

Carlos Xuma's Natural Attraction Blueprint



- Approach Baseline -

Approach...

In this exercise, we're going to baseline your current approach ability.

Simply open a text document on your computer and answer the following questions.

Then, click on the assignment link in your week 1 content to open the form and copy/paste your answers.

1. What do you feel your current level of approach anxiety is when you see an attractive woman?

A - **HIGH** - intense fear, paralysis

B - **MODERATE** - A sensation of fear, some physical symptoms of anxiety, but I can overcome them sometimes

C - **LOW** - A small amount of fear, but I can overcome it most of times

D - **NONE** - No fear, no anxiety. No Problem.

2. How many women have you approached in the last:

Week:

Month:

12 Months:

3. Rate your level of "shyness" around women:

1 2 3 4 5 6 7 8 9 10

(1 = No shyness, 10 = Extremely shy)

Rate your level of shyness in general:

1 2 3 4 5 6 7 8 9 10

4. What is your physical experience approaching women? (What's going on in your body?)

5. What is your mental experience approaching women? (emotions, thoughts)

6. Where do you go to meet women now?

7. What is your current approach method?

Please detail your complete process of meeting women, whatever it may be.

How do you spot the women you want to approach? What do you look for?

How long do you wait before you walk up?

What do you usually say to open a conversation?

What do you usually talk about with women?

How do you end the conversation?

Do you always try to get contact information?

Where would you *choose to go* if you could meet women **anywhere** you wanted to?

Describe your perfect approach. How would it play out?

(Be as descriptive as necessary.)

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