WEEK 1: INNER GAME TRACTION

- INTRODUCTION:
  - "My situation is different" myth - no yogis in the forest
  - Anyone can invalidate anything with effort - your job is to find out how to make it WORK
  - Transfer of power from women to YOU
  - It's all about POSTURE in the early stages
  - All psychology is based on a certain level of self-delusion and other-delusion.
    - EXAMPLE: Online we all mislead with our profile
  - The BIG WHAMMY
    - You will have up & down days - accept this now and have a strategy for handling the low moods
    - Learn how to ride out your moods
    - Richard Carlson
  - SCOPE:
    - Since all "inner game" or self-development programs suffer from a lack of tangible results Rather than try and do everything and leave you confused, overwhelmed, and feeling disappointed, we will
      - Target one key behavior and get REAL change
      - Come up with a personalized approach
      - Create repeatable behaviors and success
    - The Therapy Trap
      - Programmed dependence - tell me what to do!
      - The need to not need me
- Background & Foundation Information
  - Shyness
    - Sometimes a function of SHAME
      - Shame is the irrational and neurotic programming someone put into your head that you are accountable to what other people think of you.
      - Also an evolutionary side to shame: Protects the tribe
  - Concepts
    - Don't approach when you're desperate - do it when it doesn't matter to you
    - Don't chase the magic bullet - We all want the magic bullet that fixes our life - the magic pill, the magic kino trick, whatever. Diet is SIMPLE: eat right, exercise. But that's all pain to us, so we will do anything we can to find some other solution. Even though we KNOW there is no other solution. (Melt away those pounds.)
    - Don't fight the process! Certain people let their 8 billion neurotic needs stop them from understanding that for something to work - they have to do it the way that thing works!
      - You don't tell a personal trainer how to help You lose weight or build - THEY TELL YOU.
      - Submit to the process and stop fighting it!
      - Don't fight me! :)
    - Results MUST be in your control when you're in unfamiliar territory
  - Shining Video
    - Same Content - different context
    - A PUA can be turned into a total chump/loser in the same way
  - What Is Inner Game?
    - Strength
    - Stability (Balance, consistency)
    - Flexibility
    - Endurance
    - Really all the same things as PHYSICAL Health
    - Mental diet
    - My Additions:
      - Self-control
      - Growth
      - Igniting your inner flame of passion
    - ULTIMATELY - it's a sense of your own value - that you are the Prize
      - And get the respect you want from others.
      - And eliminating behaviors you don't want
        - Shyness around women
        - Nervousness around women
    - You are essentially the mechanic of your mind
  - TELL YOURSELF THE TRUTH - no matter what!
  - Information Junkie Syndrome
    - Changing gears
    - Losing momentum
    - Chasing rabbits
    - You only need ONE good approach & system
    - This is why you need ONE approach blueprint to use and master
- TIPS
  - The questions you must ask yourself when you start to feel fear and doubt are:
    - What am I feeling?
    - Can I control it? Or will it take me over?
      - If I can't control it, how can I minimize the damage?
      - Do I have a REHEARSED coping mechanism to shut down the fear?
    - Do these emotions really make sense in this situation?
  - The best way to improve your confidence is:
    - Meditation
    - Autogenic training
      - Mental rehearsal
    - REMOVE THE UNKNOWN!
      - The secret of destroying anxiety is removing the unknowns
      - When you know what you're going to say, most of the fear disappears
  - One of the biggest reasons guys fail in overcoming shyness is because they
    - Don't embed it into their lifestyle choices
    - True confidence and attitude has NO OFF SWITCH
  - The one thing most guys misunderstand about confidence:
    - That asking about "confidence" is the wrong question.
    - It's about rooting out the sink-holes in your confidence and strength
  - One thing that almost no one knows is how Confidence works:
    - What it really is: A lack of doubt
    - A lack of fear
    - Positive expectancy - It is possible - jives with your self-image
  - The one thing most guys don't know about Shyness:
    - Shyness is a combination of behaviors - which makes it hard to attack in one lump
      - Timidity
        - Fear of meeting new people
      - Social anxiety
        - Fear of social interactions
      - Bashfulness and "diffidence"
        - Unable to assert
      - Intimidation
        - Fear of confrontation or interaction (response)
  - The absolute worst way to overcome your shyness is to throw yourself into painful situations over and over again
    - The best way is to do the "cold pool method" - because this is a pool you never need to get out of and then get back into
  - A secret weapon I use for overcoming shyness is:
    - A talisman
      - Have something you can distract yourself with, without looking like a nervous wreck.
      - Examples:
        - Lucky coin
        - Ring*
          - Finger
          - Symbolism
          - Focus for fidgets
        - "Stress Ball"
  - The One Thing most guys don't have in their game is...
    - Structure!
    - A simple approach plan or blueprint actually WIPES OUT 94% of your fear and anxiety
      - Because fear of the unknown is really what creates it in the first place
  - The biggest mistake in overcoming shyness and improving your inner state is...
    - not leveraging the body-mind connection WITH a blueprint
    - Here are the top seven ways to use the reverse body mind connection:
      - Straight back & posture - the wall test
      - Practicing a quick, determined walk
      - Relaxing your lower half when walking
      - Slow, Deep breathing
      - Force Smiles
  - The greatest lesson I've learned about Reprogramming your mind is:
    - ULTIMATE TOOL FOR DEFEATING SELF-DEFEATING PATTERNS IS THIS
      - 1) Maintain control - cut the wire to the bomb - avoid reflexive action
      - 2) Cognitive assertion (Defuse the emotional sting) stay cool (meditation, more tricks)
      - 3) Engage Action (which turns into self-validating upward spiral)
  - If I had to narrow it down to five steps, they would be
    - 1. Root out the source of your shame and inoculate
    - 2. Have ready-made anthems to use
    - 3. "Juice" your own life
    - 4. Get an accountability partner
    - 5. Keep a positive "embalming" diet
- Examples
  - Emotional Control Model
    - Review Emotional Control Model Video
- Assignment:
  - Baseline your Inner Game (Pre-Work)
    - Self-Identity Appraisal
      - I see myself as...
      - I CAN'T see myself...
        - WHY?
  - Current Approach Appraisal
    - Personal "Lit Step" goal
  - Nuke the Shame Virus
    - Safe Space exercise
  - Inventory of hobbies, etc.
- RECAP AND SUMMARY
  - Two parts of foolproof, automatic confidence:
    - Body language state
    - Pre-rehearsed CUSTOMIZED plan
- COMING NEXT!