

**CARLOS XUMA.COM  
PRESENTS**

*Get a*  
***Girlfriend***  
***FAST***

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

# *Get a Girlfriend* **FAST**

## **BONUS PROGRAMS**

### **BONUS: Friends To Girlfriends**

All right, welcome to the first bonus in this class. Now, I want to give you here is a very solid, very practical, very real process for you to turn a girl from a friend into a girlfriend. Now, a lot of guys promise this, but they don't do it very realistically, and I want to be very realistic here. If you've gotten to the point where the girl is a friend, you already have a lot of obstacles to overcome. We call this the "damaged zone" because you've already gotten into a place where it's very difficult, and ideally you don't want to get there at all.

It's like in martial arts when I teach somebody something and they say, "Well, what do you do if they've got you in a headlock?" I look at him and I say, "Don't let them get you in a headlock." It's a really simple solution. They are always looking for the reason or the method for getting out of a really bad situation. But the reality is the best kind of prevention is prevention, so make sure that's your focus more than anything else.

So ideally, using everything I've given you in this program in Get a Girlfriend Fast, you're going to do things the right way from now on where you never run into this situation, but let's say it happens from time to time you might have a girl or a woman in your life that you want to turn from a friend into a girlfriend. That's what this is about, and this will work, by the way.

So we are going to start with the obligatory disclaimer though, and I really wanted to go through this with you because it's important for you to understand. So as I said, you're already in the damaged zone. You are already in a bad place. You can't argue with that. You're in a bad place, so if you're in this situation, you did mess up along the way. You

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must have done something wrong, and I hate to tell you this, I know it's not politically correct, but it was you and not her. She didn't put you in the friend zone because there is something wrong with her in most times. I'd say 95 times out of 100, it doesn't work that way.

So it's always better for you to, as I say, keep her to the curve and do it right from the start than it is to put in all that effort because it takes ten times more effort. I'll give you an example. This is one of my favorite examples. It takes ten times more effort to make a car an electric car, converting it from gas to being electric, than it would have to if you bought an electric car in the first place. That's what we I'm getting at here. The amount of effort that you go through to get this thing the way you want it, it really would have served you if you just started with the right end in mind.

This is an important thing to understand here too, if by some stroke of incredible technique you do actually managed to get her back, and it's really not necessarily an incredible stroke of technique and I'm going to show you there is a technique for doing it, but however, if you do get her back, she will always be testing you. She will always be pushing your buttons and she will be trying to see if you are real. She's going to have a suspicion because of what happened initially and I want you to know that upfront. There will be a lot more testings so you better make a real transformation in your attitude. Otherwise, you will go down the same path again.

Now, I'm kind of overstating it. It's not always always, but for a long time, she will be testing and checking that, and even if she does let up on the testing, later on she's going to still do it so you've got to really be solid on your path. The worst thing that guys do, and I see this all the time and it kills the relationships dead and this is why most women file for divorce, is they fail to do the things that got her interested in the first place. They get lazy.

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In the end, what ends up happening with a lot of these guys is they become a whipped pussy of a man. They are basically reduced to jumping through hoops and is constantly trying to curry her favor. It doesn't matter if you're married or whatever you do with her, this what ends up happening to a lot of guys if they don't have the right mindset in place. So I really tell guys, "Don't do this. Just don't do it." But as I said, don't let it happen in the first place. Be a man. Be sexual and flirt constantly. I don't care who this girl is.

This is where you start, by the way. You flirt constantly, especially with all the women in your life that you think are female friends. You should still be flirting with them. If you are treating them like friends, you are making a very serious mistake, and that's what I call the myth of the female friend.

There is always sexual tension and there always should be, and you should always keep it there because you are a man and that's what we do, so you should be flirting constantly. You should never be treating a woman like any old guy friend. I know there is something really strange and seductive about that to guys that treat women like they are also guy friends, but they are not. They never will be. She will always be female.

You can never just be friends. You can never just be friends with a woman that you want to sleep with. Let me make that very clear because a lot of guys get that one mistake and they think they can be friends with a woman and that he can still have this desire to sleep with her. No, no, no. It don't work like that, my friend. You got either to reconcile one of the two. Either stop being just friends with her and what we are going to talk about here is turning her into more than friends, or stop being friends with her, or stop wanting to sleep with her. Seriously, it's the only way it's going to work.

Was my disclaimer harsh? I hope so because it is. This is a very important thing. You got to know what you're getting into in advance, and I don't want to scare you off, but I kind of do want to scare you off.

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So the first step is to take the leash off. Women will train and cajole you into behaving like the man that they will not sleep with. I'll read that a couple of times, it's important. Women will train and cajole you into behaving like a man that they would not want to sleep with. This keeps you safe. This makes sure that you are not a sexual threat to her, and I don't mean sexual threat in the predatory sense. I mean, just a threat to her sexually that you're going to won't going to have that dynamic of "he wants to sleep with me."

She wants to maintain that. She wants to control that. You have to get rid of the leash that she's basically put around your neck. That's what she has done. She has put a leash around your neck. It's like taking to the vet basically and getting you neutered. I'm not kidding, it's exactly like that, and if you don't flip this power dynamic, you will never fuck her. Now, I have to say that in harsh terms because it's got to make a point and a dent in your noggin that this is again serious stuff. You've really got to get an attitude of sexual assertiveness. If you don't have that, if you wuss out, if you really turned into little cream puff of a guy trying to curry her favor, it will not work. I know this. I've gone through this process so many times, heartbreaking amount of times.

Basically what your female friend is trying to do, and what I'm talking about here when I'm talking about the leash is with this woman, if you're thinking of a woman right now that you are interested in, this is what she's trying to do. The female friend is doing this. Not every woman right up front. Initially, every woman hopes that you're going to do the right thing and be sexual.

Your female friends are trying to feminize you because that makes you less of a threat. It keeps you safe. Basically, it neuters you sexually so she doesn't have to worry about you, and she gets to have the best of both worlds for her. You got to flip the power back by reversing the situation. One of the things you can do is to turn her into a guy pal. This is an effective strategy. You want her to think that you don't view her as

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being a very sexual woman. Well, it could almost sound kind of insulting, I think, for a lot of guys thinking that maybe this will insult a woman. I'll zoom this up here a little bit so you can see it a little better.

You want her to think basically that you don't view her as a sexual woman because she will then want to prove herself and go in the other direction. It's like reverse logic. If you tell a kid not to do something, what is it they do? They want to do it.

It's the same thing with women. The second you make her feel like she's not sexual to you, she's going to be like, "Hey, wait a minute. I've got to prove myself. I've got to prove that I am sexual." Trust me, this is really important for women. It's important for guys, but it's much more important for women. Women have an evolutionary need to be desired by men. It's part of their value.

So you've got to flip the power back and that's one of those effective strategies you can do is to start turning her into something of a guy pal. Make little comments that allude to that fact that you think that, "Oh, you know what, it's great that you're kind of like my kid sister. You know what, I think about you as not being sexual or anything like that." Little comments like that and if it's not done in inoffensive way, sometimes that can be a little edgy, you've got to be maybe a little bit more nice, but those will work. They will make her go, "Wait a minute, I am sexual." You will see it all the time happen.

Stop trying to romance her. If you're trying to romance her friends, and I want to tell you right now, don't fall for this friends first bullshit. It does not exist. Friends first is not the way to meet women and get them wanting you. That's why most guys fall into the friends only trap is they try that friends first thing and now they can't get out of the grave they dug themselves.

Stop buying her presents. Stop taking her to dinner and stop spending money on her. Stop treating her this way. The reason it doesn't work is

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because you are trying to treat her like a girlfriend before she's your girlfriend. Women pick up on that. The only time you treat a woman like a girlfriend is when she's a girlfriend. It's a very, very important fact, again, lost on most guys, and that's something you probably haven't noticed before until now.

Stop giving her the benefits of a boyfriend without the sex. That's what guys do is they fall into this zone of giving her all the benefits of being a boyfriend, but they don't get the sex in return, and that's what you need and she does too, believe it or not. She does want that, but she just doesn't want it with her male friends.

Now, after an investment of goodwill, every woman must become an investment that pays you back, unless you want to keep her as just friends and that's your idea too. Maybe there are women in your life you want that way and that's perfectly fine. I've got lots of women like that. It's also a healthy thing to have because it shows that you've got qualification going on in your life that you're deciding, "No, I wouldn't sleep with you. Most guys would say, "Oh sure, I'd sleep with you. Oh, what the heck?" They would sleep at anything because they are just in scarcity mode all the time.

So after an investment, an initial investment of goodwill, which is what all guys do when we meet a woman and we give her positive energy than we should, every woman then must become an investment that pays you back. If you're, well, let me say this, the people that argue the hardest for this romantic point of view, "Oh, it should be just romance. You should be romancing her. You don't need anything back. You don't need to get anything back from her. It's all give, give, give, give," they are full of shit.

The people that argue the hardest for romantic point of view are usually the least satisfied, the least fulfilled and the least successful in dating. I've seen this constantly, and I think if you look, you will see it in your life too. The ones that really argue hard for romantic points of view on these

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things are rarely the happy people. They are the ones that are constantly riding the rollercoaster of emotions. It's really not good.

Repayment as I'm talking about it is:

- Sex. You should obviously get sex. It's something that you deserve. It something you should have.
- Loyalty. Loyalty is something you should expect from a woman.
- Appreciation is also something you should expect.
- Respect from a woman, absolutely.
- Acts of generosity and effort on her part to keep your interest. She should always be doing that.

She has to see something new and different about you to reconsider, and this is the first real rule about getting a girl that's in your life as a friend and turning her into a girlfriend. She has to see something new about you that is going to make her think about you differently.

If she doesn't see anything new, if there hasn't been any kind of change in her perception, she's going to just keep seeing you as a friend. It will not change, so you've got to trigger that. Give her that reason, and that's what we are going to talk about in this section is giving her that reason to really think about you differently.

Get upbeat and enthusiastic. Most guys, they fall into this trap of what I call "talking to mommy," which is they mistake a woman's feminine energy. They will take a woman's feminine energy, especially if this woman is a friend and he abuses that friendship in a lot of ways.



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I did this once with a girl in my life and she's fantastic. Her name is Kim and I just abused the hell of it because all I did was I'd come to her venting, whining, bitching and complaining about all the ways I wasn't getting success in my life and crying about it, and I think at the end she was about ready to say, "Dude, you just need to get out of here," because I could see the frustration in her face, but she never did. God bless her, and Kim, if you're watching this now, now, if I could tell her, I would say, "You know, I don't know why you put up with my bullshit. I wish you had said something."

Unfortunately, most women won't. So don't mistake her feminine energy for an open receptacle for all of your angst. It doesn't work like that. That's how you turn women into friends.

Drop any negativity you may have or when you're around her. We don't want to be around people that drain us or depress us. She's just like that. Nobody wants to be around somebody that's a drain or a constant, "Oh God, it's them. Gaaaaaahd!" Napoleon Dynamite. We are drawn to positive energy. It's a simple fact of life. We are always going to be attracted to positive energy. It's a simple thing with all men's belief to cite of when they get into these situations.

So activate your social life. This is really important. First steps are always be doing things without this girl, whoever it is. If you have something in mind or if you're in this situation, make sure you're doing things without her. Demonstrate an active and fun social life, and this is something that could be one of those how she views you different now is because you can create a fun and active social life. Pretty easily you don't have to change, you just want to do something that you've probably wanted in the first place and she'll look at you different.

Plus having an active and fun social life gives you perspective. It keeps you from obsessing about her and it demonstrates that you have something she wants. Women are drawn to men who have active social lives because it implies a certain amount of influence and power. That's

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what it tells a woman about you. She's looking for signals. If you're a loner, a recluse, a guy that sits in his house and plays on the Xbox or the PlayStation all day long, it's not going to float, my friend. She's not going to do it, so be busy.

When you talk to this girl, and these are strategies you should be doing right now, but actually these are tactics you should be doing right now, cut your calls short. Keep them very short. You break it down to the bare minimum and you should be the one cutting her off. Especially if she's bitching and whining in your ear, you don't sit there and listen to that stuff.

Turn her down for things. Maybe she's between dates. She's trying to get over on her old boyfriend, and of course, there is an opportunity there, but at the same time, you should be turning her down for things. You're telling her, "No, sorry, I can't do that." Don't be there for her to cry on your shoulder. If this is the role that you're playing, she will eternally view you as the friend. You can't do it.

Follow my 33% rule, which is to give her only one out of three of her requests that she asks of you, especially for female friends. Now, again, these are the only female friends that you want to bonk. I'm not talking about the female friends that you want to keep female friends. Give her only one out of the three requests because when she feels that resistance, that's going to make her want to work harder for you, and once she starts actually investing in you in this relationship whatever it may be, friendship or otherwise, she's going to start convincing herself that she's doing it because she has feelings, and those feelings actually can develop because of that.

Stop being a tampon. This is the emotional tampon. I know it's a nasty little metaphor, but it's actually very, very applicable, and emotional tampon for a woman is a guy that she gets to vent to about her emotional problems, and he does this regularly. Women only do this

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with other women. Women should only be able to vent their emotional problems with other women.

So if she's doing it to you, if she's venting her problems to you and you fall for it, you sit there and listen to it, you are her bitch. You have just become feminized in her perception because women typically only do this with other women or men they are not attracted to. Do you see how this works? They make equivalence in their brain in their thinking in the way they emotionally present things and that's how they start to think about guys this way.

You will want to do this because you want to become her emotional tampon because you think that there is a possibility of sneaking into her heart by demonstrating compassion, by being the nice guy that's there to listen to her. If you're there for her, isn't that what she wants in a boyfriend? Yes, but not until you are her boyfriend.

Until you become a boyfriend, there are different indicators. There are different signals. Those are the boyfriend material signals that I'm talking about, and what will actually happen is you will remove any sexual tension between you and her by being the guy that listens to her shit. That's all there is to it.

Never let her talk about other guys with you. You just don't go there with her. You don't listen to her talk about other guys, especially guys she's interested in. Definitely, it's off limits discussion. Why? Because in her mind if she can talk about other guys with you, you are another girlfriend. I hope this is getting clear. So what you do is you cut her off, and you can do it very nicely and gently and you can do it fun, and you should do it with fun. But with a little bit of an edge.

"What, are you a therapist now? Don't your girlfriends like to talk to you about this stuff? Maybe it's time to go out and have a coffee with them. Okay, I don't want to talk about this guy." And that is how you do it. It's

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simple and succinct. Be a little bit playful but firm. There has to be a boundary here. If you don't have this boundary, you will never get out the friends only pit. I'm telling you this very clear, and again, the absolute minimum here we need to do to get you into the right zone.

She will test you, by the way. She will test you on this one. She'll push back on that. She will say, "Oh, but I need your help." And you push her right back on that. You can say something like, "Look, you know something, that's not something I can help you with. I don't know about problems with guys. I only dig chicks." That's how you say it, and it's a got a little, again, playful edge. "I don't know about problems with other guys. I only dig chicks. Okay, I can help you with chicks. Are you going to go down that path?"

Have fun. But again do not go there, and remember that she will test you and the test for that is you've got to push right back. It may seem like she's threatening you by like almost not liking you anymore if you don't give in. If you give in, you will go right down with the ship on that, my friend.

Your rule is simply this, if you want her for sex and she wants you for friends, she can't have you. She has to feel that sensation that if you want her for sex and this is your desire, and she doesn't even have to know that necessarily, if you want her for sex and she wants you for friends, then she can have you. You've got enough sexless friends in your life. I can guarantee that. We all do.

We all have way too many people on our lives that we are not having sex with. I'm not talking about the guys, but I'm talking the women. We don't need that kind of torture in our lives. What we need are more women that do want to have sex with us, and that's what this is about. So I hope I've clarified that one for you.

So what you are going to do is you need to start and create yourself a harem. I want you to get as many other women into your life as possible

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right away. This is really important. Even if they are only friends, but they are your choice to be friends, these are women that you don't want to bang, you don't want to sleep with, you have them in your life purely as ornaments and also they can evoke jealousy.

Yes, that's exactly part of this, but it is a good thing for you because it gives you perception too. It's good to have women that you intentionally put into the friends zone only bucket because then it gives you power. It gives you the power, and don't be surprised if the women that you do this with start to want to sleep with you or want to have you as a boyfriend. It will happen because of that dynamic. The second you stop one and you go that way, she figures it out and has to prove herself to you. It's frustrating, man.

So remember, women want what other women want, and that's part of the social proof. Everybody wants what other people want because we have to assume that there is a reason they wanted it.

Strong Alpha males attract women. When you have women around you, she immediately assumes you must be the Alpha. It's hard coated in her head. I want you to understand that. This is stuff she cannot choose for herself. The attraction is not a choice thing, it's very real. When you have women around you, she assumes that you must be the Alpha man. It's the only reason why all women want to be around this guy, and the more you do that and the more you keep the boundaries very firm between you and her, the harder she's going to work to actually become your more than friend, and that's what she want. You don't want to be the one initiating the girlfriend thing. We are flipping the tables over so that she will make the active orchestrations to make it happen. That's how you know it's real.

Competition is the essence of progress in almost every market. Any kind of competition makes things better. Competition is the heart and soul of a free market, the one that we mostly live in today. When there is no free market, there is no competition. There is no motivation.

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There is no incentives. It becomes very ugly, and unfortunately, there are a lot of things that governments are doing today to stifle that kind of thing, and competition is the essence. The more you stifle the competition, sometimes they do wrong, but the more you stifle it, the worse things get and that's why this harem thing works so well. It always brings out the best in what you want from women.

Again, the drop the boyfriend act. Guys try to convince women that he would make a really great boyfriend. You might be doing this with this girl too. You might be trying to convince her that you would be the greatest boyfriend in the world, and you're using logic. You're using rationality and that does not work. She doesn't want a boyfriend, she wants a guy she wants to sleep with, and that's the irrational and emotional attraction that must come first. You absolutely positively have to have that first, or it's not going to work.

Again, the reversal here is where guys are trying to show her things that they think are going to make her want him as a boyfriend, imagining that that's what she's looking for. But that's not the boyfriend signal, the boyfriend material signal is what I described in the Get a Girlfriend Fast Program.

Believe, you're really going to believe. Planned self-delusion actually works in your favor on this one. Remember inevitability. Self-delusion is a positive thing because of her seeing guys like this, "They seem like the dumbest guys in the world." They don't get the hint or they don't seem to get it, or they seem a little deluded about themselves. It's like, "Dude, you're not all that." It's kind of like this weird and irrational self-image.

But the funny thing is he believes it so much that it makes whatever he believes come true. It's like he believes he's a lady's man, and something clicks. He's doing the hottest women in the world, but he's got a lot of women, and you're like, "What is going on here? He's an idiot." Yeah, he's an idiot, but it's not that he's an idiot that's doing it and it's not him being an idiot is not the reason he should be failing. The

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reason he's getting the success is because of a little self-delusion. It's a good thing. It works in your favor because it gives you the aura, the attitude, the intensity of the man who has it.

Remember inevitability, what we are talking about here is the same things that I talk about in the main program which is you topple over a domino and you create this stream of events that you can't even stop. If you ever set dominos in a row and just have fun knocking them over, I did that as a kid all the time where you try and do the tricky things like they show on TV. They can go up a ramp and stuff like that.

When you tip over that first domino, how easy is it to stop the rest from falling over? It's extremely hard. It's extremely hard to stop, and that's the inevitability part of it. You want it to be such. It's like falling down a hill, you're just kind of like, whoop, jump and you're going down the hill. That's the kind of inevitability you want to have when you're trying to get this woman interested in you. Remember that it is inevitable that she will be your girl if you have a little bit of planned self-delusion, eventually she will be yours. So the belief part of this is really important and I want to stress that you should focus on that.

Stop waiting on her, get on with your life. This is another part of the process. Get on with your life. You could be wasting years orbiting this chick when you could have been living. You could have been doing the cool things that you're enjoying your life along the way, but instead you're so focused on the one, the one girl, the oneitis. You will probably meet ten other women that do want you in the process. So by getting on with your life and dating other women, and again, this is a strategy that overlap with how to get an ex-girlfriend back in case you had her once and now you lost her.

You want to meet ten other women, and I guarantee you after meeting ten other women, and believe me, if you get ten other women that do find you interesting, this other girl will not seem nearly as interesting, and the funny is she will suddenly have an interest in you when that

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happens. Funny how that works. Whether that's planned or not, that's the way it works. Either way, you win, so you must right now agree that you will continue to pursue other women. If you don't, if you focus on this girl to the exclusion of all others, you will fall victim to what I talked about up here in the disclaimer, you will freak her out. You'll be in that position of working your ass off to make this work, and she will sense that you have scarcity.

Nothing on your side but desire and need and she will run away from that. We all run away from that because we know that need sucks us dry. Need is a drain and we don't want that. We want people in our life that add to the value.

So stop waiting on her, and you must maintain a sexual charge with her. By maintaining a sexual charge with her, what I'm talking about is, do it right from the start. Do it right from the start. So if you're in the friends zone, there's obviously been a period of time where you've been put into a neutral area, neutral zone.

There's not enough energy or emotional involvement on her part to make her want you. The reason you're in the friends zone, by the way, is a pretty perfectly obvious thing. The reason you're there is not because she's not attracted to you or there is something that's repelling her, it's that there is no incentive. There is nothing that's giving her the answer to what's in it for me. There is nothing that gives her the desire to be with you. Once you put that in the equation, then she wants, she has a desire so we are just simply lacking something in there.

So again, what I'm saying by do it right from the start, the delta will look weird. If you all of a sudden, out of the blue, start to be Mr. Sexual Guy and you never were before, that could seem a little weird so you're going to have to scale it up a little bit. Well, let's put it this way, if you did it right from the start, you probably wouldn't be in this situation. You would have sexualized it from the start. Everything, including your small talk would have been really, really sexualized and you want that, but okay,



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something happened. You didn't know about this stuff. You found my program and now you're in the think tank and you know that you do need to do something.

Well, guess what, now that you are there, you're going to have to ramp up and start increasing the sexual energy in the conversation. Here is how you do that. Use sexy nicknames. Use sexy names like I would do stuff like, "Hey, what's up, hot stuff?" It's kind of it got a little bit of edge, but it's still playful. It could be friends, but it's got a little edge of, "Hmm, why did he say that?"

When you do this, by the way, they will look for interpretation on the smallest thing and once you get them doing that, you are now in their curiosity mechanism. You are in that special holding pen in their brain where they will look at it and turn it over and think about it, and they can't let it go and they talk to their girlfriends about it, and they are writing in their diary about it, and they look articles on the internet about it and try and figure out why did he do that, why did they, blah, blah, blah.

If you ever looked at what questions women ask, they almost always start out with why as if men are really that hard to understand. They just need to have something to chew on in their brains. So one good one is "what's up, hot stuff", and other one is "how are you doing, sex kitten." Now, that one takes a little more balls to pull off, but it's fun. Again, you've got to find words that you can use and make them a little sexual. You obviously understand what I'm trying to get at here. It's up to you to create words that work for you. I think "what's up, hot stuff" is the most easily applied one you could do. So use these sexy nicknames on her. It's important because it's going to start to get her to go, "Oh, well, what was that?"

There is an episode in the Sex and the City which is, by the way, a very good way to get yourself educated in a lot of ways on this because there is a lot of subtleties in that show, a lot of good things. One of the scenes

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was Carrie was at a dinner with her ex-boyfriend and the ex-boyfriend reached over and put his hand on hers because she was talking nervously, and she's like, she turned and she asked her friend about that, "What was that? He put his hand on my hand. What does that mean? Does that mean something?" They are always looking for meaning. They are looking for the hidden indicators that tell them something that you can't tell them in words.

Joke about sexual topics. Do this as much as you possibly can. Just joke about them like, "Oh my God, last night I had the toughest time getting to bed. The people upstairs all you hear was, eh, eh, eh, eh, eh, eh, eh, eh, eh. You know how it gets faster when the guy is really getting going, and then eh, eh, eh, eh, eh, eh, eh, eh, eh, eh, eh, eh, eh, eh, and it started going on and I'm like, 'Oh my God, I can't sleep when people are having sex over me.'"

And you can joke about these little topics and show that you are recognizing these things in your world, and sexual topics, they are like an artificial plant. They are a little bit of a plant in the conversation. They get her thinking some way that she normally wouldn't. So joke about sexual topics. Joke about sexuality in a lot of ways with her, but don't do it crudely, and that's where you've got to show a little bit of finesse.

Role reversals are awesome. They are used in pickup material, but I think it's awesome to use this to do this flip out of the friendship stage. Play the role of the pursued or stalked man. Be the guy that's like, "Oh my God, you've got to stop stalking like this. You call me like every night, plus you're going to be out there waiting in your car like with a pair of binoculars. You've got to stop it, dude." You can be joking about it, and you can say something like, "What, do I need a restraining order. Gawd, you must totally dig me."

And the reason you're doing it, like you're saying this in the role reversal way which is, "Gawd, you must totally dig me." And you're joking about

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it in a way that says, “Oh, I don’t know if I’m into you, but it’s kind of cute that you are. You need to stop trying to seduce me. I’m not going to give in, okay? Just stop it. Stop it!”

That joking actually leads her into a position where she will actually think about the possibility that, “Huh, maybe I do want him.” And you can tell and gauge from her reaction how she’s responding to these strategies. If she gets really negative and like pushes you away, you can kind of feel in the conversation when a woman pushes you back or pushes you away verbally or with her attitude or with her emotion or her response. It’s not usually physical pushing, it’s always something with the way she says it, the way she responds, the way she goes cold or whatever it may be, but let that be her problem.

Don’t let it be, “Oh my God, I screwed it up. It’s never going to work. She’s not going to want me as her boyfriend. Oh!” And you freak out, and what are you trying to do then? You try and salvage it. You apologize or you change your behavior in some way. When you change your behavior because she responded to you emotionally, you’re doing exactly what turns her off. That’s the test. She will test you by acting a little distant and see if you change your response, because if you do that, what you’re saying is that you’re a man that takes a woman’s leadership. Do you think that’s attractive to a woman? I can give you the short answer. That would be, “No, Bob.”

So role reversals are awesome for again sparking up. What we are talking about here is sparking up the attraction enough so that you can go back into the get a girlfriend process, the get a girlfriend fast process, pick it up from, I’m looking at the system right now, back where we talked about the fast flirting tips and the rules of the game. You kind of go back to that stage and restart that cycle because it’s like getting a generator going or maybe starting a car. Once you get it started again, you can then start to do the things that you should have done in the first place. All you need to do when you are trying to turn a friend into a girlfriend is get that attraction hiked up a little bit, a little bit of a spike of

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it, a little bit of spark and maybe a little bit of flame is all you need and then you start fanning it with the strategies that I talked about before.

Because think about it, before you met any other girl, you were just kind of like nobody. So really were starting with friends with them anyway with the same kind of emotional neutrality. So with the women that you already know, you just have to do this same sort of thing. You've got to learn how to do that.

So keep it light and fun and playful. Keep her wondering how much of what you're saying is joking versus is serious. If she asks you questions about it, pointed questions, "So what did you mean by that?" You would be like, "What, what are you like interpreting me and stuff? Oh my God, I'm going to be in one of those like sex columns, don't I? Your secret sex column right there and you're going to start reporting on me. I can't give away those secrets." You can joke about it in a billion different ways. Keep it light, fun and playful. Have the answers in advance for when she does challenge you on these things, but keep her wondering.

Always keep her wondering. It's the key to getting her really into and obviously excited about the prospect of thinking about you as more than a friend. Women do want to get you out of that zone in many respects, but unfortunately, most guys are holding themselves there. It's not the woman is putting him there. The woman didn't put you into the friend zone, you did that, and that's what you've got to be careful with.

So always flirting, ABF, always be flirting. That's what I should say. Always be flirting. That's your key secret for not only avoiding the friend zone, but for turning the woman that potentially could be more than a friend into more than friend. It's that constant need to keep things sexual and flirting.

And there you go, believe it or not, it is actually this simple. There is not a whole bunch more you have to do. You don't have to send roses. You don't have to send poetry. You don't have to explain yourself. You don't

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have to sit her down and God forbid, don't ever do this. Do not ever explain your emotions or set her straight about how you feel about her. It's the worst thing you'd be doing, and I didn't include any of the fatal attraction mistakes in here, but that's the killer that I want you to avoid.

Do not under any circumstances sit her down and explain your feelings to her. That will kill the attraction. She doesn't want to know. The fun for a woman that creates attraction is wondering if you feel that way, and then she gets to play with the energy. So again, no revealing of your emotions. No revelations for her. Keep that under your belt. The more you do these little bitty steps and they are not very complicated. I think you'll agree if you're hoping for more, I'll tell you what, you've probably been programmed by guys who taught you that you need to have really, really clever orchestrated complicated solutions for things.

It's not complicated to get a girlfriend to think you about being more than that, a friend to a girlfriend. What it takes is the subtlety and the self-control to do it right, and that's what all these steps do, so I want you to implement those right away, and I guarantee you, you will start getting response. But let me tell you this one thing, if you need that response, you are automatically putting yourself in that damaged zone we talked about and making it even more difficult to attract this girl so be careful. You've got to have abundance in your life, and the only way to do this friend into a girlfriend is really to get other possibilities in your life so you're not focusing on her. Once you've done that, once you've taken that pressure off, she will feel that, and she will feel much more free to entertain the thought of being your girlfriend.

If there's anything you got out of this section, that's the one thing I want you to understand, and if you can do that and exercise this self-control, you will make that change. It's this simple. That's all there is to it.

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## **BONUS – Advanced Attraction**

We are going to talk about advanced attraction magnets in this section of the program, and I want to cover some of the miscellaneous things. You're going to encounter a few of the strategies I'm sure you're probably very interested in learning about. Well, let's just dig right into it.

First of all, I know that every guy seems to want to talk about it is dating multiple women and how it's done and so forth. Well, it's not a complicated thing to do because, well, unfortunately, men are built this way, aren't we? We are novelty seekers by nature. We want something new. For genetic diversity is what it really came from. If you want to study some evolutionary biology it would tell you a little bit more about this.

But a long term monogamous relationship with a woman is a worthy challenge and you have to look at it that way. It's a challenge to you as a man, and it can be done, and guys do want this. They want the ability to have a wife, have a family, have kids of their own, and at the same time we are also fighting that natural desire for something new, something different in different women. It's just one of those things. We want to be spreading our seed as it were.

Women are more capable than men of handling this, and I meant to say man there. They are more capable than men for handling this, and it's an evolutionary thing. It's an evolutionary need. Men want to support only their own children. They want to support only their own children and that's why they are so concerned about paternity. I don't want to be supporting some other guy's kids. Well, women want support and security also and so it's kind of a bit of tradeoff.

So at the same time, if you want this freedom to be able to have more than one woman that you're dating, you're also going to have to be willing to give her the same freedom to have other guys. If you can't do that, if you can't do that, if you are going to live by that double standard,

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you're not going to be able to get what you want either. It's going to be hypocritical and relationships will break down because of it.

It's great for your social posture when you're dating multiple women. Early on when you haven't made an obligation to any particular woman, it's basically understood that you're going to be dating many women. It's not something that you should have to feel ashamed about in any way. It's great for your attitude and your posture.

It gives you a sense of abundance which then triggers more desire from other women which make you only more popular. It's like that saying, "When I've got a girlfriend, every girl is suddenly interested in me." Why do you think that is? There is that saying, "The hungry never gets fed," and the reason is because they are hungry. They are giving off that desperate air.

So you must handle this before you have sex the first time with a woman. So this whole question of whether or not you're going to be continuing to date other women, you got to handle it in some way before you have sex with her the first time. She has sex under the impression that she's going to get closer to you and that the relationship will start because of it. That's her understanding about sex especially with guys. She's not thinking, "Oh well, this is just casual. I'm just going to have a fling here." It does happen from time to time, but by and large, most women are going to want some kind of commitment. It's natural.

Don't believe the TV shows and the movies that show you all this distorted opinion of what women are like today. They are no different, they still have the same needs. Society and culture and the way that women are brought up to beliefs, the things they are brought up to believe about sex, they are still in place the same way.

Women's rules, no matter what she says, she doesn't want to know about it. She doesn't want to know about any other women you might be dating. So never throw it in her face in any way.

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Don't be too direct. Don't say, "You know what, I want to sleep with other women and you at the same time." You don't say it that way. This is only going to trigger a slut complex in her. It's going to make her feel slutty. It's going to make her feel not special. It's not going to work for you. Never state it overtly or directly. What you have to do is you have to create the frame or the mindset that makes this choice desirable for her.

That's the secret to everything in life really in life, it's making the thing that you want them to agree to to seem like the most logical decision. It's the most desirable thing. So never leave this to chance in any conversation, in any power conversation. It doesn't matter if we are talking about sex or if we are talking about a job or whatever it is. You've got to control the rules of the game basically and own the playing field. That's the only true secret to success.

So how do you handle that conversation?

Well, it's going to go like this, number one, steer the conversation in a direction about how many guys are hitting on her and how she handles it. So you start talking about the guys that she usually like and how those guys usually hit on her. You're basically creating a frame of positive benefits to dating other people. She's getting a lot of attention. Women love the attention part. She may not want always the sex, but she does want the attention and the feeling of being desired. It's very big for women.

Then you tell her, and I'm going to go through this one at a time here so pardon me if it's a little long, I'm going to make it much more easier for us to read here, "Well, you know, it's okay with me if you go on dates with other guys. You know that, right? We just met and we are just getting to know each other. Most other people just jump right into a huge committed relationship before they even know the other person, and I would never disrespect you by doing that to you. So I just want



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you to know it's okay with me if you want to date other people. Just please, keep the details to yourself, okay? The time you spend with other people is your business, not mine. I just want to spend time with you and enjoy getting to know you because you're pretty cool and I like you."

It's very matter of fact. Keep the tone very gentle, and that's what you say. I'm giving you the full script of it right there. Whatever you do, do not get into an argument about it. This is not an argument conversation in any way. It's not going to go down an argument path at all, and right after that, just change the subject and move on like nothing happened.

If she pushes the point or figures out that this means the same for you that what you're implying here is that you can be dating other people, you can just say something like, "I like you enough to respect your freedom, and I'm not going to try it on you like one of those jerks. Can you handle that? Can you handle that?"

Do you see how I'm putting it back in her lap? Can you handle that? If she says she can handle it, it's not my problem, it's her not being able to handle it. I'm putting it out there like it's the normalest thing in the universe and she basically just should go along with it, and she should.

That's the simple six-step process to the conversation so that you set it up to date other women. That's all you need to do and it's all you should have to do. Anything else is a bunch of convoluted and complicated orchestration. The fact is that some women just can't handle it. You're just going to find women that just cannot handle you dating other women. They can't do it.

Some will test you by giving you resistance. They will test you by giving you a little bit of resistance and seeing how you handle it. She'll continue to test you by hinting at it in conversations. She'll say things like, "Oh, so is that what she does?" Like she'll hint at other women in your life, and your response is always going to be, "What is this, 20

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Questions? This is not a very attractive side of you, honey.” So you put it back on her, she’s the one messing up. She’s the one displaying the bad behavior.

It’s always her fault for the drama that occurs. It’s not your choices. Do you get that? It’s really important. It’s always her fault for the drama that gets created. It’s not your choices that have created this drama, it’s her, and you have to decide what to do, but you’re going to have to let her go if this is your true goal. If you want to date more than one woman and keep that going and have sex with multiple women, you’re going to have to let this girl go because she’s obviously not going to be able to handle it.

If you cave in, it’s not going to work. Most guys want this, but they don’t have the balls to stick to their guns and really tell them what they want. I set up relationships like this before and it worked really well when they understand what the deal is. If they can’t handle that deal, they are free to move on. That’s their gig, they can deal with it, but I have to go for what I want. Most guys, because of scarcity, will just get conned into a relationship they really weren’t looking for or they are settling.

The rules are this, first of all, never date them in the same area. Just keep it simple. Don’t date women that are in the same area. You don’t want them to ever meet face to face. Ignorance is bliss, so keep that little bit out of her awareness. Keep it out of your awareness. As they say, don’t poop where you eat, but just keep it separate.

Now, there you go, it’s a very simple fast strategy for how to date multiple women. We can go into a lot more detail, but again that would just clutter the whole point of it. It’s not that complicated. It’s all about the attitude. It’s not about the logistics of how you should have this very clever contracts written out that she signs her name to with blood or something like that. No, it’s her understanding that you hold the power, and by doing that, that means you must act like you’ve got the power. You are going to have to be a ballsy guy to pull it off.

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Fatal attraction killers, let's talk about some of these. First of all, why women dump guys? Why do women dump guys? You need to know these.

- They dump us because of controlling behavior with things like, "Who are you going out with?" Or resisting her independent behavior, her ability to go out with her girlfriends or have women around. They get controlling.
- They also get clingy. They get insecure and they start to cling and that freaks her out and she wants to leave, and the more she wants to leave, the more she tries to cling, and you see what happens there.
- One-upmanship, this is ego competition where you're constantly trying to prove yourself to her like you've got something to prove which really traces itself back to clinginess and insecurity.
- Too much time apart will also be another reason that woman will dump you. They will just basically lose their feelings for you because their attraction is not being revived at all so they just feel dead to you and they move on and they will find somebody else.
- Argumentative, too much arguing, too much bickering, too much conflict will definitely make a woman want to dump you.

These are the prime reasons of why women want to leave.

The advanced attraction magnets, these are things you can learn that are not very hard to learn that will get you further faster in just about anything I can tell you about.

Palmistry, learn the basic lines of the palm. I know this sounds like one of those pickup artist things, but it's really very effective because women

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want to believe you have skills, and this is one of those skills that she will totally dig because they are so in to it. They are into horoscopes. If you want to do the astrology thing, you can do that, but quite honestly, I have no interest in that. That's why I never used that.

With palmistry, I do. I'm kind of interested in the whole interpreting lines on your hand. Of course, this is not my life. My life is not written on the palm of my hand. It's a nice way to think, but it really just came to how I clench my hand when I was in the womb. Come on, that's not my future.

Handwriting analysis on the other hand is very accurate. It's very real because it's not handwriting, it's brain writing. It's how you hold the pencil and how decide to form letters and it tells people about your personality. I encourage you to read about that.

A great resource is Bart Baggett. Bart Baggett has a course. He has got a deck called Grapho-Deck, I think, and basically it's graphology. Graphology is the study of handwriting and his deck tells you all the key things to look for in handwriting. It's that easy, dude. Seriously, you could get her handwriting, you take it home, use that little deck and you analyze her handwriting for it and you bring back a description of her personality. It's a total turn on for women. You will guarantee not to get a flake out of that one, and lots of happiness on that too. Trust me on that.

Learn how to do personality analysis. I teach this in my girlfriend training program. It's a very good way to go because you want to know what you're getting into. It's good for you to qualify women.

Divination and interpretation is what we call female or chick crack. It's crack to them. They love that stuff. They eat it up and it's also your tool to qualify women and not waste your time. That's what I'm really talking about. I do want to give women what they want, but ultimately, I got to

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get what I want, and I want to make sure I'm not going down on the wrong path.

Now, true attraction magnet, the only true attraction magnet, the only true signal of a woman's attraction for you is simply this, compliance. Does she go along with what you want? And this is also her doing work to keep you. If she's working to keep you, that's a form of compliance. That's investment and she's going along with you. Test it regularly. It's the only way to be sure that she is really in there with you.

Reverse logic will also work with her where she's actually just doing all these stuff for you and thinking, "Well, I'm doing all these stuff to help him out, so I must be really into him." That's how she justifies it. Otherwise, what are the reasons could there be? Why would she be doing all these stuff for you? Is she your slave? No. So she has to justify it. She digs you.

Be aware of tyranny. Tyranny is a man's greatest enemy when it comes to getting what he wants in a relationship and getting too much control. A woman does need to resist you on a certain level. She does need to have her own will, and that is a check against your tyranny. Guys can become little tyrants in their relationships where they are trying to control and own her, and do you know what happens then? She cheats. She finds ways around them. One way or the other, she gets what she wants, and you won't like the way she does it so be careful about becoming a tyrant in a relationship.

It's the only true signal, the compliance, at how she gives into what it is you want to do. Don't buy into the prostitution model. Don't go getting her a ring or buying her a drink or trading resources for access to sex. That's what it's about, it's trading resources for access to her sex, and that's the traditional prostitution model and it's also the traditional unhappy model for guys. That's where guys get on the wrong path.

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Don't buy into the serendipity model either. That's where you're waiting long enough and hoping that someday your woman will appear. Good luck in chance is all there is, and heaven help you if you blow it that one time when the one comes by and that was your only shot because there is no more. That's it, you're done.

What kind of thinking is that? That's bullshit. That's for people who have a scarcity mindset and who aren't willing to take control of their destiny. I do more than take control of my destiny. I grab destiny by the balls and I squeeze until I get what I want, and you should be thinking along those frames too. You are a man and it's what you deserve. That's the only true attraction magnet there.

Sex, some tips on sex. Put her satisfaction and needs ahead of yours. If you satisfy a woman, she will be back for more. I guarantee it. If you don't satisfy her, she's not coming back. It's a pretty simple equation, isn't it? So you've got to learn this stuff. You've got to know what you're doing. Again, I cover this in my girlfriend training program if you're interested in learning more.

Tune into her micro behaviors. Women communicate through subtlety, not directness, so you've got to learn a little more finesse when it comes to interpreting signals that she gives you from her personality, from what she says, from what she does. After sex is actually much more important than before or during because what you do after sex is you reassure and reconnect.

If you do those two things effectively, you got yourself a girlfriend. She will be giving you sex regularly. She'll be trying to please you. She'll be working for you if you reassure and reconnect. If you satisfy her, that's all the better, so ideally, satisfy her first and then reassure and reconnect when you're done.

Wingman, what's the proper use for a guy that can help you meet more women? That's your wingman. It's not just for pickup artist anymore.

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It's for every guy. You need to have a partner in this crime. The rules for you are pretty simple, and this is how you effectively use a wingman, and this is how a lot of guys, they miss out and mess up on this. The person who opens the group of girls or the group of women or whatever gets to choose the one they want. So that's just the right that they get.

The purpose of the wingman is to help the other person get the woman that he wants. His own success is secondary. This is kind of like the commandments of wingmen.

- Never steal his goal. Never steal the woman that he wants unless you guys have talked about it and said, "Look, dude, she doesn't seem to be in to you, but I think she might be in to me. Do you want to try and switch this up somehow?"
- Always agree and support your wingman. Never take a woman's side against him. Remember this, it's tempting. You might want to get a woman's approval and you might find yourself doing things that you don't want to do and that's one of them.
- He's more important to you than the women you're approaching. You can meet women any night of the week, anywhere you go, but he is your wingman and you stick by him. It's loyalty. Remember, honorable behavior here.
- Never disrespect him in front of women. If you do this, you might have chosen badly. If you're disrespecting the guy that you got as a wingman, then maybe you chose like a bad wingman, or maybe he chose a bad wingman.

Remember those rules of winghood if you will.

Confidence magnets, there are confidence magnets you can use too. It's the same thing as girlfriend magnets. These are the things you can draw more confidence to you. The first rule is probably one you've

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heard in every self-help book from here to eternity which is act first and the fear will go away. Do the things you fear first and the fear will go away. It's not the other way around. You can't make the fear go away and then you are just suddenly able to do the things that you want to do. The fear is still there, whether you believe it or not, but what you're trying to do is getting into a habit of action. A habit of action, it's always moving forward, always going to the action.

There is no such thing as confidence. I've talked about this already. You should know this. The fatal error that guys make is they believe that they are in a pumped up state and therefore that is confidence. No, it's not. That's a state.

Confidence is something beyond that state. Confidence is simply acting in spite of fear. That's it. Action is confidence. Feeling confidence is not the goal. Acting is the goal. Acting is what proves the confidence. So feeling is bullshit. Who cares about feeling it? You've got to actually do the things that a confident person would do and get those results. That's where it comes from.

The only time you know it's confidence is when you feel shaky or insecure. Really, that's really about the only time you really notice when you're feeling are not feeling your own confidence is when you're feeling that lack of confidence. The only way we believe a person is confident is after seeing them do something that requires confidence. We assume they are confident because of what they did. Again, if you view confidence in the wrong way, you will just going to create more problems because you think that it's an excited, pumped-up, heightened up state and it's really not. That's not what it's about.

True confidence comes from a practiced skill. Simple, it's very easy to define. Do things you do well just prior to going out and meeting women and you're going to raise your state level. You're going to feel that a little bit more pumped up. It creates what I call either ambient or specific. There are two kinds of confidence. Ambient confidence is just how



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confident do you feel in general? Like if somebody is just throwing new situation at you, how would you handle it? Well, you'll probably say it depends, but in general, you should know how confident you are on an average level.

But then there are specific confidence, like I've played guitar for many, many years. I'm very confident with guitars. That's a very specific form of confidence. I always feel confident with it. That also creates ambient confidence because I know I've got a skill so they feed off of each other and they create your confident state. All right, I do not want to get into much more about the confidence thing. I don't want to blow your mind on it. There is a lot we can go down that route if you want it.

Quick magnets, here are some quick magnets for you. Number one, don't offer to buy drinks for women. Don't do it. Do not do it. That's not your job. You're not here to pay for play. You're here to get what it is you deserve.

When you're going out, give your partner, your wingman \$200. You get back \$20 for every woman that you approach and talk to. That's how the game will work, and you only do it one way each night, that way you're not trading \$200 and you end up doing nothing. Only one person gets to do this bet each night.

Go out alone if you have to. Forget the wingman, go out alone if you need to. Keep your drink out of the way. A lot of guys go to bars and they use their drink. It's kind of like a trophy or something to hold in between them. Get it out of the way. I hold my bottles down by my hip, by my waist, so they are out of sight basically, and really cut back on drinks. Stay frosty, stay alert, and stay ready to go.

It takes three approaches to really warm up. You just throw away those first three and just recognize that's just getting you warmed up and ready in the game. Once you are past those three, you're going to feel a whole lot more confident in approaching.

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Be comfortable and friendly looking. That's really the most important thing. You just be comfortable with yourself. Physical comfortable in what you're wearing and then comfortable with yourself. Drop the cool guy, the tough guy act, drop any act really that you're using and get back to the basics, back to the grounded you.

Smile before you meet the women, and then let it go. So smile, make it real one where your eyes crinkle and then let it go, and that will just kind of like bring up that state. Stay away from the noise and loud clubs. It's just not going to do you any good. If you're a club-going guy or a bar guy, you're just going to have the hardest time and it's a total crippler. Why put yourself in an immediately default situations that's bad for you?

Ignore the competition. Other guys suck at chicks. They suck back. Don't worry about them. You now know more than 90% of the guys know out there because most guys won't lower their little ego defenses to let this information in.

It's easy to meet women when you're with a gregarious guy. It's just is. Find one of these guys who is just a real outgoing guy and then latch on to him. It's like riding a shark. It's totally effortless now because he's going to carry a lot of the energy. You have to take a little bit of energy to break off from them after a while.

Leaning indicates power, or I'm sorry, leaning indicates power. Learning can too, but leaning indicates power. Whoever is leaning towards the other person is the one that is trying to get the other person to accept them. So get her to lean in towards you. When you're leaning into a woman, you're demonstrating subordinate status. It's a quick magnet there.

Girlfriend secret magnets, these are ones that you should know about. Never resist or argue. I kind of talked about this before. I alluded to it in the program. Always you seem to be going along with her and then offer

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alternatives that she thinks are actually her idea. This works to your benefit. You don't need the ego benefit of being right. Like after sex, I'll give you an example here, "Sure, you can go home tonight instead of staying over. I can make you breakfast some other time, but you do have a good point that if you stay over, we can just cuddle in bed in the morning."

Do you see what I did there? "Sure, you can go home tonight instead of staying over," because she's suggesting, "Oh, I think I better get going home." And you say, "Oh, I can make you breakfast some other time if you like. It's not a big deal. But you know what, you do have a point. If you stay over, we can just hang out and cuddle." And she would be much more likely to be like, "Oh yeah, I guess I do have a point. Did I say that?" Remember, give the other person credit for what you want them to think and funny how they are going to go along with what it is you thought.

Attraction is everything. Attraction is everything way beyond anything you read about in books. Attraction really is the make or break. Women only break up with guys for one reason and one reason only, she doesn't feel attracted to you anymore. That's why she leaves. Keep doing whatever it was that made you successful in the first place. When you get a girlfriend, you're going to be tempted to drop everything you did to get her and win her and drop it all as if it was an act. It wasn't an act, right? You were being real. Were you being truthful? I hope so because that's what this is about.

We are not here to just trick our way into a girl's heart. We are here to confidently change our behaviors and create the kind of guy that she'll never want to leave. I'll give you an example, the marketer's error. In marketing, and I do a lot of marketing obviously selling my programs to a lot of guys, but marketer's error is what we do is maybe we are running an advertisement, but we stop using it because we got bored with it. We stopped using what works because, well, it's boring. "Oh okay, that works. Let's try something new." We just do it for the sake of novelty,

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and that's the way we are. Our psychological makeup is we are novelty seekers.

But when it comes to results with women, if you find something that works, for God's sakes, do it again and again and again and never stop doing it until it stops working. If it's working, don't break it if it's not broken, or don't fix it if it's not broken. You know what I mean. So attraction is everything, and remember that.

The fatal attraction mistake is secret sabotage. When it all comes right down to it, this is what most guys do with women. Most guys simply don't own their own dicks, and what I mean is they are neutered basically by the media.

- They are neutered by feminist propaganda and news and other media sources, especially movies.
- They are neutered by political agendas for gender because there are agendas out there where people are trying to push a certain kind of gender identity out there.
- There are friends of yours that's just simply don't have a clue that's going to neuter you.
- Imaginary worlds that you create and dialogues you create with yourself inside your head that have no basis in reality other than you just thought of them.
- A collective male guilt will try and neuter you. That guilt that we have because men are rapists. Men start wars. Men are bad, bad, bad. Don't get pulled into it.

You need a declaration of masculine power. Here is your declaration. These are the best affirmations I can give you. Say these to yourself daily, if not, more frequently.

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- I'm a man and I'm proud of being a man. Guys freaking rock. I own my dick.
- I love sex. I love women. I respect women. Women are people, they are not objects. I know that, and I want to have sex with them, a lot of them and I love fucking women.

Okay, that's your declaration of masculine power. I don't mean this in a joking way either. I'm very serious about these words. Being able to proudly declare your interest and not be subjugated by other people's opinions about how you should think or feel, it's a very powerful statement of your individuality and your own willpower.

That's what women are looking for. They are looking for a man who can say these things and mean it, so declare your masculine power and get back to it. That's really the ultimate fatal attraction mistake that guys are making. Underneath all the those little things, that's the big one.

What about passing women's tests? Let's finish it up with that, and I'm going to give you a quick crash course in body language. But passing women's test, how do you pass their tests? Women test you in conversation basically to kick your tires. You never tell her your strengths or your weaknesses directly. Even if you knew what they were, you wouldn't tell her directly because it would be crazy, dude.

Most guys end up writing real big checks with their mouths that they just can't cash. She needs to find out if you're strong in character so what does she do? She tests you. The only way she can figure you out is to test you. That's the only way to know if you are for real. She doesn't realize she's doing most of the time. She really doesn't notice that she's doing it. She just thinks she's asking questions. What she doesn't realize is, it's telling her things about you. But if they work, she keeps in doing it.

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She's looking for signals that everything you are doing is an act. That you're trying to sneak your way in and trying to get in cleverly through the backdoor. But is your status and dominance for real? Is your sincerity for real? Or is it an act? That's what the testing is.

Now, you have to view the test as positive indicator. If she wasn't interested in you, she would not be testing you. She would have written you off. There would be no reason to test you. It is really not just a stupid little flick of our thinking here to try and con ourselves. It's real.

Tests are necessary. Whether you want them or not, tests are necessary. They are also playful and fun. If you know how to handle them, so you can have fun with them and not feel like, "Oh God, I'm being tested again." It's not like the SATs here. It's different.

Big primary rule, if you remember from the program, is never react. Never react to her. Never react to other men. Never react. Whatever she tries on you, you just be your warm and friendly. No matter what, you do not let her push your emotional buttons. Avoid all petty conflicts at all cost. When you show that you're upset by her tests, she's going to get rid of you. It's plain and simple, she's going to get rid of you.

So your universal reaction to this is here's how it works, this is how to handle almost every test that a woman throws at you, especially if you're caught off guard. You shrug. Let's say she asks you a question of some kind. You shrug, and that communicates that what she said has not impacted you at all. You're just like, "Hmm." "So what are you, some sort of player?" "Hmm." And then you just change your subject of the conversation. Or you say thanks with a little wink and a smile and you move on.

Maybe she's trying to push your buttons about whether you're going to try and ask her for her phone number, "So are you thinking you can get my phone number later on?" And that's a little bit of a challenge, she wants to see what you're going to do. Or are you going to be like, "Well,

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why not?" But just say, "Huh, thanks." And she's going to be like, "Well, what do you mean thanks? Thanks what?" It's like almost an incongruous answer, but it's a thanks as in thanks. You just kind of gave something up there, "Thank you."

Or another universal response is, "Why did you say that?" Genuine curiosity, "Why did you say that?" Like you really want to know. Or you can do the, and this is my standard too, I like using this one a lot. It's just, "Hmm." And I give a little mouth shrug like, "Hmm. Hmm." And the best response of all is no response at all. It takes a lot for a lot of guys to be able to do that. If when a woman asks a question and you don't respond at all and you just look at her and smile, it's tough for a lot of guys to do. Can you do that one? I hope you can after you get it.

When you really get what I'm telling you in this program, you will be able to do that. Remember, most people have a very weak reality. They want other people to lead them and show them how to act and react to the world. There are 99 people out of a 100 really are probably like this, especially women.

No matter how tough she seems to be on the outside, you've got to know and you've got to believe in your heart that underneath all that façade is a soft little girl that wants nothing more than to be respected and approved of and loved and held and cuddled. That's it, and most people have a very weak reality, and when they challenge you, they are using every last bit of behavioral habits that they have just to put that out there, but they really want to break down and just be real.

These are the three tests. Test #1 is she's waiting for you to act proactively. So in this case, it's something like approaching. She's waiting for you to act proactively, and that's basically approach or die. How do you pass that test when she's waiting for you to act, and she's proactively waiting for you to act? She's going to wait there for you and wait there until you do something, probably not forever, but that's the test. Your simple pass on that one is to move in and take action without

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waiting for the right time. In this example, it's approaching. Just move in, take action. Don't wait for the right time. There is no right time, but just take the opportunity when it comes. It's three seconds or less.

Test #2 is basically an identifying opportunity test. She will give you a rope. She will give you a situation and see what you do with it. She'll give you an opportunity. An example is maybe she hangs around a few seconds longer when her girlfriends have already walked away. That's her way of saying, "Okay, here is your chance. Do it now. Do it now."

She's giving a little bit of rope to you to see what you're going to do with it. It's a test so make sure you do the right thing. How you pass? Move forward and escalate with her. Again, it's just forward action with advanced escalation. If you want to learn more about that, you can learn about my escalation program at <http://sexualpower.carlosxuma.com>. Those are advanced escalation techniques there. Again, it's something we really are going to cover in this program.

Test #3 is where she challenges you directly. This is an overt challenge to you. She's hitting you with a test right in your face, and it looks hostile with some guys. I'll give you an example, she tells you she has a boyfriend or she's not interested in dating anybody right now. That's an active test, and if you're discouraged easily, she knows that you're a low status wuss. She now would just basically write you off. If she says, "Oh, I've got a boyfriend." And then you go, "Oh, oh, okay. Cool." You're a wuss. That's how she tested you and you just flunked.

Another example of a test like this is a weird compliment that feels a little bit off. Like sometimes she's giving you a real compliment but very often she's not. Don't react to it. She's seeing if you're going to jump on that compliment and act as if it's the best thing that ever happened to you.



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Another example of a test is something like a demand, “Buy me a drink.” She’s testing to see if you are a wuss and a pushover basically, and you say, “Sure, after we’ve gotten to know each other first. So what your favorite color because I can tell a lot about you from that.” Again, you’re maintaining control.

Failure, here is how you fail her test. Now, most guys fail especially these challenging tests:

- You fail by defending yourself. By trying to defend yourself, it looks really bad.
- Trying to push by being a whining dick. “Oh come on, come one. Now, go along with me, please.” It’s that. If she’s not going willingly, you pushing her is not going to make it any better.
- Or maybe you’re explaining yourself a little too much. You’re trying to make her understand you. You’re trying to do the needy nice guy thing. She doesn’t have to understand you. The real bad boys out there that attract women know that they don’t need her approval so they don’t have to explain themselves. No excuses.
- Or showing that you are shaken up in some way by what she said, and emotional reaction like a look of shock or something like that. Nothing flusters you. You’re not fazed by a woman’s test.

These are how you fail, so watch out for those grand failures of testing.

How do you pass? We talked about failing, but how do you pass? Passing is simple, persevere. Move forward with her and ignore the obstacle as if it is not there. Just keep moving forward. It’s not there. Ignore it. Move forward, move forward, move forward.

A little note here, that this, the challenge test where she throws something in her face to see how you handle it, it’s the most common

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and frequent test and it's always going to be thrown at you for as long as you know her. For as long as you know this woman, she's going to do some kind of a challenge test, and that's why you can never afford to drop your act as it were after you finally get her as your girlfriend because then you become... what do you become? Yeah, pussy whipped dude, and that's not you. It's not you, is it? No, it's not you. I know it's not you because you've got this program. You're a smart guy. A little crash course on passing test.

Finally, a little crash course in body language magnets. A little bit of body language, we are going to talk about these really quickly:

- Proxemics, what are proxemics? This is part of body language. It's how close you are to a person. So you've got to use the distance between you and her effectively. Zero to 18 inches is considered personal space, so remember, when you're in that space and she's comfortable with it, it's very good. And 18 inches to 4 feet is a minimum because that is the widely accepted non-personal space. That's outside of your personal bubble, and that's really all you have to worry about. After 4 feet, it doesn't really matter. It doesn't matter at all on what happens there. So you're trying to get into the zero to 18 inches space.

- Appearance is a body language indicator. Appearance is largely body language. It's just how you look. Appearance is more important than looks. It's always more important than looks. Here is an action item for you. Get yourself an image makeover. When I'm talking about appearances, I'm really talking about your image, how do you appear to people?

So stop identifying with clothes as if they are really an indication of your identity of who you really are. They are not. I don't care what's your tee shirts. I don't care about your sneakers or jeans or the cool boots you've got. None of that matters. If you have to, you can start wearing a loincloth tomorrow and it wouldn't change who you are.

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Buy something a little edgy. Whether it's a motorcycle jacket or a blazer, I don't care, but something that just puts you a little bit out there a little bit in terms of your image. Just get a little bit of a makeover from somebody you know.

- Eye contact is body language. It's a very important part of body language. We addressed it earlier in the program. Make sure you can hold constant eye contact, and if you have to, you can practice it with the examples I gave you earlier.
- Facial expression is part of body language. Being able to express yourself with facial expression and not appear monotone because vocal tonality will figure into that as well.
- Body expression is the one that we think of when we think of body language. It's very simple here. Nod slowly, so when you nod, you nod slowly. You have a straight posture. I gave you a very quick way for you to straighten up your back and get that posture thing taken care of. Slow movement, move like you're moving through liquid and a very purposeful walk which does not mean hurried, it just means purposeful, you're going somewhere. You are not just trying to figure out where the hell you're going today. You do have some place to go and some place to be.
- Kinesthetics are the study of kino or touch. Pay attention to non-verbals before you touch, and what you can do is go from one hand to a hug. It allows them to feel safe to get more intimate. In other words, what you do is you extend your hand, but then when it feels right, you can pull them into a hug. So you give them a handshake, but then you work it up to the hug. You want to be feeling as comfortable with that kind of contact. Get to feel more comfortable than her. That way she will feel comfortable with it.

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- Vocal tonality again is a very important part of body language. It's a very important part that a lot of guys miss. Do the humming exercise that I gave you and increase that inner resonance in your chest.

- Focus on relaxation and congruity, being relaxed in your body language is very important because it says that you don't have a care in the world because you don't. You can handle whatever comes your way. Congruity is how things add up. It's body language plus basically vocal tonality. So focus on your congruity, how things add up to. If I'm a little bit weird with my body language, it's going to totally undermine my vocal tonality. If my vocal tonality isn't quite there, it's going to undermine everything else I'm trying to communicate. It should all add up.

So seven steps to success, what is that? Here you go. The seven step body language success:

- Walk slowly, deliberately and tall. Keep your posture straight, walk slowly and deliberately.
- Give a little bit of an eyebrow flash and smile. It's kind of like [see video]. Some women in the gym actually gave that to me the other day. I thought that was really good. She's got good body language and knows how to kind of set that up.
- Use mirroring subtly, reflexive and not immediate. In other words, you want to make it appear slowly and you slowly start to have the same body language, and ideally you want that to happen on its own and not being forced.
- Alert head position, up and your eyes forward in front. Not down to the side here and just kind of looking askew at her or looking down and then occasionally looking up, or here or gaze.

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- Set it there and occasionally you break it and look away, but then you come right back. Avert your gaze intentionally from time to time, like I just said, look away and be like thoughtful and look back.
- No hurried movement. Hurried movement is anxious movement which looks insecure.
- Deep breathing. Deep in the stomach. You breathe from your stomach and you relax with every breath.

Follow those seven steps and your body language is going to be taken care of. You're not going to need to worry about anything else. Your body language will be spot on fine. You don't need books. You don't need courses. Don't get caught up in the bullshit of body language. Remember, the only body language that benefits you is a good confident posture, relaxation and breathing and the rest is down to you just creating the situation that you want with women.

All right, so those are some fast attraction magnets I want to give to you in this little bonus section. If you have any questions on them, by all means, post it in the forum or in the feedback section, but take a good look at this stuff and make sure you get into the coaching and follow up from there. We've also got two other bonuses in this program, the friend and the girlfriend and get her back if you need them.

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## **BONUS: Get Her Back**

All right, welcome back to the Get Her Back bonus, and this is the system that you can use to essentially win back any girl that you might have messed it up with or a girlfriend maybe that you want to win back and you basically want to get her back into your life.

Now, I'm differentiating this from a lot of the other get-your-ex-back type programs out there in the same way that I differentiate the rest of the get-a-girlfriend-fast program. It's not about adding in more stuff, it's about taking out a lot of stuff. It's about stopping yourself from doing a lot of the unnecessary things that freak women out and make her basically think that you're a try hard.

Now, getting her back is not very complicated. It's not very hard to do, but there are some deliberate stuff you have to follow, and that's what we are going to get into so let's jump right into it. We got a lot to cover here.

First of all, why? Ask yourself, why do you want to get her back? Is it because you changed? I don't know. Did that make a difference? Or would that make a difference to what you had before? Because this path you're setting out right now on is a very risky path of action and I get this question more than anything else and that is how do I fix what I already messed up?

There is a panic that guys go through the second they realize they screwed something up. We want to fix the mistake more than we just let it go and do it right the next time, and this is a very illogical and irrational thing in our behavior, but we got to recognize that it's there and it can put you down in a very risky path.

It's scarcity thinking. It's the belief that this one girl is really all that different. That it really matters that much to win it back. Is there

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something you're going to try and reclaim by getting this girl back? A sense of, I don't know. Are you trying to reclaim your respect, your dignity, your honor? Are you trying to get revenge? What is it you're trying to accomplish by getting her back? Are you just trying to get her back because now you panicked because you lost what you had and you screwed up? Whatever it is, you need to know why you need to have her back first; otherwise, the rest of this strategy will just simply not come together.

Chances are it's a scarcity thinking mentality. It's like, "Oh my God, there is no other women left on the planet. She's the one for me. I must win her back." Dude, there are over like 3 billion women on this planet, probably closer to 4 billion women the way it's going now, and believe me, you'll never going to have enough time to meet nearly any of them. So let's be realistic about this. It's not because she's really the only one.

Now, I would have this question so much, or I get this question so much from guys, I would have typically a boilerplate response and I want to give you some of that right now because it might help you with thinking. Again, you're in the damage zone, the same way you are if you let a girl basically tell you that she only wants to be friends. It's the same place really.

The question of how to get back an ex-girlfriend or win back some woman that you messed it up with previously, it's a bad path for you to follow and it's for the following reasons.

Number one, you will never have the credibility that you should with somebody that you've messed it up with, with somebody that's broken up with you. If by some stroke of incredible technique, you do manage to get this woman back into your life, she will always be testing you, pushing your buttons and trying to see if you're for real.

Now, if you've gone through the other part in this program where I talk about how you get a woman from being a friend into in a girlfriend, you'll

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know this is the exact same advice because it's the exact same applicable situation. She will test you. She will always be testing you and pushing your buttons trying to see if this is for real. Did you really change?

In the end, what happens is you wind up being a whipped pussy of a guy because you're always trying to make up for your mistakes because you made a mistake in losing her, didn't you? And you have what I call the "whipped dog" syndrome and you're forever trying to get back in her good graces and she's always got you on her thumb and you lose that masculine edge when you start whining and crawling back to her on hands and knees trying to win back her affection. I want to be really clear about that, and I know this is harsh language, but you're a man, you can take it.

Don't do it.

If you can possibly avoid, do not do what we are about to talk to do or talk about doing. It's another disclaimer. I just really think it's to your benefit to know that because you will spend 10% of the energy on simply finding a new woman. Just 10% of the energy that you would have spent trying to win this woman back, so why drive yourself crazy? Why risk stalking her? In other words, turn yourself into a toad of a man to win back something that you never really had because it was lost so easily. Do it right the first time.

By resorting to go back to a woman that you once pursued, you're demonstrating a scarcity mindset. You're further reinforcing this belief that you somehow cannot meet any of the other 2.8 billion women on this planet, it's actually more than that now, and you have to now recycle women. You've ran out of women so now you've got to go back to the same ones.



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Think bigger. This woman that you're pursuing is going to sense your desperation. She's going to sense that on you, that need, and pull away even faster because of it.

Number four, you are also, by making this decision, probably in the heat of delusion thinking this woman is somehow the one for you and there is no other woman like her. The reality is that there are millions of women just like her, probably better than her. You just hadn't met them yet.

Your desperation and insecurity are simply blinding you to the options. Go out and meet 20 women for real, not just halfheartedly and just trying to go through the process, and I guarantee you if you meet 20 women that you will not think that the woman you had was as special as she was anymore. She's like a snowflake. She's unique and special just like everybody else. That's where that believe that everybody is special falls down in both emotional and real logic. If everybody is special then nobody is special.

So if you have to, go ahead and re-read that. Read it again. I know it's harsh. It's hard to hear, but it's true. I try to expand on this one here, and I'm telling you this because you will really need to change. You will need to really change your behaviors, not you necessarily, but you will have to change your behaviors to win her back and I want you to be prepared for that. It's not something to be taken lightly. Are you still with me? All right. I still got to say something else.

So get over her. Ironically, if you're ever going to stand a chance of getting this woman back in your life, that's the only way to do it is to let her go. Get over her. Let it go. Only by demonstrating the ability to get on with your life is she ever going to find you attractive again anyways. It's the only way.

Now, if you're still here and you're still thinking yourself, "But Carlos, I really got to win this one. I really screwed it up. I got to win her back." Well, you can do it, and the point here is you're going to have to know

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your battlefield. The first thing you do is I want you to get your journal. I want you to make a list of what ruined it for you before. What is it that ruined it for you before? I want you to take 100% of the responsibility. Even if it seems like it was her fault, I want you to take 100% of the responsibility because that's what a man does.

It's not that you are at fault by taking responsibility, it's recognizing that a man properly empowered can overcome almost anything in a relationship. He can turn it around no matter what. I want you to get busy. I want to get busy on that list because, well, it's not going to be the easiest process you're going through, but then again nothing is.

So here is the system. Here we go. Take a deep breath. First of all, a warning, if you become needy and insecure, you will lose her for good. You will suffer from what I call "BPS."

What is BPS? Breakup Panic Syndrome. It's that uncontrollable urge to stand outside her window and profess your love, or hold up a boom box playing Peter Gabriel or any of that, or send her a gazillion texts, or call her while you're drunk at 4 AM, or show up on her doorstep, or follow her around and stalk her, or send 10,000-word emails.

This is that breakup panic syndrome at work, forcing you to do something that you otherwise would not normally do because your brain is panicking and you got to get them under control.

That is created by withdrawal symptoms. Love and emotions have a drug-like effect on your brain and your physiology. Your brain literally releases chemicals when you're becoming attached to a woman. Initially, it's like crack. That's why it's so exciting to have a new woman in your life and you want to be around her so much all the time, and then what happens is that kind of cool high, well, actually that's intense high changes into a more mellow high. It's kind of like heroine. So it goes from being like crack to being like heroine.

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Now, you may laugh at that analogy, but that is exactly how scientists explain the effect women have on your nervous system and vice versa, that men do with women. Initially, it's like a big bolt of wow, but later on it's not so much wow, but it's like a mellow high that you're always on. But when it's taken away, you know it and you feel, so be aware.

You need to have an emergency button that you can push during this process because you will panic from time to time. You want to do things that you know are against the strategy and you need to be able to control yourself so you have to have a friend that you can call who can talk you down from it. It's like talking you down from a building you're about to jump off of.

Women are great for this, but they will get tired of it very, very quickly. Some guys are going to be the same thing, so are guys, but you do need a friend who can help talk you down. Just be careful, don't cry wolf too much. Don't push that button too much. Otherwise, you're going to run out of juice. You got to learn how to control it yourself.

Have an emergency routine that cools you off, that you can do instead of pushing that button that gets you back under control. It could be working out. It could be like for me playing the guitar. It could be playing games on computers. Whatever it is, find that thing that stops you from doing the most likely panicky thing you are thinking about doing.

Beware, I want you to beware of saying things that you don't mean and aren't true. Guys will do this when they are in this state. In this incredibly cracked up, heroined out state of being under the drug influence of love, they will say things they don't mean and simply aren't true. Don't do that.

Beware of pushing buttons. Beware of doing things that push her buttons because as you're going through this process, you don't want to get her pissed off. Beware of trying to make her jealous. It's not

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necessarily always the best tactic because it will push you in a bad space if you do want to get back to her.

Beware of stalking. Beware of trying to get revenge on her and beware of being mean or revisiting old mistakes and arguments. These are things that will trip you up and they will make it very difficult for her to consider you ever. So watch out for those when they come up. So again, if you become needy and insecure, it's going to kill you so you've got to have that under control. Recognize the panic syndrome, the BPS.

The rules of the game, the rules of getting her back, boom! Think before you act. Number one is think before you act. Never act from desperation, insecurity or neediness. It's really important. You're going to be tempted. You're going to be sorely tempted to act from that panic syndrome. You must have yourself under self-control. That's how you're going to prove yourself in a lot of ways to her is by showing that self-control.

Use what I call affordable crutches. Hey, we all got to get by somehow. Some people shop. Women love to shop when they breakup. Some guys go out and get drunk. Be careful about what that coping mechanism is. Make sure it's something that you can afford to fall into and use. I would typically go out and buy a guitar. I kept kind of a ridiculous number of guitars, but hey, it happens.

But I stopped myself when I realized, "Hey, do you know what I'm trying to do? I'm trying to cover up my emotional pain. I've got to be able to live it." You got to be able to sit in the same room with your pain and go, "Oh, this sucks, but I'm going to get through it." It's kind of like jumping into a cold pool and staying there and going, "Okay, I am going to get used to this." It will happen.

Make a list of ways that your circles interconnect. You need to know this. You need to know which places she's likely to encounter you or your friends and vice versa, and use this for what I call "spiking the

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network.” Spiking the network is what you will do when you want to send the signal into the network that lets her know something about you. Because what you’re going to be doing is you’re going to be dating while you’re waiting to get her back. Yes, you’re going to have to do this. If you can’t, if you aren’t willing to date other women, you’re not in a place to go after this girl to try and win her back quite honestly. Because what will happen is you’re going to panic, you’re going to freak out, you’re going to put all your energy in, and you’re going to push her away even farther faster.

Meet ten new women sincerely, not half-heartedly, and again most guys recover fast with this option. They find that they don’t even want the ex-girlfriend. They find some chick that was even better than what they had and they are like, “Oh my God, I couldn’t see that until I finally went out there and met other women.

Force yourself, you have to push yourself into this one. It’s one of those things you’re going to have to go, “Oh, I got to do it.” It gives you perspective. It will also inspire a little jealousy. I won’t kid you. There is nothing wrong with a little bit of jealousy in the mix and so that’s why you spike the network when you do. But that signal out there like a friend of hers sees you and the date you’re on, that’s going to get back around to the ex and it’s going to make it easier when the time comes.

It won’t push her further away, trust me. Jealousy does not push people further away. What does jealousy do? It makes them hold on to you tighter. So have the abundance attitude. Work all three of those, stay in there with abundance attitude.

You can, by the way, and I don’t condone this, but you can hire a fake girlfriend. There are services that provide this on the internet. You can hire a fake girlfriend. She’ll post on your Facebook. She’ll even be seeing with you I think at times. I’m not sure how this all works, but I have heard of it. I don’t condone it, but if you really get to that point, man, I’m just putting the option out there.

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Flirt on Facebook without being a dick. Here is something that a lot of guys don't do very well is they use social media and they use social sites like this, but they don't know how to do it with a little bit of self-control, with a little bit of taste. You need to have taste. When you flirt on Facebook, don't be a dick about it.

Don't try and be Mr. Stud Puppet. You do it gently and you do it in playful fun. Not deliberately to make her hurt. If you're doing something to make her hurt to get revenge, what do you think the likelihood is that she's going to want you back, stud puppet? It's just a little something I had to get out of my system there.

Get out. Get out on these dates and take lots of pictures on the new adventures you're having, because you will be having new adventures. Oh what? You're going to stay inside and like read books and not do anything and further fall into despair and depression? Wow, that's a good plan. Why didn't I think of that? The hell with this.

Seriously, you're going to get out. You're going to have more fun. You're going to be doing these things and you should take a lot of pictures. Because guess where those pictures go? That's right on Facebook or any of your little social media mechanisms that you know she will be watching.

Think about this, why do we leave a relationship? We break up with people when we are not getting what we need, and I'm assuming we are having this conversation right now because she broke up with you, not because the other way around. If it was your choice, then you really wouldn't want her back. I'm assuming this, but it could happen.

We break up when we are not getting what it is we need. So she's got to start getting what she needs for that to change. Why did you or why did she leave? And ask yourself, checking out or not working on a relationship equals leaving the relationship. So if she was checked out

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or if she was really paying attention to it, that whole time was her disconnecting from the relationship. This is the danger zone that a lot of guys don't realize. Most women broke up with the guy way before she broke with the guy. She did it mentally first so that when the time came, she knew she could actually follow through on it. Or she lost that love and feeling along the way and this is the result.

Did you leave because you're arguing? Why is it you left? If you don't know that reason, you're not in a place to go forward with the plan. You got to know that and put it in your journal and look at it and understand how it's going to be different this time. It's important.

Most men check out of a relationship purely by accident. Women do it on purpose. Guys do it by accident, and it's by feeling to keep the energy alive. They failed. They've worked really hard to get her and then they figured, "Oh, I can coast, she's my girlfriend. We have sex, we must be together. Ha-ha. I don't have to do anything." What happens is, because we like smooth water and calmness we stop working. We stop making our relationship, which is what it is, and what it does is that kills the feelings.

In a relationship, you have to have polarity and things pushing back and forth. There has to be a little bit of friction every so often. There has to be, God help me for saying this, a little bit of drama. If don't have a little bit of drama in there, there is nothing to make it exciting. Why do you think makeup sex is so awesome? Because of all that pent-up energy and that friction and that feeling of, wow, you're awakening the emotions again. When you let those emotions sit into calmness in a nice cool comfort, dude, they go stagnant and they die on you.

Figure out why you left. Remember that hindsight is always 20/20. You don't know what you've got until it's gone. That's why you feel this way. That's why we feel that panic. We didn't realize it, "Oh my God, I can't believe I did that." And we just don't realize it. We do this with our

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health. We do this with our money. We do it in so many areas of our lives.

Never call, and this is a rule, by the way, never call more than once in any given day. Once you have broken up, you should never call her more than once in any given day, and if she calls you, you got to consider that you probably shouldn't be calling her back maybe necessarily that same day. You've got to keep the contact very infrequent to draw out the tension a little bit more, not being neglectful or hurtful, but to draw it out a little bit, to get a little bit more awareness of what's missing. You want them to feel it as much as you feel it.

Rule of all relationship, and unfortunately, this is the dynamic that we all fall into, the person who cares the least controls the relationship. Let me say it again, the person who cares the least controls the relationship. If you've fallen into that, or you don't believe that for any reason, please look at your friends, look at the couples you know. The one who is the least into it is usually the one who is making the whole thing roll.

These are the steps. Let's get into the system. Here we go:

- **Accept.**
- **Align.**
- **Act.**

These are the three As of the Get Her Back System. It's very simple.

Number one is accept. This is a psychological pre-work you got to do. First of all, I'm going to give you the signs that you're losing her. This is for guys who may not be at the point of a breakup but are definitely noticing that it's probably going that way, and it's important because it does fit into acceptance that you understand these signs and recognize them, and it will help you in the future too.



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Did you see any of these signs, by the way? If you are broken up now, did you see any of these before she broke up with you? Number one, she starts to disqualify herself from your interest. In other words she'll say things like, "No, I'm no good at this." Or, "I suck at relationships." She's starting to kind of like talk herself out of being the kind of person. She's trying to basically present herself as the person you don't want because it's going to make it easier down the road when decides to walk away from it, so she starts to disqualify herself from your interest.

She starts to flirt with a lot of other guys. She maybe shopping for a replacement, but more likely is she's trying to kick your jealousy and your interest back into gear. This is a way that woman do this. They play it in a way to get you excited and interested again and play the energy up to get you interested. "I got to make him jealous a little bit." She's not necessarily doing it for hurtfulness. She's trying to get you going. It's actually a lot more rare that she's shopping for a replacement, but do you know what? It would come to that if this didn't work.

Vocal tone, did her tone start becoming more non-expressive and dead? If so, she was trying to deaden her emotions along the way. A woman's emotion should be very girlie, very, "Oh my God, and la-la." And all expressive, and when they start to get very calm and neutral and monotone, you got to worry about that. That's a worry signal right there.

She don't want to do things for you. It's a big indicator. She doesn't want to invest anymore in the relationship. In other words, she sees that her stock is about to be sold so what is going to do? She doesn't have to put any more money into it.

Acting aloof and distant. Oh, if that's an indicator, what is, duh? But maybe you didn't notice until the end how aloof and how distant it was.

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The sex is fading or has faded out. Typically another indicator, and it's a big one and I'm amazed. I'm constantly amazed how many guys missed that one so watch out for those signals. Now, if she's not going yet, you will probably sense the change and you will sense it and not just for those signals but you'll see that she's losing interest. So look for those signals and see what's going on. Trust your gut.

Usually, what she's going to do, and this is how women do breakups, is they will stage a fight over something incredibly small, incredibly petty that allows her to give herself a reason and an emotional push out of the relationship. She will stage the fight. She will find something totally ridiculous to have a fight over, and that's the catalyst for the breakup, and you probably noticed this that it happens quite a bit too.

If she sets you down for the talk, and this is what happens, you know that the talk is there and something is going to happen. Something is coming up. Something is just coming down the road and it's getting scary. If she sets you down for that talk and that talk is obviously leading up to, "I don't know if we should stay with each other." Because women will do this too. They may not push themselves right out, but they will try and tell you indirectly, "Dude, get your shit together and get this back on track because it's not working for me." And count yourself lucky if she ever does this because most women don't. They just check out and leave.

If she sets you down for the talk about that saying, "I think, I don't know, maybe we should see other people," or maybe she says something like whatever it is she says, you're going to have to go along with her. It's going to be tempting to go, "Oh, well, wait a minute. No, no, no, no. I don't want that."

And then if you start to fight and scramble right now, it could scare her off and push her out even further. The key to really pull her back in because she may have made up her mind and you want her to change it is to agree with her. Go along with it. "Look, you know, I don't know."

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Maybe you are right. Maybe I'm not the right guy for you, and maybe you should break up with me."

Another reason you do this is because she might want you to break up with her first, and that's okay. It's actually a better situation if you do it too, but remember, the key here is the reason you're agreeing with her is we want not beg. We don't want to plead because eventually she might actually still go forward with the plan to break up. No begging, no pleading. You don't want to fight her or resist her.

It's like martial arts. If somebody tries to punch you, you don't try and punch them right back. That's ridiculous. You both will break your hands. You step aside and let it by and you accept the energy and then you see what happens.

Maybe she just wanted to vent and it lets you know, and she might end the conversation and go, "Oh, maybe we can give it another try, but I feel like I need more from you." And she'll start to tell you what it is she's looking for, and you have narrowly averted what could have been a pretty catastrophic event. So that's a very important step there.

Get her out on an adventure. This is a good way. If you know that this is coming or maybe she hasn't set you down for the talk, get her out doing something and revive that energy. Go out in an adventure. Something that creates what we call an adrenaline dump. This is a term from martial arts. The adrenaline dump is something that like it just totally excites and you go like, "Oh," with an amused step about it. Typically, it's a sparring and fighting in martial arts.

It's like going out and then maybe rock climbing in an amusement park. Maybe get her away on a little mini vacation. Bread and breakfast are really good for this. I take my girlfriend occasionally, the girlfriend I've got now that I have for a long time, she and I have gone to a bed and breakfast, and it's a great romantic little getaway. It just gets you away. It's a mini vacation. You only have to go like on a Friday night. Stay on

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Friday night through Saturday and Saturday night and then you come back on Sunday morning and she will love you for it and you still will be back in time for cornflakes. She'll be back with plenty of time on Sunday to do whatever sport watching or whatever it is you want to do on Sunday. So it's a great way to do it.

But break the pattern. You've got to break the pattern here and put some energy back in, and then you're going to have to go back to the early stages of the process, again we are going to back to the get a girlfriend fast program because that's the process. That is the process for making this happen. Go back to the early stages and just re-romance her. Re-romance her back from the start and you will have no problem saving it. Consider yourself lucky if you're in this situation because it's actually not as bad as you think. It's still salvageable. She hasn't left, and you're still okay.

Now, what if she broke up with you? Well, how long before she broke up did she check out? Ask yourself this and really look at those signals I told you about. If you think she checked out a long time back, if she was checked out for a little too long, it's going to be very hard for you to restart that because she did that on purpose. She did that so that she can disconnect, and there is a chance she did it that way because she was trying to prepare to get to basically see somebody else. Is that hard to hear? Welcome to the real world now.

Her feelings probably went beyond dead into contempt. Once a woman's emotions turn into contempt for you or that kind of anger where it's like eye-rolling anger, it's over with. That seals the doom on about 97% of all relationships once she reaches that stage. However, if you can catch her just before these feelings might have gone dead and there is a little bit of, "Grrr, geez, I wish she would grrrr." That's a good place to be. That shows that she still has emotions for you.

Did she cheat? When she broke up with you, did she cheat? This is another important question you must ask. This is part of the acceptance

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process because it's going to affect the strategy later on. Did she cheat? If she did, you need to know why she cheated, and is she still with him? Because you can maintain contact, but you're going to have to end up probably waiting for that relationship to end before you're really going to make any significant inroads into winning her back.

Keep this in mind, 90% of rebounds they do not work, and I mean, they go over fast. Sometimes they do, but sometimes they work out, but most often they do not. There is a good chance there is another guy, and I told you that this is the horrible truth you have to accept. Remember that women are a lot like monkeys going from vine to vine to vine. They don't want to just throw themselves out into the cold emptiness, the cold barren tundra of being a single girl anymore. They don't want to do that. They want to line up the next prospect. They want to line up their rebound basically.

A good friend of mine went through this experience. His name is Anthony and he was telling me about this because he knows what I do and he told me about the situation with his girlfriend, and he's telling me all about it. I'm like, "Dude, you're in a bad spot. I'm not going to kid you here, but there is a way you can salvage it."

And then he said to me, "She told me when we were talking and she said, 'I'm just so confused. I don't know.' And I went back and talked to her again and she said, 'Please, I'm just so confused.'" And I talked to him, I couldn't say it to him at the time, but I thought to myself, "She's already got another guy."

She only said she's confused when there is another man in the picture, and if she ever said that to you, that's probably what's going on. It may be hard for you to hear that. It may be the most incredibly painful thing to even think. You're probably thinking, "No way. No, no, she told me there was no other guy." Look, dude, women do things that you would not believe sometimes, and this is one of them. So if she ever said that

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“I’m confused,” you need to look at that really closely. It could probably mean that there is another guy in the picture.

It doesn’t mean you’re locked out for good. It doesn’t mean this can’t work, but you got to recognize and accept, remember, step one is accept, what you’re dealing with. Ask yourself, “If she cheated, will you ever really get over it?” It’s an important question to ask because if it happens, you may not be able to forgive her, and if you can’t forgive her, it’s going to be a bitter ugly times. It’s going to be horrible and you’ve got to be able to get over it.

So why do women leave? These are important reasons to know. Every guy should know these, and lucky you, you’re going to learn them. Why do women leave a relationship?

- First one is she’s not ready for a commitment. She’s just not ready to commit to you. It usually means she’s emotionally not attracted to you enough yet. She’s got to have that attraction going and then she needs to trust and then the connection and then you’re in like flint, but you’ve got to get that first.

- Why else would she leave? Somebody else comes along. When she was starting to feel ambivalent about you, another guy comes along and she can display her emotions and feelings over to him and he takes over. It happens a lot more frequently than you know.

- She feels taken for granted and not appreciated. This happens for both sexes, taken for granted and not appreciated, and if a woman feels this way, she’s going to find a way to get that appreciation.

- She’s not getting the sex she wants. This is real. Most guys don’t believe that a woman would actually leave a relationship because she’s not getting the sex she wants. It’s because we still have this unbelievably archaic vision of women being the sexless creatures that are not driven by sex, that they don’t really enjoy sex. It’s very, very

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hard to impress upon a guy sometimes that she will leave if she's not getting the sex she wants so you do need to be competent in the bedroom.

- Ultimately, the attraction is gone. That's why women leave. There is not enough attraction to keep her invested. You need to recognize that. If she's leaving or thinking about leaving, attraction is the one that you must revive to get it back to where it was.

Now, what if she's already seeing somebody else? This could happen too. Well, it's not necessarily the end. She might be doing this to test you. She might be seeing the guy to, well, first of all, give herself an emotional cushion, but she's going to try and see how you react about it. Do you have resolve and dedication? There are a lot of women who will take on another guy into their lives because she wants to see if you've got what it takes to go after her and get her back or do it the right way.

The important thing, the most important thing to a woman is the strength of the relationship, and when she sees that you are willing to stay there and work at it and try and get her back, that can oftentimes be enough to get her back on the program.

So you've got to pay attention to her energy. If she's with another guy and she's still willing to talk to you and she's still involved in a dialogue with you, that's a good indicator that she's using it as a kind of a way to prove, a way to test you. That's her safety and her comfort. Her safety and comfort is the strength of the relationship and that's the one thing she cares about more than anything else. Probably more than the sex. That's a big one for women too.

So what if you run into him? This is a big question because we are getting into a strategy here that you're going to be putting in to gear and you need to know how to handle it. If you run into her with the guy that she's with, maybe she dumped you for him, maybe she just started seeing him right after, or whatever the case may be. Well, first of all, if

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you can avoid it, please avoid it. If you see her in the mall and you can turn around and go the other way, do that.

But if you can't, do not do this:

- Do not show jealousy. You got to be very careful about this because if you do any of these things, she'll just push you further away. Don't show jealousy towards her about him or vice versa.
- Don't show anger. Don't get pissy. Don't cause a scene.
- Do not ignore him. You can treat him as just another dude. He's not the reason things went south with you. Really, you want to believe that, but it's not. It's you, so don't go blaming it on him, and the more you can treat him cool, the better off you are. Don't be a dick and don't be rude.

Those are the key don'ts if you do run into him because it could happen. I'm just saying it. Sometimes it's a good thing when you don't get what you want. I often tell guys this thing, but it's hard for them to understand. Sometimes it's a good thing when you don't get what you want. Sometimes it's good when you don't win her back, and that's one of the possibilities you need to accept. It might be what happens and it might be for the better for you.

So what happens if you broke up with her? Well, we really don't have to have a whole lot of conversation here. Chances are she'll take you back with very little work. All you have to do is just say, "Look, you know what, I'm thinking that maybe I made a mistake and I really like to give it another try." And chances are she will probably take you back unless she's already checked out. I've seen that happen too. She might have tricked you into thinking you were breaking up with her. No, it wasn't really that.



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Beware of depression. It's really important. I went through this several times in previous relationships until I got my shit straight with women. You can go through a state of emotional depression, the clinical depression, the kind that causes all a lot of problems and it's usually indicated by things like sleeping all day, staying at home maybe instead of going out with friends.

Avoid making any major life decisions right now because it's not the time to be doing it. I did that. I broke up with a girl, or we broke up and I ended up relocating to the Midwest. I would never have done that had my head been on straight because I mean, where I lived, it's not so bad but not what I wanted.

Also avoid work disruptions. Do not let this interfere with your ability to make money in your livelihood and whatever it is you do for work. Absolutely, positively not ever. Do not let that happen. Don't let it jeopardize your means of income because that's part of what does make you a man, your ability to do that.

You do have to control your emotions. You must control your emotions. That's why I encourage you to journal everything. Write everything down, and this is going to help you keep control. You're going to recognize signals. You are going to get new interpretations. Everything is going to light up in your head when you can put it down in paper. It's an incredible tool. It will save so much therapy. It's just not funny.

If she's highly emotional and maybe even hating you, this is a good thing. I want to be clear on that too because guys don't realize that that means she's still emotionally involved and she can still be won. If she's indifferent and unmoved by you and just like, "Blah, who cares," that's lethal and that's practically unwinnable because that means her emotions have deadened out. When emotions go dead, your chances of winning them back is dead so watch out for that. That's going to tell you whether or not it makes sense for you to continue.

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What we are going through now is the second step in the system, the three steps, of course, are accept, align and act. We went through accept and now we are into the align stage.

The align stage is really getting an understanding in your head and aligning your understanding with what went wrong. Aligning yourself with truth and reality so that you don't make the same mistakes again so that you can properly address the situation and get her back. It only makes sense. Once you're aligned you can then act on that plan.

So ask yourself, what happened to create the breakup in the first place? Who did it? That's the first biggest question. Was it her, or was it you? Was it kind of a mutual thing? Even that is almost always created by one person, unless it's a long standing thing where you both have been contentious and arguing and things like that, it's rarely just both people rather. It's almost always one person that's really initiating it.

Ask yourself why. Why did it happen? And be very, very truthful about it. If you find yourself in an anger mode where you're blaming everything on her or if you feel that it's her mostly, I'm going to say right now that's going to put you in a bad situation to fix the situation. This is not going to work. You're going to have to come to some reality. There is an old saying, "There are three sides to the truth, yours, mine, and the truth, the real truth."

There are three sides to every story, and knowing why is probably the most critical step in that because it's going to tell you exactly if you can look at it objectively on what you need to do.

Now, ask yourself this too, what is it going to require from you? Will returning to this relationship require more work than is possible, and this is also a very important question because it's one that most guys don't ask when they are trying to win her back. They are mostly asking or trying to get her back out of that panic, out of that "Oh my God, I lost her" syndrome.

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Does she actually just need a completely different guy? Is that actually the situation that we are talking about here? Does she really need somebody that's not you? Maybe you're not a good match. The hardest thing to accept is you might not be a good match for her and you might just need to let her go, and that is not your fault. That's the thing you've got to understand.

Guys take this as like the ultimate rejection when he pours his heart and soul into a relationship over the girlfriend. He doesn't realize that things are not going in the direction that they should be for her and maybe for him on some levels, and when she finally decides to call it quits, which is usually the case, women initiate most of the breakups and divorces, he see this as the biggest form of rejection.

In a lot of ways, it is. I mean, you've got to admit, that's a kind of a scary thing to realize that somebody doesn't want you anymore, but there are also things that could have been done to address that because the reality is that 90% of the people out there could be a match for you, but it all depends on our toleration and willingness to accept and handle differences in other people. Think about that because it's really important. It's one of the critical distinctions of a guy that can handle a relationship and one that cannot.

So ask yourself, "Will returning to this relationship require more work from me than is possible?" There is a lot of other situations that can make this a lot of work too. What are you willing to change to realign with her needs? What about you, are you willing to change in terms of your behaviors? I'm not saying you have to change your identity, but what kind of behaviors are you willing to change so that you can align yourself again with her needs? This is also part of the aligning process.

Let go of the past right now. If you have unresolved issues, you have to work them out on your own in advance before you come back and revisit this thing, and I don't mean to take like weeks and weeks and weeks

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because you really don't have that time. There is an expiration date here and you want to get working on it fairly quickly. But if you got unresolved issues, you got to let them go.

There is a need to be right and that need to be right directly translates into having no girlfriend. So if you're looking back on your relationship with her, and having this girlfriend and thinking, "You know what, I'm right. I know I'm right. It was her that made the mistakes and did this and did that, and blah, blah, blah, blah, blah."

Well, if that was really the case, why can't you just let her go? You've got to ask yourself that. If it was such a bad match that it was all her fault, then why the hell do you want her back? That's a very important question to ask yourself so that need to be right. If you have some need to prove yourself, it's going to get right in the way of getting the right thing done at the right time.

If you still feel panic and desperate, I do not want you to begin this plan. You can still keep things going with like emails and some light contact with her to make sure that the connection is not totally lost until you get back under control, but if you don't have control, you can't be trusted at the wheel.

It's like drunk driving, my friend, because that's what you're doing. If you're under the influence of negative psychology, you're going to make some decisions that are going to look perfectly normal to you, but it's a distorted mindset. It's like looking at something through the wrong color lenses. Yeah, that light looks green to me because you're wearing green lenses, but it was actually a red light and you run it and kill somebody. That's the kind of thing that happens when your reality is distorted, and it is.

Your thinking gets completely distorted when you fall victim to that panic that you feel. Figure out what it was that attracted her to you in the first place. I put a little star on this one because it's really important. It's

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going to figure into your plan later on. Figure out what attracted her to you in the first place. You're going to use this in some of the next steps. Make a list of all the things that she mentioned that she found attractive to you, and if you don't know what those are, that's a big problem in itself. I always make it a point actually with the women that I date to find out what it is that attracted her in the first place. In that way I know what it is she's looking for, what it is that hooked her in the first place and how to repeat those things.

Get a stabilizer in your life right away. What do I mean by a stabilizer? A stabilizer is something like taking a new class. It might be a cooking class or something like that. It could be a new hobby. You could take a kiteboarding or snowboarding or riding bikes on the weekends. Whatever it may be, get a new hobby, and/or get your friends renewed. Actually, I would have to say that all three of these are an awesome way to go.

This one will stabilize your life in a different level because you will have new interests that it's going to open your awareness in different ways. It's really hard to explain if you're not there, but if you're looking into this right now and saying, "Yeah, I get it. I get it. Oh, I probably won't do that," you're not getting it, man. Listen to the things I'm telling you because these things do work.

Get out and take a new class. Get out and start up a new hobby. Revive an old hobby if you will. I've done that in the past and it has worked really well, and of course, get your friends renewed, especially if you've neglected them in the past. You're going to need them. You always need your friends, and an unfortunate thing about guys is we ditch our other guy friends a little too easily and a little too quickly.

Create your own mantra if necessary. "I'm fine. I'll get there with or without here. I'm in control." This is one of my mantras that I used to use, and I find it very effective. It's kind of like controlled breathing. It's like talking yourself down from the ledge. "Okay, I'm fine. I'm fine. I will

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get there. With or without here, I'm going to be fine. I'm in control." It's important because you will find times when you're going to lose control of your thinking, lose control of your actions. If you don't have a mantra like this or something that you're going to repeat yourself to help you talk yourself down from that ledge, you could run into troubles and you could do things that will severely jeopardize your ability to get her back.

Mentally let her go. Purge your mind. Purge your mind of all the thoughts of her. You got to stop letting yourself think about her, dwell on her, dwell on the relationship, "Oh, I remember all the positive and wonderful times." Because that's all you ever do after you break up. You forget all the negative shit and now everything that was wonderful comes back into your head.

By purging your mind and letting her go mentally, this will both give you the best chances to win her and to get over her if for some reason you cannot, and I'm telling you right now it's not a hundred percent guarantee no matter what. There is no such thing as a guarantee in getting a woman back. This is going to give you the best chance you'll have, but look, nobody can promise that to you.

Everybody is different, and you know what, I don't know what the situations are that led to your breakup, but it could be pretty radical. Your best chances at winning her back are going to come from you being able to let her go. If you can't let her go, that's the problem, so mentally let her go.

Now, let's get into the act section. Once you've aligned yourself with the understanding and knowing where you need to go and what direction this plan is to come from, you can now act, and here are the specific things you need to do.

Number is to take her out of your phone. Delete her from your phone. I don't care if it's a smart phone, regular phone. I don't care what kind of phone it is, but take her out, and yes, if she calls you or you call her as

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you happened to know her phone number, that's fine. But going through your contacts and seeing her name come up all the time is not cool. What this will do is it will help eliminate the drunk dials or the texting temptation that happens, and yes, I encourage you to delete all texting history that you may have had with her. Delete it off your phone.

Do not go reliving that stuff. That was another thing that used to happen with a lot of guys I coach was that we go back and read all letters, read all emails, read all texts and just, "Oh," pine over it left and right and it made me sick to my stomach. I'm serious, I'm throwing up in my mouth right now about it. Don't do that. It kills you.

Hide all the random reminders. Random reminders are things like pictures and gifts. It's things that you'll come across by accident, either around your house or anywhere in your life. It could be in your car. It could be at your desk at work. I don't care where it is.

Any reminders of this chick needed to be taken out of your life because they are going to be random and they will catch you off guard, and when you're caught off guard, you do not typically react with your best behavior. Even if it's a loan from her, it doesn't matter. You'll find yourself going, "Oh, dude, I miss her." It will catch you off guard. Don't do it.

Stay away from Facebook and other reminders like that. Keep your tweets and post neutral and discreet. Actually, these are two separate ones. Stay away from Facebook because you don't need to be haunting her on Facebook. Trust me, don't go reading things that people post on her page. Don't get caught up in that drama. It's going to hurt you. Believe it or not, there was a time before Facebook and it wasn't that long ago where people could not find out every little thing about you. It probably should be that way in some ways now.

Keep your tweets and posts and whatever you put on there neutral and discreet. Do not get dirty. Do not call her names. Do not play weird

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little freaky mind games with her. It works against you. It's going to stop it. If you air your dirty laundry, forget about it. You don't really want her back. You just want to prove yourself and your shameless little ego. So just drop it. In talking tough, I think you can take it.

Get to the gym now, my friend. You've got to work on that self-image, even if you're not out of shape. Get to the gym because your physical is going to directly impact your mental state. Here is the deal, when you're in, or even if you're in a bad physical shape, or even in moderately okay physical shape, even just going back to the gym will suddenly revive a good renewed feeling of yourself and it really all you need to get yourself on a more positive level.

So get to the gym right now whatever the case may be, whether it's two or three or four or five or six times a week, you need to do it. Don't ignore that one. I'm not saying that lightly. Do it, and get exercising. You could also just be working out on riding a bike or running, but honestly you need to have other people around it. It awakens a certain social awareness in you.

Get healthy on your food. Get back to being healthy with your food choices, what are you eating, what is your diet like. If you're eating a lot of crap, a lot of sugars and a lot of that nonsense, cut it out now because again this will affect your mental state. Believe it or not, your physical state and your diet affect your moods. It affects how you think. It affects your neurochemistry in such a way that it will actually make it harder for you to get back on track and get your confidence back where you're cracking food. I know it's sounds ridiculous, but it's true.

Renew your wardrobe. Go out and buy some new clothes. You're going to associate old clothes with her. You're going to down to probably associate some of your own underwear with her and socks with her. It's kind of ridiculous even if you're dating other women when you're wearing those two. But by renewing your wardrobe, you are kind of remanufacturing your identity in a lot of ways. You are giving yourself a



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new image and again something new that you can grab onto that will give you a feeling of accomplishment.

But you will want to maintain contact. Now, you're doing all these things that I want you to do to cut her off, but you also have to remain in contact because if you disappear quickly, she will probably run into a rebound. She would purposely rebound to help get her over you. She will eventually leave this guy, but what it will have done has served its purpose. It will have gotten her over you, and you don't want that to happen. You've got to stay in there, somehow, some way, a little bit of like a tickle in the back of her head.

Again, I encourage you to watch the entire six seasons of Sex and the City because you will see this path. It's very realistically done even for a television drama in the ways that like certain people on that show would come back and haunt some of the other people in there, some of the women in the show.

Be careful, you don't want her to rebound. You don't want to rebound either, but wait for seven to ten days. Give yourself a seven to ten day break from her because that break will tell her that you're not going to immediately be acting out of desperation. It will give her a panic mode too, and you would be amazed, sometimes within the seven to ten days she'll be calling you. If she initiates contact, that is excellent. That means that she's still holding on.

Keep your BPS minimized. Remember your panic syndrome, the breakup panic syndrome. Control that panic so that you don't act from fear. By controlling the panic so that you're not acting from fear, you can then go into your strategy. Now, your strategy for handling that panic is actually really simple, and I draw it from The Sedona Method, and I'm going to give you the exact method that you can use right now.

Also, they've got a book you can buy online if you want to do that. You can also take one of the courses with some excellent course. It's not

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about getting over breakups, by the way. It's actually just getting over the crap in our lives that we hold on to. The theory is very sound. Most of the pain and suffering that we have in life is because we can't let shit go. We just don't let it go. We hold onto it. We cling to it like a life raft that we hold onto for our emotions, and it doesn't serve us.

So when it comes to your breakup with her, here is your strategy using The Sedona Method, you ask yourself these questions.

Can I feel this feeling and be okay at the same time? Can I feel this panic and this hollowed out depression, this sadness I've got, and still be okay, still be alive and still be living through it? The answer is probably yes.

Can I let this feeling go right now? Maybe it awakens these weird crazy thoughts of "I wonder what she's doing right now. I wonder if she's with another guy. Oh my God," and then that jealousy comes in your head. Can you let that feeling go right now? Maybe you can. Maybe you need to hold on to it a little bit, and that's okay if you do, but you have to ask yourself these questions so that you can at least come to agreement with yourself.

The third question is, will I let this feeling go? If answer this yes, can I let this go now? The next question is, will I actually do it? Will I actually let the feeling go? Because sometimes you can say, "Yeah, I could let the feeling go, but I don't want to. For some reason, I got to go there." And if you keep asking yourself these questions and you keep answering the same way, it's going to start grinding on you and you're going to be like, "Oh dude, I see what's happening her. I got to start letting this thing go."

The fourth question is, if not now, that's fine, but when? If I can't let this feeling go, so if I can't feel this is going to be okay, if I can't let this feeling go, if I won't let this feeling go, when will I do it? Because if I can plan that, I can handle just going through a few rounds of sudden

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sadness and remembering all those great times, and then I get back on track of my life and know that in about a month from now, I've already made an agreement with myself that I'm going to let it go.

It's important because if you don't, you're going to put yourself on a treadmill of constantly regurgitating and reliving this whole awful experience. Well, I was going to say it's like puking and being forced to it again. That's really gross, I know, but that's what this situation is like emotionally. When you do that, you're recycling the disgusting emotions over and over and over again. So please use the Sedona Method. It's a very effective way of dealing with emotions and letting them go because ultimately that's where your happiness is. Letting go of pretty much every emotion that you cling to.

Your goal is to get her to call you first. There are two ways about it. The best thing you can shoot for in here and your goal, your ultimate goal is to get her to call you first. Get her to initiate contact in some way. Because within three to four weeks of the breakup is what is known as the hot zone. It's the hot zone for anybody that's out of a breakup where they are going to feel the most pain and the most desire to try and restart things up.

You've got to know that that's lying out there in the horizon, so we waste maybe seven to ten days and getting ourselves calm and cool and collective going through Carlos Xuma's program, getting his head on straight, getting his panic under control, and then that eats up about one to two, or maybe one and a half of those weeks, and then another one and a half weeks where the pressure is going to start mounting on her to want to get in contact with you, and vice versa, so recognize that.

Evil trick, this is evil, by the way. I got to tell you this is kind of evil, but I'm putting it out there because when you're in this mindset, sometimes you'll do anything and if it will ultimately gets you your goal, this is doesn't hurt anybody per se. What you can do is, and this is a little dirty only because, and I say it's an evil trick because it's not being very

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truthful and I don't want to encourage or endorse anybody to do anything deceptive to win somebody back but this can be effective especially if it actually happens to you, which sometimes it does, call her up and thank her. This is if the time goes by and she still hasn't called. If you can find an excuse to call her, here is one of them. Call her up and thank her for doing something for you that she used to do, but you know she didn't.

I'll give you an example. Maybe she used to whenever she came over, she would pull your trash cans up from the curve and just pull them up next to your house. Just some little weird things she might have done. Maybe she would pick something off of your lawn that she saw or something like that. Maybe she would sweep your drive. Whatever it is, the little crazy little things she used to do for you. If you live in an area where there are lots of snow, maybe she would clean up your car or something like that.

What this does is it gives you a chance to connect with her and contact her, and at the same time, because she didn't do it, she's going to be a little jealous. She's going to wonder, "No, that wasn't me." And you would be like, "Oh, whoa, sorry. I had no idea. I figured it had to be you that did it. But, well, okay, that's cool. How are you doing?" Now, what she's left is she's left with that nagging feeling of, "Hey, what's going on? Somebody else is doing that and taking over for me? Somebody is picking up where I left off?"

That's best left as some message, by the way. You don't want to get too much interaction with her on that one. I would just leave it as a message and just say, "Hey, you know what, I want to thank you. That was so cool of you to pull the trash cans up like old times. I'm so glad there is no hard feelings here. And you know, I've been thinking about you. Just thought I'd call. Bye."

Less evil, it turns a little way to make this less evil than the original one. Admit when you finally do talk to her that you found out that a neighbor

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did that thing. “Oh yeah, I found out my neighbor has actually pulled the trash cans up from the curve. I feel kind of dumb, but hey...” In that way you kind of relieving a little bit of the tension but at the same time, you still validate the reason for why you called her. Evil trick, but it can work.

Remember this, fear of loss is a positive force for you. It's a very positive force and it's what you want to work with. It's what you're going through. It's what will and can pull you back together. Nobody revisits a relationship purely based the positive things. They very often go back only because they don't want to lose the person. They just know that they don't want to lose them. It's not that they are getting anything great back, it's that they don't want to lose. We every often work from the sphere of loss. Make a call. It's time to make a call. Maybe she hasn't called you yet, whatever the case may be.

Here are the rules about it, make is a short call when you know she's probably got time to talk. You're not going to use a lot of time, but you want to know that she's got some time so that you're not going to get brushed off the phone.

You're going to end this call first and it should be only fun. You're going to just talk about fun stuff. Not negative, don't be down. Don't be like, “Oh, I missed you so much and I wanted to call you.” No, don't get emotional. Call her up and say, “Hey, you know what, I was just thinking about you and I want to make sure you're doing okay, Hey, you know what I saw on the TV the other night. Do you remember the...” So you immediately connected to something. Have something positive to tell her about.

Then finish it up, “Hey, you know what, it was great catching up with you. I missed your voice, but I got to get going. Talk soon, okay?” It's pretty easy. It's pretty straightforward. It's a nice way to end it, “I missed your voice, but I got to get going.” You didn't say missed her, but you missed her voice. It's a little lighter.

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Now, what you're going to do is you're going to let her sit on that for a couple of days. Make a follow-up call. Wait a few days, maybe a week. We are waiting for the tension to build here, and then what you want to do is ask her to go to coffee, something short and light, very non-obligatory. It could be coffee, it could be anything. It doesn't take a lot of time. Maybe you meet up on a lunch hour. If you both work in the same part of the city, you would meet up on lunch, grab a quick bite or something.

Now, if she balks or if she kind of like hesitates, "Oh, gee, I don't know. You know, I don't know if I can do that," this is what you say, "Hey, it's only coffee." Or, "Hey, it's only lunch. This would be just great to catch up. No big deal." That's what you want to do, make it very light. If she says, "No, alright?" just say, "Hey, that's cool. No big deal. I just thought it would be nice to catch up a little bit." Leave it there.

Do not get hurtful and right from there just change the subject to something else. Do not beg. Do not plead. Do not argue. Do not lose control. You're going to be pushed. Your emotional buttons will be pushed by her reaction because you're going to hope that she reacts the way you want her to and when she doesn't or if she doesn't, it will throw you for a loop. Be very careful there. What we are trying to do is we are trying to open up doors of communication again so we can start to reenter her life a little bit.

You want to maintain a vibe of platonic friendship. You want her thinking that you're fine without her. Well, you should be fine without her, but you get what I'm saying. You want her thinking that and you wanted to get her thrown basically and go, "Oh my God, I can't believe he's doing fine. He's not unhappy. Why did he sound happy?" She's going to be running these things over in her head.

Initially, it will make her mad, but then what will come is the jealousy and desire part of it where she's going to be like, "Oh my God, I can't believe

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that girl probably, or some other girl has probably have taken over for me and pulling his trash cans off from the street. He's probably hanging out with new girls, and man, why did I break up?" She'll start to second guess and doubt herself, and that's what you need. You need a little bit of that doubt to make her open up the possibility in her head that you too can get back together. That's all it takes. That's all it takes to get her back.

So now, you're back to the first re-date. You would keep doing that until you get some kind of interaction or reaction from her that says, "Yeah, I'd be interested in trying that again." The first re-date, this is going to be like your very first date all over again, back when you first met her. You want to try and build attraction. You want to have things be as fun as possible, very low obligation. Remember, what it was like when you first met her, you tried to keep things fun, not too heavy. You want to reconnect her rapport, the rapport you guys had, you want to leverage that.

Don't go near the landlines. Don't go near the things that you knew were problem things like maybe it's politics, or whatever it was that triggered those conflicts of interest and discussions, don't go near them.

Do not ask about other men. I'm really at a loss as to how to say that in another way. Don't do it. Do not ask about other men. Do not ask her if she's dating other guys. Don't do it no matter what.

Wear a cologne that she remembers and likes. This one could fall on to the dirty trick category, but you know what, it's a good one. This is a really good one. Wearing a cologne that she remembers and likes is going to trigger some very deep seated memories. Your olfactory, your sense of smell is connect to the part of your brain that is linked to your oldest memories.

That's why you can smell a scent and instantly pull back 10 or 15 or 20 years or more to some situations where you're like, "Oh my God, that

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reminds of the smell of the backyard of the house that I used to live in. It had that kind of weird plants now with fresh dirt. It's weird." It just totally draws you back. Wearing a cologne that you used to wear that reminds her of you will do that again and you want that.

Mention to her, and this is all while we are on this new re-date or whatever it is that you're at the coffee store or the coffee shop or you're at the lunch, or whatever the short meeting is, mention how you've reconnected with the purpose or passion in your life related to what she liked about you originally like maybe she really liked the fact that you used to teach guitar and whatever reason you've slowed down on giving lessons, and you can tell her, "You know what, I got back in touch with my playing again and I really found that I love to teach the kids.

So I've been increasing that. I've been going back and teaching more kids for the last few weeks." That's going to be a trigger that shows her, not that you've changed but that things have changed a little bit, that you're back on track.

Then thank her for putting you on this path. It's going to sound counterintuitive, but you're going to thank her basically for breaking up with you. "Thanks for putting me on the path of doing that because I don't know how it would have happened otherwise. It was so cool. I mean, it's weird. I'm finding myself grateful for a whole new different things." Do you see where this is going? Do you see what this does? It builds a positive moment as opposed to a whiny, pleading and begging momentum.

Keep in mind that she may want to and probably will try to rehash or talk about the breakup as a way to kind of get some catharsis, get some closure. That's good. It's good thing when she wants to rehash and talk about the breakup because unresolved feelings will come out and she will try and stir shit up. It's just obligatory. It's going to happen, but don't argue. Don't get pulled into it. Don't discuss. Just get her to vent. That's it, venting, and if she pushes and you keep telling her, you're



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going to say, “Look, I don’t want to go there.” This is all you have to say, “Hey, I don’t want to talk about the past. It’s the past. Let’s just have some fun. Come on.” That’s all you need to do. “I just want to just hang out and have some fun.”

If she keeps pushing you really hard, she’s really got some issues, and maybe you want to try, and this is a valid attempt, by the way, is to have a real throw-down argument with her, but do it in private and then turn it into what I call the “passion flip.”

You argue really loudly, no violence, of course, but really loudly though or whatever it is that you get emotionally involved in it and then you just grab her and you just kiss her. You don’t even wait. You don’t listen to anything, but you just kiss her and say, “God, I love that passion inside of you,” and then make-up sex, and believe it or not, that’s really all you need to do in some cases to get her back.

Continue the re-date process. That’s all you need to do, wash, rinse and repeat. Avoid those land mines. Focus on the fun. You’re going to need to reawaken the attraction and excitement side of the relationship because chances are it probably died a little bit. That’s what usually happens.

Break your old patterns. Avoid falling back into those traps. If you start doing the same old shit again, she’s going to break up with you again. So if you get lazy. Don’t come back to my program, just slap yourself from the face a couple of times and remind yourself that you’re being an idiot. Most of the things we do, we do to ourselves.

Don’t push for sex or plan on it with her. This is important too because with some women, they need to really emotionally recover a little bit before they are going to consider it. You have to let her recover a bit, and it’s even better if you are the one to kind of say, “No, no, no. Look, I know we could be passionate now and probably jump right in the bed, but I don’t want to do that now. I want this to be different this time.”

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She'll want to know where you two are or where you stand before you do it again. She's going to want to know, "Where do we stand on this?" If you can avoid that, please do. You don't want to put too much clarity behind it because the clarity kills the re-romance part of it.

If it doesn't work, keep up the new good habits. You went through all this trouble to try to win her back, why don't I keep the good habits so that the next chick is to benefit of them and you are in a better place. Let her go, continue to just leave her alone. Do not go back. Do not keep trying. Don't destroy your last shreds of self-dignity this way.

Avoid rebounds. Although sometimes it can be a help as long as you know what you're doing, the problem is that it hurts another person in the process. Just take a break from dating, one to two months typically from most relationships. If it's a long relationship like a five-year relationship, you could need a little bit more than that, you might need to double that.

Do what I call "dating light." Just hang out with chicks, be cool and don't make a big deal out of anything. Learn from the mistakes. God knows you went through enough to get to this point. Why not learn a little bit from it and make the rest of your life better. It's amazing how little people learn from the mistakes they make in their lives.

Let yourself feel the breakup without acting on it. You can feel the breakup, feel the pain of it without having to act or do something about it. This is the problem with a lot of guys, when we feel an emotion, we feel like we needed to do something to get rid of that emotion. We are doers.

Initiate selective memory. I feel like we are doing Star Trek here. "Computer, initiate selective memory." And actually you can think of it this way, remember only the things that drove you nuts or pushed you away from her. This is one of the best ways to get over a woman that

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you can't have is just remember all the things that drove you crazy about her. Just be glad you're not in that anymore. There are other negative conditioning habits you can use, but this one by far is really good. Write them down on paper and then review them every morning, and I guarantee you in about a week, you're going to feel a world better.

There you go, there is the third step in the system in acting and how you do it. I'm going to cover some of the fatal attraction mistakes, the killers, and this is what I call again the anti-girlfriend magnets, the ones that basically drive women off, the girlfriend repellent if you will. Reverting to old behaviors. It's definitely a killer there, wouldn't you say? Don't do the old shit that used to get you in there, that you get into that problem.

Recognize your contribution to the problem, what you did to make that situation happen. Take responsibility for having to fix it for both of you. That's the man's job. It doesn't mean that she doesn't have to do anything. She has to work too, but you may have to be the wise man that makes it work, that does it, that sets things up so that they work. You orchestrate things.

You set it up so that maybe you don't spend as much time with her now that you're back together and you tell her, "Look, honey, I'm not going to repeat the old mistakes. I'm going to make sure you don't either. We are going to take a couple of weekends to do our own thing. We will make this kind of light for the start." You have to have the guts and balls to do that, my friend, because you can't guarantee that she will, and she shouldn't.

Watch for the dynamics that you fall into with her. Relationships are dynamics. Women and men when they get together create these little things, these little fields if you will of energy, and the longer we with somebody, the quicker they happen. Watch out for those and recognize them so that you don't trip them up and start them up again.

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Another mistake is falling into negative emotions that you act upon. During the process of trying to get back with her, you might be doing things like feeling jealousy. You might feel a little bit controlling, or you might fall into insecurity or approval seeking behavior or clinginess. Don't fall into the negative emotions. As much as possible, you are going to have to control those. If you are going to do that, use that Sedona Method.

Another big mistake is being way too aggressive to win her back. Don't be so aggressive. If you lose your self-respect and dignity in the process, you're going to be in trouble. It's just never going to work out for you. You can't. Don't do that. Don't be so aggressive. There is no woman alive ever that is worth sacrificing everything for. I don't care what song there that you've been listening to, there is no woman alive that is worth sacrificing everything for.

Again, you've got to beware of the song lyrics and irrational romantic myths. This is a great time for guys to decide if they want to pull up the old Love Stinks from J Geils or all these negative little songs about love and how this make you feel better. Don't go there. It doesn't work. It's not as much as you might think. You might think it's cool, but it only turns you bitter.

Another big mistake is lying to yourself. Telling yourself things like, "Oh God, I'll die without her." Or, "She's completely unique. I'll never find another woman like her." If you are using these absolutes, do you hear the absolutes in what I'm saying? "She completed me," a little Jerry McGuire, isn't there? "I can't be happy without her. It will all be different the next time." Don't lie to yourself or at least don't delude yourself so much that you can't see the truth through it all. Lying to yourself is probably the worst offense because if you aren't going to be truthful for you, who will?

So watch out for those fatal attraction killers, those girlfriend repellent things we do as guys, and there you go. That's the sum of it. That's the



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sum of the Get Her Back System. I gave you all three steps of it, exactly how to do it, what to do, and when to do it, it's up to you to do it and do it right.

So take your time, go through the process slowly and effectively, and remember, if you're not dating other women, you're only setting yourself up for more pain later on.

Keep your head on straight, stay balanced, and you will get her back.



# SUCCESS ROADMAP

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Fast & Easy Strategies to Attract Beautiful Women  
And Build Confidence - With the REAL You...

## Confidence With Women Path...



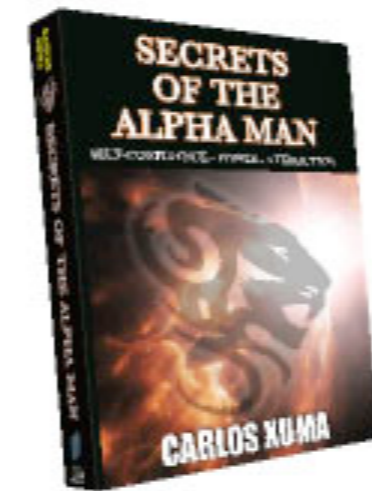
Supreme Self Confidence With Women

Your Next Step...



The Dating Black Book

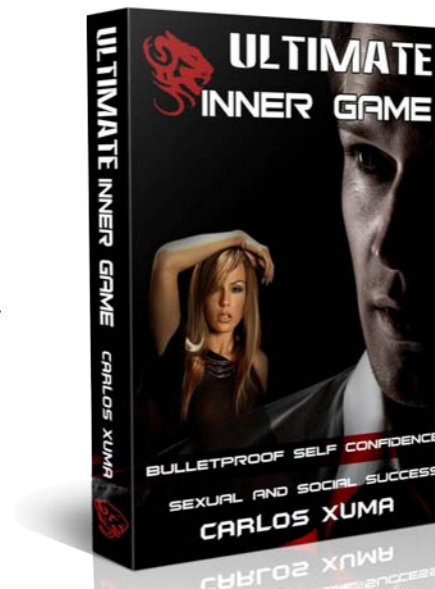
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Secrets Of The Alpha Man



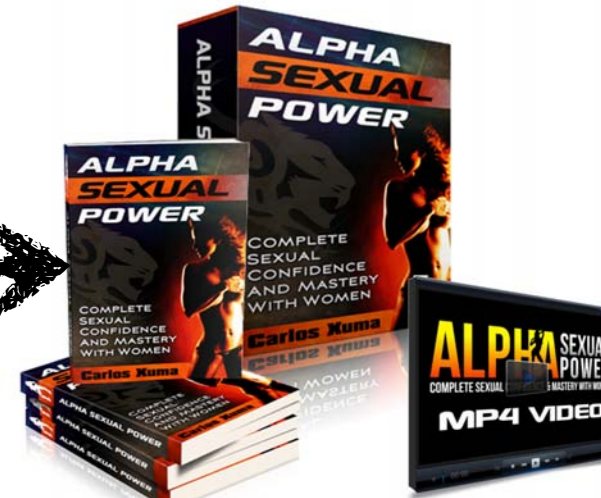
Alpha Immersion



Ultimate Inner Game



Alpha Masculinity



Alpha Sexual Power

## Meet And Attract Women Path...



How To Approach And Flirt With Women

Your Next Step...



How To Talk To Women

Then...



The Seduction Method



Approach Women - NOW!



Approach Women 2 Real Alpha Daygame



Alpha Man Conversation & Persuasion



Girlfriend Training Program

## Become An Alpha Man Path...



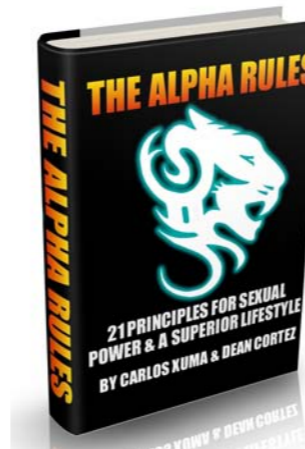
Badass Body Language

Your Next Step...

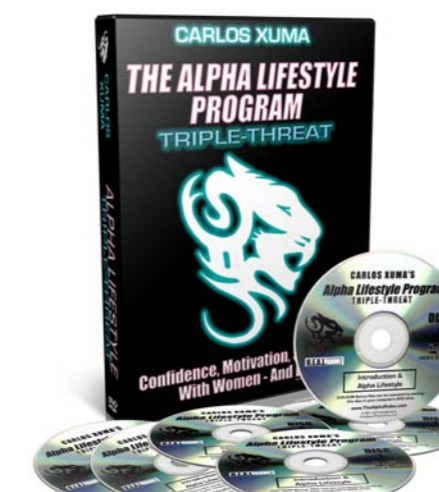


The Bad Boy Formula

Then...



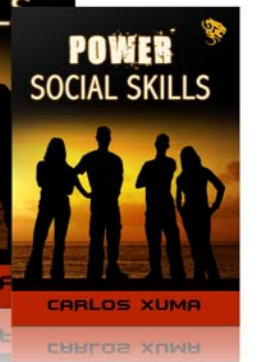
The Alpha Rules



Alpha Lifestyle: Triple Threat



Power Social Skills



**STARTING**

**INTERMEDIATE**

**ADVANCED**

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RATED	<b>ALPHA</b>
<b>A</b>	Required for R.E.A.L. Men

