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PRESENTS**

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**GET A FUN SEXY GIRLFRIEND
IN YOUR BED - AND IN YOUR LIFE
-IN 30 DAYS OR LESS**

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Module 2 – Girlfriend Magnets

Okay, we are going to talk about the girlfriend magnets. These are the specific things that you can do and demonstrate to women to basically make sure that they understand that you are that boyfriend material that they are looking for. Remember, what we have to do here is we have to demonstrate a certain amount of value that she's going to pick up on and then want to take action on, and that requires you've got to get inside her head.

Now, you may or may not be familiar with the movie, Inception, but this is a lot of what we are talking about here. It has very similar concept. If you haven't seen the movie, it's actually brilliant. If you haven't seen it, rent it right now. I don't care what you have to do. Download it, whatever you have to do, just get the movie and check it out. It's an exceptionally good movie. It's one of my all-time favorite movies, in fact.

If you haven't seen it, basically the premise is, and I'm not going to give away the whole movie here, but the premise is that we can't really control anyone's mind or their decisions. We can't do that. If we try to change a person's mind, what do they do? They resist us. Our mind naturally resists these things. We have various mechanisms that are automatic in our brain.

However, if you can make a person think that they came up with an idea themselves, especially with women, she's going to gladly accept a suggestion as being something that she thought of and that she really wants. So there are ways of kind of sneaking in thoughts like this. Now, this is not mind control. This is not hypnosis. What we are trying to suggest into her brain is the suggestion is you. You're something she's looking for. You're going to plant something that's roughly equivalent to this in her head. That's what these magnets do.

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You're going to plant a thought in her head that, "First of all, I'm the guy that you've secretly been desiring your entire life. I'm the rare kind of guy you've never seemed to be able to find out there, or be able to meet. I'm a keeper. I'm a boyfriend material."

That one is really important because that's the big turning point for how she views you. "You're going to want to win me over as fast as possible or you're going to lose to some other woman." It's really important. It's really important that a woman perceives that you are a wanted commodity. The more desired you are, the more she's going to want you, and honestly early on, anything you can use to increase the perception of this for her is going to work to your favor.

The best way for you and the last thing you want to plant in her head is, "You're going to want to win me over and the best way to do that is crazy shit shredding sex." Say that ten times fast. That is what women are going to come to. Actually, this last one is something she will naturally decide for herself once she decides, "Hey, this guy is somebody I want." Those are the things that we are going to try to plant basically in her thinking by means of her behavior, and this is not something manipulative at all because this is what we do when it happens naturally anyway.

The only thing that's different is we are taking a very conscious and deliberate approach to it. We are making it happen instead of waiting for years and years for it to happen on its own. Or God forbid, fate or providence to put this woman in your lap. You're going on aggressively getting what it is you want instead of waiting for it to be handed to you. Trust me, my friend, that's what you need to do.

So the girlfriend magnets, let's talk about these. I'm going to give you the specific magnets and what they are, and how you're going to sort of work these in. Now, you're going to find that these magnets, I'm giving you an overview on this section with the magnets themselves because the rest of the program really goes into the structure of how to actually

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go out there, meet her, date her, and make her yours. So I'm going to give you all the specific things to do. But in the background, you're also communicating these things all along the path. That's really important that you do this.

Number one is you're communicating the together man, the together man. It's very, very important. In fact, this is probably my key to success when I talked about success earlier in the program and how I've achieved it. With the things that I saw and the things that I experienced when women really wanted me and what they would do to do it to get it, it amazed me and then I found out there was a common thread and it had to do with this concept of the together man.

The together man is basically the lethal weapon when it comes to women. Women very rarely ever find a guy they could define as being together. It's having a shit together is basically what it is. It defines you as a keeper. It immediately puts you in that category. You're a keeper when you're this together man. He's a guy that has all the critical areas of life under control, and I'm going to give you those critical errors right now so you know exactly which ones to focus on and communicate.

Number one is money. Money is under control. Now, it doesn't mean you have to be wealthy. Please remember, you do not have to be rich to attract women.

Does it help? Yeah, sure, it helps, but quite honestly it's not going to create a real relationship, at least not the one you're looking for. Money is not about quantity, it's how you handle it and that you have a smartness about it. In other words, as long as you understand money better than she does and understand where you're going and how much you're going to get and you have goals set on it, that is ten times more attractive in the short term for a woman.

Obviously, having it is great, but if you know what you're doing with it, that's ten times further than she ever will be. Most women are

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exceptionally unknowledgeable about money and how money works, not because they are not capable of it, but because they are not taught and it's not an interest in them to go out and do because typically they look for a provider. They look for a guy that's going to help them in that area. This is changing a lot in social structure and whatnot, but recognize that, by and large, these roles don't change that much. We have kind of sexual inclinations, if you will. So money is a particular area of control you must have, and remember, I said control, it doesn't mean wealth immediately. You have to understand it, how it works, and you must have a path of your own to be acquiring it.

Confidence, oh, going back to what money really quickly, an easy way to demonstrate this is simply having a budget and knowing how you're going to be investing your money. That's really all you have to have in the short term.

Confidence is another one of those magnets. This is another critical under control thing, and this is a way that you communicate that you've got your life under control just by demonstrating the confidence. Now, confidence is nothing more than certainty, non-judgmental certainty. In other words, you can have something made up in your own mind and the decision you've made with certainty that you've come to about life, but you don't have to judge other people when they don't match up to that.

So what we do is we come from a source of energy as opposed to somebody who is comparing or belittling or making themselves look better by virtue of comparison. It's a big distinction there. It's really important.

The confidence that you're looking for, the confidence you're trying to communicate is really that you don't shy away from fear. That's all confidence is. Confidence is simply nothing more than demonstrating the you'll act in spite of fear. Guys define confidence as a feeling and that, unfortunately, is a very big mistake. That's one of the biggest

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mistakes people make with confidence. Guys think that they have to feel this energy flowing through them and they should feel powerful, and it's kind of like the emperor in Star Wars, he's got this "Aah." No, it doesn't work like that.

Confidence is nothing more than being able to act in spite of fear. That's what confidence is, and that's how you become more confident in the long run. It's not reading an e-book. It's not listening to a program. It's actually living it and acting it, and I explain that more on my confidence program, by the way, but that's a very simple definition that you should understand.

Another critical area of life you must have under control is your social life. Having a social circle that you work within and people you go out and hang out with is really important with people you can talk to. It's important for you just not in terms of your own psychological health and physical health, but your social health, and women look to that.

She looks at how people interact with you and how they respond to you. That's an in control area, how you react around her friend, how you handle her friends, it's a big part of the social life. It was a big part of the reason that I created a program called Power Social Skills, in fact. Power Social Skills is my defining program for guys to understand all those little social cues and things they might be missing.

Organization is number four. Organization is about logistics. Logistics, having things organized in your life, having a fairly uncluttered house, but here is where a lot of guys miss it. I'll give you an example. I knew this guy that, for whatever reason, could never seem to keep his car registration up to date, and as a result, what was happening was he was getting fined. He was getting tickets. He would forget it. He wouldn't get his car smogged or taken in to be inspected.

It's just unbelievable things, all simple stuff that he could have taken care of in advance when he got the notices, but he kept putting them off

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and kept delaying them, and as a result, that one thing made him look like a total scatterbrain and idiot and all he had to do is get that certain thing under control in his life. That wasn't the only place, but that was one of the biggest places as I saw it. So organization, how you organize your life and how you structure it is a big part of how you manage your chaos.

Goal is another area of under control. What's your ambition? What are you going after in life? If you have that alone, then certainly this is just enough. There were times when I was penniless and broke, and I had to live with one of my girlfriends because I couldn't afford a place yet. I came out and I relocated and didn't have a place to stay. I didn't have a job. I was a loser for a short period of time, but I had ambition. I was excited about the prospects that life had to offer me.

Self-actualizing. This is important too because you have to recognize that less than 2% of the people will do what you're doing right now, which is work on your self-improvement on your own betterment. Less 2% will do this actively. Now, it seems like a lot more because self-help books are pretty popular, but the reality is that most people don't finish the books they read and don't go through them all. That's something I'm aiming to change right now.

Self-actualization, your desire to improve yourself is a big indicator to a woman that you are a keeper, a boyfriend material kind of guy because you're not going to be one of those guys that falls behind. Remember the theme of Jurassic Park was the problem with dinosaurs was they couldn't evolve. They didn't change rapidly enough to match the environment around them. That's not going to be your source of extinction, my friend.

The signs of togetherness that she's looking for, what makes up this together man? Okay, well, here is some more of the indicators, and these could have easily been mixed in with the ones I just told you about, but these have their own flavor.

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Number one is a calm sense of control. Do you have a sense of control in your life that you are able to handle whatever is coming at you? Or do you freak out when stuff doesn't go your way? Do you get pissed off? Do you get angry when it doesn't go your way? I admit that I still get this way from time to time. I don't like inconveniences. It drives me nuts, but at the same time I do have an understanding that, "You know what, I can handle it. I've handled it in the past, I'll handle it now."

Whenever you're thrown a new situation, never hand it back to her. Be very careful about this one. You're the one. You're the manager. That saying that was on I think was, I don't know if it's Teddy Roosevelt's desk or whichever president that said, "The buck stops here." That means, "With everything, I handle it. It stops here."

For example, I'll give you an example of a situation. What do you if your car was parked in a parking garage and that parking garage closed on you while you were out one night? What would you do? It's kind of a crazy thing to think about.

Would you call up a friend to come and pick you up? And what if you are with a woman? Oh, there is where it gets really interesting. How would you handle it? Could you come up with a plan on the spot and take charge of that situation and make something happen with it? I bet you could. You may not believe you could, but if you believe you can and then actually are able to do it, that guy is the together man.

You're occasionally quiet and thoughtful. That's part of the sense of control is you're just quiet every so often. This is where it freaks women out and it's a good kind of freak out. Go quiet on her. Go quiet on her every so often, and it's amazing what this will do. I did this once with a girl. We were driving. We were in Austin, Texas. No, we are in San Antonio, Texas, and we were meeting some friends and we are driving back, and I just got really quiet. I'm just driving along, and out of

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nowhere she makes me pull the car over and stop and she freaks out because I'm getting quiet and she feels like she's losing me.

Dude, at that moment I was like, "Oh God, I so own you." I mean, I wasn't going to abuse that power, but I was like, "Good Lord, look at what I've created, a monster, but a great monster." It was a great moment. Being quiet and thoughtful every so often will shake up a woman and that's okay as long as you're not shaken up.

Rapid decision making. Rapid decision making is really important. Knowing what you want in advance, and a fantastic way to do this, just simply know like when you're planning a date, know what drinks she's going to want, know what drinks you're going to want to tell her to order, and know like maybe a couple of good wines. Know some food. Know the food where you're going if you're taking her to a restaurant, which hopefully you don't have to do that much except for later on when she'll be taking you to restaurants. Know what food you want. Know what you want in advance. That's a very simple way of that rapid decision making. Choose quickly. Don't make a big deal out of it.

No emotional reactivity. I cannot emphasize enough how important this one is, and I'm going to give you my all-purpose, and these are the actual responses I use, by the way. None of these is bullshit. This is the stuff I do. Let me close that for a second because I don't want to get ahead of myself. I'm getting excited here. I got some good stuff to show you.

No emotional reactivity simply means that you don't react emotionally to whatever it is that she does or throws at you because she's testing you when she does this. She wants to see that if you're the kind of guy that's going to keep it together, are you going to lose your shit? Are you going to keep it together or lose your shit? One of the two, which one? Hopefully, it's keep it together. Keep it together. Keep it together. Keep it together.

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There is a line in the movie, Bowfinger, with Steve Martin and Eddie Murphy where the guy's name is Kit and he comes up with a little saying for himself. The therapist gives him, "Keep it together. Keep it together. Keep it together, Kit. Keep it together." And it's kind of funny but it's a great way of looking at that.

Once she does catch you off guard, you have to have a response to give yourself a moment of pause where you can collect your thoughts and come back with something, or not, as the case maybe.

What you do is whenever she catches you off guard, you just simply smile a little bit. Smile and nod and stay quiet, and you go and find something that you can do to distract yourself, like if you are at the table with her and she asks you a question that totally throws you off guard, just go, "I got to go to the bathroom. I'll be right back. You hold on to that thought." You go, you escape and you think about it. When you come back, you're prepared. Don't let women catch you off guard and don't let them push you into reactions you aren't ready to give. Remember that.

I'm also going to give you one more on this topic here. I'll also give you a very important way to handle any kind of question that a woman throws at you. Basically when a woman asks you a question, you never have to answer the question she asked you. You answer the question you wish she would have asked you.

This is how people handle interviews. If you watch effective politicians, they are brilliant at this. If somebody will ask him a pointed question like, "President So and So, how is it that you can live with yourself when you are torturing people in Guantanamo Bay?" And they will come back with an answer saying, "You know, I'm glad you asked that question because we do not support any kind of civil rights violations of people in any way, and right now we are in the process of blah, blah, blah, blah, blah, blah." And you noticed that he didn't answer the question. He answered the question that he wished they would have asked and then

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he was able to reframe it in his own context. It's a brilliant strategy and you have to use that. I'm going to come back to that and remind you of that when we talk to how to meet and talk to women.

All right, so enough about emotional reactivity. That's an awesome thing, by the way, to get really good at. You've got to get good at that. Emotional reactivity is one of the ways women test men, and it will happen to you, I guarantee it. If you cannot control your emotional reactions, you will not get the success you need with women.

Number four sign of togetherness is that you handle other men in social situations with confident ease. You never feel threatened by other guys. This is important. You never feel threatened, and if you do come into a situation where you feel jealous, the best thing you can do is to push her into his arms. A lot of guys would be saying, "What? Are you crazy, man? She's going to leave me for him." No, it works just the opposite.

Remember reverse logic here. I always say if something like if she's with a guy or some guy comes up and starts talking to her, I'll whisper in her ear, "I think you two would make a cute couple." And she'll kind of laugh and will be uncomfortable all of a sudden like, "Oh, my God, I can't believe he suggested that, like he sees what's going on and he knows and he's okay with it and he's actually giving me that push." It totally works in your favor. I use that all the time. It's fantastic for that sort of situation.

Pausing before speaking. I mentioned this before, pausing before speaking is really important because it shows you're thoughtful and confident. It shows you're not in a hurry. You don't have to worry about being misunderstood and you're not afraid that you're not going to get a chance to answer.

And if somebody does jump in and fill that space, you can say, "Hang on a second. I have something I wanted to say." And that's a confident

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way of breaking and interrupting back into the conversation. Pausing before speaking is really important. It shows you're together.

Organized environment, I talked about this. Having control over your world, you own the chaos. It maybe chaos, but you own it and you know how to manage it.

Healthy attitude with family. It doesn't mean you love your family necessarily because God knows they try us, don't they? You may not getting along with your parents for whatever reason, but you do have a healthy attitude about them and how you handle them. You're not ruled by them, but you're also not disconnected. They don't own you, but you're not disconnected from them.

You have strong ties with your parents where it's possible. I can't because both of my parents had passed away, but I can talk about the positive things so that I can emphasize that part, and you believe in strong family. Communicate that you believe in strong family to women. That is a very big keeper signal. These are really important. Don't ignore these. Women are looking for the guy that understands the true value in family.

Some spiritual anchor is important. It could be going to church. It could be just simply meditating daily. It could be reading Zen kōans. It could be anything like that. It does not have to be religion though, so I want to emphasize that. Spirituality does not have to be religion. You should however be looking for some form of spirituality or anchor in your life in that respect. You can be an atheist and still be spiritual. It's very possible. You just have to know exactly how to communicate your life philosophy, and if you don't know how, that's fine. Be on the path to looking for it is enough.

Self-sustaining. You can take care of yourself and you don't need a mommy. This is really important, especially in today's world where women are taking care of themselves more than ever and they feel

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drained as it is trying to nurture and take care of people in their lives. They don't need to be any mother to another guy. No woman wants a Mama's boy that she has to take care of. Well, okay, I shouldn't say no woman. There are some women who do seek this out, but it's not the kind of woman you want. With self-sustaining, you can take care of yourself.

Self-actualizing, I mentioned this before, demonstrate that you read. Talk about books that you're reading, even if it's only magazine articles. Quite honestly, that's better than nothing. That you're in process and in charge of continuing your own education, and again it's that self-improvement vibe that give off that you're not satisfied necessarily with where you are. You're always working on yourself. Really, really big stuff here. These ten signs of togetherness will be of utmost importance as we go through the rest of the program.

All right, let's get into the rest here. We got future goals. Future goal is really important. Know where you're going. Even if it's completely made up on the spot guess as to where you're going, know where you're going in life. Totally make it up if you have to right there on the spot you can make stuff up, "Yeah, I'm thinking about entering the jet fighter pilot training program. I've always had inclination to fly."

It doesn't matter. Don't be too fickle with this stuff. You get my point, right? Be ambitious. It's much more important than whatever money you're making right now is that you show that you are ambitious. That you're going after something because women know that drive is going to succeed no matter what. You can go through ups and downs, but ambition will carry you through.

Compassion and amusement for children, this is important. Saying that you hate kids is probably not a good way to get on her good side. Take it with a grain of salt there, my friend. If you do hate kids, well, I'm just telling you what you're up against. Compassion and amusement for children and what they do is a really good thing. If you can just learn

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how to handle that and get through that, it's going to make you much more attractive to women.

Play a musical instrument if at all possible, or really any kind of artsy endeavor. Musical instrument is just like a flavor of it. Poetry, painting, all that sort of thing are really magnets. Always demonstrate something very yin or yang to counter your natural disposition. Let me say that again, this is kind of weird. Always demonstrate something very yin or yang to counter your natural disposition.

Most guys kind of fit into one of two inclinations. They are either kind of, I don't want to say effeminate, but they have more sensitive or emotional traits which is the yin side, or they are more yang which is the masculine side. They have much more aggressive, sports-like, grrrr, kind of tendencies.

Whichever one of those you are, you need to counter that with something that's diametrically opposite. It's especially important for the guy that's more yang, and this is the case I ran into. More guys that are very grrr guy oriented don't have anything that they can embrace and be comfortable and secure with that's a little bit on the effeminate side. You need to have that.

Desire from other women. This is a plus. This is a major magnet, and it's one of the ones we've been talking about. The jealousy factor and the competition factor come into play. You must have female friends and whatever you do, you don't have to clarify your relationship with these women. It's better if you don't. Let her guess what the relationship might be. "Yeah, I'm going out with my friend Joni on Tuesday and I'm probably going to be... I don't know, going down to see a couple of bands down in San Francisco. But you know what, Wednesday is open. Wednesday is open."

I'm not misleading her in any way. I'm telling her exactly what I'm doing. I'm very being upfront with it. But then it awakens the question in her

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mind, “Oh my God, he might be seeing other guys. I don’t know.” It does not tell her or it does not trigger her to want to stay away from you just because you’re seeing other women. In fact, it will make her want to see you more. Guys are so paranoid about this one that I have to explain that it has the exact opposite effect.

So be ambiguous about your dating status if at all possible. Just be clear that you’re not married. This is a big one for women because they experience a lot of guys out there that are trying to hook up outside of their marriages. Be clear, “I’m not married. Okay, I’m just trying to see what it is that I’m looking for in life, and blah, blah, blah, blah.” There are ways I can tell you about how to handle that discussion when the time comes. We actually have that in this program, How to Date Multiple Women.

Natural curiosity is also a big girlfriend magnet. Have a natural curiosity about her, obviously, duh, ask questions. But about all things in general, ask questions of people. “How does this work? Why is that? Why did you do that? Hey, I noticed you did this. Why did you do that?” Because a lack of curiosity indicates rigidity and inflexible thinking, and that is something that women don’t like. They love natural curiosity, and they are very turned off by a guy that’s closed off and a little too rigid. Okay, that’s not the same thing as being decisive and confident.

Non-judgmental, I mentioned this before. It’s very important that you come across as being non-judgmental for her to open up sexually with you. She has to feel like she’s in a safe zone where you know what, hey, no judging there. Just make sure she understands that you have expectations and boundaries, but that you’re not going to judge her and make her feel bad for them, or make her feel wrong for being that way.

Most girlfriend magnetism is created by simply not showing the fatal attraction killers, and I’ve got more for you here in this magnet part of the program. Just don’t show the fatal attraction killers, a.k.a., the chick repellent, and you’re going to be 90% of the way there. This isn’t extra

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work. This is simply not showing the opposite of these, and that's another way to look at the lot of the stuff I'm telling you, like don't show that you don't have any current passions. Simple things like that can go a long way.

Where are the mental magnets? The mental magnets are the psychological principles. Now, I'm going to go through the mental magnets. We are going to go through physical magnets, the inner and the outer magnets that make women pay attention and think of you as a boyfriend material.

First of all, the laws of attraction. The things that work for you are:

- Scarcity. Scarcity works for you. We want what we cannot have. We will work ten times harder to win back something than to avoid losing it in the first place. That's the amazing thing about human nature. It's something you should know in advance too. So being scarce, being a commodity that's hard to come by is actually going to work in your benefit.
- Qualification is a strategy that you must employ along the way. It's a magnet that I'll be embedding throughout the program. You have to always be qualified. Testing her to see if she meets your standards. Because she's going to be doing it to you, you need to do it to her. As a matter of fact, if you can take the preemptive on this one and qualify her first, you flip the power balance.
- Commitment and consistency works for you. Not commitment to her, commitment in terms of how you handle your decisions, sticking with your decisions and being consistent with them. Oh, by the way, the commitment and consistency also works in the other direction which is actually more of how I want you to use it. When you get a woman to act a certain way, she's going to continue to want to act that way to be consistent with that image. That's why a lot of guys get

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off on the wrong foot with women.

- Reciprocity is the trading back and forth of goodwill.
- Social proof is what other people want, we want, because they want it. It's just one of those natural things that it's part of our psychological makeup.
- Authority. When somebody tells you something, you tend to listen. It's a great reason why most or certain kinds of instructional videos have to be done in a male or masculine voice, because women respond more to a masculine voice.
- Liking. Liking is a very important consistency principle and it's one that hopefully we don't have to think too much about because that's what we are working on here.

If you want to learn more about these psychological factors of influence, I encourage you to read Robert Cialdini's book, *Influence*. It's very important. It's one of those books that's quoted everywhere in the business world, and you should probably read it too.

The things that work against you are availability and desire. Now, with availability, it's being too easy and not being enough of a challenge. It's the opposite of scarcity. Be careful with that one. That's one easy enough to control. It's actually one of those things that's super easy because all I got to do is just say no.

Desire, if she thinks that you're looking for a girlfriend, she probably won't be interested, so don't put that out there. She's only interested in the possibility that you might be looking for a girlfriend and that she might be that person, but when you put it out there and become needy, it kills the attraction right off the bat. So beware how you demonstrate and show your desire. Those are the principles that we are going to work with here.

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Confidence is another important psychological principle. This is not a program on confidence so we are not going to talk very much about it. Confidence is very simple. It's a lack of insecurity and indecision. It's a lack of insecurity and indecision. It's not that you are actively showing, it's something that's passively demonstrated by not showing insecurity and indecision. It's not what you're feeling on the inside because nobody can see that. They can only see your actions. Confidence is purely communicated in action.

Don't get caught up in this whole inner state thing where you're trying to work up your inner state and feel confident, unless it's stopping you from acting like where you're feeling a real sense of nausea and insecure physical, the way you're carrying yourself, that would probably get in your way and you need to control that, of course.

Fatal attraction mistakes and the mental magnets, just being yourself. Guys argue for this one all the time that it kills you. Be yourself really means this, stop trying to impress her. When women says to be yourself, what they are really saying is, "Don't do those things that are fake that are obviously just to impress me." If you keep doing what you've been doing, you're going to keep getting what you've been getting. So remember, being yourself is not working for you because of that.

Any behavior that is geared towards eliciting a response is false and manipulative. It's pretty simple. If you're doing it just to get a certain response from a person, it's going to be manipulative. I'll give you an example. When you're trying to get a search term to rank high in Google, like when I type in "I want to meet women," I'd love to have all my pages show up for that.

But if I try and make one of my pages show up for that in Google, Google penalizes me and make sure that I never show up for that. Isn't that kind of ironic because they don't want things to be forced, they want

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it to be natural. So if I actively try and pursue that term and get my page to the top of Google's rankings, they are going to slap me down and they bitch slap you down.

The same thing happens when you're trying to attract women. If you try and push for a response, chances are it will work in the opposite direction. Because what you think is you is very often not you. I'm not going to get into a big discussion about identity here, but keep in mind that what you're thinking is an identity is really something you made up on the spot, and you've consistently reinforcing over the years.

Failing to insert obstacles is another big attraction mistake. Guys fail to put obstacles in the way. Romance equals obstacles. This is an equation you may not be familiar with, but romance equals obstacles or challenge.

The more obstacles you remove between you and her, the less she's going to want you in a lot of ways. You've got to have obstacles. Watch any romantic movie and you're going to see that it's one romantic obstacle after another, and the more that are overcome along the way, the more she believes that means it was meant to be, that it was destiny, "We overcame this together." And it increases her investment in you. That what's important. She worked to get you.

Understanding is not the same as implementing. Practice and preparation is just as important as learning is. So practicing and preparing to go out there and talk and meet women and do the things I'm talking about is really important. It's probably more important than the stuff you're going to get in your head. So don't try to prepare for everything upfront to avoid any failure.

A lot of guys make this fatal mistake too. They try to prevent mistakes. Instead of playing to win, they are playing not to lose, and that's a losing strategy every single time. You can't overcome all the mistakes. You

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have to be willing to handle them when they come along. It's having a strategy for handling mistakes is more important.

Basic inner attitude is giving. Whenever you meet a woman where you're talking to her, you have to be in a giving mindset and mode. Not leeching or draining her of energy in any way. Generosity with your spirit and your energy is the meta attitude that she's looking for. She's looking for the guys who are giving away energy because they have plenty of it.

If she finds the guy with stingy energy, that's going to destroy her attraction. Stingy energy, I'll give you an example of this is my need to have other people pulling me into social interactions. There is a time when I actually got into an argument with somebody and he said, "You know, you need to really kind of open up a little bit and start talking to people when you go to these parties."

And I'm like, "Why? I mean, they should want to know more about me. They should be pulling me into social interactions." And he just went, "Oh, you don't get it." And I didn't until later on, and I was like, "Oh, you're right." Nobody cares enough to want to pull you in. They are too focused on themselves so you've got to be doing the work.

So give a little bit of energy. What's going to destroy you is the get energy. "I want to get something from her. I want to get her phone number. I want to get in bed with her. I want to get, get, get, get, get." That's what destroys the potential. So keep your intention in mind at all times, why are doing what you're doing? Well, yeah, you are looking to get a girlfriend, but why are you going to get a girlfriend? Is it because you're going to have her give you everything in the world, or are you going to give something back? You control your inner state.

Get rid of the grumpy or angry or negative dialogue and displays in your life. You've got to control that stuff because those are the things that if you just take out of the equation are going to help you rocket past most

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of the other guys out there. A lot of guys don't realize how these little negative things are giving off and scaring women away. Ask any woman, she's tell you.

The principles of qualification. Remember we talked about qualification and how important it is. You always look at women as if you are the boss interviewing for a job applicant. You're always looking women as if you're the boss interviewing for a job applicant. You're looking at her and looking at her resume, "I don't know if you are going to fit this job." You're always skeptical because you know what happens if you hire here and she doesn't work out, it's a long tortuous process to get her out of the organization, and you don't want that. It's a lot of work.

So if you have a "take anything" attitude, "I'll just hire you right off the bat. You're a woman. Oh, you've got boobies." That equals settling to a woman and she can sense it. If you're the kind of guy who will take anything, it equals settling and it also equals doom. That's the principle of qualification. That's where we are coming from. We are always interviewing her for a possible position with the company of us.

So beware of oneitis. You are may be familiar with what oneitis is. It's the mistaken belief that this one girl is more special or different than all the rest out there. She is not. I can guarantee you she is not. Because all women have flaws, some have unbelievably flaws. Beware of putting women on a pedestal or idealizing them, it will kick your ass. It's another one of those things you can just take out of your game right now. Just throw it out. You don't need it. Stop the pedestal. Stop up the idolizing and all that.

If you get caught up in this kind of thinking where one woman becomes more special than all the rest, you're going to make it extremely difficult to attract women and get laid. No argument at all there. That's exactly what we will happen.



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Okay, we are going to come back in the next section. I'm going to take a little break here. We are going to come back, and come back for the rest of the mental magnets with boundaries.

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Module 2 – Girlfriend Magnets – 2

All right, I'm back for part 2. We are going to finish up the girlfriend magnets before getting into the rest of the program here. Let's continue with boundaries. Boundaries are everything with women. Never give a woman the remote control to your emotional state.

That's what you're doing when you let a woman affect your emotions by things she does. That what's boundaries are referring to when we talk about having good boundaries. In other words, if I'm interacting with a woman and she says something and I get pissed off about it, is it her fault for saying it or my fault for getting pissed off about it?

Well, we could argue both sides, but I'm going to tell you right now the one side that's going to get you laid more often is that it's your fault for getting emotional over it. So you never give a woman the remote control to your emotional state. You never let her sit there and go, "Oh, I want to make you jump. I'm going to make you pissed. I'm going to make you happy."

And basically when a woman push those buttons, a lot of guys will give a woman control for their emotions, but they won't ever push those same buttons for themselves. They won't ever take control of it themselves and be able to control their own emotional state. So boundaries are vitally important. It's part of that non-reactivity I talked about.

Now, confidence is rarely the answer to attracting women initially. They really is. It's not as big of a deal in a lot of cases. You see building confidence in a vacuum is basically mental masturbation. Confidence is simply the ability to act in spite of negative inner dialogue or your fear. You basically have a conversation running along inside your head right now, and chances are it's telling you all the bad things you're doing, all

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the wrong things you're doing and talking into a state of depression, funk and paralysis, and that what's killing you.

The fallacy of women chasing you, I want to talk about this really quickly here because there is a popular notion out there that you can get women to chase you, and this is possible in a certain level. The popular notion out there is that this basically appeals to your lazy side. Every guy wants to just sit back and have a woman call him up every night and come over to his house and pull him into bed and screw his brains out and make him breakfast in the morning, and all these fantasy scenarios.

Now, I'm going to choose to not lie to you, all right? At first, you must be the pursuer. You must initiate. You've got to kick this thing in gear, but after that kick start, it's like starting a motorcycle where you kick on the kick starter, she can be made to take over. She can be made to take over for you.

The faster you get her to take over, the better you will be at getting women overall. That's how I knew I was finally hitting on the formula for this was when I realized I was able to get women to take over for this very quickly in the whole "getting to know her" thing. Typically after the first one or two days, she would start taking more of the initiative.

The fallacy of romantic delusion is another fallacy you need to be understanding. The idealistic fantasy of meeting a woman that just falls for him. She meets you on some date and she's like, "Oh, my God, you're awesome." She can't control herself. She just falls for you without him having to do anything. This is a romantic delusion, and it's so common in our society.

It's common partly because also in a lot of movies that show this sort of thing where there is like this immediate infatuation. It doesn't work that way. She's going to have to become attracted to you for a reason, and emotional reason, yes, but it's going to have to be for a reason. It's not going to happen out of thin air.

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The inner game dating is huge. You will run into inner game dating issues. With things that shake up your confidence that rattle you, that you don't know how to get past or you don't know how to act or pass your own fear. Now, I specialize in confidence and inner game work, and this program is a very tactical blueprint of what to do.

You probably would need to get more information if you want to really approach the whole confidence angle a little bit more because I know it's a big thing for guys. Go on over to <http://innergame.CarlosXuma.com>, I've got the URL here if you'd like to learn more about that. Again, not a big deal, I'm not here to push other programs, but I want to make sure that you have the resources you need, and that one could work really well for you.

Get her emotional fast. You have to get a woman emotional with you very fast. Because a woman knows that once she gets emotional, it will be much more difficult to extract herself from the situation. Typically, there is a four- to ten-hour, if you're doing things right on the whole, between four and ten hours is how long it takes to get the sex with a woman.

Now, obviously that can be done all at one shot or at one night, but not as likely just because of the nature of that. She knows that it's all happening in the same night. It's a little trickier to do. A lot more technique has to be applied, and quite frankly, I don't think many guys really want to have to deal with that. It's a lot easier to date women and get to bed with them just by stacking up your opportunities, the waterfall method I talked about.

So in that four to ten hours, you've got to be doing one thing and one thing only, and that is getting her as emotionally involved as possible because that is going to make her not flake on you. That is going to make her invest herself in the interaction enough that she will want to see you again. That's the goal. Your goal is to get her to go to the next

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step. Your goal is not to get her into bed with you. It's to get her to go to the next step. So if you're talking to a woman that you just met, your goal is simply to get contact information so you can continue the conversation. That's it. Sex will take care of itself if it's ever going to happen, but you've got to focus on the goal right now.

The slut syndrome is something that women have. They are programmed basically to resist sexual escalation to drive up their desirability. It's part of how they maintain scarcity and how they maintain power play with the whole sexual economics if you will. They establish that sexual power and they also drive up commitment from men.

They can make you commit more to her by holding off on sex, and the reverse is true. She can get more commitment from you when she knows how to use that sex, so she's more inclined to give it to you when she knows that she can use it to her advantage. It sounds very mercenary. I know it sounds very cutthroat, but it is the way sex often works. It's not to say she's not going to enjoy the sex, but she knows how giving it up works.

Mixed signals always work for you. Remember, two steps forward and one step back. This is the rhythm of attraction. Two steps forward, one step back. Two steps forward, one step back. Always do this with a woman that starts to pull away from you.

The second she starts to pull away from you, the first thing you should be doing is taking the strategic initiative. You take one step back first. That will shake things up and it will get her to pull back in. Gently push her away, whether it's ignoring or withdrawing contact but you do it gently. That's how your one step back works.

It should never be an overt, "Oh, wait. I don't know if I want to see you. Let me call you back sometime. I'll see if I want to see." No, it's not like that. But you can always reinitiate it later on, you push away a little bit.

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Maybe you cancel a date. God forbid, I don't know. This is something I used to do a lot and I have talked to guys, and I'm amazed that so many guys don't know how to use this one because women use it all the time. Canceling a date is very powerful, a very effective one step back. So those mixed signals of, "You know what, I really dig you. You're kind of cool. Well, wait a minute. I don't know. I'm kind of not so sure now." That has an empowering effect for guys.

Okay, those are the psychological, the mental magnets. Now, we are going to material magnets. These are the physical principles, the physiology-type stuff. What are the assets that a woman are going to be attracted to, that women are going to attracted to in you, the physical assets?

Well, having money, property and fame will always be a magnet. I'm sorry, it will be. It will just be something that she's interested in and wants to have because of the ability that it gives her to feel secure. But this is not a requirement, and you can simulate the same attractors, again, with the stuff that we are going to show you in this program.

So the money, fame, popularity, all that stuff, they will be attractive, and there are ways of communicating those without necessarily having them, at least not to the level you think you need to. You don't need to be a millionaire, my friend, because of ushering. She only needs a reasonable safety net to feel secure. She only needs a reasonable safety net to feel secure with you. Magnetic attraction overrides most every other emotion she feels. In other words, she has to feel reasonably safe with you and then the attraction that she feels for you will also make her ignore some of those safety indicators.

Simply maximize the possessions you do have. If you've got a car, maximize it. Make sure it looks good. Make sure it smells good. Make sure it runs good. Make sure it's clean. There are things you can do with whatever you have to maximize it. That shows much more to her than having a Porsche or a Ferrari would. Because what all those things

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tell her is you have the money, but it doesn't say that you have the caring, the sensitivity, the understanding, the good ethics or any of that.

She has to start touching you to express interest. You don't believe any indicator until she starts touching you physically, putting her hand on your arm or maybe giving you playful shove, but she has to touch you to express her interest. It's a very important boundary. You've got to get her to that point. Move her there, because, well, you also have to be comfortable with physical touch. If you don't bring touch in quickly, she will neuter you. So it's going to be a lot of working with the physiology stuff, the being able to touch her on the arm and getting her to do the same.

Your physical posture will directly impact your state of confidence. Your feeling of confidence in the moment is really directly impacted by how you're holding your body in a lot of levels. You can actually create confidence with that confident feeling that you're looking for by simply learning how to hold yourself confidently.

Remember the exercises that I taught you in terms of physical confidence, keeping a straight posture, moving slowly and luxuriously being able to hold back and not answer a question right off the bat, these things actually create confidence by virtue of doing them. Remember, it's in action. Confidence is not created in a vacuum.

Looks, as other physical asset goes, look, looks are and they aren't important. If you're good looking, yeah, that helps, but looks for women are not the looks that you're familiar with. You see, your looks that you're familiar with are a hot looking chick with a nice body and very attractive face.

For her, it's not about those genetic trace of looks, but for her it's about what you have done to take care of your own. It's not necessarily she have a square chiseled jaw and a perfect aquiline nose or any of that

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stuff, it's about how you groom. It's how do you take care of what assets you do have. That 's a much bigger indicator for her better than looks.

Because she looks for image primarily, image. Image is overall what you're communicating about you through your outward physical appearance. You want to look like you're aware and basically not oblivious. Most guys look oblivious when it comes to image. They are wearing sneakers with their T-shirts tucked into their jeans with a big black belt and a goofy belt buckle. They look like dorks. If you're aware enough to groom correctly and present yourself correctly, it shows that you're aware there is a psychological "I see what's going on in the outside world." Know why.

Again, how you take care of your appearance tells her about how you're going to take care of her. This is the big indicator. When you have nice shoes, she doesn't care that you have nice shoes, she just knows that, "Hey, he takes care of his shoes nice, he's going to take care of me nice."

Believe it or not, that is the translation that goes on inside her head. You need to take advantage of it. Number one stuff is get yourself groomed. I want you to go out and get yourself a good haircut. Typically, a \$30-40 haircut at minimum to get it looking good and styled.

Get your objective understanding of how you look with facial hair. If you're a guy like me, I do the soul patch thing. Some guys can do the whole goatee or Van Dyke. Some do a mustache. Some do only the beard. Some do something where it's like a King Tut freaking goatee thing here.

You've got to get an objective understanding from people. Understand what really does look good on you. Don't just ask your friends. Ask people who will tell you the truth.

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Get your nails groomed. Get your skin handled. If you have rough disgusting skin, get it taken cared off. If you're pasty white because you're sitting inside in front of monitor playing World of Warcraft all day, get outside, get some sun, buddy.

Take care of what we call the outliers. The outliers are the areas of your body that are probably giving off an indicator that you don't take care of yourself. Any extra unwanted hair, your eyebrows, no unibrow. Chest and back hair, it's simple right there. That takes care of most of the things that make women go, "Eew." And if you don't know what makes women go, "Eew," that's showing the obliviousness.

Number two is to get a little bit of fashion in your life. So once you get groomed, now you can approach the fashion aspect. Go out with somebody who knows good fashion. Read some magazines that show you good fashion. Get a little educated on fashion, on what looks good. You don't have to be Mr. Armani, but you do have to know what a good fashion is.

Look at what other people are wearing. Look at guys and say, "Oh, you know, that looks pretty good. I could wear something like that. Get a woman's opinion. It's the number one, man, just ask a woman. Get her to go out with you and shop.

The fatal attraction killer in this area with looks is when you over optimize your appearance. When you look like you're trying too hard, keep it simple and don't fall into the wrong image and by falling into the wrong image. I mean, things like embroidered shirts which were all the rage with the pickup artists back in 2005 to 2008. These little indicators that we have that we are trying too hard can come true. So as the saying goes, "Just enough but not too much."

Now, let's talk about strategy really quickly before we finish up this section with the fatal attraction killers from the girlfriend magnets. Strategy for you is stacking your success. Stack your success. My

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waterfall principle is one of the most effective ways that will get you into bed with more women faster than anything else you can do. It's fashioned at any pickup artist principles that tell you that you can go out and get laid or blowjob in a bathroom at 3 AM is simple knowing how to stack your opportunities.

Attitude, logistics, probability and skill, these are the factors that add up to the ability to get a girlfriend fast, and it's not hard.

- The attitude is your confidence on what you're thinking. It's pretty simple and straightforward.
- Logistics is understanding what you need to do when to make it happen, and that's what I explain in this program as well.
- Probability, that's a factor I want you to pull out of the equation. Probability is something that even if it isn't there though, if you stack up opportunity, probably will not impact you. If I roll ten dice or whatever you call it, if I roll ten dice on the table, guess what, I have a much higher chance of rolling a six than if I roll one dice.
- Skill, of course, and skill is what this program is all about.

Inevitability principle. This is a concept you should be very familiar with. When I push over a domino, all those dominos that I've stacked up are going to fall over. I explained that one before. Everything in this process that we are talking about with getting a girlfriend should feel like that. You're pushing over a domino and it's going to happen no matter what. We do a lot of things that lead to inevitable results. If you eat too much, inevitable, you're going to get fat.

The point is to set up circumstances so that the goal that you want is inevitable. It's going to happen so that you can't even stop it from happening. What if you could not stop yourself from getting a girlfriend and getting laid next month? That's what we are working towards. That

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feeling of “I can’t stop. It’s going to happen.” Usually most things in our life that are inevitable are the inevitably bad and that’s because we neglect it. Now, if you don’t know what’s effective, this can often leave you in an uncertain state. That’s why we are going to pin down the certainty so that this not become one of those ambiguous things you do.

So what women want? These are the three things women want. I’m going to tell you once and for all so you don’t have any confusion about this ever again.

- Women want emotional support.
- They want a great sex.
- They want fun times and adventure.

These are the three primary things women want in a boyfriend. Emotional support and leadership because she’s going to come to you with problems and issues in her life and all you’re going to be able to do is give her support and do that simply by listening without correcting or fixing.

If there is one thing I can tell guys is this that would have the most impact on your ability to get and keep a girlfriend is your ability to just shut up, nod your head and just help her talk. That’s it. But no, every single guy has to get in there and tell her exactly what to do. Just listen without correcting or fixing and you will multiply your ability to get a woman by a factor of a hundred.

Number two is great sex. I don’t need to say much more than that. If you don’t know how to please a woman in the bedroom, then you do need to learn how to do that, and believe me there is plenty of books on the bookstore shelves for that. You don’t need me to tell you. I do offer that in my Get a Girlfriend program. I explain some of those things, but quite honestly, great sex is great sex and you need to be able to give it to her.

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Fun times and adventure, what's the saying by Cindy Lauper, Girls Just Wanna Have Fun? There is a reason that song was so damn popular and it still is popular for girls when they hear it in the clubs, she wants to have fun. She wants to have adventure. She wants to have something she can talk about and something she can be a part of, and that's part of what you give her. So remember that. The fun times and adventure, those should be the first things you focus on. That's all women really want.

All right, let's talk about the fatal attraction killers and finish this section up. We've got to get onto the girlfriend blueprint itself, the roadmap, in the next section so I want to work quickly here. The big attraction killer is, number one, failing to create sexual tension. Sexual tension is simply the right use of body language, using humor to kind of tease, play with her a little bit and having fun.

Qualification is sexual tension with things like fake resistance or being hard to get is a big part of qualification. It's kind of like playing it off like, "Hey girl, whoa, hands off, man. Don't touch the merchandise." It's those little things you do will actually work to your benefit.

Teasing is very important. It's so important that I'm going to include an extra bonus for you, my tease to please process, with this course as well. It will be coming up in the membership area so watch for it in the sidebar and you will see it come up there.

Banter in sexual tension is really important, the ability to talk back and forth. But it doesn't have to be a super refined Cary Grant banter, it just has to be enough to keep you in the game banter and that's not hard to do either. That's why I include it in the section here on how to talk to women as well. We will come up to that in a little bit.

Okay, so those are the critical components of sexual tension.

- Body language
- Humor

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- Qualification
- Testing
- Banter

Now, another fatal attraction mistake is again looking a little too much like a pickup artist, PUA. PUA is pickup artist or player. Women can sense a guy who is running too much game, and since your goal right now is to do more with less, there is really nothing to detect.

That's the beauty of what I'm teaching is I'm teaching you how to take out things from your game so those pure things you've put, the less there is for her to detect that there is any kind of blueprint or roadmap going on or that you're orchestrating this. To her it's going to feel like fate and destiny are taking over. That's ideal and perfect.

Now, another important thing here is to have a flake destroyer. Flakes are incredibly frustrating for guys. They frustrated the hell out of me. When a woman likes a man, there is no way she would cancel her plans with them for somebody else.

And if she does cancel, she will make certain that they have concrete plans in the future. That's a great friend of mine, Marni, she said that. She's a woman and she knows this stuff. When a woman likes a man, there is no way she would cancel her plans on his for somebody else or something else. If she does cancel, she's going to make certain that she can reschedule them. So remember that if there is flaking going on. The secret here is to always give her a reason to see you again. Give her a benefit. Give her a WIIFM, a "what's in it for me" so that she knows why she shouldn't flake on you. It's that simple.

Here is why women flake:

- They flake to avoid heart break. Every woman will show up for something that benefits her, especially if she's just out of a relationship with another man. There are so many guys who fall for that

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line of, “Oh, I was hurt recently, and I just don’t know if I should.” That’s the perfect time. I don’t want to say vulnerable, but she’s in a perfect place and she will want to meet other men in that place.

- Another reason why women flake is simply by buyer’s remorse. They flake on you because you communicated low status. Her brain caught onto it a little bit later on and figured out, “Oh, that guy, he isn’t all there. He’s not quite this kind of status guy that I want.” But I’m going to show you how to communicate that high status.
- She was never that into you to begin with, which is the problem that most guys don’t realize until it’s too late. It’s the least confrontational way of her letting you down. So you’ve got this great interaction, you’re talking to her, and she pulls the old, “I’ll give you my phone number.”

And maybe it is her phone number, but you never hear from her again. That was the least psychologically damaging way she could think of, the least confrontational or unpleasant way that she could let you down nicely, and it avoids her own discomfort. That was the purpose in that.

So those are the reasons that women flake. They are very simple and straightforward. Those are the only reasons that really matter to you. Now, the problem here is that most men have a gimmick or a fast repeatable way to get a woman into his life, but he doesn’t have a way to establish real connection with a woman, and this is why most pickup artists fail because they’ve got gimmicks and great little tricks but they don’t have any real substantial connection.

This is why so many other guys have problems with other programs because those programs don’t show them how to create that real connection that she wants, and no one tells you how to get past it out there. Nobody really tells you how to really do it until now.

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Every man that gets good at meeting women runs into that problem at one point or another. So here is your flake to strength strategy. I'm going to go through these throughout the program. Here is the initial flake to strength strategy you want to implement.

- Flaking is a symptom, it's not a situation. In other words, it's a symptom of something that happened before. It's not the actual problem. If she flakes on you, you probably did something or overlooked something earlier on the process.
- You cannot cure them all, but you can minimize flaking. You can minimize flaking a lot. Always have multiple women on the hook. I've talked about this already. Only having one woman is a sure fire recipe for disaster. I don't care how fantastic this woman is, if she flakes on you, you're going to feel like shit so you better have a backup. Pretty easy to understand that, isn't it?

The cure for flaking is qualification. Get her to prove herself to you. When she actually does this, when she, in any interaction, does something to prove herself to you, she's now invested and will not let herself flake on you because she feels like she's got something to lose. Remember, her not making it to the date or to the meeting was a choice of hers. If she flakes, that was a choice so you have to weigh her excuses. Don't buy into the shit she often feeds you.

Number one, here is your strategy, no anger. When a woman flakes on you, you never have any anger. Stay cool. Do not let her impact your emotions. Realize that her excuse is probably complete bullshit. You want to believe her because of the alternative. You want to believe that she flaked because her mother suddenly got sick, but it's probably not true. She will agree to escape without discomfort knowing this is an option later. I said this already, that she's give you a number and not

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intentionally follow through because she knows it's the easiest way to get out of it.

Here are signals if it's a flake or not:

- If she cancels the first date, it's probably a flake.
- If she calls instead of text, she might actually have a legitimate excuse. This might not be a flake.
- If she calls several days in advance, there is probably a legitimate conflict and it's probably not a flake.
- If she suggest alternate times or plans to get together, it's probably not a flake.
- If she keeps you on the phone for more conversation after she cancels with you, it's probably not a flake.
- If she gets back in touch with you on her own, it's probably not a flake.

Anything that does not meet those criteria, it's probably a flake. All right, so don't be a dick, do not call her out. In other words, don't try and set her straight. You'll never be able to set a woman straight and then suddenly regain all that attraction. She's not going to appreciate it. She will just avoid the discomfort of the situation which is you. I've learned this the hard way so many times, I can't even begin to tell you. Don't try and be Mr. Respect My Authority on the phone and tell her, "Look, you, that's unacceptable." It does not work the way you think it works.

Instead of being angry or hurt about her flaking, feel sorry for her that she wasn't mature enough to be honest with you. She was scared to look bad in somebody else's eyes, and that's kind of pathetic in my mind, even with a complete stranger. Even with a complete stranger

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she was afraid to look bad in a complete stranger's eyes. That shows something really weak about her self-image and her self-esteem.

Three-flake situations:

- She told in advance. Even if it's last minute, she tells you in advance. Last minute is most likely means that she's not interested in you. She has lost that love and feeling and she doesn't see any reason to actually follow through. She's not invested.
- She tells you after the fact. She tells you she can't make it or why she couldn't make it after. It's even worse. She definitely was not into you.
- She never calls you at all. That is a sad and complete flake.

Absolutely, those are the only situations that you should be looking at it the thing with total flakes, and these are the ones we are going to be avoiding, by the way.

The two possible responses you can have is, number one or A, you didn't notice so don't mention it. When you respond to her flaking, you have to think in terms of one of these two. The first one is you didn't notice so don't mention it. It's good for younger women because, unfortunately, younger women will flake from time to time just because they are, you know.

Don't be upset and don't lecture. She doesn't care about any of your hardships or whatever is going on with you or whatever inconvenience she made for you. You're still a big maybe in her book. She doesn't care, and it's good for your attitude this way too. You didn't notice. "Oh, really. Oh, my God. You're right make it. I'm sorry, I just went and met a couple of friends right after." You see, cool people don't make a big deal out of dates that they do have with women. They don't make a big

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deal out of it. They are not constantly making that it's such a big deal, so why should you?

B, the other response you can give is to give her a polite reminder to respect your time. You have to handle this very carefully and I have to tell you that I don't agree with it in most situations. You could say something like, "Hey, I totally understand that things can slip your mind. In the future, it would be best to check your schedule so that you're aware of your commitments. My time is very valuable and I'm hoping that you can respect that in the future. No hard feelings. Have fun at your event."

Now, that's best for a girl that you've already dated or been seeing a couple of times and this might be a one off fluke that you think is just a fluke. If it's a real flake, I wouldn't even bother. It's not going to work. I personally don't like this one. It makes you seem needy. It places way too much importance on your idea or your holding a whole bunch of high hopes for a date, but you do need to have boundaries.

So if she keeps seeing you and pulls this sort of thing regularly, you do need to draw a line and let her know. It's how you do it. You do it in a fun, teasing, with a little bit of affection. If she continues to do it, you have to make a decision yourself, "Is this disrespect, or is this who she is?"

Text her before you leave to confirm. Hmm, that one is tricky because maybe only if you're already going to this place already. Let's say you're going to see a band and you invited her along. The only way you would text her on that one is if you're already going to go no matter what she does. Because the rule should be, never go someplace to meet a woman where you couldn't be already going anyways, because otherwise, you're setting yourself up.

If she decides to fall through, you feel like shit, and it's not necessarily her fault, you could have easily buffered that. What you do is you text

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her saying, “I’m running about ten minutes late. I hope that’s cool.” That’s it. Only do that for the ones you’re probably really suspicious of that you think are probably going to fall through, and you need to be able to make a quick follow-up plan or make some course correction. But in general, don’t put yourself in that situation to begin with.

Stay proactive is the fifth step in flake destroying. Stay proactive. The reason a woman flakes is typically because of low or no attraction to you. It’s hard to face that one, but it’s true, and she is not invested back in you so she has nothing yet to lose. You made the mistake before she decided to flake. I told you that, and it’s a mistake that you misperceived as her being a bitch, but it’s really not. It’s circumstances of how women view this sort of thing and whether or not you’re able to get investment and interest from her.

Now, I want you to see also to close this section where we are going to talk about more proactive flake-destroying behavior and how we can totally, well, maybe not totally, but mostly eliminate it from women, and I’ve got a lot more for you there. But now, we are going to move on to the next section. We are finished with the attraction killers, the fatal attraction killers and the entire girlfriend magnets section. We will move on to Module #3 next where we start to cover the actual girlfriend roadmap blueprint and getting you the entire structure of how we are going to get that girl in your life in 30 days or less.

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Module 3 – Girlfriend Blueprint – 1

We are on Step #3 of the Girlfriend Blueprint. Now, we've gone through a lot of information in the last couple of modules, and really if you apply just the stuff I showed you there, that's more than worth the cost of this program. I think you'd agree. There is just a ton of great content. There are a lot of tips you can use and put to work right away.

What I'm going to give you right now is your baseline. This is what I call the girlfriend blueprint. These are the bare minimum things you need to do and accomplish to get her interested and turn her into your girlfriend. This is the exact what and how and when you need to do these things.

So here we go with girlfriend blueprint. First of all, the core steps of this process, let's talk about these really quickly. First of all, when we are talking about where to go, when we are talking about the whole where to go question, it seems to be a big question with guys, "Where do I go? Where do I meet a girl? Where do I go?" Well, there is a problem with this question. First of all, let's start with there are three different types of environments.

There are three types of environments you'll meet women in typically. You've got the hot, the warm and the cold. Let's go over each one of these briefly and talk about the differences.

Hot is an even where women are looking for guys. It's plain and simple, they are looking to hook up. Those are singles events. Those are online dating events, speed dating events, bars and clubs are hot environment. Hotel bars and clubs, by the way, are extra hot, primarily because people are traveling. They are coming from out of town or they are not local to the area. Those are excellent to go to and I recommend you to use them whenever possible. Go to a hotel bars and clubs in your town wherever they may be.

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Blind dates, the big thing about hot, the difference you need to treat this here is, first, you can relax a little bit because the women are obviously looking for the same thing you are, but second of all, you can drop a lot of the pickup, the seduction-type advice that's based around that because primarily you need to communicate warmth and fun.

If you are playing too many games in that environment, or if you're coming across a little too indirectly, it can seem a little weird. It can seem a little fake. You've got to come through with a level of sincerity. There was an old joke about, "Boy, if I could just fake that sincerity thing, I'd have this whole thing licked." Well, the truth is you can't fake sincerity. So warmth and fun are what you want to communicate. The warmth being the compassionate side of you, the connecting side, because you can connect a lot faster in a hot environments than a lot of guys realize.

Warm environments typically are parties where you may not know everybody, but you know some people. You can network there. They may not be in the singles environment, but they are looking to meet people, a lot of people are. That's your networking area. Business networking is an awesome warm market. Spectator sports is also a great warm market. Going to see certain kind of sports. Concerts, open air music is another great way to meet women.

Cold environments, these are the ones that most guys shy away from but it seems to be the only kind that we think of, like meeting on the street, or in a grocery store, or in malls, shopping, anywhere really. It doesn't have to be a mall, but it can be a store, or taking classes like cooking or going to yoga class. These are actually all excellent ways, and I would actually hesitate to say you can move up cooking classes and yoga classes into the warm market because a lot of people are there for the same reason.

But those are the three environments and you've got to keep those in mind when you're going out how do you want to approach each one of

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them differently. With cold markets, you may need to be a little bit more indirect with your interest. With hot markets, obviously much more direct. The point is never where to go, the question, “Carlos, where do I go to meet women,” it’s like all the women are hiding in one place. When you ask women, they ask the exact same question, “Where do I go? Where are they? Where are all the great guys?” They are already there. Well, not the great guys, I don’t know about that, but the women are right where you expect them to be. They are right in front of your nose.

We use that question of “where do I go” as a way to step back away from our fear of just going out and taking action. My old sales mentor had a great saying, he said, “Everything you do will work if you work it, if you make it work.”

Every single technique, every single strategy, every single thing you do will work in its own context. So that means you can go out and meet women pretty much anywhere, but what we are doing is we are using that question of “where do I go” to put ourselves in the scarcity mindset to avoid going out and doing what we need to do.

You see, the question is in itself is its own sabotage. You’re sabotaging yourself just by asking the question. You can meet women everywhere and anywhere, and you should be eventually. Most people ask that question. Here is how they use that question, “where are all these women.” They ask the question, “where do I go to meet women,” then shoot down every possibilities you put in front of them, and maybe some of the ones I just showed you, and then they resign themselves to being alone and hopeless. That’s the vicious pattern we get into.

If you find yourself doing that where you are taking everyone and going, “No,” and you shoot that one down, “No, not that one. No, I don’t do good there. No, no, no,” you’re basically just a no man and you’re going to eventually have to suffer the repercussions of that. The point is not where to go, it’s going there and working it. So play the game on the

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field. I'm giving you a lot of information here, but you should be immediately taking it out in the field and using it right away.

I want you to do the math here. If you go out four nights a week and let's say you go out four hours on each one of those nights, it's a lot but that's doable. Let's just look at this as being the extreme example. You go out four nights a week and you work four hours, or you'll go meeting people for four hours per night, and you do only three approaches per hour which, by the way, is actually really, really small if you think about it. That's like one every 20 minutes. In a warm environment, that's not hard at all. That's 48 new introductions per week, $4 \times 4 \times 3$. That's 48 new introductions per week. That's 2,496 people per year. Do you think you could find a woman to date from 2,500 freaking women? Yes, you could.

When you look at those numbers, you realize that it really does come down to being a numbers game. Do the math and work the math no matter how you have to do it. You could go out half the time and just approach twice as much, or just settle for half of this all, but you're still going to be way, way ahead, especially if most guys are sitting inside their house.

So here is an exercise I want you to do. I want you to take out your journal. I want you to map your day out. I want you to map out where is it you go in a typical day, and map each day of the week too because weekends tend to be different. Where do you go? When do you go there? Who would be there during those times? What could you do to increase your opportunity ratio? That's what I call this, it's your opportunity ratio, which is the number of times you expose yourself to women and are able to meet women.

If you'd just increase your time and awareness where you're normally going right now, you will more than double the amount of women that you're meeting on a regular basis, more than double. It's actually more than quadruple, and sometimes it's as much as ten times as much just

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by getting focused on the right thing, but right now, you're walking through life thinking that meeting women is a specific event you have to do. Your identity should now be a guy who meets women. That's who you are, not what you do. That's a critical difference I want you to ask yourself.

Opportunity consciousness, watch out for opportunity. Everywhere you go, do have an opportunity consciousness. Write down what your consciousness about women is right now. Watch out for resistance. Resistance comes and it sneaks in and it infiltrates your life on many different levels.

There is a series of great books out there. I can't remember the author. I think I remember one of the titles and he talks about resistance specifically, and it's called the Do the Work. It's Do the Work, and basically, the premise of the book is, look, one thing that's going to basically get in your way is your own resistance every single time it's going to stop you. So once you overcome that, you will find success.

Where do you want to meet women? That's a big question to ask too if you're expecting it in certain places and it's not likely, or if you're expecting to meet women and you're not going to those places it's going to kill you. Is that where you spend your time right now? Is that where you're going? Because if so or if not, you need to make some adjustments. That's an important exercise to do, and when I give you those exercises, please pause this video and do them.

All right, remember there is going to be the core steps for this process that I'm going to show you right now, and the same process works every single time. It's called MHC (Meet, Hook, Close). It's meet, hook, and close. Basically, it's going to happen on every meeting, every date that you have. You're going to have the MHC at work and you've got to use it, meet, hook and close.

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I also want you to remember I cannot possibly give you every response that you could possibly ever need. It just can't happen. Your job is simply to hang in there for the shortest period of time, the shortest, minimum amount of work. Remember, this is all about not working so hard. I want you to slowly expand that window though. So if you're able to stick in there for maybe two minutes of small talk, ask her for a number and leave, great. Next time, go for two minutes and ten seconds. Keep increasing that limit.

Meet, hook, and close, these are the three steps. We are going to start with meet. Meet means, of course, that you're opening a conversation with him. There is open conversation and close, which again is meet, hook and close within this step as well. Opening a conversation or opening up a woman, let's go through this really quick.

Core attitude, the core attitude of opening a conversation with women is, number one, you're always on. You're always looking for opportunities, but I want you to beware of the actor.

After years and years of coaching guys, I've been doing this for over ten years now, but actually a lot longer, most guys mess up talking to women not because of their opener. They mess because they are trying to act like the guy they think she wants, or somebody who is not him he's trying to be that other guy, and he's trying to be somebody else so that she can't ever really reject him, she can only reject the actor that he is, or basically the person he's portraying. It's ego insurance. Ego insurance, and they act very unnatural. Beware of that. It's another one of those crippers from using seduction techniques too much.

Knowledge is not power. Knowledge applied is power on the other hand. So don't try and learn everything and memorize the game completely. You can't do it. It just simply doesn't work. I talked about this previously. I want you to remember again, your job is just to hang in there. I can't give you every single response. If I did, I would fill your head with a bunch of nonsense that you'd be going crazy. The game is

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played on the field. That's where you play it. You don't sit at home memorizing lines and routines or hunting forums, you're out there actually just meeting women. Your game will improve a thousand times just meeting with ten women than it will be spending ten times as much as time at home studying it. Make it fun. Remember that your nervous system is attuned to what you like and don't like. If it's not fun, your subconscious mind will simply sabotage you and stop you dead in your tracks. That's what it's built to do. It will do this automatically for you.

Now, cold feels like an intrusion. Cold approach is our meeting a woman in a cold environment where she might not be ready to meet a man so you need to use a brick to open a window. That's what I use as my metaphor. Using a brick to open a window of opportunity, and it's very simple. You just say something really easy to get the conversation get to break into her reality, and you do it very gently.

You can say something like, "Hey, hey, hi. Yo, hello." That's how you break. That's the first thing you say that breaks into her awareness and make sure to look at you and pay attention to you. You could say excuse me. Some guys have a problem with that, but I don't. Sometimes excuse me is just fine. You're not asking. You're not begging or supplicating her or any of that. Or if it's a group of girls, you'd say, "Hey, guys." Congratulations, you've just opened a conversation. You're now in. You've done what 90% of guys don't typically do.

Establish a time limit. This is the next part of your opener. Just say, "Hey, really quick, or I've only got a few seconds, or I can only stay a minute. I know you're busy but..." That's how you kind of segue this.

It goes in steps. I'll give you an example here. "I know you're busy, but I wonder if you knew any good restaurants in the area." That's a very indirect opener. Another one is, "I can only stay a minute. I just want to let you know how awesome that dress looks on you. You've got a really

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good eye for fashion.” That’s it. That is as simple and easy as you can get from an opener and it works like crazy.

Okay, I don’t use anything complicated. The opinion opener and things like that can work, but honestly, this is awesome. This works really well. I’ll give you an example for hot women. Really attractive women can sometimes be a little different to open, but not usually in cold environments.

For really attractive women in the 9s and 10s, you can say something like this, “Look, I figured you’re probably really shy because men don’t pay any attention to you, so I thought it would be nice if I come over and give you a little attention to make you feel good.” Now, obviously, that’s being a little sarcastic, and I’m not saying, “Hey, you’re so beautiful. I bet you guys talk to you all the time.” I’m doing it with fun and humor, and she’ll find that funny because you’re also being very aware and observant. You can see the meta programming. You can actually see the matrix as it were.

Now, the next step is what about warm and hot. Well, you can literally say anything in these environments because that’s really it. You just basically walk up and approach and talk, but since that’s not enough for a lot of guys, I’m going to give you a few things you can say, “You know, I really like how feminine and girly you are. I see so many women acting like guys and trying to be tough.” That’s a good one.

“Hey, I can only stay a minute, but I wanted to tell you that you’ve got a really great energy about you.” That’s my personal favorite. I use that one all the time. I’ve got that one memorized at the back of my head. I can probably use that so many times I can say it in my sleep. I think sometimes I do. “Hey, I was just on my way out, but I knew I’d kick myself if I didn’t come over and say hi. My name is Carlos.” Again, that’s my other secondary. That’s a backup.

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“Hey, I saw you standing there and I wanted to meet you. My name is Carlos.” That’s as simple as it needs to be, or as complicated as it needs to be.

“Hey, you’re kind of cute. Can you help me pick up chicks.” And give her a smile. “Hi, do you know what time it is?” And then you wait for a second. “Oh, I didn’t need the time. I just want an excuse to flirt with you. My name is Carlos.” That one I credit to Lance Mason who gave me that. He calls that as his back pocket opener. You want an opener that you can pull out and use like that. It’s literally in your back pocket. You memorize it and you can use it like that.

Now, with some stealth opener. These are the ones when you want to be a little bit more indirect, and they also use psychology to get in there. You leverage true statements that she has to agree with. I’ll give you three examples. You can use this actually in everyday conversation.

“You know, I don’t usually do this. I know you’re probably going somewhere. We obviously don’t know each other, but I just had to say you have a really positive energy about you.” So you can combine that.

“You know, I don’t usually do this, and I know you’re probably going somewhere, but I just had to say you have a really great energy about you.” And obviously, I’m giving her the statement of the obvious of what’s actually happening. I’m pacing reality, and that’s the NLP term for this, and at the same time using it to open.

Another example, “Hey, I realize you’re with your friend and obviously we don’t know each other yet and I’ve got to get back to work,” or whatever, you can use any number of excuses, “but I wanted to say that dress looks awesome on you.” You combine them and you pull them together.

Example #3, “Hey, I saw you ladies having fun over here. You seemed like you know how to enjoy yourselves. My name is Carlos.” “I saw you

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ladies having fun over here,” that’s the reality. “You seemed like you know how to enjoy yourselves,” that’s almost often a compliment. “My name is Carlos.” They are going to be warm and accepting. Trust me, you will get into a conversation that way.

The different types, there is the observation, the question and the smart compliment. Observation is obviously using pacing techniques, “Excuse me. I just had to let you know that you have a really great energy about you and I knew if I didn’t come over and say hi, I’d be kicking myself later.” It’s very easy to use, the observation-based opener.

A question one is based on curiosity, and this one is really, really effective because if you have curiosity, you have a natural energy of interest. Most guys are asking questions they have no curiosity about and therefore they are failing badly. They use opinion openers when they don’t really care what her opinion is. They are just using it as an excuse to get into the conversation, and it doesn’t work.

A smart compliment, smart compliment is simply telling her something about her that compliments her choice or her decision making ability. It’s something about how she thinks or how together she is, as opposed to how she looks because that’s not the way you want to compliment.

You want to compliment her something indirectly. I’ll try to give a good example. “Oh, you know what, I really love the way you put together like your whole outfit. You’ve got these great boots, that dress and the purse you like all put together. That’s really cool.” That’s complimenting her psychology, her ability to choose more than it is her actual appearance. I hope you can see the difference on that.

So don’t spend your time memorizing openers. I really wanted to hurry and get to this point because this is really important. This is a huge mistake guys make because they spend a lot of time memorizing openers. You’re not going to remember them in the heat of the moment. Your brain will panic. Your lizard brain shuts off access to the higher

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functions, you can't come up with this stuff. Most of the stuff you've probably ever learned in fact will probably desert you at the moment of, "Oh my God, I'm actually talking to a woman." But that's okay, all you do is choose one thing, commit it to memory and then use it all the time.

Don't let yourself get sick of it. You've got to dial it in. That's what happens to most guys is they use one opener, it works great, and what do they do? They change. They start doing something different. It's called snatching defeat from the jaws of victory. Don't let yourself get that way. Stay focused. Just use one thing, use it all the time.

Just because you're sick of it doesn't mean she's sick of it, and it means you're likely to pull it off with more comfort because you're used to saying it. "Hi, my name is Carlos. I just had to come over and tell you that you just have this awesome energy about you. I just know I'd be kicking myself if I didn't say that." I can come up with different variations but they are on that same theme.

Okay, approach body language. You want to come up to her and you want to turn your head towards her, but you want to turn your body away at about a 45-degree angle. In other words, if I'm facing you right now, I don't want to be facing like this. I want to be facing somewhere just over here with my body, but then I turn my head this way. It's a less intimidating. It's a little bit more easy for her to accept.

The more that she starts to turn and face you, the more you start to turn and face her. This is how we pace another person's body language. You can gauge her interest. If she doesn't face you, if she deliberately doesn't try to face you, she's expressing disinterest. It's an act of body language indicator there.

Now, the more direct you can make your opener, the better. That's why I really like my high energy opener, or the "you've got a really good energy" opener. It's fairly direct in its own way. It's not a compliment,

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but it is saying, “Hey, obviously, I came over here because I dig you in some way.” Without putting myself out for immediate rejection.

Approaching groups is easier than approaching one lone woman. I’ll tell you that right now. Approaching groups is always easier than approaching a lone woman, and just because groups are less likely to reject the guy out of hand. But one woman with her own agenda, she’s not in the right mood or mindset, she can easily just kind of like ignore you or make you feel rejected, and that’s what you want to avoid.

Remember, don’t give her permission to reject you. She can only reject herself or you. That’s what she is doing. She’s rejecting herself for you and saving you time. I call this the SFR, and I want you to memorize this. This is the simple fucking rule. The SFR is don’t approach women that look hostile or otherwise unfriendly. Let me say that again, don’t approach women that look hostile or are otherwise unfriendly. You’re just killing yourself right off the bat. Why do that to yourself? It’s like saying, “I’m going to find the most unhappy person to go and try and talk to.” No, you don’t do that.

Your goal for the opener is not to get a date. Too many guys do this, they go for the date. It’s as if that’s the thing they need to go for. It’s bad idea. It’s too big a step. Only get phone numbers, email or Facebook. You’re only trying to get the contact information to reconnect with them. That’s it.

And ask the questions, you’re the one who is asking the questions. You’ll be in control. These will shift your focus to solutions, not the fear of approaching her. So ask yourself these questions, “Hey, she’s hot. I wondered if she’s interesting enough for me. Hey, let’s go and find out.” You are asking yourself with curiosity-based questions which then motivates you to want to go and talk to her. Not the fear-based question of, “Oh my God, I wonder if she’s going to reject me.” That’s the wrong question. Do you see how that is? And neither question has more merit

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than the other, so why not choose the one that gives you the right motivation.

Another great question is, “I wonder if she’s got what I’m looking for? What can I notice about her or what she’s doing that I can comment or ask a question about?” Ask yourself that question and you’re going to find yourself naturally motivated to meet a lot more women.

You approach to find out if she’s somebody that you want to get to know. That’s it. That’s your motivation. Your motivation is not because she’s hot and you want to date with her and you want to stick your dinkie in her. Your motivation is you want to find out if she’s right for you. Because let’s say things do go down that path, are you going to be choosing wisely or poorly? As the old Indiana Jones thing goes. You want to choose wisely.

And if she acts uninterested, she’s just telling you she’s the wrong kind of woman. If you reflect that back on yourself, that’s your problem. That’s your issue you’ve got to get resolved. You can go and see a therapist about it or just do a lot of inner game work, whatever you want to do, but the easier thing is to let it go. That’s how you get rid of this stuff. That’s your shortcut through therapy for today, let it go.

Now, don’t worry about the intrusion. If you feel like you’re intruding with women, justify it. Just justify you are going up and talking to her. Remember, you’re the one bringing her a winning lottery ticket. You are a winning lottery ticket capable of giving her millions of dollars of fun and excitement over her lifetime. If you don’t bring that to her and give it to her, that’s the biggest loss in the world, baby. You’re not doing it.

All right, conversation, meeting in the conversation. You have to be willing to carry 80% of the conversation in the first two to three minutes. It’s simply a fact. After that point, it’s going to shift to her slightly, and you want to use an open-ended question to test whether or not she’s ready to contribute like, “So what are you doing out here today? What’s

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going on with you? Why are you shopping today?" Open-ended question lets her respond this much as she's got.

If she isn't contributing actively after three to five minutes, you need to move on. That's an indicator that she's not willing to invest in you which means she's just not interested, and just move on. It's not a rejection, just move on. Your goal is she has to be asking you questions. She has to be asking you questions and she has to be actively seeking to touch you. Now, this might be not so possible on a cold daytime approach or meeting her someplace out of the blue, but you definitely have to have her asking you questions. That's how women show that they are interested. They will ask you questions and pursue it.

She has to be actively seeking to touch you, but that one is much more important than her just accepting your touch. In other words, you can try and touch her in the arm for a second or whatever, but that's not that important whether or not she accepts it. What's more important is that she is trying to touch you in some way. Women do this as a way of connecting. When she does that, that's your clue, "I'm in." That's the only body language signal you're really looking for.

Compliance is also another goal that you're looking for. She has to be accepting what you tell her to do and adapting to accommodate your lifestyle and values. When she's accepting what you tell her to do, you just say, "Hey, hang on a second, I got to go to the john for a second. Watch my drink, I'll be right back."

That's a good way to test for compliance. Or just say, "Hey, you look fantastic. Turn around once for me, I want to see this whole thing." You're probably familiar with that one. It works. With compliance, she has to be actively seeking to connect physically by kinesthetic or touch, and she should be asking you questions to express interest and curiosity. Those are your three goals.

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Fun and exciting is the only thing you need to think about. Be fun and playful in conversation. Be a challenge. Be slightly unpredictable. Say things that might be a little bit unpredictable. Be passionate, speak with energy and emotion. Be social, be nice and be interested in other people that are around you and not just focused on her like a laser beam. And be noticeable without being obnoxious, meaning don't wear goggles. Just wear cool clothes that look good on you. You don't have to be obnoxious.

Now, regarding being funny, a lot of guys get a little hung up on this one. They need to be funny with women. This is a whole set of social skills that you need to develop and it's not something that we are prepared to go into here. I actually have conversation programs that talk about this. It's not necessary for you on the approach. It's something guys get way too hung up on. If you haven't used it, be playful. Be teasing in that, but the best way you can do this is watch a ton of stand-up comedy. It's the best way to get a feel for how humor is built in the conversations.

Here is what you talk about in your conversation. Three things, what's going on around you right at this moment? "Wow, have you ever seen so many people out here on a Saturday?" It's an opener all on itself. "So what brings you to the mall, the festival, the Farmers Market?" Wherever it is you happen to be meeting her. It could be clubs and bars.

Another thing to talk about is something about her. Just don't compliment directly. Remember, when I said that? Instead compliment her on her choices. Make her feel like she's got everything together. She is a together chick. "That's a great dress. That's a great outfit. That's a great look for you." Compliment her on her choices. That's what she really wants to feel good about ultimately.

Three is a direct observation. "That dude looks like he just raided Neil Diamond's wardrobe. Do you think we should report him?" There is a little mixture of humor as well as observation. You're seeing things that are happening around you and commenting on them and using them for

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conversation. That's what conversation is about. It's also very present in the moment focused. If you're not present moment focused, if you're up here in your head, you're going to find yourself stumbling more often than not.

Now, warm hook up. You're talking to her maybe you're in a bar or another club where you've got a good conversation going where there is a lot of playful conversations, I like to ask this question. It's a good qualification. "So what would you say are your three most positive qualities?"

She's going to answer one of two ways, either emotionally or logically. Emotionally also includes sexually, by the way. Sexual answers are preferred. They are just another kind of emotional answer, and you want a mix of both emotional and logical when she's talking about stuff or when she says her three most positive qualities.

Because if she's thinking only on logical, she's not emotionally engaged in the conversation, or she's not an emotional person, either case it's a losing strike. So you want to get to those, and if you can, ask for something more emotionally connecting, "Yeah, what's positive about you that I might find interesting?"

Remember, all answers that she gives you have to be accepting and non-judgmental. You can never make her feel bad about any answer she comes up with. If you do that, you're shooting yourself in the foot because she won't trust you. She won't feel that you're an open person and that's one of the things she's looking for.

Connect in conversation. Find a way to get her to feel trust, connection and safety in your conversation. This is what's going to lead you to getting the date or getting the next date or getting to the next step on the whole path. There is trust, connection and safety. She has to feel trust and safety to feel like she can believe in you. Connection to feel like you two have something going on that she needs to follow up on.

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Signals, what are those signals? Well, you'll know when you've gotten past her shields when she touches you, possibly a play slap on your arm like, "Stop." She'll be trying to do this if she's interested. She laughs at your jokes. That's another big indicator. She asks you for your name or what your name is, and you haven't given it yet obviously. She faces you and gives strong eye contact and is responsive.

These are the important, I guess, you'd call it semi-body language indicators that are worth looking at. She touches you, and like I said, that's the most important. She's laughing at your jokes. She asks you for your name. She faces you and gives you a strong eye contact and responsive, and preferably some combination of those.

Your goal is to have her feel trust and safety while being excited by being attracted to you. Attraction is first because if she feels enough attraction, she will sometimes ignore her own safety. That's what bad boys do so well is they attract women so strong upfront that women overlook the safety and trust factor. It's because he got that energy.

You're going to know she's into you when she does things for you. This is one of the best ways to check to see if a chick is interested. Voluntarily or if you ask, but you have to let her invest in you. You need to get her to invest in you. At some point in the conversation, if you're in a bar, you say, "Hey, I tell you what, buy me a drink and I'll tell you the story about whatever it is."

Or, "Buy me a drink and I'll stay here and be extremely witty with you." And play with that, see what happens because you'll see that when she's really digging you, you should know when to ask that question and she will buy that drink. I got it all the time, by the way, I've usually get it without them asking, or without me asking.

Fatal attraction killers, let's go through these really quick because you need to know these. Don't talk or joke about shortcomings or your own

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flaws. Don't talk or joke about your own shortcomings or flaws. She's already trying to disqualify you on her head so don't help her. You might think it's fun and self-deprecating and you're trying to avoid seeming like you've got a big ego, but that's not how you do it.

Another attraction killer is totally messing up your teasing or using cocky funny. You've got to calibrate. You have to set a tone for doing this early on and maintain it in the conversation. Most guys wait until after five minutes of small talk where they've already set a tone and when they tease, it seems totally out of place. It seems incongruous. Don't do that.

Women do not like confrontation or discomfort, just like everybody. Men don't like it either, so don't make a big deal out of anything, anything really. Don't go crazy, weird, flaky, and wild about anything, especially flaking, by the way. You're simply too busy to notice these things. Don't get emotionally uptight and distraught about it. Don't complain or emotionally punished. If you call her on her shit, she's going to start avoiding you. It's the way women are built. They will do that.

What about being too direct? Yeah, that's another big fatal attraction killer. You see, women interpret. That's what they do, they interpret to get the meaning of what they want from things. You have to learn how to communicate indirectly in a lot of ways to get her interested. She wants to be able to chew on these little things and she will rarely act on it adversely to you, meaning no woman every broke up with a guy because she couldn't figure him out. Think about that. No woman ever broke up with a guy because she really couldn't figure him out.

You're creating a story for her, and she needs a fairytale to live out. That's why you're being indirect. You're giving her things to think about and talk about with her girl friends. She needs the fairytale. She wants a story of how you two met.

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Avoid apologies of any kind. Any attempt to steer her approval will be frowned upon basically. If you're trying to make her approve of you in any way, it's going to immediately push her away. But only when you make a legitimate error. If you spill a drink in her purse, for God's sakes, you should, and you damn well better apologize, and that's a real case, by the way. Somebody I know was out with a guy and she says, "He spilled his drink on my purse and he didn't even apologize or offer her to like dry clean it or anything." That's a bad move.

Some fast fixes here. These are some things you can use right away. These are tactics that work great. Really, these are important:

- Don't ever give a direct answer. If you do give a direct answer to a woman, it's denial. You say no. If she asks for something, you just say no. If you do that in a playful way, then it will be interpreted in much more fun. Again, calibrate these things.
- Answer questions with questions. When she asks you a question like, "Hey, what are you doing on Saturday," what do you say? You can say something like, "Why? Are you planning on cooking me dinner?" You don't say, "Oh yeah, nothing. I'm open this Saturday." And then she says, "Oh, I was just curious. I'm going out on Saturday." And you feel like an idiot.
- Avoid giving her exactly what she asks for. This is going along with that never giving her a direct answer and giving her a no. If she says, "Pick me up at 7:30," that becomes, "Hmm, I'll get you at 8:30." Switching plans on her. Changing where you're going to meet is a good way of testing for her interest level to see how she responds to it, and see what she does.
- Send mixed signals constantly. Send mixed signals constantly. Be nice, but tease relentlessly. You've got to be teasing because playing that sexual tension thing, it's like plucking your guitar string and making it vibrate. If you just let sit there and you're nice,

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you're not going to have the same effect.

- Don't be boring or predictable. Show her something different every time. Maybe a change of wardrobe. Maybe some different facet of you. It can be as simple as different clothes, different opinions, different places that you go and meet. It's very simple to do, but don't be predictable. Don't be boring.

- Always control what I call the rip cord. You can eject whenever you need to. The rip cord is that thing that you pull on the chutes so you can parachute to safety. If you feel yourself slipping down a pattern that ends usually with her not wanting you or being interested in you, then cut it off and go home. Stop it before it goes down there. Don't let yourself spiral into doom. Hang up the phone, walk away from her, take a break, go home or end the date, but somehow interrupt that pattern. Don't let it continue again. Otherwise, you're going to keep getting what you've been getting, and you're going to reinforce it in your mind.

- Be one step ahead in the plans. Know how the date is going to go and lead her through it, step to step to step. You plan this in advance. You know the entire picture and you know some possibilities on the side in case you get sidetracked. Be decisive on what to order or where to go. I've already talked about that.

- Play it like you've got the winning hand. If a woman calls you on something, you call her bluffs and raise them if possible. I'll give you an example of this. If she says something like, "Hey buddy, keep it up and I'm going to go home." What do you say? You say, "Sure. Don't let the door hit you on the ass. I'm going to go and pick up some other women around here. Let's see, where is some hotties." And you do it jokingly and you do it with fun, not with anger or malice. Or she says something like, "I don't think you're my type." And then you say, "You're not. But I'll give you a chance because you seem like you might be cool." Now, what are we doing there? We are always calling her. She's

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testing and we are calling her on her bluffs.

- Fly her like a kite. This comes from analogy, “When you fly a kite, you have to keep the string and have a right amount of tension. You’ve got to pull a little bit. You’ve got to let a little bit out. Pull, let it out. Too much pulling, it snaps. The string snaps. Too little pulling and you let it go slack, and the kite will dive.

The same is true with women. You’ve got to learn how to fly. That’s how sexual tension is done. That’s two steps forward, one step back. Let it out, pull it in. Let it out, pull it in. If she moves forward and gets really attracted, you should be pulling away just a little bit. You stay there for a second and then you pull away. This is the dynamic of energy. Often it’s a test.

Women will often express just like some over interest in you to see how you take it, and if you jump on it, she backs off. So that’s why you do the two steps forward, one step back. Most guys do this wrong every single time, it’s amazing, because they are so excited, “Oh my God, she likes me,” and then what do they do? They screw it up by moving in and following her too closely and then that blows themselves right out.

Okay, in the next section, we are going to finish up with close on meeting and then we will also finish off hook and close for the overall process.

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Module 3 – Girlfriend Blueprint – 2

As a part of this course, we are going to the core steps right now. We are on the meet section and the closing of the meet, the first time you meet a woman, and what you want to have is you want to have a standard rip cord.

Now, what is a standard rip cord? A standard rip cord is the way that you exit the conversation that you always walk away with closing information, with contact information. Okay, we are not going for a date, but we do want to make sure that we can connect with them at a later date, and in order to do that, you've got to have some kind of connecting information, a contact information of some kind.

Here is how you do it. You finish up the conversation when you're ready to go, and this is typically when you've run out of conversation or if you are feeling like the energy is starting to decrease, you want to just cut it off and finish it. And you say, "Hey, it was fun talking to you. I got to get going though." And then you turn to walk away, you start to turn to leave, but before you do, you stop and turn back. So it looks like you are about to leave and then you turn back with like an idea and then you say, "Hey, you know, we might want to continue this conversation sometime. Give me your number and we will connect again." That's it.

Again, memorize that line. If you have to tweak it slightly, that's okay, but memorize that line. That's all you need to use to connect and end the conversation, and I guarantee you, you will walk away with a phone number, a Facebook.

Basically, that's what you want, that or an email. Those three are the only ones I would accept as contact information. "Hey, you know, we might want to continue this conversation again sometime. Give me your phone number and we will connect again." That's it. That's all you need to do, then you look down at your phone and you wait. You don't look at her hoping that she's going to go along with this, because if you do,

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there is a chance she might back out or she might get a little bit, “Oh.” It’s depending on how well you’ve established the trust level.

Initially, that’s what you want to do, but eventually though you’re going to look for that and make sure that you handle that when you get the phone number. Because walking away with an iffy phone number is a bad way to walk away and you’re just asking to be flaked on, but initially, just look down at your phone and wait for her to give it to you, and she will.

Never let her take your phone number without getting her number too. I made this mistake all the time and inevitably what that does it is sets you up. What happens is, first of all, she won’t call you. She’ll know yours too, because that’s what a lot of woman do is they use that ploy to get guys to give them their phone number and they never do. It’s clever. It raises your hopes, but it never pans out.

If she really wants to talk to you, she’ll let you call her. Let me say that again because this is really important you understand this. If she really wants to talk with you, she will let you call her. It’s not rocket science here, so don’t fool yourself into thinking otherwise. Now, never say that it’s not a date, or water it down in any way. First of all, you shouldn’t be closing for a date, but let’s say that you have a good amount of time to talk with her and maybe it does come to the point where you’re asking her to do something as opposed to just getting her number, and sometimes that works out naturally.

But never tell her that it’s not a date or try and water it down in any way. You do not do that. You’re not going to put it out that way because that’s like backing off from the energy like you’re afraid of that sexual vibe. Either make it a sexual vibe and she’s not interested, or don’t, but don’t make it milky in between, can’t quite figure it out.

Never accept a declaration of friends only or any other pretense that she may set up with you. She may say, “Oh sure, but you know we are just friends only, right?” And I would say, “No, that’s okay. I’ve got enough

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female friends. You keep that phone number. Seriously, you should too.” That’s your standard rip cord.

Now, we are going to move on to the hook section with tactical magnets. Tactical magnets are the things you’re going to use during the conversation to really drive up the desire level so that she will, A, not flake, and B, you can get that next step with her and then continue. Remember, if she doesn’t drop out, she’s there with you.

Prizing is an important tactical magnet. That’s demonstrating that you are the one to be won or sought. You are the prize. Most guys can’t do this when all they can see is their own desire for her, “I want.” They can’t see that they need to make her want. This isn’t like wanting a car. This is like wanting another person. They have to like and want you back too.

There is a high maintenance gambit that I like to use, and I use this one all the time, and I tell women this in conversations. I’m like, “Oh, I’ve got to warn you. I can be a little high maintenance, okay? I like getting back rubs. I like being cooked breakfast. I love getting love notes and things like that. Oh, I just like it when girls take care of me.” And what you do is you put it out there and then see how she responds to it.

Expect what it is you want from life and it will give it to you, and that’s how I’ve declared it because I’m telling the truth. That’s exactly what I’m looking for. I’ve got to warn you, I am a little high maintenance. I am, and I like those sort of things and I want those thing, and that’s what my girlfriend does for me now, and that’s what I would expect from any woman that I dated. So you declare that you are a little high maintenance and you see how she takes it. Remember, we are qualifying at the same time she’s also qualifying herself to see if she can fit in the role.

Hook her with a reason to see you again and curiosity. Give her a reason to see you again and then give her some more curiosity and

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don't lose the trust in the process. That's all you really have to do. I know it sounds kind of over simplistic, but without losing the trust, you give her a reason to want to see you again and she will. The best way to do that is qualification.

Qualification comes after you've hooked her interest. After you've gotten her a little curious and interested in you, then you can start to qualify her because before that, there is no reason in doing it. There is no way. Nobody is going to walk to somebody and say, "I've prequalified you for a loan for \$500,000 to buy a house," when they are not even looking for a house.

Disagree with her, this is one of the ways you can qualify, by the way, disagree with her and see how she handles it. Just say something like, "Well, I don't know. I don't know about that." Or, "I don't know if I agree with that." Just kind of throwing it like that. Don't put a lot of energy behind it. Just say, "Hey, I don't know if I... I don't know about that." With just anything she says, "No, I don't know about that."

You can also disagree with the taste that she has, but do it nicely. In other words, like, "No, I'm not led into you to anymore." Maybe she tells you she's really into you and still into you too, and you're like, "Oh, I'm not led into you to anymore." And see how she handles it. If she tries to win back and say, "Well, yeah, I know what you mean. They've been around a while and all, but I still kind of dig their music." What she's trying to justify it a little bit. She'll try and justify it, and that's her investing in you. I cannot emphasize how important that is.

Connect on multiple levels. When you're trying to hook, the hook that you're trying to hook into her, and like you're hooking a fish, is you're trying to connect with her on multiple levels. The first level is shared interest. This is the lightest of all the hook levels, which is pretty weak. It's things that you do that she also likes to do. Do you swim? She likes to swim? You run, she likes to run. It's things like that. They are good, but they are not that good.

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Shared observations, this is where you both are kind of meshing on a psychological level, and this is really cool. Things like judgments about the world. Things about how you feel about things. “Don’t you just hate those people that won’t like open when you are running for the elevator and they won’t hold and open it for you? Oh, I hate that. Or people that get off and they all try to get on the elevator before you can get off of it. I hate that.”

Review the Myers-Briggs types. I’m not going to go too in depth in how to read personalities and how to judge people’s personality types, but you want to review the Myers-Briggs personality types. It will tell you a lot about people, and you can quickly categorize them in your head and understand them a lot better. It allows you to make those observations.

Shared experience, this is one of the best levels that you can get with a woman is the shared experience level. Find an emotional state that you can relate to, that you both can relate to. Find an emotion and then find a situation where that emotion was felt and then communicate your experience.

Like maybe, I don’t know, even with something that seems maybe negative like disappointment, you can talk about that. Talk about the emotion that you experienced and how it came up without being too sensitive, of course, but this is the best way to get a connection with a woman is shared emotional experience. Even better is when she’s sharing a present emotion with you at the same time. That is awesome.

Shared hopes and dreams is another level. You can talk about your future desires with things like, and these are something in mind, living overseas, starting a family if that’s something you’re interested in. Those are all very good things to talk about. Just future desires, future things you want to accomplish or do, and then see if you can find ones that she has also that you both have that mesh together.

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That's how you can hook with really, really good power. That's what you want to do. You want to sink that hook deeper in her cheek so she can't get it out.

Let's talk about the close. ABC, Always Be Closing. Always be closing. Repeat after me, always be closing. You've got to get her to take some kind of action that demonstrates her investment level and her level of attraction for you. That's it. This is very important. This is one of my rules. You must get a woman to take some kind of action that shows you that she's invested in you and she has a level of attraction for you. This is the only real signal that there is that you've really got a woman interested.

Words are meaningless. Action is everything. It's my good friend once told me and I'd carry this with me for the most of my life, "Money talks, bullshit walks." If you're just going to taught a good game, well, that's one thing. But acting, putting your money where your mouth is, that's where it's at.

The flake barrier, let's talk about the flake barrier, and why women flake, and how you can avoid this ever happening to you. Every man that gets good at meeting women runs into the flake barrier at some point or another. Now, the problem is that no one ever tells you how to really get past it effectively and how to do it. The problem is that most guys have a gimmick, a lot of guys, and if you think about like the pickup artist guys or the seduction-type mentality or mode, then there is nothing wrong with that.

But there is a reason that those tactics don't work for a lot of guys. It's because he's got a gimmick. He's got a fast repeatable model to get women into his life like he can meet them really quickly and just start things up pretty quickly, but he doesn't have a way to establish any real connection that she can walk away from and go, "Wow! You know, I really don't know why I was with that guy." That's what most women do

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when they encounter that stuff. It's like cotton candy, very quick fix but nothing more.

So why do women flake? Here are the reasons you always wanted to know.

- To avoid heartbreak. Every woman will show up for something that benefits her in some way. What you're trying to do is you're trying to overcome the natural resistance in her that says, "Oh God, another guy that I've got to risk my heart for. I don't know if I can do this again." It can be that way sometimes, but if you demonstrate enough, if you get her involved enough and invested enough, she will easily overcome this one.

- Buyer's remorse. You communicated a low status. This is probably how it happened. When you're interacting with her, she walks away from that interaction, and then she realized later on that you were communicating low status with some of the things that you're saying and doing. She was left with a feeling. That's all she needs to be left with, and that will tell her, "No, I'm not going to follow up with that one." She's either going to feel, "Yes," or she's going to feel, "Maybe." And those maybes are the ones she usually flakes out on to go with the "Yes," that she finds. You want to be the yes, by the way, if you hadn't figured that out.

- She was never into you to begin with, and this what happens a lot of the time when guys are unable to get good rapport or any kind of attraction going. It's the least confrontational way for her to let you down. Flaking out is easier for her, and there is just simply not enough connection or attraction for her to want to follow up on it. That's it. That one is actually easy to fix by using the stuff I'm teaching you in this program.

- She likes the attention. Some women do this. They just agree to anything and they make it sound like they'll agree like she's a part of something and she enjoys that feeling of being desired, but when it comes right down to it, she's going to flake out on you for the next shiny object that gets to dance in front of her face. It doesn't happen all

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the time, but it does happen frequently enough that you need to be aware of it.

- You're a BTN. For a lot of women, they are out there just looking at BTN, which means you're Better Than Nothing. She's hoping that someone or something better will come along, but until then she'll try it. You'll do. You're okay. Hey, look, you've done this too. Admit it. I've done it. All guys have done it at some level. She's okay. She'll do for now, and you know that in the future you would basically give it up if you found something better, and then of course, what happens? She flakes.

So those are some of the primary reasons that women flake. Of course, there is a whole bunch of smaller reasons, but those are the big reasons. Now, think back to what happened and look for clues. If you have a woman flake on you, you should be able to figure out very quickly why it happened because the flaking is not the problem. Remember, it's a symptom.

Check your reality. Sometimes a woman tells you in advance she's going to flake. She'll say things like this, "But I hardly know you. Do you ask every woman for her number? I bet you do this all the time." It's where she's trying to lump you in with all the players and pickup artists out there, and you've got to break apart from that. You've got to be able to handle that. That's an objection. If you hear that, immediately you must take them and break it down and get to the core of why she says that. "I bet you do this all the time." "No, only with women that I find genuinely attractive. Why? Do you do this all the time?" You've got to find a way to get back to that connection level.

Sometimes a flake is legitimate. If she's a busy fun chick, she's simply going to be in demand. That's just the way of the world, but don't let this become a place where you're sacrificing your status and your dominance to her. In other words, watch out for the "hard to get" syndrome. Some women are going to put off a natural hard to get vibe because that's the way they are, and it hooks guys like crazy and it

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drives them crazy and it makes them do really crazy things. So be careful, it will drive you into the super attraction zone when she's not there yet.

The secret is always give a woman a reason to see you again. Just give a benefit of some kind in every interaction. The first time you meet her, you should have something in common you found that gives her a reason to want to see you again.

Again, always get her to qualify herself to you in some way. "So you know what, you're really cute, but what should I know about you that's beneath the surface?" This is asking her to tell you why you should consider her. This is the job interview again. Remember that.

"You know, I don't know if I'm into girls that are into Justin Bieber, YouTube, flying kites, or whatever." You're joking in a way, but you're kind of like seeing if she'll qualify herself back. "I don't know if I'm into girls who really like cats. I mean, cats, hairballs. I don't know." And see what she does.

Remember, WIIFM, it's the eternal radio station of the selfish person. We are all selfish, What's In It For Me. Address that and you will give her the reason she need to come and see you again.

You will always be in the position to close her. Every single interaction, you're always going to be in a position where you can close her. You're going to be closing her for the number. You're going to be closing her for the date. You're going to be closing her for a kiss. You're going to be closing her for another date. You're closing her for sex.

There is the ultimate close, marrying her. Now, you may not have that on your plate, but it could happen someday and it does happen to a lot of guys. There is always a close opportunity which is why I have a special section on Seal the Deal, How to Close Effectively in this course. So we are going to get too much more into closing here.

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But be clear about what you want to do. Don't do the nice guy, non-committal thing where he says, "Let's do something sometime," where he's trying not to make it sound like a date so that if she's not interested he isn't hurt and he makes it kind of weak. It sounds basically like you're just trying to avoid rejection and women know this so don't do it.

But don't be too structured and needy about setting the date. Don't be too structured, "We will do exactly this and this and this and this, and it's going to be a great date, date, date, date." And you use that word over and over again and screw the shit out of the woman. Don't do that either. You got to make it sound like you have a definite idea of what's going to happen. It's going to be fun. It's going to involve her and she's going to enjoy herself, but that's about all she needs to know.

You must take every opportunity that you connect with her to close her on something more than the last time you met her. This is called "escalation." This is called getting more and more sexual with a woman. The only exception to this rule is when you're trying to break a pattern, and I'm not going to go into that with too much detail here, but for the most part, you're going to try and escalate with a woman every single time.

Leave her basically with less than she's ever gotten to leave her with doubt. So basically, this rule I know sounds kind of confusing, but you want to leave her with a little bit of doubt, a little bit of, "Hmm, I don't know if I'm going to be able to get this guy or not." There is always this little something that she can walk away with, but not quite have enough. Again, that rule of show business, that you always want to leave them wanting more.

I'm going to tell you one last thing that you want to do and this kind of finishes up this section so we can roll into how to actually go into more nitty gritty of how to actually talk to women, and of course, closing. Pinging is a really important aspect that most guys are not taught, and

Get a *Girlfriend* FAST

you're lucky you're going through this course because I'm going to teach you right now.

Pinging basically is the unknown method of securing interest and checking temperature. What you do is you send occasional texts, and the best way to do it is using texting that I found. You can use it with phone calls. You can use it with emails too, and I teach this in some of my other courses that you can use basically any method that is not direct face to face. It's kind of a one-way communication. You send occasional text that add value to this person who is your new interest, and then you watch her responses.

You're pinging her because you want to be active in her brain. You want to remind her of you, and let her imagination take over and do a lot of the work in the background. That's called "crystallization," by the way. it's a psychological principle where we build somebody up in our head. That's where you have to get it to work because you are always wondering who is she out with. Who is she hanging out with? Why am I not with her? When can I get with her?

When you're watching those responses like the text that she sends back to you, don't get all caught up in interpreting them. You watch them but you keep a disconnected air about it. Just read the vibe. It's very sterile, give her a couple of texts before you read anything into it. If they are always like really non-committal texts like one- or two-word texts, oh yeah, you've got a problem there then, but if it's just one, take it at face value and don't get caught up in it. Because reading into things, that's what women do. Not us, we are guys. We have to assume that masculine role.

So use pinging to keep yourself fresh in her mind. You've got to make sure she remembers you. You've got to make sure you're always top of the mind when it comes to her thinking and going home and thinking, "Hmm, I wonder who is going to call me tonight? Oh, maybe that dude that I met today at the grocery store is going to call." You want her

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thinking that. You want that curiosity. That's how you trigger it, it's by pinging effectively. Text messaging is the best way to do that.

So there you go, those are the core steps of the Girlfriend Blueprint. Go on now directly to the next stage that we are going to be talking. In the next video, we are going to be talking about how to meet and talk to women.

So it's a little bit more the nitty gritty of the conversation that you hold with women and how to hold your own in that, never run out of things to say and be able to get to the close, and the close will be Module 5 of this course.



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