WEEK 2: ACTION

- Content
  - The nature of Natural
    - The natural is a myth
      - He's a guy who, by luck and social skill, honed his approach
      - OR reverse engineered it!
    - The Natural
      - Natural = Effortless
      - You can become a natural by simple ADDITION
      - Feels familiar
        - Familiarity can be INDUCED
        - Facial expression
        - The "don't I know you?" look
      - Mostly Non-verbal indicators
    - Natural Sensality
      - Body Language
        - Your "Bad Boy" Naughty smirk
        - Your "Bad Boy" Swagger
        - Laugh at all her responses
    - Feel desired
      - Act Desired
    - Approaching
      - Feel justified
      - Feel invulnerable (rejection proof)
        - I feel genuinely sorry for women that aren't interrupted or reject me
        - They've made a SERIOUS mistake
        - Sympathy and pity
        - Sorry for HER.
      - Feel the urgency
  - The saboteur
    - For me, Risk Avoider
    - Saboteur exercise
      - Take out a piece of paper – or refer to your notes from the first assignment.
      - Create an image of him/her
      - Squeaky, wussy voice
      - Work out the dialogue the Saboteur would use on you
        - Write your response
      - Example:
        - "She's not going to be interested in you. She's out of your league..."
        - RESPONSE:
          - She will be interested if I turn on the Alpha Magic.
          - No woman is beyond me. Ever.
          - Eat shit and die, Saboteur.
    - We're still in the inner-to-outer stage
      - Transitional
    - You just don't believe you can walk up to any woman and just start talking.
      - But you can.
        - You have the right
        - You have the OBLIGATION
    - Stop giving yourself alternatives
      - Burn your ships
      - This creates commitment
      - Options create hesitancy and back-down syndrome
    - The "Justice" Ultimatum
      - We will sabotage and destroy ourselves to get "fairness"
      - Division of money experiment
  - Secret to Success:
    - Reverse engineering
    - Copy what works, experience it yourself
    - Originality is highly over-rated
      - Guitar: Steal everything
      - Seems like a contradiction to what I teach, but it isn't.
      - What comes out will ALWAYS be you.
    - Remember: When it comes to validating your own self-confidence or value – ANYTHING goes! Including the occasional "No"
  - MIND CONTROL – The good kind
    - Pimp Your VALUE
    - Value is PERCEPTION – Not reality
  - BODY LANGUAGE
    - Be louder than you want to be – projection
    - Body language is mostly about state and CONNECTION
  - Meeting Women
    - STEPS:
      - 1. Find
      - 2. Open
        - Start out indirect opening on everyone you can
      - 3. Tease
        - COMBINES: Attract/qualify/support/seduce
      - 4. Transition
        - Can be a mild qualification:
          - "So what do you do for fun?" (When you're not...)
      - 5. Close
    - CONTEXT IS KING
      - Everything depends on WHERE you're going
    - Do not react to results that are not what you want
    - Qualities she's looking for:
      - Confidence (non-reactive certainty)
      - Health (physique, but also grooming)
      - Status
      - Sense of humor
      - Social skills
      - Wealth.
      - Hard to get
      - Pre-selected (desired by others)
    - URGENCY: The piano
      - If a piano was falling on her...
      - What is something slightly less threatening... Coming too close to a cliff?
        - drinking too much soda?
      - At what break-point do you feel that it's urgent enough to do something about it?
      - Look at it this way: She's about to suffer the tragedy of getting hooked up with a loser
        It's my obligation to help her avoid that by giving her a shot at me.
      - Welcome to the program...
  - OPENING
    - "The Hook"
    - Irresistible to answer
    - Indirect
      - What time do you have?
      - Mistaken identity
      - Where is...?
    - Directly indirect
      - You know what I'm going to say, don't you?
        - Laugh at all her responses
        - "Who do you look like?"
    - BEWARE!
      - Some guys shoot down ALL approaches as "not being me"
      - Why? Because they are simply afraid of trying anything
      - Easier to blame the opener line
        - "Not my fault!"
    - First Impressions
      - Stand out
      - LA Story – quick turn review
      - Qualities:
        - Naughty/Edgy
        - Funny/playful/goofy.
        - Snappy wit
        - Dominant – Alpha
  - In Bars
    - Keep moving around
    - Drink something high-class: Champagne
    - Know the staff!
    - Copy the top dog
    - Ignore the hottest women
      - Walk near her, don't look at her
    - Getting Attention
      - Backhand Brush
  - Pre-selection – understanding female desire
    - She wants what other women want
    - For her to want you, you must appear desirable
  - Rehearsed Thoughtfulness
    - Imagine you're taken hostage...
      - And liberated.
    - What is that feeling?
    - Use this after every incident of reflection and control
  - You need chords and notes...
    - You need things you can use as a baseline
  - Energy is your primary resource, along with TIME
    - Time/energy is the function of how to throttle your life
    - Example: BB Workouts

- Tips
  - The ONE thing you Must have in the game of meeting women is:
    - Personalized Approach Plan
      - Back pocket approach
    - Black Box
      - Repeatable
      - Standard
      - Tweakable
      - Effortless
        - Which is the same thing as NATURAL!
  - One of the biggest reasons people fail in overcoming fears and doubts:
    - They don't understand their mind
      - Any thoughts that are not SOLVING your situation are part of the PROBLEM. Period.
    - They can't control their mind.
      - The nature of thoughts...
        - We all think.
        - We all are immersed in the forest of our thinking
        - We can't stop thinking
        - So we let our thoughts run wild like insane 3 year olds without adult supervision.
  - The greatest lesson I've learned about emotional control is how to label them fast
    - Fear: Fear is a voice in you saying 'I feel something bad might happen'.
    - Stress: You feel that there is too much to do.
    - Anger: Something is happening that is unfair towards you or someone or something you care about.
    - Sadness: You have lost some someone or something that is important to you.
    - Boredom: You do not have enough challenge in your life.
    - Loneliness: You need more meaningful relationships.
    - Guilt: Twin sister of anger. You have done something that is unfair to someone.
    - Inadequacy: You feel that there is something wrong with you.
    - Secondary feeling/frustration: What you are doing is not working. You need to change your ways.
    - Tertiary feeling – Depression: SYSTEM OVERLOAD! I can't tri anymore. It hurts too much. I need a break and I need it now.
  - The real secret to winning the war of inner game is...
    - Knowing how to choose your battles
    - Effective use of energy!
  - One thing that almost no one knows about how to overcome shyness and approach women:
    - She gets you in less than two seconds... some say less than 3.
    - Body Language gives everything away.
      - Eye contact (EC)
        - Practice daily. Hold for a few seconds past your normal discomfort. Repeat.
        - Never look away from a woman's gaze first
      - Posture
        - Straight back, shoulders back, head up, eyes up.
      - Movement/motions
        - Slow, fluid, graceful. Take a dance class.
      - Proxemics
        - Move in and out of her "space" – avoid the creepy clingy space
      - Touching, aka "Kino"
        - Same patterns as proxemics – occasional touches, nothing too long at first
        - Always do something also while touching, like talking or leading
      - Body language DON'TS Every man must know:
        - Hands OUT of your pockets
        - Don't cross your arms or your legs
        - Don't stay too still – animated expression
      - Negative indicators from HER
        - Eyes rolling
        - Not turning her head or body to face you
        - Crossing arms
        - Leaning away
        - Avoiding physical contact or pulling away
      - Something most guys don't know about women's body language
        - Sometimes you can change her mind by opening up her body language, get her to uncross arms, etc.
    - Body language is STATE.
      - Get connected to your physiology
        - Physical rituals
        - "Tapping"
        - Grounding
        - My big tip: Just find ways to do mini-exercises.
          - Squeeze the table
          - Bend a penny
          - Dynamic tension
          - Isometric resistance
        - BREATHING!
          - Deep, in the belly
          - 3 in / 3 out
          - Into your balls
          - Daily practice
        - Iron Wire – demonstration
  - Here's why you should never be afraid to approach women:
    - 1. Women don't want to approach men...
      - She knows that if she does, it probably won't work out...
    - 2. Women get approached mostly by either jerks or really wimpy guys...
  - The absolute worst way to meet women is...
    - UNPREPARED
    - But over 90% of guys "wing it" when they go in.
      - Winging it is not the same thing as being 'natural.'
      - Rehearsing and planning does not make you a fake manipulative pickup creep
      - YOU NEED MATERIAL.
  - A secret weapon I use for approaching:
    - The Magic Bullet Opener
      - Custom, never the same for two guys
      - Throwaway – the more you put into your opener, the more you have invested, the more important a response is.
        - Meaningless
        - By making it meaningless, you remove the emotional attachment
        - Braindead – meaning you could be in a coma and still say it
      - Easy to acclimate with
        - Use an obligatory opener
          - "What time is it?"
          - "Do you know where..."
          - "What drink is that?"
      - Ask a question she feels compelled to answer
      - Make an observation she cannot refuse
        - "You look JUST like my cousin... Wow, you really freaked me out."
        - Follow-on: "Are you Italian by any chance?"
  - Two questions to ask when making the decision to start a conversation or approach:
    - 1. If I walk away again, and let my own fear beat me AGAIN, how am I going to feel later?
      - NOTE: Most guys have gotten so used to this pain, that they have totally blocked it out of their mind.
    - 2. If I do approach and nothing comes of it, what will I feel later?
      - NOTE: Most guys create an alternate reality where they imagine the rejection being worse than the reality – which is nothing.
  - Here's what you do when you feel like you're slipping back into shyness:
    - Reframe the moment
      - 1. Remember that all women are nervous and insecure
        - YES, more than you, but they hide it well.
      - 2.
    - Hail Mary
      - Reveal something shocking or say something wild
        - "I can draw you naked from memory..."
    - Use the "Gasp" response
      - Never let her take the conversation down "usual" paths
      - Say something like "FC" – with a smirk
      - If she gets indignant or reacts in ANY way negatively, Call her on it:
        - You're a serious person, aren't you? You need to let down your hair. I'm going to buy you a ticket to a spa.
  - Five proven ways to get her to lower her guard are:
    - Use the smirk
    - Don't know what you're thinking...
  - The best model I've seen for
  - The best example of a healthy social awareness is:
    - Be aware of your surroundings, in tune with it, but NOT focused on it. Like floating in a lake.
    - Don't look around too much – wherever you go.
  - The one thing you've been told that's wrong is about how to be direct
    - Do not escalate verbally
    - Don't ever tell her when she can guess
  - New evidence suggests this about meeting women
    - Trying to go too far too fast will doom you.
    - Instead, escalate with "building tension"
      - Small steps, ever stronger.
      - Not necessarily applicable to day game or cold approaches.
  - The one lesson I wish I had learned years ago is
    - You only need to be SLIGHTLY better than another guy to win out there.
    - But you do need to stand out, SLIGHTLY.
    - Don't be DULL!
      - You must stand out in some way. The more you do what other guys do, the more she will mentally sit's programmed: I know you in the friends pile.
  - Here's how to protect yourself from being LIBFU (Let's just be friends)
    - Avoid neutral facial expressions
    - Practice the "shit-eating grin"
  - The one question you must never ask before or during an approach:
    - Do you have a boyfriend?
      - Immediately triggers "Decision mode"
      - Comes across as weak and approval-seeking
  - Three simple exercises to help with approaching:
    - 1. Approach people with harmless requests (the time, directions, etc.)
    - 2. Go talk to hired guns (clerks, etc.)
    - 3. Start doing throw-away approaches on women
  - A simple way to organize your rehearsed lines:
    - 1. Create an acronym
    - 2. Put it on a small card, sticky, laminate
    - 3. Put it in your phone
    - 4. Rehearse it, record it, put it on your phone, voicemail, or MP3 player
  - An easy way to get past your shyness:
    - Be a greeter
    - Remember the funky inner game of "permission"
      - Who said you could do that??
    - Do some volunteer work
  - An effective way to speed up your results is
    - Removing all "bad" emotional responses
    - Empty out the emotional content so you can get back to what you need to be doing
    - PUSH out emotions if you have to
  - Are often overlooked way to eliminate failure is:
    - Learn from it!
      - Turn it into a lesson
      - What did I learn?
    - The idea of a failure is much worse than the reality
      - Reality you deal with
      - Imagination just goes WILD
  - When you start feeling anxious
    - Stop thinking and act right away.
    - If you let yourself think, you will create more anxiety
  - Seven warning signs of approach burnout:
    - 1. You find yourself with a "what's the point" attitude
    - 2. You aren't feeling anxiety, but you aren't feeling excited in any way
    - 3. Where do you go most of the time (minus/ not counting your home!)
    - 4. Yes, work.
    - 5. Online
      - Open two accounts: Match.com/Plenty of Fish
    - 6. Social/singles events
      - Friend's parties
      - Speed dating
    - 7. Bars/Clubs – Practice only!
      - Gets you social
      - Gets you working your game
  - A way to get faster results from meeting women is:
    - Establish a daily/weekly routine

- Assignments:
  - OPTIONAL: Destroy the Pedestal
    - Over-valuing women while UNDER-valuing yourself
    - Overwhelm –Expose yourself to a FLOOD of attractive women
      - Images
      - Videos
      - Porn for a week
  - OPTIONAL: The public stance
    - Practice by standing in busy places
      - Let them move past you
      - Practice eye contact
      - Practice confident stance
  - OPTIONAL: Fear of rejection
    - Managing uncomfortable emotions
    - Get someone to say NO to every question you ask.
  - OPTIONAL: Count Your Blessings
  - Body Language
    - Video yourself walking, talking
      - Tell a story
      - CONVINCE me of something
    - Call my BOOK
      - Hold up a picture of a hot woman
      - Tell me about what you do for a living
    - Send a picture
      - Send a picture of your bad boy smirk
      - In the attire you usually wear:
        - Going out at night/weekends (bar)
        - Going out during the day/casual
  - Easy No-Charge Approach Exercise
  - Create your Universal Opener
  - Establish your schedule/routine
  - Finalize your Anthems

RECAP AND SUMMARY

COMING NEXT!