next few will take a bit longer to start implementing:

- *Wear your clothes a lot smaller. Very, very, very, very few people can justify wearing an American sized-large. I'm almost six foot tall, 170 lbs., and my favorite shirt is an extra-small. I usually wear smalls, and very, very rarely medium.

- *Get your teeth white - Crest Whitening Strips will be the best \$40 you've ever spent. Whitening tooth paste and floss go a long way too. Also, if you don't really like toothpaste (who does?) think about picking up the new vanilla-flavored toothpastes coming out. They make brushing your teeth feel like eating candy. "Glide" floss also tastes and feels 3,000 times better than that horrible green stringy shit we grew up with.

And more:

- *If you're on a budget or just don't like spending ridiculous amounts on clothes, flip through GQ, Cargo, etc., whenever they come out. Then look for stuff that looks like what you see. It takes about six months to a year to get a really good eye for it, but once you do you can walk into TJ Max and put an outfit together that looks good for \$50-100 tops.

- *It's better to have one killer outfit than six mediocre ones. Remember this.

- *You will, subconsciously, base items around your watch. Whatever watch you get, you will buy clothes to match. Strange but true. Most watches from the mid to high end become all pretty decent. On the low end, allow to recommend Fossil, Guess, Diesel, and Skagen.

And yet more:

- *Sharp touches go a long way. Matching your shoes/belt/watch might seem to be silly, and other people won't really notice. But you'll look "put together" for some reason. The time it takes you to do that might let you meet one more quality girl a year, or get you one more promotion every five years. Over the course of your life, that's dozens of lovers and potentially hundreds of thousands of dollars. And in fact, the higher you are, the more these small edges will stack up for you.

- *Getting a good haircut is well worth it. I remember having a friend who was an attorney. He got his hair done weekly, to the tune of \$50 a visit. I said to him that he's crazy! He said to me, "Sebastian, if I get one extra client a year because I get my hair done, it evens out." And that still doesn't factor the benefit to his social life - he got laid a lot, by the way.

- *Want long hair? Go into a nice place and say, "I'm going to grow my hair long. Can you give me a base cut that will look good as it grows in?" It's that simple. And if your hair starts to irritate you, just tough it out for a couple weeks. It gets better.

- *If you have a beard, trim that sucker. Do something with it. Electric razors give you the most control.



*Get interesting socks.

When you take time and groom yourself well, you're saying that you care about how you look, you're ambitious, and you go after things. This is very valuable to women, and also in your professional life. When I teach, my goal is not to have guys just get laid more - but to communicate better, and I especially love when people get more professional success.

Looking good isn't about pleasing others. It's about showing you take care of yourself, care about yourself, are ambitious and like to feel good.

Lots of good little ways to look a bit better. Add your own to this thread.

-S



Ring the Alarm - Getting Highly Sexualized

Ring the Alarm - I had a question asked of me again. A couple of my fantastic Dublin students and I were spending a bit of off-program time after the bars closed getting a quick bite to eat. I saw a cute girl, and we were kissing within 30 seconds - The looks of mysticism and awe, I tell you, don't get old.

But you know what beats that for me? The look of an epiphany happening as I explain something formerly mystical. Like a magician revealing a magic trick, even the most elite, complicated processes can be broken down until they are easy to comprehend, practice, repeat, and succeed with.

How do you make out very quickly with girls? This a three-step process. Today we ring the alarm and let you know step 1:

*Highly Sexualizing Your Dress

There are things that make you universally valuable to all women (things like confidence, charisma, quick wit, empathy, leadership, decisiveness, and so on). And then there are things that would turn on some women, while turning others off -

These traits can be selected so you're very attractive to the type of girls you like, while repelling women that aren't to your taste. In this case, you can build your dress so that it's attractive to women who are in the mood to get physical.

What's specifically valuable to these girls? Simply, very sexy guys - So dress like a sexy guy.

A lot of times, a man thinks he doesn't have the natural looks to dress sexy. To this, I'll point out something very obvious to even the most passive observer -

You've seen overweight girls in nightclubs, no? Which overweight girls get more attention? The ones with frilly shirts that supposedly hide their protruding midsections?

Yeah, right. The chubby girls that dress like they're elite, with sexy boots and tight skirts and tops get attention. Same with "average looking" guys - dressing like a hot guy will get you more attention.

And to men who say they like how they dress, ask yourself what your clothes should do?

I want my clothes to support my goals. So for my professional life, I get clothes that help me make my best professional impression.



For my social life, I get clothing that helps me socialize and differentiate myself quickly - It doesn't even cost more money than "safe" clothing like Levi's and Docker's.

To get highly sexualized, follow this criteria:

1. All clothes should be tight and well-fitting. For my North American friends, this means very few of you should wear larger than an American medium. I'm 5'10 and 175 lbs. and I'm currently wearing an extra-small shirt that fits comfortably. For you gents like Vincent (5'6) you should really never be going larger than a small. I don't own a large anything any more.
2. Your clothes should either be in fashion, part of your image, or ideally both. To get an idea of the current sense of fashion, spend 5-10 minutes in the magazine section at your local drugstore. Pick up GQ, flip through all the pages and look at the advertisements and pictures, spending about 10-20 seconds on each one. Don't study them, just take them all in. Then flip through up to three more fashion magazines. Also, feel free to check out GQ online: http://clicks.aweber.com/z/ct/?gfdRtpNRq3ahVKk1knch_Q
3. Pick out articles are non-functional for work, professional endeavors, and polite company. Liberally pick whites, baby blues, and the occasional pink. Heeled boots, white cotton pants, and baby blue t-shirts are all good examples.

Now, many men go too far when trying to sexualize, and make themselves look unattainable to women (or just like dorks).

Here is what to do -

4. Work with what we call the "functional accessories" - These are articles of clothing that serve functional purposes (as opposed to rings, bracelets, etc.) and thus, you are allowed more leeway in wearing attention-grabbing stuff in these slots. Items include:

- *Socks
- *Belts
- *Watch
- *Scarf

You're missing out big-time if you're not wearing interesting socks. For a bonus, grab a pair of argyle socks, which are acceptable at work and cool in a club (at the very least, cooler than generic black socks, and a huge upgrade over white tube socks).

If you can match your shoes, watch, and belt, that can look good - especially if they're all an interesting color. White belt, white shoes, and white watch (I like the plated Guess white watches personally) is what is a good look. Another example would be a pair of blue Pumas, a cloth blue belt with an interesting buckle, and a blue Nike runner's watch.



5. The first piece of non-functional jewelry you want is something to let girls talk to you. Specifically, if you're not wearing a scarf, pick up a necklace or pendant that's got a story behind it - It'll give women something to talk to you about. If you wear a necklace out a few times and are socializing and approaching, and no one asks about it, your necklace ain't cutting it - Try something else. You can get cheap necklaces easy.

Another tip regarding necklaces - Try mixing and matching symbols and chains. Little shell necklaces like surfers wear are passe. A white cross isn't going to stand out in a hip-hop nightclub.

But a white cross on a surfer's shell necklace? Rock and roll.

So, get tight-fitting, fashionable clothes that you couldn't wear to work even on "bizcas Friday". Pick up an interesting necklace.

Once you sexualize your attire, you'll be large on the radar for girls looking for guys that night or that want to have a bit of crazy fun. After that, you can use normal interest-based approaches (genuine interest and nonverbal/playful, specifically). I'll check in with you again soon, but let me give you a big piece of the puzzle and answer how I made out with that particular girl:

When you open girls, feel free to take their hand, introduce yourself, and give her a kiss on each cheek. Most times you'll touch cheeks and make a "mwah!" noise. If you're sexualized, some girls will put their lips actually on your cheek as opposed to touching cheeks.

Lean back very slightly, look into her eyes, and say something along the lines of, "Wow, your lips are so soft." Making out ensues.

Play nice, guys, and don't just play makeout-with-girls game. Dr. Sebastian prescribes playing solid game and laying girls and converting them to girlfriends, not just making out with them, having sex in toilets, and going on your way. It gets old, fast... well, not that fast... ;)

Ring the alarm. See you in London.

Sebby



My style — How I peacock

The first key to peacocking is subtlety. Yes, subtlety.

The point of peacocking is to wear something unusual so that you stand out. This is for a variety of reasons: you attract more attention, girls have some reason that they can say why they like you so much more than other guys, etc. HOWEVER, you don't have to dress like Mystery in order to reap the benefits of peacocking.

To go out to a club in a bumble bee suit and a furry top hat can work, but it requires an extremely high level of congruence. If you're extremely good, it will help you. If you're not, then it will look like you're compensating for something and you will just look weird.

You can achieve the same effect by peacocking in a way which is subtle, and does not come off as overcompensating. Even if you *could* be congruent to wearing crazy looking shit, you don't *need* to. More on this later.

The second key to peacocking is congruence. This is important. If you wear lots of crazy shit, but you have no self-confidence and it's apparent that you're a loser, your crazy shit is just going to make you suck even more. If you're not really self-confident to enjoy wearing this stuff, but are just forcing yourself to do it because PUAs you read about on the internet do it, you'll get nowhere.

Similarly, if you copy someone else's style it won't pay off. Mystery for example is a magician, and he dresses like one. If I tried to dress like a magician it would be incredibly lame because it's just not who I am. Same goes for copying anyone else's style.

You're also gotta calibrate your peacocking to your audience. Most of the girls who I sarge are preppy white or Asian college girls at house parties and various daytime locations. In certain locations, certain styles just don't go over. For example, if you try to sarge in a bookstore wearing New Rock boots and a bondage straitjacket, you won't get very far. Same goes for if you dress gothic in non-gothic clubs or parties.

With that said, here's how I peacock:



This is how I typically dress when I go out. I've developed this style over the past year, and I'll go over the different elements of it.

Spiked Hair - Inspired by jlaix. I like having spiked hair because it makes me stand out and appear taller. It doesn't show very well in this pic, but I've got some significant spikage going on.

Not all spikes are equal! What you are looking for in spiked hair is proper shine, definition, lift, and longevity.

Shine - Generally, the darker your hair the more shine it can tolerate without looking greasy. My hair is an exception because it's naturally very oily. If you have light or oily hair, make sure your hair is totally dry when you spike it. Also separate with your fingers briefly after you apply hairspray.

Definition - You also want your hair to "clump" and not just be a Derek Zoolander style white man's afro. Avoid messing with it too much after gelling to retain definition. Be careful though, too much definition will cause too much shine and not enough lift and longevity.

Lift - You want your hair to go up in the proper places, and not look like it has erectile dysfunction. Strong gel and hairspray will take care of this.



Longevity - You want it to stay up all night. Strong hair products will take care of this.

To get this effect on my hair, I use BedHead Hardhead gel and hairspray. Got2beGlued also works well.

First, I apply a small amount of gel to my hair, just enough to make it stand up. Then, I blast it with hairspray, and work out the imperfections with my fingers to reduce shine. I finish with a light coat of hairspray, then I dry it slightly with a fan if I have time.

Neckgear - The centerpiece of the outfit is the loose tie. I discovered this one day when I was sarging w/ Woodhaven and Lunotick before an event where I had to wear a shirt and tie. I didn't feel like taking off the tie or wearing it tightened, so I wore it like this and went 4/4 on number closes. Of course, it wasn't the only reason why, but I thought about it and began to see why it'd work. It's subtle peacocking — it stands out, but not in an overly flashy or overcompensating way. The tie also implies high status, while also conveying relaxation because it's loosened. I also like to complement it with choker-style neckgear such as the shells in this picture.

I prefer stuff like this to New Rock boots, blinky t-shirts, etc. because it is something a normal guy will wear, but worn in a unique way. You will still stand out as with MM style peacocking, but you won't seem weird or overcompensating.

Pinstripe Shirt and Belt - Slightly unusual, and stand out subtly. Without the loosened tie, spiked hair, etc. they would be too toned down by themselves, but they complement the other stuff.

Jeans - The ones I'm wearing now aren't good because they're too loose. Usually when I go out I'll wear more form-fitting jeans. You can usually find good stuff on sale if you look hard enough, so you can get decent jeans or slacks for \$50-\$70.

Shoes - Black boots, which I wear to add height (without spiked hair and boots I'm 5'6", with them I'm around 5'9").

Sunglasses - I'll wear these for street sarging, although I take them off to open. I find that at house parties they come off as tryhard, but you can pull them off at upscale clubs.

(not shown) [Leather Jacket](#) - I'll wear this on top of the whole getup. By itself it comes across as "biker" or "goth" which are both bad images, but with all the other stuff it creates a unique image which can't really be categorized. Unfortunately I just lost it, but I'm ordering the same one online, so it'll be back.

So there you go, that's my style. You're welcome to take pieces of it which you like and make them your own. Feedback is also welcome.



More Sex, Gentlemen. Less Talk.

A woman wants sex first and foremost, and the most effective types of game recognize this. A woman doesn't want a man who's funny, or has lots of skills, or speaks eight languages. A woman wants a guy who can fuck well. Everything else is nice, but what she really wants is a bedroom superstar.

The goal of all your game should be to convey that you are good in bed.

There are two elements to this. First, you have to actually [become good in bed](#). There is no faking it. If you're not good in bed and try to fake it it's glaringly obvious to every girl you interact with.

The second element is learning how to convey your sexual value effectively.

[Asian Playboy](#), one of my favorite seduction bloggers and PUAs out there, has a great no-nonsense post on his blog about figuring out your sexual identity and how to convey to women that you are good in bed. And from meeting APB, I can tell you that he's definitely good at conveying sexual value through his style, non-verbals and vibe. It's an awesome article, and worth reading more than once.

Dallas PUA Simple has a great saying, **"TALK TO THE PUSSY, LOOK AT THE FACE."** APB's rule #24 now.

In the ABCs of Attraction that Prophet and I originally pioneered, there is a step, a TOTAL change of energy, and attraction called DIRECT INTEREST. Like, almost EVERYTHING needs to change about your Game. In other words, you're BEYOND building attraction.

- How you kino (general kino and sexual kino are totally different)
- Your tonality (again approach tonality vs comfort tonality vs sexual tonality & verbage)
- Your eye gazing
- Your physical presence
- Etc.

You're not working on attracting (except to maintain attraction). You SHOULD be concentrating on Sexual Tension (and ergo Sexual Release).

She needs to WANT your cock. Not your conversation.

ABC (Approach & Attract, Buying Temperature, Comfort & Connect) means you're a GOOD CONVERSATIONALIST.



Guess what though? That just means you know how to talk and make friends. You're cool. Interesting. Funny.

But it DOESN'T make you a good LOVER or SEDUCER. So what does?

Gunwitch Method works. Direct (both Direct BL and Direct opener [both verbal and non-verbal, both statements vs question openers, natural vs canned]) method works that I had to tackle hardcore for 3 straight months.

The four non-verbal keys that form the acronym SECT as part of Direct Interest does.

Because it goes STRAIGHT to the Pussy. This is when you pull out your cock and REALLY make your move. It's one of the biggest sticking points that can stall or even defeat an Intermediate Level PUA.

This was my biggest sticking point for the longest time. I'd get consistent number closes, the occasional make out, hand/blow job, and the fully monty after a year of being in the Game.

I was getting more action after I got in the Game. But it wasn't at the PUA / Rockstar level. It wasn't me laying waste to an entire female social circle by sleeping with every single one of the girls.

I had to take more steps. REALLY step out of my comfort zone. And THAT took a damn lot of effort, introspection, and work.

But it was PROJECTING sexuality. Sexually DOMINATING and taking control. PIMP talk. Being in control of LOGISTICS ("Your place or your place?", "How about the La Quinta or other hotel?", who's got the car?, where does she live?, who's playing watchdog? etc). That was tough and a HUGE sticking points that separates the entertainment/social robots/attraction routine guys from actual seducers.

Talking to girls, getting numbers, telling funny/interesting stories, and so forth simply means you're an cool, social, friendly guy. But being in control of SEXUAL VIBING/CONTROL and having a handle on your LOGISTICS, makes the difference between LAID and NOT LAID. And it ain't easy to master without a good role model since you can't learn it from reading.

Remember, there is NO second place in Pick Up. You don't get a prize. You don't get a medal. You either get the girl.

Or you don't.



If I might use former student Groove as an example. He already had great material and great look. But it was figuring out his LOGISTICS and using SEXUALITY as a TECHNIQUE/TACTIC/ROUTINE is what, I 100% believe, has allowed him to triple his lay rate.

You're not there to talk to girls. You're there to have sex...

Stories, openers, comfort tactics... fine and dandy. But it doesn't make her horny.

But it's things like my Theory on the Different Shapes of a Vagina to Captain Jack's version of Strawberry Fields (FUCKING RAINMAKER man, I love it, and have unabashedly stolen it for myself 😊)

Sex, gentlemen, SEX. Remember, you're a SEDUCER. Not an ENTERTAINMENT MONKEY or an EMOTIONAL TAMPON.

SEDUCER.

Take, for example, last night hanging out with a home girl of mine now that I'm back from the Los Angeles bootcamp. I got propositioned by a tall, pretty blonde to SWING with her husband. Not the first time it's happened and it won't be the last time. But what triggered that switch in her? To want to fuck me while her husband watches?

VALUE, but most importantly SEXUAL VALUE in the form of ONLY PASSIVE Game. I didn't tell a story.

I didn't use any sort of opener. She looked at me and simply KNEW I'm good in bed. Maybe I am. Maybe I'm not (naw, I am). But I subcommunicated sex.

Passive Value being in the form of:

- Social proof (with women, ie my homegirl that intro'd me to the swinging blonde)
- Body language (absolutely relaxed even when she pressed up against me)
- My look (biker bad boy / professional gigolo)
- My easy going, sexual nature with women (cavemanning, dancing, etc.)
- Being non-needy (even when she went for a kiss and reached for my junk)
- And simply looking like a guy that has GUILT-FREE sex

I freely admit to being a manhore, while my 2.5 and 3 some were great experiences, I won't do the cross swords action (just my own issue) so I demurred the offer. Does this happen all the time? Hell no. But by putting it out there, women will pick it up and some will take you up on it.

After all, are you there to be entertaining? or are you there to offer and receive sex?



To give you more room for thought, here are Greene's seducer archetypes from his book and corresponding PUAs that you might want to learn from or emulate:

1) Natural - Spontaneous, genuine, loud, and aggressive. The prototypical, loud, aggressive frat boy. Geoff and Jeffy (well, Jeffy also throws in some crazy peacocking that would be labeled as Metrosexual/Dandy) are great models.

Probably the most common model that Naturals/wannabe Naturals follow. It's great, but being loud, drunk, and aggressive only gets you so far if you DON'T have a Game Plan (which is the common failing of the supposed "Natural Game" or "No Game, Game").

2) Ideal Lover - Projecting sex, horniness, while being NON-NEEDY. You like pussy. You LOVE pussy. You have no shame. Gunwitch Method and some of Shark/Badboy. My article on the "10 Habits of a Natural" is also an example. SwingCat is a great example as is Camerone Teone (ie The One).

African American Game also falls into this category (the good kind, not the random holla holla, hey girl bullshit). It's a numbers game and you'll get more hardcore rejection, but you're ALSO get some of the FASTEST makeouts and lays. You're offering sex and you're finding someone that wants sex. Easy to out value and out-AMOG, but not once she's past the sexual hook point and decided.

3) Dandy/Metrosexual - Put her off balanced, confused, and have her lower her guard. You're surrounded by women, have a great fashion sense, and make women at ease. Are you gay? or straight? Trust me, I knew tons of gay guys that would "crash" in the same bed with straight women and GET TAIL from her. Friction is friction. This is the archetype for peacockers and (I think) BradP (and a pinch of Rockstar) and commonly the Mystery Crew. TD might also be an example (as well as Charmer).

4) Rake/Badboy - Self obvious. Protect of Loved Ones and Sexual Safety are both ATTRACTION SWITCHES you can turn on. Yet this persona is at the extreme level. Badboys may cheat and abuse their girls, but the girls feel PROTECTED. Why? Because he'll kick the shit out of anyone that messes with him or her. Badboy and Gunwitch.

5) Charismatic - You draw ATTENTION to yourself and INCREASE desireability by being DETACHED from your target. Stripper, ADD, Attention whore game. This is your classic Indirect methodology and negging/disqualifying. You sweep her into the MAELSTROM of your Charisma, and then take it away. She becomes an emotional addict/junkie. Neil Strauss (ie Style) and Mystery are classic example. Like, with Style, in ONE MINUTE you will learn that he is INCREDIBLY intelligent, charming, and connected. He knows how convey coolness, intelligence, and mystery within MINUTES (if not seconds). And that is why he is one of (if not THE) greatest of all Jedi's.



6) Rockstar - Self obvious. Mystery does this especially now that he's pioneering hot/entourage game. This is also bottle service / VIP game. With my look, I usually fall into Badboy (sometimes, but not often Dandy as well) or Rockstar. I either get the coke whores that want to party/fuck/or do some other insane shit or a band-groupie that wants to believe I'm the next Neptune/Hoobastank. For example, after the Tool concert, I was able to get a free Penthouse at the W (where Ghost Bar) by simply looking like I was in the concert/band or when Justin Timberlake was in Dallas (no effort on his part to pull tail from what I heard). It's the Passive Value of the Social Proof (with women) and Social Proof (with men). Makes life SOOOO much easier but it's one of the hardest things to achieve.

7) CHARMER - This is the GIFT of attention, pleasure, and comfort. These are the guys that, when they talk to a woman, make her feel special, unique, and wanted. Loverboy & Hoobie (H. also falls midway into Natural) from RSD/Scotland might be a good example as well as Grungey (the day time specialist). Deep connections, DDB (Doggy dinner bowl) looks, cold reads, etc. However, like the Natural, this just lands you in the friend zone. You can LAUGH YOUR WAY INTO HER PANTS, but simply being interesting only part of the battle. You've got to INTERACT with a girl, capture her EMOTIONS, and then TURN HER ON (ie get her horny).

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So what's the moral of this story? This long ass, exhausted, stream of conscious diatribe at 5AM in the morning?

Figure out your SEXUAL identity. In other words, HOW do you want to TURN ON a girl? Not WHAT the fuck you need to say. Beginner's think What. Average think How. Experts think WHERE.

Nerd is not a sexual identity. And neither is, contrary to popular belief, a PICK UP ARTIST. Seducers get laid. Guys that are good at foreplay. Guys in social circles where they have a rep for being awesome in bed. Guys that girls know are vastly sexually experienced and social proofed and make girls horny. In other words, guys that EXUDE sexuality and experience.

All the bullshit you can find online, ebooks, DVDs, etc. gets you in with a girl only so far.

There's a REASON why they took NaturalJ into ProHo (the Natural who briefly dated Britney Spears and had triple digit lays before he reached 21). Sexual experience and the ability to convey it trump any kind of opener, tactic, story, and technique.

Pushing for sex, slamming her in the evaluator/bathroom to makeout with her, having her rub your cock in the middle of the dance floor... PHONE SEX. Good dance game.



THAT gets you laid.

Conversationalists means you're a great, interesting, friendly guy. Wow. Cool.

Getting her horny. Now THAT's what separates you from the guys that are "back up cock" when she's horny and the guys that are paying for all her shit, being emotional tampons, and being standard boy friends.

Guys ask me all the time how I get the fast make outs, the couple of bath room lays, the hotel one night stands. And yes, some of it is just being the right place and the right time. But it's like one of Gunwitch's LRs. A girl (after breaking up with her BF) said jokingly she wanted to get laid. Gunwitch took her up on it, cavemanned her to his truck and fucked her.

Once I've figured out her blueprint, what her attraction switches are, AND just as equally important what HER logistics are, it's time to get her moist down in the sweet spot. Most of my lays, I don't even remember what the fuck I said because it's really not that important. What I do remember is turning her on and having my logistical shit down, taking control, cavemanning, and leading/dominating.

Yes, you can fine tune stories. You can make them better until they're ultra tight and field tested. But it's all in the execution and being in control (ie not depending on luck versus having a GAME PLAN) that makes all the difference in the world.

The WHAT, in all honesty, really isn't that important unless you're still at newbie level. How is more important. And even that is less important than being in control of LOGISTICS (where you isolate, where you extract her, where you make out with her, where you fuck her, etc.).

More sex, gentlemen.

Less talk.



VALUE



How to not be low value

Gentlemen -

I must confess something to you all. The fact is, we never really know what anyone else is thinking. All we can do is make educated guesses, ferret out common patterns, and produce information about situations based on what works.

So straight up, to answer the ages old question, we never really know why a woman rejects us. But we've found that in the vast, vast majority of the time a girl isn't attracted, it's one of Value, Attainability, or Compliance.

Where's this go? I get this question probably every fourth program - "How do I know if I'm low value?" It's the hardest question to answer, because it's near impossible for someone to diagnose after fixing their value. Put this way - you can tank attainability and watch what happens, you can not get compliance and see what happens, but no matter how hard a high value guy tries to emulate a low value guy, he can't... really... do it.

So instead, I present this to you:

The reason, I believe, that a man possesses the belief that he is low value is because he compares himself to his ideal self. He looks and says, "I could be more honest, I could be strong, I could be more healthy, I could be a harder worker, I could be more wealthy, I could be more consistent...." He makes a list of things he could be, but it is not, and it is - in fact - depressing.

But it ignores the reality of the matter. The fact is, you're not competing with your "ideal self" for women. Whether you're valuable or not has little to do with whether you're perfect or not - and everything to do with how you stack up to what fulfills women's needs, and to some extent the men around you. So if you want to really free yourself - go look around the mall sometime in the next week. Look at the men with women. Are they all gigantically muscled, extremely rich, massively fashionable outgoing intensely hard-working overachievers?

(No.)

What to do to become valuable is to work on your own life and also the perception of being valuable. Some major pieces include:

*Having a good "Nonverbal Image Projection" - this is one of the core tenets of the Approach about value. It's getting value without having to consciously do anything: Good body language, with shoulders back and broad, chest out, stomach in, and head up. Relaxed and fluid. Graceful movement. High value walking patterns, and avoiding what we call "the polite zone" - the place



people stand when they're meeting a complete stranger (either get inside the polite zone when opening, or outside it, but never in it. It's slightly outside handshake distance in the United States, and varies by country)

*Mastering Situational Relevance - this is saying things that jive with the situation. Situational Relevance comes down to three elements: Context, Energy level, and Comprehension level. Context can be molded consciously, energy level is person specific (there's hyper girls in the library, and relaxed girls at loud dance clubs), and comprehension level is inversely proportional to stimulus. Low Comp vs. High Comp is an interesting and long talk... many guys don't like one or the other, but learning how to vibe in both means you can be valuable in any of those areas.

*Focus - Girls don't want guys who desperately chase girls. It's a turnoff. We encourage you to focus on things in the following order:

-Primary: Charge the Venue. 50-65% of Mental Energy. In order, make sure you're having fun, socialize, and make other people have fun. If you're not having fun, do what you enjoy, and failing that, use nonverbal/playful openers and take on the mannerisms of a person enjoying themselves. Never be rude to anyone - even someone rude to you - try to make everyone you interact with enjoy their night more.

-Secondary: Make Connections and See if People Meet Your Standards. 25-30% of your Mental Energy. Here you try to relate with people and find common ground, and then see if they'd be compatible and welcome to your life. You're not trying to please people, you're trying to see if they measure up to what you want.

-Tertiary: Logistics, VAC, Tactics, and Everything Else. 5-25% of mental energy MAX. Tactics, logistics, et cetera come after you're enjoying yourself and focusing on socializing and everyone else having a nice time.

By combining the three above - Nonverbal Image, Situational Relevance, and a good Focus - you'll be way ahead of where most guys are. Most have poor body language and scurry around, can't get appropriate comments and interesting conversational subjects up, and are desperately needy and trying to get laid. There's lots more to be done for value, but don't judge yourself against your "ideal self" as to whether you deserve women or not. You do. Go walk around a mall and look at all those "schmucks" with cute girls. Go get 'em!

Sebby



Active Value vs. Passive Value

There are two kinds of value you can display to a girl: value which you have to actively demonstrate, and value which the girl perceives just by you being there. This is the case with guys who give off an attractive vibe, and have girls attracted to them without them even doing anything.

You should use both kinds of value when doing pickup, but it's important to understand them both. Many new guys have very little passive value, and try to do it all through active value. This explains guys who have mastered a lot of MM techniques, but still aren't getting laid. You need a solid foundation of passive value for your active value to be effective. If a girl doesn't perceive you as at least moderately attractive within 30 seconds of talking to you, you need to work on your passive value subcommunications more.

Dimitri made a new post on ASF addressing this, check it out.

Originally posted by Dimitri

1. If you actually have a valuable characteristic about you, it will be obvious to someone from interacting with you.
2. You can cultivate the appearance of valuable and attractive traits. Doing this will make you seem like you have that trait - and over time, you'll grow into the role. Even if you're not confident, if you act confident, you will slowly become confident.
3. You can actively demonstrate traits about yourself. You can tell a joke to show you're funny, make an approach to show you're confident, tease a girl to show you're not scared of her, and so on.

Which of these three ways of expressing value is the most effective way to pickup? This has been a subject of great debate for some time. Here's what people have decided:

1. "Actually being confident" and "actually being funny" are the easiest ways to appear confident and funny with no effort on your part in the short term. BUT, if you're not confident, or funny, or a leader, or quickwitted, or charismatic, it can take the longest amount of time to become these things. It takes a while to internalize things you've learned and are working on.
2. Cultivating the appearance of a trait: This is faster in the long term than actually becoming it, AND it helps you become it. So, it's easier to appear confident than to actually be confident. And appearing confident all the time will make you more confident. This still does take a while to accomplish.



3. Actively demonstrating a trait every time you need to, such as going out of your way to tell a joke to every woman you meet so she knows you're funny: This is the most efficient route in the short term (can be done instantly) but in the long term, will add up to far more time spent. This is because it is a lot of work to constantly be demonstrating things like being confident and emotionally steadfast in a relationship to keep her around, or to demonstrate traits to every woman you try to meet. Actively demonstrating a trait is one of the first steps to cultivating the appearance of a trait.

The best pickup artists employ all three of these ways of showing/having value. They'll start by using the third way, active demonstration, to get their feet wet and experiment with their new stuff. Over time, they'll start changing their body language, eye contact, tonality, style, and even general speaking patterns. This will lead to the appearance of valuable traits. Over time, this results in evolution into actually having these traits. Many men start by learning funny retorts to insults and disrespectful behavior. Over time, they ideally evolve into quickwitted guys.

Of the three ways to show value, they fall into two categories: Active and Passive. And entire pickup styles revolve around them.

Active: The assumption that you need to build value with a girl and working to do it.

Passive: The assumption that you have value, and it being communicated simply by your presence.

A good pickup artist, even one with a lot of Passive Value, will still actively demonstrate a characteristic about himself when it's useful. Master PUA's will even demonstrate things that would be unattractive coming from a weaker man, things like vulnerability or a really strong affinity for a girl we've just met. We do this to keep the woman thinking we're attainable, so she doesn't get dejected and end the interaction to preserve her ego.

Many men in the seduction community weren't the "cool kids" when they were growing up. In high school, college, and before and after those times, they weren't really popular. So when one of these guys hears "Just be cool" or "Wear cool clothes and act normal", they can't identify with it. Guys who have some level of self-esteem built, either through luck or because they worked hard for it, will have an easier time accepting this:

Every man who wants to improve himself has some passive value.

Simply by being intelligent enough to want to improve and ambitious enough to try it, you've got SOME value. Maybe not ENOUGH to rely on it exclusively, but you must accept the fact that you have passive value. Don't assume you start out at zero: It's a bad place to work from, and will result in tryhard behavior.



Instead, realize objectively what you've got going for you, and try to get other things going for you. At the very, very least, anyone here has a base level of intelligence, education, self-respect, and a hunger for more, an ambition and a will to get success: All of which are attractive.

The biggest place this debate comes up is regarding teaching. Whether it's an international business doing lectures and workshops or it's just a guy teaching his wing, or friend, or brother, people argue about where to start.

A lot of guys rising into the "new school" of natural game think that active value building is to be frowned upon. When Woodhaven codified and published The Transition to Natural Game, he did not mean to shun all forms of active value - I know because I eat and drink with him, and he's said as much himself. Both Vin and I use techniques when it's to our benefit. But it's cool that we can throw the rulebook out the window and do pickup strictly on passive value.

A healthy system of self-improvement is one which makes its students or disciples both more actively valuable and passive valuable. That way, you're more attractive before you speak a single word and you can choose to dial it up by sprinkling a little of your time into an interaction.

Sebastian Drake
Minister of Seduction 2006



A New Model of Attraction

Dimitri of [theApproach](#) has a great new post on ASF detailing his model of attraction. I think every community guy should read it, because it goes into concepts which are very important but largely ignored on ASF.

The big concept of this post is that attraction is composed of value and deservedness. Value has already been covered in depth in Woodhaven's past posts and other posts, so Dimitri concentrates on deservedness. Deservedness is composed of:

1. Making the girl work for you
2. Not setting off the auto-rejection mechanism.

Most community guys have HUGE problems with these two things. First off, they entertain girls and perform magic tricks and routines without getting her to contribute anything to the interaction. Second, they make girls think that they are rejecting them. This causes the girls to pre-emptively break rapport with them and reject them on some level, which causes the would be PUA to escalate rejection because he thinks you can't show interest unless they do. The girls escalate rejection even more, and the guy ends up going home and writing a field report about how he got blown out "for being too high value" with his left hand while jerking off with his right.

Dimitri also includes many quotes from Neil Strauss's book *The Game* to illustrate his points. I think the examples that Neil Strauss gives are great examples of the principles of deservedness in action, even though Style didn't realize what was happening himself. Here it is:

The Attraction Model

By Sebastian Dimitri Drake

A definition of attraction - and a way to consistently to get attraction from any girl - is long overdue. Perhaps the two most misunderstood parts of the community are attraction and one of the pieces of it, value.

I'll set the record straight, and give you a gameplan for how to attract any woman in the world, as well as give specific examples of how attraction works. Since many people are familiar with it, I picked Neil Strauss' New York Times Bestseller *The Game* for my examples on how attraction works - I'll use a few excerpts from the book to explain how this all works.



Attraction is something desirable to someone, that much is obvious. But to create the kind of real, almost-tangible attraction that'll cause a woman to sleep with you, you need two components:

The Two Components of Attraction Are Value and Deservedness.

I will explain both.

"Value" is value for her life, based on her perceptions. What is valuable is unique to every single person, but pattern of what is valuable can easily be seen. Some things are almost always seen as valuable, and some things are almost always seen as detrimental to value. But the value of any given thing to a person is different for that person than another.

What does this mean? A giant script will not appeal to every single woman. At best, a script can mass-appeal to a man's target audience. Many sorority girls might have similar value for each other, so if you wanted that demographic, a script that's useful on many could be devised. But for broader categories, like "college girls", you'll need knowledge of how value works for different people.

There are many traits that are almost universally valuable (and thus, attractive). These should be almost universally developed, so that you're perceived as having them with minimal effort on your part. This includes confidence, charisma, leadership, intelligence, quick wit, sharp instincts, health, wealth, a strong sense of survival, purpose, adaptability, and so on. Very, very, very few women find these traits unattractive, so it's in every man's best interest to appear to have these.

This can be done in one of three ways.

1. Develop the trait: If you become confident, you will appear confident. If you become healthy, you will appear healthy. Et cetera.

This is the path that takes the longest to achieve out of the three, but is the easiest once you've achieved it.

2. Develop the appearance of the trait: "A prince need not possess princely qualities. He merely needs the appearance of princely qualities." - Niccolo Machiavelli

Machiavelli is largely right. If you're not confident, nor a leader, it is still in your best interest to develop the body language and walking patterns of a confident leader. This will give you the appearance of these things, the benefit of which is twofold: You'll be perceived as having the quality (useful in your immediate interactions) and by being perceived as having it, you might actually develop the quality ("fake it 'till you make it" at work). Developing the appearance of a quality you don't have is actually a great way to help develop that quality.



3. Demonstrate you have the quality any time the occasion arises. This is the fastest way to show one person you have a trait about you, but the least efficient way to show the world you have a quality. A good example for this would be kino: It demonstrates you're comfortable with yourself and comfortable around others (among other things).

If a man wants to demonstrate he's comfortable with himself and around others, one way might be to kino. After he achieves a base proficiency in kinesthetic interaction (kino, touching other people in a normal way), he can do so consciously to appear to be comfortable with himself and around others.

Over time, his kino will become automatic. At his point he's developed the appearance of the trait, and most people he will meet will perceive him as comfortable with himself and around others.

Finally, if he allows his belief system to develop, he'll come to actually be comfortable with himself and around other people. At this point, no conscious technique or tactic is necessary: He has simply become a person who is comfortable with himself and around others. Because this is a universally attractive trait, he is now always a more attractive man and he knows it.

Outside of universally attractive things are things that are attractive to specific women. A gold-digger wants money and status. A 28-year old working professional may be looking for a stable husband/father type man. A 34-year old divorcee may be looking for a feeling of youth and excitement. A young girl may want maturity OR want fun and popularity. Or both.

What any given woman wants is different based on the woman. But you can make generalizations. I always ask students what type of relationships they're looking for, and what their "type" is. Age, ethnicity, nationality, and social class are all ways that you can make an intelligent guess about what is attractive to a woman. It's why many pick-up artists have to adjust their techniques when moving to a new location. Even in the same nation, such as the cities of Atlanta and New York City, there are some differences in what the majority of people are looking for.

That said, fine-tuning your game to your "type" is great, but a master's proficiency in pickup will let you adjust what you're demonstrating to the specific girl you're with - and know exactly what to demonstrate.

Cultivating Deservedness:

Part of attraction is value. A large part. If you appear to have no value for her life, something that she'd specifically want, then it doesn't matter how much of the second part, deservedness, you cultivate.



But it is relatively easy to appear to have value. If you have even some semblance of “a life” then you’ve got some value. If you do some basic things to improve your life (or alternatively, the appearance of having improved your life) then value won’t be your problem.

Attraction is not exclusively value. Value is a part of attraction, and necessary for it, but the second necessary component for attraction is deservedness.

Deservedness is broken into two parts: Attainability, and effort. Both require a comprehensive explanation and guidelines on how to produce these feelings in a woman.

Attainability, first, may confuse some. In all of life, people seem to strive for the unattainable. Something just a step beyond them.

But these things always seem to have some attainability to them. Think about it like this: While you may enjoy looking at a centerfold in a magazine, you are more likely to fall madly in love with the girl next door. Though a centerfold prompts a lot of physical attraction in you, you do nothing to actually GET the centerfold (well, most people...).

This comes down to an important concept called the Auto-Rejection Mechanism. In short, if someone believes they have no chance, they won’t try. It’s the reason master pick-up artists often struggle trying to pick up ugly girls: The girls have no sense of entitlement, so they don’t let themselves get attracted and get hurt.

You can see examples with people aiming for a bit more than they have, too. The people that get very attracted to wanting a yacht are people that can either afford it or come close. Rarely will you see someone that is very poor strongly desire a yacht. Since it does not have attainability in their mind, they can not be seduced by the idea.

The second part of deservedness is effort. Specifically effort the woman puts in.

This is all based on the Cost-Value Conception. In short, Cost-Value says this: You will value something that costs a lot over something that costs little, largely irrespective of their real value. If you’ve ever won a stuffed animal at an amusement park or carnival, you know what I’m talking about. While you might not even take one for free if they’re handing them out on the street as a promotion, by winning it at the carnival (putting in effort and probably more money than thing is worth) it gains a lot of value. The cost determines the value.

When a woman is forced to work for something, she will want it more. However, in the beginning, if she sees it as unattainable, she likely won’t want it. This is largely true of men, too. While a man might like and desire a beautiful woman he sees passing, or a model, he’s more likely to grow very attached to a woman he had sex with who broke up with him, or a woman who keeps saying she really likes him as a friend.



To make someone attracted to you, you simply need to have value and for them to feel deservedness. For value, you need value for their life. There are universally valuable/attractive things like confidence, charisma, health, wealth, loyalty, faith in oneself, purpose, fun, leadership, survival ability, and so on, there are also traits that are more or less valuable/attractive at different points in a woman's life. Some of these, like wealth and fun, are universally good but are larger priorities for some women than others. Other characteristics, like danger, eccentricity, risk-taking, and so on may be very attractive to certain women, but unattractive to others. It is a sad testament that even many traits that are mostly UNattractive are attractive to certain people, such as abuse and control. These people are mentally unhealthy, and though I advise you to stay away from them, it's worth noting that sometimes negative traits may be attractive to certain types of women at certain points in their lives.

For deservedness, make sure they feel you are attainable. This would mean not demonstrating all kinds of value to them without them knowing why: This makes you look desperate most of the time, but the worst part is that it can make many normal women feel insecure and that you're unattainable even when you do it well! Solid screening and qualifying can increase their sense of your attainability if you know how to target your questions and responses. The "special advantage" that Vincent is always talking about making her feel like she has is another good way.

The second part of deservedness is having her put in effort. If a woman works for a man, even just a bit, she'll be more attracted to him and want him more. Over time, you can use this to change the compliance scales between you two and make sure you keep getting compliance out of her. The result will be that she feels she's earned you and wants to keep you. If you continue to bed a woman for long periods of time, and she isn't helping you build your lifestyle, then you may run into problems where she isn't putting in enough effort and doesn't feel like she's worked for you, and therefore deserves you. So she loses attraction.



Demonstrations vs. Verbalizations

by Woodhaven

There seems to be some confusion regarding the idea of demonstrating high / low value and when to do them and what these techniques actually achieve. There is also some confusion as to how to demonstrate high value properly. In my experience, there are some guys who are attempting to be cocky and funny but are coming off insecure when doing it. In this post I will illustrate why this happens and how to avoid it and make proper use of the DHV technique.

There are certain things you demonstrate and certain things you verbalize.

Demonstration of high value takes many forms. Storytelling, cold reads, humor, actual "demonstrations" like having a girl watching while you "perform" in some way, fucking the shit out of her, etc.

Demonstrating Higher value is ALWAYS good. If done confidently and congruently, it cannot hurt you.

One SPECIFIC type of DHV is to VERBALIZE lower value. Some people call this "DLV". This is a misnomer. You are not actually demonstrating low value, you are simply verbalizing it. There is a HUGE difference.

Verbalizing low value shows that you are indifferent to the outcome, not trying to impress her, could care less what she thinks, you have a sense of humor / irony, maybe it shows you are humble... whatever. All of this DEMONSTRATES that you are ACTUALLY high value. So the technique should logically be called verbalizing low value (VLV). A VLV is merely a special case of a DHV.

So to clear up the acronyms we have:

DHV: Storytelling, displaying humor, displaying intelligence. Being seen with another girl / girls. Having one girl over to your place and she smells perfume, but isn't quite sure. You actually are busy, but reassure the chick you'll make time for her. Your cock smells like a condom, but you play it off. Main bitch finds cum stains on your shirt and doesn't remember fucking you in that shirt (happened to me yesterday, BTW ;)) One girl notices other girls calling you, sees you with other girls who are "just friends"...etc you get the picture. These are DHVs and always help you.

DLV: Being clumsy, displaying lack of intelligence and / or social intelligence, shitting your pants, etc. Showing that you are wicked shy and timid, girl sees that you do nothing with your life, girl realizes you actually CAN'T get other girls, you actually DO work at taco bell...



DLV usually works against you, unless it is minor and you already have a ton of value.

VHV: "I'm really smart. I go to X school", "I'm cooler because I drive X car.", "I'm busy on Monday and Tuesday, let's get together on Wednesday for two hours." "I am seeing a lot of other girls right now." "All girls want me, cause I'm so sexy." "I make \$X / year." "I'm really good at sex, I made X girl cum 5 times." "I'm screening you."

This stuff should be demonstrated. Words like this usually come off as insecure, unless they are used to accent a demonstration of high value as in: "I will NOT take your shit, I have no time for this." ; said firmly as your actions demonstrate congruence. All of this - I'm too busy, I get girls... shit should be demonstrated, not verbalized. Bodylanguage, tonality and facial expressions are the best way to communicate / demonstrate this stuff.

VLV: "I'm shy." "I'm poor" "I can't get girls" "I have a two inch cock." "Sure baby anything you want baby" "Sure baby, anything for you, I'll buy you a drink" (And then NOT buy her that drink) "Yeah baby I love spending time with you" (And then DON'T spend a lot of time with her. In a sense this is known as "leading her on" which is awesome for driving a girl crazy for you. "Yeah baby, you're the only one, I don't have any other girls", "I suck at guitar" , etc.

This stuff works ONLY if you simultaneously demonstrate the opposite high value action. If you simultaneously VLV and demonstrate that same low value thing, you are merely pacing reality. That is no good.

So in closing; always demonstrate positive things about yourself - you make good money, you have lots of girls, you're busy doing cool things. Avoid demonstrating shitty things about yourself as much as possible. Verbalize lower value as a form of humor and irony. Verbalize high value sparsely along with demonstration of it to make a strong statement to put a girl in her place, or to state an obvious truth - that a girl should know anyway, but is too dumb to realize.

Naturals have these guidelines down, well... naturally - it is guided by their state. Conversely, internalizing the guidelines will improve your state, and how you come across.

If you cannot help but demonstrating low value (you're fat, going bald, drive a shitty car, etc) The best bet is to just ignore it. VHV looks insecure and lame, VLV just draws attention to it.

Woodhaven



The Difference Between What You Say and What You Mean

By [Sebastian Drake](#)

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

There's an interesting thing in writing. They say it's much better to show ideas than it is to tell them.

That is, don't write "It was a scary dark night." Write, "Clouds covered the last vestiges of the waning moon, and a chill frost rose through the air. A heavy fog set on the ground obscured his feet, and the only sight to be seen were the wisps of his breath rising in front of the blackened landscape."

The first example is a (written) verbalization that it's dark and scary. But you don't get a dark and scary vibe from it.

The second never verbalizes it's dark and scary. Instead, it demonstrates simply by being dark and scary.

This is a key part of your interactions with women. You want to demonstrate good things about yourself all the time. You can demonstrate good things about yourself through things like Storytelling, displaying humor, displaying intelligence. Being seen with another woman. Having one woman over to your place and she thinks she smells perfume, but isn't quite sure. Being busy and having a life. One girl notices other girls calling you, sees you with other girls who are "just friends". Things like this demonstrate good things about you, that you're a strong capable guy.

On the other hand, it's universally bad to demonstrate you're clumsy, displaying a lack of intelligence and/or social intelligence, being cowardly, etc. Showing that you are extremely timid, seeing no one else wants you and that you have no chance with other girls, you're going nowhere in life...

Now here's the kicker. Dark stormy night kicker.

When you Verbalize, say, that you're something good, you're often demonstrating the opposite.

"I'm really smart. I went to an Ivy League school."

"I drive a really nice car."

"I'm busy on Monday and Tuesday with important stuff, let's get together on Wednesday for two hours."

"I am seeing a lot of other women right now."

"All girls want me."



"I make \$X / year."

"I'm a cool guy."

"I'm really good at sex."

"I'm really deep."

"I look really sexy."

These are all TERRIBLE verbalizations. But they're not bad qualities to demonstrate.

Let her see that you're busy and interesting, intelligent, deep. Act like a good lover and a desirable man. The kind of people that say "All girls want me" in a serious tone come across insecure.

But here's the crazy thing. You can jokingly sprinkle in little bad things about that aren't true.

"I'm shy." "Girls don't really like me."

If comments like that are obviously untrue, and said with a slight smile, she'll think you're kidding around. Verbalizing Low value.

They must be obviously untrue. If you actually are shy, doesn't verbalize that you're shy. Just don't bring it up.

You can also say comments that seem very dependent on her.

"Baby, you're like the moon and the stars and the sun for me. Without you, there'd be no me."

This is something you can verbalize if you're a cool, busy guy with a life. If you do that, she'll feel good. On the other hand, if you actually do demonstrate you're dependent on her, you want to stay away from this.

It's the difference between what you say and what you mean. What you're telling and showing.

Don't say, "I'm a cool guy that's a good lover."

Demonstrate it.



Be High Value: Transcend Power Struggles

Let's talk relationships, my man. A lot of times, a guy finds it funny to aggravate his girlfriend. Sometimes girls press to see what reactions they can get out of their man. Power struggles are all too common in relationships, but many times guys don't even realize they're having them. They can start as early as right after approaching.

You want to stay away from power struggles, and here's why - Power struggles only happen when it's not clear who is in charge. If a girl engages a guy in a power struggle, it means she's seen some value in him but he's also expressed that he might not be in charge of the situation. Many guys who've never had women react meaningfully to them relish this new attention, but it's not a great place to be.

When value is clear cut and who is in charge is unquestionable, power struggles do not happen. Look at how most leaders act - they don't engage people in back and forth nonsense, nor do they let the other person get under their skin. They remain simply - unbothered. They're usually polite, friendly, and supportive of those around them.

People turn into struggling for power when they're not sure who is in charge, and would like the situation to resolve itself. Instead of engaging in power struggles, I recommend you rise above them. This can be done as simply as with the "small shrug" - it's a shrug that starts and ends in the time it takes to see "meh". If a girl is trying to provoke you, or saying something inflammatory or silly, you can simply shrug to good results.

If she persists in trying to antagonize you, remove yourself. Remember, if you're high value, spending time with you is a reward. And at the same time - for whatever perverse reason, most people like to get an emotional reaction out of another person. Yelling at someone can often be a reward, if it shows them they matter.

So to really punish a girl trying to engage in a power struggle? Remove yourself. Shrug once. If she persists, tell her gently with a light smile to knock it off. If she keeps it up, excuse yourself politely - she'll get the message.

And remember to act confident and lead people, be strong for them and help them be the best they can be. The more you grow and develop into a strong, masculine leader, the less often people will even try to engage you in power struggles.

God bless,



Attraction versus Value

There is no absolute and objective value. It is all relative. What is valuable to one girl is not valuable to the next. This is a long one, so here's a rundown:

1. A clear distinction between, and balance of attraction and value.
2. The psychological and physiological effects of both attraction and value.
3. The difference between surface attraction and deeper neurology based attraction.
4. Practical applications to decrease flaking and increase your overall odds of converting a chick.

First let's talk about value.

There is no absolute and objective value. It is all relative. (Cred: Dimitri) What is valuable to one girl is not valuable to the next. A rich and successful businessman has much value to a low income single mother, but relatively little value to a middle aged sugar mamma looking for a hot young stud. Similarly, some super peacocked goth dude has a lot of value to other goth chicks, but to a college party chick looking for a crazy frat boy, the goth dude is just some lame ass weirdo.

To a woman, a man's good looks and sense of style add to his value. His money and success - add to value. His body language which telegraphs his status and beliefs - that is value. His fame and social proof - still value. The compatibility of his and her identities, the strength of their connection (rapport is a subset of value), his listening skills, his conversational skills and socializing abilities - all value. If the girl shares similar interests as the guy - that makes him valuable. If he is an immigration lawyer and her family is overseas, he is extremely valuable. You get the picture ;)

In addition, if a man shares similar views of the world, and has similar future ambitions and dreams as she does (i.e. They both want to be married by age 32 and have 3 kids...) this is also value. Compatibility equates to value. The perception of value is the conditioned response instilled in us by society and our upbringing. The average guy on the street in an attempt to get women will focus and make apparent his VALUE. He will attempt to show his material possessions and success and he will tell her he has similar interests and dreams for the future. This is the game of AFC's. It is comprised 99% of value, and the other 1% of the time, he randomly and unconsciously does something to create attraction. Unfortunately, there are also a lot of AFC's that subconsciously AVOID creating attraction.

The downfall of a nearly attraction-absent game is that the girl will attempt to LJBf you. You become valuable to her as a friend. If there is no attraction, there is no reason for the girl not to leave you in that category, with unlimited access to your value for eternity.



On the plus side, since value is completely aligned with society's programming, it can reduce your flaking completely. More on that later.

Now let's talk about attraction. :)

Attraction is highly coupled to validation. It is an automatic emotional response which symbolizes chasing. Attraction is felt physically in the body as a force propelling you to that which you are attracted. The very act of chasing something makes you more attracted to it. Actions which resemble chasing also create attraction. Metaphorically speaking, if you move toward someone, you feel attracted to them, and they feel validated. Conversely, If you move away from them, they feel attracted to you, while you feel validated.

Attraction is created by the multitudes of techniques and methods that are studied here on mASF. Negs, hoops, push-pull, c+f, dominant frames...etc. Anything that removes a person's validation in a fun and playful way creates attraction toward you. The fun and playfulness is there because that is what sucks them into and assists them in accepting the dominant or imaginary frame you have created with the technique. Remember that all of the attraction caused by verbal techniques is just surface attraction. It is temporary and superficial. People have a tendency to resist attraction. They are aware of the irrational emotional response created by attraction and attempt to shut it off as quickly as possible. Surface attraction created by mASF techniques is easily dissipated when a girl removes herself from the stimulus. Surface attraction is anything which does not give physical pleasure, however it is what leads to the deeper pleasure based attraction.

A theoretically perfect internally validated woman feels no attraction and chooses her partners based solely on their value. Of course those women don't really exist ;) so we have nothing to worry about. It is a worthwhile goal for us to become completely validated and choose those partners which only add value to our lives, and help us fulfill our dreams and goals in life.

There is also deeper level attraction created through kino and sex. When you touch and more importantly, fuck a woman, you anchor yourself to physical pleasure. This effect resembles attraction, but is much more powerful and intense -- also much harder to resist. It is the deep level attraction which locks itself into a woman's neurology through physical pleasure which will create strong bonds that are difficult to break. This is why good sex is so important to our game.

Ok, enough theory, how does all of this relate to GAME??

Flaking Sucks. Have you ever been in a club, ran a tight fucking set, had girls laughing, touching you and had their complete attention on you all night long?? Ever had those same girls flake? If you answered yes, then read on my friend, that is what this post is all about! :)



What you did was create massive amounts of surface attraction. But there are two important properties to surface attraction which work against you. Firstly, it is temporary and state based. It goes away when you do. Secondly, it is resisted because to the girls, it is a familiar unempowering emotional response. If you create a ton of surface attraction in the club, take a number and then go home.... I guarantee you have a flake on your hands. Flaking is the result of excess attraction combined with a lack of value. Simple and predictable. The only way to win a completely attraction-based game is to lay back completely, give her YOUR number and let her chase you, since any chasing on your part will dissipate her attraction to you. Likewise if you have lost a lot of value for some reason, if she discovered that you misrepresented your value, you cannot chase her to regain it. The attitude must be "Hey, I am who I am, take it or leave it."

Current anti-flaking techniques on mASF such as phone freeze outs and Next'ing her attempt to counteract flaking by creating more attraction. While these work on a temporary basis, they only address the symptom, not the cause of flaking. (I remember someone on the Intra-lair teleconference talking about using a phone freeze out 4 times on a chick before he got her to meet up) Since the underlying cause of flaking is a lack of value, merely adding more surface attraction is not only inefficient, but potentially detrimental. It only works proportionately to the amount that a chick is externally validated by guys. In other words, it only works on the type of chick who's only motivation in life is to be pursued by guys. Certainly someone I would never want as a girlfriend anyway.

If you play the attraction / validation game, remember that unless you create significant value, you are perpetually stuck in that game. Remember - chasing a girl completely dissipates attraction, so the moment you validate her, she will lose interest. Ugly / low relative value guys are forced to play the attraction game. The girl realizes he doesn't validate her, she says "WTF, this ugly guy doesn't like me, I'll change that!" and then proceeds to chase his validation, he plays a tight attraction game, fucks her a few times and she is caught.

The way to cure flaking is to demonstrate your value to a chick. Value has very important anti-flaking properties. It is permanent, it doesn't go away with time, and it is aligned with the influence of society and a girls previous programming. So when a girl leaves your presence, and her state goes back to "normal", you still have value. It doesn't change a bit.

Demonstrating value has a few components. First of all, you need to elicit what is valuable to her. And when I say EV, I don't mean the Speed Seduction EV routine, that can work, but I prefer a more subtle means. Through vibing with the chick, pay attention to what she talks about, and what her feelings are on different topics. Girls are CONSTANTLY communicating their values to us, we just need to tune into it. You can read a girls emotional response to things through her body language and tonality. What ideas and topics does she respond positively to? What does she respond negatively to? Cold read her values. You can say something like ... "I get the sense that X is really important to you... I like that." If you really want to be slick, then take her values and improvise a routine which demonstrates that you also have those values.



I have been able to turn around flakes (girls who would not even answer / return my calls) by demonstrating my value via a voicemail message to her. There is no attraction technique that can compete with that! ;)

PRACTICAL APPLICATION

Ideally there should be a balance of attraction and value. The overall willingness a woman has to respond to you and please you is based on both value + attraction. A great PUA will demonstrate his value while producing enough attraction so that he has a chance to either demonstrate more value or seduce and fuck her (producing deeper level physical attraction). Let's talk application.

In a bar / club / mall / supermarket setting, when I'm not certain I can isolate a chick: (And most of the time since girls go out with their peer group, isolation is largely based on logistics) In this type of situation I will demonstrate value, with a bare minimum amount of attraction. I will take the number and be fairly certain she will not flake. Then I will create a situation where isolation is possible.

In isolation / or situation which predictably leads to isolation: Here I will ease off of the value and ramp the attraction. When I know the chick is not going anywhere, I will remove as much of her validation as possible and create a situation where it is her top priority to earn it back. Then I will use that opportunity to isolate, seduce and fuck her. It is important to fuck her very well at this point such that you anchor yourself to her intense pleasure. After sex, during the debriefing, continue to demonstrate your value to her to prevent future flaking.

The basic formula is:

1. Create perceived relative value for myself to reduce flaking and get her to meet.
2. Maintain enough attraction such that she does not view me as just a friend.
3. Create intense attraction during isolation to promote seduction.
4. Create a deep physical desire for me by linking myself to pleasure via sex.
5. Prevent future flaking by continuing to show that my value to her is real and genuine after sex.

Repeat steps 1-4 to reinforce and deepen the effect even more.

Comments welcome.

Woodhaven



Fear Not Being Judged

A lot of men are afraid of being judged. This can really hold people back: The key is to remember that high value people don't worry about people judging them: They work on themselves and are proud of who they are, then they hold other people to their standards. Simple by holding others (especially women) to your standards will make you seem like a high-value, high status individual.

Today I thought I'd give you an insider's look into how we refine what we're about at theApproach. The following is from an email dialogue with one of our hotshot, up-and-coming instructors – the piece is taken from a conversation on putting new drills in place, and refining the day one curriculum so that - you guessed it – our students can see their value and what they have to offer while out in the field... and aren't afraid of being judged. Enjoy:

"Day 1: Value

The way the curriculum is laid out is to reinforce the value they inherently have. I want students to go the first night in-field NEVER doubting that they have something to offer to people. No fear of being judged. I want them to feel confident in going out, feeling empowered/transformed in knowing that approaching is not hard... and they can do it. Inner game. Understanding their own value needs to be ingrained in them to minimize or completely eradicate approach anxiety before we even hit the field. Any AA should stem from slight performance nervousness, not from fearing being judged. That way, they can focus on a productive focus - charging the venue, making connections, holding people to their standards.

This is why I give them time to list six values. After I explain how the six values they wrote down fall either under universal vs. specific value (and how that affects attraction), I ask them to tell us one story of something they are proud of. Listening to each others' stories also makes them realize how EVERYONE has some inherent value. The question becomes: have they given a glimpse of that value to the woman they meet?"

Low status men typically worry about being judged - "Am I good enough?" High status men know they're high status, and instead look to see if other people meet their standards - and when they do, they reward them by opening up and sharing some things from their own life. If you've got 10 minutes, reflect on what you're proud of accomplishing. Don't talk about those experiences to impress people - realize you're high status, and open up as a reward when you meet women that are up to your standards. Keep playin',



ATTAINABILITY



Attainability: Is this for real?

Let's talk about ATTAINABILITY.

To attract a woman, you need three elements: Value, Attainability, and Compliance. Value is the easiest to wrap your mind around - we all have a basic idea of what value is. It's something that fills a conscious or subconscious need.

Compliance is only slightly trickier to understand. The more someone works for something, the more they like and appreciate it. And furthermore, all men of high value have high standards they hold women to: So compliance lends credibility to your value.

So let's talk attainability. Attainability is the feeling that you can personally access and be better because of something's value. Just because something is valuable, doesn't mean people think they can have it.

If you want a really quick illustration of attainability, check this out:

Close your eyes for about 7 seconds, and imagine the woman that you were most attracted to in your life.

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Got her? The one that really drove you crazy throughout your life? The one you stayed up late at night thinking about? If you don't have her, think it over for just a moment.

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Okay. Now. Is that woman...

Pamela Anderson?

Cindy Crawford?

Tyra Banks?

Lucy Liu?

Gwen Stefani?

Any girl from a James Bond movie?

No? It's probably a girl you knew well actually - a girl from school, a girl in your social circle, one of your sister's friends, a coworker, an ex-girlfriend...

Right?

So how come it's not the "highest value woman" in the world, by whatever your measure of that is? It's because you need to believe something is attainable to get attracted to it.

In real life, if a woman doesn't think you're attainable, she won't get attracted. Period.

Now, attainability is NOT "Can I get this guy in bed with me?" It's not even, "Can I get this guy in a relationship?"

It's whether she thinks she can access your value or not.

After lots of research, and going through as much simplification as possible, here's three questions that when the answer to all three is yes, you'll be seen as attainable:

*Compatibility: Can a girl like me get a guy like him?

*Respect: Will he respect me as a friend?

*Legitimacy: Is this for real?

-> Can a girl like me get a guy like him?

Can a girl of her type get with and be happy with a guy like you?

QUICK TECH:

First, if you're from very similar backgrounds, just talking will find those commonalities and increase attainability. If you're from very different backgrounds, qualify her that you like the things she's about and is. If she's from another country, for instance, tell her about an ex-



girlfriend or friend you have from that country - it shows you like and respect people from there.

If she's a painter, you can say, "I love artists - that's really fantastic."

And so on. By the way, the now-cheesey "What's your sign?" was originally brought into pickup in the 70's to help guys appear compatible to girls.

-> Will he respect me as a friend?

Women want their casual flings to be with guys that they trust, who won't ruin their reputations or make them feel bad afterwards. They want their relationships to be built on friendship. "Respect as a friend" is extremely powerful in attracting girls by increasing attainability and value.

QUICK TECH:

Overdose on the word "friend". Most guys are afraid of the word. But when you say it yourself, you put yourself in the driver's seat, show you're not desperate or clingy, and that you respect her.

"You're such a good friend."

"I'm glad you're my friend."

"You're an awesome friend."

"You're just like all my friends."

"It's great to become friends with you."

"You're just like my friend Maria."

"You remind me of a lot of my friends."

Show her that she can fit in with your friends, and also treat her like a friend. Cultivate a relaxed, casual, trusting dynamic like you would with a friend. Dinner and a movie - not something you'd do the first time you hang out with a new friend. So instead, invite the girl out to "tag along with me while I run some errands, and then we can go grab a coffee". Invite her to things you were doing anyway, or to laid back fun events that appeal to you. Like you would one of your pals.

-> Is this for real?

Ahh, legitimacy. If your game is too smooth, you seem like you're not really doing something special or unique, and that she's just another girl you're using lines on. So don't be real, not too smooth.

QUICK TECH:



If you approach and attract her in a non-traditional place, pace it. "It's crazy to meet a new friend while shopping."

Find one thing she did, and attribute the fact that you talked to her to that. "I'm glad you smiled at me... we wouldn't have met if you hadn't."

Introduce yourself quickly: If you meet a girl, you're "the guy in the nightclub". If you walk away, and come back, then "the guy from earlier is coming back". You want to get out of that ASAP - go from being "the guy" to "Andy". Hey, Andy's back, cool.

Ask 2-5 boring questions after first meeting the girl. Boring questions are a big no-no. Once you master conversational skills that let you cut threads and talk in a captivating way, your natural inclination will be to drop the boring questions like "You from around here?" entirely. Good call - except ask at least two of them. If you don't ask ANY, you come across as way too smooth. You want to come across as the most highly socially skilled, cool, genuine guy in the world - not like a player with a schtick.

For guys with value in their lives that naturally have high standards, attainability is THE difference between attracting and getting results from women and not.

If she thinks,
"A girl like me could get a guy like him."
"He'll respect me as a friend."
"This is for real."

Then you, my friend, are IN. So get your life handled, let her know you're attainable, and hold her up to your standards. Play on playboy,

Sebastian



Attainability

By Dimitri

Please note: Attainability is NOT "Can I fuck this guy?"

A lot of guys make this mistake. They think, "A girl knows she can sleep with any guy. I don't need attainability." Wrong!

Here's why -

1) Girls are notoriously insecure - they are often filled with self-doubt. Due to the way women are raised to socialize, they actually rarely wind up with the men they really, really like. Forced into a passive role, whether they get "the best" guy is a lot like winning the lottery to many women. The idea that women pick any fruit they want off a tree is flat-out wrong.

2) Attainability is NOT just about sex. Sex can do three things: Strengthen relationships, produce children, and hedonism. That's it. Sex develops relationships, produces kids, and feels good. Hedonism sex is great, but I'd argue less great than having a great filet mignon. Now, strengthening relationships and someday having children with a person you love, that's something.

3) Attainability is being able to access a person's value - fucking a guy once is not accessing that guy's value. Sex is some, but most definitely not even close to all of value.

There's lots more. But please strike the following three things from your thought processes:

*Elite women don't need attainability (they need MORE!)

*You can't get attainability with girls who are in love with their boyfriends (they still have a need for FRIENDS!)

*I don't need attainability... I have a value problem... (BULLSHIT!)

Value is not Attraction. Value is a part of Attraction. You probably have value already to some extent. Convey yourself well, and make sure women can answer the following three questions 'yes':

*Compatibility: "Can a girl like me get a guy like him [in all sorts of capacities, not just for sex]?"

*Respect: "Will he respect me as a friend?"

*Legitimacy: "Is this for real?"

Go from there. Onwards.



Attract Women without Auto-Rejection

by **Vincent DiCarlo** of [theApproach](#)

By now, it is pretty well accepted that **women** like a man who is a little bit cocky. If you are interested in **dating** more women, then pay close attention.

It's true. If a man is confident, bordering on cocky, he will present himself as a challenge, and we all know women love challenges.

Other times, a man can go too far with this behavior and make a woman feel so insecure, she feels underqualified.

Sometimes going to far with any technique, no matter how good, will not get your desired results. In the case of acting too arrogant, a woman will sometimes feel so rejected, she starts to pull away.

What happened is, you triggered her "Auto-Rejection Mechanism".

She interpreted one of your actions as rejection, and as such, she responded in a way to shield herself from further rejection.

Metaphorically speaking, you stuck in the knife, and she was merely attempting to prevent you from twisting it.

It's a natural response to that type of thing.

It may look like she's shutting you down, and isn't attracted, but in reality it's a completely rational response to your mis-calibration.

There are a couple of very common situations in which a woman's auto-rejection mechanism is triggered.

These are:

1. Using cocky humor in a miscalibrated or overly serious way.

It is very important to blend your humor with a very warm vibe. Your body language and tonality should be implying that you are busting on her in a very caring way. Oh, and be sure to smile.

2. Showing disapproval when you are in your screening and qualification phase.



If she is attracted and at the point where she is talking about herself in an attempt to win you over, let her. Show approval and be genuinely interested in what she has to say. Don't punish her for opening up to you and trying to win you over.

3. Creating an opportunity for physical escalation and not following through.

This is very common, and actually we get a LOT of questions about this phenomenon. Sometimes a guy will have a girl ready to go, ready for sex, and he will either escalate too slowly or not at all. Out of the blue, the woman stops returning his calls.

If you produce a window of opportunity for physical escalation, make it happen.

4. Not calling her after sex, and expecting her to follow up.

After sex, sometimes a guy will feel as if he has won, and a girl should now pursue him. Unfortunately, that's not the case.

If a woman opens up to you physically, she needs to be comforted in a way that doesn't make you seem like a player. (That is, if you wish to make the relationship go further than a one night stand...)

If you feel you have gotten into this type of cycle, do not fear. There are remedies for it.

1. Spot it early.

If you notice that she may be pulling away because of underqualification, that is a sure sign of the Auto-Rejection Mechanism.

2. Falsely disqualify yourself.

Once you know that she is definitely attracted but a bit scared of being rejected by you, tell her something like this:

"You know, I think I may be too much of a bad guy, and the last thing I want to do is break your heart."

This will set up a challenge for her to conquer and will cause her to argue the other side of your point. She will once again become interested.

3. Qualify her for not playing games.

Tell her:



"You know, it's really refreshing to know a girl who isn't into playing games with guys. You seem very up front, honest and confident in going after those things that you really want."

This will give her a bit more confidence in showing her interest in you. It will also stop her in her tracks from playing hard to get.

Using those techniques will give you a safety net for going overboard with cocky humor, which seems to be a very common sticking point these days.



Attainability — Real Life Examples of How it Works

Attainability seems like a simple concept to most guys — just tell the girl you like her, right? But it's not quite that simple, and it's very important.

I've explained Attainability in past posts like [this article on VAC manipulation by Woodhaven](#). But, I think the best way to understand the concept is to see it in real life examples.

I'll use posts from [Dolly's blog](#) to illustrate my example. If you don't follow her blog, she just became enamored with a guy she's nicknamed "Barman Ben." In fact she liked him so much that she wrote a short story, with him as the inspiration, and gave him a copy (!).

Suffice to say, at this point Barman Ben has two of the three elements of attraction that he would need if he wanted some type of relationship with Dolly. He has extreme **value** obviously, and also extreme **compliance** because she actually went so far as to write a story in his honor.

All he is missing at this point is attainability. Let's see what happens when Barman Ben leaves Dolly a message:

I checked my phone: three missed calls, all from the same number; one new message.

It was Barman Ben. He left a 1:52 minute message (long, right?). He did have a deep, rather sexy phone voice, but sounded utterly exhausted. Without transcribing the whole thing, here's a general sketch:

"Hi, it's Barman Ben from Cozy Bar. I can't talk too long, my voice is pretty shot, and I start rehearsal tomorrow. But I did want to tell you that I thought your story was really, really good, and I think you are very talented. I would have called sooner, but I figured I'd see you in the bar, and then got busy with other things... But I did want to call because I read the story probably the day after you gave it to me, in one sitting, and remembering what I felt reading it, it was just so detailed, I didn't want to put it down. There's something really wonderful there. Maybe when I get out of this play and whatever else is going on... I want to make a short film and if you have the time, maybe I could grab one of your short stories, if you have one collecting dust. I'll let you know about this play when it goes up, if it looks like it's going to be any good. Anyway, I'll see you when I do. I'm not going to be around that much. I did want to thank you again for giving me the pages. It was such a nice gift, a rare gift, and you are super-talented, and I'm happy to have gotten to see a bit of your work. Have a good Sunday."



To save this message, press 9.

And that's it, just like that, the fantasy is over, my image of Barman Ben irreperably shattered.

It was dreadful to learn that Barman Ben is an... an... (even writing it saddens me, but I must)

AN ACTOR.

I need to pause just to shake my head. I had hoped Barman Ben wouldn't be such a stereotype, but alas.

At this point, I'd rather get romantically involved with a man in prison than an actor, so even if Barman Ben showed a keen interest in me, I'd never, ever go there. Besides, there were enough hints in the message to express how unavailable he is. Which is fine, because I am not available, either.

Notice at this point: Barman Ben has no attraction from Dolly, his image is "irreperably shattered."

What has happened? His value and compliance remained the same. But, his attainability was damaged, and that caused him to lose attraction.

Remember, attraction is not an average of all your VAC elements. It is determined by the weakest link — if you have no attainability you have no attraction, even if you have huge amounts of value and compliance.

Because Dolly was so attracted to Barman Ben, her auto-rejection mechanism was rather sensitive. In this case, it was triggered by the mere fact that Barman Ben is an actor, when she's has relationships go south with other actors in the past. Notice also how she says that "there were enough hints in the message to express how unavailable he is."

This may look odd to you reading it, because in fact there are no hints that he is unavailable. As a matter of fact, that fact that he left such a ridiculously long message (1:52) is a big indicator of interest. Nobody leaves that long of a message unless they are attracted and are unsure of what to say.

However, Dolly nevertheless interpreted this as disinterest. If Barman Ben had just called with a simple "Hey Dolly...I liked the story. I like you'd, and I'd like to see you sometime," she would have become much more attracted.

Another night, Dolly went with a friend to the place where Barman Ben works...



I won't go into how Willow and I ended up at Cozy Bar Saturday night, but we did. We were in high spirits, pleasantly buzzed, and feeling especially charismatic and confident. It was the perfect time to stop by and pay Barman Ben a visit. Especially since I was no longer interested in him.

Ben reiterated what he said in the voicemail, but was even more complimentary in his praise. He enthused what a "terrific story" it was and what a special gift I had given him. He went on to say it reminded him of a short piece by Murakami, that both works had an undercurrent of eroticism and were rich in detail.

"Well, I figured you probably don't get a lot of people giving you things like stories... or maybe you do."

He paused, smirked a bit, and looked at me. "Nothing that's actually any good. Once I started reading your story, I couldn't put it down until I finished it."

"That's really nice to hear. I wrote it pretty quickly, in about a week."

He would interrupt his cocktail-making to lean in and say more.

"I could tell that. Not from the quality of piece itself, of course, but when you were in here before and I saw you writing, I knew you... *had it*."

"Actually, I hadn't written anything for over a year before that story." (Probably shouldn't have said that, but there had been lots of drinking and it took all of my effort just to stay outwardly composed and serene.)

"Well... you're not rusty. You're very talented. **Is that number I called your home number?"**

"It is." I wonder...

At this point, you would think that it would be obvious that Barman Ben is into Dolly. But, not the case. Sometimes attainability is harder to get than you would think. Nevertheless though, these compliments helped him.

One thing Barman Ben has working against his attainability is that he works at a bar, and that he's paid to flirt with customers in the form of tips. But check out what happens next:

I thought that would be it, but he kept talking to me. We touched on the play he's in, various art house movie theaters, and I don't know what else. It was the most natural I have ever been with Ben, and the longest we've ever spoken. It



definitely felt like we had some kind of rapport (though exactly what kind has yet to be determined).

Ben waved away my money when I tried to pay for my drink. Willow asked for a soda, and when she tried to pay, he gestured to me and asked,

“Are you with her?”

A nod.

“Then you don’t pay, either.”

I turned back to Willow and I realized that while I was able to be easygoing and witty with Ben, once I was in the company of my friend, my sentences kept trailing off and my mind wandered. Having him so close by was utterly distracting (in the most wonderful way). **While I managed to be calm and collected on the surface, inside me was a chaotic mess of pounding heart and fluttery stomach.**

Damn it.

Here’s the thing about Cozy Bar. It attracts some pretty decent, friendly, grown-up people. Real prospects. **But I can’t look at anyone as long as Ben is behind that bar.**

This is an interesting situation: not taking money for a girl’s drinks is usually a ton of negative compliance, and will make her less attracted to you. But in Ben’s situation, it makes Dolly *more* attracted to him — his compliance is already through the roof, and it helps his attainability, which is his weakest link.

And you can see the effects. From “not being available, either,” Dolly is now “a chaotic mess of pounding heart and fluttery stomach.”

“We’ll get to that. This is my time right now,” he gave me a pointed look, “And I have questions for you, too. I’m going to get my chance to interview you.”

“Well, you have my number,” I said lightly, feeling like I was on a roller coaster that just took a major dip.

When he walked to the other end of the bar, I turned to Willow.

“Did you hear that?”



"I did," she nodded, eyebrows raised.

"That was a thing, right? That was some kind of moment just now, right?"

"I think so."

Barman Ben shows more interest, more openly. At this point you would not think that there would be any doubt in Dolly's mind...but she still only "thinks" that they had a moment.

Now...Barman Ben is busy for a little, and Dolly begins talking to his friend, Magazine Mitch. Check out how the conversation goes:

After a while, this British guy and I started chatting (we'll call him Magazine Mitch). **He was cute and engaging, fun as hell to talk to, but I wasn't attracted.** Turns out he has known Barman Ben for years, since he first started working at Cozy Bar. Not only that, he told me Ben's last name and a few other inside bits of info, like what kind of music he likes. Then Mitch would move on to flirting with me.

"You and I should hook up." (I didn't say he was subtle.)

"I'm actually not dating in 2007."

"I never said anything about dating."

I shook my head and laughed.

Later:

"You are pretty damn sexy. Do you know how sexy you are?"

"I have my good and bad days," I shrugged and launched into the evening's worst segue:

"What about Ben? He knows he's attractive, doesn't he." It wasn't a question.

He's cute and hell, and fun and engaging. Seems like this guy's got it all. But yet, she's still not attracted.

Partially, it is because of the massive shadow of Barman Ben which Mitch needs to compete against. But mostly it is because of what I have wrote about before: **You can be very good at having social conversations, but very bad at creating sexual attraction.**



Mitch's cocky-funny remarks are entertaining and make Dolly laugh. But, they create ZERO attraction. Despite the fact that he's cute and social savvy, he comes off as ingenuine and playerish.

Similarly, his blunt, artless compliments don't help his cause. Rather than increasing his attainability, they actually decrease it and make Dolly less attracted.

Let's see how the night ends for Dolly:

I know I'm recapping every little interaction and should just give the highlights, but I want to remember every detail, so please bear with me. This next part is important.

In my short story, when my main female character goes to the bar, the bartender always changes the music to Nina Simone for her, because she once told him how much she loves Simone's voice. It's one of the subtle ways he shows he cares about her before he's even fully aware of it himself.

Well, Barman Ben knows I love Favorite Singer. We talked about him before and his name came up again Saturday night, though I don't think I've ever heard a Favorite Singer song played at Cozy Bar.

For the last song, Ben specifically searched for and queued his iPod to a Favorite Singer song. It might have been a coincidence, but I think it was for me. Could have been a gesture, could have been a crumb. I'll take it.

There were a handful of people who lingered when the lights came on. Ben stood by the back tables and didn't seem to be in a hurry, so I went over and offered him the pen and paper. It was nice not to have the bar between us (Man alive, he is so tall! And so just-the-right-amount-of-good-looking).

"So are you going to give me that list of movies?"

"I'll call you and give you the list."

"Sure you will."

"I'm serious. I will call you."

I said good-night and he brought me in for a hug. Brief, but two-armed, full-bodied. Heaven.



To me, there could not be any more clearer indication that Barman Ben is into Dolly. His attainability is helped massively by this gesture, and you can see by Dolly's description of hugging him as "heaven."

But, let's see her thoughts at the end of the night:

I can't begin to guess what might come next. I dare not hope that he is interested in me romantically, though I could die a happy woman if I only got to kiss him, even once.

I know I should switch off my phone and stay away from Cozy Bar for a while, but that's not going to happen. I already have standing plans to go back with friends at the end of the week.

Even with all the clear signs that Ben is into her, Dolly *still* is doubtful. In fact, so doubtful that she thinks she "should" switch off her phone and stay away from Cozy Bar. Even with all the massive signs of interest he gave, Barman Ben's cause would still be helped if he had more attainability.

So, what should you learn from this story?

1. Attainability is important. If a girl does not believe that you have a genuine, sexual interest in her she will lost attraction for you.

2. Attainability is not just a random compliment or saying "I like you." Notice that although Magazine Mitch called Dolly "sexy," it did nothing for his attainability.

Now, calling girls sexy can be great...if you do it at the right time, and in the right way. But there is an art to complimenting a girl and showing her that you are into her — clumsy or playerish compliments can actually hurt your cause.

2. If you have a ton of value and compliance for a girl, it is very important that you recognize your situation. If you doubt yourself and do not, you will be stuck trying to increase your value, when that will only take you backwards in the interaction. You have to be able to see when a girl is way into you like this, so you can focus purely on attainability.

Many guys screw up what should be easy scenarios because of this. Don't be one of those guys — when a girl is way into you, remember: all you have to do is convey a genuine, sexual interest in her.



Now...I don't know Dolly, and am only commenting on her blog as I would a field report. But I believe this example should be educational, as Dolly is a very articulate writer and her stories give guys a glance into how a girl's mind works. I don't mean to criticize her behavior either — from how she writes on her blog she seems to be a very socially intelligent, confident girl. These attainability issues don't just affect insecure girls...they affect ALL girls, and all people for that matter.



How not to be a Pickup Artist...My Perspective

How do you recover when you damage your [attainability](#) to a woman?

The post below from [Dolly's blog](#) is a great example of what not to do. Usually, when a guy damages his attainability by being too cocky or acting too playerish, he'll just keep doing more of the same thing. This is because when he gets a negative reaction to his initial teasing, he thinks that to stop teasing will be backing down and he'll lose face. So he teases more, the girl gets more pissed off, and eventually he gets blown out. Then, he writes up in his field report that he got blown out for being "too high value."

Here's how to handle it right: Use high value attainability technique (as taught by [theApproach](#).) Apologize, but not for your actions, for the emotional effect that you had on her. This sets the frame that you are affecting her emotionally, and the only people than can affect someone emotionally are people of higher value.

For example:

PUA: (with a smile) Aw, I'm sorry for teasing you so much. I didn't mean to make you upset.

OR

PUA: Sorry I made you sad by talking to your friend so much tonight, I was just being social.

NOT:

PUA: I'm sorry for making fun of you, I won't do it again (Apologizing for your actions, this way of apologizing is trying too hard to please her.)

Using High-Value Attainability technique like this stops your attainability problems, while retaining your value.

This technique is especially important because at certain times for certain girls, they'll be especially sensitive to attainability issues. In the post below, the stupid "how can i lose a pirate themed bet" text messages a PUA sent Dolly would have been annoying and bad game in any case.

But, for those of you that follow her blog, she's been going through some tough times lately in addition to recently breaking up with her boyfriend. These playerish, attainability-killing texts hit her at the exact wrong time. In fact, they were so bad that were not only they a dealbreaker



for Realtor Rick, but they also compelled her to call Rick out publicly on his bad game on her blog.

True to form, Realtor Rick replied in a blog comment “is this a shit test?”

Don’t be like Realtor Rick. Use high-value attainability technique to fix attainability problems before they cause you to be blown out for “being too high value.”

Here’s the original post, from Dolly’s blog:

In the last week or so, I have received the following messages from Realtor Rick:

“Are you fun?”

“How can i lose a pirate themed bet? Suggestions welcome.”

“This is magic!

Keep pressing down & you’ll see santa’s willy

[space]

[space]

act your fucking age, there is no Santa! 🤪pervert!”

If there is such a thing as text spam, you’re looking at it. What’s next, offers on discount prescription meds, penis enlargements, and millions of dollars sitting in a Nigerian bank?

I was sorely tempted to reply “unsubscribe” to that last text, but I did not answer any of the above messages, because I know that any reaction to a PUA is considered a good reaction. Besides, it’s much more fun to mock them in my blog. I actually wasn’t even going to write about it, but it’s been a slow week, so what the hell.

This made me realize some of the issues I’ve had with certain PUAs I’ve met. Many are fun and cool guys, but a lot of the time I end up feeling like I’m interacting with a caricature, not a person. There have been moments when I’ve been able to get past the PUA border and talk to the guy about real things, but they have been rare. Once, during a blogger outing, one PUA said I was throwing him off his game because we were discussing serious matters with actual depth (origins of the world, biology versus social programming, etc.). Which I would think would be a nice change from asking a dozen different women,

“Do you think David Bowie is hot?”



For some crazy reason, I thought Realtor Rick would be able to treat me like a friend, not a sounding board for text game. [Incidentally, if any man read the above messages and was even vaguely tempted to send one of them to a women, I implore you not to—unless you want to be The Cheesy Guy. Friends don't let friends send corny texts.]

I even tried to send him a more personal email, asking what he's been up to. The reply?

Even Pickup Artists Have Families.

Um, is that the title of the real email I was supposed to receive, or maybe a book report he is working on for the next lair meeting? Who knows. I just know my eyes are getting sore from rolling them so much.

I had the same problem with PUA Logan. I spent an entire weekend in Canada with him, but didn't get a sense that I got beyond the exterior player (or playa, as the kids today like to say) shell. It got to a point where I got really annoyed by his poking and hair pulling and throwing pieces of paper at me. The seduction community has a tip where they suggest treating the woman like she's your kid sister, but I always find that condescending and irritating, not the least bit attractive, and end up viewing the guy more as the annoying little brother I'm glad I never had.

To be fair, I know I have complained about men who are dull and ask the generic what-do-you-do-for-a-living questions. However, I think a certain amount of small talk is not so bad when you are just getting to know somebody, and there's a point at which the routines really do come across as phony and hollow. Maybe not to less suspecting or more foolish women, but to me there's something way contrived and trying-too-hard about that kind of thing. I'll give some credit for trying to be different, but it would be even cooler if different could also incorporate an element of being real.

From what I have observed of the seduction community, I wonder if some men experience a loss of identity in trying to be the ultimate confident alpha male. Yes, there's an element of self-improvement, if (IF) the information is processed a certain way, but I also think there's a risk for self-delusion, too. You know, Social Robot Syndrome.

I find that, while I still like a man to be dominant, I also go for vulnerability, maybe a streak of shyness or geekiness, and a range of human emotions other than perennial cheerfulness. You know, genuine layers of quirks and feelings and flaws that all people have. And sure, I'm a sucker for good banter, but there's a



point where it needs to stop skimming the surface. Coworker Chris and I flirt and lob playful chatter at each other, but the next minute we might be sharing our innermost thoughts.

My point is, I know there are seduction guys who read this blog, and I know the lines and routines are going to be passed around and memorized and tested anyway, but I just wanted to give a shout out to, well, showing a bit of depth and range of character from time to time.

And seriously, the little sister thing? Please knock it off.



Jealousy Plotlines and Attainability

Jealousy plotlines can be a great way to increase your value. But, if you do them in the wrong way they will kill your attainability and with it the girl's attraction for you. So here's how to do them:

In my most recent lay, I was chatting up a girl at a party. She was friendly and receptive, but not quite all the way there in terms of value. She knew that I had some value, but I could tell that she wasn't sure that she had enough.

I saw another girl that had been to parties at my house before, and told the girl I was talking to I'd be right back. I went and talked to the girl I knew before, and she was happy to see me right off the bat and gave me a big hug. We talked for about five minutes with lots of flirty eye contact and touching, then I grabbed her number and went back to the first girl.

This was the tipping point. After this, I could see that I had enough value and all I had to do was work on attainability and compliance.

Another recent example: I was out with some lair guys in a bar in Boston, and a girl gives me AI. I approach, and we talk for a few minutes before she tells me that I should do karaoke. When I go to request a song from the karaoke girl, I flirt with her and also end up getting her number in front of the first girl. From this point on my value was golden, and I just had to work on attainability and compliance. We did bounce and later extract these girls, but didn't lay them in the end because of other issues.

You can see from these examples the basic framework of a good jealousy plotline. It should be short, no longer than ten minutes. Even if a girl is attracted to you, she will forget about you if you spend too much time with the other girl. You want the jealousy plotline to be in the forefront of her mind, so end it before she's distracted by her friends, dancing, other guys, etc.

I've also found that you should limit your jealousy plotline to flirting, kino and a number. Make-outs can work sometimes, but they tend to murder attainability more than they are worth. Stick to fast, flirty kino and taking a number in five minutes.

TIMING is very important for jealousy plotlines. Do them too early, and the girl won't be attracted enough to you to care. Do them too late, and you will cause big attainability



problems. There is a very specific point in the interaction where a jealousy plotline will do the most to help your cause.

This point is when the girl is attracted to you, but that attraction is not solid. In other words, she knows that you have value, but isn't sure if you have enough value. This point usually comes early in the interaction, when you are doing a lot of teasing, DHV type stuff. The ideal time for a jealousy plotline is just after you get an approach invitation or a girl is into you right off the bat. This will ensure that she cares enough for the jealousy plotline to amplify her attraction, but isn't solidly attracted to you enough for her attainability to be squashed.

Here's a simple test for jealousy plotlines:

Ask yourself, could I get this girl's number right now? If the answer is no, you haven't got attraction on any level, and it's too early. If the answer is yes, you're good, go on the next question.

Ask yourself, could I get enough compliance from this girl to isolate her to a quiet place IN THIS VENUE? If the answer is yes, it's too late for jealousy plotline, don't do it. If the answer is no, and the answer to the first question was yes, you're in the ideal place for a jealousy plotline.

Now you know how to do jealousy plotlines and when to do them, but there is still the issue of what to do after the jealousy plotline. Even if you do it at the right time, it will often bring up some attainability issues that you have to deal with. If done correctly these will not be large problems, but you still have to know how to repair them.

If she asks you what happens or whatever, verbalize low value. Say "I was just being social." Don't explicitly say that the girl was into you or that you got her number – that reeks of player vibe. If she brings it up again, you've got a more serious attainability issue.

In this case, what you want to make sure not to do is verbalize high attainability. This is akin to verbalizing high value. Just like guys who verbalize that they're cool usually aren't, guys who verbalize that they really, really aren't players...guess what...usually are players.

What you want to do in this situation is verbalize low attainability. If she asks if you're a player or whatever, say "I'm not a player...I'm a motherfuckin' P.I.M.P.!" Make it ridiculous and exaggerated, so that she sees the contrast between what you're verbalizing and what you are. Then, cut the thread and go onto a better topic of conversation.



Later in the conversation, you must do things to DEMONSTRATE your attainability to the girl. This includes things like solid eye contact, protective kino, smiling, venue changing and most importantly screening and qualifying.

This combination of solid attainability game and high value amplified by a jealousy plotline is a great combo to get lays.

-Dan



High Value Attainability (HVA)

By Slowburn

HVA is used to correct Attainability issues (-A) usually caused by, but not limited to teasing or miscalibration.

This is done by acknowledging and presupposing the presence of emotional effect (distress or upset).

The HVA statement has a specific structure, in three parts:

- 1) "I didn't mean to __PRESUPPOSED EMOTIONAL REACTION__",
- 2) "It's just that I/You know me I __VERBALIZATION OF LOWER VALUE__",
- 3) "And you seemed/I really thought you were __COLD READ__".

The Presupposed Emotional Reaction should never imply social miscalibration on your part.
Do not use:

OFFEND
ANGER
ANNOY
BOTHER
HARASS
BE RUDE

Use terms that shift the miscalibration to the target:

CONFUSE
OVERWHELM
UPSET
KEEP YOU WAITING
KEEP YOU GUESSING
MAKE YOU JEALOUS
EMBARRASS

The Verbalization of Lower Value should imply an excess of High Value traits and likewise never imply social miscalibration:

GET TOO PLAYFUL
GET CAUGHT UP IN THE MOMENT



GET REALLY EXCITED
LIKE TO HAVE LOTS OF FUN
CUT LOOSE WHEN OUT WITH MY FRIENDS
GET IMMERSED WITH WHAT I'M DOING

The Cold Read serves two purposes. It explains the reason for your behavior as being triggered by your target's state, taking advantage of the "Because" Switch. The Cold Read also sets a behavioral expectation concluding the "I really thought you were XYZ" read with the unsaid implication of "but I guess you're not".

This sets a precedent where she must be consistent to the expectation of the cold read or risk being labeled socially miscalibrated.

FRIENDLY
SOCIABLE
FUN
OUTGOING
COOL
RELAXED

A few notes on HVA:

An HVA statement is NOT an apology for your behavior. It is an apology for the effect that it had on the target. As such do NOT use the word(s) "Sorry" or "I'm Sorry".

Effectively you are stating that you did nothing wrong and are slightly disappointed/surprised that your target wasn't mature enough/wasn't hip enough/wasn't socially calibrated enough or just couldn't handle the humor or situation created by you.

The HVA implies that you are socially sensitive enough to notice that they are upset and are taking steps to acknowledge it in a straightforward, non passive/aggressive manner.

People will only react emotionally to those who have higher value than them. This is an indicator that Value is high and does not need to be increased at this time, if methods to raise Value are continued you may inadvertently trigger ARM.

The Because switch was published in a study by social psychologist Ellen Langer and documented by Dr. Robert Cialdini.

SB



My thoughts on attainability

By Raaf

You reach a point when you get what attainability is really all about. The best comparison that I can give someone is if they have ever gotten a chance to meet someone really famous or really popular, and you met that person and they were really genuine and friendly.

You go home and tell all your friends that they are the coolest person in the world. Now if instead of being friendly, they were dismissive, you would have told all your friends what assholes they are. There is no middle ground. Awesome or asshole.

Another great example is if you watch the MTV show "parental control." There is a lot to learn from this show. (off-topic to attainability but important nonetheless) -Pay attention to the interview section in the beginning. The people that the parents select are those people that don't try too hard. They are respectful, kind, and focused.

Related to attainability, watch the show and at the end you will see 3 girls competing for one guy. He will tell them what he liked about them and what he didn't. Then he will eliminate one of them. You can see their expression almost INSTANTEOUSLY change from one of affection/neediness (wanting for him to pick her) to instant anger which leads to cursing and yelling.

These two examples of meeting a celebrity and of parental control are great examples of AUTO-REJECTION mechanism. It really is a survival tool created and implemented by many people. When they can't get something valuable, they lash out and instantaneously convince themselves that they never wanted it to begin with/they are too good for it.

PUT SIMPLY:

When someone has a lot of value, people constantly need to be reminded why you want to be around them. They become weary of your intentions. In PU, this might mean are you just trying to fuck and chuck her? ****Why**** do you want to be her friend.

A girl recently told me (and she actually believes this): "I just don't get it, if you can have any girl in the world, WHY ME???"

This is her screaming for some attainability. She needs to understand why I like her, because I have obviously done a poor job of demonstrating that up to this point.

RELATED TO UGLY GIRLS:



Sebastian told me to date ugly girls because it would help my game. He is really right on about this. When you go out with a girl that is a lot uglier than you are, there is such a value gap that she will need pretty much pure attainability.

But she is likely not to believe anything that you say to make yourself attainable. So pretty much you can't win. This is not the case for all UG's but it is for most of them.

When you go out with UG's, they will do really really lame things to try and artificially inflate their value. One girl said to me, "don't you owe me dinner or something?" And I said "No but you can buy me sushi if you want." She agreed because she has low value and she is trying to make up for it.

So I took her to NY system hot weiners. It was hilarious and GREAT for compliance, but that is another story altogether. She bought me 3 dogs all the way, and fries and paid for everything then she said "You better put out for all this."

And I gave her the most retarded look and said sarcastically "Yeah, that sounds like a fair trade."

Learn a lesson from the UG though: never be outcome dependent or try hard. I can't stress this enough. One of the reasons we don't try to fix V is because it comes across as try hard and artificial. It makes you LOSE whatever remaining V you had.

One more thing about UG's, because they see the discrepancy in value between the two of you, they are willing to put up with worse treatment than they give to you. In other words, UG's will often DEAL with having little to no attainability, because they think that is all they *deserve* from a guy like me.

THE BIG PICTURE:

Attainability is a huge huge concept. How much attainability is needed is largely dependent on where she sees the value discrepancy between the two of you.

I used to think that you could go overboard, or that it was hard to ethically give attainability to girls that you only wanted sex from.

However, I was misinformed. The reality is that doing attainability the CORRECT way can never be overdone. What makes it correct is that you are being honest with her about what you say. And you say it at a point in time when it makes sense to be said.

In terms of attainability, big issues are trust, respect as a person, and respect as a friend. Trust develops as you get more compliance from her. Show her that she can depend on you and you will follow through. Respect as a person means that you let her live her life and don't judge her.



You don't give her unsolicited advice, you don't act like her father. You try and guide her, but in a friend-way, not a parent-way. Respect as a friend means that when you hang out, you don't expect or "try" to get anything from her. If anything DOES happen physically, then it comes across as if it wasn't planned, and it "just happened."

You seek hanging out with her because you ENJOY HER COMPANY. If she is a girl that you find yourself attracted to but don't see any long-term possibility there, you tell her that upfront because you don't want to hurt her. This comes down to respect as a person and as a friend.

There is a virgin that I am friends with and she wants to have sex with me but I tell her that I can't because "Honey, I respect you too much. I want your first time to be really really special with someone that you really really care about. I want it to be as special as it is in your head."

The result is that she rationalizes that she really cares about me because she wants to have sex with me. See the connection? She ends up wanting to sleep with me even more because I am looking out for her interests and not my own. She knows that I would enjoy fucking her, however, I am bypassing my own pleasure for what I perceive to be in her best interest.

GAME SYNOPSIS:

Overview of the VAC system.

Once you master V (by not trying hard, being yourself, genuinely helping people and being honest with them about your intentions), and you master C (by having standards and expecting people to live up to them, by not selling yourself short of what you deserve), then you master A (by giving people the validation that they need to be friends with someone as valuable as you, by respecting them as people and a friend, by helping them understand what potential you see in them, by being honest to them about your intentions), then you have the entire VAC system and you are a fucking monster.

Cheers



COMPLIANCE



Base Compliance: How to Get Opened and In

We talk lots about compliance here at theApproach - to become attracted to something, people need to put work or effort into it. It ties into the Cost/Worth Conception - people think things are worth what they cost. If you set the price for yourself too low, women will think you're not worth anything... if you were, certainly you'd have higher standards and ask to be treated well, no?

So we talk about and teach how to screen women to see if they're the type you want, and how to get them to help you with your goals, and even to spend some money on you.

The thing is - compliance starts immediately in an interaction. The lowest levels - her acknowledging and responding to you socializing - is what we call "base compliance". These are the small things that she needs to do for the interaction to get started.

Base compliance is what the girl needs to do in the VERY START of the interaction for the interaction to begin and for her to want you there. There's 5 steps in base compliance:

1. Acknowledgement
2. Listening
3. Answering Questions
4. Responding to Statements
5. Active Contribution

Here's what the woman has to do:

1. Acknowledgement: She needs to physically acknowledge you - look in your general direction.
2. Listening: She needs to listen to you, and be able to hear you as you open and start conversing.
3. Answering Questions: She needs to answer your questions after and during opening.
4. Responding to Statements: Conversations aren't interrogations. After a while, your conversations need to shift into you making statements, and her responding to those and contributing to the interaction.
5. Active Contribution: Finally, she needs to help actively contribute to the interaction by asking you good questions, picking up where you left off, and helping the interaction move forwards.

A couple quick notes:

So what can you do with this? This is for troubleshooting - EVERY time you don't open, you didn't get one of these levels of base compliance. You don't always have to go in order through them, but every time a girl doesn't open, one of these steps is where.



If it just happens once, it's interesting. But if you keep running into the same problem with opening, you can work on the following things. Here's how to troubleshoot base compliance:

1. Acknowledgement: If the girl won't acknowledge you, you should look at your nonverbal image projection - the mix of your body language, fluidity in motion (being graceful as opposed to clumsy - which can be learned), walking patterns from both entering the club (slowly... not scurrying) and approaching the girl (no hesitation she sees). If your nonverbals are way off, girls can brush you off before you even go to open. Second, make sure you're not opening directly from behind. The side, front, front-side, or whatever - it doesn't matter, as long as it's not directly from behind. You'll sometimes get away with opening directly from behind, but because of the chance to startle the person, open from the front or side whenever possible.

2. Listening: Listening follows from acknowledgement: Your nonverbals will be looked at again, and you'll have to have a command presence where the woman will listen and respond to you. Also, you'll need to be loud enough to be heard in loud nightclubs.

3. Answering Questions: After she's listening, you're opening. If she refuses to answer questions after you open, it's ALWAYS a problem with Situational Relevance - is what you said appropriate for the context, at the right level of comprehension for the venue, and near her energy level? Your opener needs to be situationally relevant, and your questions need to follow situationally relevantly from the opener.

4. Responding to Statements: This is where a lot of guys get in trouble. Here's the thing - interactions shouldn't be interrogations. At some point, you need to get into a spot where you're making statements, and she's responding, and it's going back and forth. But some girls have a problem doing so. Here's what you do -

- *Make a statement

- *Pause and give her a chance to reply

- *If she doesn't reply, ask a question that follows from your statement

- *Threadcut her answer (make a statement based upon at least one word or the theme or what she said that goes in another direction)

- *Repeat

So if she's already answering questions and not yet responding to statements, here's what you can do:

You: Where you from?

Her: Los Angeles.

You: Cool - I love Los Angeles. My favorite is hanging out at Melrose and Venice Beach...

(wait.... no answer from her?)

You: What's your favorite thing about Los Angeles?



Her: I like Hollywood a lot.

You: That's cool. We go out clubbing in the Hollywood area sometimes.

(wait.... nothing?)

You: You a clubber?

Her: A little.

You: Yeah, that's cool. I like heading to places with mixed kinds of music... like more than one room or dance floor. House music is my favorite.

Her: Oh yeah? I love house music! My favorite is...

Jackpot - see at the end, she responds to a statement with her own statement - conversations need to move in the direction. If you make situationally relevant, interesting threadcuts, and keep doing so, she's ALWAYS going to respond at some point - and then she's put more into the interaction, and is becoming more attracted to you if you've got the value and attainability down.

5. Active Contribution: After she's answering questions and responding to statements, you've got a normal conversation. Through it, you can get her to put in work (good for compliance), and show her that she's got a shot at you (attainability). Your value can be established any number of ways, either conversationally or nonverbally as well.

To get active contribution from a girl, you need the first four levels of base compliance (acknowledgement, listening, answering questions, responding to statements) as well as some general VAC - you're valuable, she has a shot at you, and she's started to work to get you.

Then - and this is crucial - master the art of shutting up when appropriate. If she hasn't been jumping in and aiding the conversation heavily at the 20-30 minute mark, try letting conversation die in a relaxed way so that she has to pick it back up. If you're rambling nonstop, it doesn't give her an opportunity to contribute which is crucial.

Don't overthink base compliance when out socializing - but it is an excellent troubleshooting technique. If your openers aren't working when you're out, you can pin it to one part of base compliance every single time - and fix the part that needs fixing.

Also, remember this - getting higher levels of compliance automatically unlocks a lower level. So, if she gives you a compliment to start the interaction (active contribution), she's obviously acknowledging you. Just like how if you can get her to come over and clean your house, do your laundry, and cook you dinner, sex becomes automatic. Cool, huh?



Getting girls to work for you

Dimitri has gotten some questions about his model of attraction which he posted on ASF a little while ago, and he made a response in a new thread which is a good post in it's own right. Check it out:

Originally posted by Dimitri on ASF

Hope everyone had a lovely Thanksgiving. For all your viewing pleasure, here's some ways to get a women putting in work to get you.

This will increase one of the three parts of Attraction. If you haven't read the Model of Attraction, those are:

Value for her life
A sense you're attainable
Her putting in effort to get you

"New Attraction Model" is available here:

http://the-approach.net/art_attraction_model.php

or in the ASF archives, whatever you please.

On 11/22/05 9:34:00 PM, effigyc wrote:

>So I want to talk more about
>the "making her work for you."

Absolutely.

>Below is my understanding of
>what we're talking about here,
>feel free to correct me if I'm
>wrong.

>

>We see a girl at a coffee
>shop. We start a
>conversation. We're making
>her laugh, vibing with her,
>having a good time.

Okay at this point, you already have some value for her life. Showing confidence, fun, maybe a little humor, social savvy, that you're cool, that you guys can have fun together.



Also since you're connecting with her (vibing, having a good time) she likely has some sense you're attainable. If you don't see any sign of her Auto-Rejection Mechanism kicking in, assume the attainability's there if you've got some connection.

So far, so good, except...

- >Now, to
- >insure that she'll want to see
- >us again, we're going to make
- >her put some effort into
- >things.

... she hasn't put any work in! Exactly!

This is the Cost/Value Conception. In short, people don't value things they don't pay for. A girlfriend of mine takes me out to an expensive restaurant and gets me a \$40 glass of wine and I don't finish it. I buy a bottle of water for myself and I refuse to throw it away before I drink it all.

The more EFFORT you put into getting something, the more you feel like you DESERVE it. That makes you actively want it, and want to pursue it and keep it. If I got given a bottle of water for free, but accidentally dropped it and it rolled under a table, I might just leave it there. But if I BUY the thing (effort) I'll go get it.

So I feel like I deserve it more. The other thing it does is...

- >Thusly, she'll value
- >them more.

Exactly! Great thinking man, your head's in the right place. When a woman feels like she wants something, she'll rationalize it's more valuable to herself. So it's a cycle, but to make a long story short:

Value for her life + Sense you could be attainable + Effort on her part = ATTRACTED

- >The ways we go
- >about this are:

There are LOTS of ways to do this. I could fill up 30 pages in a couple hours on how to do this. When I teach this stuff, I go on for quite a while. But a few things you can do:

- >Neging - Let's say we cut her
- >off in the middle of something



- >she's saying, and say "Oh,
- >you've kind of got a little
- >booger there." This would
- >certainly embarrass the shit
- >out of her, and do some
- >serious damage to
- >"attainability." Would it
- >however make her start working
- >to get you? Is it even
- >necessary?

A cardinal rule of negging is it's supposed to be playful, not an insult. That said, if you ALREADY had some potential value, a neg can get them to work. If they react at all... they're working to get you basically.

If they test you, they're putting energy into the interaction to make it go forwards, and giving you an opportunity to pass her test (and we all know what happens when you do that). If she starts qualifying herself, she's obviously working to get you.

However, if you had no value for her life at all, not potentially any (but don't be fooled, body language, walking patterns, facial expressions, style, and image can all communicate potential value, not just your words) then she'd just ignore you. That's actually the worst result you can get from a neg.

BUT if you neg at the wrong time, like if she's really opening up and you neg her, it'll tank attainability. That'll set off her Auto-Rejection Mechanism and she'll reject herself, which means she'll shut down. ARM manifests itself different ways, but she might get very rude, might get quiet and walk away, or might go start seeking validation elsewhere. Regardless ARM is a mistake, it means you let attainability get too low and is not a good place to be. But a well-placed neg can get her to start putting work in (also something truly amazing that I learned from Mystery personally was that after he does his 3 neg thing, he then communicates a "You've passed" vibe to her and qualifies her. Amazing to see, hard to describe, but he's framing it like she's worked for him - Very masterful on his part, he knows his stuff)

- >Getting her to verbally
- >qualify herself to you -
- >there's really only two ways I
- >can think to do this. One is
- >to simply ask her if she likes
- >or can do certain things.
- >i.e. do you like to go
- >camping, or can you cook.



Basic screening questions, yes.

>Two would be to command her to
>qualify herself. i.e. Style's
>tell me three interesting
>qualities you have, or to say
>"Well, it's great that you love
>shopping, but isn't there
>anything else you like to do?"

Okay, that's a second. There's lots more ways to get her to verbally qualify herself though. One way would be to disqualify her (see Japanese Nurse LR) on a characteristic she DOESN'T ACTUALLY HAVE. This will get them automatically qualifying themselves 90% of the time at the expense of your attainability (and if executed poorly, your value, since you will look like you don't have social skills if you say an innocent girl is too wild, etc).

There's lots of other ways. You can even make a blanket statement like, "Wow it's a shame so many people watch so much TV these days. I like to relax and veg sometimes, but people give up SO much of the amazing world out there." Will result in her verbally qualifying herself often.

Disqualify people in general who have a trait she herself doesn't like, and tie the OPPOSITE to her verbally qualifying.

This is powerful. If she's a world traveller, saying something like, "God so many people miss out on seeing the world, and I think they wind up being worse lovers and worse in relationships because of it."

Most people who travel love to rant about people who just "stay in their own backyard all life". So when you say that because of that they're worse lovers... it means when she agrees with you and says she travels, she's saying she's a good lover and good in relationships. Therefore, she'll feel like she's worked for you afterwards.

Remember, all of these components aren't about having/being/doing them, it's about the perception of them. Perceived value for her life, perceived attainability, perceived effort put in. She might put no "real" effort in, but if she feels she's worked hard for you, she'll want her prize regardless of if she really worked hard or not. Imagine you're getting ready for a big competition. You train really hard for the competition, days in and days out, sweat and blood. And you win! You're going to want your prize. Now... what if the competition was fixed, but you don't know that? You still feel like you worked hard to win, so you still feel attracted to the prize/title/status you got by winning. Even if the "work" that the women put in is "fixed", and they're not really working, that can be enough. Is it the best way? No, but it is a way.



>Getting her to physically do
>things. Like give you a
>massage or drive you
>somewhere.

Yes. Asking her to bring a small ingredient for cooking on her way over, or a bottle of wine. Or something unrelated to what you're doing with her even.

If she says she has to go to the store later, hand her \$5 and ask her to buy you a copy of Gentlemen's Quarterly (magazine) while she's there. This is actually triple-pronged attack territory: That little technique will increase your value, her sense of your attainability, and the effort she's put in.

Effort: She's doing you a favor, working to please you and help you.

Attainability: Many men wouldn't realize that this technique increases attainability. It does. Any time you make plans past the current moment, it demonstrates you've already decided to see her again. Now if she turned out crazy, I'd cut my losses, let her keep the lousy magazine or \$5, and bail. But that's not the way the female mind works... When you've got something "on the burner" they feel you're not going anywhere, and it increases the sense that it's possible to have you.

Value: You're confident and help delegate things you need help with to people you trust. You're not burdening her... picking up a magazine at checkout doesn't really make her life harder. Plus, it's GQ, you're a fashionable guy. You're not being over the top with your request, just nonchalant (note for guys who dress really, really poorly: Choose a different magazine) about it.

Other "tangible" things she can do for work: Help cook, help clean your place (YES, you can get a woman you just met to help clean your place on a first or second meet, it just takes some game), do anything that furthers your life or appears to please or help you, or getting her to do any little thing.

>So my questions are these:

>

>Am I even on the right page
>here?

Yes, you're definitely thinking in the right direction. You need to expand your horizons a little bit and think more. I've shared maybe 2% of my techniques for getting her to put in work with you here, there's a lot that can be done. Think about it: What can you do to make her feel like she's worked to get you?



Have fun with it. Not only will women in your life be more attracted to you if they're working for you, but you'll have more productive relationships. Enjoy!

- >Are the techniques I'm
- >talking about what Dimitri's
- >advocating using?
- >
- >What are some other ways of
- >making her "work" for you?

Oh, there's lots of things. Again, it's the perception of her working to get you.

These can be big things, like favors. Obviously paying for you is good. "Hey, you got this one?" at a coffee shop will have her buying your coffee. This tends to be bad for attainability, but good for effort, and it near always works. I'll often take a girl rollerskating on \$2 skating night here. Skate rentals are \$3, so it's \$10 for both of us. I say, "Hey, you got this one?" It's \$10, it's meaningless... but she paid for the date, so now any charming of her I do, she feels like she earned and values a lot more.

Other stuff: Well-phrased and well-framed compliments can actually make it seem like she WORKED to have you open her! It's amazing, isn't it? Men often forget that women put in TONS of work to appeal to men. If you're meeting up with her for a date and she looks really good, you can say, "Wow, I'm impressed. You must've taken a lot of time to fix yourself up but that means a lot to me - You look good girl." You just framed it like she went out of her way to impress you (which she probably did). How about this opener? "I saw you walking by... and I had to say... you look absolutely stunning." The pace part is her walking, then you HAD to say she looked stunning.

Spirit Fingers' note: This is actually a very good insight as to why direct openers work so well when they come from the right frame which I had never thought of. A good direct opener says "Congratulations, you have worked for me to open you." A shitty direct opener says "I'm working to get you."

Here's one that many men won't identify with or understand. A lot of black guys, when they play the game, they say the woman has to make eye contact before they'll approach. Player Supreme has written about this, and it's a fairly standard pimp M.O. Then the guy approaches... SHE made the first move, and that move was EFFORT on her part to get the man. Even something as simple as eye contact can be her putting in work.

Other stuff. "Testing" her on the dance floor/rollerskating rink/wherever. Having her help you with something big in your life. Having her lie to someone for you (unscrupulous but +effort definitely). The "conspiracy" frame is really good for work, like if you tell her to subtly slip you her number.



How about when you #close and don't have a pen? Go fetch it yourself? Hell no! Have her get the pen, or play the "Pen Guess" game I created for this very reason.

Say, "Hmmm... let's make a game of this, we'll take turns guessing who around here is the most likely person to have a pen. I'll guess first." Then you guess a person, and walk up to them and ask if they have a pen. If they do, it's no different than if you'd just asked them without the game. But if they don't, now it's her turn to guess who has a pen, and then go ask that person if she can borrow it.

I originally made up that game to preserve value (because asking multiple people if they have a pen looks poorly) but it increases the effort she's put in too, ESPECIALLY if the game goes 5 or 6 people deep. And guess what? If she winds up being the one to get the pen, the number is about 60% more solid. Hey, maybe we should even make the first guess someone unlikely to have a pen? 😊

>Effy.

There's lots of ways to get them feeling like they've put in work, Effy. The big thing is to remember to do it. Now some guys will just do this a token amount because they want to get laid. That's cool, and their game will improve by taking little games I've invented, little lines and cues from solid top-notch players, and throwing them in. But if you want to be really superb, you should start demanding that women work to get you. Have standards and make them meet them. Have them help with logistics. Have them work to catch you.

>If you question anything,
>question
>your limitations.

Great quote man. Now get those women a-workin'!

Sebastian



Compliance: The Key to Seduction (By Raaf)

Solid game begins with enough value and mastery of compliance. It ends with mastery of attainability and SPR.

Here is the #1 rule:

Base your reactions to everything that she does to you completely on whether or not she is giving you sufficient compliance. If she isn't, then you punish. If she is, reward.

Forget about if YOU personally "like" her answer or her opinion about something. This isn't about you. Was she trying to impress you with that answer or was she being cold and dismissive?

If she was trying to impress you, then you REWARD...even if she says that she likes President George W. Bush and gives you a shitty reason for it.

If she is trying to impress you, she is trying to raise her value. You have to reward! Remember, this isn't about you. She is raising her value because she thinks that she needs to in order to get you. This is a GOOD behavior...reward!!!

If on the other hand, she responds to your question coldly, then you punish the behavior. If she is simply being "polite" with her answer, you punish. You are not looking for polite conversation.

Further explanation:

- 1) have standards and hold people to them
- 2) punish bad behavior, reward good behavior
- 3) force women to play fair, give them no special treatment whatsoever...reward them for playing fair

Let's look at an example:

Problem: "Instead of trading numbers, why don't you just give me your # so that I can call you whenever I have the time (or insert other bullshit, faulty logic that makes no sense)."

Response: [punish] Withdraw attention from her. If talking in person, turn your body language away and give her less attention and less response. If on AIM, take a much longer time to



respond to everything she says. Shorten the length of your responses significantly. If she asks if the conversation is over say "It is if you are going to be unreasonable."

Get her to play fair or don't play her game at all. Don't be afraid to walk away from the conversation completely if she is being unreasonable. The next time she talks to you, she will think that she fucked up and will try to make things work again...this is when you insert your DEMANDS...

Punish anything that she does that isn't good...this includes thread cutting bad conversation topics, thread cutting anything that she might precedent as bad, withdrawing your attention from her temporarily, or calling her out on her behavior in severe cases.

The best thing is to withdraw your energy. It is what chicks do to us when they don't return our calls. Or they wait a day or two to do so. Whenever a girl does that to me, I wait at least 1.5 times as long as they waited to get back to me before I get back to them. Replying instantly or quicker than her is rewarding her shitty behavior.

If a girl says something to me like "when you take me out you have to buy me dinner" usually I just laugh and tell her to stop being retarded.

Be careful with calling chicks out on their shitty behavior because when it boils down to it you are still investing your energy into her. So you are sending her mixed messages, on one hand you are being verbally stern but your actions are much weaker because you are trying to work things out. Use this when she disrespects you majorly.

Lastly, some times you need to flip the fuck out a little bit because some girls are so stupid that they will constantly test your limits.

The other night I went out with a friend who was in an open relationship with this girl. At the bar, she was dancing all night and making out with her gay roommate in front of my friend. Now you might be okay with this, but he sure as hell wasn't. And I don't know how he defined the terms of the relationship, but assuming that it was defined in a normal fashion which is "I don't want to know about it", the only correct response was flipping out.

Instead of flipping out, he just left and didn't say anything. Horrible response. You need to pull that bitch aside and flip out on her and then leave her ass on the street to find a ride home.

You have standards and don't put up with bullshit, remember?

Remember, chicks do this to see if you are for real with having your standards. Everyone says they have standards, but a much smaller percentage of men actually demonstrate this. You have to be this man. I guarantee if my friend flipped out on her and left her there on the street,



she would have come crawling back instead of HIM apologizing to her (lol...I have no idea how he fucked this one up so bad).

Good ways to reward are verbal qualification or kino. Whenever you get compliance from her, you reward. Whenever you don't get compliance, you punish.

It really is this simple. Base your reactions completely on whether or not she is giving you sufficient compliance. If she isn't, then you punish. If she is, reward.



Compliance (By Dimitri)

There is - I suppose - an infinite number of types of compliance, theoretically.

Anything she does to impress or please you, contribute to the conversation, help logistics, or accepting something she doesn't like.

Easily one of the most common things to do for compliance is to have standards and hold her to them. Doing so - and then rewarding her - is also quite good for attainability and value, so a win/win/win. If you're not screening, you really ought to be - at least a bit. It doesn't need to be tacky, un-SitRel stuff like, "Are you adventurous?" or whatever. Screening is all about if she thinks the answer affects your judgement of her. So, with the right tonality, "Wait... how old are you?" - that screens.

Now, remember this - Compliance isn't really compliance. It's all about perception. There's no objective "is this work?" scale. If she feels like she's working, or even feels like you feel she's working, she's workin'. That's where dirty compliance comes in. "I believe you", "You didn't have to get this place all cleaned up for me" - both good.

Put conditions on your time. "Sure, I can come out... just do me a favor... I've been out a lot lately, we've been getting attention, and now I'm looking for a really low-key day. Dress down, just jeans and a tank top or something ok? I'll do the same. We'll go incognito." That's a good one - Women actually get stressed about how to look hot while dressed down, believe it or not. You say dress up, and three things come to mind. You say dress down, many girls panic ;)

The "future compliance" you mentioned is actually what Vincent calls "virtual compliance" - roleplaying compliance. Believe it or not, compliance while roleplaying can actually go a long way towards compliance. Not THAT far mind you, do some other stuff, but it can help.

This is fun - Ever hear of "residual compliance" - No? Fuck, I love this stuff. I'm all about it. Residual compliance is when the girl works, i.e., thinks and talks about you, when you're not around. They'll become more attracted! Line from an ex-girlfriend's recent email to me:

Subject: Lost

Quote:

Sebastian

How was trip to Toronto? It has been almost a month since you left me. I still think about you everyday. What you said, what you did, and wonder how you are doing, where you are, if you are happy and why you left me.



That's a lot of residual compliance - and it really wasn't my intention to get it - but do you get the idea? The more a girl thinks about you and talks to people about you, the more she's working! Crazy-cool stuff, huh? You can generate it with specific techniques, too. Specifically, if you show a facet of yourself that you don't show to her, to one of her friends, you'll generate it. So mention something about playing guitar off the cuff to one of her friends, have a conversation about it, and the friend might mention it later. Then your girl will say, "Wait! He plays guitar?!?" and they'll talk about you. Of course, just by leaving an awesome impression, she'll think about you some which is good.

Another technique if she's younger and has "cool parents" is to have her ask her mom if she can go out with you. This is a bit of work right away - has to ask her parents - but more importantly, GUARANTEES residual compliance. Why? Parents have no fucking clue what to talk about with their kids. So I guarantee mom will go, "Sooooo..... whose Alexxx.....? Is he cute....???"

Yeehaw.

After you're already bedding them, push their limits in bed. Have sex in public places, do other sex things she hasn't tried, get anal beads or a vibrator or whatever you want. Threesomes. Etc.

Get her to do things and spend money. If you build up to it, and keep it all SitRel, the big thing to do is just ask. So many guys are afraid to ask. I'll say, "Sweetie, will you do my laundry for me? It's a fucking mess in my bedroom." And they will. It's all about asking. Some girls will be more open to it than others, but even if she says no - if you take it well - it shows you've got some... some panache, eh? And chutzpah, and you're cool. Just shrug or laugh if she says no, and it doesn't really hurt you (except if it happens a lot, then you've got precedence going against you).

Tons of ways to get compliance - there's no "one right way" - the fact is, you don't need all that much compliance to lay a girl in the grand scheme of things. The amount of attraction you need to get a girl having sex - is low. Girls like sex. Compliance becomes much more important later when you're trying to build a really deep relationship that's totally to your standards. And then it's gooooooddddd homie. More can be flushed out here - let's keep this thread rolling. I'm a compliance junkie and I'd love to hear other people's new tech and ideas on the subject. love y'all,

Sebby



Try This: Only Verbalize Things She DISlikes...

Okay, Sebastian here. Remember this: Attraction is a result of three factors.

Value
Attainability
Compliance

We call it VAC for short. (pronounced, VAK, rhymes with rack).

Value is something that fulfills a conscious or subconscious need for a person.

Attainability is the idea that a person has a legitimate chance at that value.

Compliance is work and effort put forth towards getting the value.

Now here's the thing: Most men, once they're doing well with a girl, will KEEP drilling in commonalities they have. They'll emphasize over and over again how they both like heavy metal music, or the impressionists, or Seinfeld, or whatever. And keep talking about it.

And that's okay. But realize that that goes to Attainability more than anything else.

As far as value goes... almost every woman on earth finds value in a man who is independant and confident. And here's a neat thing about compliance -

In quick definitions like the above, we mention that compliance is work or effort a girl puts into the interaction, towards impressing or pleasing you, and otherwise winning you over. Working for you.

Here's the thing - Another kind of compliance, which is why we call it compliance instead of work, is *accepting something she doesn't like*.

Okay, have you ever met a woman who was highly attracted to a man? Did she go on and on about how wonderful he was in every way, and how he had no flaws, and there's nothing about him she'd change if she could...?

Or did she complain nonstop about little things.

"His feet smell! And he never goes down on me! And he makes me pay for everything! And..."

Right. The second one.



So finding common ground is good. But if you're doing well, and you have attainability... and you want to make her more attracted? Start jokingly playing up your faults. I have long hair. Some girls don't like it.

If a girl complains about it, I'll mention it later. She's going to a bar? I'll say to her, "Make a toast to Americans with long hair, eh?" It sets them off - but it shows you're independent and make your decisions independent of them, which is good for value. It also shows that she's going to have to accept things she doesn't like about you to be with you - compliance.

Most men, when they're doing well with a girl, try their damndest not to "mess it up". That's the best time to mess it up!... to make her more attracted ;)

Keep playing,
Sebastian



TECHNIQUES



SCREENING AND INTENTION MAPS



Turning the Tables on the Women You're Dating

by **Vincent DiCarlo** of [theApproach](#)

Let me ask you a question. It's ok. You don't have to answer aloud.

Have you ever experienced any of the following things with a woman?

- Trying to say the right things to "win her over"?
- Attempting to prove that you were her "ideal man"?
- A cautious feeling that any moment you might do something that would turn her off?
- Wondering at all if she's interested?

If you're like 99.99% of all men in the dating scene, you've probably answered yes.

Today I'm going to outline a simple solution to these problems that you will be able to start using right away.

It's called screening.

The most relevant definition to screening for our purposes is:

Screen v. To examine (a job applicant, for example) systematically in order to determine suitability.

When you are with a woman, and it feels as though she's "systematically examining you in order to determine suitability", (Jeez, that's a mouthful) she's screening you.

The solution you ask?

Simple.

Screen her first.

That's right. Start screening her first, and it will be very difficult for her to screen you since she'll be too busy trying to win YOU over.

HOW TO SCREEN:

Before you can examine her for suitability, you first have to know what you are looking for.

Here's an exercise. Get out a piece of paper and write down the top 3 characteristics you look for in a woman.



By the way, don't write down things that you can tell by looking at her. I know there's a few guys out there that are about to write "hot" as their first characteristic.

Basically, since you can tell if she's hot based on your first glance, there's no need to screen for it.

I'll do the exercise with you.

I wrote down:

- Independent
- Passionate
- Supportive

Now, what you'll want to do is design a few questions to indirectly determine if she has those qualities or not.

This is easy.

For example, for "independent", I might say something like:

"You know, I really like women who lead exciting lives of their own. Are you the type of person who would rather create something completely unique and her own or would you rather be part of a team?"

It's subtle, interesting, get's right to the point, and also let's her know you have high expectations.

Here's another hint. Most women when they are interested in a guy, will work like the devil to pass their screens.

Don't forget to reward her when she passes your screens! This will make her feel good about pleasing you and motivate her to do more of that in the future!

Vincent DiCarlo



Modify Behavior: How intention maps work.

How come some men never stay single for more than three weeks? How come some men can't get anything more than a one night stand to save their life? And how come some men, who really aren't all that great looking, get multiple girlfriends in open relationships. Girls are beautiful, intelligent, ambitious, with high self-esteem, accepting an arrangement that most people would think impossible.

Is it luck? Is it fate?

I present to you one word: Intention.

Everyone behaves differently around different people. You will be a different person around your grandmother than you are around your boss than you are around your accountant than you are around your father.

You'll act differently. Your grandmother, most likely, thinks you don't use vulgarities ever. Your best friend might have a little different perception of you.

People are malleable - women especially. We behave differently in different situations. Now, to answer the question of why some men get exactly what they want, and why others get the same exact thing that they absolutely don't want, I present to you the Intention Map:

An Intention Map is a tool to modify behavior. The short version is, you will get the other person feeling and acting around you the way you want them to. There are three primary phases of an Intention Map:

1. Screening
2. Qualifying
3. Sex/Afterglow

But we are getting ahead of ourselves. Let us start at the beginning.

THE INTENTION:

To get what you want, you must have a clear, defined idea of what you want. The first thing to do, before you begin intention mapping, is to make a list of traits you want in all women. Traits might include ambitious, creative, hard-working, caring, affectionate.

Next, figure out what specific roles you want in your life. Do you want an open relationship? A really casual "friends with benefits" situation? Exclusivity? Whatever you want, that is good - just know what you want.



Then make a list of traits that you'd want for that specific relationship. Some traits I find are good in certain relationships:

EXCLUSIVE RELATIONSHIPS:

Loyal
Feminine
Traditional
Conservative

OPEN RELATIONSHIPS:

Independent
Understanding
Open-minded
Non-jealous

FRIENDS WITH BENEFITS:

Spontaneous
Exciting
Independent
Experimental

Note that this isn't your list necessarily. What you want from an exclusive relationship may vary. Many men don't want a highly independent woman in an exclusive relationship - if you're going to only be with one person, you want them available on your schedule. Some men might like an exclusive relationship with an independent woman though, so you fill in your own list.

Now, the behavior modification.

Take the list of qualities that you want in all women:

Ambitious
Creative
Hard-working
Caring
Affectionate

Add in the list of qualities that you want in the specific relationship you want:



Independent
Understanding
Open-minded
Non-jealous

Now, it's time to get to the three phases of an intention map.

What you are going to do is you are going to get the girl saying she is this quality, you are going to reinforce to her that you like because she is this quality, and you are going to reinforce it again during and immediately after sex.

PHASE ONE: SCREENING

Screening is a technique that increases compliance, and shows that you have standards. Examples of screening questions include:

"I like ambitious people. Do you consider yourself to be ambitious?"
"All my friends are really into a lot of creative things. What creative things do you do?"
"Do you work hard for things you believe in?"
"You strike me as a really caring person. Am I right?"
"I can tell you're very loyal, but are you also affectionate?"
"Ugh, you see all these girls around who can't get anything done without a man helping them."
"Tell me, are you independent?"
"A lot of my friends don't have traditional values. Do you consider yourself to be an understanding person?"
"Are you open-minded to seeing and trying new things?"
"You don't get jealous easily, do you?"

Those questions are all weighted towards getting what you want. A select few women will be unable to meet your criteria. For instance, not all women are creative. It's up to you what you're willing to compromise on in your list - I'm absolutely unwilling to compromise on a woman having high self-esteem, so I'll dismiss girls who have low self-esteem. I also like girls who love art, music, and theatre - but I'm willing to compromise on that if she has other interests I enjoy, like nature or sports.

It's up to you what you're willing to compromise on. The fact is, if she likes you, she'll try to give you the right answers to your screening questions. Most people consider themselves to be ambitious, caring, open-minded, etc. She's going to say she is either way - the key is, by saying it, she'll precede herself to it, and want to act that way around you especially. So though she might not be a very open-minded person around her friends from church, she will be around you ;)

PHASE TWO: QUALIFICATION



Now, you will simply tell her that she meets your standards, and that she has the specific type of trait you're looking for. This needs to be Situationally Relevant as we say - so do it after she does something to display that trait, or immediately after a screening question saying she is.

"You're so ambitious. I like that."

"I like that you're so creative."

"Thank you for being so caring. It makes me feel really good."

"Mmmm, you're so affectionate."

"I like that you're so independent."

"Wow, you're so understanding of things outside of what you were raised with. That's amazing."

"It's really cool to hang out with such an open-minded girl."

"It's nice to spend time with you - you're so secure in yourself and never get jealous. I love it."

Ever hear the expression, "Treat a man as you would have him become." There was a typo in it. It should have read, "Treat a woman as you would have her become." Tell her she's exactly what you want - and she'll want to live up to that. True story:

I was driving with my girlfriend at the time to spend the Fourth of July at a beachhouse. Even after a year and a half together, just coincidentally, I'd never driven a car with her in the passenger seat. We'd been in other cars together, and lots of taxis, but living near each other in a city with good public transportation, I'd never driven her.

Well, I just coincidentally happened to be going the speed limit. Really, a coincidence to the extreme. And yet she said to me, "Sebastian... you can tell so much about a person by the way they drive. My sister's boyfriend swerves all over the road, honks, gets angry, cuts people off. Goes too fast, too slow - and you can tell he doesn't have his life together. You're going just the speed limit, nothing's bothering you... it says a lot about who you are."

Here's the thing - I *knew* what she was doing, and I *still* drove perfectly for the rest of the weekend. People don't want to go against praise that they get. So tell people that they are exactly what you want them to be.

(Note: this also works great when you're getting service from a company. Whenever something's going wrong at an airport, I always say, "Thank you so much. Your airline is always really, really good to me, so I feel so comfortable when I'm flying with you folks." It results in a higher quality of service as they try to live up to that)

PHASE THREE: SEX/AFTERGLOW



During sex is a special time. We get into a state of raw emotion, and let loose our logical constraints. During sex, qualification goes into the subconscious to the extreme. So you can say things like:

"I love making love to such an ambitious girl baby."

"Mmmm, baby, how creative you are turns me on so much."

"Oh yeah, I love being with you here - you're so caring, take care of me, make me feel so good."

"You're so affectionate."

There is also the afterglow, immediately after sex.

"Wow, it's great being with such an independent girl."

"It feels good lying next to a girl so open-minded."

"Damn baby, you're so open-minded. It shows when we're in bed too."

"I love that you're so secure in yourself. We're here together and you're not worrying, you're calm and in the moment."

The other thing you do during the Afterglow stage is you set up the TIMEFRAME of the relationship. You do this after you've been having sex for a little while, perhaps three weeks. So, for an open-relationship where you're seeing each other once a week or so, you'll say.

"You're so great, baby. We spend amazing time together, and then you're independent and have a really great life besides just me. The time we spend together is amazing, and yet you understand that I've got a really busy life. It feels great to be with you."

With this system, you can develop your intention throughout the interaction: Before you ever have sex, she'll be saying she's what you want, and you'll be telling her she's what you want and that's why you like that. During sex, you say that you feel good making love to her because she's what you want, and after sex you'll say it feels good lying next to her because she's what you want.

Enforced and reinforced so many times, this shapes and modifies her behavior. She might still be close-minded around her friends, but she'll be open-minded around you and yours - and that's what counts.

Figure out what you want, and go get it playboy! God bless.



Statement-Based Screening

There is no doubt that having standards and holding women to them is good for both value and compliance. It shows you have value in that you can afford to have standards and think well of yourself, that you deserve a quality woman. It's good for compliance when you hold her to your standards and she tries to meet them.

On top of all that, after she meets one of your standards, you can reward her for it and show her that that qualifies her to be with you - which increases attainability.

Screening is, in short, a good thing. But a lot of times, guys have a hard time making screening questions Situationally Relevant. They aren't able to create the context necessary to screen.

What you can do in place of screening questions is use statement-based screening. It's screening in a way that doesn't ask her if she meets your standards, but instead puts your standards out there and offers her the opportunity to show she meets them. This begins to work once you've base compliance and she's started to initially get attracted to you.

What you do, quite simply, is put out a statement as to what you like or don't like. If the girl likes you, she'll want to show she meets that standard.

Example:

Screening question: "Can you cook?"

Screening statement: "I like girls that can cook."

This also has great application for screening in response to a story she had, where a question might be very verbose.

For instance, a great thing to screen women on is having female friends in addition to male friends. Trust me on this one, you don't want a girlfriend that can't get along with other girls.

So if the girl is talking about how she doesn't like most girls and doesn't get along with them, you can drop a screening statement: "I hear you, girls can be tough. I think it's really important to have friends that are guys and girls though." -> This is almost guaranteed to get her backpedalling and trying to impress upon and to you that she has female friends too.

The great thing about screening statements is that they're actually more compliance than passing a screening question. While there's a social obligation to answer a reasonable question you're asked, it feels to her like she's just volunteering that she's up to your standards when you make a statement. And on the flipside, you're putting less effort in - so she's giving you



more effort after you've put in less. A good formula.

Now, realize one last cool piece of the puzzle. Girls – especially very beautiful girls with great social skills - often use screening-based statements on men. They'll mention in passing that they value something or other, and most men will jump to say they're that.

Instead, a good answer is to just smile and agree with her, perhaps saying the word, "Cool."

Examples:

Girl: "I really think what car a guy drives says a lot about him."

You: "Cool."

Girl: "I expect my boyfriends to take me out to really nice places."

You: "Cool."

It dismisses the screen from her without being combative. You smile, and say something like, "Cool." Very high value stuff.

Keep playin',

Sebastian



PHYSICAL ESCALATION AND SEX



The Importance of Touch (Kino)

One important lesson that I've learned in pickup: you should always start touching a girl as early as you can.

This ties into demonstrating sexual value. Touch (or kino) is important because it demonstrates all four dimensions of DEVI simultaneously.

It demonstrates **Dominance** because you have the balls to touch her without nervousness or hesitation.

It demonstrates **Emotion** because touch is intimate — it gets her to see you as a sexual partner rather than just another dude.

It demonstrates **Variety** because by alternating touching and pulling away, and keeping it unpredictable, you can make her want your touch more.

And finally it demonstrates **Immersion** because touching her makes her comfortable with you sexually. The more you touch her prior to getting her in bed, the more comfortable she will be with you undressing her.

Of course, kino (touch) can go very badly if you do it in the wrong way. If you are nervous or hesitant to touch her, it displays a lack of Dominance, Emotion, etc.

Unfortunately, there is no magic way to rid yourself of this nervousness. If you are not used to touching girls right away, you WILL get nervous and creep girls out at first when you start trying to use kino right away. This is inevitable. But, if you stick with it, you'll steadily become more comfortable touching girls right away.

To get yourself used to touching girls right away, develop into a "touchy" person. Make it a social reflex to touch people (male or female) at high points in the conversation. Then, when you do it with girls, it will seem more natural and create more attraction.

And of course, becoming a great lover will automatically make your touch better across all four dimensions of DEVI. It is very hard to get nervous about touching a girl on the arm when you regularly have girls screaming your name and begging you to come inside them.

This post by NashvillePlayboy on ASF talks more about why it is important to start kino right away:

I just read Killswitch's post on kino in advanced and I feel the need to open my mouth, lol.



Number one reason why kino is not only important, but the reason why you should do it early, and I'll let you give me the answer. How many girls are you going to bed that don't even feel comfortable with you touching them?

Exactly. A girl isn't going to let you anywhere close to her pants without being comfortable with you simply touching her. Even more so, the sooner you start with kino, the less likely she is to object.

Woodhaven had a great post in Advanced about different stages of kino, incidental and overt. And these range anywhere from just brushing up against a girl and just sitting close enough to a girl that touching just happens to kissing and everything else. I'm not saying the sooner you start to rub on her pussy, the less likely she is to object. Maybe I ought to field test that first.

Anyway, what I'm saying is (and this is word for word something else I posted):

- What I've found though is that the earlier you start, the less you have to go through to get to later stages of kino. And by early I mean, as soon as you open your mouth (im exaggerating, but within the first 2 or 3 minutes) you should have at least touched her in ways other than shaking hands, at least a couple of times. For instance, if you say something jokingly, tap or punch her arm lightly as you say it. Touch her hand lightly for whatever reason. Move beside her and "accidentally" brush up against her. If you're walking, walk close to her so that incidental contact is going to happen.

I'm real playful and I joke a lot and use my sense of humor to get physically close to her very quickly. If you have any grasp on c/f, you can be sexual and funny at the same time, have her laughing and open the door to hold her hand, put your/her arm around her/you, hug, kiss on the cheek whatever in 5-10 minutes.

It makes it very easy to escalate later on because you've already been physical in a way that was more than incidental but by keeping the incidental contact mixed in as you're gaming her, you take the touchy/feely vibe out of the interaction. And the longer you wait to start kino, the more resistant she is to you advancing.

Why kining early works so well is that, and I know from experience that women (and people in general) are very accepting as long as there is no reason for them not to be. What I mean by that is that once a girl perceives you in a certain way, she accepts that as who you are. Move too far away from that perception too fast and she's going to get uncomfortable killing whatever rapport you've built. Stay close to that perception and if need be, you can edge away a little at a time without any problem. The point then, is to start off doing things so that you will be perceived in a manner that's beneficial to whatever goal you seek. -



Most naturals I've seen and/or know, are good with kino and start early. Personally, I've always used kino. Even before I found the community. Then you realize how important it is and you learn to implement it every sarge.

For all of you new guys out there, you have to learn how to touch girls. Point, blank, period. You have to learn how to get comfortable talking to girls first, sure. But at some point you have to learn how to be close to girls. How to touch them. And how to be comfortable doing it in a way that feels natural. Its like saying some lines you're not congruent with. You go around hugging on girls and touching there leg and putting your arm around their shoulder but you don't really feel comfortable, they're gonna pick up on that and its going to work against you. But if you aren't comfortable doing it, you just gotta push past that.

Another thing that kino is great for that guys completely ignore is the fact that it screens girls for easy and/or quick lays. You start touching girls as early as possible, its easier to gauge the girls that are HSD, are really comfortable with themselves, are physically attracted to you... anything that could be considered for lack of a better term, fool's mate. You might turn the conversation sexual to judge where you are in the sarge or how attracted a girl is to you. You use kino the same way.

You have to escalate at some point anyway. Why not escalate to see how comfortable she is with being touched as opposed to waiting until you feel like you've built rapport, and she's attracted to you, and you've had IOI's. On the flip side, you can blow things by trying to move too fast so it takes time to learn to calibrate.

You gotta learn how to cut it (kino) off at the right times too. When the girl is shit testing you or anything else counter productive, you have to use some judgment on how or even if you want to kino. She does something you don't like, I definitely suggest a takeaway. Rewarding bad behavior is a definite no, unless its bad in a sexual way, then that's different. Then you get to spank her for being a bad girl and when she starts to be a good girl, you can spank her for that too, lol.

And I know a lot of guys don't get a whole lot of practice with new girls in the end stages of a sarge. And this applies to me as well because it's a lot easier to open than close. But you gotta get comfortable touching a girls body sexually. Kissing places other than her lips. You know, all the kino that happens right before you close.

Since most of us won't have a new girl every day to practice on, you gotta make use of your fbs and ltrs to get comfortable in general with a woman's body. You'd think it would go without saying, but some guys still post saying they have know idea what to do. Well, if you can close at least one girl, just keep laying her and get used to what you're doing.

And I honestly feel slow typing this cuz it's obvious. If you've had at least one girl(i mean, old girl friend, a new lay, that one sarge when everything went right, whatever) you've been



completely comfortable with, and this is more than just about kino or sex, then that feeling of comfort is what you should be aiming for when you're with other women. I don't care what routines(that you do or don't use) or techniques or methods you use, if you cant feel comfortable and natural doing it, then in the long run, its not going to be at all productive.



Advanced Secrets of Touch and Kissing

Hey guys,

In the spirit of sharing and contributing to the community, I'd like to share some material that Swingcat and I (IN10se) have been working on. Here's just a little bit. It goes over basic to advanced concepts in both touch and in kissing. These are merely some of the Outer game material (Skillsets and strategies) that I present. There is much more involved in the Inner game, (MINDsets, psychology of sex, as well as Nuclear material) that I don't go over here - In any case, enjoy and comments welcome...

Touch is everything...

There is nothing like being touched the right way by a lover... touch has the power to entice, to build desire, to soothe, to calm, to tease... Touch has been shown to release chemicals in our brains that give us pleasure, make us feel good, make us want more.

But I've come across a secret that makes a definite difference in the way that touch is both given and received. There's a difference between ordinary touch and "Sensual" touch.

The feeling that you put behind your touch is what makes it sensual

What I'm talking about here is the energy or put another way the "intent" behind the touch. You see, there is energy and intent behind every action that we take and everything we do in life – and touch is no different.

Just try an experiment here. You need to have a partner or friend who can give you some objective feedback. There are two parts to this experiment. First just touch their arm just like you would in any everyday situation – no particular emotion behind it.

Then, wait a little while – fill your mind with sensual thoughts of the two of you in bed (or wherever you want to be getting it on) – and imagine the two of you making the most passionate, sensual, erotic connection... now touch them.

Ask them if there was a difference in the way that you touched them or in the way that they experienced your touch. Now if they're in tune with their own body and their own perceptions – you'll find that there is indeed a definite difference. Even if it's just perception alone – the perception of what's behind the touch on an unconscious level, sets up the context for the touch. It's almost as if the sensual intent behind the touch changes everything – as the touch is just a physical manifestation of a connection on a much deeper level. In fact, one secret of great lovers is to:

Create connection on the deeper mental levels and the physical level will follow



And what's interesting is that you can touch people like this who you really don't know that well, or who you may have an interest in – and you'll find that the fires of desire are much more easily stirred within them. Yes, it may be magical thinking, but so much of being a sensual lover is – there is so much that is in the mind, which carries over into the way that you walk, talk, breathe and act.

Now in general there are two types of touch – light and heavy. But there's more to it than just that.

Here's another secret about touch.

Touch - like everything, tells a story.

And a good story has an introduction, middle, a building of tension, and a release and climax.

Let your touch be the same way.

I will start with light touching in places that are non-obtrusive. In places like the arms, hands... And that sets the premise.

As the premise is set, you move to the middle of the story where comfort builds and sexual tension starts. This sexual tension gradually builds and builds until it overwhelms the both of you and the climax of it brings you to the next level.

But this next level isn't the same for everyone. Everyone has their own model for the way that they used to things happening sexually. For many, touch progresses to kissing, and kissing to sex. For others touch may lead directly to sex.

Developing sexual tension and progression of physical intimacy can be non-linear. Take what they give you and amplify it – whether it be touch, kissing, foreplay... The secret here is:

Amplify what your partner gives you – because the climax of that will take you to the next level

And here's another secret:

You can touch your lover using other parts of your body other than your hands in their more intimate places and it be not only permissible, but can build the sexual tension.

Yes, you can touch parts of your lover's body with parts of your body that you wouldn't otherwise be able to touch with your hands right away. Because you aren't touching them with your hands, some part of them may think that you aren't touching in those places purposefully – and so it becomes permissible.



An example of this is when you meet someone out at a lounge or bar. If you're a man, she may be sitting at the bar and turn to face you as you begin to talk. Light touching ensues. Touching places that are non-obtrusive like her arms, shoulders, outer thigh.

Then let's say that you two really begin to hit it off and you want to escalate the physical tension – you may be sitting facing her with your legs entangled with hers... in other words, your leg in between hers. As you lean in and talk in her ear, your knee presses up against her in between her legs – and she presses herself into you.

If you're a woman, you may unconsciously brush your breast up against a man who you feel attracted to.

What I'm saying here is that touch doesn't just happen with the hands. You can escalate touch in ways that can go much further and create more tension by using other parts of your body to touch more intimate parts of your partner's body.

Now that your touch has set a premise, let it become comfortable. Let your lover become comfortable with your touch and touching you.

Touching in places like the thighs, the shoulders – giving a shoulder massage are all ways that you can build comfort with touch.

Now that touch has become comfortable I begin moving the comfortable touch into places that are more sensitive. These places are places like the back of the neck, behind the ears, running fingers through the hair, lightly stroking the insides of the thighs, the insides of the arms, running fingers along the curve of the stomach...

These are places that are more sensitive because they have more nerve receptors. And a light sensual touch in these areas can really build up the desire and the sexual tension fast.

There comes a point where the sexual tension is so intense, that the transition to heavy touch in these same places becomes natural. Imagine with me now as you touch your lover's body with a heavy, passionate touch in these sensitive places – along the insides of their thighs, running your fingers along their stomach – and on down.

The transition to kissing or the next level is completely natural at this point.

Kiss Kiss Kiss Me...

What's in a Kiss? Some would say that within the first 10 seconds of a kiss, they know if they are going to be with the other person for the long term or if it's not going to work out.



Your kiss, like your touch – should tell a story as well. There is an introduction, a middle, a building of tension, and a climax.

Let your kiss tell a story

Now since everyone kisses differently, and likes different things in a kiss, how do you kiss in a way that will turn on your partner?

Here's a secret.

They will kiss you in the same way that they want to be kissed.

Match them – that's right... Match them.

If they kiss in a way that is light, just using their lips, sucking on your lips from time to time – while focusing mostly on the way that your bodies touch each other – then mirror exactly what they do to you. Kiss them the way that they kiss you. Touch them the way that they touch you. That puts you in a place where kissing becomes not only comfortable, but where you can begin to build the passion and lead to a climax – the climax of kissing being taking it to the next level.

If they kiss you in a way that's outright passionate, using wet kisses, sucking on your tongue and open mouthed – kissing down your neck and behind your ears, then do the same with them.

I will often use kissing in the same way that I use touching – moving from areas like the lips and neck, to places that are more intimate like the chest, the stomach, the inner thighs, and back up the stomach to the chest and lips again.

Remember, what makes a story amazing, and a lover amazing as well, is how tension builds. Resist the desire to touch them or kiss them between their legs at this point. You are building the tension, because when you build tension in this way – the last thing you want to do is to release it. The climax of this stage will carry you to the next phase.

In fact another secret is:

The closer that you come to releasing the tension – while not actually doing it – the more you'll build it

Yes, one of my favorite things to do is to use my mouth much like I would my touch – starting with light kisses in sensitive areas... and progressing to open mouthed, sucking kisses – moving along sensitive areas, like the neck, the back of the neck, the chest, stomach, and down to the insides of the thighs – moving up and down and up along the other side – skipping over the middle between the legs and moving up to the stomach, chest, neck and then lips again.



One Minute Number-Closing

by Dimitri

"My God... I wish I had time to talk to you. You're so beautiful and classy... but I've got to go meet my friends."

I'm smiling over here from ear to ear. I just finished working with a student earlier today, and I taught him very fast approaches and got him doing them with some success. I hope he builds on it and becomes really good at it, but I do find it a little funny to come home and see this question in my inbox. :)

Anyway, it's not all that difficult. The basic format goes something like this:

"My God... I wish I had time to talk to you. You're so beautiful and classy... but I've got to go meet my friends."

I smile sadly, and let her reply. She almost always thanks me very much, some of them start completely and totally glowing.

I let her say whatever, then I go:

"Tell you what: Let me grab your number and I'll give you a ring later. If we get along on the phone, maybe we'll go hang sometime."

Really high close rate. Actually, it's easier to kiss them once on the lips after this one than it is after slightly longer sets sometimes (or so it seems to me: Maybe I just play quick numbers a lot harder).

These numbers really are quite decent. I've slept with girls off of them. One girl, in a city I don't get up to much, I got her number when Woodhaven and I were practically running out of a train station.

This was like a year ago, but I never make it out to see her. I've only talked to her five or six times for a while since then, but she remembers me **every time**. She invited me over to her place at one point, but I wasn't in town. In fact, when I call her, sometimes she calls back. And this a very, very beautiful girl, man. I don't even bother doing this if I'm in a hurry with a girl who isn't really beautiful.

So there's that. I recommend substituting what you like about her and what you're doing for my example. *"My God... I wish I had time to talk to you. You're so [what you like about her]... but I've got to go [do what you're in a hurry for]."* Pause, let her reply. *"Tell you what: Let me grab*



your number and I'll give you a ring later. If we get along on the phone, maybe we'll go hang sometime."

Flaking isn't a problem. These numbers are **always** real (occasionally she'll say she's flattered, but can't because she has a boyfriend: but I've never gotten a fake number like this). You DO have to talk to her before you ask her to go hang out. You need to get to know her a little, see if she's actually cool, etc. But they're good numbers.

I'd recommend Woodhaven's post "The Transition to Natural Game" for more on this. He says one of the things that inspired him to come up with the Continuous Flow of Action concept was how fast I could get good numbers... totally not in line with some ASF dogma.

Don't worry about getting 20 minutes. You need to smooth, confident, and cool, and strike a good impression. But to make an example: If Brad Pitt were to walk up to a woman and say, "Wow, I really like your look, but I don't have time to talk to you right now. Let me grab your number and maybe we'll talk later", would she hmm and haww?

If you're not Brad Pitt, that's okay: You can become very attractive yourself, by working your body language, speaking patterns, style, and so on. The drive behind getting a quick number is not the actual words: Though the words are pretty close to optimal, they don't do much without the right attitudes and the external manifestations of those attitudes.

Dimitri



Honest Hedonistic Kissing

Being consistent about what role you want a woman in your life will make it easier for her to accept and ensure that there's far less drama for you to sort out. If she knows from the start that you and she will have a casual relationship, she'll be far more accepting of that role as time passes.

Obviously you do this through your words. But you might give her the wrong impression even if you tell her verbally, "I'm not ready for a relationship" or something along those lines - Many men say things like these, then go on to get into committed relationships.

If you want a really casual relationship - the kind where you can sleep with her friends without her minding - then you need to make it clear on all levels that that's what you have. The verbal aspect is easy to understand - You don't tell her she's your girlfriend, or the only one for you, or talk about marriage.

You need to also refrain from doing "exclusive girlfriend activities". Don't do dinner-and-a-movie, go to weddings, or do other similarly girlfriend-type things. Avoid introducing her to your parents, and meeting hers.

These are also fairly easy to understand - If you want a casual relationship, you should keep it... casual. The words should be those of a friend, not of a soulmate. The dates should be friendly, laid back activities.

Getting honest in your words can be done. Good dates can be chosen. Then, there's one last piece that is one of the most critical for honesty in the relationship - The way you get physical with her. If you want a true casual relationship, you should make all of your physicality very hedonistic and passionate. Don't be gentle and "make love". This is especially true with kissing. If you want an honest, casual relationship, make sure you don't lead her on with how you kiss her. If you frequently kiss her softly, tenderly, and gently, share little smooches, and other "girlfriend kisses" - she's far more likely to start thinking of herself as your girlfriend and wanting to be your girlfriend.

Instead, limit the kissing you do. Don't kiss much in public, don't kiss a lot in general. When you kiss in the bedroom, make them deep, hedonistic kisses. Be dominant and strong, and don't kiss her the way you would a woman whom you want to marry. If you kiss her softly and gently, you're sending her mixed messages. Keep your kissing hot, heavy, and hedonistic if you want less expectations.

Remember: You can be honest with your words, but lie with your kisses. Keep your kisses true if you want to keep the drama down.



The Two Kinds of Club Makeout Guy

By Dimitri

There's two kinds of men that make out with women in the club. While the "club makeout guy" doesn't get laid, there's another kind of man that kisses women quickly and passionately, and then pulls the trigger later.

Who is the dorky club makeout guy?

The dorky club makeout guy is a guy that thinks he's worth a lot more than he is, who is often good looking or well-dressed, whom women make out with for fun and for laughs. He frequently thinks he's much further along than he is, and is surprised when the women disappear at the end of the night.

What kind of guys make out with women quickly, then lay them?

A man can make out with women very quickly, and go somewhere with it. There are two keys to this:

*First, you need an extremely sexual image. This means tight, fashionable or image-projecting clothes. Hair that is unique and interesting, and "wouldn't be acceptable for work". An interesting accessory, great body language, and a sly smile.

*Second, you need to recognize which women are possible to kiss quickly. There's a lot to be said for this, but here's one of my favorite tricks:

Work the room very quickly, opening lots of people. After you do, introduce yourself quickly, and take the person's hand. When it's a woman, lean in towards her and swap "cheek kisses" with her. That's where you touch your cheeks against hers one at a time and make the "mwah!" kissing noise.

While you do this, look for girls who PUT THEIR LIPS ON YOUR CHEEK. Most women will touch their cheeks to yours - This is how it's typically done. When a woman puts her lips on your cheek, you can make out with her right away.

After she puts her lips on cheek, kiss her with your lips on her other cheek. Look her in the eyes and say, "Wow, your lips are so soft" while standing very close to her. Commence makeout.

NOW! If you want to be the guy who takes her home (or to the bathroom), as opposed to "club makeout guy" here's what you need to do -



- *End the physicality first. Break off the kisses and makeouts before she does.
- *Don't "expect" more. Realize that if she's down for it, you'll have a good time, but if she doesn't, don't be hurt. I.E., don't act surprised or hurt if she goes off to do her own thing.
- *Get LOTS of compliance from her. Getting her to buy you a drink is a good start.
- *Move her around, meet her friends, and introduce her to your friends. DON'T try to get her alone in the corner.

Doing it like this will keep your value high and get her heavily invested and attracted. It lets you make out with girls quickly which is always fun, while giving you your best chance to lay them later. Keep playing.



DiCarlo Escalation Ladder

Foolproof Physical Escalation in Half the Time

The DiCarlo Escalation Ladder is a step-by step formula, followed by a number of laws which govern it's use for maximum effect.

It is designed to provide a smooth escalation, containing no significant jumps that may cause a woman to object. At the same time, the DEL contains no extraneous steps which are non-essential to the seduction process. This results in a FAST escalation sequence which is compatible with a variety of verbal structures, and has been field tested and perfected by myself, Vincent DiCarlo, in hundreds of trials.

Without further marketing, hype or other bullsh*t, I present... the DiCarlo Escalation Ladder!

1. Eye Contact and Initial Conversation

Eye contact is the first step. It's use shows social awareness and always improves your chances of starting a conversation. Start your conversational game shortly after eye contact.

2. Incidental Class 1

The first class of incidental kino involves the arms and hands. Shaking hands, tapping people on the shoulder and brushing arms are all very common things that we do on a daily basis. Done in an incidental manner, ie. occurring merely by chance or without intention or calculation, it is extremely effective at building initial comfort.

Incidental Class 1 Examples:

- Hand shaking
- Arm brushing
- Light touching on her arm to emphasize your points
- Anchoring her arm near elbow to hold her close as you talk
- Standing next to her with your arm touching hers
- High Fives
- Palm Reading

3. Overt Class 1

There is an unmistakable recurring pattern throughout the DEL: incidental kino, followed by overt kino. Overt means open to view or knowledge; not concealed or secret. While incidental kino is usually done in a context which masks your intention, overt kino is not. The incidental kino which precedes it creates the familiarity necessary for the overt kino to be accepted.



Overt Class 1 Examples:

- Holding hands
- Arm in arm escorting

4. Incidental Class 2

Class 2 kino involves any contact which takes place on her torso or legs. This is slightly more intimate than class 1, but does not include erogenous zones such as her breasts, crotch or inner thighs. Those areas are not paid any direct attention until the escalation ramp - to be defined later.

Incidental Class 2 Examples:

- Standing very close with your legs touching hers
- Sitting close together with your legs touching hers
- Lightly and incidentally brushing her abdomen with your hands while talking
- Briefly touching her back with your palm while speaking as if you are pulling her in to hear you better

5. Overt Class 2

Overt class 2 kino is usually done while sitting down. It's not necessary, but definitely a smart place to make the transition to sitting down. This class of kino should be done in a protective, almost romantic manner.

Overt Class 2 Examples:

- Frontal Hugging (done best as a positive reaction to her compliance)
- Escorting her through the bar with your hand on her lower back
- Sitting next to her and placing her leg over yours
- Holding her abdomen on the side while sitting down and talking
- Placing her hand on your thigh

6. Incidental Class 3

Her hair, face and neck are the regions included in class 3. Many guys make the common mistake of touching these areas too soon, with a girl they first met. Girls are surprisingly protective of their hair, face and neck placing these relatively high on the ladder. Another common mistake is that more experienced guys will generally skip this step altogether, only to face last minute resistance later on.

Incidental Class 3 Examples:



- Brushing (or pretending to brush) something off of her face
- Talking very closely with your face touching hers because the environment is extremely loud
- Touching an interesting necklace she's wearing, meanwhile allowing your fingers to lightly caress her neck
- Playfully pinching her cheeks

7. Overt Class 3

The manner in which kino is delivered in overt class 3, is very direct. It is meant to prepare her for kissing, and is done in a very slow, gentle and romantic way. Most of the time you should be sitting down, relaxed and maintaining a good sexual state and strong eye contact.

Overt Class 3 Examples:

- Placing her head to rest on your shoulder
- Moving your face into her neck and smelling her
- Lightly stroking her face with your finger, close in, looking into her eyes
- Running your fingers through her hair, close in, looking into her eyes
- Holding her behind the neck with your palm to the side of her neck, looking into her eyes

"Escalation Ramp"

While the above steps from 1-7 may take anywhere from 30 minutes to 10 hours, the escalation ramp is very rapid. The duration of the ramp should be about 10 - 30 minutes. Start the ramp very quickly once you have complete isolation in a sex location.

8. Kissing

Start kissing from a very close proximity. Don't come diving in lips first from three feet away. Ideally you should already be in a suitable position for kissing before you try. If you have overt class 3 kino taken care of, you're probably in the right spot.

A technique for building sexual tension - move closely in, slowly as if you might kiss her, and then move away and start talking about something else. This will build the tension and she will wonder when you're going to actually kiss her.

A technique to initiate kissing - try placing your finger just underneath her chin and pulling her mouth towards yours.

Kissing should be light and short at first. You should be the one to pull away first. Don't use too much tongue at first, just use it to tease her, and build anticipation.

9. Kissing Her Neck



Once you have kissed her for a bit, move down to her neck. Kiss it gently, while holding her close to you. Depending on how rough you want to set the mood, feel free to throw in some gentle biting too.

10. Touching the Bare Skin of Her Back

Once you have established kissing both on her mouth and neck, move your hands to her waist and underneath her shirt. Continue to hold her close to you, now with your hands directly on her back.

11. Stomach to Stomach

Now that you have established touching her skin, below her shirt, simply move your hand to the front, and lift her shirt, exposing only her stomach. At the same time lift your shirt as well so that your abdomen is in direct contact with hers.

It seems innocent, but will meanwhile trigger intense sexual feelings inside of her. The only time she feels contact like that is usually when she's naked and having sex.

12. Kissing her Body

Having her shirt pulled up affords the opportunity of moving downwards to kiss and caress the bare flesh of her abdomen. Start kissing her there, along the sides, and move upwards.

Touching and kissing the breasts is optional. It is not necessary, and in some cases can be detrimental to your progress. There are some women who have a negative anchor to their breasts. Inch toward their breasts and feel her reaction. If she becomes increasingly turned on, then go for it. If she starts to close down, skip the breasts until you are already having sex.

13. Incidentally Stimulate Vagina

While you are kissing her body, you can position yourself between her legs and use your midsection to rub against her vagina. If you are kissing her mouth you can position your thigh to stimulate her vagina.

You can also be kissing her body and reach between her legs and plant your hand on the bed below her. Then use your forearm to stimulate her vagina. The key here is that because you aren't using your hand or fingers, she has no basis for objection.

14. Direct Vaginal Stimulation from Behind (Inside Panties)

Once you have really amped her up by incidentally rubbing her vagina, move your hand around to the back and slip it inside her panties and touch her naked ass.

Next move your hand all the way down and reach her vagina. Start first by touching the area around it. Then proceed to finger her from behind. Women never expect to have it happen this way. Trying to reach your hand down the front of her pants will often be resisted, but from the rear is unexpected and effective.



If she is wearing a skirt or dress, you will instead move your hand up the back of her leg, and reach her vagina that way. Finger her and then proceed directly to step 16.

15. Direct Vaginal Stimulation in Front

Get her heated up by fingering her, and then when once she is sufficiently turned on, undo the front of her pants with your other hand.

You can use the Situationally Relevant phrase "My hand is being crushed" as you do it, although it's usually not necessary. Since she is engaged by the fact that you are fingering her, she will rarely object to your simultaneous undoing of her pants. You may also have her undo her pants, by saying "Unbutton your pants." as you are fingering her.

Moving to the front, you'll be able to get more penetration with your fingers, and get her to the point where she is practically begging for sex. Use a firm "come-hither" motion pulling forward on the front vaginal wall and stimulating her g-spot.

16. Remove Her Pants, Sex

The idea is to get her so heated up by fingering her, that she makes a commitment to sex, verbally or physically.

There are a few ways to go about this. Firstly, it is very important that you don't stop fingering her before her pants are off. Too many times a guy will stop fingering her, and then try to take off her pants, only to get more resistance.

While fingering her you can say "Do you want me inside you?" Which will usually get a "Yes." response. At that point you say "Ok, take off your pants." and continue to finger her until her panties are off, and she's ready to go.

Another option is to skip the question and directly tell her to take off her pants. Usually with your fingers busy at work, she will be more than compliant.

Another technique is to ask her "Do you want me to get a condom?" In 90% of all girls you ask this, they will say "Yes." Not because they are saying they want sex, but because they want to appear safe and level headed. You will interpret this as the permission to get a condom and have sex with her, and it will most likely be met without opposition.

ADDITIONAL POINTS

1. Higher Levels Unlock Access to Lower Levels

The rungs of the DiCarlo Escalation Ladder may be treated exactly the same as compliance



levels. The point is, any time you reach a higher level through situational relevance, it unlocks the lower levels automatically.

A good example of this is in a loud club or bar, you can reach in and talk directly into her ear, getting incidental class 3 kino, touching the side of your face to hers. You are speaking to her in a way that is dictated by the situation, so it is accepted. If you accomplish this without her resistance, all lower levels will become unlocked.

2. Execution of the Escalation Ramp

The escalation ramp, which consists of steps 8-16 is most effectively executed in isolation in a sex location. It is not efficient to start the ramp with the intention of finishing it at a later time. Starting the ramp without finishing it will lead to an increase in flaking and decrease a woman's attraction toward you.

This is because these sexual behaviors were formed thousands of years ago when we were still living in caves. The natural instinctual urges, combined with a lack of knowledge of modern-day sexual consequences meant that escalation with a woman would 100% of the time lead to sex.

By executing the ladder correctly, you are matching her genetic sexual programming and giving it to her the exact way that she wants it.

It is acceptable to do the first part of the ramp - kissing - outside of a suitable sex location, but only if you plan on completing the ramp later in that same meeting. It's not to say that kissing a girl on a non-sex meet will destroy your chances, but it certainly won't improve them. Kiss-closes may look impressive and feed your ego, but aren't technically optimum.

3. Incidental Vs. Overt Kino

There is always a question as to how to execute these different pieces of kino. In general, you should spend most of your time in the incidental phase, getting her comfortable with contact in those regions.

This pattern of incidental followed by overt is almost like a Jedi mind trick. Use the incidental kino in a very non-invasive, very much under the radar manner, and her subconscious will automatically accept the subsequent overt kino.

Since she accepts the overt kino, it is through a process of backwards rationalization that her attraction for you increases. The key is to make the overt kino extremely short. Each overt phase in the initial ladder should have a duration of 5-10 seconds. You're not going to be holding her hand in the club for 5 minutes at a time while in class 1. Keep it short and sweet.

4. Group Ladder Theory

There is quite a bit of evidence supporting the idea of a "group ladder" concept. Within a tightly knit group of girls who share a "collective emotional state" with each other, it is possible that



whatever step on the ladder you achieve with one girl can transfer over very easily to the other girls in the group.

In a sense, each group of girls has a ladder, which represents your escalation with that group. If you can comfortably touch and hold a girl at a certain point in the ladder, it creates an implicit trust of "this guy is cool" for the other girls in the group at that same level. Keep in mind, however, this does not include the escalation ramp, although it has been observed to happen with kissing quite readily.

5. DiCarlo Escalation Ladder as a Standalone Method

The DEL provides both a sufficient framework for escalation and a linear step-by-step process such that it could be used as a standalone method. You can use one of the many popular verbal structures out there, but basic conversational skills will suffice, given an elementary understanding of the ladder.

There is an inherent value and attractiveness to a man who can escalate in such an intelligent and socially aware manner, which is why your verbal content does not matter very much when using this method.

The DiCarlo Escalation Ladder combined with enough conversational skill to disengage her critical mind is a very powerful, yet "natural" method.



Some women don't sleep with men til the 3rd date? Really... ?

Some women insist on "dating" before sleeping with a man. I understand why - they want to know him, and know he's a quality man that will be nice to take as a lover before sleeping together.

Most quality women even have an idea of how well they want to know a man before getting intimate. The thing is, it's easy to know but hard to measure, so often a fairly arbitrary label gets put on it: "Number of dates"

"Not 'til the third date..."

"I don't sleep with men before the fourth date..."

"At least five dates..."

The solution is simple - Go on five dates the first time you two get together.

See, memory isn't linear. You can't quite measure exactly how long and how well you've known someone. Instead, memory and how well you know someone has the most to do with how many different experiences you've had together.

Take an example - if you've been to high school or college (secondary school and university for all you European cats), you might've had a professor who occasionally held class outside, or took you on fieldtrips, or had some classes in a lab.

Didn't you feel like you knew that professor better than the professors whom you just sat in a classroom with? Of course! Now, whether you personally knew him any better is debatable. Maybe you personally did, maybe not. But here's the thing: EVERYONE that had that teacher thought they knew him or her a little better, and were a little closer.

It's why many people don't feel like they know your coworkers well, despite having worked hundreds if not thousands of hours together - yet feel like you've known a friend forever if they've been to a few different parties and out to a few different places even after meeting only a few weeks before.

Besides, dates in one place get stale! The best formula I've found for getting together involves setting up something that's no-pressure and easy to walk away from - for you or the girl. Something that takes not very long. That way, if she's not to your taste, you have a graceful out after a little while, and she'll be more likely to come knowing it's no pressure.

Never meet for food - it makes it a "date", specifically, "date#1" (of 3, or 4, or 5...). Meet to do something quick and fun, and then if it starts going well, feel free to try this one out:

"You hungry?"



If she says yes, you stop and eat somewhere. If she says no, you can say,

"That's okay, you can watch me eat" - with a big smile.

Bounce around to many different locations, and you'll feel like you've known each other longer and you'll both feel a stronger connection. And here's something great I love for doing if you're getting dinner (NOT as the plan, of course, but after already having coffee or going window shopping):

Look at the menu for a minute, then say, "I know what we're getting!" and take them both. When the waiter comes, say, "The lady and I will split a bowl of french onion soup, and a chicken cesar salad."

When the food comes, sit next to her, or have her sit next to you. Just eat at first, but move into splitting it, feeding her, having her feed you, and making a mess.

Want to move to a bar afterwards? "I'll grab the check if you've got the first round of drinks."

Want to have her pay the check instead?

Look at her, and say: "You got this one?"

Yes, it works. Yes, consistently. Enjoy!

Sebastian



The Importance of Logistics in Pickup

A frequently overlooked factor in pickup is logistics. Logistics are very important for pickup, in fact, they are the aspect of the interaction that you should spend the **most** time planning out.

What you say and the specifics of what you do to attract her — this should all be spontaneous. But you should always have a solid logistical plan in place when you go out or go on a day2. Don't just go out and hope good things will happen with logistics — because most of the time, they won't.

For example, I have a logistical plan that I use on all my dates. I invite the girl to cook food with me at my apartment, and I meet her at a local ethnic supermarket. We buy food together, then we pick up bubble tea together at a place nearby. Then, we go back to my house and cook the food. Afterwards, we clean up together, and I bring her to my room to watch a movie.

I make sure that stuff is piled on the couch and my chair, so that we both have to lay down on the bed to watch the movie. I pop one in, turn the lights off, and go under the blankets with her.

Now, I'm cuddling under the blankets in the dark with her — it's easy to escalate to sex from here.

This is my logistical plan. Come up with your own based on what you have around you and what your interests are. What you want in your logistics plan is:

-Multiple Activities. It makes it seem like you've spent more time together, and makes things more fun.

-A smooth progression to isolation. The logistical plan should lead smoothly and naturally to isolation and sex. You should always know the next step in the plan, and know how you're going to get her isolated at your place.

Having a plan like this will improve your game tremendously. It'll free you from having to worry about this stuff, and let you concentrate on enjoying the interaction.

Having said that, don't be too dependent on your plan. You should always have a plan, but if a better opportunity comes up, go with it. For example, if I meet a girl in a club and she's down to go to my place right away, I'm not going to be like "No, sorry, we've got three more steps in the plan before we get there..."

Sinn has a good post on [his blog](#) about logistics that you should check out. Read it here:



Whenever I think of the main things that guys should work on in order to be more successful with women, I always forget to mention logistics.

If you want to get a same night lay, logistics are especially important.

Last night The Don and I pulled a 2 set from the standard with an assist from Ajax.

I made a crucial mistake that led to me getting LMR. I left my house keys in my car.

So that means that we had to pull to The Don's house 20 minutes away. This also meant that I couldn't isolate my girl. I now had to remain with the others rather than just being able to pull to my place.

Logistics are one element of the game that is entirely under your control.

That means that if you are trying to get a girl home that night, your place needs to be immaculately clean, should have some alcohol or other party accessories, and should have a reason to bring the girls there. This also means that you should make sure you always have condoms in case you have to go to her place.

When I was in Pho for my last bootcamp the night before Rahn and I pulled a 2 set back to a guy friend's place where thanks to me having a condom, I was able to have sex with the girl on the couch.

Another thing to mention about logistics, if you are trying to bounce, you should bring up where you are bouncing to in the first 25 minutes. This is called seeding the bounce. Then you need to bring it up again as you are getting ready to leave.

Logistics extends to Day2s as well.

You need to make sure that the girl either meets you at your house, her house, or at a comfort location near your place or hers.

The reason to do this is to make sure that you can easily get her back to a seduction location when you have built sufficient comfort.

Also make sure that you have a reason to have her come back to your house. A book, a movie clip, a hookah, etc. This is to avoid having her come upstairs with no pretense which will undoubtedly trigger her ASD.

So in conclusion make sure that every night you go out, you have condoms, a plan as to where you will bounce girls and your place ready for partying.



The Two Kinds of LMR

by Dimitri

I've had a stunning realization. In the last week and a half, I've taken to three new women's bedrooms, culminating with a true 10 last night, the most beautiful woman I've ever had.

It made me realize that there's two kinds of resistance you'll see in the bedroom that can be overcome:

She likes sex, but has reservations about you. She likes you, but has reservations about sex.

If she likes sex, but isn't sure about you, you're suffering from a lack of attraction. This is what typical LMR stuff on ASF is built around. You turn away from her, punish her, make her chase you for other reasons, and otherwise try to amp attraction up.

You shouldn't be running into this kind of LMR when you're operating at a higher level. In fact, at the highest level, you're MUCH more likely to be running into the second kind of LMR: She likes you, but has reservations about sex.

This is where she really feels you, and likes you, but is afraid sex with you could have some negative repercussions. Either because you're a playboy and you'll be out the door as soon as you're done, or she doesn't want to feel like a slut, or scare you off or otherwise lose you.

With this, it's much better to be gently persistent, along with gradual and very rewarding. If you take a girl that's really into you and make sex a huge deal with a theatrical performance in bed involving backturns and punishment, you'll damage her AND give her power of you in the form of sex. Sex with a girl who likes you should be a mutually rewarding thing, that you gently lead her towards. You're the man, so you lead, and that's why you're leading. You reassure her about any hangups she has, and keep things moving for a pleasurable time for both of you.

My last 3 new girls:

NO LMR: Almost two weeks ago, Woodhaven and I get girls. Woodhaven fucks my girl's friend. My girl likes me, and enjoys sex. She's had some sex before, is comfortable with it, and isn't afraid of it. She doesn't have any hangups about me or sex.

When it comes time to get down to business, no problem: No LMR. She has no hangups about me or sex.



HANGUP ABOUT ME: I was taking a call outside my friend's apartment on a cell phone about a week ago. A Latin girl wearing a leopard spotted short dress and high heels (or is it cheetah? I can't ever keep 'em straight) walks by. She was looking hot, I told her so. I ran into her later in the same building, and after a few minutes of conversation, I go up to her place with her.

I see she has the complete series of Buffy the Vampire Slayer on DVD. I say we ought to watch one, we get in bed, watch the show (first time seeing it, it was okay) and cuddle up. Afterwards we start to get it on some, but I run into LMR. This girl *loves* sex and it's obvious: She's a dancer and was actually heading out to dance when I first saw her earlier in the evening. She's got a dancer's body too.

I keep going, persisting, and eventually fingering her. Her pussy is very nice and symmetrical, and smells wonderful, so I actually go down on her (rarely do this on a first meeting, but I wanted to). I was unable to fuck her that night, though, and on a subsequent visit, I ran into a similar performance.

The reason wasn't a hangup about sex: This girl was very sexual in all ways. It was that she didn't know me very well, at all. She wasn't sure if I was the right guy for her and so on. Though I could've likely gotten some conciliatory head, I passed on it, and unfortunately wasn't able to finish what I started later.

The mistake I made, in retrospect, was assuming she wasn't necessarily into having sex. See, when I run into LMR, 90% of the time or more these days, it's because the girls think I'm a playboy or have some other ideas or reservations about sex holding them back. This girl was definitely down for rocking the bed, but wasn't sure if I was the kind of guy she'd take. In this case, reassurance-based stuff wasn't the right way to go.

HANGUP ABOUT SEX: A true 10, by God, the kind I see about once a season. Korean, this time, and taller than me in her Gucci six inch stilettos.

From the start, I play it cool. I get her number fairly quickly because I was late to a play I wanted to see. After that, I talk to her on the phone a couple times, hang out with her for one hour once, talk on the phone once or twice quickly, go out for four to six hours in a really fun, long day that we kissed at the end of, talked once more shortly, then I went over to her place and cooked dinner with her.

She lives in a small apartment with another Asian girl, and her roommate left after I showed up to give us some time to herself. I greet her at the door with a peck on the lips, then we cooked pasta together. I chopped up vegetables while she stirred the meat sauce we were making. We've got an incredible connection, and we really, really like each other.

After dinner, she says, "You like fruit?" I was about to say no, because I was full from our excellent cooking, when she says she's going to get us strawberries.



She cuts a bunch of strawberries in half, and cuddles up to me, taking two small bites of a strawberry before feeding the rest to me. We kiss a few times as she feeds me like a King, and then we kiss passionately. I take her to her bedroom and we start up.

She's really nervous, repeatedly saying she's shy. "Honey, I'm shy" and "Honey, I'm nervous" she'd say. I kept reassuring her. "Baby, it's okay. We're just going to spend some time together." "It's okay, baby, you're so beautiful, you don't need to be shy." And so on.

She had no hangups with me: She was really feeling me, maybe even thinking I'd be the next man she'd love. But she had some hangups about sex.

With that, it's time to reassure her that I like her, I'm going to be with her, and emphasize the strong connection we feel. This is the exact opposite route you want to take with a party girl on a one night stand: You don't want her thinking you're going to mess her regular life up if she just wants to get down once and never see you again.

But I was gentle and caring, and slowly took my girl and I to new heights. We didn't have long to have sex since her roommate was coming home at some point, but it was amazing none the less. She came a couple times, I really enjoyed it, and we held each other afterwards. I then drank some water and we went for a walk before I kissed her goodnight and headed on my way.

If I'd punished her for being nervous or shy, I'd have broken our connection down. Much-hyped ASF stuff like backturns and freezeouts in the bedroom would've set a horrible tone for the relationship that's to come between us. If the girl is really feeling you, you won't need to punish her or convince her to sleep with you. You just need to give her a comfortable way to sleep with you.

Remember that you're attractive and you're strong. When you play cool, natural game, you don't need a production in the bedroom: Just gently lead her and take her to new heights of pleasure.

Dimitri



CONVERSATIONAL TOOLS



Starting Conversations, Talking What You Want to Talk About, and How To Do It

By [Sebastian Drake](#)

Starting conversations isn't rocket surgery, but it can feel like it sometimes.

You're about to get it broken down for you. How to start a conversation with any woman.

The rule that determines what to start talking about is Situational Relevance.

What you start talking about has to be Relevant to the Situation. In bars and nightclubs, the atmosphere is about having fun and socializing. So what you use to start conversing has to be relevant to an atmosphere of having fun and socializing.

If you stalk through a club like a hunter, and ignore everyone, you're not being situationally relevant.

On the other hand, if you see a beautiful woman in the daytime, in a mall for instance. In that case, why are you interrupting her day? You need to present a reason you're talking to them.

If you stop and ask them their opinion on world politics, you're not being situationally relevant. If you're talking to a woman going about her day, specifically to her, you need to do it for a relevant reason.

One thing that's always situationally relevant is a solid compliment. See, I'll share a little secret with you: Women wear interesting and unique pieces of clothing and jewelry as an easy way for observant, confident men to start conversations with them. If she's wearing a unique, cool pair of gold-colored high heels, "Hey, I'm feelin' the heels" is situationally relevant in the daytime.

From there you go into conversation. And guess what? SitRel rules conversation too. Everything you converse about has to be situationally relevant. So if you want to talk about something, you have to bring it up in a way that's SitRel.

A lot of things that are portrayed as cheesy or overplayed are seen like that because men just drop these "lines" out of nowhere. Stuff like "What's your sign?" and "Tell me your dreams." But let's look at "Tell me your dreams", shall we?

How to ask that in a situationally relevant way?

Situational Relevance in Action:



Start by asking her what she does for a living. She'll answer with her job. Then you ask her, "Is that your dream job? Nine out of ten women will answer no.

From there, you can say, "Oh? What are your dreams then?"

It looks like this:

Pick-Up Artist: So, what do you for a living girl?

Girl: I'm an accountant.

PUA: Oh really? Is that your dream job?

Girl: Not really.

PUA: Oh. What are your dreams then?

That doesn't seem unnatural. With proper delivery and tonality, it goes over really well. She'll get starry-eyed and start talking about her dreams... and you didn't seem like cheesy wannabe player guy.

If you want to talk about any subject, you can use situational relevance as the bridge to get you there. Let's say you work as a surgeon.

If you say, "I'm a surgeon, a true professional that makes a lot of money and saves lives," you're bragging. Comes across pretty lame.

On the other hand, look at this:

You call up a girl whose number you recently got, Sally.

You: Hey Sally, how's it going?

Sally: Okay. You?

You: Oh... relieved. Barely.

Sally: Why's that?

You: Well, this young kid came into the ER today and his mother was all shaken up. Thank God, he was okay, just had heat stroke. Got some water into him and he was okay.



Now she knows you're a doctor, without you bragging about it. This can be used for anything in any profession.

And speaking of phone numbers, how do you get one in a situationally relevant way?

You NEVER ask for her phone number. You never say, "Can I get your number?" No no no no!

Instead, after you've gotten done talking, you suggest an activity to do together.

Me: Hey, it's been really nice meeting you Jackie.

Jackie: Yeah, Sebastian, I had a great time.

Me: Tell ya what - I'm heading to this cool free concert at the Common next weekend. You should come with.

Jackie: That sounds fun.

Me: Cool, let me grab your number.

Then I take my phone out. Getting the number is relevant to meeting next weekend. Or for coffee. Or for whatever.

I don't want the number for the number's sake (which wouldn't be situationally relevant). Instead she agrees to a fun activity with me, and of course we need each other's numbers to finish making plans.

That's Situational Relevance in action. Everything you do needs to be situationally relevant. How you start a conversation, the things you tell her, the things you ask her, and how you get her number or keep the conversation going. If you can master situational relevance, you can talk with women anywhere no problem.



Complete Guide to Vibing

by Spirit Fingers

Vibing is commonly thought of in the community as “fluff talk,” or just filler in between your routines. Even by people who run completely spontaneous game, there’s never been an in-depth breakdown of vibing.

In this post, I will cover:

- 1.) Beginning vibing: Always having spontaneous conversational material, and solving the problem of “stalling out.”
- 2.) Set-up questions: How to vibe when the girl gives you nothing to vibe off of.
- 3.) Timing: How to be completely spontaneous by vibing only off currently relevant topics.
- 4.) Advanced vibing: Leading the conversation away from negative and boring topics, and towards emotionally powerful topics.

1. Beginning Vibing

A common problem for guys without a lot of social experience is that they "stall out" when they are having conversations with girls. This is caused mostly by a lack of experience with vibing, either by a lack of social experience or by over-reliance on canned material.

The most important thing to learn about vibing is that you cannot have an interesting conversation on a single topic for any period of time. The second most important thing is that outside of some very high-energy club environments, you cannot just switch topics randomly. You need to vibe smoothly from one topic to the next.

Vibing is mostly a process of topic association. With everything she says, a girl will give you a number of potential directions in which to take the conversation. Good vibing is the result of being aware of these directions on an unconscious level, and taking the conversation down the best path.

Let's take an easy example. Suppose a girl said to you "At this party last night, I got really drunk and started grinding with my girlfriend and making out with her."

Possible topics for you to vibe off of are:

1. The party last night
2. Parties in general
3. What you did last night
4. Getting really drunk



5. Girls making out with other girls
6. Her girlfriend
7. Grinding/dancing
8. Dancing at parties/clubs

This is the easy part. Just by recognizing what a wealth of topics she presents you with every time she opens her mouth, you'll solve the problem of "stalling out" and having nothing to say.

Occasionally, you can break the association rule, and make a topic switch with no transition. The key to this is to do it sparingly, especially in low-energy environments. Too much totally unrelated topic switching makes it seem like you're nervous and too occupied in thinking of the next thing to say to listen to the person and enjoy the conversation.

Once you've mastered beginning vibing and you no longer "stall out," you can move on to the advanced version of vibing, which is picking the best topic to attract the girl with. More on that later.

2. Set-up questions

Usually, girls don't present us with sentences as topic-rich as that last one. For example, let's say you called a girl, said hi, and told her a short story. She laughs, or says cool or whatever, and then doesn't follow that up with questions or a story of her own. You now have NOTHING to vibe off of. This is when most guys panic and bust out an irrelevant canned routine, trying to entertain a girl into talkativeness. Wrong move.

A better way is to ask what I call "set-up questions." A set-up question is a question which is useless by itself, but opens up possibilities for vibing. They are basically the questions AFCs ask all the time. The difference between a set-up question and an AFC question is the purpose it is asked for. Examples are:

What have you been up to lately?
Where do you live?
Are you in college?
I hear an accent, what nationality are you?

Obviously, useless for attracting a girl by themselves. You want to avoid asking these questions too much, and only ask them as much as you have to in order to create material to vibe off of.

Let's go back to our phone example, where you have nothing to vibe off of. This happens to me all the time, and usually I'll ask the first set-up questions I listed "So, what have you been up to lately?" if she's unresponsive to my initial story.



Sometimes I get a good answer from this, but often it's something like "well I got called into work...it was so stressful...and then I watched some TV." The possible topics here are work, stress and TV. This is something which stumps a lot of guys, when they aren't presented with any emotionally powerful topics. The critical thing to understand with these responses are that **YOU CAN SPIN ANY TOPIC, NO MATTER HOW BORING, INTO AN INTERESTING OR EMOTIONALLY POWERFUL ONE.**

Let's take the example of work. You can easily spin the topic of work into something interesting by telling an interesting work-related story which happened to you or someone you know in the past few days.

For example, in a situation like this a few days ago, I responded with "Yeah, I know what you're saying, work can be stressful sometimes (pace her reality). I remember once I was doing the same thing, working for twelve hours, and I came home really tired. I walk into my kitchen to grab something to eat, and my girlfriend at the time was there, cooking something. At first it kind of freaked me out, I was like "how did you get in?" It turns out she actually broke in through the back door and just started cooking in my kitchen. But anyways, she knew that I was working all day so she decided to surprise me by cooking me some Salvadorean food for when I got home. And I thought that was awesome...I loved how she would always do little things like that for me. I thought I was tired when I got home, but after that I didn't feel tired anymore. We ate, and then I took her out to a club and we danced all night. I think it's crazy how you can think you're tired, but then you see someone who you like and they can make you feel better. So anyways...you seem like the type of person who would do little things like that for people...are you?"

Of course, don't copy my story, you need to make up your own. If you copy mine, it will come off as ENTERTAINING and canned, and it will hurt your game. And most importantly, don't tell the story to try to demonstrate value, do it to smoothly set-up the screening question.

The important thing to notice in this story is how I spin the boring topic of work smoothly into an interesting story, and then into a screening question. If you can do this, you can vibe even when the girl is having trouble opening herself up to you.

3. Timing

Timing is absolutely CRUCIAL for good vibing. The biggest thing I've noticed in conversations is that a really funny or emotionally powerful remark at one point in the conversation is no longer funny or powerful ten or even five seconds later.

The biggest social error I made when I was just learning how to vibe was latching onto topics, and "saving" them for later. Once I heard a good topic, I would ignore the rest of what the person said, and just wait for them to stop talking so that I could go off on my thread.



The most critical thing to understand with timing is that SPONTANEITY AND RELEVANCE ALWAYS TRUMPS THE VERBAL VALUE OF WHATEVER YOU HAVE TO SAY. Always, always, always. A great thing to say now will fall flat on its face ten seconds from now. If you have something great to say, but the person continues talking and gets on a different topic LET IT GO. However great it was, it is better that you say something relevant and semi-interesting than something irrelevant and very interesting.

This all goes back to demonstrating value. And by demonstrating, I mean actually demonstrating in a way that can't be faked, not telling DHV stories which are actually a subtle way of qualifying yourself.

If you say something awesome but irrelevant, it comes off as attempting to compensate for your lack of value by trying really hard to come up with interesting conversational material. Also, it shows that you aren't listening to her, and that you're too nervous and wrapped up in what to say next to actually pay attention to what's being said.

Contrast this to the guy who's spontaneous at all times, even when it means sacrificing the opportunity to tell a few of his favorite stories. Even though he may not be verbalizing value by telling DHV stories, he is **demonstrating** value by being spontaneous. This shows that he is relaxed, enjoying the conversation, and not trying to entertain the girl.

If a really interesting topic comes up and you really want to talk about it, the only way to bring it up in a relevant way is to cut the other person off and start your thread. Be careful with this though...you only want to cut someone else off if you could significantly improve the direction of the conversation by doing so. I've met guys who cut people off all the time for no reason, and it comes across as try-hard and needy for attention.

Some examples of timing:

BAD TIMING:

Girl: So the other day, my friends and I went to this really awesome party. Then when we were coming home, these gross old guys starting hitting on us, and I was like, ewwww. But my friend is so drunk she actually starts going for them, and I have to drag her away. So anyways, we get back to my apartment and put my drunk friend to bed, and me and my other friends start talking about the guys we've gone out with lately. We were saying how weird it is, when you meet a guy and he's drunk, and in the daytime he's a totally different person. It's like, there's so many guys out there that are cool at a party, but in real life they're just not boyfriend material.

Guy: Yeah, so the other day I was at this awesome party too... (guy totally missed the importance of the story)

GOOD TIMING:



Girl: (Same story)... cool at a party, but in real life they're just not boyfriend material.

Guy: Yeah, I hear what you're saying. I think girls can be the same way sometimes. And I mean that's cool, I love to party too, but I think it's important that people be able to both party, and be someone who you can have a good time with in the daytime when you're both sober. Like, you seem like a party girl, you definitely know how to go out and have fun. What do you usually do for fun in the daytime? (Responded with something well-timed and relevant, AND spun her attempts to screen him into a frame where he is screening her)

POSSIBLY GOOD TIMING:

Girl: So the other day, my friends and I went to this really awesome party. Then when we were coming home, these gross old guys starting hitting on us—

Guy: (cutting her off) Haha, yeah I love that. I used to go to a club with all these girls, and they would always tell me all these horror stories about these fat drunk old guys who would try to hit on them. Like, they'd be dancing and this smelly old French guy would start grinding with them. That's what I like about being a guy, when I see a smelly old lady dancing, I don't have to go dance with her. (Good because it is relevant, but be careful not to overuse this. In this case it would be better to let the girl finish the story, because she's trying to open herself up to you and give you better material to vibe off of)

4. Advanced Vibing (or, Directional Vibing)

When you are first beginning, vibing is about recognizing the possible topics and picking one in order to keep the conversation going. As you become more spontaneous and no longer have problems with "stalling out," you want to use your vibing to lead the conversation down the best direction for attracting the girl.

The direction that you want to lead the conversation down if you are using a natural style is to lead the conversation towards a frame where you are screening her for the qualities which you desire in a relationship. If you are using an indirect style, you can also use directional vibing to lead the conversation into your routines. Of course, a routine will never have the spontaneity of real, spontaneous conversation, but by vibing well between your routines you can at least make them seem less canned.

If you are using Natural Game like I do, the direction which you want to lead the conversation will be specific to your own experiences and the traits which you desire in a woman. There is no one direction which is best for all people, but you always want to be leading the conversation towards screening for the unique qualities which you find attractive.

Let's take the example from the section of beginning vibing. "At this party last night, I got really drunk and started grinding with my girlfriend and making out with her."



Again, the possible topics for you to vibe off of are:

1. The party last night
2. Parties in general
3. What you did last night
4. Getting really drunk
5. Girls making out with other girls
6. Her girlfriend
7. Grinding/dancing
8. Dancing at parties/clubs

Personally, I love girls who can have fun, but I don't like girls who are boring unless they are drunk. So, I'd pick to topics of getting really drunk and dancing, and say:

"I think that's awesome that you can just cut loose and be crazy like that (qualifying her). I love girls who aren't afraid to go out there and have fun. The thing is, with a lot of people in Boston, they're really shy. Like, if they're at a party, they won't talk to anyone outside their group or dance unless they're really wasted. And I think that's too bad, because drinking is cool, but I think you should be able to have fun when you don't drink too. So what about you, are you crazy like that when you don't drink? (screening)

Of course, everyone likes different things. If you were into MFF threesomes, you could lead the conversation in a direction where you talk about her experiences with other girls, and ask if she is bisexual.

The most common application of this is that girls will repeatedly get on logical or negative topics during conversation. It is your job to recognize that these topics are hurting the conversation, and spin them into something positive and interesting which builds attraction.

Conclusion:

Vibing is your most important verbal conversational skill. To develop the ability to vibe well, repeatedly put yourself in social situations, and become conscious of the array of topics presented to you. This will prevent stalling. Use set-up questions to create material to vibe off of. Time your remarks well, letting go of anything which you have to say which isn't completely spontaneous. And finally, use directional vibing to lead the conversation down a interesting and sexually charged path.

Spirit Fingers



Take Risks in Conversation

Boring conversations are made by people who are afraid to take risks. In your conversations, always take chances and say things which aren't conventional. [MyBirthdayPony](#) has a great post on his blog about this. Here's the post, with my comments:

"Oh, I'm a realtor."

"Oh really? Tell me about that."

"Oh well, blah blah blah."

"Oh really? That's so interesting, it must be so rewarding to show people houses. You're like a personal little friend that the house hunters can have."

What I'd really like to say:

"You know what, I don't care about your boring job."

In my last post, I mentioned that everyone is equally amazing in their own unique ways. That may sound like something your grandma would say, like, "Okay, Grandma. Thanks for the tip." But try not to think about it like that.

So what happens when you meet someone, she's hot, the conversation goes on, but you just find the conversation kinda boring? It's not her, it's you. Always keep in mind that *you are responsible for the level of connection that is made between you and someone else*. Everyone is amazing, it's your job to get it out of her. But how? How, how, how?

Spirit Fingers: This is so true. If you think that girls are boring, it's not them that's the problem. All girls are interesting, you just have to know how to bring it out of them.

You are using "I" perspective, you are vacuuming, relating, rewarding, but the interaction still seems like a dull poo? If you are bored, that obviously means there is no REAL genuine interest.

Spirit Fingers: Again, genuine interest is the foundation of attainability. You HAVE to have a sincere, genuine interest in the girl in order for her to be attracted to you.

This is all about having fun, showing that you are not scared to do and say whatever. Whenever I am in an interaction with a girl, one of my mindsets is, "I want to see how fun this girl is. I am going to bring out her 'aura'." From there, I take some dangerous chances in the interaction. What Juggler means by that, is do things out of the ordinary. It's easy for me since I have ADHD, I'm just a quirky guy.

Just yesterday I was school shopping for my little sister with my parents at Target. Like I said, I have ADHD and up to this day I still wander off by myself around the store. I see two cute girls



in my headlights looking at some ugly polkadot bag. What do I say? What do I do? Okay MBP, take some time to think this through.

So I took a few seconds of thought: Lose the agenda. You WANT to show who you are. Day game=Focus opener. I did all that in like 10 seconds! I calibrated myself. I go up and say, “No, don’t get that. Trust me, it’s just not cool.” They laughed at that for an unusually long time. I go, “Okay, let’s start shopping.”

Spirit Fingers: You see how the conversational risk paid off? By taking a conversational risk like this, he got an instadate right after his opener. Not only this, but even if the girl didn’t react well to the open, the problem could be fixed with high value attainability technique. So it’s really not a risk at all, just something that requires a little bit of balls.

As I’m walking with them, I was using all of the things I learned, blah blah blah. I just noticed that I was bored, and it was actually making me want to put in LESS EFFORT than I had before. Then I realized, “If I am bored, it means that I’m not having fun. Okay then, let me have fun.”

So then I said to the girl pushing the cart, “Alright, I’ll bet you can’t push me on this bad boy, what do you think?” She goes, “Jump on!” I squeeze my butt on, and immediately the interaction changed from normal to nutty. I tried to get her to go for a spin, but she wouldn’t have any of it. She had a big tush though, so I wasn’t offended.

Spirit Fingers: Again, these types of risks are key to keep things interesting. If you continually try to take the “safe” route in interactions, that is the surest way to ensure social failure. Disdain the “path of safety,” because it actually offers no safety. Go for the path of nuttiness and jumping in shopping carts instead.

This opened up the interaction to places I never thought they could go. I started to see sides of them that I wouldn’t regularly see. That’s when I became GENUINELY interested in these girls.

If you are not having fun, that means there’s no genuine interest, there’s no genuine interest if you haven’t made her comfortable enough to be her fun self so you can actually be interested. You haven’t made her comfortable enough because you aren’t taking any dangerous chances.

Let’s try it again:

“Oh, I’m a realtor.”

“Really? Wow that’s totally cool. I could never do that because I’d try to have sex with the client in those houses... anything crazy like that ever happen to you?”

“Ahh! I found a dead person in the basement while showing a house once!”

“What happened?”

“I just played it off like it was the grandpa sleeping.”

“You’re dangerous! I think I need to keep you around.”



Get crazy in your interactions, say crazy shit. “I like sandwiches.” Boom, what?! Who says that? That may not be your personality, but that’s mine. Find what you do to set yourself apart from others, and use that. Be SO MUCH yourself that it’s oozing from your fucking pores. Don’t be scared to be an ass. Have fun.

Spirit Fingers: See how much better this is than before! This is how your conversations should go.



Eliminate Awkward Pauses

If you're getting a lot of awkward pauses in your conversations, chances are that you need to become more spontaneous and better at vibing. Even the best at vibing, however, occasionally run into pauses in the conversation. This isn't bad, if you handle it the right way. In fact, you can even make these pauses work in your favor. Chicoguapo of the Boston Lair has a great new post about this:

Originally posted by Chicoguapo

When talking with a woman, either on a date or during the initial contact, it's common for there to be awkward pauses in the conversation. It doesn't mean that you're boring, or that there's nothing for the two of you to talk about, it's simply a natural part of having a conversation with someone you hardly know. Even when talking with someone you know well, like a long-time lover, your best friend, or a family member, those same pauses exist. However, they are not "awkward" pauses because you are comfortable with that person and you don't feel the same pressure to keep the conversation rolling and seem interesting. So, periods of silence break up a conversation no matter who we talk to, yet the way we act during those pauses are different, depending on our comfort level.

When caught in an awkward pause, it is common to start looking around. We break eye contact with the person we're trying to connect with, and desperately look for something else to focus on to cover up the fact that we don't know what to say next. You look up at the band playing on stage, you look over at the people sitting at the table next to you at the restaurant, you look down at your watch, etc.

DON'T!!!!

Pauses in verbal communication are okay, but breaking the non-verbal communication is bad, because that is what is keeping her there talking to you. You meet a girl, get some interaction going, and even if she really likes you, once you start looking around awkwardly she may bolt away. Her own nervousness gets the best of her and she starts second-guessing herself. This is like how "approach anxiety" is with us. Her brain starts coming up with excuses to avoid the awkward situation, and the next thing you know she says, "I gotta go find my friends, I'll be right back." Right.....

Here's what to do when you hit those awkward moments: keep looking at her. Maintain relaxed eye-contact and project a positive, confident, sexual state (often referred to here as "vibing.") You're not saying anything, but you are keeping the communication going on a non-verbal level (which is more important than the verbal level anyway.) You don't have to focus just on her eyes. Her mouth, her body, her jewelry, her hair are all nice places to look while



maintaining your connection with her. You might notice something new and interesting about her then, so you can talk about that.

She may start acting a little nervous during this time and start babbling “filler” conversation, which is actually a very good thing. Now she feels the pressure to keep the conversation going because she doesn’t want you to think that she is boring. You are projecting that you are completely comfortable in this situation, so SHE must be the awkward one. This is a subtle technique that can momentarily make you “the prize.”

Keep this up as long as you like, until something new to say pops into your head. If you already have kino going on, then definitely keep touching her during the pauses in verbal communication. When I just shut up and continue to look at a girl with a relaxed and suggestive smirk on my face, she’ll often ask, “What?” Sometimes I say, “nothing,” other times I’ll make some observation about her. Subtle communication like this projects a lot of value, and shows you as a confident man who doesn’t have to blab all the time to fill up space. You’re not like those other guys who get nervous talking to her and turn their vision away from her like she was the sun.

Don’t take this as a rule saying that you must be looking at her at all times. You SHOULD look away from her from time to time towards things which legitimately capture your interest. Instead, take this simply as a useful technique to keep the seduction going until the conversation picks up again normally. There are other things you can do too, like sniff her hair, or take her hand and start reading her future, etc., but that’s enough from me for now.



Color Your Language

By Slowburn

One way to color your language is to co-opt terminology.

Replace bland, formal language with out of context phrases that are made situationally relevant with congruence of delivery.

"Peace" replaces "Good bye"

"That's tasty" replaces "That's really nice"

"What's the Score?" replaces "How are you doing?" -credit to Sebastian

Some terms are so commonplace that the co-opting has turned the phrase mainstream.

"I met this dude the other day" is very vanilla.

"I met this CAT the other day" (from Sebastian) on the other hand is unique.

This must be done with enough congruence and sit-rel so that the listener has absolutely no trouble understanding the meaning based on context. If you are using a unique enough catchphrase, the uninitiated listener actually will not know what the hell you are saying without proper delivery on your part.

Another way is to replace terms in your native language with terms from foreign languages that have identical meanings, again delivered with congruence.

"Aloha!" replaces "Hello"

"Ciao" replaces "Good bye"



COMPLIMENTING



Disqualify the General, Qualify the Specific

The difference between lame, supplicating compliments and powerful qualifying compliments is that lame compliments are to general traits the girl has, while powerful compliments are specific to the girl.

A common social error made by guys (and girls) is trying to qualify someone on a trait they have which they share with a lot of people. For example, saying that you like girls of her race, or hair color, or complimenting her on lame stuff which isn't really unique to her. Also, complimenting her on being good looking in general without saying anything specific to her (direct openers don't count because they're not actually qualifying her, they're just giving you a situationally relevant way to open her). This is the AFCs do. It comes off as lame because in the back of her mind she knows that she didn't really EARN the compliment, and you're just doing it to try and make up for your lack of value. Examples:

(After talking to a girl for hours)

Guy: You know, you're really beautiful (and not saying anything SPECIFIC that he likes about her looks)

Girl: Uh, thanks (thinking: weirdo)

or

Guy: You're Japanese? Awesome!!! I only date Japanese girls

(attempting to raise your value by qualifying her on something she didn't put any work into, comes off as lame)

or

Guy: So what do you do for fun?

Girl: Um...I dunno...I like watching movies

Guy: Really? I like movies too. We should catch a movie together sometime (Rewarding her with a compliment and show of interest for a lame response which isn't unique to her. The girl will know that she didn't really deserve this, and the guy's value will go down. She'll sense he's chasing her.)

Girl: Uh...I'm busy...

Instead of doing this, set yourself apart by disqualifying general characteristics. A good example of this is how Dimitri tells Japanese girls that he never dates Japanese girls (and then later he ****s them). You can disqualify a girl on any general characteristic she has about her. In fact,



sometimes it's necessary for a girl to feel fully qualified for you that shut down her lame attempts to DHV and disqualify her on them. Examples:

Girl: Yeah I didn't think this outfit was anything special, but all these guys were staring at me when I was walking down the street today (trying to DHV by showing that other guys are attracted to her)

Guy: Really?!?! High five! (then takes his hand away when she goes for it and makes her look dumb, and playfully shuts down her lame DHV)

or

Guy: Usually I'm not attracted to girls who are blonde/short/tall/older/younger/whatever general trait, but I like you because you're (specific trait). (makes her feel more qualified because she feels she was initially at a disadvantage to other girls in getting you, but overcame that through the work she put into getting you)

or

Guy: So what do you do for fun?

Girl: Um...I dunno...I like watching movies...

Guy: Wow, that's awesome. I can just see you on a Friday night, and all your friends are like "hey, lets go out and get drunk," and you're like "noooo, I don't like going out, I gotta stay here and watch MOVIES..." (playfully shutting down the lame DHV attempt because it's not unique or special to her)

Girl: Haha, shut up, I'm not like that (qualifying herself)

Guy: Well, that's good (goes into stories about his life to make her open up more)

The things which you should qualify her on should all be specific to her. The more specific to her they are, the more powerful the qualification is. This is why while general direct openers (Hey, I think you're cute) work, specific direct openers (Hey, I saw you walking here wearing that crazy purple hat and sparkly shirt, and I think you look really amazing) work better. Examples:

Guy: Are you adventurous?

Girl: Yeah, I like to do crazy things. This one time I decided that I wanted to go skydiving...I was so scared when I was in the plane, but finally I got up the courage and I jumped out, and it was one of the greatest experiences of my life.

Guy: That's really cool. I like girls who do crazy stuff like that. (rewarding her for a genuinely interesting DHV story, which is unique and specific to her)

or



Guy: So what do you do for fun?

Girl: I'm a writer, I'm working on my own novel right now.

Guy: Really...I'm actually a writer too. You should show me some of your work sometime
(Rewarding her by showing interest in something unique to her, comes across well)

So remember: Disqualify the general, qualify the specific. Playfully shut down lame DHV attempts, and qualify the DHV stories of the girl that are unique and specific to her.



The right and wrong way to compliment

There is a right and a wrong way to give compliments to girls. In fact, there is a way that is very very right, and a way that is very very wrong.

Some guys will tell you not to give compliments at all, but giving compliments can be a very powerful technique when done right.

Wrong Compliments

The wrong sort of compliments come from a place of perceived lower value.

This is how AFCs compliment chicks. They say “You’re so pretty” or “You’re so clever” and the subcommunication is “I hope someone like you could be interested in me!”

Proper Compliments

Conversely, proper compliments actually subcommunicate higher value. They should come from a position of authority and imply a unique quality or commonality.

The proper structure for an effective compliment is:

1. Compliment “that’s a great scarf”
2. Qualify the compliment “it matches your mascara and shoes, I like that”
3. Challenge her or enquire “did you choose it yourself?”

Thanks to Geoff of RSD for educating me on point 3.

Some examples:

- * “You’re very confident... I like that in a girl... How did you get to be like that?”
- * “Nice dreadlocks!... They must have taken ages... Aren’t they hard to clean?”

WILKY’s - Why I LiKe You’s

A good way to think about compliments is as a WILKY. It’s important to tell girls WHY you like them, and give reasons other than “you have a vagina”.



Well done sheriff for thinking up a nice acronym.
When to give compliments

In general, you want to give compliments only when the girl is sufficiently attracted. This will usually mean “not straight away”.

If you feel that the chick thinks your value is way higher than hers, then you need to qualify her, and compliments are a good way to do this.

Opening with Compliments

One way to give compliments early on is as an opener, and it's a great exercise to see if you can make these work. The important thing is to be non-reaction-seeking.

1. Compliment her - “nice dreadlocks”, “cool shoes”, “I like your earrings”, in a totally casual, confident, non-reaction seeking way.
2. Backturn, turn back to your friend, look away, disregard. If it's a server at a bar I'll roll right into ordering without waiting for a response “cool-earrings-could-I-have-three-pints-of-Ale-please”
3. Wait for her to re-open. Depending on how you turn away she'll tug on your arm or casually swing into view. If she doesn't re-open you, it's probably because she's shy. Re-open her later with “hey, cool-shoes-girl” or whatever.

Magnus



Push-pull technique

Here's a cool way to tease a girl that I discovered the other day when I did it to my female boss at work. It basically works by demonstrating complete control over her state, as well as being fun. Because this is a DEMONSTRATION of higher value and not a story, it works very well and establishes a dominant frame while simultaneously making her feel good with humor.

Here's the tech:

HB: (asks if you're having fun, or if you like her clothes, or new highlights, or any other form of asking for validation)

Spirit Fingers: (completely serious expression) Nah, actually I'm having a terrible time. I really hate hanging out with you, you're so boring. (modify for other situations).

HB: What? That's really mean...(stay serious until she really thinks you are serious).

Spirit Fingers: (busts out laughing) Nah, I'm just kidding...you know I love you. You're my favorite girl in the party/club/mall.

HB: (smiles)

Spirit Fingers: (looking like you're thinking about it) Well actually...not really...

HB: Shut up! (hits you, grabs you, etc.)

Spirit Fingers: Haha, nah I'm just playin, you're fun. I like how we can have fun with each other like this. (kino)

So, here's the framework so you can duplicate it:

1. Create a strong PUSH by refusing to give her the validation she's asking for, making her think you're serious.
2. Create a strong PULL of positive emotions by being extreme (I love hanging out with you, you're my favorite)
3. Create another PUSH when you take that away, the fact that you can do it twice is a DHV. Unless it works well the first time though, don't do it again — it's like double or nothing, you'll either make it twice as good or kill the vibe.
4. End with a PULL of positive emotions by qualifying her, which transitions well into kino and physical escalation.

Notes:

1. Don't push more than twice, or it becomes lame.
2. This tech is congruent with direct game because it's only momentary teasing...when it's over she should be assured that you really like her.
3. END WITH A PULL. If you end on a push you sound like a jackass.



TEXT MESSAGING



Confessions of a Reformed Text-Message Hater

by Sebastian Drake of [theApproach](#)

Many, many men find text messaging to be a lesser form of communication than calling or face-to-face meetings. They shun and refuse to use text messaging, even mocking abbreviations like "ur" for the word "your".

The fact is, text messaging is a very powerful tool that you NEED to include in your arsenal if you're getting lots of phone numbers. Here's why:

*When you call a girl and she decides not to answer, she's actively decided not to talk to you. She'll often rationalize that she did that because she doesn't like you.

Whereas, with TEXTING, the girl will always read your text, 100% of the time.

*You can TEXT multiple girls at the same time - Up to 10, in fact. With modern phones, this is very easy and convenient to do - You can go through your contact list and check who gets the message. You can send a message to every girl you know that you're going out tonight and she should come - and [schedule](#) dates with whoever responds.

*Texting is FAR quicker than getting on the phone. Even if your fingers can't handle the little keys, it still takes 5 minutes at most to text, and it can be easily multitasked, including in loud places like nightlife and public transportation, and places that'd be rude to make a call, like while eating at a restaurant with a few friends.

*You can think your text over as long as you want to get it RIGHT. If the girl texts you back a curveball, you can think it over before you reply. On the phone, if she says something strange and off-putting, there's a larger chance of making a mistake and saying something goofy.

*You can always call after you've texted each other back and forth a few times.

*If she doesn't reply to a text, it's not bad for your value to text her again with some regularity, as long as your messages are funny, friendly, or interesting. Calling repeatedly with no answer - not a good move.

*And lastly, it gives the GIRL time to think it over and get it right too. Women often don't know what to say and feel awkward in social situations, say things that make themselves feel goofy, and get embarrassed they said that. With texting, they have time to get their point across in a cool, social way, and have less of a chance of getting embarrassed.

There's MANY advantages to text messaging. These days, I always text a girl before calling her



after the first time I get her number. And 99% of the time someone doesn't answer my call and I need to leave them a message, I hang up and text them. It's cleaner and more convenient for everyone, and puts a powerful tool in your arsenal.



Learn to love texting, Fella

It's no secret that girls love text messaging. Especially cute girls. You can see them click-click-clicking away on their cell phones, texting like crazy (or, 'SMS'ing for all y'all European cats).

Men typically don't like it. But after today, you will.

The reason? Texting makes it easier for you to get women, and communicate with them. The great thing about texting is that a text is not a yes/no proposition.

You want to give women opportunities to say yes to you WITHOUT forcing them to say no. Texting is better than calling a girl because a girl will always read a text message. If a girl gets a call from you, and doesn't answer, it bodes poorly for you. It's what we call "rejected compliance" - you're effectively asking for something (for her to answer her phone) just by calling.

If she sees her phone ringing and doesn't answer, it's like she went against what you were after. No good.

Texting solves that problem - it also lets girls who are interested show it without forcing girls who aren't interested to say no.

I text every girl in my phone every 3-4 days. The texts are just fun, show a little of my personality, and fill the girls in on what's going on in my life. I write the texts for myself, because I like to - NOT to impress or please her. And I NEVER ask for a response, or ask a question. I give opportunities to respond without making her feel bad or like she's going against what I want by not responding. I sent texts like:

After first meeting a girl:

GOOD: so fun to make new friends :)

GOOD: u are such a sweetheart! thanks for sharing umbrulla

GOOD: ur the cutest thing ever. happy i met u :)

BAD: cool meeting u. what u doing thurs?

BAD: want to hang on fri?

To keep in touch:

GOOD: i just got the most fly pair of jeans ever for \$12. i'm pumped

GOOD: so warm out! it's cowboy hat weather

GOOD: my puppy is ridiculous

BAD: whats going on?



BAD: havent talked to u in a while. whats up?

BAD: hey whats new

To invite her to spend time with you:

GOOD: hitting the museum fine art on tues. buzz me if you get in an artistic mood

GOOD: if u have a lot of energy after work, we're salsaing and u'd fit right in.

GOOD: u totally have to meet my friend maria. u two are like sisters seperated at birth

BAD: want to come to museum on tues?

BAD: we're going salsa dancing tonight, want to come?

After spending time with her:

GOOD: had so much fun. *hugs*

GOOD: i'm safe, warm, & happy. mmm sleep tight darlin

GOOD: u are way too nice :) i had so much fun

BAD: did u have fun?

BAD: are you home yet?

Leave those questions alone! Ask questions only after you get into a texting "back and forth" conversation, and even then, only sparingly. But DO text - My rule is I do not call a girl until she has returned at least one text. It saves a lot of time too. Learn to love it, fellas.

Sebastian



Pickup 101's Text Message Guide

Text messages are a great tool for attracting girls that every PUA should use. They're far better and quicker than email, and they can be used in some situations where the phone can't.

I usually text a girl *the same day* that I meet her. This keeps flaking down a lot, because the girl doesn't have the chance to forget you. Text messages also have a high response rate — she'll almost always read and answer a text, while flaky girls might not pick up your phone calls. Text messages are a good way to start building small amounts of compliance, so that when you do call you can be sure she'll pick up.

The biggest things that you should take away from this guide are:

- * That you should use proper grammar in your texts. Texts like "what r u doin" look juvenile and are annoying to read.
- * That you should refer to the girl intimately in your texts from the very beginning. Call her baby, sexy, sweetie, gorgeous, etc.
- * That you should NOT worry about conveying too much interest in your texts. With any teasing that you do, you should include smilies so that she knows you're joking. "Maybe I'll let you tag along," is tryhard, while "Hey baby...I'm going skiing, maybe I'll let you tag along 😊" will create attraction.
- * That you should make her smile. Demonstrate to her that you are a master of emotion, one of the [Four Elements of The Sex Revolution](#). This will make her more sexually attracted to you.

Here's the post, from the [Pickup 101 Blog](#):

I use text messages a lot. In my opinion, it is a key tool available for interacting with women. I think they are better than phone AND email. They are quick, easy to respond to, and private. They can be light and friendly, fun and flirty, seductive, or downright nasty. I have had text message conversations that fit into all of these. I have even gotten my freak on, text style.

Sean Newman has posted up some really great stuff about sending dirty text messages to your girl. This is a great idea, and if you are not doing it, you are missing out on a great chance to make your girl VERY happy. I would send messages as he describes to my last girlfriend every now and then, to remind her how hot she was for me. She loved it.

Walter also made a great post about using text messages in the time between when you meet a girl and when you get her over for a date.

I want to try to put together some general thoughts on "text message game".



Text messages should be short and fun, and flirty, charming or seductive. There is no place for logic in a text message. If things start going logical in a text message convo, then you need to stop, or redirect the conversation right away.

Usually a girl will initially react generically, ie. Boring, to a text message you send. Girls aren't used to guys flirting with them with text message. Yet. You have to ramp it up immediately after her response. If you send something like, "hey cutie, thinking of me much? 😊", chances are you will get a response like "haha, how are you?" Now, you can't respond, "I'm fine, how R U?" That's weak sauce. We want the strong sauce. A better response would be, "I was gonna kidnap you to vegas and get us married by elvis, but nevermind...:)" However she responds, you can then respond "yeah, married by the fat elvis..."

That's a taste of my sauce's flavor.

My RULES for text messages:

1. I always address them with pet names like darlin', sweetie, cutie pie, sexy, gorgeous, adorable brat, etc.
2. I use proper grammar. I don't use the normal abbreviations. If you do, U R 2 stop. I do abbreviate stuff like family to "fam", San Francisco to SF, etc. I hope I don't have to say this, but NEVER USE LEET SPEAK (wikipedia it if you don't know). Know the difference between "your" and "you're", "to" and "too", etc. A side rule to this, the more sexual the message, the more proper the grammar you should use. Which feels sexier, "I want 2 slowly kiss Ur lips..." or "I want to slowly kiss your lips..."?
3. Sign your name when it is the first one or two text messages you send (credit: Robert1). All you do is write your text, then at the end add "-Sean." Replace "Sean" with your own name though, or include my cell phone number in the text if you don't.
4. I use a lot of smiley faces This replaces the big friendly smile you would have on your face when you deliver a banter line. Text messages should basically be banter lines. I do not use any other faces other than smiley faces. No winky face no "P" face (I actually don't even know what this is supposed to mean), etc. Some might disagree, but personally I think this borders on leet speak, which is not ok. Furthermore, I want my words to convey my message. If my words, punctuation and a smiley face aren't enough, then I feel I am doing something wrong.
5. I use rich descriptions. If I do say how I am doing, I make it descriptive. In response to "how R U?" I might reply "Just saw the sunset over the bay, the sky's glowing orange - looks incredible!"
6. Jump on the offers a girl makes. An "offer" is a term from improv acting. It is when one actor says something that describes something about the other actor.



Example, one actor says to the other, “I like that large funny hat you have on”, the other actor then would go on with that theme of wearing a large funny hat.

It is a little different with text messages, but if a girl sends you something that you can make fun and sexy, do it. For example, I got a text message from one of the girls the other night, “buenas noches. Dulces sueños guapo.” [translates: good night. Sweet dreams, handsome]. I replied the next morning by writing, “good morning, beautiful. Have a good day.” Except I wrote it in french. I took her theme, and replied in a way that was similar, but original and charming.

Your TOOLS:

Brevity: You have to say everything very quickly. If you can’t say it in about 10 to 20 words, then rework it until you can. It is ALWAYS possible to flirt in less than 12 words, in my opinion. If you don’t think so, “you are a dork 😊” (see, it is that easy). Get rid of everything and anything that is not necessary, by not necessary I mean not flirty and fun.

Punctuation: The main punctuation techniques I use are CAPS, ellipses... exclamation!!! Question marks?? both?!?!, [brackets], and (parenthesis). And smiley face as I mentioned before 😊 These all have different emotional effects, use them! Caps are REALLY EXCITING!! Wtf?!? [roll my eyes] don’t make me.. come over there... and wrap my arms around you... (I won’t spank tooo hard)

WHEN to use text:

ALL THE TIME!! You can send a girl a text a day or so after you meet her, before a day2, after a day 2, after sex, when she is your girlfriend, etc. Text messaging is a good way to stay in contact with a girl that you can’t see often. I think that phone and email should mainly be used to set up meets, but for pure flirting, text is better.

What NOT to say:

Cock. Balls. Dick. Pussy. Fuck. Shit. Unless you have established that these words get your girl off. Don’t say anything negative. The things you send should make you smile when you think about sending them. This can be a sly smirk, a big fun smile, or a seductive smile, but it should be positive.

OVERALL:

I think the most important thing is to try to make the girl smile. That is the point of all this. It doesn’t matter if she responds. You should only be trying to write something that will make her feel good, or feel special, or feel sexy when she reads it. You are NOT fishing for getting anything back. You should be inspiring her to want to send you a text back.

Pay attention to the subtext of the text. Often times what is really being said is not what the words actually are. The obvious example is a late night text asking if you are out and about



means “I want you to come home with me”. Subcommunication is pretty complicated. I won’t really get into it. I do suggest paying attention to it though.

This all may take a little practice. Lord knows I have sent off some dumb text messages.

I am gonna dig into my text message past to give examples:

Here’s an example of a text message sent to a woman a few days after the number close. The pretext was that we would go jogging together some time. This was our first contact:

“How’s my new running buddy. You ready to RUMBLE! 😊Sean.”

It’s playful, and I signed my name, because it was my first contact with her after meeting her, per rule 3 above.

* * * *

I posted this next one as an example a while ago, but I thought it was really good, so I am using it again. I like it because I keep going back to flirting over and over in the conversation, and because I wrote it down for posterity, so I have it for use as an example (most good examples just get deleted from my phone):

Sean: Hey sexy. How is my adorable little brat? 😊

A: Haha...just fine! And u?

Sean: Great! The sun is finally out, spring is in the air, I love it!

A:It was 86 here today! Its gonna be a hot summer.

Sean: You like it hot?

A: I like it warm and breezy

Sean: Hmmm... Interesting... Says a lot about you. So when I call later, are you gonna answer? I can’t believe I even have to ask... 😊

[note: I had called twice and she didn’t answer both times, but she sent me texts back apologizing for not being able to talk]

A: Haha..call @ 1030 and i will answer 😊

Sean: That’s past my bedtime. I’ll have to call my mom for permission.

A: Dork 😊

Sean: Ah, baby, I love you too.

A: Call me @ 1030..i should be done by then

Sean: If you’re not, I’m filing for divorce 😊

A: Haha..u make me smile

Sean: Yup. Talk later. 😊



* * * *

Here's one I sent to my last girlfriend. It is an example of a seductive text. I sent it in the middle of the day, while she was at work:

"my hand across your bare back, you feel my breath in your ear... and I pull your body against mine... you feel my heat as our skin touches like silk..."

I think she replied with something like "It's getting hot in here", so I just kept this description going for a few more texts.

* * * *

Here's what I sent to a girl right after leaving her apartment late at night, after we hooked up on the first date:

"Goodnight. XXOO"

This was meant to be reassuring and make her feel good about what we did all night, and to make her smile one last time that night.

* * * *

Here's an example of ignoring her logical question and responding in an emotional/charming/seductive way. It starts with a general ping, just to get the ball rolling:

Sean: Hope you have a good day (night) at work. Kiss kiss

D: Ahhhh.....Thank u ...Did u have to teach? [at the weekend workshop]

Sean: Mmmm... Thinking about your delicious kisses..

D: Your way to good to be true 😊sweet dreams

I totally ignored her question, and just responded with something much better. I am pretty sure she is glad she got the text that she did, rather than the answer to her question.

* * * *



DATING



Social Accountability vs. Social Anonymity

Social accountability is when a girl is held socially accountable for her actions. In the workplace and in her social circle, there are social ramifications for what she does. In those places, she is far less likely to engage in wanton, random, or potentially disrespectful behavior. Her decisions will be more calculated and less arbitrary. She'll be less whimsical, and less spontaneous, and err on the cautious side when making decisions that could put her reputation in jeopardy.

PROS:

- The girl is less likely to flake.
- The girl is less likely to disrespect you.
- The girl is less likely to act random.
- Less mood swings.
- Better treatment overall.

CONS:

- She'll have more fear of being judged.
- She'll be less quick and less likely to engage in casual liaisons.
- She'll be less forthcoming and open about what she really thinks about things.
- She'll act more conservatively.

Social anonymity is when a girl is not held socially accountable for her actions. When she meets a guy randomly in a bar, club, or on the streets and has no binding connection with him, her actions are socially anonymous. Her behavior will be more ruled by her moods and whims, which can work for or against you. When you are socially anonymous to a girl's social circle, she is more likely to flake, engage in whimsical behavior, or act disrespectfully – but also more likely to do "taboo" things she'd be afraid of being judged for in her main social circle, like extremely quick flings, threesomes, and other such behavior.

PROS:

- Less fear of being judged.
- She'll open up more.
- She's likely to "roll with it" when crazy stuff comes up.
- More honest, less calculated conversations and interactions.
- Greater possibility of very quick interactions and escalations.

CONS:



More likely to flake.

More whimsical behavior.

More potential for disrespect.

More likely to "vent", "flip out", or just unload all her emotional baggage about men.

You could plot these on a scale, ranging from

Completely Anonymous <---> Completely Accountable

Completely Anonymous: No one besides her knows or has any chance of knowing you exist. When you or her are traveling, and none of her friends are around, and you meet by random chance, you are completely socially anonymous.

Completely Accountable: Almost everyone significant to her knows about you and your character. Her friends, family, and coworkers know you, and have an opinion of you.

The vast majority of interactions we get into, we're somewhere in between.

---> This is usually a mistake.

"Playing the extremes" here is VERY viable, because her behavior gets extremely polarized at either end of the spectrum, making it extremely easy to make judgments about what to do. The basic formula I recommend is:

Either become an important part of her life, or be a complete fantasy diversion from her life.

If you want to be socially anonymous, the formula is easy: Look for girls out by themselves (99% of the time they're looking for a guy that night), don't introduce her to people, keep it extremely fun and high energy, and escalate quickly. Realize that getting phone numbers from girls without social accountability require LOTS more compliance and she's still likely to flake. She needs to be invested if you're going to get a number, so try to get her doing favors or spending money on you quickly.

If you want her to be socially accountable, the formula is a little trickier but easy to implement none-the-less: You want to meet and strike good impressions with as many people in her life as are significant as possible. Meet her girlfriends, even talk to her parents if possible.

Socially anonymous is easy - don't meet anyone. Here's some social accountability tech -

1. Ask her about all her friends, get their names, and then ask individually about each friend



every now and then. Doing so makes her more likely to bring you up in conversation to that friend.

2. Wish those friends well, or ask concernedly if they're going through tough times. Tell her you're pulling for her friends.
3. Go out with her social circle whenever possible.
4. Introduce her to your social circle.
5. Interact with her in places where she's a "regular" - at her university cafe, office cafeteria, or favorite bar would be examples.
6. Encourage her to invite her friends out with you and your friends. Invites to parties where you highly encourage her to invite her friends are likely to get her friends out.
7. (my favorite) If she still lives with her parents (as many girls into their 20's do now), have her ask her parents for permission to go out with you. Tell her to say, "Mom, I met a guy that's a good guy that I like, and he said he'd like you to approve him taking me out Thursday. Can I go out with him?" Have her ask when she's on the phone with you. The parents will be damn impressed and love you, and it'll also get her having to deal with, "So.... who is he... is he cute?" She'll roll her eyes, and go, "Mommmy!"

The effects:

Social accountability is more precise and will have a higher success rate overall, but will take longer. It's more likely to default towards socially normal relationships, though you can always intention map some life into them.

Social accountability is a bit more "playing the numbers game" even with masterful command of VAC, but it leads to extremely quick and crazy interactions. This is the stuff that gets girls in your bed in 30 minutes, but also leads to more flaking.

Factors on choosing whether to use Social Accountability or Social Anonymity:

Both are powerful. Anonymity lends to more variance, but quicker escalations and more hedonism-based relationships. Accountability is slower and leads to mainstream relationships more often, but is more precise and consistent.

Have fun, & keep playin',

Sebastian



The Three Rules of Dating

By [Sebastian Drake](#)

Dating is a crazy thing. Most people on our society haven't figured it out.

But it's pretty cool once you've gotten it figured, like my good friend and parter Vincent DiCarlo.

Allow me to share with you Vin's Three Rules of Dating:

- 1) Have it be convenient for you.
- 2) Keep it inexpensive.
- 3) Make sure you can talk where you're at.

Or, if you prefer, The Three C's of Dating:

- C1) Convenient.
- C2) Cheap.
- C3) Conversation.

This will give you the best chance to get the girl. Dates that are not Convenient for you will make you seem like you're working hard to impress her, or of low status. For this reason, don't drive three hours to see her, and certainly don't plan a grand production with a limo and a string quartet for your first dat.

Cheap! Cheap is good. Cheap is no pressure. A woman would rather have a pleasant walk through a park with a guy that's no pressure than go out to eat an expensive restaurant that's heavy pressure. As a general rule, the more something costs, the more pressure is involved. Also, women don't want to feel like you're trying to buy their attention. For these reasons, it's actually better to keep dates cheap. I'm not saying BE cheap, I'm saying go on inexpensive dates.

And conversation, the all important thing that lets you find about each other. You need a date that lets conversation go smoothly and easily.

Here's a pop quiz - What are the two most common dates?

If you answered movies and dinner, you're correct. But both violate cardinal rules of dating.

With a movie, there's no chance for conversation. For two hours, you're sitting there in the dark and can't really talk. That's all well and good if you're with your girlfriend, but on the first few dates, you don't want that. And as an additional negative, movies are getting more and more expensive these guys. It could cost \$30 for two tickets, popcorn, and drinks these days. How it costs that much is beyond me, but that's too expensive for a first day for sure.



Dinner. Well, dinner's not cheap. Even cheap dinner's not cheap. So she might feel like you're trying to buy her attention, which is always bad. It makes women uncomfortable, and makes her think you're of low status. Like you need to buy her attention.

But here's something many people don't realize about dinner: It's bad for conversation. You're sitting directly across from each other with very little subject matter except for menus. There's lots of pressure, and if the conversation slows down, it can be awkward, which wouldn't be the case in many of the dates I'm about to suggest for you. Planning dinner as part of a date is no good, so leave it alone.

Good Dates:

Remember, you want your dates to be Convenient, Cheap, and be able to have some nice Conversation. How to do that?

A favorite 'date suggestion' from me is coffee. I like coffee, since you've got options. You go get a cup of java with her on a Saturday afternoon. If she shows up and turns out to be the type of girl you don't like (either she's not physically your type on further inspection, or has nothing going on upstairs) then you can leave no problem.

But if she turns out to be an awesome girl? After coffee, you can go grab a slice of pizza. Yes, it's okay to eat on dates... making your date itself getting a meal is bad, but if you're spending time together and get hungry, go eat. You're basically treating her like someone you're very comfortable with. If you went to get coffee with a close friend, or one of your relatives that you like, and got hungry, you'd say let's go grab a bite to eat. No pressure there.

Here's a great line if you're at coffee: "You hungry?" If she answers yes, you say, "Okay me too, let's grab a slice of pizza." If she says no, you say, "That's okay, you can watch me eat." The second one, in particular, gets wonderful results and you just eat something light in front of her and keep conversing.

Other things: Walk around and look at touristy stuff if you live in a city. Believe it or not, most people never see the sites in their home city. I live on the East Coast, and I've never seen the Statue of Liberty in New York City, never walked the Freedom Trail in Boston, and haven't been to any of the memorials in Washington D.C. Of course, I've seen all the touristy stuff in London and Mexico City and many western states, but that's the point. If you walk down the road from where you live to some historical monument, it's a great time, and there's a good chance she's never been there.

Of course, if you're not in your home city, fun little places still work too. You can have her some you around a bit, which is good.



As I mentioned earlier, I like coffeeshops. Starbucks-esque places are okay, but I really like artistic coffee shops, with different music and fun things to look at. My favorite coffeeshop of all time had different music playing every time I went, interesting local art on the walls, and one of the large unisex bathrooms had floor-to-ceiling chalkboards lining all four walls. People would write poetry and draw pictures on the chalkboards, or just sign their name. Let me tell you, my friend, that was the easiest bathroom in the world to get your date into with you!

Another date I like: Window shopping. If you walk through a mall, there's going to be plenty of interesting stores. You can have a cup of coffee if you like coffee (or tea or hot chocolate or whatever), and walk around looking at interesting things. One of my favorite shops is a large kitchen shop with all sorts of cool things. They've got all sorts of crazy cooking instruments, various pots and steamers for all different types of cuisine, recipes and sauces, cool looking plates, and anything and everything else you could imagine. From there, it's really easy to situationally relevantly talk about what she can cook, and what she's going to cook for you!

Walk into whatever stores you please. Just be careful with Victoria's Secret: Vincent once was in Victoria's with a girl he was on a date with, holding up lingerie and talking about she'd look good in. His date was loving it, eating it up, but then her friend walked over! Yikes, Vin tells me the girl blushed pretty hard.

Other places to go: Walks through parks, and by rivers and ponds. Free or cheap baseball games, either a local team's or even a nearby school's. Iceskating and rollerskating are actually pretty good first dates. They're cheap if you go on their discount night (it's Tuesday at my favorite rollerskating place), it's convenient for me, and it's great for conversation. And by the way, I'm not exactly the best rollerskater in the world. In fact, I'll admit it: I'm downright terrible.

But it works well anyway! I say to her as we're walking in, "Okay, I can't skate at all, so you're going to have to kinda 'be the guy' and hold my hand and make sure I don't fall over," said half-kiddingly. And to top it off, when we get our skates, I say, "You got this one?" Meaning, "Are you paying?" They do most of the time, and it sets a good frame.

Alright, so you've gone on a fun date or two with her. First you met for coffee, then walked around and went window shopping and looked at stores, had a bite to eat, and parted. Second date, you went rollerskating or to one of those fun museums like the Spy Museum in D.C. Now, you want to have her over to your place. What's a good date for that?

Cooking dinner with her.

One of the best dates before you sleep with a woman. Not so good first date, but after that, it's great. Now, I don't want to hear you can't cook - I can't, either. I make exactly one dish well that doesn't involve grilling. But that's all I need. I make a spaghetti with a mushroom and onion meat sauce, and French bread. It's not hard.



Learn one dish, or just have a general idea of what you want to make. Then go over to her place with the ingredients, or have her come over to yours. From there, give her duties as you cook. I have my date stir the pasta or sauce while I dice up vegetables and get the meat ready.

After we make a mess cooking, we wash up and chat waiting for dinner to finish. Then we eat dinner, and maybe a little fresh fruit at the end. Having her feed you strawberries is a nice touch if you can pull it off.

And from there, use your imagination. When it comes time to bring them to the bedroom, remember to use situational relevance. So you can either start kissing her in the living room, then bring her by the hand to the bedroom, or you can say there's something interesting in your bedroom that she just needs to see...



Picking a girl up in a car? Say you stole it.

As men, we're put in an interesting predicament when we pick a woman up in a car for a date. If it's a nice car, you can seem like you're trying to impress her, and trying a 1987 Yugo doesn't reflect really well either.

Today, a funny way to deal with it:

After you make plans to go on a date and pick her up, try this one out for size:

"Okay, I'll pick you up at the station at 4... I just carjacked a really hot convertible so we'll be able to drive around and have some fun before we dump it."

Then if she compliments you, "Nice car" (which is bringing out all the bad, gold diggery side in her) you say, "Yeah, I thought so - it's why I boosted this one."

And if you really want to get in deeper, when she presses for details...

Girl: "No really, whose car is this?"

Become quiet, look her in the eyes, and deadpan:

Playboy: "I'd tell you, but then you'd be an accomplice." Then smile and laugh.

Lots of fun!

Keep playing playboys! Stay warm for all you folks in the Northern Hemisphere with me, enjoy the summer for everyone south of the equator.

Sebastian



MISCELLANEOUS TECHNIQUES



Quick Hits '07: New Tech for the New Year

Happy New Year, faithful reader. I thought I'd kick the new year off by doing something a little different. Here's some random fun techniques:

How To Be the Club Make-Out Guy:

Do cheek kisses with every girl you meet - "mwah, mwah" on each side. Normally this means touching cheeks with her twice. If she actually puts her lips on your cheek, she's ready to kiss you 90% of the time. On the second kiss, get part of her lips with yours. "Uh oh, our lips just touched! Yours are... soft..." while looking into her eyes.

Want to make out with a ton of girls 10 seconds after meeting them? Open, introduce, cheek kiss, and leave if she doesn't plant 'em on you - once one girl goes lips-on-cheek, play on playboy.

Not Spoken Here:

She doesn't speak the language? Get her to translate. Being interested in her culture and making her teach you is good for value, attainability, and compliance. For bonus points, get her to write it down for you. For even more bonus points, get her to write down things that would work as openers for other girls from her country. C'est un beau manteau.

Condom Time? Yuuuckkk...:

Time to get the condom out? Certainly can be awkward. So when she asks, "Do you have a condom?" - here's my favorite reply. "Oh... I didn't really think I'd be meeting anyone new tonight sweetie." Makes you look like you're not a player, and oftentimes, SHE has condoms and didn't want to look like a slut. C'mon, get 'em out. What, you don't have any? Oh, look, I actually do have one... it's your lucky day...

Save Her Life:

If you're waiting at an intersection with her and a car speeds by quickly, place your arm in front of her hastily, shielding her from oncoming traffic and pushing her back slightly. Done correctly, it 100% simulates being rescued from a dangerous situation. +V+A and gets adrenalin running.

Get Cool Socks:



The #1 place to accessorize is what we call the "functional accessories" - these give you an opportunity to wear interesting and unique pieces without making it look like you're out of her league or trying too hard. Socks are one of my personal favorites to accessorize on - of course ditch the white tube socks, but ideally go even more interesting than black or brown. Go for a cool argyle pattern, get a pair of Hello Kitty socks, or look for baby blue, a mix of green and orange, or any other pseudo-outrageous socks. Girls notice.

Address-closing:

She's staying in a hotel? Do this:

"Where you staying... uh huh, okay... oh, what floor? Seventh? Huh. What room? 337? Cool, maybe I'll stop by later."

You know address closing - if she's at a hotel - also means you've got her number? Call the hotel, ask to be patched to her room. Note: This technique only works on occasions when you could've gotten a solid, non-flaking number where the girl was attracted.

Can Your Phone Mass-Text?:

If not, get one. Newer cell phones can send out the same text message to 10 or more people at once. Send out text messages about what's going on in your life to all the girls you're actively seeing every 3-4 days. Just resist the urge to say, "I haven't heard from you in forever!" when she calls - she'll feel like she's connected to you and part of your life when you do this, even if you're not talking.

Club Closing? What a Ridiculously Fun Night:

Club is closing. You didn't get any. You'd like to try to call up a new girl, but know that showing on her caller ID at 4 AM can be social seppuku.

Text this. "what a ridiculously fun night"

To all the girls in the local area. Whoever responds is down for it - right then - almost always.

As usual - techniques are like a good spice. They're not the whole course, but they can be fun to be played with. Best in '07 my man!

Sebastian



Never IMPRESS use your passions to attract women

Done for the right reasons, anything you're passionate about can be shown to girls in a situationally relevant, thoughtful, fluid way. This will always be +V+A and almost always prompt them to inquire about more, think about you more, and often respond in kind. (+C)

In short, showing your passions, dreams, hobbies, excitement, art makes women more attracted to you. This is not exactly "top secret" knowledge but many men strive to appear something they are not. This isn't necessary. You can gently, calmly teach girls how to play video games. I've known men with really loyal hot girlfriends to get girls playing games like Halo, those ridiculous large giant unbeatable games like World of Warcraft (note: introducing anyone to one of these, I would think, is a sin and will condemn you to hell even if you are an atheist - and no, I most certainly do not count any of these games among my own vices).

Heck, I knew a guy who introduced girls to playing Dungeons and Dragons with his group. He'd always be a 17+ Charisma paladin that got women, and when he broke up with the girl, his group would leave her character in the nearest town until my Lawful Good friend picked up his neck rogue assassin tavern wench. It's very possible to get girls into whatever you're into. I sent most of the girls I care about a haiku just now:

Ocean takes the sand
Seashells break, return to Earth
Memories remain

I'm not quitting my day job ;) Keep playing,

Sebastian



Getting Your Girl Attracted to Your Goals

PART I: GETTING YOUR GIRL ATTRACTED TO YOUR GOALS

To get a girl attracted to your goals takes the same thing it takes to attract anyone to anything...

You guessed it:

Value

Attainability

Compliance

Value: Obviously, a goal will have value to you if you're doing it. She should be on the same page with that value... so it's easier to get the average girl to support you in, say, becoming a healthier eater than it is to help you score some drugs. For most women, her man achieving his goals is value in and of itself, so winning a tournament, or doing a good job at work - while not direct value for her - become valuable.

Attainability: She should see that once you improve in value, her life is enriched by it as opposed to having you taken away. So your girl might work against you getting into an international school if it means you'll never see each other again. In practical terms, this means she should be able to see herself sharing in the value you build. Qualify her on it - especially if it's something that creates an obvious jump in status, like a better physique, or say, becoming a doctor. Girls are naturally afraid guys will dump them and "trade up" when they can - alleviate those fears.

Compliance: The more work or effort she puts in to aiding you in your goal, the more she becomes attracted to the goal. So if you ask your girl, "Can you pick up a few cans of a tuna on the way over to my place?" and she does, then you thank her with, "Thanks for getting that for me, tuna is really great after I work out. You're the best." This'll actually make her more attracted to your goal of getting fit with her help, even though she didn't know she was on board with it at first. Similarly, when she does know, the more she does, the better. Textbook compliance.

PART II: LETTING HER FEEL LIKE SHE MADE YOU:

A girl helping you reach a goal is +V+A+C... it makes the girl more attracted to you. You're more valuable after achieving your goal, she understands that you're compatible because you worked together to accomplish something, and her working towards your goal is working towards impressing and pleasing you.



But what if you don't need her help at all? Many times, a resolute man makes changes in his life without consulting the many women in his life. It's potentially a mistake -

By increasing your value on your own, you get the +V. But it can actually hurt attainability - she'll wonder, "Can a girl like me get a guy like him?" When she actually feels she MADE you into what you are, she's more likely to understand that you two are compatible and she can have you. Also, the compliance is obviously not there.

Hell, even look at the value - Recruiting other good people in your life to work on common goals and being open about what you want to achieve is MORE valuable than stubborn "I do it myself" stuff. Sure, the rugged independence is valuable, but being a strong leader and sharing with people is even more so.

So, here's what you do -

Whenever you're embarking on a new endeavor, you can use it as an opportunity to make your girlfriend(s) more attracted. Before you start, call them up, and say, "Sweetie, I'm making a real push to get more healthy and lift weights. Can I count on you for some moral support, make sure I don't eat poorly around you and you only cook healthy stuff, and get a backrub when I'm sore?"

Normally, you'd then actually have your girl help you, and qualify her on helping you. So you'd have her cook salmon on brown rice, and then qualify her, "Baby, thanks so much for cooking for me. You're a real sweetheart." Once you achieve your goal, you qualify her that she "made you" on it -

"Thank you sweetie, I feel so good now. I wouldn't have been able to do without you."

But if you don't actually need her help, and still want the +V+A+C?

"Sweetie, I'm going to get my hair cut tomorrow. Got any recommendations?"

Her: "Yes, well....."

You: "Uh-huh, okay, go on."

Her: "And..... and so.... and then...."

You: "Oh wow, that's really great. Thanks."

After the haircut, text all the girls you asked:

"Thanks for the advice sweetie. I didn't do exactly what you suggested, but it did change up what I was going to get and it looks great! Thanks! Kisses"

So, formula for getting girls helping you:



- *Tell her you want her help, and qualify her.
- *Qualify her as she puts in work and helps you.
- *Qualify her after you achieve or see progress in your goal.

Formula for letting her feel like she's helping you, even if she isn't, to make her more attracted to you:

- *Tell her you want her help, and qualify her.
- *Qualify her occasionally on helping you if it's a long term goal.
- *Qualify her after you achieve or see progress in your goal.

It works either way. Get her involved, and she'll love you all the more. Added bonus - the more people you tell about your goals, the more likely you are to follow through with them. Keep playin'...

Sebastian



Boyfriend Destroyers

While sarging a married chick a few nights ago, I was reminded of some techniques for boyfriend destroyers that I haven't used in a while.

When a girl says "I have a boyfriend," there can be three possible meanings to this. The first is that she is attracted to you and will hook up with you, but she feels obligated to tell you so that she feels less guilty. The second is that she doesn't actually have a boyfriend or kind of has a boyfriend, and is just using it as an excuse to blow you off. The third is that she has a boyfriend who satisfies all her needs, and she won't cheat on him (yes, this situation does exist).

How do you know which one it is? Well, if she's not interested, she'll bring it up early in the conversation, and show other signs of disinterest. For example, if you open a girl and the first thing out of her mouth is "I have a boyfriend," it doesn't mean she actually has a boyfriend. It means that she's trying to blow you off politely — in other words, she thinks you're of lower value. In this situation, just bust on her for it — say "Really? Me too! High five!" then pull your hand away so she looks dumb. Then, continue to display value as normal.

If a girl is into you, but still gives you the boyfriend excuse, it's probably genuine, or at least semi-genuine. Either she has a boyfriend but she's not satisfied with him and is looking for something better, or she is satisfied with him, and is just flirting. How do you tell between these two? Unfortunately, there's no way to tell. The only way to tell is to play your game out to the end see if she goes along with your escalation.

In this second case, there's also a right and a wrong way to handle the fact that she has a boyfriend. The wrong way, that most guys use, is to bash the boyfriend, or even to agree with her when she bashes to boyfriend. The right way, although it's counter-intuitive, is to tell her how great her boyfriend is, and also tell her lots of reasons why you would make a horrible boyfriend. Harmless explains how to do this, and why it works, in this post:

Originally from a post by Harmless on [Bristol Lair](#)

First of all, it's important to notice how she brings up her BF:

If it's early in the sarge and she says, "I have a BF," this does NOT mean that it's time to do BF destroyers. This means that you did NOT attract her and that she could even be LYING to you because she doesn't want to talk to you. So... if you get this too soon, then you need to deal with more fundamental game issues first.

If she waits until later in the sarge and brings it up reluctantly, like, "Oh, I'm kinda seeing someone," then you know you're IN.



THE ULTIMATE BF DESTROYER:

Ignore it. Don't make an issue of it. The first time she brings up her BF, don't say anything more than, "That's cute." Just keep gaming her. You can break this rule later when you learn to calibrate.

If she brings it up again, there are a few techniques I have that work REALLY well to make take her BF out of her mind and put YOU in his place. (Well, at least make her forget about him for long enough to go home with you.)

They're all based on a few basic principles. Basically, you want to create a VOID in her life by letting her see that her BF is not fulfilling her needs. Then you show her that you are precisely her-void-shaped and fucking you would make everything alright.

Remember these principles:

First, if you BASH her boyfriend, she will get DEFENSIVE and support him. You've just anchored good feelings towards her BF and BAD feelings towards you. Bad idea. This even happens if SHE starts bashing her BF and you AGREE with her.

Second, if you try to convince her that you are better than her BF, the same thing will happen.

Third, if you talk about how awesome her BF is and exaggerate it to impossible proportions and talk about how they are destined to be together forever, this will cause her to re-evaluate her BF in YOUR TERMS... and be disappointed.

Fourth, if you talk about how horrible a BF YOU would be, and why she would never want to date you, she will start to relate that to HER experience with HER boyfriend. It's sometimes also effective if you do this ironically, telling her how WONDERFUL you would be and then describing all your horrible traits as if they were ideal.

Fifth, use future adventures projection to have her imagining the two of you together. Use this HEAVILY. I cannot stress this enough.

Sixth, fractionate between a joking, tongue-in-cheek, "I'm just kidding" tone and serious, "Is he kidding?" tone depending on how into you she is and how attached she still is to her BF.

Seventh, use false disqualifiers a LOT. Make excuses for why you can't be with her, especially ones that disqualify yourself. It helps if they are blatantly weak excuses. My



favorite is that my other girls take up too much of my time as it is. Use these right after Future Adventures Projection too.

Eighth, just pretend that the words "I have a boyfriend" have NO MEANING at all to you. Continue as if she never said it.

Ninth, she is destined to be yours and you both know it. There is no element of NEEDINESS here.

Combine these principles (and others that I've forgotten, and anything IN10SE would care to add) and you can create your own BF Destroying material on the fly. Here are some routines that I've created while talking to girls:

(This is from a sarge with a SHB who is "kinda seeing" the manager of a trendy downtown club)

Me: "You're a lesbian, aren't you?" Her: "I'm not a lesbian! But... er... I am kinda seeing someone. He's about this tall, dark hair [starts describing the manager, who I had seen her eating dinner with after the clubs closed the previous night]" Me: "Well, it's a good thing that I like him." Her: "Why?" Me: "Well, because otherwise I'd just steal you from him, take you to a desert island, and spend a week drinking rum, sun-bathing, and skinny-dipping with you. [I could have gone on with the future adventures projection, but I decided not to.] But that will never happen. So, tell me, how long have you been 'kinda seeing' him?" Her: "Oh, just a few weeks now." Me: "Wow, you know, just from the way your eyes are all bright and your skin is glowing, I can tell that you are totally in love with this guy. In fact, I predict that a year from now, you will be happily married with 1.5 kids and a white picket fence." [said very tongue in cheek] Her: "I don't want to get married, and I certainly don't want kids right now! I'm an independent woman!" Me: "Of course you are. But he's just so perfect for you! I bet he buys you flowers every day you see him. I'm sure that he is always a perfect gentleman and never even LOOKS at another girl while the two of you are together." [note: I had been blatantly gaming girls all night, right in front of her, and getting #s.]

Other stuff to do and a general structure:

*She mentions her BF and starts qualifying him somehow ("Oh, he's so X. I love him so much"). You use this when you start a FUTURE ADVENTURES PROJECTION:
"So I suppose that since I like him and I don't want to hurt his feelings and everything, we will have to conduct our moonlit tryst secretly. He must never know of our clandestine meetings."*

Then you build up her BF with:



"You know what? It sounds like you guys are totally in love. I can totally tell that he's the PERFECT guy for you and you will ALWAYS be together. In fact, I bet he'll propose to you soon and you'll get married and have kids and live in a nice house with a white picket fence. And you know, I just couldn't live with myself if I ruined the rest of your life with him because he is your PERFECT BOYFRIEND."

Then she starts bashing her own boyfriend ("Well, sometimes he's mean to me. Blah blah blah") and you say,

"Well, if I was your boyfriend, I wouldn't be like that at all. I would call you three times a day JUST to find out where you were and what you were doing and who you were with. I would get mad if you didn't call me EVERY day because I would love you SOOOOO much. I would go out drinking with the guys every weekend so you could have your personal space to do whatever it is that girls do... I don't know, cooking and cleaning and such. Oh, and I would forget all our anniversaries and break up with you on valentines day."

So, the idea is:

She mentions the BF,

You ignore it.

She mentions him again

,

You start three threads going:

One is future adventures projections of you and her having sex. But you use imagery that she can fantasize about (If you don't know, go read a romance novel) and disqualify yourself. ("Yeah, but that will never happen.") This raises buying temp.

The second is a thread that describes him as the ideal boyfriend so his faults are amplified. This is a DHV.

The third is a thread that describes you as a horrible boyfriend. You can do it ironically if you want. Basically, it's a DLV and a false-disqualifier.

In fact, these anti-BF techniques work so well that I use them all the time on girls that are single too. I just start talking about past relationships or the ideal guy, etc, etc. Or I start future adventures projections about our illicit meetings, running away from the paparazzi in LA, getting pictures of us kissing in the National Enquirer, etc, etc.

Harmless



BALANCE AND RELATIONSHIPS



The Competing Early Relationship Demands

By Dimitri

When you get into a new relationship, lots of stuff is going on. Chemicals in your head are firing and you literally feel like a different person. Well romeo, you're going to come down to earth soon, and you'll be largely unchanged by the hormones and endorphins. So plan smart!

Here's something someone said in Amsterdam. "Here we are. Us. On drugs. We're us on drugs right now. But somewhere there's us not on drugs. And we'll be them again. And hahaha - I have this sneaky suspicion that us not on drugs is going to be held accountable for what us on drugs do."

Same with relationships. Now let me throw something out there - I had to learn how to relationship. It's just like pickup or sex. Some people are gifted, most are terrible but think they're okay, and some are terrible and know it. If you're gifted, congrats and my praise. You started off luckier than I. If you're terrible at relationships - then for the love of God, be the latter type that knows it.

I was terrible. I learned through the school of hard knocks by losing girls I liked. And I'm much, much better for it today.

Alright, first, some inner-game:

When a relationship ends, it didn't fail. It's concluded. Did you learn something? Did you have any fun? Cool, cool. If either or both of those happened, don't mourn it but celebrate it then get on with your life.

How good a relationship is is directly proportional to how good it was at its best moment multiplied by how long it's been since you broke up. Seriously - Time erases bad memories, but not good memories. Relationships get better once they're over. Remember that, and try not to pine after lost loves. They really weren't as good the first time around (even as I write that, I remember my first love really really fondly - though I objectively realize it wasn't quite that good, and is an unrealistic standard to hold new girls to - the emotions fire, but logic prevails, and I refrain from doing anything stupid).

Alright, now -

PRECEDENCE

Need I say more? Yes? Okay.



Whatever you do in the beginning will become standard. So ease off the love and affection. Think to yourself, "Do I want to do this with the frequency I'm doing it for the next two years?" If the answer is no, and the girl is a keeper, lay off it.

So texting her every day? Want to do that for the next 730 days? No? Then don't do it now. It's a funny thing my very loving affectionate new girlfriend just said to me.

I just got back from China, and asked her if she missed me. She said, "Yes but it wasn't so bad. You emailed me once a week, and I loved reading those letters."

Whoa! Hello guys! She's really happy I emailed her once a week. She'd have been no more or less happy if I emailed her every day... except... when I stopped emailing her every day she'd be *way* less happy, and wonder why I didn't like her any more.

Most guys think they need to buy her flowers every so often, or take her out to dinner, or buy her gifts. Me? No birthday presents or Christmas gifts for the first year. It's all gravy after that for them. If you think you need to do something in a relationship to keep it happy, you might need to - but that's only because you created that need at an earlier time.

Me, I can email my girl 100 times in the next two years. No problem. But I can't email her 700 times in the next two years.

...so I didn't email her every day.

Just be objective. "Can I keep this up and be happy?" If the answer is NO, then DON'T DO IT NOW!

Her toothbrush at your place. Does it bother you? Not right now. Two years later will it? Quite possibly! And trying to stop it then will be massively -Attainability, as opposed to a little right now. In fact, if you're smart, you don't have her do it even once. She's on her way out the door, soap and toothbrush in your bathroom - "Hey hun, you forgot your shit." Insist she take it.

Don't let her come over on her own schedule, or even request to see you at your place. Why? You won't want to in two years! Don't give her keys to your place. Why? Two years! Don't take all her calls? Why? Because sometime in the next two years you won't want to!

People think about their investments like this. Their homes. Their jobs. Their education. But not one of the most important things in life - Their relationships. Give it the ol' "Will this be a pain in the ass in two years?" test. If the answer is yes, stop it now. Remember to liberally use qualifying, especially post-sex.

"I love how we spend such great time together, good conversation, good sex, so much fun... and how you understand I'm so busy, and respect my privacy. God, you know how rare it is to



find a girl like you who doesn't try to just move in after we start having sex? That's what I like about you, you respect my space."

Don't worry about word-for-wording that, just get the vibe down. Going to suck in two years? Don't let it ride now. A stitch in time...



Mutual Value Escalation

If you want to put a car in a garage, there's two ways to do it:

- 1) Tear the garage down and rebuild it over the car.
- 2) Drive the car into the garage.

A lot of the current model of ASF has its place, but it's used at the wrong times: Making it take much longer for a guy to find what he wants. Playing with a flawed model is better than playing with nothing at all, but let's step it up a bit, shall we?

A huge part of the current dogma is to have a higher value than hers. No arguments there.

But, let's say you assess yourself at a value of "7?" and so do other people. And she's an "8.5?" on the objective rating scale.

Houston, we have a problem. Or, rather, a potential problem.

Now, there's a few ways to deal with a situation like this:

I) Long term: Become legitimately higher value. Okay, great. Should be one of your goals. Always improve your life. We've talked about this before. But it's not going to do anything TONIGHT, is it?

II) Lowering her value to increase yours: Negs, dismissals. Better than nothing. Really, I mean that.

Okay, these two above are the main ASF ideas for dealing with it. #1 is inner game, which some highly advocate and I agree with. It also includes things like the gym and nutrition, which guys like ijjji advocate and for good reason.

#2 is what a lot of people see as the correct "outer game" play. Regardless, solutions 1 and 2 both rely on another factor: Always increasing your value. I've never seen anyone dissent from intelligently and discretionately using Cialdini's concept of social proof. Likewise, being sociable and cool is always good.

So, what's the problem? #2 is like trying to drive in a nail with a screwdriver. It works, but it takes longer and is more likely to break down somewhere along the line.

THE REAL DEAL:

Solution III: Increase BOTH of your value simultaneously.



Okay, back to our first illustration. Guy is a “7?”, girl is an “8.5?”. The guy could use negs, social proof, takeaways, and such to decrease her value situationally to “7.5?” and increase his value to an “8?”. Then, some logistics, some more gaming, some of this and that and ideally he beds her. But he’s bedding a woman whose SOCIAL STATUS HAS BEEN DAMAGED!!!!!!

He’s bedding a 7.5. Now, if he’s a really cool guy otherwise, but might not appear so on a first glance, maybe she’ll keep perceiving him at a high level when she snaps out of the need for validation trance. But if it’s all just been a front, guess what? She’s going to start seeing herself as better than you soon enough, and it’s time for all hell to break loose. This is a large cause of why some night game that’s successful at “putting numbers on the scoreboard” is terrible at making loyal, solid, dependable girls. And many of these same guys rant about how worthless women are! When they’re damaging the goods before they take it!

Go figure!

SOMETHING MUCH BETTER:

Instead, realize that you have the power to make any girl better than what she is, simply by virtue of being with you, being connected to you, being in your presence or even able to communicate some with you. She can feel more sexy, more intelligent, solve problems more easily, be more dedicated, be more rational, and so on.

Does that sound like a grand claim? It’s not. A good leader can bring out all those things in a person, and more.

So, instead of you cutting that cute lil’ 8.5 down to a 7.5, you make her into a 9.5!

Hold the phone, Dimitri! You can’t be serious! I’m just a “7?”, I can’t handle the 8.5, let alone a 9.5!

Well, first, my friend, start seeing yourself in a better light. But that said, check out the flaw in your objection:

You make her into a 9.5. Who is that dependant on? YOU! She feels stronger, smarter, more confident, more socially savvy, more beautiful, and more powerful around you. Without you, she can’t have that. What does that do for your value?

10/10, gentlemen. When you deliver a compliment well (that’s where the game comes in), you increase your value and hers... and yours MORE.

There’s an art to this, of course. It’s possible to give a compliment that’s supplicative. That raises her value a tiny bit, and lowers yours a lot. Same with perceived supplication. But imagine, if you will, that a Tom Cruise-esque guy walks up to a girl, looks deeply into her eyes,



and tells her that she carries herself so gracefully that he had to come speak with her. Guess what? She's positively glowing, and his value has only gotten higher.

And if you're picking up everyone around you, you're getting social proofed too. Higher social status. More people want to be around you. It's cyclical.

DIMITRI, GIVE ME THE TECH ALREADY!

Sure. When saying or doing anything in the game, be **PROCESS ORIENTED, NOT RESULTS ORIENTED**. That means, do what you feel, and shrug at what happens. When the night is over, it's good to analytically look at what happened, and adjust. Maybe even take a couple minutes while you're in the men's room to think over how things have been going. But instead of taking a technical aspect, it's important to bring what you feel, and what you want. That means go with what you want to go with, not what you've been told to go with. If any given compliment/remark/story/whatever gets negative results, you shrug at the moment, because you did the process as best as you could. You improve the process later, as you can, but in the moment, you live it and love it. And that shrug if someone disapproves is usually enough to make it glaze over and no matter, anyway.

Deliver everything from a position of power and authority. When you state something that you think, your position isn't going to change based on what they think or say. So you give a girl a compliment on her retro-yellow skirt. She says she hates it but has nothing else to wear. You shrug, or maybe say, "Meh, I still like it" and keep going. You don't take back what you've said, because it's true. Likewise, if she starts glowing, you don't go on and on about it: You've said what you have to say, now keep moving. The authority part means you're not tentative. If you give her a compliment, you might leave a normal social pause in there to see if she thanks you or says something in particular, but after that half-second or so, you just do/say what you want to. You don't stand and wait for her to decide what she wants to do with you.

Judging: Everyone judges all the time, whether they admit it or not. Even a person who prides themselves on being non-judgmental still makes spot assessments of everything they see. Well, I say take it to the forefront. Be conscious of the fact that you're always judging, and do so. It's what the concept of screening is all about: And I don't mean pretending to screen. See if she's what you actually want. Practice is great and all, but at some point, you gotta start getting what you want and deserve.

So far, we've covered the basic mindsets and attitudes of Mutual Value Escalation. You come from a position of power and authority, objectively realize and consciously judge her actions to see if you like her and what she's doing, and then you stay process oriented: You don't let what others think/do affect you if you're giving it your best.

DISRESPECT:



There's a lot of rude people in the world. If I had to guess, I'd say there's probably an equal number of rude men and rude women, but in a lot of western countries, you see blatant disrespect by women to a lot of men.

So, you're out in the club, you see a girl wearing a ruby-colored, shimmering red dress. Long, soft blond hair and a pearl necklace framing her perfect neck. You go to talk to her, and she's rude!

What has she done? Well, if she wants you (and she will soon if not already, my friends, rest assured) she's played shitty game. But you can't blame her, Cosmo and The Rules are really the blind leading the blind.

She doesn't know any better. Someone would do well to point her to my MVETheory, but in the meantime, you'd better deal with this.

Take no disrespect! When a girl disrespects you, it's her trying to raise her value a bit by slamming yours. Instead, you assume your value is still where it's at, and that hers is SEVERELY decreased by her disrespect.

Then treat her appropriately. Like, if you can, imagine the 9 that just said some rude shit to transform into a 4, and it's a rabidly ugly drunk girl that's talking shit. In this case, you'd probably what?

Turn your back to her? Tell her that she's rude? Laugh and make fun of her? Roll your eyes and look at her like a little child?

Ignore her entirely?

If a woman is willing, I'll take her and me to new heights together. We'll thrive together in a partnership, and if she measures up, a relationship. Sometimes we'll make love, sometimes we'll have sex, sometimes we'll get down and dirty and fuck real nasty. We'll have great conversations, do fun things, and both learn more about ourselves. We'll see sunsets and sunrises and I'll show her things she's never seen before, and I'll learn everything I can from her.

But not if she wants to be a snotty little bitch. There's, quite literally, a line of girls that are begging for my attention, my affection, my love. So if one girl can't realize what I'm worth, she'd better get in line ASAP.

So take it as a severe knock on her value. Many people, when faced with someone being hard to get or disrespectful, want to prove to that person that they like them. Wrong response.



So, after she's disrespectful to you, you either "neg" her, as appropriate, or maybe dismiss her entirely in favor of better girls. If she was not being entirely attentive, then it might be time to tease her a little. If she was downright fucking rude, then it might be time to tell her straightup, "Hey, I was just being social, having a conversation, and that was rude. But... have a nice evening."

WAIT, DIMITRI, WHY NOT JUST NEG RIGHT OFF THE BAT?

Because, quite frankly, I don't need to. Have you ever seen an old, black and white movie, with a man playing a manly actor telling a woman that she's so beautiful and they'd be perfect for each other. Lots of times, the girl melts for him on the spot. Sometimes, she doesn't. But if she fires something at him sarcastically, he always shoots right back with something clever about how she's blowing her chances.

AND, it would presuppose that I need to neg, which I don't. This all goes back to having/being a high value person. I come in assuming I'm already supremely high value, but that's another topic for another time.

****IN CLOSING****

Don't try to cut women down so you're better than them. Instead, lead them and make people around you better people. You can do this by encouraging them, complimenting them when they do well, and disciplining them when they fail.

You assume a high value, and you create even more by this attitude. Really, everyone you meet will be picked up a bit, and become a better person if they work with you. If they work against you, they go from having you in their corner to you judging them harshly: And they see that you're solid in heart and mind, so they just made a huge mistake. The vast, vast majority of the time, this is enough to correct the behavior and not have it around you. It doesn't mean that you'll get any one, individual woman, but it does mean that you'll constantly have attractive women that are loyal to you and good people around you. It'll also make you have more friends and more loyal friends, as well as more contacts, acquaintances, and so on.

Without being too sappy, trying to leave everyone you find a little better off makes you a LOT better off, and people will follow your lead. If someone is disrespectful, you don't tolerate it: You see if they'll fix their behavior, and it's sayanora if they can't.

Feel free to add more thoughts and technique, my friends. This avenue of game has been around forever, and it's the most successful model of leadership and playing the game. Just because it hasn't been talked about in this way before en masse shouldn't stop you from logically thinking it out and realizing that you know lots of people who do this and are successful with it. Chip in some thoughts, and let the discussion grow.



The Compliance and Value Model

Fundamental concepts and tools for increasing perceived value and driving interactions with women to higher levels

Value is of utmost importance in your interactions with women. It determines how willing a woman is to meet up with you, it determines a woman's level of physical attraction for you, and ultimately, value determines how far a woman will go just to be in your life. Naturally, I get many questions from people asking me how they can increase their value:

"Do I raise my value through DHV storytelling, do I lower her value through negs and indifference or do I use push / pull or what?"

Firstly you must realize that value is almost entirely based on *perception*. That's right. The only value that actually exists is inside the minds of the people around you. Sure there are things that society says is valuable, like how much money you make or what kind of car you drive, and based on society's perception, some level of value can be assigned to people. But it is still just perception.

What I am going to present to you today is a fundamental model of value. What I mean is, this model determines the effect that other value-shifting techniques will have when they are used. Value shifters like stories containing DHV spikes and negs as well as social value cues like cocky humor and peacocking are all subject to this fundamental concept.

This means that all of the abovementioned techniques will work perfectly when you have this fundamental concept down, and will fall absolutely flat if you do not.

How compliance relates to value

The term *compliance* is used to measure the willingness a girl has to do something with you or for you. In short, getting a girl to talk to you when you approach her requires some level of compliance. Getting a girl to buy you drink requires a little bit more compliance, and of course getting a girl to the point where she is open to having sex with you requires even more.

Compliance is directly proportional to value. The higher your perceived value, the more compliance you will naturally get from a woman. The higher you perceive a woman's value, the more compliant you will be to her, automatically.

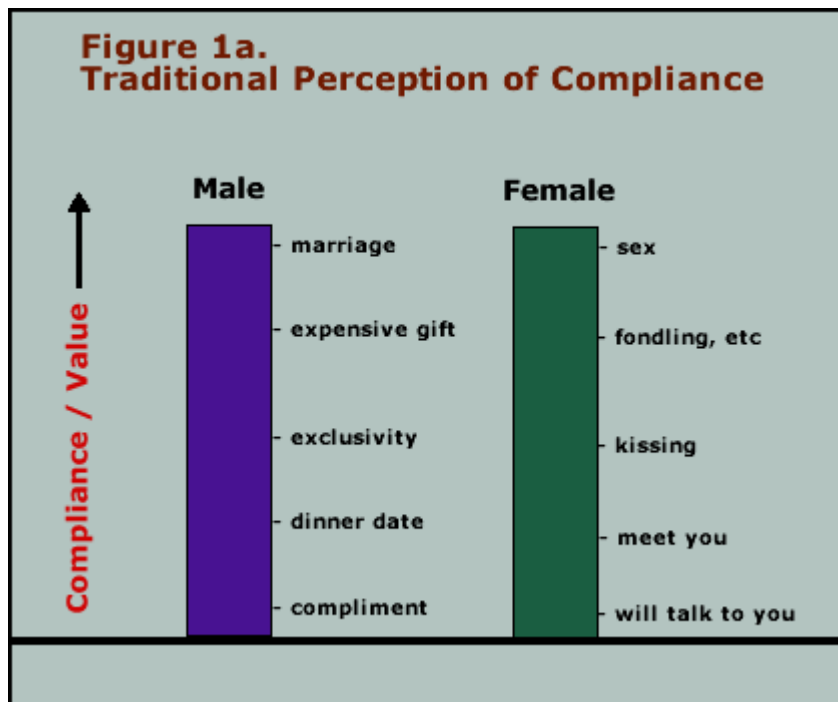


Let me illustrate the fundamental nature compliance has with relation to value. If you tell a story about something off-the-wall that happened when you were chillin' at the Playboy Mansion, it can quite potentially be a demonstration of higher value. Let's say you use this Playboy Mansion DHV, but then she tests you by asking you to hold her drink while she dances, and you oblige. Your entire story is now negated. Since compliance is more fundamental than a story, she is perceiving your value based on the former.

If instead of holding her drink, you instead explain that you might meet up with her later, then you would have been *congruent* and retained the value from the story. In fact, you could have been having a conversation with her about the mating patterns of the blue-jay in New England, and you would still have higher value. The Value-Compliance relationship is *fundamental*.

Here is where it gets interesting. The compliance scales are different for men and women. Typically, men seek compliance based in replication value. That is, they are out to get a woman's sexual value. They want to be close to a woman, touch her, kiss her and have sex with her. Women on the other hand, seek compliance based in survival value. Traditionally, women have urges toward getting protection, shared living space, and financial support from men.

In fact, if you look at the nearly extinct paradigm of dating and marriage, and make two bars representing a man and a woman's compliance scales, the relationship becomes very clear. (Fig. 1a)





Here I have made two bars, each representing a man and woman's relative values. The height of the bar represents their perceived value. (The man and woman have equal value in this diagram) The tick marks along the side represent the levels of compliance that are available for each person. In this diagram, the man has potential to get sex from the woman, and the woman has potential to get marriage from the man.

I know some of you are laughing as you realize that most women don't wait until marriage to have sex. That's fine. This model is just an illustration of the compliance scales of men and women that everyone can relate to. We'll get into some common scenarios and practical application a little later.

Actually, this diagram is rather generous. In our society, the issue is further confused by the idea that a man must 'win over' a woman with a diamond ring in order to marry her - A frame of mind like that leaves a man with such little perceived value!

Keep in mind, the actual compliance levels are quite arbitrary. I have labeled them for illustration, but in general just remember that a woman seeks compliance related to her immediate survival and the immediate survival of her family, while a man seeks compliance related to genetic survival and accessing a healthy, beautiful woman's genes through sex. So we will see women chasing things like emotional strength, leadership and wealth, and we will see men chasing things like pretty faces and hot bodies.

Evolution has created this situation for us.

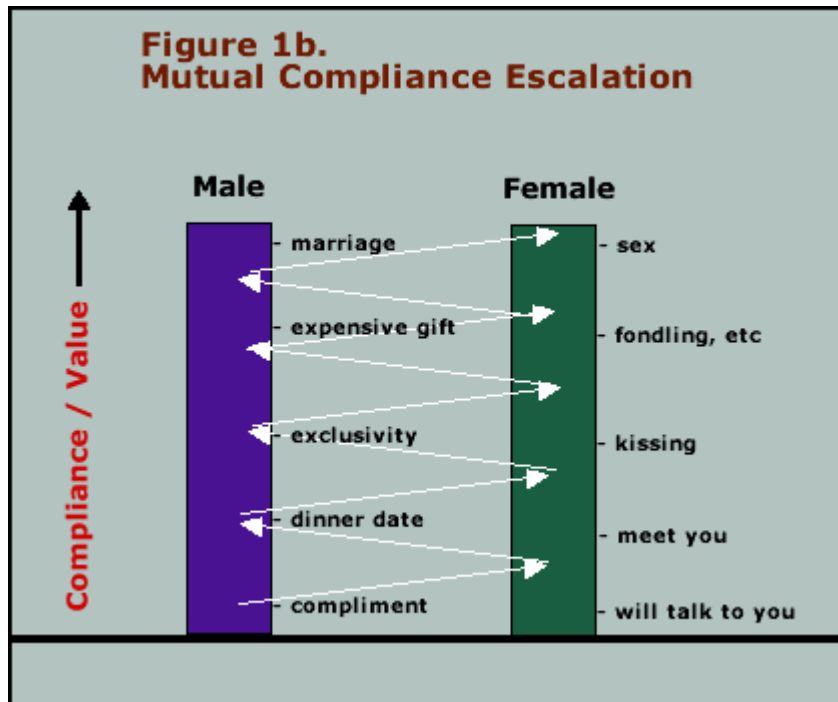
Mutual Compliance Escalation

When a man and a woman meet, and become involved with each other, they take turns being compliant to each other.

A man approaches a woman, she in turn gives him attention and talks to him. He asks her a few questions to screen her, she then complies and answers. He complies by qualifying her with a nice compliment. He asks her to go window shopping with him and she agrees, etc.

On and on you go until you have reached full compliance from the woman. Unfortunately most men never even achieve full compliance from a woman, yet surrender their own full compliance all the time. It is a common mistake to believe that the more compliance you give, the more you will get from a woman and the more she will be attracted to you.

So, a man and a woman go back and forth escalating compliance in a mutual way from one rung of the ladder to the next. You can see it illustrated in Fig 1b:



Keep in mind this is not to be confused with Mutual Value Escalation, which instead means raising the levels of both of your value bars relative to the people around you via leadership, future adventure projections, teamwork / role playing frames and dominance over others.

In order to move to the next level of compliance, two things are necessary. Firstly, you need perceived value of at least the same level or higher than the girl. Your value creates attraction and a willingness to comply. The second thing you need is comfort and trust. After all, women don't go around sleeping with every guy that has higher value than them.

The purpose of comfort and trust is so the girl feels safe knowing that the compliance escalation will continue after her current action. Both of these are needed in proportion to the level of the request you are making. Being compliant to her requests is one way of developing comfort and trust, but it is recommended to only comply with small requests that you don't mind fulfilling. Hold off on complying to the large requests at first, since it has potential to be quite detrimental to your value. Take your time with the escalation and be sure to go through the full process of screening and qualification (both false and genuine).



Attraction is the result of withheld compliance. Whatever compliance a girl feels she deserves but doesn't yet have, produces attraction to you, the source of value. Screening and qualification is what makes her feel as though your compliance is worth pursuing. The best way to engage a girl, therefore is to demonstrate high value and produce relevant qualification.

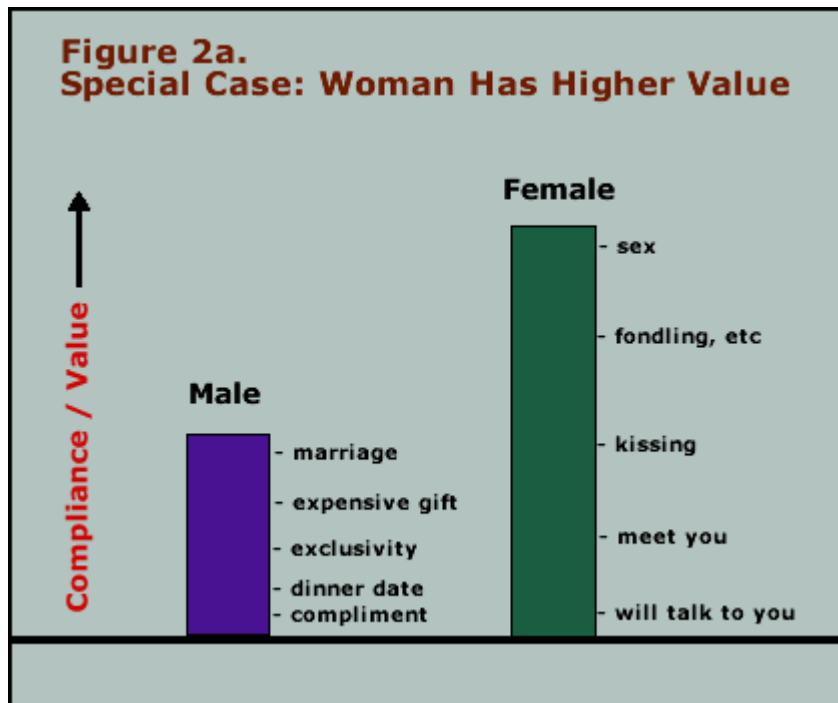
A couple other things are worth mention. Asking a person to do something, and having them reject you puts your value into flux. (We'll talk about value flux a little later, when we discuss application) When a person declines your compliance request, it is not necessarily because they perceive your value as being low it is usually just because they aren't sure what your value is yet. Look at a rejection as an opportunity.

When your request is rejected, your value is in flux, and it is an opportunity for you to define it with your subsequent actions.

For instance, if you go to kiss a girl, and she rejects you, it's not necessarily because she perceives your value as being low. It is simply because she's not sure. If you go and try to kiss her again, right away, you may lose some points with her. If you get angry or upset, or otherwise deflated or thrown off your game, you will certainly lose value. If, on the other hand you are cool and nonchalant about it, or you humorously tease her and joke about it, your perceived value will *increase*. At that point, you can safely try again at a later time and your chances of getting the kiss will have improved.

Orbiters and Let's Just Be Friends (LJBF)

Let's look at the special case where the man has lower perceived value than the woman. (Fig. 2a)



Notice that sex is completely out of reach.

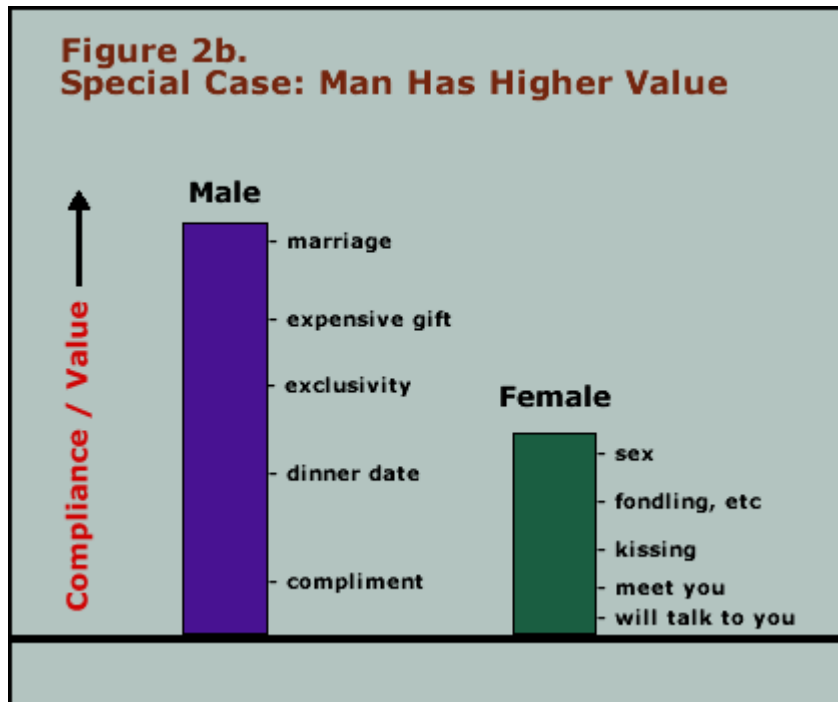
No matter what a man does, he cannot get a woman of much higher value to comply to having sex with him. As a result, a woman will usually tell him "Let's just be friends." He becomes one of her many 'orbiters' and continues to fight a battle leading nowhere. In fact, there is both an instinctual and societal motivation for women to lure the men in their lives into this type of role. After all, evolutionarily, this meant more men to help raise the children she was having with the alpha male.

Realize however, that depending on how high the value is, the orbiter will be able to get some kind of compliance from the woman, even if it isn't full-on sex. In Fig. 2a, you can see that this fellow can get a kiss from her every now and then. How sweet.

Also, it doesn't mean he has to marry her to get a kiss. It is sufficient that she already knows she *could* get married to the guy, if she were so inclined. That is why the concept of the 'no-challenge' switch is so important. The woman has these men at her disposal for whatever survival value she wishes to take from them: Companionship, dates, spending money, backup for her real boyfriend, everything is fair game.

Players and Fuck-Buddy (FB) Relationships

Just as common as women who collect orbiters, there are guys who sleep around with many different women, no strings attached. Let's examine Fig. 2b.



Notice that marriage is completely out of reach.

There is nothing this woman can do to get this guy to marry her. In fact, in this this guy probably isn't going to be exclusive with her. Basically, all this guy has to do is show up, talk to her and give her some good emotions, and she will have sex with him. Hence the term "Fuck-Buddy". She does however have a chance at getting dinner every once in a while, so we can call this example an "upgraded" FB relationship.

Unlike women, who have both instinctual and societal motivations to lower the perceived value of their mates, for men it is merely instinctual. Societal programming tends to motivate men into beta-provider type roles. Look around and you'll see evidence everywhere. Deep down, our genes are telling us otherwise.

Most men, whether they admit to it or not, would love to have a few different sex partners that they aren't committed to. After all, what kind of man doesn't like sexual variety? From an evolutionary standpoint, these are the women that will bear his children, as he proliferates his genes.



The interesting thing is, looking at Fig. 2b, we realize that this is still a traditional mindset. The escalation of compliance levels still leads to marriage. Players in this society still usually get married if they find the "right" woman. They are searching for that one woman who has high enough value or good enough game to get them to make a commitment.

Once a man has a few girls who cater to his every need, it becomes less exciting. There's no more challenge and nothing left to chase. What *both* sexes want ultimately, is high levels of compliance from high value people.

In addition, the fact that sex is so high on a woman's scale of compliance is both an outdated traditional model and unacceptable for our purposes.

In fact, I will go so far to say that the true fundamental goal of a real pickup artist is to lower the effective compliance of sex, and move it lower on the scale.

TOOLS AND APPLICATIONS

Reverse Supplication Levels

What many guys realize as they become better with women, is that sex isn't necessarily at the very top of a woman's compliance scale.

We've all seen women who do everything for their men. They buy them gifts, cook them dinner and clean their apartments. There are women who would practically *die* for their men.

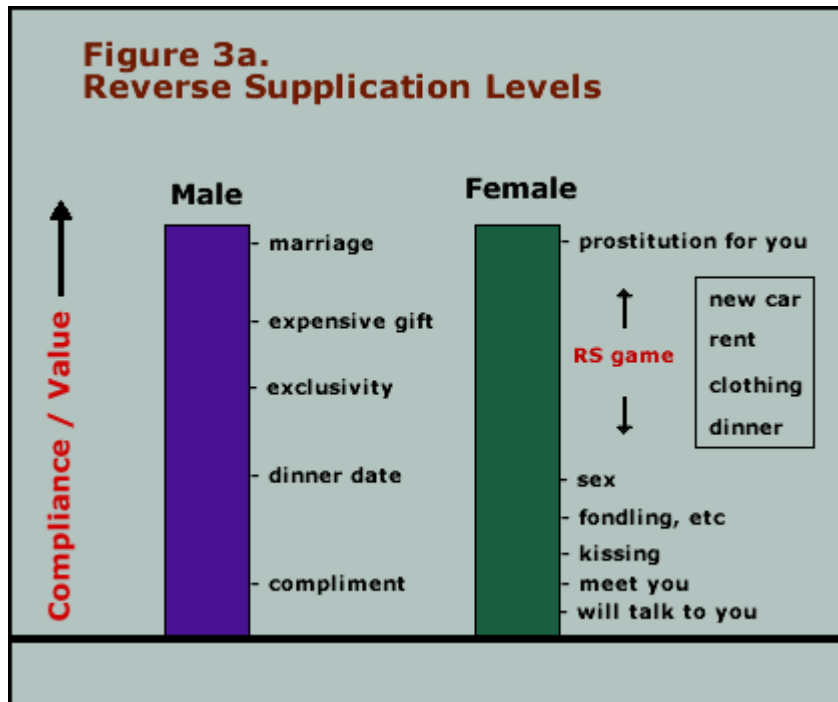
We also know about pimps who have their hoes out on the streetcorner, every night making money for them. These women are selling their bodies to strangers to earn money so that their men are taken care of.

Talk about a high level of compliance!

At first, it may seem completely unreal to ever have women that compliant to you. After all, there are many guys who cannot even get their girlfriends to call have sex with them!

It turns out to be quite easy, actually, and is based on a few simple dynamics. There are all kinds of levels of compliance that reside beyond sex, leading up to full compliance which is defined as willingness to either die for a man or commit her life to his cause. Prostitution fits this basic definition close enough.

The levels that reside beyond sex leading all the way up to prostitution are called the *reverse supplication* levels. I have defined reverse supplication as a man receiving survival-type compliance from a woman. Inserting the reverse supplication levels into a woman's compliance scale gives us Fig. 3a.



As you can see I have filled in some examples into the reverse supplication levels. Dinner, clothing, a new car, all the way leading up to prostitution. Playing at that level is pimp game and I'm not interested in that right now. Between sex and prostitution is a very real region, of which holds many interesting possibilities.

Just the simple acknowledgment of these levels lowers the effective compliance of sex. Bringing these levels into existence by reaching for them will make sex come that much easier. Value is only perception, and if you are overshooting the goal of sex by making larger requests, you can be perceived as having extremely high value.

In other words, if all you want is sex, the best way to get it, is to simply set your sights BEYOND it.

- Ask a girl to write you a poem or draw you a picture
- Ask her what kind of girls she likes before you've even slept with her



- Assume you're going to sleep with other girls in her social circle before you've even slept with her
- Find out if she has any connections to club owners and tell her you'd like VIP access

Keep in mind, you aren't *taking* value from others, you are merely increasing your own perceived value, such that everything you give is appreciated to a higher degree. It will make everything you do that much more powerful. People will be more likely to listen to you, more likely to laugh at your jokes and more likely to try to get rapport with you.

I won't go too far into this here, but the basic formula for escalating compliance is to take it one small step at a time. We aren't talking a few dates, this stuff can take months. Compliance is pliable. When you have a woman at breaking point and push her threshold, her maximum level of compliance increases.

Another key is making it fun and worthwhile for a woman to do these things. Make your requests that are related to your identity. If you are a chef, have her pick up some groceries so you can prepare a romantic dinner. If you are an artist, have her pick up a new set of brushes, and let her watch you create a masterpiece. Build a lifestyle in which the two of you can share.

Though this article is only a small portion of my entire reverse supplication method, it is still powerful enough to warrant two points of caution. Firstly, do not use this method for abuse. Women do these things because they love us and care for us. Don't run this on a poor college girl, and don't run it on a woman you aren't willing to be straight with. Use it carefully to develop your lifestyle and enhance the experiences that you share together. Secondly, don't ever become so dependent that you lose responsibility for yourself. If it ever gets to the point that you cannot maintain your finances or keep your apartment clean all by yourself, you'll be in trouble. Trust me on this one.

Set High Expectations

When it comes to value, nothing beats having high expectations of other people and putting a price on yourself.

So many guys are willing to sacrifice their own best interests in order to make a girl happy, or to get together with her. Don't go driving two hours out of the way just to see her, don't ditch your buddies to hang out with her, and don't volunteer to buy her dinner if you've just met her.

In addition, you should expect women to respect you and treat you well. If you compliment a woman, expect her to respond positively to it. Many guys fail with compliments because they



don't hold her to high expectations and instead continue to be nice to her after she has disrespected them by ignoring the compliment.

Make a woman commit to giving you full attention when you are communicating with her, whether it be in person, on the phone or even in a chat room. Also be willing to walk away if she doesn't meet your standards. There are plenty of women that will. Most of the time a willingness to walk will only help you, and draw them in closer.

The best way to punish bad behavior is with indifference. Any reaction whatsoever is actually a reward, because it telegraphs your emotional investment. Sometimes it helps to make it absolutely clear what she did wrong in a dominant, (not angry) voice, and then follow it with indifference, both physical and verbal.

Value Flux and Reward Calibration

There are times in an interaction with a woman when your value is in flux. That is, your value has no definition. Realize that this is not necessarily a bad thing but rather an opportunity to define it.

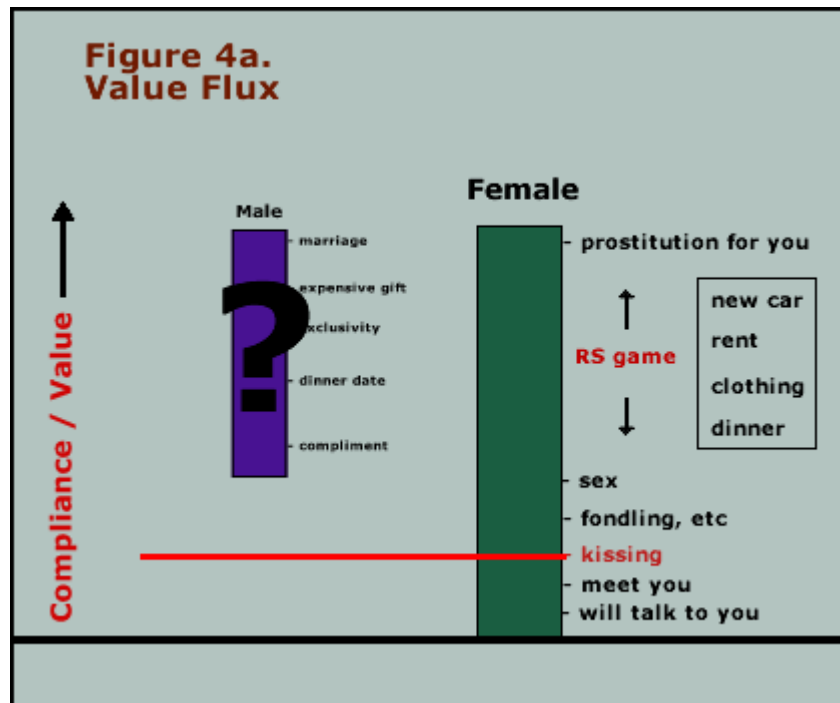
The first situation that causes value flux was mentioned above - it is when you make a compliance request. For example you try to kiss her, and she either obliges or rejects you. Your value is then defined by your reaction to it.

The second situation is when a girl displays good behavior. That is, she does something to indicate a higher level of compliance than where she was at previously. For example: she calls you, she follows you as you lead her around the club, or she buys you a new pair of shoes. These are all examples of good behavior.

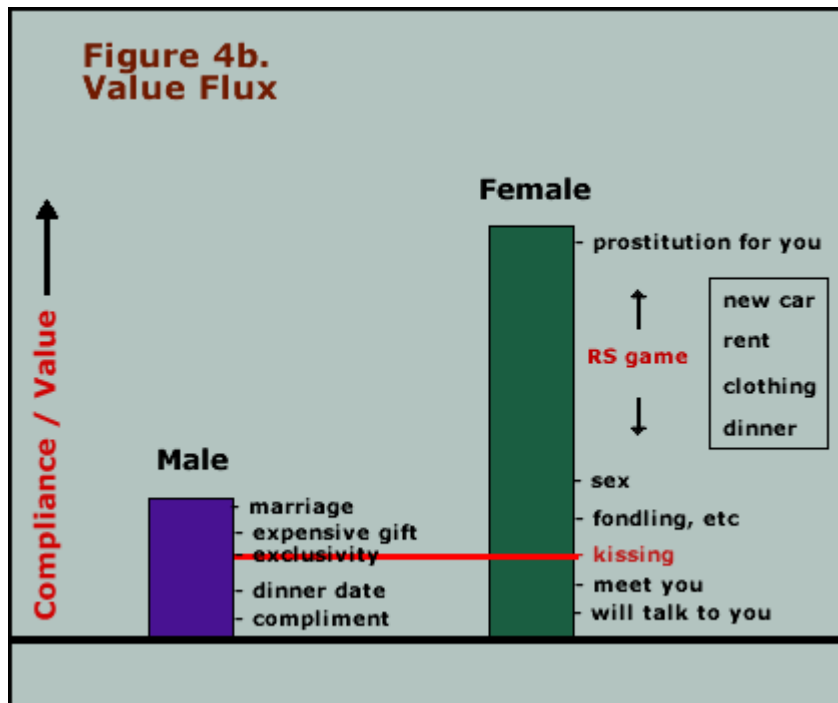
Good behavior should never be punished, except in small amounts. In general it should be rewarded. Sometimes punishing good behavior in small amounts works to confuse her and obsess about you. Major jumps in positive compliance in her part should be rewarded.

But how should her good behavior be rewarded?

Let's take a look at Figure 4a which illustrates what happens when a woman does something good, and your value is in flux.



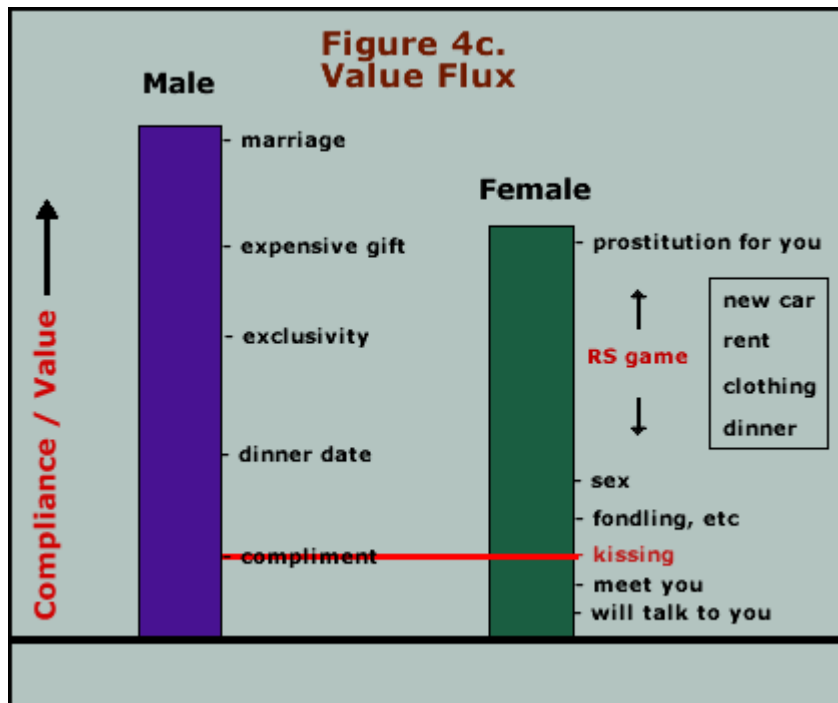
In this example, the woman has kissed you. In general this behavior is in the right direction and should be rewarded. There is a wide range of ways to do this, but keep in mind, your reward will define your value, and therefore how she responds to you in the future. Let's say after the kiss, you decide to make her your girlfriend and be exclusive to her. See Figure 4b.



So the girl kisses you, and you decide to be exclusive to her. You start the "relationship talk" and tell her you've decided that you only want to see her. Bad move. It would probably result in her telling you to take a hike, unless she's a virgin and kissing is pretty high on her scale anyway.

Since exclusivity is pretty high on your compliance scale, transposing your value bar so that it lines up with kissing would result in an extremely low perceived value.

Ok let's see what happens instead if you merely give her a compliment after she has kissed you. Take a look at Figure 4c.



As we see there, rewarding her kiss with a simple compliment goes a lot further. You will create a much higher perceived value for yourself, and in the process increase your chances of more positive responses in the future.

By creating a large amount of perceived value, you present yourself as a challenge to be overcome. A woman will realize that her efforts will be both appreciated and at the same time, it will be an interesting chase.

Previously I mentioned that it is the ultimate goal to lower the effective level of sexual compliance. That is, get it as low as possible on the compliance scale. Using these concepts, it shouldn't be very difficult.

Eventually it will get to a point where it hits the bottom and drops off her scale altogether.

The True Alpha Male

Although both value bars for the man and woman may be high, through skillful game and correct attitudes, the effective compliance of sex will eventually drop off the bottom of the woman's bar.

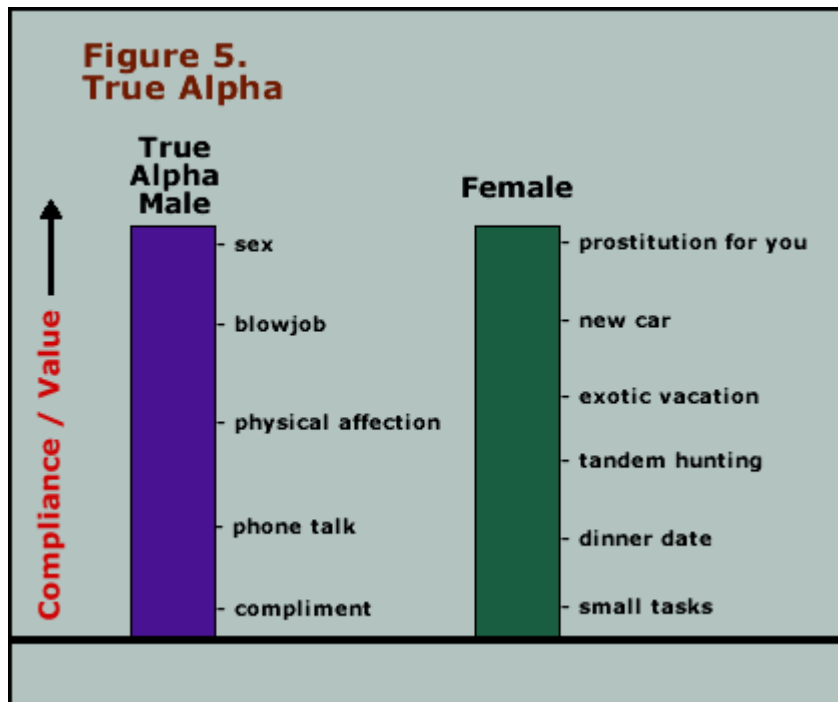
Where does it go once that happens?

To *your* compliance scale.

Any given interaction between a man and a woman must appear on either the man or the woman's side. (One party always wants something a little bit more than the other, no matter how slight the difference may be) So it may not have a lot of weight, but it is going to show up on *one* of the scales.

If you reduce the compliance of sex so much that it disappears from the woman's bar, it must appear on your side. This is what happens when you truly become the prize of the interaction.

Figure 5 Illustrates the flipped compliance scales, where a man is chased for his replication value and his woman contributes to the bulk of their survival value.



This situation represents a natural and fundamental scenario of a true alpha male.

This happens when the highest value that a woman can contribute is her energy and resources, and the highest contribution the man can make is *his genes*.



This is the difference between a real alpha male and what the general population believes is alpha. Since most people identify alphas with taking up space, walking slow and talking very loud, this is a significant improvement.

Keep in mind although full compliance is defined here as prostitution, it doesn't mean the girls are actually selling themselves at full compliance, it just means that they *would be willing to* and their man knows fully he has that power over them.

While most men are out there struggling just to get the pussy, you can rise above that. I invite you now to imagine fully what is possible.

Don't set your goals so low that you would be thrilled just to get laid. Realize the bigger picture of what is possible. Live a lifestyle where women are making your dreams come true in every area of your life.

In what ways can a woman support your aspirations and contribute to your happiness?

Allow them to bring you excitement and energy, and imagine a life where they are doing all of this simply for the opportunity to please you sexually.

Vincent DiCarlo



The Law of Equal Value Contribution

The Law of Equal Value Contribution: In order for a relationship to work in the long term, both people must contribute roughly equal amounts of value to the other person's life. If they don't, the person contributing more value will become dissatisfied because they know they could get more value in a relationship than they are getting. They will then subconsciously or consciously sabotage and destroy the relationship.

In this post I'll cover the three ways which you can contribute value to another person's life in an relationship to maintain equal value, and how you can make the law of equal value contribution work in your favor. They are:

- 1 By contributing social value
- 2 By contributing sexual value
- 3 By contributing monetary value

Social Value

Social value is the main way to contribute value to a woman's life that is covered on this board. Dimitri has a very good post on this — "Distractions vs. Solutions." Basically, in order to have a relationship with a woman in the long-term, you must not just be a distraction from her real needs, you must fulfill her needs.

There are a few different ways to do this. The first is to maintain the same level of fun, energy and excitement after sex as before sex. Be the same person who you were when you first seduced her. This spells problems for people who use lots of routines and don't have the personality to back them up. If you're routine dependent, you'll never get anything more than one-night stands because once all your material is used up, you're right back to being a loser.

The advantage of learning skills like spontaneity, mutual value escalation, frame control, congruence to intention, and alpha BL and tonality are that they will benefit you in a relationship just as much as in initial pickups. If you want to have healthy relationship, focus on developing these things rather than material that can only be used once.

The same goes for indirect vs. direct game. Indirect game is useful in initial pickups. I will often use it myself in certain social situations. HOWEVER, in a relationship, you can't be backturning her and calling her your bratty little sister all the time. It is clear that you guys like each other, so in order to maintain a relationship with her you have to be direct in your intention. You must qualify her well, and genuinely care about her. Again, if you wish to improve your social value in relationships, work on your direct game.



It is absolutely critical that you provide the girl with genuine love and affection. If not, you're not fulfilling all her needs, and she'll look somewhere else for a relationship. This is a deep social need a woman. You must provide her with security — she must know that you're not going to leave her on a whim, and that she is important to you. Another way to contribute social value to a woman's life is to become exclusive to her. This increases her social status, because she got you in a relationship on the terms society says she should. Low value guys are forced to become exclusive to girls because they can't contribute value to their lives in any other ways.

A way to contribute social value to a man's life, on the other hand, is to leave him free to pursue other relationships. High value guys can do this with ease, because the women must conform to the law of equal value contribution, or the relationship will fail.

Exclusivity is not actually as much social value as you might think. If you aren't exclusive to a girl, you can still contribute social value to her life by letting her show you off to her friends, genuinely caring about her, never causing drama or creating unnecessary negative emotions, and providing security for her. If you are low value and her friends think you're a loser, you're neurotic and pick fights, and cause her to think you might break up with her anytime, exclusivity isn't going to do you much good. But, often for guys who are moderately below their GFs in value, exclusivity is the only way to keep them.

A big misconception in relationships is that women like drama. This is completely and utterly false. Normal, non-psycho women don't like drama because picking petty fights and arguments is beta. It creates negative emotions and detracts value from her life. Women only prefer drama to boredom, which they hate more than anything.

In order to maintain a loyal girlfriend, you should listen and care about all her concerns about the relationship. Build the connection that you have, and minimize those things which break down the comfort and trust between you. If she is acting badly, tell her firmly but calmly that she's acting weird, and while you care about her and don't want to see her sad, she needs to get back to being her normal happy self if she wants the relationship to work.

Sexual Value

Sexual value is by far the most important form of value you can contribute to a woman's life. It contributes about 70% of the value in a relationship, while social and monetary value combine for the other 30%.

Most guys don't realize this. Even ASF guys, who know, at least intellectually, that women want and need sex more than men. For all the talk about "escaping the Matrix" in the community, most sargers still have society's model of sex in their mind and don't realize just how important sex is to women.



An example of this is the “Rocks vs. Gold” routine found in the Layguide. If you’re not familiar with it, the gist of it is that women want rocks, which stand for dinner dates, gifts, etc. and men want gold, which stands for sex. In order for a relationship to work, there must be a tradeoff between what the man wants (sexual value) and what the woman supposedly wants (social and monetary value).

This is a terrible routine invented by a low value guy who has no idea how female psychology actually works. Men only have to “pay” for sex with dates, gifts, etc. IF THEY ARE OF LOW SEXUAL VALUE. If they are of high sexual value, they can work the equation in the other direction and get women to buy them dinner, gifts, etc. in exchange for sex.

Women are controlled much more by their sexuality than men. They are constantly having sexual fantasies which they never tell anyone about — about getting ****ed by a stranger, getting ****ed by two guys at once, getting gang-raped, etc. These sexual feelings are all the more intense because women are forced to repress them. Additionally, women experience at least ten times the pleasure men do in the bedroom. They can have many different types of orgasms, as well as having multiple orgasms in rapid succession. Additionally, because they are not the one in control of the intercation and are being dominated, the emotions and sensations they experience through sex are much more intense than ours.

Men, on the other hand, are controlled mostly by the immediacy of our sexual needs. Because of basic biological reasons, it is very hard for a man to go even a few days without getting laid. However, if you have multiple relationships and are having sex 10+ times per week, this consideration disappears. The sexual value of any individual woman drops, because you never feel the urgency to **** right away.

Women judge a man approximately 70% on sexual criteria and 30% on everything else. People tell you that great relationships are build on compatibility and chemistry (social value). While you need social value too, the foundation of great relationships is always great sex. If you want to have good relationships, you must become good in bed. Otherwise, you’ll only score 30/100 in her book, even if you do everything else right and financially support her.

If order to be extraordinary in bed, you must do two things. I writing a full post on becoming good in bed soon, but here’s a brief summary.

1. Psychologically satisfy a woman by completely dominating her. At their core, women want a guy who will treat them like a piece of meat in the bedroom, that can pin her arms to the bed while he ****s the **** out of her and makes her tell him what a slut she is. Think Tyler Durden ****ing Marla Singer in Fight Club. That’s what you’re going for.

IMPORTANT NOTE: This is NOT how women want to be treated outside the bedroom! Given the choice, she will pick the guy who treats her like this all the time over a guy who cannot dominate her, but ideally she wants a guy who can love her and appreciate her as a



person outside of bed, and also knows what she wants in bed. Most guys can't do this because they have inner game issues and are secretly disgusted by girls acting like sluts in the bedroom. You have to learn that there is nothing wrong with female sexual desire, and that she can be an intelligent and wonderful human being and still have those desires.

2 You must physically satisfy her needs by having the size, strength and stamina to **** her hard for long periods of times and make her ***. Obviously size you can't do much about size, but as long as your **** isn't freakishly small, it's nowhere near as important as strength and stamina is the bedroom. Increasing your strength and stamina is akin to training for a powerlifting event or a marathon. In order to become good you need some basic technique, then it is just a matter of training your body until you are a superstar.

You'll know when you're contributing more sexual value to the relationship than she is when she starts wanting sex more than you do. At this point, you are in control of the relationship. You are contributing more sexual value to it than her, and you can continue it on your terms indefinitely.

Material Value

However, whenever the value contributed to the relationship is unequal, the person contributing more value becomes dissatisfied. Deep down, they know that the other person is getting more out of the relationship than them, and it creates resentment. Because the other person's behavior is good and they have no acceptable reason to end the relationship, they start to treat their partner with disrespect, subconsciously sabotaging the relationship. This is the cause for a lot of the drama, petty fights, and misery in relationships. This can take the form of the hot girl frustrated with a submissive guy, or a PUA getting bored with a girl.

There is an alternative. Most of the time in relationships, both people are contributing as much social and sexual value as they are capable of. In order to follow the law of equal value contribution, one person can start to contribute material value to compensate for their lack of sexual and social value. This is most often seen in the case of a timid or weak guy with low sexual value who has a hot girlfriend. He must financially support the girl and provide her with status and security, in order to equalize the value contributed to the relationship. This allows their relationship to go on in the long term, otherwise the hot girl would just end up resenting the guy and destroying the relationship.

Less often seen is the case of the alpha male bedroom superstar with a hot girl. Even though she's hot, because the man's sexual value is so astronomically high, her sexual value and total value is significantly lower than his. So in order to follow the law of equal value contribution, she must clean his house, cook for him, do his laundry, buy him dinners, buy him clothes, and in extreme cases, straight up give him cash.

These types of relationships are frowned upon by society, despite the fact that a girl getting material value out of a guy in a relationship is considered fine. This is why a lot of ASF guys have



a lot of inhibition to learning reverse supplication game when they're first starting. I know I did myself.

What you have to realize though, is that contributing material value is a perfectly acceptable way to add value to a relationship. If you are legitimately of higher value than one of your girlfriends, then your relationship is doomed in the long term unless you allow her to contribute just as much value as you are to the relationship in some form. You will sense she needs you more than you need her, and start treating her with disrespect and ruining your relationship.

If you allow her to contribute material value to your relationship, then you have given your relationship the chance to survive in the long term. You are only asking that she bring as much to the table as you are, and you are giving her a chance to be with a higher quality guy than she could have gotten with her social and sexual value alone. You aren't doing anything wrong — you can love and care about a girl, and not be manipulating her in any way when you run reverse supplication game on her.

Reverse supplication game basically consists of being significantly higher value than the girl, and properly structuring the opportunity for her to contribute material value to your life. I just recorded an interview for my blog with Woodhaven, who is undoubtedly the authority in the community on reverse supplication game. In the interview, he goes into detail on how exactly to do this.

So: the takeaways from this post

- 1 In a relationship, both people must be contributing equal amounts of value, or the relationship will fail. Value can be either social, sexual, or material.
- 2 The main way in which you contribute value to a relationship is sexual. Although it varies for most girls, usually around 70% of your value to a woman is sexual. The foundation of good relationships is good sex.
- 3 If your value is legitimately higher than a girl's you can expect her to contribute material value to your relationship without creating resentment. It is not abusive or manipulative, in fact, it allows your relationship to survive in the long term.

-Dan



Distractions vs. Solutions

Dimitri has a good post up in the Advanced forum on mASF about keeping girls loyal in MLTRs. Here it is:

Originally posted by Dimitri on mASF

If there's one thing I'm able to do well, it's get loyalty in my relationships. It was a hard-won battle, though... if any of y'all know my story, I got into the game when my girlfriend whom I loved dearly slept with one of my friends.

It put me into a slump for a while, but eventually I crawled out and started working on my social skills. And the ride's been amazing... one of the best things to ever happen to me.

But even months, maybe years into my development, I was sleeping with girls but not able to convert them to girlfriends. I was doing something 'wrong'.

As it turns out, it's one of the reasons I reached the level I'm at. Of the first half-dozen, dozen women I slept with after getting into the community, there's a few I'd have settled with if they'd have settled with me.

But they didn't. That nagging problem. Sex but no conversion. No girlfriend. No loyalty.

Over time, I developed the skills to hold down relationships through trial and error, and actually came to excel in them. When you start off below average in something and work hard, you've got a lot of potential to get very good if you're driven.

Now, the exciting part.

Recently, I've been codifying what I do to convert my girls so well. To get such loyalty. I want something done? I snap my fingers, it's done.

Open loyal relationships, where I sleep with other women, she knows it, and most of them don't sleep with over men. Not to the mention that the girls cook for me, come over to my place and clean it when I tell them to, take me to dinners and buy me gifts.

And of course, sex when, how, and how much I want, whenever I want, however want. That's just a given.

My paradigm:



Everyone has problems in their life. All people are unhappy about some stuff, some of the time. Even the most together people around, when you get to know them well, have plenty of problems.

There's only two ways to deal with these problems we have. You distract yourself from them, or you find a solution to them. Either you're doing nothing, or doing something.

And everyone likes both distractions and solutions.

The key is, you must work in a general positive direction on your problems. Control your distractions, or even make them positive ones like exercising or a creative project on the side.

This isn't difficult.

But the key to loyalty in relationships is that you must be a solution for the girl, not a distraction. Or at least perceived as such.

Men try to fix problems in a logical way. You might too.

But often this isn't the best way to fix a woman's problems. I'll refer you to the readings of Franco Zarathustra on this one, his writings on here are very comprehensive on how to deal with women and be a positive force on their life without falling into traditional "guy problems".

So if you want real loyalty, you must be seen as a solution for the woman. You don't have to be actively fixing her problems.

You just need to be a solid bastion in her life, or seen as a potential solution down the road. If you can make her feel safe or protected, you're acting as a solution. If she sees you as a potential marriage partner, she sees you as a solution. If she is a better person around you, who can express her hopes and dreams, you're a solution.

So what was I doing wrong before?

I was acting purely as a distraction. My old style of socializing with women was all about entertainment in the early stages, and hedonism if it got any further than that.

I made her forget her problems for a bit.

But I never acknowledged that she had any problems in her life. Or that I did.

It was just a fantasy. If you're just a distraction to her, she can toss you for any other distraction. Liquor, entertainment, other men, drugs, whatever.



If you're a solution, she'll become extremely loyal. To the point where she'd give her life to save yours.

Now allow me to give some credit to my good friend Woodhaven. When I was breaking down my this conception to him a bit back, he and I started talking, and we flushed out another element of the solution/distraction idea.

Everyone needs distractions in their life to some extent. And the more reliant on distractions someone is, the more they need to function.

Strong people with a good focus can interact positively with each other to the gain of both with minimal distraction. The more reliant someone is on distraction, they made need intoxicants to simply converse with someone on a basic level.

What this means in terms of gaming:

The more a woman's life is filled with distractions, the more of a distraction you'd need to be up front to bed her.

So if you don't want women of lesser mental and emotional caliber, play a game based strongly on mutual value, and make an effort not to be an entertainer. This will automatically screen out most low self-esteem women.

On the other hand, some of the hottest women turn heavily to distraction. Drugs, drinking, partying, men. If you want a woman like this, early game based on distraction/entertainment will be effective.

You need to balance the two. I, myself, do what I call two-tiered screening.

When I approach a woman, I like to keep the options of what I am and could be to her open. I find out if she's a girl that's capable of mutual value escalation (a term for two people benefiting at the same time, and neither losing) and if she's a quality girl.

If she is, I won't entertain. I'll relax, talk with her, and keep it light and fun. When the moment is right, I'll bed her, then I'll hold her close and tell me everything she holds close to her.

I'll rock her back and forth and let her cry in my arms. Even if I don't do anything specifically to fix her problems, she will feel my strength and feel safe and grounded.

That's best-case for me.



On the other hand, if she fails the first round of screening, but I'd still like to bed her for some reason I'll go to playing a game based on distraction and entertainment. I'll focus on having a high impact, charged encounter, with lots of outrageous stuff.

This approach is about being the best distraction available to a woman. Being more fun than drinking and drugs, and more of a good time than any of the other guys around.

If your goal is to sleep with as many women as possible, becoming the best distraction from their lives will help in your promiscuity.

If your goal is to cultivate loyalty and solid relationships, then becoming a solution by self-improvement and game based on being a leader and mutual value is the answer.

If your goal is to sleep with any particular woman, or have a very high conversion rate, then you need to become good at assessing the balance of distraction and solution the specific woman in front of you has.

There are masters of all three of these arts. And they are all useful, wonderful things to learn.

If you want to learn the game that'll help you attract beautiful women, especially those in high-distraction areas like nightclubs, I recommend the writings of Mystery and Tyler. They have some powerful things to this end, especially to help stand out against your environment and competition.

If you want loyalty in the end, you'll need to be able to transition your role in her life from distraction to solution. To that end, I suggest reading Player Supreme. He has some excellent writings on this, and blends spirituality and practicality well.

If you want the highest of conversion rates, read about men who subtly demonstrate that they can be a solution through light, subtle and playful distractions. Men like Razorjack, Woodhaven, and Zan excel at this - It's a style where your distractions themselves communicate that you could be a solution, and while difficult to grasp at first, is very rewarding.

These styles aren't mutually exclusive: They simply take a while to learn, but the effort is well-worth it. If you can master all three, you can get literally anything you want from women anywhere in the world by snapping your fingers.

Grandmaster Dimitri, Swashbuckling Pick-Up Artist

And here's my reply:

Originally posted by Spirit Fingers on mASF



Good shit. This is why my housemate who's a natural has never had a good relationship — he's a giant distraction. A very good distraction, but a distraction nonetheless.

I think the best ways to become a solution in a girl's life rather than a distraction are to:

1. Maintain the same value after you fuck her as you did before you fucked her. Be just as fun every time she sees you as on the day she met you.
2. Provide her with genuine love and affection, and show her that you care about her.
3. Most important: GREAT SEX. Great sex is the ultimate solution, because this is what most girls really want in a boyfriend. If you can fuck her better than any other guy has ever fucked her, she will be loyal to you unless you become seriously insecure or abusive. You gotta be able to do shit like fuck her HARD for hours, fuck her 3 or 4 times in a row, totally dominate her in bed, etc. If you suck in bed, then even if you do everything else right girls will lose interest in you.

Personally, I think it's too bad that sex isn't discussed in the same detail as other parts of the game on this board because it's a very learnable skill. I'll write some stuff up on sex on my blog soon, so look out for that.

-Dan



More Field Reports From theApproach Coming Soon

Hello friend -

We've gotten a lot of positive feedback over our field reports section over the last two years. It's about to have some major additions to it. You can check the page at:

http://www.the-approach.net/field_reports.php

This has actual examples of what students have done to get results by using our concepts and techniques. Check it out, and enjoy.

All the best,
theApproach Team