Seminar Workbook

Double Your Dating Live Seminar © 2003
Seminar Manual And Workbook

Double Your Dating LIVE!

...In Chicago
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With David DeAngelo
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Day1: The Inner Game
Attraction Isn't a Choice

- Definition
- Sexual Communication
- Sexual Communication Diagram

An Open Letter to a Frustrated Guy

“I think you're here because you have a problem, a pain, a frustration that you'd like to get handfed.

I think that the problem of not having success with women is like virus running on your mental computer system in the background... everything runs through it and corrupted by it... and it bogs the entire system down.

I also suspect you're here because you're looking for a technique... secret trick... something that's going to magically fix everything and give you all the success you ever wanted... and you have your fingers crossed that I or one of my guests is going to reveal it. In other words, I think you want quick fix, and you're hoping that is here.

Further, I think that the REALITY is that you already probably know FAR more than the average guy, and probably even more than most guys who are VERY successful with women. You already know the tricks. You already know what you need to do, but you're just not doing it.

And actually, I think you KNOW THAT THE PROBLEM ISN'T THAT YOU NEED MORE TECHNIQUES. I think that at some level you realize that the problem is something BIGGER, something more intense... and more difficult to face. I think you know that you're using one or more ‘secret reason’ to justify your inability to have success with women... and that they somehow give you kind of depressing comfort... because if you fail at this, you can always fall back on your secret reason. I knew it. I knew that this wouldn't work for me...”

I think that most people go to therapists so they can hear the words “I understand. I'd feel the same way if I was in your situation...” and so they can explain and justify the way they are— NOT to change. But I'm not going to settle for that here. I'm not going to settle for you walking out of here saying “Yes, I knew I wasn't going to learn anything that's going to help me. I’m just going to have to accept that this is an area that I will never have together in life”.

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Obsessive Desperation

- The combination of 1) Not having a woman in your life plus 2) Not knowing how to meet and be successful with women creates this kind of inner desperation and obsession. It actually compounds and multiplies the problem... because the combination of the negative emotional state that is always present inside of you, the mental negativity and desperation, etc. creates the ILLUSION that the problem is actually a lot bigger than it is. It leaves you with a feeling of ALWAYS needing and wanting a woman in your life. All day, all night, before you go to sleep, as you wake up... everything only reminds you that you don't have the company of a woman... and you don't know how to get the company of a woman. It negatively affects all areas of your life, because it's always there... always distracting you.

- When you get the SKILL of meeting women, it impacts your life dramatically, because it frees up MASSIVE internal emotional and mental processing power... and allows you to stay focused on accomplishment in other areas of life that weren't possible before. As an added or side note, I believe that most attractive women ultimately SETTLE for a guy to marry or have a long-term relationship with. I think that there are so few men alive who really have their act together in life and their act together around women, that attractive woman usually have to SETTLE for less than they want. The good news is that I also think that it's possible to become the kind of guy that solves this problem for yourself as well as for the fortunate women you date. You can become the kind of guy that actually becomes so attractive and interesting to women that you won't settle yourself. Name this concept and develop it.

A Key Mental Error Guys Make

- Most guys have a critical error in their thinking
- They feel insecure inside - and their insecurity is connected to them knowing that they don't know how to attract and keep an attractive, desirable woman.
- The critical error is believing that if they get a particular woman, their feelings of insecurity and fear will go away... so they tend to focus all of their attention on one woman at a time, thinking that she holds the key to his satisfaction in life.
- The reality is that getting a particular woman won't do the trick at all - getting the skill of getting a woman is what does it.
- If you wind up just getting the girl without getting the skill, you'll find yourself in a relationship that you don't control, that makes you feel more and more insecure... because she might leave, and you might be right back where you started... and this particular fear will make you more and more miserable.
- This kind of thinking will never work... the only answer is to take the time to learn the SKILL, so you don't have the FEAR at all.
Getting Laid

- I'm not that fascinated by the concept of 'getting laid'. When I first started learning all of this stuff, it was a lot more interesting to me than it is now... because I thought that if you could learn how to 'get laid', then you'd naturally be able to have any other kind of success you wanted with women... Makes sense, right?
- Well, many of the guys I've met who are GREAT at 'getting laid' turned out to be sleazy and manipulative (not all, of course)... and, importantly, they don't have any idea how to find a high-quality woman to have a great relationship with... and when they do find one, they have no idea how to keep her around.
- I think It's much more interesting and useful to learn about how and why women become attracted to men... and why they STAY attracted. This way, you will be able to keep that fantastic woman in your life once you find her.
- There's nothing wrong with 'getting laid', but it's only a tiny piece of the puzzle... and one that, alone, isn't going to lead you to happiness and satisfaction in life.

Meeting and Dating Focus vs. Long Term Relationship Focus

- We're going to focus on the 'dating' world in this program
- Long-term relationships are wonderful, and I believe that most men ultimately want a long-term relationship with a wonderful woman, but that's not our focus here
- Ultimately, I believe that learning these skills will have a positive effect on your long-term relationships in the future... but we're only going to focus on meeting and dating women over the next couple of days.

The Center of the Universe Misconception

- Until Copernicus came along in the late 1400s/early 1500s, the common belief was that the Earth was at the center of the universe, and that the Sun and everything else revolved around it.
- When Copernicus challenged this Idea, he wasn't just challenging an astronomical belief.
- At that time, many different beliefs, from how Heaven and Hell were structured, to Aristotle's Physics, to the basic concept of egocentric self importance were all based on this model of the universe.
- The Devil was at the center of the Earth in Hell, stones fell because the place for heavy bodies was at the center of the universe, and we were the important rulers of the physical world.
- The idea that the Earth revolved around the sun not only required a person to realize that they weren't very so important in the big scheme of things and change their views of reality, but more importantly it was publicly seen as a blasphemy against God, literally punishable by death and eternal damnation.
- To accept that the Earth was not at the center of the universe basically meant that one would have to change their view of how REALITY worked, and accept the possibility of being killed and going to Hell.
• Explained differently, if you lived 500 years ago, then you were raised with the idea that the Earth was at the center of the universe, and everything from your view of God and religion to your view of physics and the nature of reality was based on that belief. To even entertain the idea that this wasn't true was unacceptable and scary.

• Women Aren't The Center Of The Universe

• In modern times, men carry around a view that is hauntingly similar to the Center Of The Universe Misconception.

• Most men have a program that is part genetic and part learned that goes something like this: “An attractive woman is a rare and valuable thing. It's worth putting aside my self respect, honesty, and personal needs and wants, and gambling my time, money, effort, and energy for even a CHANCE at getting love, approval, affection and sex from her.”

• Most men walk around as if attractive women were the center of the universe.

• Many of their beliefs, thoughts, actions, and communications clearly demonstrate this... in fact, it's actually wired into our western culture in a thousand little ways.

• Men are expected to approach women, pursue women, compliment them, buy them gifts and food, be 'nice' and respectful, and even get down on one knee in a submissive posture and offer a diamond worth several months of hard work when requesting a woman's hand in marriage.

• In fact, many of us have been raised by our mothers and programmed with these ideas ALL OUR LIVES.

• Here are a few of the other beliefs and behaviors that flow from this key fallacy:
  − I need to approach and pursue women
  − I need to convince women that I'm worthy of their approval
  − I shouldn't upset a woman
  − I'd better not mess this up, because I have a lot to loose
  − If she rejects me, it will be an important event and have a lot of meaning
  − I had better impress her as often as I can
  − I should let women be in control
  − If attractive women aren't interested in me, then I must he the problem
  − 'Nice' guys finish first, and I had better be 'nice' to women.

• Attractive women do have the power AND THEY KNOW IT... but it’s because we unknowingly give it away to them.

• The REALITY of this situation is rather shocking, but obvious when you take the time to think about it.

• A REAL MAN, one that has his life together in every way, is FAR MORE RARE AND DESIRABLE than an attractive woman.

• How many men have you known who were a ‘total package’, meaning that they had all aspects of their lives handled... from being in control of their emotions to keeping themselves healthy to knowing how to dress and groom themselves... to being great communicators, leaders, and interesting conversationalists?

• And how many ‘physically attractive women’ have you known?
• Most people have known only a HANDFUL of REAL MEN who have their lives totally together, but they've met HUNDREDS of attractive women.
• Ask 10 attractive women about this, and they'll tell you that beautiful women are everywhere, but a REAL MAN is VERY rare, desirable, and in high demand.
• It's often uncomfortable and daunting to even CONSIDER changing a key belief and perspective like this, and entertain the idea that you could have been wrong all your life.
• But once you stop looking at and treating attractive women as if they were rare and valuable and more important than yourself, and instead realize that the key is in YOURSELF, it has all kinds of magical effects.
  – It starts to tweak habit patterns of thought and behavior that put women in control of you
  – It helps you to realize that attractive women are desperately seeking and competing for something... and you can be that something
  – It causes you to TAKE RESPONSIBILITY for your thoughts, emotions, and results that you're getting in the world it causes you to open your mind to the idea that there is a way for you to cultivate the skill and ability to make women feel ATTRACTION for you
• The Earth isn't at the center of the universe, and neither are attractive women, so stop acting like it!
A Real Man

“What do women mean when they say “I want a REAL MAN?”... A REAL MAN is a universal desire among women. Women all over the world, across all ages and incomes are looking for the same thing, and they describe it in basically the same way. But what exactly is a REAL man? And why do they use these words and describe him this way? What do they NOT want? Well, to begin with, I believe that they DON'T want a WUSSY. Women, and especially attractive, desirable women who have choices are used to men chasing after them, kissing up to them, and demonstrating that they believe the woman is a rare and valuable prize.

When a guy calls too often, shares his feelings too soon or too much, tries to ‘buy’ a woman's attention and affection with gifts, dinners, and favors, and generally puts his own life, self-respect, and needs aside for a woman, he is a WUSSY. This Is the opposite of a REAL MAN. A REAL MAN has his own life. He has his act together. Sure, he'd LIKE to find a beautiful, intelligent woman to enjoy time with, but he doesn't NEED it. And when he meets and interacts with attractive women, he demonstrates in every little way that he's COMFORTABLE with himself, and he's comfortable with women. He holds and carries himself like he owns the entire city he lives in. When he makes eye contact with a woman he doesn't look away instantly out of nervous self-consciousness... instead he keeps looking, as if to say “I see something that might interest me—let me take a moment to consider it”. He is cool and calm at all times, and his movements are just a little slower than those of other men. Everything about him suggests that he doesn't need to hurry, because things are going to work out the way he wants in the end anyway. A REAL MAN communicates with attractive women in a way that confuses and excites them at the same time. Because he is so un-self conscious and he's NOT looking for a woman's approval, he says things that are totally unexpected. A REAL MAN isn't afraid to say what's on his mind, or to even make fun of a woman... just because he feels like it. It's obvious that he's being who he is, and this easy grace and lack of insecurities about himself are magnetic. He's respectful - yet brutally honest. He's not apologetic or overly eager to say he's sorry (especially because he knows how to handle his life in such a way that he doesn't CREATE problems by being immature, late, dishonest or otherwise flaky). He is spontaneous, yet responsible. He isn't afraid to speak his mind or have an opinion. He doesn't live his life to please anyone - parents, friends, and especially women. He never acts like or communicates that he's a VICTIM. A REAL MAN is what every woman wants, but he's so rare that many women doubt that they'll ever find him.

-David DeAngelo
The Evolution Of An Attractive Man

- Phase 1: Most men start out with the ‘Courtship’ mentality. They believe that they must chase after, perform for, impress, and bribe women into liking them. This mindset is characterized by the phrase “If I try hard enough, I can convince her to choose me”.

- Phase 2: Next, men graduate to the ‘Seduction’ mentality. After you've courted women for long enough, you begin to realize that there are certain ‘tricks’ that women ‘fall for every time’, so you use them to seduce women. This mindset is characterized by the phrase “Now that I've learned how to manipulate a woman's emotions easily, I can get women to do anything I want”. Unfortunately, the connotation here is that the man is manipulating the woman because he doesn't feel deserving, or that a woman would be interested in him just because she wanted to be around him.

- Phase 3: Eventually, some men realize that there is a higher, more ‘natural’ place to come from. That is when a man stops focusing on doing things TO women in order to ‘convince’ or ‘seduce’ them... and instead becomes the kind of man that women are NATURALLY ATTRACTED to. His attractiveness flows from his beliefs, optimistic outlook, and communication on a ‘sexual’ level... and he doesn't need fancy tricks to make women fall for him. He IS what women want.
**Being A Man That Women Want To Be Around**

- A woman actually wants a guy that she wants to be around just because she enjoys being with him, the way she feels around him - not a guy who has to WORK for her to like him and enjoy being around him.
- If you, as a man, understand the dynamics of attraction, how to amplify it (and create anticipation), and how to make women enjoy being around you, you'll have a different kind of success with women.
- Women will call you.
- Women will pursue you.
- Women will do things to get YOUR approval.
- Most men cannot conceive that a woman could want to be around them just because she WANTS to, and because of the feeling she gets. They can't imagine a woman becoming literally ADDICTED to being with them. So instead, they try to buy or earn a woman's approval and attention, and generally act like they need to DO things to get it. The irony is that what a woman REALLY wants is this powerful male archetype energy... and, in fact, the desire to be with a REAL MAN is probably more powerful and more deeply rooted than the desire or drive for ANYTHING ELSE, period! But most guys don't GET this, and by not being this man, plus giving away their power, kissing up, looking for approval, acting apologetic, failing her tests, losing composure, trying to impress, etc. they instantly DEVALUE themselves, become AVERAGE in her eyes, and fail this basic test. The answer? BE A REAL MAN, and confidently behave in a way that says “I am the prize, you will be the loser if you don't get and keep my attention... etc.” Be the Yang in her Yin. Be that missing part of her that she seeks. And KNOW that her ULTIMATE desire is to be in the presence of this REAL MAN ENERGY... with a man who never has to try to get or keep her attention or approval, because he's the REAL THING.

**Exercise: Clearing Fear and Anxiety**

- Four major fears: Embarrassment, Rejection, Verbal Confrontation, and Physical Violence.
- To face a fear, come up with the worst case scenario, and then realize you can deal with it.
- If you're ever feeling anxiety about advancing, or performance anxiety, reframe it in your mind, and present it as teasing and self-control.

**Exercises**

- List your biggest fears, and then realize you can deal with them.
- Using TimeLine to clear Guilt and Anxiety.
- Resetting Your Emotions with TimeLine.
**Exercise: Turning Fears and Frustrations into How Questions**

- It's very common for people to become ‘obstacle minded’, and to talk to themselves in ways that make obstacles bigger.
- Never use your mind to creatively imagine or figure out why you won't succeed, or to put limitations in your way.
- If you're going to doubt or question anything, question your own limitations.

**The Exercise:**

- Write down your top three fears and frustrations.
- Turn them into future positive challenge questions beginning with the word “How”.
  - “How do I...?”
  - “How can I...?”
  - “How to...?”

**Exercise: Comparing the Beliefs of Success and Failure**

- Your beliefs and self-image determine your success level with women
- If you don't believe you can, your belief will be a self-fulfilling prophesy
- Many of us have what is called ‘Learned Helplessness’
- Compare the beliefs of success and failure

**Status and Weakness**

- What does everyone strive for over all else? Status. Why? Because higher status ultimately leads to access to better mating options... and thus better opportunities to pass on genes to offspring that will give them a better chance of surviving. For a woman, her ultimate ‘tool’ to get status is the possibility of a man having access to her sexually. One of the most powerful things you can do with a woman is communicate to her early on that:
  1. It's not in your model of the world to chase her In hopes that she'll approve of you.
  2. You could care less if she ‘puts out’.
  3. You have other options anytime, anywhere. (Others?)

- A man's Achilles' Heel is a woman's sexuality. Its power is inescapable for most men. Step one is to get over your need to have a woman sexually, and become indifferent. Realize that you can please yourself if you're horny. Don't NEED her. When you take away this powerful leverage point that attractive women have, you level the playing field, and you can now start to make progress. A woman can instantly tell if she's dealing with one of these ‘different’ men, and she behaves differently.
Polarities, Context and Meaning

- In any situation, there are always polarities
- Male/Female, High Status/Low Status, Give/Take, Easy/Difficult, Leader/Follower
- One of the polarities is always the CONTEXT for the other
- And the context always determines the MEANING
- This distinction is CRITICAL when approaching situations with women
- If you're going to do something that is 'lower status', it MUST be done in a CONTEXT of higher status. If you're going to do something that is 'romantic' such as buying flowers for a woman (a very feminine thing to do), it MUST be done in a CONTEXT of masculinity or strength.
- When you combine various elements together, and combine the respective meanings of them, this concept becomes VERY powerful... such as the combination of Cockiness and Comedy. If you're overly cocky, you'll come off as Insecure. If you're overly insecure, you'll come off a weak. If you're overly funny, you'll come off as goofy and childish. If you're not funny at all, you'll be BORING. But when you combine Cocky & Funny together, you get a magical combination that produces amazing results.

Juxtaposition
(One Is Always The Context)

- The way to resolve the riddle of 'How can both be right' is in the meaning set up by the Context. One Is always the context.
- Using both polarities is powerful with women... this is also known as 'sending mixed messages'
  - Ball Busting/Chivalrous
  - Strong/Gentle
  - In Own Reality/In Her Reality
  - Indifferent/Interested
  - Independent/Affectionate
  - Friend/Romance
  - Lead/Follow

- 80/20 is a good rule of thumb. Set up relationships with the 'correct' context, and then after you've established yourself, you can add a dash of the opposite.
- Remember, always set up the context based on the laws of ATTRACTION.
**Stop Manipulating Women**

- When presented with a new way to behave toward women, many men say “But I don't like that because I'm not acting like myself” and “I don't like the idea of manipulating women”.
- The reality is that when most men are around women they're interested in they don't act like themselves... and they're VERY manipulative.
- When confronted with the idea that asking a woman ‘out to dinner’ or ‘buying her flowers’ is not at all ‘being himself’ and that it's quite ‘manipulative’, most men say “No, it's not. I'm a NICE GUY...”
- Of course, these same men don't call up their best friends and say “Hey, can I take you to dinner?” and they don't buy their best friends flowers.
- Women HATE it when men aren't 'being themselves'. They have ‘He's not acting like himself’ RADAR... and the things that trigger it fastest are things like asking her to dinner to get her approval, being ‘nice’ just to please her, and acting like a WUSSY.
- I believe that seeking women's approval, asking women to dinner, and buying them flowers isn't ‘natural’ at all. This stuff is learned. And when it's done from an ‘I am using this stuff as a tool’ place, it backfires.

**The ‘All Women Are One Big Organism’ Fallacy**

- Many men believe that ‘All women are the same, and all of them will respond to me the same way in every situation’.
- This is a very common subconscious generalization that gives men a great excuse to not even try because they ‘know it won't work’.
- It's important to realize that every woman is different, and their moods change rapidly.
- They are not all thinking together and acting together.
- In fact, women are competitive with each other, and they'll compete over you when you get your act together.
- The reality of how particular women respond in a particular situation is often surprising.

**Emotional vs. Logical Thinking**

- Emotional decisions are instant and considered 100% true by the person, because they're based in an area of the brain that's focused on things like survival and avoiding pain.
- The problem is that emotional decisions without a strong. foundation of knowledge almost can't lead to progress.
- Examples of emotional decisions men make: Saying things that are Wuss, buying her things, calling too much, being paranoid, needy.
- Acting based on rational thinking leads to realizing that there's a totally different world out there, and possibilities that were previously never even considered.
- The polar bear in the temporary cage... and asking for a woman's email right after you meet her.


**Risk, Probability, and Expectancy**

- Risk is what's at stake.
- Probability is the likelihood of a particular outcome happening or not happening.
- Expectancy is the combined result of all actions considered as a group.
- Logically think these issues through in order to plan out and improve your success with women.

**“You Can't Get There From Here”**

- I once asked someone for directions, and they said “You can't get there from here”. I thought that was pretty profound when I heard it. “If I can't get there from here, then where can I get there FROM?” I thought...
- Sometimes you have to go places that are a bit ‘out of the way’ to get where you ultimately want to go.
- When I first started learning how to meet women, it seemed like somehow I could always tell that when I met a new woman that ‘it wasn't going to work out’.
- Somehow I always knew that my chances of getting past the ‘friend’ zone with any particular woman I'd just met were approximately ZERO.
- But now, several years later, it's the opposite. If I meet a woman, get her email and number, and meet her for a cup of coffee... it's basically ‘over’. The relationship will go as far as I'd like it to, in whatever direction I'd like it to go.
- In fact, I no longer see any risk at all when taking things from one step to the next, because I KNOW HOW TO DO IT. In fact, I move confidently from one step to the next knowing that I almost cannot fail.
- The point is that once you learn how to go smoothly from one step to the next, and you become comfortable doing it, the entire situation reverses itself. You go from knowing that you WON'T succeed to knowing that you almost CAN'T NOT succeed.
- But it requires personal commitment, experience, and most of all, a willingness to make mistakes and not be attached to the outcome in the short term in exchange for learning LESSONS and SKILLS in the long term.

**Broca's Region Of The Brain**

- Broca plans what we're going to say and how we're going to say it and processes incoming language and communication.
- Broca is constantly predicting what's about to be communicated, and if it's predictable, it's discounted.
- You can't get noticed and you can't get into her mind by acting predictable, and you can't BORE a woman into liking you.
- If you stir emotions, you will get attention and be remembered. If you do not, then your communication will carry no weight.
**Archetypal Trigger Buttons**

- There are specific situations and triggers that cause the body to hijack the brain for its own purpose.
- These situations trigger deep, archetypal structures in them that are basically hard-wired.
- The body can take over the mind, use the mind to rationalize, internal conflicts, not recognizing or not wanting to acknowledge internal drives - mixed with repressing desires, thoughts, behaviors, etc.
- How can you trigger those things in a woman that cause her to feel ATTRACTION?

**Manipulation**

- Guys say “I want a woman to like me for who I am”, and “I don't want to manipulate women”, but then they buy gifts and meals, open doors, kiss up to women and act like anything but themselves.
- We act nicer, more accommodating, and are generally on artificially good behavior when around a woman that we're attracted to.
- Another amazing form of manipulation is accepting her manipulations in order to win her approval.
- I don't agree with lying to women, but I think that you should strongly reconsider how you think of ‘manipulation’.
- Realize that learning the skills that it takes to make a woman feel ATTRACTION is what the woman (or women) you're going to be with would want.

**Seeing the Elusive Obvious**

- Frustration, neurosis, difficulty is the result usually of an impoverished map or model, and belief/conviction that you're definitely night, it's the “I've tried that and it doesn't work” or “that only works for handsome guys” or using logic like “women don’t like short guys, and I'm short, so I might as well not even try because it won't work for me” kind of thinking.
- Most men go their whole lives without having the success with women that they'd like to have. To the masses of men, women will remain a mystery.
- Human mating has evolved over millions of years into the process that we now come pre-programmed to play out.
- There is a very specific logical, yet illogical, system to how and why men and women feel ATTRACTION and pair up with mates.
- If you realize that there are certain triggers that cause women to feel the magical emotion of attraction, and then learn how to effectively trigger them, you can have the kinds of success with women that most men only dream about.
- First, you must understand how this process works so you can see things in a bigger context. This is your pair of 3-D glasses. It's the ‘Elusive Obvious’.
- Next, you must learn to overcome your own limiting beliefs, emotional responses, and fears, which will lead to strong physical composure.
- Finally, you must learn the specific behaviors, communications, and other triggers that make women feel ATTRACTION.
Maps and Reality

- Alfred Korzybski said “A map is not the territory.”
- When a person doesn't know how to meet a particular challenge, they usually do one of two things.
- The most common response is to give up (especially if they try and fail), then take it personally “I guess I'm just not cut out for this.”
- The other way is to see that it's going to be a really interesting challenge, and to get excited... then go look for the education and skills required, and develop until you have what you want.
- Humans tend to have ‘Impoverished Maps’
- San Francisco Maps

Idea -> Convincer -> Belief

Life Isn’t Fair, And That's Great News.

- We are each born with our own lot, and others have their biases and prejudices.
- This is good news because it also means you can turn things in your favor.
- Two keys are Definite Major Purpose and Constant Improvement.
- “I am willing to do whatever it takes to make this happen. There is no try.”
- Consistent effort creates ‘luck’... as in ‘let's go get lucky’ by choice.
- No cares about your success like you do, in fact others often want you to fail.
- Just like in martial arts, all of your preparation is for a few key moments.
- And just like stepping stones, you need to learn one thing, then another until mastery.
**The Path To Mastery**
- Newbies always want to learn tricks and fancy techniques.
- Examples: The stock market, martial arts, barefoot water skiing.
- Experienced experts reveal that there are more fundamental lessons to learn first... the basics. If you don't learn the basics first, you'll never be able to execute the techniques correctly.
- [Quote from Mastery book by Leonard)
- [Mastery Curve]

**The Mastery Process**

**Enemies of Massive Systematic Progress over Time**
- Emotional responses and judgments (thinking shadow quote).
- Need for instant gratification, results now.
- Pessimism / negative expectations. The real thing pales in comparison.
- Irrational fear (of imagined negative outcome).
- Need to be unique and original ‘my way’.
- Giving up, not following through.
- Negative beliefs / identity / reality.
- No plan. No specific outcome.
- No mentors, no mastermind, successful peer group / models.
- Don't trust self, honor your word, do what you say.
- No self control.
- No self understanding.
- Ineffective tools.

**Dominant Reality**
- Humans look around constantly to figure out what they should be doing, thinking, and believing.
- Most people are not confident at all about their beliefs -they may get defensive if challenged, but this doesn't mean that they actually think they're right - they are usually just being defensive.
- Whoever has the strongest belief about how reality ‘is’ and can communicate it to others most effectively will bring their reality into being.
- Women respond very strongly to this.
- Whose reality is it, anyway?
**Context / Beliefs to Communicate**

- I don't let women use their looks / sexual power to take advantage / no special privileges
- I'm un-self-conscious, and could care less what others think
- I put myself and my life first
- I deserve, have permission, can hold an exceptional woman / (man's big fear, women's too)
- I am indifferent to the outcome
- I understand the culture, I ‘get it’ - Cosmo, MTV, style, food, music, humor, etc.
- I can deal with any test a woman throws at me... in fact, it's usually kind of cute
- I live in my reality, you're a guest
- I'm a cause in the world, not an effect; I make things happen
- I'm Confident ...Comfortable in my own skin (posture, breath, movements)
- I'm a good communicator - especially of what I want
- I'm in control... don't let outside events destabilize me
- I'm not needy... I keep my power for me
- I think sex is great / no hang-ups etc
- I'm comfortable around women
- I can control myself, wait
- I don't tolerate disrespect of myself, time, property
- I'm a catch
- I'm not impressed by outward symbols - money / status
- I may be smitten with a woman, but I don't tell her early on, and I don't let it 'slip' indirectly

**Reference Group or Mastermind Group**

- The most Important influence on a person's thinking and behavior is the people they surround themselves with.
- If you surround yourself with negative, pessimistic, unsuccessful people, you will become that way yourself. The opposite is also true.
- You must rid your life of negative people, and surround yourself with mentors, coaches, and positive successful models.
- Brian Tracy, in his best-selling audio series –‘The Psychology of Achievement’ calls this the Reference Group.
- Napoleon Hill, author of the most famous success book of all time ‘Think and Grow Rich’ calls this the Mastermind Group.
- In Double Your Dating, I recommend that you find other guys who are good with women, and learn from them. Don't try to be cool and original, Just learn.
**Don't Put All Your Eggs in One Basket**

- Don't put too much importance on any one outcome.
- Make your focus long-term success and happiness, don't tie your self esteem to the outcome of any one situation.
- Don't worry about it if one particular woman isn't interested in you, move on to the next.
- Don't worry about a particular date turning out well, or whether to call a woman the day after you met her or two days after.

**Where Did The Idea Of ‘Nice Guy’ Come From?**

- Why do guys think and act like kissing ass, giving compliments and acting like wussies will make women want them?
- For that matter, why do women (when asked) say that they want ‘nice, honest, sweet’ guys?
- 'Nice' is a modern invention and it's the socially acceptable 'right' thing to want in a man, while the attraction mechanism is millions of years old - but not the socially acceptable thing to admit!
- Remember, ATTRACTION isn't a choice, it's more of a response to certain things.... And therefore it's difficult to explain or admit, even to yourself.
- If you’re too much of a ‘nice guy’ you might consider acting a little more ‘masculine’ to see if it increases ATTRACTION.
- Most guys think that they need to IMPRESS an attractive woman.
- They try to be on their best behavior and not make any mistakes or say something that will upset or offend her.
- This leads to nervousness, self-consciousness, and stilted behavior. It creates a tense, uncomfortable atmosphere, and destroys attraction.
- You must remain totally calm and almost ‘too comfortable’.
- Stop thinking that you need to impress a woman, and start expecting her to impress you.

**Words, Voice Tone, And Body Language**

- The words you use are about 7% of your communication.
- Your voice tone and body language are about 93% of your communication.
- Spend 93% of your time working on your voice tone and body language, and 7% of your time and energy working on the words.
- Voice tone and body language are the most powerful forces you can use when making women feel ATTRACTION.
Lover and Provider Personalities

<table>
<thead>
<tr>
<th>Lover</th>
<th>Provider</th>
</tr>
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<tbody>
<tr>
<td>Self oriented</td>
<td>Her Oriented</td>
</tr>
<tr>
<td>Seduces Women</td>
<td>Courts A Woman</td>
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</tbody>
</table>

Dominant
(He controls)

'Sad Boy'
'Adventurer'
'Successful Guy'
'Daddy'

Submissive
(He controls)

'Seducer'
'Artist'
'Regular Guy'
'Ass Kisser'

Reframing

- Reframing, what it is, how it works, how to do it...
- Reframing negative beliefs and imprints
- Reframing negative emotions (timeline reframe to clear anxiety)
- Reframing your role with a woman in the moment
- Reframing and it's use in humor, gender stereotypes
- Reframing things she says, turning them around...

Examples:

- She brings up sex = she's frustrated, taking it out on you.
- She mentions ex = problems.
- She mentions problems = therapy = charge her.
- She mentions marriage = slow down!
- You feel afraid = important situation.
- Exercises.
**Exercise: Reframe Limiting Beliefs**

- Our minds tend to link things together and find meaning even where there is none. This process is happening all the time, and leaves no clues. It brings us incredible benefits, but because of its nature, often leads to ‘impoverished models’ of reality.
- When your good-intentioned mind creates a meaning or link between things that it isn't useful to have linked, you must ‘manually’ go in and UN-link them.
- One way to do this is called 'Reframing'.
- When you Reframe, you challenge beliefs, break associations, and create new meanings... and therefore new possibilities.
- A powerful use for Reframing Is to learn to use It Internally and automatically whenever you detect a limiting belief or meaning that you want to change.
- Examples Of Common Mental Linking Processes Cause--n Effect Statements: “This X leads to this Y”.
- “If a man approaches a woman he doesn't know, the woman will get upset.”.
- Complex Equivalence Statements: ‘This X means this Y'.
- “The fact that women aren't nice at first means that they don't want to be bothered.”
- Identification: “This X means this Y about ME”.
- “Women don't respond to me positively, which means that I must be undesirable.”
- External Behavior => Internal State.
- “If a woman rejects me, it means she doesn't like me, which makes me feel bad.”
- Finding both the External Behavior and the Internal State.
- If you only get one or the other, ask for the missing information. For example, if you say “Tell me a limiting belief you'd like to change” and the other person responds with “Women don't like me”, then you have an internal state (of women).
- Respond by asking “What causes women not to like you?”. The answer might be 'Because I'm bald.” Now you have an EB (I'm bald) and an IS (Women don't like me). 'Women don't like me because I'm bald.'
You can now begin reframing:

Ways to Reframe:

- Reframe The External Behavior (ER): 'Some women find baldness sexy. Why don't you shave your head, and grow a goatee. You'd be a chick magnet.'
- Reframe The Internal State (IS): 'It's not Mat women don't LIKE you, it's that you don’t catch their attention initially. They actually have no feelings either way, which is an advantage.'
- Counter Example: 'Can you think of a time when a woman has liked you? Or can you think of a time that a woman has liked a bald man?'
- Outcome Framing: 'What's going to happen to your success level if you keep thinking this way? What will your life be like in ten years, or twenty?'
- Allness Framing: 'Do you think that every single bald man in the history of the world has gone his whole life without ever having one woman like him?'
- Reflexively Apply To Self Or Listener: 'In other words, I probably shouldn't like you either because you're bald?' 'Are you trying to tell me that if I become bald, no women will like me after that no matter what I do?'
- Chunk Down: “How does this happen specifically? What happens first? What happens right after that? How does the exact sequence go for a woman to go from not knowing you to not liking you because you're bald without you having any say in the matter or influence whatsoever?''

What If You Could Time Travel?

- Scenario: What if it were 100,000 years ago, and you were walking through a beautiful rain forest... and you came upon a beautiful waterfall, with a beautiful, exotic woman bathing in the waterfall and the pool below it... and just as you reached the edge of the pool, she turned and saw you.
- Considering the fact that she didn't speak your language, and the fact that she didn't know you... would you know how to make this woman feel ATTRACTION for you? And would you know how to start an interaction with her, make her feel attraction for you, and eventually take things to a physical level with her? This is an interesting thought.
- I realize that women today aren't exactly the same as women 100,000 years ago. We now grow up in a semi-civilized culture, have language, and get all kinds of programming from birth. But the reality is that the process of that women 100,000 years go feeling ATTRACTION for you... in other words, those deeper mechanisms, are still there. And they're MORE important than the cultural influences and programming she's gotten from birth.
- If you want to succeed with women, you must learn how to communicate with the 100,000 year old part of the woman you're interested in. And you can't do it by being a 'nice guy' or a WUSSY.
**Feminine Assessment**
- Women aren't "attracted" to feminine qualities in men- they're attracted to masculine qualities
- In any situation, you can observe distinctly masculine and distinctly feminine qualities in men, women, and even inanimate objects
- Most men don't take the time to think about the "energy" that they're projecting, or about the choices they make in life that communicate either masculine or feminine images
- Just like whining, complaining, looking for approval, trying to get a woman to lead, etc. communicate feminine energy, everything from your body language to your car to your choices of furniture do the same
- Do a "feminine/masculine analysis" on yourself
- If you're projecting too much feminine energy, then the answer is add some masculine
- Visual examples of masculine and feminine...

**The Reality of an Attractive Woman**
- Imagine what it would like to live in the biased world of the attractive woman.
- She's wearing a pair of genetically given and socially programmed glasses that make it so she never sees or experiences things the way an 'average person” does
- Virtually all men act like Wussies, and in a greatly MAGNIFIED way, from her perspective
- An attractive woman is accustomed to being approached, courted, and pursued. They basically walk through the world with the assumption that any man will do or give them what they want.
- To the attractive women, all men appear 'the same', and with a few subtle cues are mentally slotted into the 'no, another loser” category.
- The FLIP SIDE of this coin is that since she is SO used to being treated one certain, predictable way by men, when a DIFFERENT type of man, a man who understands women and ATTRACTION comes into the picture, he stands out.
- The same amount of extreme bias that she has towards men Ls the amount that a REAL MAN'S difference is amplified to her and he stands out as amazing, different, exceptional, and magnetic.
- Whereas a REAL MAN will blend in to a group of guys from a MAN'S perspective, he'll STAND OUT like a beacon to an attractive woman going to HAVE to learn how attraction works, then use the knowledge to make women feel it.
Attraction Isn't a Choice

- Attraction isn't a process that happens by 'choice'. In other words, a woman doesn't start talking to a man and say to herself “wow, this guy seems very smart and funny... just the type of guy that I've been looking for... I think I'll feel attracted to him.” This has evolved to my phrase ‘Attraction Isn't A Choice’.
- Attraction happens at an unconscious level as an automatic EMOTIONAL response to certain cues. For men attraction usually happens in response to a beautiful face and a nice body. For women it usually happens for other reasons (although it can and does happen on occasion for physical reasons atone).
- Attraction does have a ‘logic’ all of its own, complete with techniques you can learn in order to increase it.
- When a woman feels ATTRACTION to a man, she will do things that seem to be completely illogical, irrational, and even against her best interests in order to be with the man who is the object of her desires.
- “Attraction is nature's way of taking over our minds and bodies just long enough so we mate with someone with good genes”.
- Women are genetically asking “Will you produce offspring that will be attractive to others, and able to survive?”
- If you can communicate that you will produce 'sexy sons and daughters', then a woman is likely to feel attraction when she interacts with you.
- Power, dominance, wealth, arrogance, humor, intelligence are all 'fitness indicators' that say “I have great genes, and my offspring will have them too”.

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**Inner Beliefs to Project**

- I'm comfortable in my own skin.
- I'm a strong, confident communicator.
- I'm in control of my emotional self - outside events don't destabilize me.
- I'm not needy... I keep my power for me
- I have no sexual hang ups, and am comfortable with my views.
- I'm comfortable around women.
- I can hold back when I choose, and delay gratification.
- I don't tolerate disrespect of myself, time, or property.
- I'm a catch, and any woman that's with me is fortunate to have my attention.
- I'm not impressed by outward symbols or money and status.
- I may be smitten by a woman, but I don't tell her early on, and I don't let it 'slip' indirectly.
- I don't let women use looks and sexual power to take advantage - no special privileges.
- I'm un-self-conscious, and I could care less what others think.
- I put myself and my life first.
- I deserve, have permission, and can hold an exceptional woman.
- I am indifferent to the outcome of all situations.
- I understand the culture, I 'get it' - Cosmo, MTV, style, food, music, humor, etc.
- I can deal with any test a woman throws at me... in fact, it's usually kind of cute
- I live in my reality, and you're a guest.
- I'm a cause in the world, not effect. I make things happen.
- I COULD, BUT I WON'T
Projecting Beliefs Through Appearance And Communication

Picture in your mind a man that embodies all of the key beliefs... a man that causes women to swoon.

Physical Presentation
How mould he hold himself?
How fast would he be moving, walking, gesturing?
What would he the look on his face most of the time?
How fast would he breathing, Winking, chewing?
How would ha be dressed, and how would his clothes fit him?
How would his shoes, bee, and other accessories look?
Would he be wearing cologne, and which one?
What kind of hairstyle would ha have?
How would Ms physical and oral hygiene be kept?
How would his hair (all areas) and nails be cared for?

Communication
How would he introduce himself to a woman?
What thoughts would be going through his mind as he talked with a woman, and how would he be feeling?
What kinds of comments would he make?
How much would he talk vs. listen,
How would he ask a woman for her number?
How would he ask a woman out on a date?
How would he respond to tests, complaints, or drama?
I believe that most men can get themselves to at least 'average' in the looks department.
Composure

- Most men cannot keep their composure,
- Losing your composure is one of the fastest ways to lose your chances with a woman.
- Women test... they have to. How else can they know for sure if you're really, really, really the real deal?
- When you are tested, you must NEVER let it take you off balance. Respond by communicating with your body language, voice tone, smiles, and words that you think it's actually kind of cute.
- If you do have to put your foot down, always come from the place of 'I just don't spend time around people that are unstable', not from the place of 'This is upsetting me emotionally, and I can't keep my cool'.
- Take every opportunity to demonstrate that you have complete control over yourself, and that 'you can take it or leave it', especially teasing and pulling back in romantic situations where nothing could really happen in the moment anyway (on dates, in public, etc.).
- Examples of composure: James Bond, Thomas Crowne, George Gooney in Ocean's 11, Clark Gable in Gone with the Wind. These guys NEVER lose their cool.

Qualities

What are the qualities that the classically masculine and attractive men have in common? See if you can think of some, and then cultivate them in yourself.

- Refined.
- Manners.
- Chivalry.
- Witty.
- Charming.
- Sophisticated.
- Exotic.
- Mysterious.
- Indifferent.
- Suave.
- Dapper.

The Masculine Transformation

- Masculinity Distinction (Awareness of it).
- Masculinity Vision (See it).
- Masculinity Preference (Choose it).
- Masculinity Communication (Communicate it).
- Masculinity Behavior (Do it).
- Masculinity Meta-Patterns (Understand/Master it).
- Masculinity Self Image (Be it).
- How to do these... examples.
**Masculinity Exercise**

- Make a list of 5 masculine traits you'd like to develop. Then list 3 ways you can start working IMMEDIATELY to enhance these areas. Important areas to focus on include:
  - Confident posture (lift chest) and slow, deliberate, gestures, eliminate nervous ticks, etc.
  - Dealing with your insecurities so you communicate confidently.
  - Taking charge of situations and making decisions.
  - Not accepting 2nd class behavior or treatment from others.
  - Being picky about what’s good enough for your life.

**Attractive vs. Attraction**

- When you hear the word ‘attraction’ what do you think of?
- Many people confuse the word ‘attractive’ with the word ‘attraction’.
- Attractive is a (somewhat ambiguous) physical characteristic, or set of characteristics. It implies that a person wants to be around what is attractive.
- Attraction, in our current context, is an emotion. Attraction is the feeling you feel towards another person when you have a sexual interest in them.
- When I say “Make women feel ATTRACTION”, many guys think thoughts like “I'm not a physically ATTRACTIVE guy like Brad Pitt, so I won't be able to make women feel ATTRACTION toward me” and they psychologically give up.
- Remember, women can feel a very powerful ATTRACTION toward a man who's not very ATTRACTIVE physically.
- Unlike women, men can make themselves far more ATTRACTIVE if they understand that a woman's ‘Attraction Mechanism’ is triggered as much by certain personality traits and styles of communication as a man's is by physical beauty.

**A Principle to Guide All Your Communication And Actions**

- Never Communicate Lower Status.
- There's a clear way to know how to behave in any situation without being a “Wussy”... in other words, you can say anything, including “I like you” or “I want to be with you” without being a Wuss.
- The key is not communicating lower STATUS.
- When you communicate lower status, including insecurity, feeling clingy or needy, that you want approval, etc. that kills attraction.

**The Ultimate Mistake**

- Trying to trade your status for her approval.
- It's the one single thing you can do that will almost GUARANTEE that she will never feel a GUT LEVEL ATTRACTION for you.
- It's so obvious, and so pervasive that it's almost invisible.
- This is the ultimate mistake that men make with women.
**The Prime Directive**
- Don't violate The Prime Directive!
- Most mistakes men make with women somehow relate to violating The Prime Directive.

**Sexual Communication:**
- A PRIMAL way of communicating, using body language, voice tone, and abstract patterns of behavior that trigger strong physical and emotional responses directly, without the use of logic or reasoning.

**Elements:**
- Honest Signals: Simple cues that aren't easy to “fake” that tell a woman whether or not you're a “Real man”.
- Status: Communicate higher status always.
- Liking: Not important for ATTRACTION.
- “Super-sized Friendship” strategy won't work here.
- Logic and reasoning are the ENEMY, it hurts you if you try to engage logic and reasoning.

**The 4-Step Process of Sexual Communication:**
1. Sparking attraction or chemistry (Flirting; openers; starting with cheeky, sassy humor).
2. Building sexual tension (Cocky and Funny, arrogance).
3. Amplifying the attraction (Two steps forward, one back, anticipation, unpredictability)
4. Physically advancing (Smelling, kissing, light touches, etc.).

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Day 2: The Outer Game
Attraction Isn't a Choice

- Definition.
- Sexual Communication.
- Sexual Communication Diagram.

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**Universals for Guys**

- Anxiety approaching women, fear of rejection.
- Fear an attractive woman won't like me.
- Performance anxiety.
- Fear of making a physical advance.
- Nervousness first talking or first date.
- Common Denominator:
  - Putting too much importance on one specific situation or outcome, rather than placing the importance on getting your bigger picture.
  - General outcome of success- it's almost as if we have a blind ‘imperative response’ that destabilizes and leads to obstacles and rejection.
- Remember, these things are universal. Almost all men experience them in one way or another. You need to realize that THIS STUFF IS NATURAL, AND YOU CAN OVERCOME IT IF YOU WANT. The first step is to stop putting too much Importance on any one situation, and start thinking long term; about learning the SKILL.

**Men Are Expected To Take and Bear All the Risks**

- Men are the ones who are expected to ask the woman out, kiss the woman first, make the first moves physically, etc.
- At each point, it's the man that's expected to risk rejection.
- It's easy to have so much fear of failure at each critical moment that you don't do anything... which, of course, leads to not succeeding at all.
- Women always know what's going on. If you're uncomfortable and nervous, she knows it. If you like her, she knows it.
- She'll let you die on the vine before making a move. Sure she’ll be disappointed that you didn't gather the courage to make a move, but not so disappointed that she'll do it herself - because if you can't do it, then you're not what she's looking for.
- Answer: Bridges. Milton Erickson... Figure out what you'd like to have happen, and then create a situation where a person would do that thing automatically.

**When Two Humans (Or Other Animals) Meet**

- Who's going to control the relationship? It's all decided very early on.
- The more accustomed you become to being the one in control, the more it happens because you use the body language of one in control.
- This all happens on an unconscious level, outside of awareness.
- Think of it as one of many different languages that are being spoken, and one of many levels you're coming to common terms on.
- [Dog Training Quote].
The ‘Little Biology Thing’

- We all have situations that can trigger anxiety, nervousness, and hesitation.
- We have the amazing ability to respond and react to things without even having to think about them (the limbic system and the neural back alley).
- When one of these ‘automatic states’ comes up for you, just realize that it's your biology doing its little thing to benefit you, and relax about it.
- You need to learn to act in the presence of ‘The Little Biology Thing’.

Don’t Change Your Approach Because Of One Failure

- Don't change your approach or abandon a technique because it doesn't work for you once.
- And don't change your approach or abandon a technique because it doesn't work a few times for you.
- Instead, think through the other things you're doing, and try to find the BIGGER REASON why you're not getting the result you're looking for.
- The reality is that the things you're learning will work if you have the bigger picture together.
- If something isn't working, it's probably a mistake you're making in a different area or mis-execution of the technique due to not understanding it well or using it in the wrong context, and not the technique itself.

The Prime Directive


The First Few Minutes the Prime Directive

- The First Few Minutes.
- “99% of the first ten minutes aren't about me.” They're about her persona...
- All the games she plays to block progress are her games she plays to slow things down.
- Even if a woman really likes you, she'll probably be resistant at first, play hard to get, and even act uninterested.
- Some women get nervous around men, especially when they're attracted to a man. Don't take this stuff personally, just be patient and persist.

Have One Default Move for Each Common Situation

- Guys seem to think that they need to come up with something creative or ‘original’ in each situation and the moment is gone before they know it.
- Have one great default thing to do in each major situation.
- If you at least do SOMETHING, then your chances for success increase dramatically.
**Variation and Perspective**

- Statistics and Variation, W. Edwards Demming and the red beads.
- We humans often learn too quickly - if we have what we perceive as a negative or unsuccessful experience, we tend to learn that what we did doesn't work.
- If we have several unsuccessful experiences in a row, we become CONVINCED - absolutely certain, that it won't work.
- This type of reasoning or ‘learning’ can spill over into our self-images, as in “It must be ME that's the problem”, which can even lead to depression.
- The way to eliminate failure is to learn from it.
- Because of learning curves, variation, and the fact that most people give up if they don't get instant results and gratification, we often quit right before success or right before improvement.
- Success-Minded people don't see several ‘failures’ in a row when they don't get what they want a few times, they think “This is the time when success is right around the corner, and whatever the case, I'll get it”.

**Go Meet Women Where...**

- There are a lot of them.
- It's natural to start talking to them.
- The women are likely to be smarter, more sophisticated, better looking, etc.
- There is less competition and distraction from other guys.

**Where Do Attractive Women Hang Out, High Probability..?**

- Ceramics/pottery.
- Gyms.
- Yoga.
- Art shows.
- Tanning salon.
- Day spas.
- AOL.
- Fashion malls.
- Hair and nail salons.
Approaching Women

- Notice the situation, and approach when she's not likely to feel ‘rudely interrupted’.
- Know what you're going to say, and EXACTLY how you're going to say it.
- Look at HER as you start talking, unless you're in a loud bar or club... in that case lean as close as you can to her ear and speak.
- Eliminate nervous ticks, stilted body language, fast movements, stuttering, fast blinking, looking around, and any other signs that you're uncomfortable.
- It's OK to pause, and it builds anticipation.
- Three Minute Email and Number Technique.
- “I realize that most guys assume that you're either stuck up or unavailable - but I decided to put my preconceived notions aside and at least give you a chance.”
- Play on the theme of a romantic chance meeting “I saw you over here, and since I'd doubt I'm going to run into you in some accidental normal romantic setting like the produce section or the makeup counter... I figured that I'd better come meet you...”
- Play on the “We had a date…” theme “I'm sorry I'm late...”
- Play on being a challenge “We'd fight all the time, and I'd win...”
- Turn things, lines, situations that probably happen to her all the time around “Don't you women get it? Just because I smile and let you buy me a drink doesn't mean that I even like you - and I'm definitely not coming home with you.”
How to Have Women Start Talking To You

- Walk by and say something provocative to a friend. “I think that secretly ALL women do it...”
- Personals.
- AOL profile.
- Tattoos (temp).
- Teach something.
- Position yourself as expert in something desirable.
- Magic.
- Take dance lessons.
- Tend bar.
- Personal trainer.
- Massage therapist (in a nice area).
- Astrology charts.
- Do a web-site of yourself.
- Make jewelry or just resale at fairs.
- Run a ‘Big Personal’ w/UM like when I moved to S.D.
- Be a D.J. (strip club).
- Get into beauty, modeling, acting industries.
- Prop so she approaches you.
- Create or show art, play music, poetry readings, perform in public.
- Angle to get in front of your type, become an expert teacher.
- Have friend approach for you, send her over.

Cold Reading and Other Props

- Women love all kinds of props, personality reading, psychological analysis, etc. including astrology, palmistry, magic, handwriting analysis, etc.
- Coin trick, Hand Tension Reading, Hand Massage and Reflexology, Handwriting Analysis basics.
- Using these as crutches or training wheels to make conversation, then using them when more advanced to move things to a physical.

Principles for Approaching Women (Key Beliefs)

- Now is better than later (usually) three second rule.
- Saying anything is better than saying nothing.
- It's all upside, no downside.
- If this one doesn't work, there will be 100 more later.
- I can only learn at worst, and lessons are priceless.
- Have one default thing ready.
- It's her loss if she's not interested, I'm the prize patrol.
My Personal Favorite Openers

- Bar/Club: “I'm sure that every drunk dumb-ass and his nine friends have been bothering you, but I just wanted to say that think you are fantastically beautiful... and I wanted to find out what you were like.”
- Online: “Can I ask you a quick question?” [Her: “Sure”] “You don't mention your age here in your profile... are you over 40?” (When it's obvious that she's in her 20s or 30s).
- Street: “Hi, can I ask you a quick question... are you single?” [Her: “Why?”] Well, I know someone that I think would really like you... and if you're single, I think you should consider having a cup of coffee with him...” [Sly smile that hints you're talking about yourself]
- Both in cars: Smile, then wave. Hold up your cell phone and mouth the words “What's your number?” slowly. Start by giving her the local area code.
- Coffee Shop: Opinion opener, “Hi, my friends and I were talking, and I just want to get a female perspective from you... Do you think that men understand what women want and need?”
- When She's Working: Palmistry and Handwriting analysis teaser. Act shocked, nervous, and reluctant to tell her what you see. “I have to go, but give me your email and we can chat later”.

Tips for the Initial Conversation

- It's OK to open with a compliment, as long as you do it in an interesting way. “What are you, a statue model?” is a good example. Suspense is also great. “Hi, you are really... beautiful.” Pause for 2-3 seconds while looking her right in the eyes.
- When you first meet a woman you can tease her about something. It doesn't matter what it is, as long as you do it early on. For instance, you might say: “So what's with the big purse? Are you carrying a gun in there? ’ or maybe “Those are some pretty tall shoes, what are you like 4' tall without them?” If you tease a woman, it shows that you're not intimidated by her, and that you have a fun sense of humor.
- Look around at other things and seem kind of pre-occupied when you first start talking to her. Make your funny remarks with a carefree, detached tone. You want to sound like you're talking to your best friend.
- Don't answer her questions directly. Women love to ask questions like: “What do you do?” and “Where do you live?” and “Tell me about your family”. Answer with funny answers, and don't give her what she wants. Most guys say “Oh, I'm an engineer” or “I'm a stock broker”. BORING, BORING. If she asks what you do, say “Oh, funny you should ask. I actually work in the slave trade business. You know, import export... How about you? What do you do?”
- End the conversation too early, then turn back and ask for her email. While she's giving you the email, have her write her number as wet.
Don't Sell Too Far In Advance, Instead Assume And Answer As If She Was Pleading And You Are Resisting

- Asking “Do you have e-mail?” is so simple, non-threatening, etc. - But it also is very likely to get a “Yes” in advance
- Question like:
  - “Am I your type?”
  - “Can I take you out sometime?” (especially early on)
  - “How do you like me so far?”
- Are insecure and sell too far ahead - they ask for too big of a psychological commitment and “feel” like pressure.
- Bridges, “Assumptive resistance” that you encounter when you try to sell to far forward etc.
- Ask for no advance commitment, don't sound insecure, put minimal pressure, and get best results.
- These also require delaying gratification, being indifferent, etc., so you must first get your inner game together!

Meeting Scenarios

Forget trying to 'pretend not to be picking her up. - just be damn good. Women know what's going on.

Use this list to create appropriate conversation starters:

<table>
<thead>
<tr>
<th>SITUATION</th>
<th>TECHNIQUE</th>
<th>STYLES</th>
</tr>
</thead>
<tbody>
<tr>
<td>Club/bar</td>
<td>Hi</td>
<td>Natural/cool</td>
</tr>
<tr>
<td>She's working</td>
<td>Compliment</td>
<td>Serious direct</td>
</tr>
<tr>
<td>Class/group/event</td>
<td>Joke</td>
<td>Humor</td>
</tr>
<tr>
<td>Street, bus, airport</td>
<td>Question</td>
<td>Suspense</td>
</tr>
<tr>
<td>Bookstore, mall etc</td>
<td>Invite (party etc)</td>
<td>High energy</td>
</tr>
<tr>
<td>Personal ads</td>
<td>Imitate</td>
<td></td>
</tr>
<tr>
<td>Online, IM, email</td>
<td>Emotionally compelled</td>
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<tr>
<td>Party, wedding,</td>
<td>Opinion</td>
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<tr>
<td>social event</td>
<td>Sign lingo-from car</td>
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<tr>
<td>Church</td>
<td>You look interesting</td>
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<td>Entertain (magic, etc)</td>
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<td></td>
<td>Mutual acquaintance</td>
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<tr>
<td></td>
<td>Introduction</td>
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**Exercise: You Can Say Anything And Have It Mean Anything**

- Most of your communication comes from your voice tone and body language.
- It's important to learn how to say any set of words, and have them convey any meaning you want.
- The Exercise: Practice saying different common phrases, and use your voice tone, expression, timing, body language to make it carry the meaning.

**Try saying the following phrases:**

- “Excuse me”, “You're beautiful”, “You're charming”.
- In each of the following manners:
  - In a weak, tentative way that says “I'm insecure”.
  - In a smooth, confident way that says “I'm just saying these words as a formality...what I really mean is “there's something about you I find attractive, and I'm going to find out more”.”
  - In a dramatic way that creates tension and anticipation.
  - (Add body language as well.).

**Date Request**

- Call 1-2 days later or so. I like to call sooner rather than later, but not the same day.
- Waste no time. If you're on the phone, say “Hey, I don't have long to talk, but I wanted to touch base and say hi. I'm going to be busy today and tomorrow night, but let's get together Saturday for a cup of tea and some stimulating conversation...” Bang, done. Don't linger any longer than you have to.
- Talk about times you're busy before talking about times you're available. “Let's see, I'm busy tomorrow morning and the next day. And I'm going out of town this weekend... But I can do it tomorrow at 3.”
- Always mention being “just friends if nothing else” at some point in the conversation or email.
- Start off with tea, and then if you want to continue, you can lead into more.
- If you email: “Hi, it was fun talking yesterday... I'm thinking that we should get together for a cup of tea and some stimulating conversation. You seem like you might make a nice friend”.
- If you ask her out, and she says “Well, I have other plans”, just say “Cancel them! I'm more fun than whatever you're doing.” I love this one! Even if she doesn't cancel (which she usually won't) she'll get a laugh, and it will show that you're confident (very attractive). Just make sure that if she does cancel that you do something interesting! It's a great comeback, and I use it a lot.
Where to Go

- Start off with tea. If that works and you're hungry, suggest a light meal (but only if you're OK with paying).
- Take her somewhere that has a lot going on... somewhere that has interesting conversation built in.
- In most cities there are areas that have lots of eclectic, artsy, trendy shops. You can't walk through one of these areas without having an interesting conversation.
- Games like pool, miniature golf, etc. can be fun as well, as long as she's the fun type.
- The idea is to do something interesting that doesn't cost a lot of money.

Class and Style

- What is 'class'? Its understanding styles and what's stylish, knowing what is in fashion, and choosing classic, timeless basics to mix with the new. Class is understated. Class is timeless.
- If you choose not to be 'stylish' or 'trendy', then you'd better at least mention it and make fun of it in an intelligent way so you communicate ‘I'm aware of, yet above it’.

Chivalry and Romance

- Chivalry is very powerful, especially with attractive, intelligent, powerful women. It creates a subtle atmosphere of romantic fantasy.
- Open doors, pull out her chair, walk on the outside of the curb.
- Romance is over-used by men who are attracted to women.
- Romance is most powerful after the first few dates. It can be very powerful if it is a surprise.
- Use romance like a spice. Don't overdo it.

THE DATE: Rules of Thumb

- Have her come to your place to start.
- Don't act boring.
- Don't talk about boring things like family, work, school, and the weather.
- Know exactly what you're going to do before you ask her, and make sure it's interesting!
- Leave her alone once in awhile when you're out together. Example: You're out together at a store window shopping. Most guys will stick right along side of the girl that they're with the entire time. Instead, walk away from her into a different part of the store once in awhile and let her come find you. Again, see the difference? At a subtle level, walking away from a woman communicates “I'm confident and independent, I do what I want with my life, and I don't need to stay right next to you every second to get your approval”.
**How and Why Women Test Men**

- If it was critical that you found out what another person's TRUE character was like, how would you do it?
- What if the stakes were VERY high? What if you HAD to be sure that you were right?
- The obvious answer is to create character tests for the other person, administer the tests yourself, and never tell the other person that you were TESTING them in the first place.
- When a woman is considering getting involved with a man, her GENES have programmed her to make sure she's making a good choice. They've given her a way to TEST men.
- What do a woman's genes want her to look for? Dominance, drive, poise and composure, the ability to provide for her and a family, etc. She wants a man who maintains CONTROL of himself and his surroundings (not to be confused with 'controlling').
- How do women test for these things? By challenging, pushing men to wits end, changing plans at the last minute, playing hard to get, being demanding, and expecting special treatment.
- How can you pass these tests? By living in your own reality, and seeing her as a guest, rather than the other way around.
- Turn everything she says around, handle every test effortlessly, and make any problems she presents into her own limitations that you point out, Joke about, judge her for, and generally say "Well, it's your loss..." or, take tests and preempt them with objections or obstacles of your own.

**Examples of Testing**

- Acting Jealous to make you change how you behave.
- Complaining about something you do.
- Using affection or sex as a tool, rationing.
- Being unavailable.
- Mentioning that other men are interested in her to see how you'll respond.
**Stay On Your Own Course**

- Men often try to follow a woman who doesn't want to lead, and when she doesn't lead, the man tries to convince her to lead with questions and body language that seeks approval.
- Most men orient themselves by, follow, and seek approval of the woman. She leads, they follow... in fact, she isn't even leading, but they TRY to follow. They try to make her lead. This is a horrible mistake.
- **Diagram Of The Arrows**
  - This is a very simple testing system that guarantees a woman almost perfectly accurate results - any guy can luck through or fake his way past one test, but just like your chances of flipping a coin and having it come up heads 10 times in a row are pretty close to 0%, so are your chances of passing 10 test by a woman in an evening or even over weeks or months
  - Stay on your course, even though she is all over the map
  - Let her reorient her body, behavior, moods, responses, communication to yours
  - Don't back pedal, change, explain, or try to get her to lead

**Set a Boundary with Her As Soon As Possible**

- Setting boundaries with women (when it's used correctly) establishes leadership, status, and masculinity
- Set boundaries in a playful, fun way, but also set them when it comes to serious issues as well... don't hesitate to set a boundary if a woman is playing games
- Say “no” to something she wants Push her away when she's trying to hug you
Create the Feeling That You're TOO Comfortable

- Mimic something that she's doing in a funny way. For Instance, if she has really rigid posture, pull your shoulders back, sit up extra straight, and say “I really think you should work on your posture.” This usually gets a confused laugh, because I'm sending a mixed message, and I'm playing. People only do things like this if they're feeling comfortable, so this sends the message that I'm In a fun, comfortable mood.

- Pick up something small and swat her with it! This is one of my very favorites. Now, I don't mean hit her in a way that will hurt or leave a mark... I mean pick up a napkin and swat her In the arm with it when she makes a smart-Alec comment. For some reason, when you do this VERY childish thing, it Just lightens up the situation, and makes her get into a playful mood. I also like to use this one after I've made fun of her and she's pretending that the comment bothered her. Try napkins, small menus, or other things that won't hurt, but will be funny.

- Let things distract you. If you're having a conversation, turn away once in awhile and let things distract you. Get into conversations with other people. Walk away for a few minutes and let her fend for herself for awhile. If you pay too much attention and are watching her every move, you run the big risk of coming across as overly attentive or smothering. By letting your attention wander off once in awhile, it creates a mood of “I'm comfortable enough with you to know that if I go do my own thing for a bit, you'll still be here when I get back.”

- Give her a cute nickname. Tie it to something unique or distinctive about her. “Dog Mommy” “Coffee Goddess”, etc. Disney princesses are great nicknames as well... pick the one she reminds you of most and call her it.

- Confuse her with ball-busting. Complain in a serious tone about something she's doing, and then give her a “Sly Smile”.

Two Levels of Communication

- Men take things literally. Women are always trying to figure out what “You really mean”

- Right now when you say or do something, women are most likely thinking that it means something else

- You must learn a new way of communicating with women. You must learn to say things but have them mean something else

- Rarely be explicit

- Say things without words.... Use only body language

- Say the opposite of what you mean

- Answer direct questions with opposite answers

- Tease

- Be overly confident. If she says that she's busy, say “Well cancel, I'm more interesting”
**Conversation Skills**

- Cocky and Funny
- Steal her frame, bust her balls, tease, and be difficult
- Commenting on little cues and subtle body language. One eyebrow up, a big smile
- Treating any drama or emotional outburst as “cute” enough to chuckle at.
- On a scale of 1-10...
- “You move a little fast for me.”

**Appealing to Her Weird Side**

- Every woman has a “weird”, dorky, off-beat side
- Most men don't get to see / interact with that side for a long time
- Key is talking to it, drawing it out, knowing it's there - teasing, latching on when you see it, etc.
- This is part of the key to “I feel so comfortable with you” and that feeling like you've known someone a long time
- Call her “dork” and “spaz” and “brat”

**Hinting That You’re Normal**

- Tell women that you're busy.
- Get off the phone without asking her to meet or for a date.
- Make fun of dumb-ass behavior... other guys who act like wussies
- Accuse women of being late all the time, and exaggerate “You're probably never on time... 'cummon, admit it'. Tell them that they call you 20 times a day. If she calls but doesn't leave a message, accuse her of being a stalker, and tell her that normal people leave messages.
- Chase women out of your house. Say 'get out' over and over if she's kissing you. Tell her that she's going to need to leave immediately if she keeps kissing you.
- Tell her that she can't go into your bedroom, then yell at her for it... but wind up on your bed.
- Tell her 'this is all your fault' as you get more and more involved. Say “I knew you were trouble', etc. Say “Dammit” in a disapproving way as things progress... as if she's forcing you.

**Never Backpedal or Explain Yourself**

- If you say or do something that seems to upset her, don't try to explain your way out of It, or do something to “make her feel better”. Don't act like you screwed up, or show her that you're nervous because she's acting upset.
- Just move on, as if nothing happened. Get right on to the next topic or story.
- It she stays on It, whines, or complains, just say 'get over it, It was a joke— quit being a pain'... and then get on to the next topic again.
- If you try to backpedal or explain yourself, or in any way hint that you think you're “screwed up”, you're DEAD MEAT.
- If you say something and she doesn't like it, that's not YOUR problem.
Looking Prevents Seeing, Seeing Prevents Finding

- Trying to “find out” if a woman “likes you” by asking, etc. is like opening the oven every five seconds to see if the cake is done... It destroys the chances
- It's like in physics - reality changes when observed [quantum physics: the act of observing changes the result]
- Asking a woman if she Nikes you” early on destroys her chances of liking you

First Date Banter

- I like to accomplish a few main things:
- Let her know that I'm very selective, and that I'm auditioning her just as much as sire's auditioning me.
- Make sure she's the kind of woman that I'd bee to spend more time with in the future.
- Leave myself with an easy excuse to leave should she try to convert me to her religion or sell me Amway,
- Have flexibility to go on and do something else after should the time be enjoyable.
- Treat her like she's your bratty little sister. You love her, but you tease her too.
- Assume that you can do no wrong.
- Underneath the ball-busting, It's dear that you don’t REALLY mean it... or do you?
- Go light on women who are overly shy, have low self esteem, or are overly nervous.
- Talk freely about sex, dating, male-female dynamics, games people play, etc.
- Treat her like a friend, but remind her that she just screwed up her chances with you...

Conversation Topics

- Humans, and women in particular, love to talk about, think about, and watch Drama, Comedy, Adventure, and particularly scandal. Think TV and movies.
- Why isn't there a hit movie that shows a guy sitting in front of his TV for two hours without moving? Or a hit TV show about grass growing?
- Humans find some topics particularly interesting because we're WIRED to find them interesting.
- This natural attraction to and interest in other people's lives, and their Drama, Adventure, and Comedy helped us survive and gain status in primitive times.
- Learn to mix these elements into conversation and use arrogant humor to comment.
- Play psychology expert with society, guess what's going on with another couple seated nearby, and discuss current music trends...
How to Make Your Personality Interesting

- How to tell a story
- What's interesting - drama, humor, scandal, pop culture icons, fun things, movie and interesting critique, formula 90210, dynasty, Cosmo, MTV.
- Renaissance man: music, art, dance, story, culture, history, etc.
- Romantic stories, history and interesting trivia - stories behind things
- [Online humor article of Italian guy]

Flirting

- First I want to talk about the concept of 'flirting', and why it's SO important that you understand exactly what it Is and how to do it with women.
- To begin with, women know what flirting is, and they respond VERY differently to flirting communication than they do to typical social communication.
- Again, if you understand flirting and sexual tension, you can begin conversations with women and have them INSTANTLY feeling ATTRACTION for you.
- If you DON'T understand how flirting and sexual tension work, then you're either going to have to become famous or make a LOT of money to be successful with women.
- I'm going to suggest that you learn how to flirt well, and then do it RIGHT FROM THE BEGINNING in your interactions with women to SET THE RIGHT TONE.
- Think of flirting like playing.
- Remember when you were a kid and you used to 'play fight' with your friends?
- What's the difference between 'play' wrestling and 'real' wrestling?
- And how do you know the difference when it's happening._ when your friend runs up and pushes you down, then jumps on you and tries to pin you?
- The answer is YOU JUST KNOW. Its obvious to humans (and other animals, by the way) when someone is 'playing” and when they're serious.
- Flirting is similar.
- If you start talking to a woman and say “Hi, you're very pretty. You probably have a boyfriend, right?” in a normal tone of vane, you're NOT flirting.
- On the other hand, if you say “Hi, I realize that you're probably shy because you get no attention from men... so I thought I'd come over here and pay attention to you...” it's OBVIOUS that you're not being serious. This is flirting.
- By the way, flirting IS NOT empty telling jokes, or trying to be 'cute'.
- One of the concepts that I teach is called 'Cocky & Funny.'
- Cocky & Funny is simply a powerful, concentrated way of flirting and creating sexual tension with a specific kind of humor.
- It's so funny to me how some guys write in because they 'can't see themselves being Cocky & Funny around women” because they don't want to come across as jerks.
- This really cracks me up... because it's obvious to me that these guys JUST DON'T GET IT.
- So let me explain this whole thing a different way...
If you know how to communicate... the night way, women will respond to you RIGHT FROM THE BEGINNING with a HIGH LEVEL of sexual interest and ATTRACTION. When you know how to incorporate flirting in a Cocky & Funny way, which is really a form of ‘adult verbal May', you tune in to a certain frequency in a woman's mind, and cause her to go into a very special kind of emotional state. I’ll talk more about Cocky & Funny and the specifics of how It works in a bit 
One of the keys to effective flirting is to 'get it”. In other words, you have to actually get out there and practice so you get a 'feel’ for how it works.
I think a lot of guys give up when they try a cute line or technique and a woman responds by saying “You’re a loser.” Instead of just realizing that they need more practice or that the woman might have just been in a bad mood or even one of those horrible 'I don't have a sense of humor’ cases, they take it personally and decide to just have it mean that they're a failure.
But take my word for it... once you team how to flirt effectively and communicate in the language of ‘adult play’ you WILL SIMPLY NOT BELIEVE how women will respond to you.

Here's an example of some of one of my favorite topics to ‘riff on” when flirting... the topic of getting married and us being in a relationship... and I'll give it to you in the form of a sample dialogue. Keep in mind, I might have a conversation like this one with a woman that I just met five minutes earlier...

Her: 'I have a good job, and I make good money'
Me: "Nice. I like that in a woman. Want to get married? We could leave for Vegas right now and be married in about 4 or 5 hours, I need a woman with money.”
Her: <Laughter> “OK, that sounds like a plan'
Me: But wait a minute... do you think you can support the both of us on your income? I really want to be a stay at home husband... you know, keep an eye on the TV and such.'
Her: “Oh, no... I won't support you.'

Me: 'Well, then I'm breaking up with you. It's over between us. I was going to marry you, then divorce you a week later and take half your money.'
Her: <Laughter> 'You can't break up with me! I'm not even your girlfriend.'
Me: 'That's all the more reason.' ...do you get what's going on here?
I'm taking a normal conversation topic (her job and income) and redirecting the conversation in a flirtatious, Cocky & Funny way to create a fun mood and sexual tension (by suggesting marriage, divorce, and breaking up over her not supporting me, etc.). 

If the above example doesn't make any sense to you, then take that as a sign that you need to get out and practice more. Try it on a waitress or two.
When you ask for something and she says 'I'm sorry, we don't have that', just say 'OK, this relationship isn't working out... I'm going to have to break up with you.'

In fact, you can say this in just about ANY situation with ANY woman where she's saying something that you don't like, and it's funny.

When you communicate like this, you're FLIRTING, you're TEASING, and you're initiating a DIFFERENT KIND OF COMMUNICATION than most men initiate. And as soon as the woman you're talking to ‘engages’ you in this kind of dialog THE GAME IS ON.
There are a LOT of ways you can flirt, and a lot of ways you can be Cocky & Funny that DON'T REQUIRE WORDS.
If a woman looks at you and raises one eyebrow, look back at her and do the same... only exaggerate it.
If a woman puts her hand on your arm, look down at a, then look up at her in a surprised way, then raise your eyebrows as if you just had a major 'eh ha!' realization... then start smiling and nodding your head as if you just realized that she wants you. This is a powerful combination because it's funny, and it exaggerates the meaning in her touching you.
There are a MILLION ways to flirt like this, but the point that I'm trying to make is that you NEED TO START DOING IT RIGHT FROM THE BEGINNING OF YOUR INTERACTIONS WITH WOMEN.

**Five Ways to Spark The Chemistry By Flirting**

- Giving her a hard time about something in a flirty way. In person, responding to her personal ad, etc.
- Mentioning how the relationship just doesn't seem to be working.
- Faking despair at something she's doing... shaking head and exhaling.
- Overly dramatic complaints about her job performance, behavior, difficulty, etc.
- Behaving like you could take her or leave her... and like she's just a good friend (too comfortable)... unlike all the other men who communicate that they're awed and in wussville because they're INTERESTED.
- ...a universal way to open by flirting is to say “You know what they say about women who...” and then DON'T TELL THEM. Just look at them in a knowing way.
Cocky Comedy

- You either get what's going on between men and women, or you don't.
- If you think that the way to make a woman feel attracted to you is to worship her, become nervous in her presence, and be your average, humble, wussy, then YOU DON'T GET IT.
- If you realize that women feel attraction for specific REASONS, and you know what those reasons are and how to create them, then you DO GET IT.
- Once you get it, then you have to actually work on your execution, practice your skills, and improve your real-world abilities until you experience success.
- If you don't GET IT to begin with, then there's almost nothing you can do. You'll beat your head against the wall forever.
- No magic techniques will work consistently If you don't get it, and any technique will work if you do get it.

Now I'm going to talk about what might be called 'EXTREME FLIRTING'... it's my concept of 'Cocky Comedy', and it's one of the things that almost EVERY "naturally successful" guy does to attract women.

Now, it just doesn't make sense to some guys that teasing women, busting their balls, being slightly arrogant, not kissing up to them, etc. could or should make them feel attraction.

I can understand this, because I was exactly the same way the first Few times I heard it and saw it.

I kept thinking to myself "If I do this Cocky Comedy thing, I'm only going to come across as arrogant... And that can't make women like me more.'

Well, was I ever wrong?

You must always remember that ATTRACTION isn't logical. It doesn't follow the rules that it 'should' follow. ATTRACTION is a very powerful emotion that has reasons and triggers that don't make any sense at first glance...

I'm sure you've seen many attractive women with guys who mistreated them, abused them, and were exactly the opposite of what you'd expect a woman to accept.

Why?

ATTRACTION. In the beginning she left attraction, and as bad as it may sound, almost no amount of being 'bad', abusive, or jerk-ish can convince a woman feeling a strong attraction to leave.

So let me take the opportunity to talk a bit about the Cocky Comedy attitude, why it works, and how to use it to attract women (without having to be an abusive jerk).

First of all, you have to remember that the formula is Cocky+Comedy. Always both.

If you act too cocky, you'll come off as arrogant and insecure only.

If you're just funny, always telling jokes, and making people laugh, you will probably come across as 'too goofy.'

Here's a Cocky Comedy statement:

"If she doesn't find a dress that fits better, the fashion police are going to send in the SWAT team for her ass."

Get it?

Start with arrogance, and then add humor. So why does it work to attract women? Well, the short answer is:
But if you use BOTH together, you will create magic. Cocky Comedy is like sparring... it's sport... it's fun...it's challenging...it's interesting when used with skill.

So let's get clear about what 'Cocky Comedy' is.

Here's a cocky statement:

'Her dress makes her look fat.'

COCKY COMEDY ATTRACTS WOMEN BECAUSE IT QUICKLY AND DIRECTLY SAYS ALL THE RIGHT THINGS ABOUT YOU.

Women are attracted to 'alpha male' types. We all know that. Women are attracted to a sense of humor. We as know that one too.

Women AREN'T attracted to men who give away their power, kiss up to there smother them with attention, act like whipped puppies, and get nervous just being in the same room.

If you meet an attractive woman, and IMMEDIATELY start giving her a hard time about something, busting on her, and have fun, it basically says:

'You are interesting enough to talk to, but you're going to have to do a lot more than just look good to impress me. Your beauty doesn't make me nervous in the slightest, I'm perfectly calm, and in fact, I'm so comfortable that I just noticed something about you that I'm going to make fun of.

There is no faster way on earth to communicate all the right attitudes, beliefs, self-image, comfort, confidence, and power than to use Cocky Comedy.

(Except maybe to put on a perfect Brad Pitt costume.)

Once you start using this attitude, you will be totally astounded at the results.

Here's a low-risk example:

Next time you're at the grocery store in the checkout line paying for your groceries, say:

'So how much of the cash do you get to keep?' (as you hand her the money)

She'll probably laugh and say: 'None... I wish.'

To which you can respond with:

'Oh, I figured you were pocketing 10 or 20%... I assumed you were rich and could support me. But now I'm not interested... I want a rich girl' (Turn up your nose)

This is a great one. It's always fun to ask a woman if she's rich or famous, and then when she says that she's not, tell her that it messed up her chances with you, and that you're not interested anymore.

One of the keys to the Cocky Comedy attitude is to never 'crack.' If she opens her mouth and gives you the 'I can't believe you just said that' look, you need to turn it up a notch...

Most guys will crack and say 'Oh, I was just kidding.'

DON'T DO THAT! It makes you look like a WUSSY.

In the example above, if the checker looks at you and gives you the open mouthed “I can't believe you said that” look, and says 'Hey! I may not be rich, but I'm nicer, you just look at her and say 'Nice isn't good enough, I need RICH AND nice.'

Your goal is not to upset a woman, but to get under her skin enough by teasing, busting on her, and using Cocky Comedy that it ignites the magical challenge/attraction mechanism.
Examples of Cocky Comedy

- "Those are some pretty tall shoes, what are you like a' tall without them?"
- Compliments: “Look, I'm not like other guys. This compliment thing Isn't going to get you anywhere.* *Already starting with the compliments, huh? Look, let's Just get this over with... go buy me the drink already.” *I'm not giving you my phone number, so Just quit.” “Common, can't you at least think of something original to compliment me on? And the list
- Mimic something that she's doing in a funny way. For instance, if she has really rigid posture, pull your shoulders back, sit up extra straight, and say “I really think you should work on your posture.” This usually gets a confused laugh, because I'm sending a mixed message, and I'm playing. People only do things like this if they're feeling comfortable, so this sends the message that I'm in a fun, comfortable mood.
- “So what's with the big purse? Are you carrying a gun In there?”
- Pick up something small and swat her with it! This is one of my very favorites. Now, I don't mean hit her in a way that will hurt or leave a mark... I mean pick up a napkin and swat her in the arm with it when she makes a smart-Alec comment. What's this all about? For some reason, when you do this VERY childish thing, it just lightens up the situation, and makes her get into a playful mood. I also like to use this one after I've made fun of her and she's pretending that the comment bothered her. Try napkins, small menus, or other things that won't hurt, but will be funny.
- Say “Get!” and push her away.
- Suspense, being serious while joking, etc. She asks 'How long has it been since you've been on a date?'* and you pause, look serious, and say 'Does my mom count?’’
- ...the idea is to always be arrogantly funny... and to practice until you can improvise with any situation, and turn anything around.
Cocky Comedy Standards

- Every time she points out one of her positive traits, interpret it as the over-expression negative opposite of it. Then, for added drama, fake exasperation and make a comment related to someone famous who's notorious for having that negative trait. If she says 'I work out no days a week' say 'Wow, I love obsessive women'. If she says 'I graduated with a 4.0' say 'So you're subtly trying to tell me that you're a geek and have no life or personality?'

- When a woman shares her ethnicity/nationality or combination, misinterpret as the negatives of that nationality... If she says “I'm Italian and Irish” shoot back 'Great, so you're a heavy drinker width an anger management problem”. If she says 'I'm Black and Mexican' say 'Whoaaa, I always love a woman with a ghetto booty driving a Chevy Impala low-rider... that's tight!

- If a woman gives you a compliment, accuse her of having ulterior motives, trying to seduce you, and using cheap pick up lines on you. If she says 'Wow, that's a great shirt' say “I'm not that easy, those smooth lines aren't going to work on me”. If she says *Wow, you have a nice voice' say 'Look, if you keep talking that way I'm going to have to charge you $5 a minute for this... don't even go there*.

- Turn things she says around as her looking for your approval - answer condescending 'self-deprecating comments to gain my approval' comments with 'You're right' and 'I didn't want to say anything'

- As soon as you hear a woman complain about something or being dramatic, make a reference to a stereotypical drama icon, such as a TV show, famous person, or character. If she says “I'm so upset! I just found out that one of my friends is talking to my ex boyfriend!” say 'Wow, have you ever thought of going on Ricki Lake with that '. If she says 'I'm sorry I'm late... my best friend called and I had to talk to her because she was ready upset... she lost her job and then broke up with her boyfriend' say 'Wow, I didn't know I was going to be the special guest on Melrose Place tonight...'.

- Act suspicious of everything she says and does, in an overly-dramatic way. Look at her funny while agreeing with her. Wrinkle your eyebrows while she's talking. Turn your head and look at her sideways with squinted eyes

- When a woman makes a comment to shock you, always turn it around and interpret it as something that she never imagined...

- Reversing gender stereotypes, playing the victim of discrimination and saying “I'm not easy” and “And don't try some typical trick... Just because you buy me a drink doesn't mean I'm going home with you° etc.

- Everything that is a problem... that people fight over in relationships is GREAT to do, exaggerate, and make fun of, role play, etc. when you first meet a woman. Joking about it, teasing her about it, making fun of her, etc. says 'I'm smart, funny, know the neurotic issues that most people have, and since I do I'm not crazy like them” while STILL busting her balls and giving her a hard time.

- Guess
- Why doesn't that surprise me?
- That's not what I asked you / said
- Don't tell me what to do
• I don't think this is going to work
• We fight all the time
• You would
• Look of exasperation (shake head, roll eyes)
• Cummon
• Gimme a break
• You know what they say about girls who...
• Any other random comments about / for me?
• What kind of trouble have you been getting into?
• What's with you? / wrong with you?
• What part of _____ don't you understand?
• Are you always this difficult?
• Are you retarded?
• Do speak English?
• Don't touch me
• Look at her touching you, lean away, suspicious look at her

**Humor Standards**

• “You know what they say about girls who...?"
• She says “I like those shoes” you say “you would” or (sarcastic tone) “why doesn't that surprise me?”
• “That's what I'd expect from a girl like you...”
• When given a compliment, say “Is that the best pickup line you can think of?” or “That was a pretty original line... but I'm not that easy”

**Being Alone With Her**

• This step is all about trust. If she trusts you, then she will feel more comfortable spending time alone with you.
• The bridge to this step starts back before the first date or meeting. It's when you say on the phone “Why don't you Just stop by my place, and ring the bell and we can leave... I know a great coffee shop.” Then when she shows up, let her in for a minute and leave quickly.
• When you insist that you want to leave Immediately, it sets up In her mind that you're not needy or trying to take advantage of the fact that she's in your house (of course, you can do the same if you meet at her place).
• Next, when you were out with her, you weren't being too ‘touchy feely’, and you were leaning back, teasing her, and treating her like an old friend, which made her feel even more comfortable with you.
• If you are going back to your house to drop her off, you can look at your watch and say “Well I have some things I need to do, but OK, you can come in for a few...” Use a tone of voice that says “You talked me into it.”
Things To NEVER Whine About, Complain About, Or Even Mention

- Being single.
- Being lonely.
- Being a loser.
- Being unlovable.
- Having bad luck / not having good luck.
- How long it's been since you had a date.

Asking Direct Questions By Acting Suspicious

- Some questions and topics are seen as social taboo.
- If you want to ask a woman her age, if she's single, or any other “not usually asked directly” type of question, use a semi-suspicious, direct tone.
- Put your eyebrows together, lean your head back slightly, and in a tone that says “I suspect something, but you're a little suspicious”, ask your question quickly and directly.
- You can get almost any question answered if you seem like she's acting suspicious, and you are trying to get to the bottom of the issue.
- You'll be surprised to have women answer questions from how old they are all the way to if they're bi-sexual, right at the beginning of a conversation with this technique.

Giving Things A Little Push and Priming The Pump

- “How am I supposed to play hard to get and act like she's picking up on me when I don't even know if she likes me?”
- The answer is to give things a little push
- Interpret comments and behaviors as her coming on to you and then resist
- “You're moving kind of fast for me”
- “I don't think this relationship is going to work”
- “I think she likes me”
**Exercise: Flirting, Teasing and Joking About Sex**

- Turn her comments around, interpret them as sexual innuendo, and accuse her of everything.
- Feeding back what she says, changing the words / tone to imply sex, she wants you, etc.
- Misinterpreting even mentioning something as she wants it/you, then telling her to calm down
- Create and manufacture opportunities to mis-interpret, tease, bust her balls.
- Sample standard common phrases to practice with: It, in, blow, go to bed, go home, etc.
- Answer complaints with: “I'm glad you like it” and “Thanks for noticing.”

**The Exercise:**

- Find a partner, and practice the following five times each:
  - I don't have sex on the first date: “Why are you bringing up sex so soon? Frustrated?”
  - Why didn't you call me? “Because I was on the phone with your mom.
  - Does my ass look fat in these pants? “Yes, your ass looks fat in those pants.”
  - Are you attracted to me? “Well, you're attracted to me, that's obvious.”
  - We're not going to sleep together: “What gave you the idea that we were?
- Next, come up with one or two of your own, and practice.

**Holding Hands**

- Holding hands first makes a woman feel safe, and warms her up to you.
- This is an ideal place to use handwriting analysis, hand reading, hand massage, pressure points, etc.
- Hold her hand while reading it, and put it down a few times.
- Massage a little while saying “This will help you relax.”
- Holding hands is a great thing to use “Two steps forward, one step back” with. Stop holding her hand, then start again. Stop, start.

**Handwriting Analysis**

- Introducing the analysis:
  - Waitresses: Ask to see the order pad that they're writing on. Say “Interesting. Your writing says a lot about you.”
  - Anyone else: Say “Have you ever had your handwriting analyzed?”
- Ask for two or three sentences in CURSIVE writing, with signature. It's critical that you get cursive writing. While she's writing, you can say “Write your phone number down... I need to see some numbers.” You'll be amazed at how often a woman will write her name and number right at the beginning of a meeting for you.
- Explaining why you need a long sample in cursive: “We all learned to write the same letter shapes in grade school, but each of us evolved our own style over the years based on our personalities. Writing in cursive shows the “true” you, while printing only reveals the surface.”

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• Baseline: Straight baseline with even, orderly print equals very rigid and organized. Uneven baseline and disorderly print means disorganized “All over the map” so to speak. Writing that slants downward equals pessimism, writing that slants upward equals optimism.
• Slant: Slanted right equals a person who likes to please, straight up is independent, left is defiant.
• Zones: Above midline (ascenders) is higher self, middle of characters is the day to day emotional life, below the baseline is the physical self.
• Loops: Loops signal creativity and imagination in their respective zone. Example, loops in upper part of L’s signal mental creativity and imagination, round letter bodies equal emotionally needy or immature, loops in the lower portion of letters, i.e. loops on G's and Y’s equal sexual imagination. No loops equal no fulfillment or no creativity.
• Details: Perfectly dotted Is and perfectly crossed T’s signal detail orientation. T’s that are crossed high up equal high self esteem.
• Size: Large writing equals immaturity “a lot of little girl inside”, small writing equals high intelligence. Einstein wrote very small.
• Speed: A person who writes quickly is fast on their feet, always on the go, in a hurry, energetic. Slow, deliberate writers are concerned with image over efficiency.
• Pressure: Heavy pressure equals passion and intensity. Light pressure signals a person living half-heartedly.
• Signature: Large signatures or large initial letters of signatures signal inflated ego, and a person that tries to project an image to others that's just a little bigger than they really are. Smaller or regular size signatures show a person has a realistic view of themselves.
• Other: Since you're not a professional, you may feel tree to guess and interpret things you see as you wish. Just say “You have a lot of extra decorative strokes in your writing, which I'm guessing means that you like to make things that are around you beautiful with your tooth...” etc.
• Numbers: Perfect numbers signal comfort dealing with numbers. Disorganized numbers signal discomfort with numbers and math.
Hand Tension Reading

- Say “You can tell a lot about a person from their hands. Give me your hand.”
- Feel and note the following:
  - How tense or soft the fleshy parts of the palm are
  - How smooth and soft the skin is
  - How far back the hand will bend.
- Tension in the fleshy parts of the palm can be interpreted as body tension. At this point, you can say “I'm guessing from this that you have a lot of tension right here... (put a couple of fingers on shoulder muscle)”
- Lack of tension in the hands can be interpreted as a person who is laid back and likes to indulge themselves... in food, nice things, etc.
- Smooth, soft, supple skin can be interpreted as a very sensitive person who can be very emotional.
- Tougher, dryer, rougher skin can be interpreted as a stronger, more resilient person who works hard and is stable.
- A hand that won't bend backward very far due to tension can be interpreted as a person who is rigid in their ways, and inflexible. “You like things your way.”
- A hand that will bend far back can be interpreted as a person who is very flexible in life and social situations. “If you're out with some friends and one of them wants to leave and go somewhere else, you'll say “Let's go!”... you're not stuck on anything, you can go with the flow.”

Hand Massage and Reflexology

Introducing the analysis and massage: Say “Here, let me release some tension for you. Did you know that points in your hand are connected to all different parts of your body?”

Then ask: “Have you ever had a hand massage?”

Read the following hand massage chart for info on corresponding areas, and discuss as you massage. Palm massage, the fleshy point between the thumb and first finger, and wrist/forearm seem to feel the best.

Also, massage up the forearm, and make note of how fingers react to tendon massage, and how tendons run all the way up your arms.
Kissing

- The Kiss Test.
- Stroke her hair and give her a compliment.
- If she smiles and likes it, continue again.
- Look at her lips, then at her eyes.
- If she continues enjoying it, slowly kiss her.
- Pull away and build anticipation.
**Clothes Off**

- Two steps forward, one step back.
- At each phase of shirt off, bra off, pants off, etc. STOP and lean back for a minute or two. Turn her on more before moving on.
- As you're kissing, run your hands over her body, deliberately avoiding (but coming very close to) her R and X rated zones. The more you run your hands over her body without touching her in these places, the more she'll want you to. It builds anticipation.
- Once she starts grinding on you, rubbing her body on you, or taking your clothes off, start taking hers off. One piece at a time, then stop and touch or kiss more.
- Continue this and tease until she's very excited.

**You Create Your Own Resistance with Ignorance**

- Most men approach sex with women in a way that makes women resist, protest, and often ultimately decide against ANY kind of future physical relationship with the man.
- This is characterized by trying to touch her before she's ready, immediately groping a woman after kissing her, and generally not understanding at all the process by which a woman gets sexually aroused.
- The answer is to approach physical advances with a woman from a different perspective.
- In sales, it's best to always focus on the needs of the buyer by demonstrating how the product or service will solve a problem, etc. and never the needs of the seller. With sex, it's about demonstrating:
  1. That you understand the process and exactly what's happening.
  2. That you have control of yourself and the situation.
  3. The ability to turn her on without any overtly sexual touching or language.

**You Create Your Own Resistance with Ignorance**

- When she becomes turned on, shell perceive sex as her idea, and she'll initiate the sexual gestures... grinding, touching, or talk. You will then have very little to no resistance. If, on the other hand, she doesn't become turned on and you're trying to progress, you will meet only resistance.
- You must demonstrate skill and confidence, and a comfortable ability to transition from one step to the next - this shows that you understand what's going on, and that you ‘get it’.
- Two forward and one back demonstrates that you have control of yourself and the situation... also use teases and even outright takeaways sometimes... make her say please. (The mindset of “I could, but I won’t”).
- Remember the power of the light, slow touch in the beginning, contrasted later with pulling, grabbing, and passionate physical displays.
Preheating the Oven

- Here's a sample specific progression to strongly amplify a woman’s sexual arousal at each step and accelerate the process leading to sex.
- This type of progression makes her emotional and physical responses more powerful, passionate, and intense than anything she's ever experienced.
- If you do this correctly, she will become literally swept away and unable to control herself.
- Preheat the oven before you try to put in the... um, thing to be cooked.
- Sit on your bed, far away from her.
- Hand massage.
- Get massage lotion or oil and use it, rub further up the arms.
- Stop, and lean back.
- Put your hand out as if to take hers, and then when she gives it to you, give it back.
- Turn her around and rub her shoulders for awhile.
- If you need to learn, get massages and massage books to learn how
- Stroke neck and exposed neck/shoulder skin very gently and slowly
- Stop, and lean back
- Pull her over gently to cuddle, spoon and put arm around her and relax
- Continue talking casually, say “You're comfy”.
- Smell her neck, then lean back and comment on it
- Relax for a few minutes
- Smell her neck for 10 minutes straight, moving nose on her neck
- Pull her dose to you as you're smelling, say “I want to bite you”.
- When you can tell that she's VERY worked up, tease her with an 'almost kiss’.
- Keep smelling, and grabbing/rubbing her in the NON-12/X rated areas
- Run your fingers around seems where her skin Is showing, even pull up shirt slightly, tease
- Kiss her deeply, and keep pulling her towards you
- Kiss for at least 10 or 15 minutes.
- Stop and lean back, maybe take a break to use the restroom, get water, etc.
- Light some candles, put on some music, etc. if you have some.
- Start kissing again, this time move her into different sexual positions
- When she's on her stomach, pull her hair while kissing her
- When she's completely hot and bothered, test to see if she's comfortable being touched between the legs by putting your hand NEAR her crotch, but not on it for a few minutes, then taking it away. Repeat. Touch her breasts through her clothes, and pinch nips gently.
- If she's very turned on, run your hand from her upper leg up to her crotch as you're kissing her and rub her there for just a moment and make a deep “Mmmm” sound. If she enjoys this, then stop it... kiss, smell and make out for awhile.
- Reach down, and unbutton her top pants button, and put your fingers down the front of her panties... touch her down there, and then put your finger in both of your mouths as you're kissing.
• If she enjoys this, then take off her pants, and have sex. Tease her with your mouth or sexual tool. Keep building anticipation, all the way to the end.
• You can naturally transition to all positions now, because you did while kissing her.
• Always use protection, and use safe sex precautions!
• After, if you really want to make the experience wonderful, feed her some chilled fruit, like strawberries... share a bath, etc.
• Resistance and Persistence... The “token no” that happens up to 40% of the time.
**Sexual Paralysis**
- In the animal kingdom, different animals have different signals that tell the other that they're interested. When one of these signals is used by the male, the females actually BECOME PARALYSED and freeze in a sexually aroused position. (Women have this same mechanism... shhhhhhh!)
- Smelling her neck and shoulders.
- Pulling her hair gently (run your hand up the back of her neck into her hair, then make a fist and pull lightly).
- Biting her neck gently (no Dracula here, just lightly).
- Breathing in her ear and whispering.
- Kissing her neck.
- Very light touching and stroking

**Extremes Are Attractive**
- Passionately take things to extremes - kissing, sex, food etc. - but in a surprising, unpredictable way.
- Extreme teasing, arousal, relaxation, pleasure, adventure.
- Focus thoughtfulness on one evening, one letter, one song, one poem, one meal (or all at once!) and make an impact - not every day.
- Make her think about and long for it again.
- This sets up a mild obsession, and makes her want it more and more.

**End of Date**
- Always be the one to end your time together, even if it's the next day.
- Have something to do, somewhere to go, someone to meet with, etc.
- Say to her “Now don't call me three times a day... I had fun too, but no stalking”.
- Kiss her and say “Call me”.
- Tell her “I’m busy tomorrow, but if you tempt me with a good enough offer, I might make time for you the next night...”

**Exercise: Cocky Comedy**
- The magic formula is Cocky+Comedy.
- You want a balance of both.
- If you're too cocky, you'll seem arrogant and insecure, if you're too funny you'll come across as goofy.
- The formula: Come up with an arrogant statement, and then say it in a comical way.
- Example: “That girl has a big butt” becomes “J-Lo is in the house.”

**The Exercise:**
- Get together with three other partners. Come up with five common situations with attractive women that currently make you uncomfortable. Next, come up with an arrogant statement to diffuse the situation. Finally, add humor to come up with Cocky+Funny lines to use in these situations.
Meeting Women Online

- Chatting, starting conversations.
- Designing great profiles.
- Personal ad response.
- Personal ad writing.
- How to test photographs.
- [Personal ad newsletter].

Profile #1:

Member Name: Man Of Adventure, Of Course... Intelligent, ark, Successful, Strong, Sexy, Funny, Late 20s... You've met your match....

Location: CA, California, Kali, Bel Air, Hollywood, Beverly Hills, Santa Monica, Hermosa, Manhattan, Venice, Malibu, UCLA. What's better than a rich doctor, lawyer / attorney, or athletic sports star? Read on... have a picture and be exceptional if you IM me.

Sex: Male

Hobbies: Two eyes meet across a crowded room. You feel the tingle go up your spine as your back Instinctively arches, and your lips send a smile back to the stranger. But the eyes don't look away. You are being watched, and you love it...

Computers: That feeling of excitement and electricity starts in your stomach. A combination of arousal and that sinking feeling...

Occupation: The one you get when you imagine the tender passion of his kiss on your lips.

Personal Quote: As he begins to walk towards you your veins flood with emotion. Your heart begins to pound. Something incredible is about to happen. If you will only take the next step and SAY HELLO to him...
Profile #2:

Member Name: If you have major baggage, are sexually repressed, or have issues with men please don’t contact me.
Location: CA, California, Near Bel Air, Santa Monica, Downtown, Venice, UCLA etc.
Birth date: December 1970
Sex: Male
Marital Status: Start The Fantasy And Adventure
Hobbies: ME: Happy, good looking, healthy, single at the moment...
YOU: Smart, clean, good looking & a nice bod. I enjoy touching, romantic dinners, beach, travel, adventures, sensual teasing and building anticipation (hours or days?), and I love unusual women...
Computers: I’m very preoccupied with mentally stimulating conversation, intense kissing, *electricity*, caressing, intrigue, fascination.
Occupation: I’m not the doctor or attorney…self made/successful…Got pics?
“Show me yours…I’ll show you mine” No pics? Don’t ask.
Personal Quote: I can recall when I first noticed how a woman's underclothing barely touches her skin, how it floats on a cushion of air, as she moves, how it floats about her body brushing her body like angel's wings - was then I understood how a woman must be touched.

Chat Openers:
• “Can I ask you a question?”
• “Would you help me, please?”
• “Can I ask you for a little help?”
• “Are you from this area?”
• “Can I ask you for directions?”

Chat Tips
• Call her a ‘Brat’ and ‘Bratty’.
• Use funny nicknames.
• Accuse her of probably being old, ugly, grossly overweight.
• Tell her she has no life because if she did she wouldn't be talking to guys online.
• Accuse her of secretly being a man.
• Tell her she's too old/young.
• Make fun of her typing, grammar, spelling.
• Tease her about her profile.
• Tell her to TYPE FASTER.
• Say things like “Giddy Yup!” “Cummon Speedy”, etc.
• Cool profile... How old are you?
• OK, send me your glamour shot.
• There must be SOMETHING wrong with you if you're on AOL.
• You probably couldn't handle me in person anyway.
• You're probably annoying and dramatic.
Relationship Expectations

- Too many times, guys bring an expectation of relationship, marriage, etc. to the table with them.
- This causes all kinds of problems - from idealizing positives and exaggerating or not noticing negatives to feeling various pressures - emotions, attachment.
- Much better to walk into any new situation open to any possibility, but with the mindset of I'm here to enjoy the moment, I don't have an agenda... If something physical happens, fine. I don't have any hang-ups about sex - but, I'm not going to think about relationships and marriage until at least date 10 if it ever gets that far.
- No 'relationship' talk or behavior for at least three months!
- Wait at least a day to call her, don't call more than every other day - don't see her more than twice a week.
- Be a man, not the friend.

Teach / Expect Her to Be a Great Mate

- We humans will take as much as we can get, take advantage of situations, etc. if we're given or can get the leeway.
- Others will respect our time in reaction to how we train them to - which can be done (and should be) up front.
- Set high standards and expect them - don't be afraid of losing someone because you expect the best of them!
- The paradox is that the higher your expectations and the more you bust balls, not tolerate BS, etc. the more attractive you become and the more you kiss ass, act like a wuss, and compromise the less attractive you become.
- Every thought, action, behavior is a symbol for every other one. If you say “I can't do it” it's a symbol of how you approach things. If you ask her “What do you want to do?” It's a symbol of you not leading.
- Sure, it may be a pain in the ass to always “be the man”, but it sure beats the alternatives! Deal with it.

Wuss Cure

- She acts more controlling.
- She is less interested in sex.
- You're being nicer and nicer, but she's only getting annoyed and distant.

Do the following:

- Stop acting like a WUSSY immediately.
- Put some space between you and her. Call her once for every three times she calls you.
- See her HALF as much as you're seeing her now.
- Get a life of your own and stop trying to be her servant.
- Take some time to reflect on any areas that you've made the mistake of acting like a Girly-Man in, and stop it!
Key Traits and How to Communicate Them

- **High Status**
  - Posture.
  - Slow gestures.
  - Eye contact.
  - Voice tone, pauses.

- **Sexual Awareness**
  - Teasing.
  - Light, slow touch.
  - Smelling.
  - Preheating the oven.

- **Lack Of Insecurity**
  - No apologies.
  - No approval seeking.
  - Comfortable demeanor.

- **Leadership**
  - Self appointment.
  - Decision leadership.
  - Assuming shell love whatever you do.
  - Physical leading.

- **Humor/Confidence**
  - Cocky Comedy.
  - Speaking your mind.
  - Unselfconscious behaviors.

- **Understanding Of Attraction**
  - Restraint, two forward/one back.
  - Teasing.
  - Interpreting resistance correctly.
  - Knowing the signs to look for.

- **Dominant Reality**
  - Judging without Judgments affecting you.
  - Territorial behaviors.
**The Top 12 Things to Implement NOW!**

- Live In Your Own Reality
- Always Communicate Higher Status Dominant Posture, Raise The Chest
- Eliminate Nervous Ticks, Gestures, Habits
- Slow, Controlled, Calm Movements
- Speak Slowly, Deeply, And From The Stomach
- Maintain Initial Eye Contact
- Stop Seeking Approval, Acting Apologetic, And Trying To Impress
- Understand Fashion, Style, Cologne, What Accentuates Your Strong Points Visually
- Expect Women To Always Respect You And Never Settle For Second Class Behavior
- Seek Novelty, Adventure, And New Sensations
- Create A Sense Of Unexpected Adventure And Anticipation Always.

**The Prime Directive**

- The Prime Directive: Never Communicate Lower Status
Suggested Reading List

“The Evolution Of Desire” by David Buss
“Dangerous Passion” by David Buss
“Half Empty Half Full” by Susan Vaughn
“Living With Our Genes” by Dean Hamer and Peter Copeland
“Influence” by Robert Chaldini
“Silent Power” by Stuart Wilde
“Secrets of Sensual Love Making” by Tom Leonardi
“The Selfish Gene” by Richard Dawkins
“The Rules” by Ellen Fein and Sherrie Schneider
“Feel the Fear and Do It Anyway” by Susan Jeffers, Ph. D.
“Emotional Intelligence” by Daniel Goleman
“Vital Lies, Simple Truths” by Daniel Goleman
“The Mating Mind” by Geoffrey Miller
“The Red Queen” By Matt Ridley
“Sperm Wars” by Robin Baker, PhD
“Mind-Lines” by Michael Hall and Bobby Bodenhammer
“Bad Boys” by Carole Leiberman, Ph.D. and Lisa Collier Cool
“Radical Honesty” by Brad Blanton
“What To Say When You Talk To Yourself’ by Shad Helmstetter