

Beyond Seduction

INNER TO OUTER GAME

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INTRO AND WELCOME

Meet Carlos

● **Who I Am...**

- Teaching about Alpha Man & Alpha Lifestyle since 2002 (Studying Art of Attraction since 1995)
- Martial arts instructor
- **Inner Game** - My forte
- Difficult childhood - chose to get over issues through self-work
- Society has a stigma about men using techniques

Disclaimer

Studying the art of attraction since 1995

Society has a stigma about men doing anything to get women. Implies "RAPE"! Manipulation! PERVERSION!

But it's fine for women to share information on how to get men.

Meet Carlos

- Not “Dating For Retards”
- Not “Theoretical techniques”
- I want to give you genuine techniques and methods for you to use to **feel confident, and get results**
- PERIOD

Get The Most From This...

- How to get the most out of this program...
- Hear with fresh ears (let go of jading)
- Alignment of your energy (synchronize lifestyle)
 - Vectors of force - (the moving walkway)

FAST START

- The principle of **Lifestyle**
 - Whatever you do regularly becomes your identity
 - Compounding effect of inner game/outer game/
lifestyle elements
 - Triple threat: **outer/inner game/motivation**

All things are connected in a symbiotic loop:
Inner game to outer game and back in again

Resistance/Change

- Resistance is natural, becomes fear
- Story of rollercoaster
- Change happens whether you want it or not
- Most change is for the worse, not directed



Symbiotic loop



Inner vs. Outer Game

- **Inner Game** - Everything in your head
- **Outer Game** - Everything externally demonstrated
- In our context, Inner Game = the thought processes that either enable or disable you from taking the actions you want to take with women

Inner vs. Outer Game

- It's all one big cycle
- You can't treat just one or the other - it's all connected
- Upward and downward spirals

What happens if your technique (outer game) falls flat?
What happens if your mood and attitude is positive?

ASSUMPTIONS

- Two kinds of people in the world:
 - Those who will take action to get what they want
 - Those who expect it to just “happen”
- Do what you can do right now (Next Step thinking)

OPTIONAL

INNER GAME

● **THINKING - The Critical Difference**

- The lazier you are about thinking, the harder your life will be.
- The more things will catch you unprepared.

Thinking is hard work. Maybe that's why so few people do it. Edison went even further: "There is no expedient to which a man will go to avoid the real labour of thinking," and Emerson, "What is the hardest task in the world? To think."

William James once wrote, "A great many people think they are thinking when they are merely rearranging their prejudices." Just because there's activity going on in our minds doesn't mean we're actually thinking.

Bob Proctor, in his book "You Were Born Rich", writes, that what passes for thinking for most people is really just the faculty of memory, playing old movies and rehashing past events.

The Big Fallacy Of Pickup

● **PICKUP MYTH**

- Because something **CAN** be done to salvage or fix a situation, you **COULD** have done it
- Every situation has a right way that could have led to a seduction - if only...

ROADBLOCKS

ROADBLOCKS

- What are yours?
 - Typical:
 - Approaching
 - Escalation
 - Overcoming LMR
 - Starting attraction
 - Getting a second date
 - Stopping flakes
 - Getting the number

Approach Anxiety

- **Approach Anxiety** = Inner Game issue created and magnified by outer game deficiency
- Fastest way through is to have **Universal Opener & Ripcord** (Endcap solutions) - Remove uncertainty

What is YOUR fear?

- Rejection?

Underneath that is the real fear - that you just DON'T KNOW what will happen

Sexual Escalation

- All sexual escalation is a risk - but one you must take
- You might see it as optional right now, but it isn't
- Breakage - You have to open a package to get at the goodies inside it. The same is true with women, you have to risk breakage

Sexual Framing

- Talking about sex
 - Inner game issue
 - Shame issue
 - Moral implications - “Bad”

Bottom line is that if you are harboring a belief in your head that conflicts with the natural desires you have at the same time, you will create anxiety, neurosis, and eventually a hypocrisy in your behavior that feels “wrong.”
THIS is congruency.

Sexual Framing

- **How do you do it?**
- Put it out - one step removed, not you & her unless it's joking or role-playing at first
- Energy vibing in conversation: Teasing, joking, banter
- Body Language: Eye contact, tonality, etc.

RELAXATION

- **How do you feel it?**
 - Confidence falls
 - Do a confidence fall into a relaxed and peaceful internal state

TECHNIQUE

- **Have “winks” for yourself...**
 - Winks are phrases that tell her that you have an internal joke about whatever situation you find yourself in
 - It’s like an inner wink and smile to yourself - that she does **NOT** have to be let in on

Example: Well, isn't that special...
That's so cute!
You say that a lot, don't you?

TECHNIQUE

- **Endless Self-Amusement...**

- You're always amused at the world around you
- Whatever you do, you do for YOUR enjoyment
- Not mocking or derision!

I've noticed that the best guys, the most confident guys with women all have this going on.
It's like a safe zone - a confidence fall zone.

Q&A

APPROACH

QUESTION

- What do YOU open with?

APPROACH

- **PARENTHESIS:**

- Approach & Close must be brain-dead simple
- You control them - remove the unknowns

Practice

- **Alpha Approach**

- It's all about first impressions
 - First 7 seconds: confidence
 - Energy!
 - Blink

- HOT SEAT

Attraction & Being Attractive

FIRST STEP: Reframe

- Reframe women and how you think of them
 - Women as cheaters - conspiracy
 - Women as “angels” and pure
 - Women and abuse
 - Women and sex
 - Women and scarcity (They’re everywhere)

There’s a good chance that you are operating from a twisted stance of male-shame

CAUTION: Don’t let this lead you into anger and bitterness!

Women lead a life of wanting sex but never being able to admit this to men or women

What is Attractive?

- **Value: Perceived value**
- Mating Strategy (instinctual) - can't control
- Happiness - long-term, enhance our self-image
 - LOVE is largely a chemically enhanced process
 - **Crack to Heroin**

Attraction & Being Attractive

- **Core Principles**

- **Fun** as a part of your Core Identity - CRACK
- Attraction is “falling” not being pushed (it’s the space we create for the person)

Attraction & Being Attractive

- Your Goal: Is to make her think that **she's more into you** than you are into her
- Play hard to get
- Be the one to cut things off and have emotional control to act from principle (Paula story)

What is NOT Fun?

- Energy vampires
- Contention, disagreement
- Negative attitude
- UN-motivated, lackadaisical

What is “FUN”?

- Everybody thinks they're “fun” - even when they're not...
- Fun is:
 - Not draining energy - giving it
 - Being different
 - Challenging expectations
 - Playful, childlike (not childish)

BREAK 'EM DOWN

- Social Work premise
- We are all carrying a shield up that keeps us from being too vulnerable (inner city kids)
- Gotta figure out how big & thick hers is
- Is she cool? Does she “get real”?

This is where you need social intelligence.

If you allow her to leverage her pretenses, the interaction is built on sand and WILL crumble.

BREAK 'EM DOWN

- 1. Do you really want to bother?
- 2. Use humor, never use anger or force
- 3. Tease gently
- 4. Call her on her self-delusions - be brave

This is where you need social intelligence

Never be reactive to how she responds

EXAMPLE: Girl on the phone that I could tell was too used to being in control.

HOMework

- Watch:
 - **Criminal Minds**
 - **Lie To Me**

OPTIONAL

Navy Seals

- **White** - Walking coma
- **Yellow** - Alert & Aware
- **Red** - Imminent danger
- **Black** - Wake up and there are body parts everywhere

FUN IS EASY

- Create a list of “FUN” locations to go
 - Interactivity (arcade, funky stores)
 - Carry crutches (Goddess deck, handwriting, palm)
 - Toys/Phone apps
 - Penny hockey, penny catching

FUN IS EASY

- Create a personality to use
 - Beavis & Butthead
 - The Snobby Brit
 - Redneck

Transparency

- Honesty (in the right way) works better
- Example: Woman in the dress
- Example: Running out of things to say

Attraction & Being Attractive

- HONEST self-assessment:
 - Are you a fun guy?
 - Or do you have that melancholy edge?
 - Don't change yourself

CONNECTION (Rapport)

- Connection/Rapport is Attraction - in a more deeply fulfilling way
- Empathic/compassionate (Not sympathetic)
- Just **LISTEN!**
 - Simple: Repeat back something

Pickup techniques get in the way of genuine listening

Listening is usually “waiting for their turn to talk”

We are SO starved for people who listen to us that repeating it back never seems like a “technique”

CURE FOR A.A.

- **Approach Anxiety**
 - 1. Have a brain-dead universal opener
 - 2. Have a rip-cord - “Eject button”
 - 3. Expand the space between the two gradually

Epiphany

- Failing to do **SOMETHING** with a woman when you know you *should* do it is almost always worse than doing something and making a mistake.

INNER GAME

Question...

- How Do YOU Work On Your Inner Game?

Thought Experiments

- Everything came down to “thought experiments” I would run in my head, like little programs
- Inner game is really easy - when you know what to do
- The secret is to make it OUTER game after you come to a realization

Primary Components

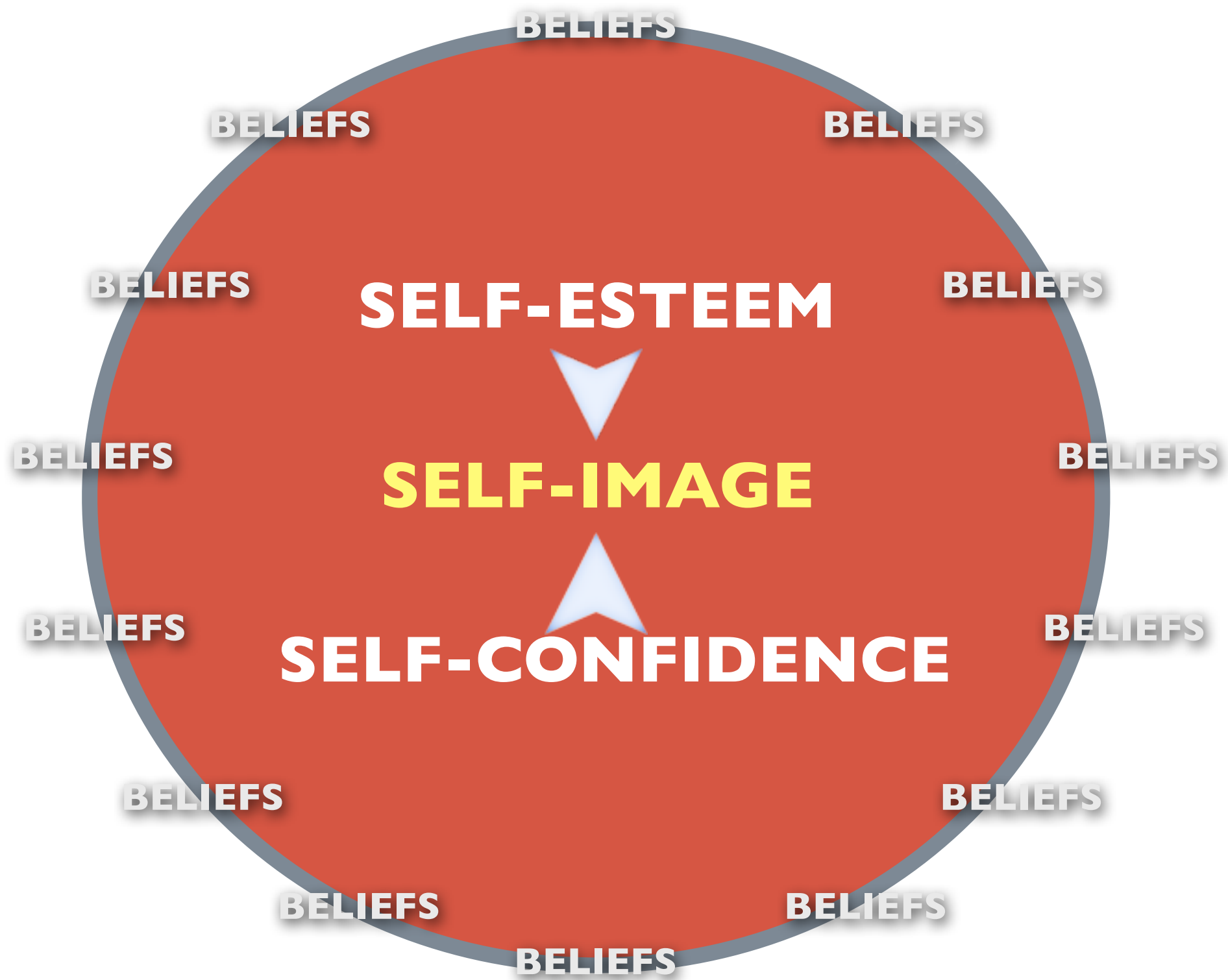
- Self-Confidence
- Sense of Humor - (Flexible attitude)
- Self-Control
- Stimulus - **Pause** - Response

Sense of humor = primal signal of intelligence, advanced pattern recognition
Emotional self control is the most powerful.

Emotional Control/Management

- 90+% of inner game is simply controlling emotions
- Triune brain
- “Oh, shit” process
 - Panic and anxiety management
 - Handle stress hijacks

ALPHA IDENTITY MODEL™



Self-Esteem = Do I like myself?

Self-Confidence = Do I think I can do it? Is this within my capability

Self-Image = Is this ME? Is this my identity?

TECHNIQUE: Sedona Method

● **The Art Of Letting Shit Go**

- Let bad stuff go faster
- Let good stuff go, too
- “Can I let this go? Why not? How soon?”

A real big part of healthy inner game is just your ability to LET IT GO
The faster you ask yourself that question, the better you get at actually doing it.

“There is no spoon...”

- Most guys focus a lot of attention on inner game, as if it were tangible...
- **Inner Game is a cycle, not a state**
- We create **feedback loops** with other people
- Your inner game ***depends*** on your outer game - and vice-versa (*feedback loops*)

TECHNIQUE

- You show me the hottest woman in the world, and I'll show you a guy who's tired of fucking her.
- True? Then do yourself a favor. Start getting picky!
- **DISCHARGE METHOD** - When you meet a woman and things start to move forward, reality check yourself down.
- Pro-con list

I would write down all the traits that could be issues later.
Run her against your qualifications list.

The Three Questions

- What do I **focus** on?
- What does it **mean** to me?
- What am I going to **do** about it?

These three questions define your reality and your success in life.
Most people have programmed all three of these into autopilot.
Ask for someone to give their 3 answers to this question in approach.
EXAMPLE: Me and the cop that frisked me

OPTIONAL

EPIPHANY

- All happiness in life is natural
- You are naturally happy
- What happens is that you think yourself out of your happiness
- The secret to happiness is **LETTING SHIT GO**

INNER GAME

- **Basics of Emotional Self-Control**

- Moods / Emotions / Thoughts
- Thoughts create emotions
- Moods set the stage

INNER GAME

● **MOODS - The X-Factor**

- Moods can't be controlled (weather)
- Emotions **CAN** be controlled - if not managed
- What you're focusing on creates your emotions

You can re-create emotional states at will. The problem is that most people never take the controls. We are so immersed in our thoughts that we don't consider that we can manage them. I'm going to give you strategies for this.

EPIPHANY

- **NEGATIVITY = Subconscious Gangrene**
 - You **MUST** overcome any natural negativity you hold inside
 - See the pain of a life lived under the yoke of pessimism and cynicism



Symbiotic loop

Inner vs. Outer Game



- Together you have: **NATURAL GAME**
- Attract women you desire with the REAL you...

Winning Both Games



- Winning Inner game is about:
 - Knowing what to do - SKILLS
 - Having the motivation (energy) to do it

Motivation is about overcoming internal blocks you have, as well as courage.
What's the difference between the guy who does what he needs to, and the one that doesn't if they are both feeling fear?
One of them has the courage to act in SPITE of fear.

CHOICE

- **ALL INNER GAME...**

- Comes down to conscious choice
- And commitment to that choice
- Instead of letting life lead you around

Foundation

- **The Martial Arts Connection...**
 - Solid foundation - punches or confidence
 - Pickup & Self-defense = Handling “energy”

Inner Game Roadblocks

- Male Pattern Anger
- Victimhood
- Scarcity Mindset - Abundance (poverty thinking)
- “Get” Mentality
- Nice Guy-itis

Nice Guy vs. Bad Boy

- Most nice guys are simply trying to avoid risk
- Trying to not be the rude guy, the jerk who can't take a hint, the player that just wants sex...
- Stop neutering yourself by catering to HER image

Scarcity/Abundance

- You're programmed into scarcity thinking
- Abundance resolves itself - no strategy needed
- **Abundance** = relaxed, **Scarcity** = anxious

Don't Fight Yourself

- Why you can't get traction...
- Stop TRYING to change
- Aikido - Work with energy, never against it
- Quantum leap/Close the door/Next Chapter

Close the door on old habits and bad patterns.

“That was the old me...”

“That was the other fella...”

“That was version 1.0”

Chapter concept

EPIPHANY

- WHY PEOPLE DON'T CHANGE - Even though they want the pleasure, there's risk in acting.
- So there's a form of pleasure (comfort) in **not** acting. There's possible pain in *doing something*.
- You must REVERSE this perception
- Learn how to imagine yourself into alternative pain

This is like the Fear of feeling fear.

Exercise: Imagine the worst situation imaginable with women = not approaching, walking away and kicking yourself for days after (Faith story about how I should have fucked the shit out of her.)

OPTIONAL

Anxious - Aloof

- **Anxious:** eager, too “there”
- **Aloof:** hard to connect with
- Which is more attractive?
- The person that loves the least controls the relationship

RELATIONSHIP TO PAIN

- **HUGE part of your Inner Game**
- How do you manage your pain?
 - Sit in the “hot tub,” see future & past...?
 - Or rush to smother or distract yourself?

LEVERAGE PAIN

- Imagine future pain + Imagine past pains
- Add in the promise of pleasure
- = Full motivational picture

QUALIFICATION

Epiphany

- Find out about her relationship with her mother (and father)

Qualification

- Qualification is just as much for your inner game as it is to get results with women
- Puts you in control and empowered
- The “take her because she’s bang-able” attitude is what gets most guys into trouble
- Don’t try to fake this! (Can you walk away?)

She can sense when you’re too easy and willing
DISCRETION AND PICKINESS!

Turn down a bunch of women – it’s the best thing for your self-esteem

QUALIFICATION Mindset

- Tiger's Mouth Principle
- *Inner Laws of Carlos:*
 - Never disrespect or mistreat me
 - Never lie or mislead me
- **IMPORTANT:** Say it with attitude, not words

Conversation Skills

talktowomentips.com

AIDA

- Attention
- Interest (Curiosity)
- Desire (Emotions)
- Action

Attention is your approach
Conversation is all about inspiring **interest and desire**
Remind them about controlling the parenthesis

Inner or Outer?

- Is conversation with women an inner or outer game problem?
- If you were talking to your buddy, would you have a problem with conversation?
- The gender differences might be outer, but that's it

Elements of Conversation

- **Fun**
- Banter
- Teasing
- Sexual innuendo
- Touch/Kino
- Storytelling
- Power Questions
- Humor

Conversational Flow

- Starts out with a fun pattern interrupt to get attention (opener)
- Start out fun by using humor and **LIGHTHEARTED**
- As you progress into the conversation, you try to find anchors of common interest and emotional connection
- Alternating with teasing, banter, energy elements

Most guys shoot themselves in the foot by starting out too serious – or inappropriately funny.

PASSION & ENERGY

- This is the missing ingredient in most guy's conversations
- Laughter should be your barometer of her interest
- Banter/teasing is your energizer

LAW: Conversations only need to be as long as YOU want them to be
YOUR CONTROL!

Testing - How to WIN

- WHY?
- Women genuinely ENJOY denying you what you want...
- She determines who you are by how you react to her testing and denial (Sonar Pings)

Testing - How to WIN

- Non-reactive
 - Do you get sad when she does? Can you enjoy yourself?
- Stand in silence?
- Can you say “NO” to a woman?
- Can you turn down sex?

Tease Reflex

- The nice guy aversion to conflict and tension in conversations and interactions
- Symptoms of backing down from teasing / giving her a hard time
- Related to “Male Panic Syndrome”
- Faced with techniques, most guys chicken out

Attractive Conversation

- Attractive conversation never goes where a woman expects it to
- Divert, take tangents,
- CURLING example
- Simplified TOOLS for conversation are OKAY -
MEMORIZATION IS NOT!

Whenever you think ahead, or go into recall, it's getting up in your head and it's BAD. Too much info, you go into your head, you stop being present, anxiety increases, forget, and become even MORE anxious.

Attractive Conversation

- When a woman mentions an emotion, that's your signal to DIG deeper
- Women are going to be engaged about 1000% more by **drama conversation**
- **Fallback Plan:** Have a card in wallet, note on phone with the top topics that work

Food
Music
HER hobbies
Pop Culture
Music
POWER QUESTIONS

Storytelling In 30 Seconds

- Emotional Content
- Demonstrates something cool about you
- Some kind of payoff/Epiphany/lesson learned

Attractive Conversation

- **RULE:** Genuine Curiosity creates NEVER ENDING conversation
- If you really want to know her, you can always find out more
- When was the last time someone was GENUINELY interested in YOU?

Get Her Interested In YOU

- Humor and joking (don't have to be a comedian)
- Storytelling - relating your uniqueness
- Arcane talents (magic, palm reading, handwriting, cold reading astrology, the Cube, etc.)

Watch a lot of stand-up, steal their jokes

EXERCISE:

- What do you know/What can you do? Talents/Skills
- Who do you know? Cool people you're associated with - CONNECTORS
- Where have you been? Travel
- What are your 3 top cool stories?

POWER QUESTIONS

- Questions that evoke a visceral emotional involvement
- Book of Questions
- Stock up on them
- **PLAY** with the variables! “What-if” her.

Where would you live if you could live anywhere?
Who has had the most impact on your life?
How did you get into what you do?
Would you get a tattoo to save a person's life?

POWER QUESTIONS

- **EXTREMELY** effective for connection - **AND** qualifying her
- Challenge her on areas that she tries to avoid
- See how hard she thinks about it

NOTE: Women who give you lame, glib, thoughtless answers are going to bore the fuck out of you.

UNCOMFORTABLE SILENCE

- “Did you hear that? That was our first uncomfortable silence! And we survived it. You didn’t freak out. High 5!”
- “Oh my god... we’re about to have an uncomfortable silence... you know what happens then, right? The world ends. Quick tell me something weird about your family..”

The Finish

- Always end on a high note
- The turn-away close
- Leave a cliffhanger (reason why)

HOMEWORK

- Go out and just spend the night focused purely on the conversation - no getting phone numbers
- Go for quantity and quality (one will affect the other)

HOMework

- Create your own reference card
- Create your own power questions - memorize them, put them on the card

Conversation Skills

THE EXERCISES

EXERCISE:

● **TEN COUNT:**

- Say random numbers from 1 to 10
- Other person tries to say them at the same time you do
- Be regular and relaxed
- How this works with women as a game

EXERCISE:

- **Keyword Bridging:**

- Find something they say to ask another question about, until you find something that you can latch onto
- One person is the chick, the other the dude
- First Keyword: Italian food

EXERCISE:

- **Random association:**

- Start with a keyword, and now go off onto a tangent related to that keyword, but not directly
- Take it sexual!

EXERCISE:

- **Cliff 'Em!** - Start a conversation about a common interest
- Find a way to break it off and leave them hanging

This is the open thread technique

POWER QUESTIONS

- **EXERCISE:** Create one now - Examples:
 - Where would you live if you could live anywhere?
 - Who has had the most impact on your life?
 - How did you get into what you do?
 - Would you get a tattoo to save a person's life?

EXERCISE:

- **ZERO IN** - Start with a general statement about something you did recently
- The other person is the guy and his job is to get detail on it and get to an **emotion** about it...
- ... without seeming like an interviewer

COMMON MISTAKES

FLAKING

- Why do women flake?
 - Not enough interest
 - Better option came along
 - Perceived a chance of RISK - triggered fear

Remember that for women – relationships are a double-edged sword. Want them, but each one means the possibility of pain. Like the last one.
You have to demonstrate that there is more potential GAIN than PAIN.

FLAKING

- Flaking is usually created by what you already messed up - you're in the damage path
- Always give her **WIIFM**
- Re-sell energy - remind her of how fun you are
- Remember the principle of MOTIVATION: If you want it enough, you will pursue it.

Escalation/Sexual Anxiety

- All anxiety is created by uncertainty
 - Uncertainty of results
 - Uncertainty of competency
- Future incompetence projects backwards

Escalation/Sexual Anxiety

- ALL anxiety is created from the UNKNOWN
- The more you remove the unknowns, the less anxiety you feel

This is why I advocate learning SIMPLE routines that help you. But only ONE of each.

Routines are just a crutch to get you past your panic.

Escalation/Sexual Anxiety

- The irony of social embarrassment is that the more you try to protect yourself from risk, the less attractive you are.
- Are you playing with “scared money”?

Escalation/Sexual Anxiety

- Approach anxiety
- Escalation anxiety
 - “Moving forward”
 - i.e., kiss, physical intimacy, sex

Escalation/Sexual Anxiety

- Escalation anxiety
 - The fear that you will be rejected and ruin everything you've worked towards so far
- SUNK COST
- If you don't move forward, she won't see you as a man

Escalation/Sexual Anxiety

- Live off the grid: Reduce your dependence on outside power
- **The Catch 22:** Need a woman, need scares her off, your need grows...

Escalation/Sexual Anxiety

- Sexual anxiety:
 - Don't know what to do to please her
 - **Catch-22 - again:** Need Sexual experience to get sexual experience(?)
 - Get your physical needs met

Escalation/Sexual Anxiety

- Free up emotional and personality constipation
- Ex-lax your brain
- “Never be nervous again!” = BAD

- Don't set your goal to be "never nervous with women" - you're factory programmed to be. It's a healthy excitement.

- Think about it a different way - how many opportunities do you get to feel thrilled in this life? We have no great threats and very few guys want to risk life and limb regularly. This is a no-harm free thrill.

Not Getting Dates

- First off, what are “dates”? What are they for?
- Turning interactions into dates requires re-selling
- Don't use “dates” as a way to duck responsibility for building more interest and excitement
- Stack your efforts - waterfall method

Not Getting Dates

- Inner Game of not getting what you want - wears you down.
- Sometimes you just need to get dates with ANY woman (“That’s not what I want!”) Who says what you want is what you need...?
- Date some catch-and-release

Body Language

- The POINT of body language is to get OUT of your head, not further in
- Two parts: Demonstrating & Reading
- Four parts: Body motion, voice tonality, eye contact, image

Body Language

- Body language is a cycle - Creating confident body language can create confidence
- Never communicate that you're bored, nervous, or needy

Body Language

- DON'TS:
 - Beware the Manson lamps
 - Sleepy eyes, not wide-eye
 - Fast movements like a bird (CONT)

Body Language

- DON'TS:
 - Touch for too long, stay in her space too long
 - Smile too long
 - Let your nervous tic run away from you

Body Language

- Breathe deep
- Hum in your chest to build resonance (voice lessons)
- Dog exercise - Tell a story to your dog

Body Language

● **5 Point Fix**

- Wire - straighten the posture
- Chest out, shoulders back
- Stomach-to-back breathing
- Move through water - fluid
- Head up, smile on

IMAGE

- Image is important because...YOU CHOSE IT
- Simple fashion makeover - go to a nice store in the mall and get a female clerk to help you choose something
- Get a female friend to shop with you for a day

IMAGE

- Image is:
 - Clothes
 - Grooming
 - Aroma (and control)
 - Hygiene

Reading Body Language

- Big Mistake - Reading women's body language
 - Puts you in a reactive state
 - Gets you up in your own head
 - Most body language signals cannot be read individually

Dates & Logistics

- What to do on dates - Structure, what to do
- Getting her back to your place for sex

Dates & Logistics

- Don't meet up 40 minutes from where you want to end up...
- Know what her situation is in advance - Roommate?
- Always be prepared for sex - condom, blankets, water, mints

Dates & Logistics

- LMR - Women don't resist going to bed with you if:
 - A) You set it up correctly from the start
 - B) They're emotionally and sexually healthy

Alpha Lifestyle

Alpha Lifestyle Elements

- **SIMPLE: Mind - Body - Spirit**

- Physical health
- Financial
- Hobby/Recreation
- Family/Social
- Sexual/Romantic
- Personal Growth
- Career/Work
- *Environment*

Environment is your stuff. Your house, your car, where you work, what you own.

PUA Learning Path

- Discover/disbelief
- Learn openers and materials
- Some success
- **Epiphany - Inner Game is the weakness**

Alpha Lifestyle

- **Important because it's your IDENTITY**
- Lifestyle is a self-perpetuating machine
 - Can be difficult to escape as well as create

Peer Influence

- Take ten of your friends, average their income...
- Don't change peer groups - Enhance - add on a new one in another level of thinking.
- You'll find the others start to lose their luster on their own

IDENTITY

- Who are you?
- Where does identity originate?
- Being a PUA is a lot of work
- Are you who you are, or what you do?
- Are you your beliefs? What you think?

**You are what you think about all
day long...**

OPTIONAL

INCEPTION

The concept of implanting an idea that you want to come true

MASCULINITY

- Manhood was very different just 50 years ago
 - Rite of passage
 - Pushed into stricter roles of manhood
 - “Learn the simple before you get complex”

IDENTITY

- **Masculinity is your CORE identity**

- Self-image is your belief about what you can do - and can't do
- Self-esteem is how much you like yourself
- Self-confidence is your willingness to summon courage

Masculinity

- Secret Signals of Alpha Masculinity:
 - Ambition
 - Confidence
 - Patience
 - Flexibility/Easygoing/Non-Judgmental (MORE...)

Masculinity

- Secret Signals of Alpha Masculinity:
 - Leadership/Initiative
 - Cool - unflappable, emotionally controlled
 - Constructive risk-taker
 - Silly/Playful/Sense of Humor

GIVE vs. GET

- Most guys are in a GET mentality
 - Example: Guys who write in to me while blinded with personal pain
 - Women sense your willingness to give, and your **CHARGE**

Alpha Prime Performance

- **The Crucible**

- Trial by fire brings out your best
- Example: Guitar playing
- The power of external expectations

Practice (Exercises)

- Energy Release - Letting the personality out
- Imitations - the goofier the better
- Prank phone calls

Practice

- Is your battery charged?
- How much do you give to women?
 - Appreciation
 - Attention

Practice

- **What is your plan?**
 - What do you do now when you approach?
 - Write down a simple plan of approaching everyone

Practice

- **The Reveal:**

- Reveal one thing that is personal to you
 - But safe...

Practice

- **End of the Movie - SAFETY**
 - Pretend you already saw this movie
 - Jump to the end - everything turns out all right

Practice

- **Body Language**

- Fast 5 point fix:

- Back

- Head/Eyes

- Slow

- Breathe

- Smile

HOMework

- **Intolerables**

- Qualification list
- What would immediately push the eject button?
- You don't have to TELL her..

HOMework

- **Resume**

- Your Cool Qualities list
- Your Hero list
- Your Goal list

HOMEWORK

● **RECHARGE ROUTINE**

- Get Your Energy Back!
 - Hobbies
 - Exercise/Diet
 - Intro/Extro
 - Self-development plan

MISC

- Purposeful mistake opener - Make a mistake deliberately at the start to:
 - 1) get past your fear of mistakes by creating one
 - 2) indirect opener

Bad Boy-ness

- Selfish Concern
 - Balanced with a healthy level of compassion

TESTING - How To Win Every Time

- Non reactive to her state: Do you get sad when she does? Can you enjoy yourself with a woman if she's in a bad mood and it has nothing to do with you?
- Can you stand in silence while a woman makes demands of you?
- Can you say NO to a woman?
- Can you turn down sex?

Bad Boy-ness

● **Core Attitudes:**

- Fiercely protective of his own time and emotional state
- Initiator
- Independent - thought and action
- Confidence - to the point of being stubborn
- Masculinity

- Non reactive to her state: Do you get sad when she does? Can you enjoy yourself with a woman if she's in a bad mood and it has nothing to do with you?
- Can you stand in silence while a woman makes demands of you?
- Can you say NO to a woman?
- Can you turn down sex?

Bad Boy-ness

● **Tiger's Mouth Principle**

- Take no shit, only give it
- Run your life

TESTING - How To Win Every Time

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OPTIONAL

EGO

- Ego is your thinking about who you are
- Let go of “You”
- iPhone Story
- It feels unique, but it’s not - the dilemma of “you are special...”

EPIPHANY

- People become unknowingly trapped in the insecurity generated from having to prove themselves to others by maintaining EGO - the idea of who they think they are.
- Around women - we get keenly ego-aware and ego-addicted

OPTIONAL

You're not so special...

- Children's self-esteem booster
- We're not special or terribly unique
- It's what we DO for others that makes us special in their eyes
- You're special to HER when you make her feel good

OPTIONAL

Release The Tension

- Sexual tension (frustration at not getting what you want) will lead you into sometimes counter-productive behavior
- Learn how to constructively release tension

Massages, contact sports
Channeling energy

Natural Game/Natural Attraction

- Directly connected to Masculinity
- Just be yourself myth
- It's not that YOU is not attractive, it's letting you out beyond the "safe" presentation
- Consistency-pervasiveness-LIFESTYLE

OPTIONAL

Existence is Better

- Procrastination is resistance
- Do it and learn ...
- Instead of not doing it waiting for the perfect situation

Existence is Better

- Patton: “A good plan now is better than a perfect plan later...”
- Act on impulse, let her catch up to you
- The “Hi” exercise

Just say hello...

The secret of rapid improvement approaching is to stop letting ANYTHING get in the way of approaching.

Crash course in brain surgery.

When you're put in a sink-or-swim situation, you will swim.

Confidence

- Why most salesmen suck...
 - They don't really believe in their products
 - Only looking for a quick buck (*fuck?*)
- It's all sales...

Alpha Confidence Eroders

- Looks
- Money
- Car
- Rejection (CONT)

Alpha Confidence Eroders

- Amog
- Sexual performance issue
- Age
- Faulty goal setting
- MOODS

Natural Game/Natural Attraction

- You are what you think about all day long
- Pickup is not an event
- Split brain syndrome- Approaching only the hot
- Approach and flirt ALL the time

CARLOS XUMA SECTION

BEYOND SEDUCTION: A Simple Plan

EPIPHANIES

- **What are your realizations?**

INNER GAME TRAPS

- **Awareness Trap** - Knowing *too* much, looking for or inventing meaning...
- **New Age Trap** - Ignoring Human Nature...
- **Self-Help Trap** - The more you see, the worse you feel about yourself...
- **Information Addiction** - As a cure for risk...

Pick someone to ask “Why are you here?”

“Couldn’t you have done this at home?” “There’s a ton of CD programs and ebooks out there?”

“What are you not doing in your life that you know damn well you need to?”

S.N.A.G.

Education gives you the illusion of improving your inner game.

MOODS - Emotional Mgmt.

- **Good mood** - everything is great
- **Bad mood** - the same stuff seems apocalyptic
- Inner game success secret - ride out low moods
- YOU choose which thoughts to react to

Oh Shit...

- **1. React**
- **2. Release**
- **3. Recenter & Refocus**
- **4. Re-engage**

- Five steps of panic and emotional management

- One excellent exercise I recommend is the "Oh s#!+ process." This is where you

1) Let yourself react - internally. You say to yourself "This is a disaster, I'm out of control, what the hell just happened, it's all over."

2) The release phase where you say "Oh, my god. This is a crazy situation, this stuff always happens to me."

3) The recenter phase where you say "Oh, jeez. Alright, I can get through this. But it's not going to be fun."

The Refocus stage where you say "Oh, well. I'm not going to let this ruin my life/my day/whatever, and here is what I need to do right now to get past it." and finally:

5) The re-engage phase where you say: "I'm ready to fix this/I'm ready to move on." The reason most people can't control their emotions is because your amygdala (a part of your brain) will actually shut off the rest of your brain during a stress hijack. When you put words to your emotions, your brain cools off VERY quickly and this allows you to deal with it in a rational way.

The key step is to IDENTIFY the emotion, because if you can't do that, the emotion OWNS you.

This is simply "talking yourself down" from when your emotions hijack you.

THOUGHT CONTROL

- Ultimately, all success & happiness in life comes from controlling and having a healthy relationship with your thoughts
- Meditation is the only real key

THOUGHT CONTROL

- **Three Strategies of Mind Control**

- Lower women in your mind
- Raise yourself in your mind
- Rehearse calmness

EMOTIONS

- **Emotions are the idiot lights on the dashboard of life**
- They tell you that something is going on
- Conflict - tension - some kind of reaction

EPIPHANY

- **All pain and suffering in your mind comes from:**
 - Reviewing past mistakes
 - Worrying about future concerns

Practice the let-go – rubber band snap, mental STOP, immediate distraction.

Your analytical mind is like a barking dog pleading for your attention.
It wants you to listen, to pay attention to it, and to ignore everything else.

TECHNIQUE

- **Mind Scenarios**

- Target
- Video game
- Hot Asian girl

TECHNIQUE

- **Mind Scenarios**

- Future comfort

- Have a situation you can look forward to that is comforting

- **EXAMPLE:** Enjoying a movie, video game

Rejection

- **Dealing with rejection**

- Why wouldn't she be interested?

- ?

- Has a boyfriend (large)
 - Not friendly (occasional)
 - In a hurry, no time (occasional)
 - Other issues, like fear of strangers, stuck up, social issues, lesbian (Occasional)
 - Not interested in you? (SMALL)

Flip Your Attitude

- Are you selling, or are they buying?
- Love to buy, hate to be sold...

HOT SEAT!

- Inner Game issue
 - Tell me what you think it is
 - Where does it manifest itself
 - What do YOU think you should do?
 - Why don't you do that?

Goal Setting

- Typical feeling about goals - UGH!
- Goals are a method of visualization
- Two parts:
 - Process of setting good goals
 - Motivation/Accountability to go after them

What you make concrete in your head - what you see clearly - your mind can grab onto
Most people try to keep life purposefully VAGUE. And that stops them from achieving and committing.
SPECIFICITY

The less accountability and determination you have, the more you need to break the goals down.

Alpha Power Supply

- **Primary Source: Your Character**
 - Don't say it, just do it...
 - Stop the deflections (“I wasn't ready!”)

Alpha Power Supply

- Finite amount of “bulldog energy”
 - Make yourself do it, or find a way to install the desire - INCEPTION
 - Use limited energy to build the habits you need
 - Recover, repeat

Goal Setting

- Men's mistake: Biting off more than they can chew. Jumping forward to competence too quickly.
- "Fast Forward Success."
- Set only goals you can control

Goal Setting

- Quick exercise:
- Set one goal for your PERFORMANCE after this seminar that is REALISTIC
- SMART - Specific, measurable, action-oriented, realistic, time-based

Tricks of the Trade

- **EGO WALL**
- **3 Simple Short Term Goals - These are CHOICES!**
- **List of qualifications for women**
- **Meditate daily**

Tricks of the Trade

- **Journal**
- **Get into Martial**

What to do next...

- **A lot of information**
 - Take a break, relax
 - Wednesday, come back to your notes. Pick out what stood out most. Act on that.
 - Chin-Na: Choose ONE thing you can seize and control

What to do next...

- Start an exercise program, including a self-defense program
- Set your goals for the next day. Do for 21 days.
- **Get an accountability partner (“wingman”)**

**Get More
Inner/Outer Game At:**

www.CarlosXuma.com