

# ALPHAMAN LEXICON



As men of a new generation,  
we must have a new language  
to define our lives.

This is not the language of  
“pickup artists” or “seducers,”  
but of Alpha Men.

Confident, and complete - in all  
areas of our **Alpha Lifestyle**.



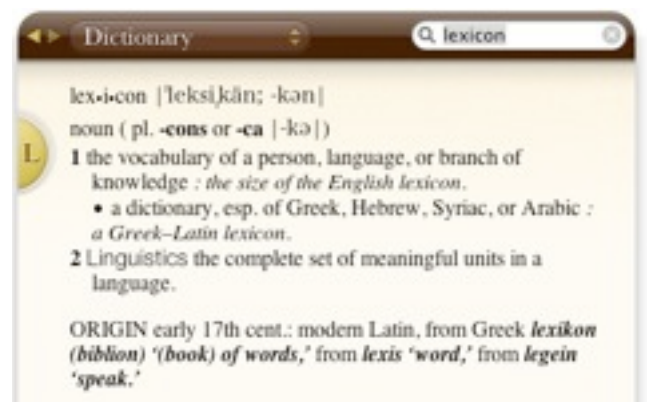
## Alpha Lifestyle Lexicon

<http://www.carlosxuma.com>

Welcome to our new language. This is the language of Alpha Power and confidence.

You see, you need a language to change the way you think. Alex Mandossian described it like this:

**“What is a “lexicon?” It's the mental vocabulary in a speaker's mind for a specific language, social class, field, industry or glossary that communicates, organizes and pre-defines new ideas or concepts.”**



# Words That Define Your Life

Words define our experience and our lives. As such, we need to pay attention to the words we use, because using the wrong one could easily damage our inner voice of belief and strength.

Think about the difference between these two experiences:

**1) You walk up and talk to a woman. She isn't interested, and turns away.**

You take this feedback from her and re-examine your approach to the challenge. You refine your skills and test it again, until you get the result you want.

**2) You walk up and *pickup* on a woman. She isn't interested and *freezes you out*.**

You *crash & burn*. You've been *tested*, and you *failed*. You go back home and learn another *routine*, taking it back out and *running your new game* on more women. Eventually, *you score*.

I think you can see the radical difference between those two, just in terms of the emotions you feel when you read those words. One is empty of emotional meaning, which makes it easier for you to stay detached and not bog yourself down with a bunch of completely unnecessary negative emotions.

The other one buries you in despair that the only way you can solve this situation is to feel more and more crushed by a "game" that you feel played as if you are a puppet on a string.

I have a saying:

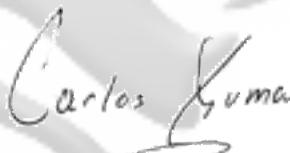
Don't hate the player. Don't hate the game. Just re-write the rules!

That's what re-writing your internal vocabulary will do.

Now, I'm going to share some of my core concepts with you, and the language I have established so that you can understand them. In the weeks and months ahead, I'll reveal even more to you by means of examples in the newsletter and other training materials.

Stay Alpha!

Your friend,



Carlos Xuma

# Words That Define Your Life

**ALPHA MAN** - Today's version of the "alpha male" discussed in science. The Alpha MAN, however, is a more advanced version of the traditional "strong male role model." He has more advanced skills, such as: emotional intelligence, social savvy, conversational and negotiation skills, persuasion skills, etc.

**NEW AGE TRAP** - When a more intelligent and progressive man (sometimes "sensitive" as well) taps into his potential, he can sometimes become TOO self-aware. This self-awareness then becomes social self-consciousness. Also, the trap occurs when we start to think that our awareness of these "progressive" concepts makes us superior or somehow on a different "plane of thinking."

**ENABLERS/CHALLENGERS** - These are the two sides of the coin when it comes to improving a skill. You must seize the enablers, and avoid the challengers.

## **DATING CONTINUUM - MEET -MATE - MOVE ON...**

The dating continuum is Carlos Xuma's concept of the natural progression of romantic relationships. It's very simple: Meet, mate, move on.

Move on can mean breaking up, OR it can mean moving into deeper layers of a committed relationship - or alternate forms of relationships.

**PICKUP GAP** - The gap between who you REALLY are and the "pickup persona" you adopt to be attractive to women. When we learn there are "rules" and "tactics" to the art of attraction, we tend to manufacture an

alternate version of ourselves: Pickup Guy. And after Pickup Guy runs out of clever routines, scripts, and stories, there's a gap between him and you that needs to be crossed to get REAL and connect with a woman. REAL GAME™ will overcome this.

(This syndrome is often the cause of the "uncomfortable silence" in conversations.

**DISCONNECTED/DISENGAGED** - Lacking connection to one's purpose and passion in life. You are not in touch with your fire and ambition, and your life will not be satisfying until you find it and make it a part of your motivation.

**DEFENSIVE POSTURE** - The protective attitude when you're avoiding pain or possible risk

**METAKNOWLEDGE** - knowing how we assimilate and manage knowledge in more effective ways. Knowledge about knowledge.

**METACOMMUNICATION** - Adopting the strong beliefs and powerful states that transmit the powerful sub-communication signals we pick up on.

**CROSSWALKING** - The hesitation to put yourself out there that creates hesitation in everyone else.

**PULP-FICTIONING** - the art of conversation where you play with timelines to keep the listener engaged.

**SPIRITUAL ARROGANCE** - thinking that you are superior because you are more "enlightened." Everyone goes through this.

# Words That Define Your Life

**COMPOUND EMOTION** - like approach anxiety, that is so complex and complicated that you can't figure out where it's coming from or how to deal with it.

**PERSONA/PERSONALITY** - Persona is the social "mask" many of us adopt to function in different social environments. You have a different persona for church as opposed to a party or a nightclub. Personality, on the other hand is the core of your identity.

**EMOTIONAL MAGNIFYING GLASS** - The distortion of problems we feel when it's emotionally related. Losing a job, not having a woman, etc. Usually highlighting our own sense of distorted attention.

**REDIRECTION SKILL** - the ability to re-channel negative or overwhelming energy to a desired goal. Never meeting force with force.

**SOCIAL/ATTRACTION FRICTION** - Subcommunication that jeopardizes attraction by creating subconscious resistance in the target. aggravation, fatigue, or confusion - occurs in the mind as a result of something they pick up on about you.

Sources: Vibing rapport, circumstantial (friends, environment), mood

*Friction cannot be eliminated.* If you did, there would be no interaction.

(Unfortunately, this is how many men eliminate possible friction.) Friction can only be minimized.

**MICRO REWARDS**: We all juice our state no matter what, to make ourselves feel better. Example of the guy who doesn't approach and feels a little relief. That's a reward of avoiding pain. They all add up.

**GCC - *Genuine Curiosity Connector*** - The technique of GIVING to a conversation to achieve stronger attraction and rapport with women.

**FEEDBACK LOOP** - The unintentional augmentation of a feeling or situation due to the effects being magnified and repeated

Also related to the "Upward and Downward Spiral"

**AFFIRMATIONS/ANTHEMS** - Emotionally connected inner game boosters that raise your state of self-confidence.

**COOPERATIVE COMMUNICATION** - Focus on *giving fun* rather than projecting something arbitrary and subjective like "value." The opposite of "adversarial" communications.

**REAL GAME**- Carlos Xuma's trademarked application of healthy social dynamics to the game of attracting women. REAL stands for:

**R** = Relaxed & Resourceful  
**E** = Effective & Energized  
**A** = Alpha & Authentic  
**L** = Lifestyle & Lasting

**SIGNIFICANT MOTIVATOR** - Your personal motivator



# Words That Define Your Life

**BASELINE EXPERIENCES** - Confidence, peace, happiness, awareness are all *baseline* experiences. Meaning, when we're not clouded by thoughts that pull us **out** of that state, it's our *natural* state of feeling and being.

**IDEAL FEMININE ENERGY**: Strong nurturing presence.

**IDEAL MASCULINE ENERGY** - Compassionate and assertive initiative.

**TEFLONIZE** - Whenever a woman tries to say something negative or tease you, go right along with her.

For example:

Her: "That shirt makes you look like a dork."  
You: "YES! I am a dork! Thank you! I go to every comic book and geek/dork/loser convention on the planet. Don't worry, I won't tell your friends I saw you there, or you were wearing a Wonder Woman outfit."

When you're "teflonized," nothing a woman says will affect you. You can't be rejected or insulted.

**WANDERLUST** - The tendency to jump from technique to technique, opener to opener, in the hopes of finding the "perfect" and **ULTIMATE** thing to say to women.

It doesn't exist.

**HEAT OF THE MOMENT THINKING** - Doing things in the heat of the moment and letting your emotions rule you. Develop the discipline to create space for decisions and hold back the emotions.

**THREAT ASSESSMENT** - In all social interactions, we're trying to figure out how much of a "threat" other people are to us. This is subconscious, and not necessarily a malicious impulse. We simply have to understand how to "take" the people we meet.

So when you're meeting people for the first time (or even the first few times), make sure you remember that they are trying to assess what kind of a threat you will be to them.

This is especially important with **other guys**. Don't underestimate the lengths some men will go to eliminate competition.

One guy I was hanging out with one night tried to lure me out into an ambush with his friends outside the bar because he felt I was being **TOO** successful with the women.

Be aware.

**NEGATIVE REACTION CONDITIONING** - If someone realizes that their aggro and mean temperament will keep people away, thus avoiding more uncomfortable social situations, they will tend to use this as a defense mechanism. Women do this as well, and especially very beautiful women. You must realize that this defense is paper thin. You only need to persist a little bit to break through.

# CARLOS XUMA'S GET A GIRLFRIEND - FAST



**5+ HOURS** OF MP3 AUDIO LESSONS &  
**PLUS 4+ HOURS** OF BONUS TECHNIQUES

**LEARN HOW ATTRACTION  
REALLY WORKS - THE REAL GAME**

Get Carlos Xuma's Complete 7-Step Dating Success Method -  
Learn women's "Attraction Triggers" in just a few hours...

"...the Get a Girlfriend program is a great tool to get to your goals with women fast..." - Juan J. - Las Vegas

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